



Winter 2016

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

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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Brecontriathlonclub.co.uk

Winter 2016 (1)

Great Turnout for the Club AGM 2016



Over 30 members attended our AGM in February at The Clarence Inn, Brecon. A really good social and a really good night. Lots of enthusiastic new members and plenty of discussion on how to take the Club forward. After the AGM a free meal was provided by the Club and this was followed by a Race Committee meeting to discuss this year's Sprint Triathlon. Membership is up, the accounts are healthy and the key challenge of the next few months is developing a real club feel with more meet ups and joint training. Full minutes to follow by email.

Membership Fees Now Due

The Club membership fee of **£10** is now due. Existing members need to go to their [online account](#) where a request for a payment of £10 is waiting. All members will receive a membership card which expires in March 2017. Fifty members have renewed their membership so far. Those who do not renew their membership by the end of April will have their online account deleted. They can still re-join the Club by visiting the [membership page](#) but will have to fill out the online form again. New members can also join at anytime via the membership page too.

Brecon Sprint Triathlon

We are open for competitors on [Entry Central](#) and the [Club Event Webpage](#) is live. All Club members are expected to help out so please keep this date free: **Saturday, 28th May 2016**. The event is a major source of revenue for the Club. 90 + triathletes have entered so far.

Marshals Needed

We will need around 40 Race Marshals for our Sprint Triathlon in May. Make your availability known to Race Director Aled Edwards or use the [contact form](#) on the website. Can you contact any groups that could help out: Army Cadets, Young Firefighters, Guides etc.?

New Monthly Social Rides



Group social bike rides start on Sunday March 13th. Bike rides will be monthly with the idea that at this frequency everyone will be able to break away from their own hectic training schedules and join in! Catherine Etchell will be coordinating and rides will start at 9am. There will be a café stop and a route will be available on Strava beforehand. All are welcome and no one will be dropped! Draft legal races are coming in fast so use these sessions to perfect your group riding skills. Keep an eye out on our social media feeds for details. Make sure you join our [Strava Club](#).



Connect with us

[Facebook](#)

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



Winter 2016 (2)

Open Water Swim Training - Lake 32

Kirsten McVey is happy to organise another open water training session with [Jason Tait](#) at Lake 32, Cotswold Water Park, Cirencester. Many of us have raced there (Chris Carpenter will be doing the [113](#) on June 12th) and it really is a lovely place to swim – shallow, clear water with good surrounding facilities.

Last year's session was excellent but the weather was cold, spurring Cath Pendleton on to take up ice water swimming! Don't be put off! Let Kirsten know so she can gauge interest. Use Facebook or the [contact form](#) on our website.



Surplus Club Kit for Sale

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



Summer Off Road Runs

Summer off road runs will start in the summer (Doh!).

Catherine Etchell will be organising so keep up to date by checking social media and email.



Recap on Track Training

Track training is on Thursday evenings at Brecon Leisure Centre track 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.

Brecon Athletics lead the session and it's all abilities so don't be shy! We pay Brecon Athletics an upfront fee, so training for triathlon club members is free. Have your membership card ready if asked.

Ania Ciolek can answer any queries.



Welsh Athletics Affiliation



Brecon Triathlon Club is affiliated to Welsh Athletics allowing our members to join individually at a cost of £17.50. Membership is optional and their year runs from March to March. There are many benefits - [see here](#) - £10 off entry to the Lloyds Bank Cardiff Half Marathon is notable. You will also be eligible to enter running races as an accredited club runner (Brecon Triathlon Club); usually there is a saving of around £2 - £5 per race.

The Club processes affiliation on your behalf so get in touch in the next few days if interested. Once the process is completed you will receive a membership card directly from Welsh Athletics. Our deadline for interest is Thursday, March 3rd.



Winter 2016 (3)

Explanation of Your Club Online Account

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.

Logging in for the first time?
[Click here to create a password](#)

Username
Email address

Password

Login

Forgot your password? [Click here](#)

Powered by [PaySubsOnline.com](#)

The recommended browsers for using the system are Google Chrome and Mozilla Firefox so should you experience difficulties with any other browsers, please revert to one of these.

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.

Contacting Club Officials

If you want to get directly in touch with someone at the Club then use the club [contact form](#) and your query will be forwarded to the right person. Alternatively use Facebook.

Roll on The Olympics!



Chris O'Brien floated two ideas at this year's AGM: running time trials and an informal Olympic style triathlon at the Promenade. These suggestions were welcomed and Chris will take further. Get in touch if you can help out our have other ideas for training etc. Funding may be available. We'll also restart the Wednesday evening bike rides soon, concentrating on the sprint triathlon routes for the benefits of our novice race competitors.

We Need You!

Lots of new innovations for this year's triathlon – chip timing, race tattoos, pro photographer, race arch, optional Friday night registration, and cake at the finish! We will need all of you! So keep this date free and confirm that you can help out on the day by letting race Director Aled Edwards know ASAP.

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

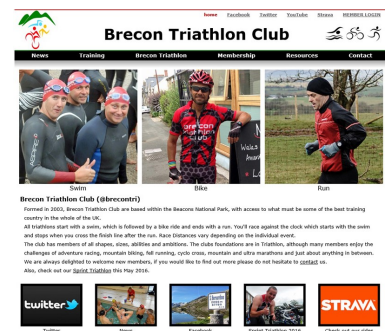
New Swim Block

Next swim block will start the Friday after Easter and bookings will be taken in the prior two weeks.



Club Homepage

Take a look at the [Club Homepage](#). You may notice that the main 3 photos feature blokes! Great photos they are, but this is not representative and we need high resolution pictures of a few of our female members, preferably wearing club kit. The pictures of Donna and Cath Pendleton in kit were not of high enough resolution. Please help!



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.>

Next Newsletter

The next will be out in June.