



Spring 2016

Set Training:

- **Tuesday:**
Cycling Time
Trials
(summer)
- **Thursday:**
Track
- **Friday:**
Swim with
Kylie
- **Sunday:**
Cycling

Contacts:

Swim

Cath Pendleton

Bike

Catherine Etchell

Run

Ania Ciolek

Bike Fit / Physio

Scott Cornish

Use the [contact form](#)
on our website &
questions will be
passed to the
relevant member

Correspondence:

Brecon Tri
Parc Beddw
Libanus
Brecon
LD3 8NN

Brecontriathlonclub.co.uk

Spring 2016

Superb Brecon Sprint Triathlon 2016



The Sunny Bank holiday weekend saw yet another successful Brecon Sprint Triathlon. Nearly 200 competitors lined up for our event and we could have sold many more places as demand was high in the four weeks after the race sold out. The new initiatives went down a storm, including: chip timing, race arch, [pro photographer](#), tattoos, tannoy system and cake stall! As usual there were many triathlon novices and these initiatives didn't dent the events fun and friendly feel, so important for those new to the sport. There were no course changes this year but a new race committee was in place lead by Race Director Aled Edwards. All organisation was done via a separate Race Committee Facebook Group and this negated the need for numerous time consuming face to face meetings. A written document has also been produced to show what needs to be done and when—futureproofing the smooth running of future events. Members of the Race Committee were responsible for key areas such as registration, transition and the swim, bike and run courses. Club marshals were joined by Brecon Young Firefighters and medical cover was provided by [Brecon Mountain Rescue](#). Ian Price officiated.

Race director Aled Edwards said "it was great to see some of our local club members winning some of the categories this year and fantastic to see some new faces winning here too. With the commitment of club members and volunteers making the event as successful as previous years. The club have received lots of positive feedback from the competitors which makes all the hard work worthwhile and just spurs us on to make this event even better next year". Donations for Brecon Mountain Rescue totalled were collected at the cake table. In all £400 was donated including a Club contribution of £210.

A feedback meeting is to be held in Brecon on Wednesday June 22nd (details to follow). All welcome. We will be setting up a new Race Committee and starting the whole event process again. Please try to attend, especially if you feel you can help run future events in any way. [Race Results](#).



Connect with us

[Facebook](#)

[Twitter](#) [Strava](#)



Monthly Club Social Rides



Club social rides are progressing well. 3 outings so far and a further one this June. Start is at Brecon Leisure Centre on one Sunday each month. Keep an eye out on Facebook, Twitter and [Strava](#) for the advance notice and route information. Check out the video on our [YouTube Channel](#) too.



Spring 2016 (2)

European Sprint Triathlon Championships - Lisbon, Portugal

Kirsty Mallindine and Richard Walters represented the GB Age Group Sprint Triathlon team at the Europeans in May. The current standard for age group qualification is very tough and, as we often see in triathlon nowadays, the older triathletes race faster than the youngsters! Qualifying really is a fantastic achievement—well done to both!

[Richard](#) reports: “Came 37/57 in my Age Group (50-55). Couldn’t have done any better so am really chuffed. My time was 1hour 12 minutes and 49 seconds. Managed a good swim (for me) 13 minutes 31 seconds (750m). Fast transitions – T1 1 minute and 8 seconds, T2 50 seconds. Bike was tough with a headwind from hell – 38 minutes and 37 seconds (20K). Run was good but suffered from the windy bike leg – 18 minutes and 41 sec (5.2K). Nothing went wrong - which is often the sign of a good race in Sprints!. [Kirsty](#) (see report page3) did have a heavy fall on the run, injuring her hamstrings. She is recovering well and did manage to race Strathclyde the week after!

The event was brilliant. Really well organized and Lisbon is a great city to visit. We had a police escort to ride the bike course - really weird, and a stadium finish line! I met some elites including European Champion Javier Gomez Noya (Spain) - in the same hotel as me! Met all the para-triathletes and their guides too. There was a real buzz around the GB team with great support and organisation. I have met many new friends and learnt lots about racing. All in all the best experience I have had in triathlon and would fully recommend trying for qualification to all our club members. Get in touch if anyone wants details or help on how to go about it”.



[Event Website](#)

[Results Link](#)

[Elite Report](#)



Spring 2016 (3)

The Highs and Lows of Triathlon - Kirsty Mallindine

My season started fantastically with an age group win at Carmarthen Triathlon, a 4 minute PB at the World Championship Half Marathon, Cardiff (along side Mo Farah – well not literally!) and then a 30 sec PB at the local 5K Parkrun at Parc Bryn Bach. The trouble is all good things eventually come to an end.

My A race for the season was the European Championships in Lisbon but four or five weeks before I became unwell and my energy levels were severely depleted. The two triathlons in the run up were mediocre at best, but Bryn and I were determined we would go and have a good time whatever.

The European Championships turned out to be more low key than the Worlds in Chicago last year. Each age group had a team captain who organised get togethers for their fellow athletes. I registered with ladies whose names I knew but not met in Chicago and we all went for dinner after the race.



The bike route was along a dual carriageway so for our reccie there was a rolling road block with police motorcycles at the front and back of the entire pack of sprint and standard competitors. The turnaround point was at the top of a one mile steep incline and it was with a chuckle that I noticed the testosterone fuelled front pack were held back on the descent by the police while us 'oldies' at the back were left to fly down. We were allowed to swim the course the day before the race and the water temperature was a balmy 18.5 degrees.

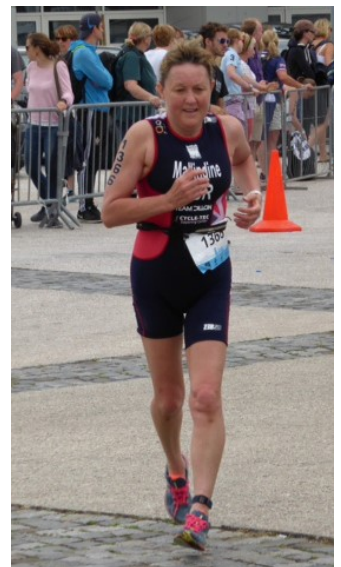
Race day started at a civilised hour for a change with my start time at 11.15. I managed to get on the front row, against the left buoy and had a good start. I wasn't

knocked or swum over and kept a good straight line to the first buoy and decided to swim around the outside of those fighting for the inside line. Everything went to plan until the last section, to a ramp that was only wide enough for one person. I found myself on the outside breast stroking because there was nowhere to go and the swimmers around me were slower (yes slower than me, not something I say too often!) T1 was quick and my flying mount gave me a couple of places. The start and finish of the bike leg was on cobbles with speed bumps and I took a few more 'sedate' ladies only for some of those to come back past once out on the road! I flew on the first half not realising how much wind was on my back but once at the top of the hill and descending a gust sent me across the dual carriageway and back on to the hard shoulder. I quickly came off my aero bars and onto my handlebars, staying there until the bottom of the hill. Once on the flat the wind hit me and it was a real slog back to T2. My legs felt good as I



started my run and I overtook two ladies in my age group. Then disaster struck. We had to run down a carpeted slope into a stadium and there was a speed bump that had not been taped. I didn't see it and tripped over it. As I tried to stay on my feet I tore my right hamstring. Now I was in a dilemma, I wanted to finish and get my medal but I also wanted to go to Scotland the following week to try and qualify for next years Europeans. Adrenaline is a wonderful thing and I kept going, albeit two or three minutes slower than I would have expected.

I found myself on the team physios bed that night for treatment and again when we got home but they helped to get me to Scotland where, being cheered on by Richard Walters (my he's got a very loud cheer) I managed to squeeze out a qualifying spot for next year's Euros in Dusseldorf.





Spring 2016 (4)

Chris Carpenter's Cotswold 113 (12/6/16)



There is nothing like the sound of heavy rain on your tent at 4am in the morning, knowing that you have got to get up and be ready for a hard days racing! Despite what can only be the worst weather conditions I have ever raced in, the Cotswold 113 Triathlon was yet again a fantastic race to take part in. With nearly 800 competitors from all over the UK down at the lakeside at 5am in the morning, atmosphere buzzing, we were all ready and waiting for the starters whistle.

This was my second time competing at this event, so I was pumped to better my time from last year. So on the starters whistle - 1.2 mile swim. All that swimming training must have paid off as I knocked off 9 minutes from last year's event - thanks [Kylie Mansfield](#) and [Jason Tait](#).

A reasonably quick transition (with a bit of cramp!) and onto the bike section of 56 miles. Tough conditions, wind and rain. The bike section is my strong point so I was very happy with my time of 2.30 hours despite the weather.



Another quickish T2 and out on to the run, which was 3 laps totalling 13.1 miles. Again, really hard muddy conditions but bizarrely, still enjoyable!

The crowd were great, as ever, and definitely helped spur everyone on, and I am happy to say that I beat my time from last year and got my sub 5 hour target with a finishing time of 4hr.59mins.28sec.....close call!!

For anyone thinking of undertaking a middle distance triathlon, I would highly recommend the Cotswold 113 (June) or the Cotswold Classic (August). It's a well organised, friendly event at a great venue with an amazing atmosphere!

See you all there next year!! [Full results here.](#)

Time Trials



Organised by Brecon Wheelers:

- All you need is a bike and helmet!
- Cycle 10 miles every Tuesday.
- Everyone sets off at 1 min apart. It doesn't matter how fast or slow you go.
- Slowest go off first and fastest go last. Everyone is timed.
- You don't need to be a member of Brecon Wheelers to join in (£2/£4)

[See here for timetable](#)



Mike - Age Group Welsh Champ!



Storming performance from Mike Pfeiffer at this year's Bala Middle which also doubled up as the Welsh Champs. Mike clocked an impressive 4:43:31, coming first in category and thus is [Welsh Super Vet Champ!](#)

Mike started with the Harlech duathlon (Welsh champs), then Hereford, followed by Storm the Castle. Llanelli Sprint Tri (Welsh champs), Brecon, then Bala. Mike has won SuperVet in all, and thus has 3 Welsh Champs under his belt so far. He will be racing the last Welsh Champs at [Broad Haven](#) (his favourite event location & British Triathlon Event of the Year 2015) on 24th June, for a clean sweep. Best of luck!!

Chatting with Mike it was noted that numbers were way down this year at Bala, well below 250 which means the event is deemed non competitive by British Triathlon. Mike felt this was due in part to no finishers medal and not even a partial refund on last years sad cancellation. Also lots of new events around on that weekend, plus IMUK 70.3, Leeds, Deva, Windsor and the 113 the following weekend.



Spring 2016 (5) Marathon Men!



[Richard Ray](#) completed the Manchester Marathon this year in an amazing 3:00:24. "I struggled for a couple of miles at 23 and couldn't rescue it at the end. Will try London next year".

Talking of London, [Peter Webb](#) completed this year's London Marathon in 4:03:16. An excellent result and excellent fundraising for the [National Autistic Society](#) too.

Chris's Video of the Lake 32 Training Session



Chris Carpenter shot a [stunning video](#) of the early season open water session at Lake 32 ([Cotswold Water Park](#)) with instructor Jason Tait of [South West Swim](#). Very cold water in early May!

Richard Ray & Kirsten McVey

Richard and Kirsten have now moved to the West Country - a massive loss to the club. Richard has been a regular motivator on Strava and Kirsten has played a key role in developing the swim training for the club. Their enthusiasm, help and input will be greatly missed. We wish them all the best for their move and the future. Stay in touch!

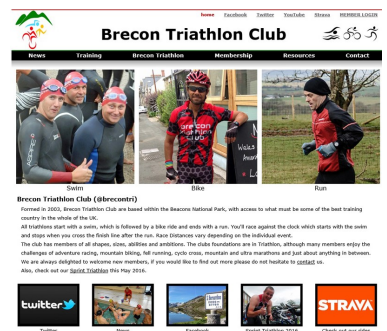


Race List

It is really important to let other Club members know when and where you are racing. We then know who to look out for, can check travel arrangements, keep tabs on results and also get feedback from events. A Race Calendar is pinned on our Facebook page for this purpose so please edit and add your event. Mobile phone apps for Facebook usually don't allow you to edit so use a laptop etc.

Club Home Page

Zero response from our female club members last time! Come on - get those photos in! ;-0



Next Swim Block

The last swim block finished on Friday June 10th. We're taking a summer break now for racing and holidays and will be back in September. Kylie Mansfield will continue to coach but there will be no change of day—still Friday evenings. Details to follow in due course.



Spring 2016 (6)

Fastest Growing Sport in Wales

Triathlon is one of the fastest growing sports in Wales - 30% membership growth this year (Welsh Triathlon) & 30% growth last year. This growth is mirrored by the ever increasing number of events. However the feeling is that triathlon events are currently way ahead of demand. This means that some events will struggle to attract the numbers – leading to financial losses and collapse.. It's a credit to the Brecon Sprint Triathlon that it was a sell out a month before the event – the ensuing waiting list was huge. Make no mistake the event will have to develop to maintain its attractiveness and profitability.



Stratford 220



Martin Browne and Adam Ellis raced the early [Stratford 220](#) in May. Based at Stratford Leisure Centre this is a good season opener with a pool swim. Stratford is closer to get to than you think. Martin has been supporting Adam in his build up to [Ironman Austria](#) later this month. We wish Adam all the best for his first long distance event. Martin has also been supporting his son Liam (our only junior member) as he branches out from cycling into triathlon. Liam had an impressive cat win at Brecon - more to come we're sure. [Stratford results here](#)

Mark Sims



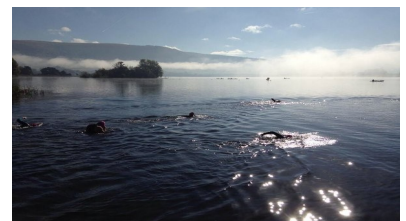
So far this season, Mark, like Mike, has won all events in his age category. Pembroke duathlon, Hereford duathlon and Brecon triathlon. In the Llanfrynach 3,4,5 mile run series Mark was 1st in 3 and 5, 2nd in 4. Racing at 60+ is a fantastic achievement in itself, but not only is Mark competing, he's knocking out times that would delight athletes half his age. This really is inspirational stuff! [Anthony Pease](#) took this stunning photo of Mark (in club kit) at this year's Brecon Triathlon. It's of note that Mark is a regular at Thursday night track sessions!! Held with Brecon Athletics they are free to Tri Club Members (the Club pays an upfront fee). Contact Ania Ciolek for details or check the [club website](#).

Llanfrynach 3,4,5.



There was a good turnout of Brecon Triathlon Club members for the annual [Brecon Athletics Club 3-4-5](#) mile road races. Great performances and good to see Rob Cleaves running again after injury. There were series wins for Mark Sims in the MV60 and Kate Hovers in the FV55 – both wearing club colours to collect prizes.

Llangorse Big Swim



The Llangorse Big Swim takes place once again this year to raise funds for the local sailing club and other nearby groups.

It's on Saturday, September 10th
[Further details here](#)

Next Newsletter

The next will be out in September

Any Newsletter is only as good as the information received - let the Club know of your successes & achievements.