



Autumn 2015

Set Training:

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

Contacts:

Swim

Kirsten McVey

Bike

Catherine Etchell

Run

Mark Sims

Rob Cleaves

Kate Hovers

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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Brecontriathlonclub.co.uk

Autumn 2015 (1)

Club AGM Thursday, 18th February 2016



Reports from 2015, plus updates on accounts and our Sprint Triathlon. What would you like to see the Club doing or organising in 2016? What is our way forward? Who wants to be involved? What funds are available? Bring your ideas along to the AGM at the [Clarence Inn, Brecon](#) at 7pm on **Thursday 18th February 2016**. All welcome. Food and a drink will be provided. Agenda and details to follow by email in the new year.

Brecon Sprint Triathlon Update

We are now open for competitors on [Entry Central](#) and the [Club Event Webpage](#) is now live. All Club members are expected to help out so please keep this date free: **Saturday, 28th May 2016**.

A race committee has been formed and Aled Edwards is this year's Race Director. A specific Race Committee Facebook Group has been set up to facilitate communication and to provide an accessible place to store all relevant documents for future years. Also a race organisers checklist has been put together so we all know what there is to do and when - again useful for future years.

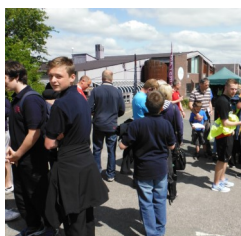


Important New Developments for the 2016 Event

We will be working with [Tri & Enter Events](#) to deliver chip timing this year. This is a big step up for the race and will mean a number of organisational changes that should provide a fast, accurate set of results. It may also reduce marshalling pressure. We will be using race number tattoos, and a loud speaker system. If anyone has MC aspirations then get in touch—seriously! We also have new signage and banners. Abergavenny based club, [Y Fenni Tri](#), are using our event as their club championship.



Can You Help Organise the Brecon Sprint Triathlon 2016?



We will need all the help we can get in the coming months to deliver another fantastic event for 2016. If you have the time and energy or new ideas then please get in contact with Race Director Aled Edwards or use the [contact form](#) on the website



Connect with us

[Facebook](#)

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

A Growing Club

We now have 58 paid up members and 16 have taken Welsh Athletics affiliation.



Autumn 2015 (2)

Ocean Lava Report from Catherine



Catherine Etchell has qualified two year's running for the [Ocean Lava Triathlon](#) in Lanzarote. Here's her report on this October's race:

"Lanzarote's black volcanic landscape is renowned for its strong winds which are due to the almost total lack of vegetation. Ironman Lanzarote therefore has a reputation for being one of the hardest. It is on my 'list' (for when I am feeling fitter!) but in the meantime the 'Ocean Lava' triathlon makes an easier and more friendly alternative.

Both events were founded by [Kenneth Gasque](#), a veteran

triathlete, who also runs the [Club la Santa](#) training camp on the north of the island. 'Ocean Lava' has a number of European qualifying events including Ukraine, Denmark, the Netherlands and also here in Wales in Pembrokeshire. There is a choice of 3 different distances run together on the same day.

Last year's $\frac{3}{4}$ distance became $\frac{1}{2}$ this year, then, on the morning of the event, changed again ...

Bad storms throughout Spain had caused the Government on Thursday to cancel all outdoor weekend events; flights were cancelled, roads were being washed away by floodwater and everyone was uncertain whether the race could go ahead. Fortunately, Kenneth went against the advice and we all turned up on the start line, and were told it would be run as a duathlon with a shortened bike.

Not really too worried about the effect on my race time of the lack of a swim (!), but disappointed with the shorter bike, I was pleased that at least we managed to get to start in improving weather. The usual intense dry Lanzarote heat was replaced with extreme humidity. Inland, the shortened bike route was very fast, with the odd torrential down-pour producing gravelly streams of lava to dodge as they ran across the roads. On the never-ending second run, the waves crashing against the sea walls provided a much-needed cooling shower.

The race awards the next day were accompanied with wine and tapas, as is the typical Spanish way ...

I had a good race and felt quite justified for the rest of the week in enjoying a proper and much-needed beach holiday. Lanzarote returned to its usual sunny and warm weather. We ate outside in the evenings, swam in clear blue sea watching out for all sorts of colourful fish, and went for a spectacular walk around a volcanic crater. If anyone is looking to combine a late season event with a relaxing holiday, then I recommend leaving [IM Lanzarote](#) till another day and enjoying the Ocean Lava instead".



Ocean Lava 2015

Catherine Cycling in Northern Spain





Autumn 2015 (3)

Broken Ankle for Donna

This year's Brecon Triathlon winner Donna Morris has continued to race well this season before an abrupt stop!

[Gregynog Trail Race](#) 1st senior female; Builth Carnival 5k 2nd female overall; [Rhayader Hill Race](#) 5th female overall; [Offa's Dyke 15](#) 5th female overall; [Source of the Severn Race](#) 3rd female overall, but she broke her ankle a mile from the end but still finished!! Donna is out of her cast now and getting back to training: "So all in all plenty to of races, however my highlights were the Offa's Dyke run. Having never even done a half marathon road race before this was a big step up. The race was very hilly and tough but thoroughly enjoyable,

especially running down through my home farm about 5 miles from the finish. A race as a child I always wanted to do and thought it was amazing to run that tough race!"

Bridge to Bridge Success for Kirsten



Kirsten has completed several long distance swim events this year. The Worcester Isoman 7mile in 4:01:20 and the [Henley Bridge to Bridge](#) 14km in 4:12:15.

Great times and perfect pacing. After a training lay-off due to exams Kirsten raced the [Llangorse](#) 6km swim (for the craic) in 2:15:21. She's looking out for her next big swim challenge for 2016!

Surplus Club Kit for Sale

Men's tri suit - L £40

Men's tri suit - L £40

Women's tri suit - M £40

Women's tri top long - M £23

Women's short sleeve cycle jersey full zip - S £21



Cath & Rachel Chill Out!

Cath and Rachel have started training for the [Big Chill Swim](#) in February. Does anyone wants to join them?



Velothon Wales May 22nd 2016

A number of members enjoyed the Velothon this year, and Peter Webb would definitely recommend. You can [pre register here](#).



22 MAY 2016



Autumn 2015 (4)

Epic Miles at Home and Abroad for Catherine

Catherine took part in the inaugural '[Wales in a Day](#)' which was 183 miles and over 5000m of ascent, with a 4am start from Caernarfon Castle and an 8pm finish at Chepstow Castle. Superb organisation, fantastic food, and the whole route was signed! Worth entering early next year as OpenCycling's other event the Coast to Coast is already booked up for 2016.

Join our Strava Club and check [Catherine's ride here](#).

In October Catherine clocked up the miles with a week cycling classic cols in the [Picos de Europa](#) with her new bike and managed to climb the Angliru without putting a foot down! Alto de l'Angliru (1570m of ascent) – a climb that rivals Alp d'Huez and Mortirolo as one of the most demanding in professional cycling. The main ascent is only 7 kms, but it has an average gradient of 14% and an extended section of 24% – ouch! In order to get to the Angliru you must first endure the Alto de El Cordal (789m) which serves as a good 'warm up'!



Great Racing from Richard Ray - Marathon now Looming!



"I was happy with results at the [Gower Olympic distance](#) (29th of 280ish) and Lydney Sprint Tri (9th of 150ish). The Gower raced with an ongoing chest infection affected breathing on the swim. Came out of the water 116th and spent time catching up on the bike and run to finish 29th. Another poor swim at Lydney but happy with transitions which have always been a weak point, I took a wrong turn on the bike due to poor signage and lost time, very happy with a run time of 19:24 (the best I have managed in a tri). I'm now concentrating on running for a few months with a 10k in December and [Manchester Marathon](#) in April".



Welcome to Huw Fryer

Huw Fryer is a Level 2 Triathlon coach currently resident in our area. He is happy to help out and will be standing in for [Kylie](#) now and again on the Friday night coached swim sessions. We welcome and thank him for getting involved. We can confirm that Friday swim coaching will continue after Christmas with a new block bookable in the early New Year. Details will be sent out by email.



Autumn 2015 (5)

Core Winter Club Activities

The triathlon season in the UK is now coming to a close so it's time to evaluate your season and plan your winter training. We have a number of new members and Ironman Wales entry seems popular for 2016. Accordingly there is plenty of scope for developing our core training sessions further over the coming months. The success of such sessions does depend on a critical mass of members happy to attend each week, fortnight or month. Thoughts and ideas are always welcome.

If any members are planning sessions and wish others to join in, please post well in advance on Facebook - the inclusion of a mapped Strava route or similar would be a great addition.

Here is a reminder of the core club training activities at present:

1) Swimming: Booked sessions with coach Kylie Mansfield at Brecon Leisure Centre each Friday evening.



2) Cycling: Brecon Wheelers ride out on Sunday mornings setting off from Brecon Leisure Centre at 8am. The pace varies with the ability of the riders out that day. Some of the faster members may head off for an extended route at the end. Cafe stops are generally not a feature - unless it's a special occasion. The Wheelers

are welcoming, friendly and supportive. A good chance to meet them is the spinning class on a Thursday (at BLC).

3) Running: Track training is on Thursday evenings at Brecon Leisure Centre starting at 6pm. You're not going to improve speed without some form of interval training and there is no better place to start than Brecon track. It's free for club members but most chip in £2 on the night to support Brecon Athletics who lead the session. All abilities so don't be shy! Drop Adam Jones a message with any questions.



VO2 Max Testing

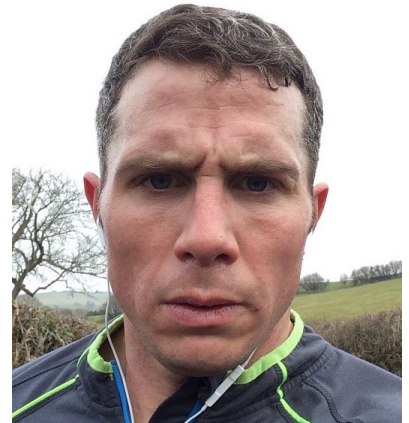


Anyone interested in VO2 max testing? VO2 max refers to the greatest amount of oxygen you can consume and usually occurs at maximum exercise intensity. It's the combined ability of your body's systems to take in, distribute and use oxygen. Like heart rate, VO2 max is a measure of how hard you are working but, unlike heart rate, it takes into account the work of the respiratory system and the muscular systems use of oxygen. If you're keen on zone training then measuring your VO2 max can help determine more accurate intensity ranges. Testing is done in a lab and can be cycling or running based.

We've had a few requests from members to explore local testing further. Universities have been approached and there may be a possibility of getting it done cheaply as guinea pigs so to speak! Beware though, some labs have quoted an age cut off of 40 years! Let the Club know if interested.

Fassett V Frodeno!

It was no surprise that [Jan Frodeno](#) took the male honours at Kona - after all he did manage to beat Grant at IM Frankfurt.....



Brett Sutton on Kona

[Just Another Race](#)



European Title for Kylie

Congratulations to our favourite swim coach Kylie Mansfield on becoming ETU Long Distance AG Champion at Challenge Weymouth. [Report here.](#)



Next Newsletter

The next will be out after our AGM.

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