



Spring 2015

Set Training:

- **Tuesday:**
Cycling Time Trials
- **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:

Brecon Tri
Parc Beddw
Libanus
Brecon
LD3 8NN

Brecontriathlonclub.co.uk

Spring 2015 (1)

Successful A.G.M & Social



Encouraging turnout for our AGM on March 1st. An opportunity to meet the many new Club members and to sit down for a catch up and chat. The evening was topped off with great food from the Clarence. Reports from the Chair and Treasurer were received together with an update on the progress of the Sprint Triathlon. Minutes will be sent out by email to all Club members shortly.

Sprint Triathlon Update

Over 150 places already taken through [Entry Central](#), our Sprint Triathlon is as popular as ever. Looks like this will be the last year of manual timing with chips coming in for 2016. The event organisation is progressing well with the new committee members rapidly getting to grips with the various tasks. Help on the day from non racing, club members is expected and please get in touch with Aled regarding marshalling duties. If you can rope in friends and relatives all the better! This is a massive fundraiser for the club so give it the support it deserves.



Connect with us

[Facebook](#)

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

A Growing Club

We now have 46 paid up members and 15 have taken Welsh Athletics affiliation.



Eifion Rees Kicks Off the Triathlon Season Early in Goa!



Goa Triathlon 2015: "The race was due to start at 6 am, but I soon discovered just how relaxed they are in Goa..... a few glitches and an hour or so later we were all ready to start. Sea was flat calm, weather was up in the 30's already!

The swim was a nice and straight forward 750m out around a boat, quick shout of my number and back to the shore.

Quick change then onto the bike, a steep short climb from the beach at the start of the cycle course then six and a half laps on a freshly laid silky smooth road, which was a pleasure to ride.

Now time to get the legs moving - same course as the bike, but just three and a half laps. Lots of cheering and support from spectators and fellow competitors made the time fly and put a spring in my step to the finish line. It was the first time for me to do this event and certainly won't be the last..."

Eifion is back home now for a few weeks so you might catch him at swim training - we wish him well & safe travelling.

More Discounts for Brecon Tri Members



New 10% discount [@bipedcycles](#). This is on non sales items and excludes bikes. Check them out bipedcycles.co.uk. Other local discounts available at Cotswold Outdoors, Likeys, SMB Fitness, Scott Cornish and Physioroute - Shop Local!



Spring 2015 (2)

Club Kit Order 2015

Great response to the Club's offer of a 30% reduction in the cost of kit for each member. 24 members ordered kit - 43 items with a total cost of near £1,800. Slight disappointment that [Carvalho](#) wouldn't complete our 2 orders for polo shirts stating we had to order 10 as it was a new item! This is despite ordering over 10 tri suits. Never mind, the dust has settled now and we should be taking delivery of kit sometime towards the end of April. If the kit doesn't fit we will refund your costs and surplus kit will be advertised and resold in due course. We'll email on arrival and aim to get it out quick.

Online payment system has worked well for this - no chasing, no collecting, and no repeat bank trips to pay in cheques. 20 out of 24 members paid online within 24 hours of the email request - impressive! 2015 - the year of racing fast and looking good!



Muddy Woody 6

Brecon Triathlon Club members turned out for the Muddy Woody organised by [Wye Valley Runners](#) on February 15th. It's a tough off road 6 (ish) mile race and this year's conditions lived up to the name.

A fine second place for Mike and a fine, race hairdo for Catherine! Pictured: Mike, Dale, Catherine, Amy, and Emma-Jay.



All Club Payments Now Online

You can access your Brecon Triathlon Club online account by clicking here: [Members Login](#)

On the Club website can login via the link on the top right hand corner and there is also a link on the right hand column of the membership page.

Your username for your online account is the email address you registered with. When logging in for the first time, you will need to create a password. Follow the on-screen instructions to do that. You can update your details and action and payment requests made by the club.

Swim block payments:

These will be taken via the online account. Members will receive an email alert when booking opens. Priority is given to those

- that have completed previous blocks.
- who want to book the whole block (occasional swimming will only become available if spare places are left).
- Brecon Triathlon Club membership is mandatory.

Ad hoc swim payments:

Members who swim occasionally on Friday nights will be asked to notify the club on the Friday they swim using the website [contact form](#). They will be billed online at a later date.



Spring 2015 (3)

Kylie Mansfield Launches Coaching Website

KMC - Personalised Coaching

Helping you achieve your goals.
"If Not Now, When?"

Home Services Coaching Personal Development Nutrition Testimonials Contact

Thanks for visiting!

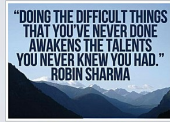
KMC is focused on meeting the needs of each individual to enable them to achieve their personal goal.

Look around the website and if you have any questions, feel free to get in touch via the contact page.



Athlete Coaching

Monthly coaching plans & Pay & Go Train plans



Personal Development Coaching

Achieving personal & professional goals



Nutrition Analysis & plans

ideal meal weekly meal plans for training or weightloss



Monthly Training Club (MTC)

Monthly training plans for those who can't commit to a club but want to feel part of something...

"Don't let someone who gave up on their dreams, talk you out of going after yours"

Kylie has launched her new website - "KMC - Personalised Coaching. Helping you achieve your goals, if not now, when!"

The site covers coaching, personal development and nutritional analysis. It's certainly worth a look and feel free to get in touch with her to discuss more. We all wish her well with this expanding venture.

@KMtriCoach

Dale Wins Again!

Congratulations to Dale Williams on taking a win at the Old Down Country Park 10k race, Tockington, Bristol in early March. [Results are here.](#)



3-4-5 Race Series

[Brecon Athletics](#) Tuesday night road race series starts on 5th May, then 19th May and 2nd June. Races start at 7.15pm with entries on the night and the race HQ is Llanfrynach Village Hall as usual. Sponsorship from [Likeys](#). 1.5 mile junior fun run at 6.45pm too.

Brecon Pool

The running of Brecon Leisure Centre will be taken over by a private company next year. This will probably have pricing and booking implications. We'll aim to update when more is known.

New Swim Block

We are delighted to announce that the next swim block with coach [Kylie Mansfield](#) will start Friday 10th April. Friday evenings poolside for 7.25pm, at Brecon Leisure Centre Pool. 10 sessions, 10th April to 12th June Club member's subsidised price: £40 Priority given to those attending previous blocks. Fee includes pool entry & coaching. Check your email for details on how to book.



Next Newsletter

The next one will be out in July.

Age Group 2nd for Bodge at the Dyfi Dash

Bodge (Mark Tingle) opened the new Triathlon season with an impressive Age Group 2nd at the local Dyfi Dash ([Cerist Triathlon](#)) on Sunday 8th March. Bodge recently moved into the area from Derbyshire and is already settled and training hard. "Weather was a bit tasty to say the least. Nearly had a big moment on the bike when a gust blew me onto the grass verge whilst on the tri bars. Really pleased how it went and spurred on to put in some decent performances this year".

Bulls Cycling Club



The Bulls roadies will be riding out every Wednesday evening from the Groe, Builth Wells at 6pm. These rides will be at a fast tempo - all welcome. The Bulls have a developing junior section and will be organising coaching and games at this year's first [Scott MTB Marathon](#) which kicks off in Builth 11th-12th April. The Bulls will be taking a coaching session and doing all sorts of games - should be a cracking couple of days MTBing so go along and join in.

Local Time Trials and Cycling Options



[Brecon Wheelers](#) 2015 time trial series has now been registered. They are aiming to run 12 10's, a 25, and a final hill climb. Starting Tuesday 28th April and then every Tuesday thereafter. First one or two may be run as taster sessions. Scott Cornish is organising chain gang rides from Brecon on a regular weekday evening. [Email Scott](#) if interested. [Clive Powell Time Trials](#) (Rhayader) start on Thursday 9th April, lovely routes also (not that you get a chance to take a look!).

[Biped Cycles](#) will be riding out from the shop from time to time - keep an eye out on their [Facebook page](#). [Brecon Barbarians Cycling Club](#) will be starting a road ride section this spring with weekly evening rides for beginners upwards - check them out.

Great Club Turnout for the March Merthyr Half

Kate Hovers, Kirsten McVey, Amy Morgan, Ian Price and Scott Mcdean all raced this half from [Merthyr Running Club](#) on March 22nd. Over 800 athletes took part. A personal best from Kirsten and some great cheering on the side lines from Cath Pendleton down with a cold! Full [results here](#). Comment to the organisers - "Hats off to you all on a fabulous first event, brilliantly organised from start to finish, marshals were great, along with the goody bag, medal, t-shirt, weather and the beautiful handmade cup-cakes on sale at the end!"

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