



Summer 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:**

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Libanus  
Brecon  
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[Brecontriathlonclub.co.uk](http://Brecontriathlonclub.co.uk)

## **Summer 2016**

### **Coached Swimming - Book Now!**



Our favourite coach [Kylie Mansfield](#) is here again on Fridays 7.30-8.30pm with the new swim block at Brecon Pool. Started on 16th September, 2016 for 14 weeks to December 16th. It's still not too late to book.

Each session will be for one hour and we will need to be poolside and ready to start at 7.25pm.

As before there will be 4 lanes with slowest swimmers in the first lane, and more experienced in the last lane, so everyone will be training with swimmers of similar ability.

We are aiming to slightly overbook this time so adhoc swims may not be available. If you want to swim - book the block! £60. All payments are online via your club account. Fee includes pool entry and coaching. Ad hoc swims will be very limited and dependent on space - charged at £8 per session.

A payment request for £60 is in all [members online accounts](#) now. Pay promptly - first come first served. Once the maximum number of swimmers is reached the remaining payment requests will be deleted.



Connect with us

[Facebook](#)

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

### **New Members**

A very warm welcome to our new club members: Helen Donnelly, Becky Templeton, Tracie Davies, Robert Davies, Will Davies, Andrew Smart, John Parker and Ann Davies. Don't forget to connect with us on social media, especially [Strava](#)

### **Brecon Sprint Triathlon Date 2017 - Saturday June 3rd**

Event registration will open in early November via the Entry Central Website. All Club members are expected to help out so please keep this date free. Organising the triathlon does have many benefits, not least boosting the Club coffers for subsidised kit plus swim and track training. So helping out really is a vital part of membership. A big challenge is finding enough race marshals for the day. If you know of anyone that might be able to help out then get them on board. The club will make a donation to local groups in return for support.



### **Hoodies**



Hoodie order is now complete and all those who requested one should now be in possession. We can make a new order if numbers are sufficient so if anyone would like a hoodie please get in touch. Go to the [website news page](#) (post 1/4/16) to sort out sizing first.

### **Race Meeting**

The Race Committee for the Brecon Sprint Triathlon is meeting on Thursday, October 27th. Start time will be 7.45pm. Venue in Brecon to be arranged. If you are interested in getting involved with organising then come along.





## Summer 2016 (2)

### Verena's Mumbles Triathlon - 18th June 2016

After completing my first ever two triathlons last year, Brecon and Llangorse, my aim for this year was to try at least one triathlon involving a sea swim. So, as this had been so warmly recommended by Catherine Pendleton, I decided on Mumbles. Being a bit of a sucker for a good bargain, and as there was a shorter and a longer course to choose from at the same cost, I decided to get my money's worth and book the longer one (750m swim, 32k bike, 5k run).



As 4.30am starts to the day go, I must admit this wasn't actually that bad, with it being pretty much full daylight, the birds chirping like mad, and the sun coming out nicely on what was going to be a perfect day for racing, dry, calm, and a fresh but pleasantly warm temperature. I naively thought I'd just roll out of bed and drive down to Mumbles for the 6am registration, and grab a coffee and a pee on the way....well I had a bit of a nasty shock there, as nothing was open, even the 24 hr tesco in Swansea for some bizarre reason didn't have it's toilets open! Well, this certainly added a considerable amount of excitement to my journey to the start I tell you!

Before the start of the race, both in the days running up to it, and as I was standing there waiting for the race briefing, I had a few mental battles to fight with

myself, which is something I know I'm not the only to experience, and which I remember oh so well from my judo days. Firstly, I had taken a silly tumble two weeks before, sprained my wrist and bruised a few ribs, so I hadn't trained as much as I had hoped, and my ribs were still quite uncomfortable, so I had on occasions wondered if this was such a clever idea at all....Then there were those silly thoughts that everyone around me was obviously way fitter and better than me, and what was I even doing there? I say silly because I realised that last year, being a complete newbie, I was happy and proud to just take part and finish any triathlon whatsoever, when I would never have dreamed that at the age of 43 I would take up the sport. And now, I found myself somehow expecting myself to be at least as good as, or preferably better than, people who had probably been doing this for years....Then there was what I'm sure is the ultimate fear, isn't it: Will I be last??

Now last year, I did the shorter of the two Llangorse triathlon courses, and whilst I thoroughly enjoyed it, I did come proper last; but the good thing was that this was being masked by the longer course athletes coming in at the same time and after me...

This time, I had entered the longer course, I was worried about my ribs and my bike course, so that dread of me plodding in just as everyone is packing up and wanting to go home felt quite real....Not helped by the race briefing telling us about the cut off times for the bike, and that we could change our minds and just do the short course anytime we wanted. And the nice lady next to me warning me about Lunnun Hill. You might want to check that one out if you're thinking of entering next year.... nasty. Probably comparable to the Beilhelig Road to Cefn Cantref hill climb in Brecon.

The swim was, well, fairly unremarkable really, other than that it was a new experience for me, being a deep water mass start of 400 people, and me accidentally ending up far too near the front of the start line. So for the first few minutes, it was a case of just dodging kicks, slaps and punches, fumbling my way through a tangled mass of limbs and neoprene clad bodies (o no, did I just touch somebody's bottom??), and generally just trying to find a little bit of water to swim in...I felt like I was in one of those pictures I had seen of fish farms. Still, I was happy with my time of 17:09, making swimming my strongest discipline.

Transition went well, starting to feel like I'm getting the hang of it compared to the panicked fumbling last year. And before I knew it I was on the bike. Now the bike, as you may have guessed by my absence on the club social rides, is not my strongest point in terms of confidence. Last year at Llangorse, on my very good, trusty, aluminium frame but nonetheless hybrid bike, after a reasonable swim I spent my first twenty minutes or so of the bike course being overtaken by countless cyclists, until I was all by myself at the back for the rest of the race. This was to be my first serious outing on the road bike I had bought at the end of last year, and you can imagine my delight when I found that, on this, I was able to not only keep pace with people, but even overtake a few. Before I knew it, I was at the Gower turn, and by then there was no way I was going to duck out and change to the short course instead! Lunnun hill was, as expected, nasty, and like several others I got off and walked for a bit. Beautiful long fast sections over Fairwood common, with fortunately well disciplined if horny bovine spectators along the route. And a nice downhill section at the end to rest those legs before the run. The run is a perfectly pleasant, completely flat, two laps in and out along the seafront. Great for waving at your friends, spectators, and checking out the talent, err, competition. And the best thing is, on the last leg back to the finish line, you can actually see who is still behind you! And, yes, much to my relief, there were some! 38 of them it turns out. Plus 6 from the shorter course. Nice little red carpet sprint finish, smiles and a medal. And right next to Verdi's famous ice cream parlour. What's there not to like?



[Mumbles Triathlon Event Page](#)





## Summer 2016 (3)

### **Snowdonia triathlon festival 2016 (AKA Stu has a bit of a panic).**

The weekend of 30/31 July saw the Always aim High Snowdonia Triathlon Festival take place at Plas y Brenin, Capel Curig. On the Saturday there was the half, the sprint and the super sprint, then on the Sunday the Olympic. They cancelled the full distance so I had to enter the sprint instead. It took me 5 days to get there, travelling leisurely (only modern VW diesel engines go fast) along the Welsh coast, then turning inland. 5 days of mainly coastal rides (far hillier than you think), and beach jogs, staying in Red Roses, New Quay, Tywyn, Llanrwst, and a very wet field in Capel Curig. I have to say if anyone ever goes caravanning in the Llanrwst area, you should go to Bron Derw Caravan Park, it was absolutely lush, not that I tried it, but I guarantee you could have eaten your food off the toilet block floor. Hopefully, they'll have moved the dead sheep from the river outside that 500 year old coffee shop too. I can also recommend the spa in the Waterloo hotel in Betws y Coed, brilliant a couple of sessions in the pool, Jacuzzi, sauna, steam room went down a treat.



This was my first open water swim, and I have to admit to being really nervous about it before hand. I am a pretty competent swimmer but not a confident one to say the least. Anyway I managed to get as far as walking into the lake, which was full of silt up to the knees. The race started and I hung back, which meant that the silt had all been disturbed by the other swimmers, and I was swimming in what

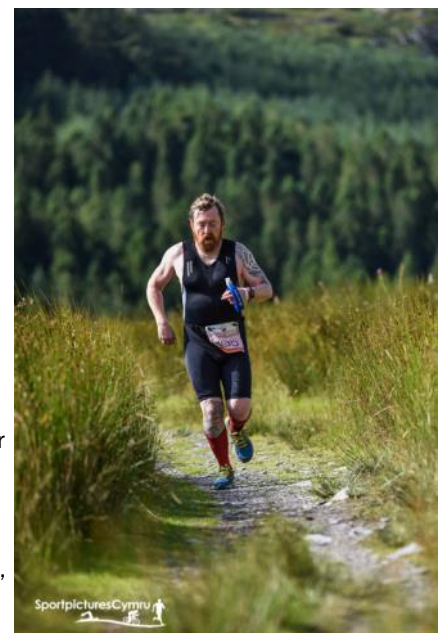
I can only imagine the bottom of a toilet pan must be like after its owner has had a vindaloo the day before. It was also much colder (and deeper) than the prom. Anyway about halfway round I had what I will describe as a bit of a failure of confidence (others might describe it as a hissy fit) and had to hold onto a canoe for a while (about 5 minutes) to calm down. So eventually got to the end of the swim in utterly last place, by quite a way, but with an awesome photo opportunity.

The bike was 31k pretty long for a sprint, to Betws y Coed, and Llanrwst via the A55, then back via a back road/A55. Compared to the swim this was pretty uneventful, the first bit entirely downhill for about 5 miles, then undulating, passing the dead sheep and the old tea shop in Llanrwst, then 5 miles back uphill to Capel Curig and the transition. I caught a few people on the cycle but not as many as I would have liked, given that the descent had been pretty fast I was waiting for a steep bit on the climb, one that never really came. Possibly the easiest 5 mile climb I have ever done, possibly too easy.

The run was a 5k loop around Plas y Brenin so a trail run with a 90 metre climb at about 3K, much harder than the steps of doom, again I caught a few people on this, mainly to my great surprise, on the climb. Given that I could easily have given up half way round the swim I was pretty pleased to have finished with pretty decent times (for me) in the cycle, and the run.

This was a really good event, and apart from a couple of things I would recommend anyone to enter it. The main one of the one or two things being AAH events are fairly expensive, and at the end of it I got a tea coaster (all distances got the same coaster), it was slate, guess I'll have to drill a hole in it and attach a ribbon...

[Snowdonia Triathlon Festival Event Page](#)







## Summer 2016 (4)

### Simon Tries SwimRun

I decided to enter a SwimRun event for something a bit different, and after some research I eventually decided on the inaugural [Love SwimRun](#) event based alongside Llyn Padarn, Snowdonia which comprised 4 swims & 4 runs. I chose this even as it was an event you can do solo.



With all that booked it was time to set about cutting up my old wetsuit and transforming my other kit to suit but more about that later. Travelled up the night before the race and stayed in the [Travelodge Caernarfon](#), great place to stay and 10 mins to Base Camp. Registration was at Surflines alongside Llyn Padarn. The race marshals were very friendly and helpful, slight issue with my timing chip as someone else claimed to be me!!

25 mins to start and kit faff begins, get into wetsuit, which makes me look like a Bavarian beer swiller, note to self, next time cut legs longer. Next 10 mins is taken up looking for shoes which are hiding under the car. Final check; tow float, with compulsory bandage, whistle and mobile phone inside, goggles, swimhat, pull buoy, gloves & off to the start line. Quick speech from organisers to get everyone going and we're off. First run is only about 800m run and then I'm diving off the pontoon and into the lake. Whilst warmer than I thought by the end of 1500m it was quite cool. Onto my 2nd run and all was going well, out towards the Royal Victoria

Hotel and then onto the B road which was nice and flat, then came the brutal bit - a run up to the top of the quarry! It was at this point I realised the advantage of the swim run specific wetsuits vs my butchered wetsuit - a necessary front zip as I was rapidly overheating, my pull buoy kept smacking me on the chin and it wasn't until I was at the top I realised I still had my swim hat on which was definitely not breathable!

After managing to clamber over the summit, nice bit of flat running and a very welcome feed station, flat cola, mouthfuls of jelly babies and a fair bit of swearing, I set off downhill back towards the lake, great bit of technical section through woodland and back out onto the shore of the lake.

2nd swim was another longish section, dodging the cruise boat! The wind had helped create a little bit of chop so was a little harder going this time. Out of the water on the Llanberis side and ran North towards the top of the lake, This run was kind and by now I was used to running in a wetsuit.

3rd swim was from the north of the lake along the far shoreline before crossing back over to the area known as the lagoons, quick 500m run, back into the water for final 300m odd swim to the finish line! Loved every minute of it and as I received my medal I was grinning like a Cheshire Cat! Sat down to realise that I was actually very cold and I was desperately in need of food and a warm drink.

To be honest the event was fantastic, barring the mountain climb! So good in fact that I have already signed up for 2017, albeit I have splashed out on a new SwimRun specific wetsuit!

I would definitely recommend this event to anyone wishing to try SwimRun, its almost as addictive as Tri.....

[Click here for a beginners guide to SwimRun.](#)





## Summer 2016 (5)

### **Mountain Bike Racing, Megeve, France - Scott**



With clear blue skies on the drive into Megeve, we got a real sense of just how tough this race was going to be, mountains rising up from the valley all around, many still with lingering snow, the snow covered peaks of the Massif du Mont Blanc in the distance. Alan Colville and myself had come over for the MB Race, billed as the hardest single day mtb race worldwide, packing 7000m of climbing into just 140km. A quick recce of the first few kms and we understood how. The route was mostly steep, up and down and far from the usual Euro fireroad fest. This was going to be a challenge just to finish, let alone race it with the forecast for thunderstorms, showers, cloud and some sunshine.

The opening climb was a mere tickle, compared to the whole. It did a job though, waking up drowsy, early morning legs. The previous day's huge vista was obscured by impending storm clouds, coming in early. True to how rapidly mountain weather can come in, a loud thunderclap directly overhead announced its arrival, accompanied by lightning, the rain coming suddenly down hard, which tempered the high humidity at least. Soaked through in seconds, there wasn't much point stopping to put a jacket on. The storm moved quickly on though, warming sunshine close behind.

Trees became mountaintop shrub, opening up to 360 degree views and rolling ridgeline singletrack, which would have been fast had it not been for the wet weather turning dust into that typically British style sticky mud. Stream crossing had a use at least, washing the worst of it off!

The singletrack descents ticked all the 'awesome ride' boxes. Flowing down the mountainside, sometimes rocky and rooty, often technical and steep, the dry, fast lines of last year were muddy gullies this time though. Some riders took audacious lines to get ahead, quickly face planting, grip lacking outside of the single good line down. Wider forest trails offered some respite from the increasing arm pump, momentarily being able to release the brakes, but not for too long, speed increasing rapidly on the steep, winding descent.

3 feedstations in the 1st 45km kept riders fuelled and kept pockets light, depending on your feeding preferences and stomach tolerances. Rolling forest singletrack ebbed and flowed, up and down, the body working hard to keep tyres from wandering in the slippery mud. I confess, I did run down some of the more rooty sections, deep lugged shoes having more grip than race tyres! At 46km, the legs tuned into another 1000m climb, to the higher reaches of the Mont de Vorés at 2050m, Less steep, but longer and more winding, along more choice forest trails and singletrack. Riding in a group, following wheels, I, along with everyone else made the assumption that we were en route, but stopped at a shout from far below 'c'est pas la bonne route!'. Rookie mistake, we had passed a sign on a tree, pointing tight right off the trail onto singletrack. 10 minutes lost.

Beyond the feed station at the refuge du petit trezaz  $\frac{3}{4}$  of the way up, forest gave way to open views of the expansive ski areas and surrounding mountain ranges. The route rewarded every climbing effort, with plenty of choice singletrack. The weather on the other hand wasn't so rewarding!

The descent into Megeve and the 70km marker felt like the finish, passing through the start area and past cheering crowds. There was that short lived temptation to slacken off early and head back for a cold beer and enjoy the views from the apartment balcony!

At the Megeve feed station, you get a 100km sticker put on the number board and and a hearty 'courage' as you head back off into the hills. The ride up and out was a little reminder for the legs, steep, rocky and slippery, cursing myself for letting the back slide out, resulting in a hike a bike and a little talking to, that you knew that this was going to be tough.

15km of undulating climbing to reach the heights of Mont Joux at just under 2000m, the weather ever changing: sweating under sunny intervals to chilly and damp as we headed up into low, thick mountain cloud, and patchy visibility. Trails became mountain access roads for the weather stations and ski lifts, with volunteers manning each peak, for rider safety and a moral boosting 'courage' or 'allez allez, bien roulez!'. Brightly coloured course markers thankfully stood out through the dense cloud. The drop off the top was fast, but brief, clouds clearing to reveal the mountainside hugging track winding its way up to the top of the next peak.

Super technical singletrack dropped us into Combleux. Loamy and super narrow in sections, mostly steep and rooty, grippy in the dry, tyres having little chance in the wet.

Life is full of 2 way choices, take one direction or the other. In Combleux the left chute would be another 40km and nearly 2000m of climbing, the right and the race was done. A hearty cheer went up as I went left to the feed station 500m away to collect my 140km sticker. Cut offs are there for a reason, but it is still a cruel end for those still with the legs and motivation to complete the full ultra. Strictly enforced at the 100km mark in Combleux, many had their race end here.

Everyone you passed by cheered with encouragement. Rider numbers were now down to a few, making it feel like you had the trails to yourself. The surroundings never failed to impress. The constant change in terrain and trails kept the mind focused as super tired body tried to remember how to ride technical and rolling singletrack, and the legs turning up the last few, steep climbs.

What an amazing route, so much better than expected and that little bit tougher due to the weather. 4th in M2 category, so not a bad day's riding. One of those races to return to.

The best way to get there is to fly to Geneva airport and hire a car. Accommodation in Megeve can be limited and expensive depending on when you book. We stayed in St Gervais les Bains about 20 minutes easy drive away.







## Summer 2016 (6)

### Scott's Back in Action!

I have done a few triathlons this year:

Starting with [Bude triathlon](#) in Devon in July. If anybody is thinking of doing this the Sea Swim it is between boats in the harbour and on return swim back in you literally, have to dodge people on surf-boards and body boards all a bit chaotic. The bike route is quite hilly and on main roads. The run along the canal and is pretty flat. The worse part about the whole experience down in Bude was the transition as it is open to anybody. So I went out and bought a lock for my bike. On the whole, not a Bad event P.S. club colours were worn. The next three triathlons I have done have been over the last three weekends one after the other.

Starting with [Glyn Neath](#) which was a pool swim. The bike was pretty straight forward not too hilly and to finish off with a 3k run. brilliant event for anybody thinking of doing their first try. P.S. club colours were worn

Next was [Saundersfoot](#), this was their first triathlon event which coincided with the Ironman weekend. Sea Swim 750 metres really good, plenty of safety staff. Transition right next to the beach. Then head out a two lap bike course with absolutely monster hills. Then a nice flat run along the coast to Wisemans bridge and back. Really nice to see Shane Williams, Ryan Jones and Ian Gough from the WRU who awarded the prizes and stayed to cheer competitors across the line. P.S. club colours were worn.

The last one was in [Stoke on Trent](#), City of Sport Triathlon. Really run event a lake swim of two laps, but odd this one had shoe transition at the lakeside with a 1k run in your wetsuit to bike transition. Then a two lap dual carriageway bike ride, finishing off with a run around Trentham Gardens. P.S. club colours were worn.

Hope everyone has had a good season, plenty of training to do over the winter months. Does anyone by chance have an old racer they would like to get rid of cheaply as my winter training will include work on a turbo trainer?

Thanks for reading see you soon.



### Your Club Account Explained

The Club uses an online payment system called "PaySubsOnline". It has many obvious advantages and has really simplified the accounting process for the Club. When you join online, your account is set up automatically. Your username for the account is the email address you registered with. If you are logging in to the account for the first time, you will need to create a password. There are on-screen instructions to do that. If you have logged in to your online account before but have forgotten your password, click on the 'Forgot password' link and follow the on-screen instructions.

You can access your online account by clicking [here](#). This login link also appears on the right top hand corner of [our website](#).

Using the online account the Club can send out group emails and request payments for activities such as swim blocks and membership fees. Payment requests are notified by email. It is then your responsibility to login to your account and pay. Please note, payments will appear on your Credit Card / Bank statement as Pay Here Ltd. This is the legal entity in which PaySubsOnline.com trades under.

If your Club membership lapses then the online account will be deleted. You can still re-join the Club at any time via the membership page.

### Radnor Triathlon Club



## Radnor Tri Club

There's now a new tri club in Powys and it's right on our doorstep. Radnor Tri Club started just over a year ago and chairman is Phil Ellis. Phil is very enthusiastic and already has good links with Llandrindod Sports Centre and Fforest Fields. Spinning classes in Rhayader are also on the cards. It will be great to forge strong links with Radnor Tri and look to arrange some joint activities and events in the future. Please offer them help and support if approached.



## Summer 2016 (7)

### Best Bike Split

[Best Bike Split](#) is a website that is worth taking a look at if you're racing long and use a power meter—it's made for steady state cycling. You sign up for a free account. Then select a course or upload your own. Pump in your variables including your FTP (also wind speed, road conditions etc etc) and you get out your predicted time



at an achievable power. Brilliant. Was spot on for Rob Lewis (sub 11) at Ironman Wales and has been precise for other club members at the Cotswold Middle. You can even download and set up a power trace in [Trainer Road](#) if you wish. Top marks!

### Useful Videos from British Triathlon

[Checking for Wear and Tear on your Bike](#)

[Packing your Saddle Bag](#)

[Remove and Fit Your Back Wheel](#)

[Fixing Rubbing Brakes](#) (interesting spelling mistake!)



CHECKING FOR WEAR & TEAR

### Ironman Maastricht - Jan Davies

After 10 months of fitting training around a busy work and family life, the event was finally here. I chose Maastricht because it fitted in best with the family, and was I glad a did! It's a beautiful city, really friendly, with outdoor cafe's on nearly every street. All the check in and organisation were really slick and the whole event area looked amazing. The swim was in the river with a rolling start, so no bashing and barging. I had a fantastic swim, really enjoyed it, exiting in 1.13. On to the bike, which is my weakest discipline. However thanks to the nice Dutch roads I was going well. This part of Holland is not flat! It is called the Dutch Alps, not exactly mountainous, but the cycle route had 1474 metres of climbing in it. The route also went in to Belgium, which is where things changed. The roads were terrible and the heavens opened. Psychologically this was tough, as it was a 2 lap route, so knew I'd have to do it again. As soon as I crossed the border the second time the heavens opened again, along with a wind that nearly knocked me sideways! At the end of the bike leg, my bike looked more like I'd done an off-road ride in rainy Mid Wales! However I was pleased with 7.45 and just had the run to do. The run route was 4 laps of the city with 200m of climbing in each lap, mostly in the form of 2 steep hills. 2 laps in and I was on for a 5 hour marathon. However on lap 3 my weak right hip, which I'd been having trouble with, flared up, so the last lap was a shuffle and walk. Coming in to the finish was amazing and I crossed the line in just under 15hours.

If you ever wonder whether a branded Ironman is worth the extra money, I would say without a doubt. The whole thing was absolutely amazing and that finish line is like nothing else I've ever experienced. Hearing your name and 'You are an Ironman' is absolutely brilliant. I'd also thoroughly recommend the Maastricht race, especially if you don't like crowded swims. Other than the bit in Belgium, it was all brilliant.

Thanks for the river swims to boost my confidence, it really helped. [Ironman Maastricht Event page](#)

### Mark Sims



Mark took part in the [Maldon Olympic distance triathlon](#) over in Essex and came 36th overall out of 90 entrants in a time of 2:55:14.

He also ran the Roman run (17 miles from Brecon to Merthyr on the old Roman road) in horrendous weather and came 66th out of 168 in 2:28:55. [Full results listed here.](#)

In both these events there were no prizes for the over 60s!!

At this year's [Cardiff Half](#) Mark said "I went off too quickly and slowly died throughout! Failed to break the 100 mins and was beaten by my elder son! Finished with 1.42.33 which was 22nd out of 182 in my age group - so not too bad."







## Summer 2016 (8)

### **GB Age Grouper - Becky Templeton**



I recently competed in the ITU World Triathlon grand final Cozumel, Mexico in the age 25-29 age group, Sprint distance: 750m Swim, bike 20Km and run 5Km. My result was 12th Overall in my age-group and crossing the finishing line 2nd Brit, Pre qualifying as a result for next years ITU World Triathlon grand final September 2017 in Rotterdam.

I only started Triathlon at the beginning of the season 2016. I have always been a swimmer, swimming with a club from a young age, lifeguarding and also representing Wales and Great Britain for Surfing at the age of 16/17. I took up running after leaving university and regularly did half marathons but apart from the odd spin session in the gym I had never been a cyclist. I moved to Brecon in February this year and quickly found the landscape to be very beneficial for training. You can't run far without a hill being involved! I was influenced by the Office I work with to give the bike a go as they are very keen cyclists. Always being up for trying something new I went on some social rides in March of this year and really enjoyed them. I decided to enter Hereford duathlon on the 10/04/2016, which comprised of a 4.6 miles run, 17 mile bike, followed by a 2.2 mile run. This being my first event I did not expect much however was very pleased to come away 3rd female. I then entered Brecon Sprint Triathlon, finishing 1st female and Swansea Sprint Triathlon finishing 2nd female in the open category. After these results I decided I wanted to further the passion and joined Brecon Triathlon Club for some training guidance.

Many of the members are Great British age-group athletes so after doing some research I decided to enter some British Triathlon age-group qualifying events, competing in The Llandudno Sea Triathlon on the 19/06/2016 finishing 1st in my age group and qualifying for the World Grand Final in Mexico and the Peak District Triathlon, finishing 4th in my age-group and qualifying for the 2017 Dusseldorf ETU Sprint distance Triathlon European Championships to be held 24-25th June 2017.

Mexico was a fantastic experience, and one I will never forget, it was lovely training and racing in the warm weather, if not a little hot! The open water temperature was 27 degrees and the air temperature 30! Open water swimming is not my favourite part of the race so the warm, crystal clear water was a far cry from the icy seas and lakes in the UK. Going into the race I didn't know what to expect, in the world of triathlon I am relatively inexperienced and my main goal was not to finish last! So I am very pleased with the result and with a more structured training plan this year, and some sessions with Brecon Triathlon Club I hope to improve on this result next year. It was also a fantastic experience meeting fellow GB age-groupers and age-groupers from all over the world, picking up on tips and tricks of the trade and despite us all racing against each other the sportsmanship and camaraderie between athletes is fantastic whether on or off the course.

18 months ago I suffered with a Deep Vein Thrombosis and Multiple Pulmonary Embolisms which forced me to take some time off running. Keeping myself fit and healthy in the first place ensured that recovery was quick and triathlon has been a massive part of the recovery process, it has given me motivation and focus throughout and I have come out of it feeling fitter and healthier than ever!

### **RaceCheck**

When you're planning your events for the 2017 season give [RaceCheck](#) a look.

Comprehensive list of events with real reviews from competitors. Check out the reviews of our [Sprint Triathlon](#) from Willie Wilson and Eleanor Preece.



[@Race Check](#)

### **Next Newsletter**

The next will be out in January 2017  
Club AGM will be in February 2017

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