

'International'

Chiltern Tri News



February 2010 Issue 4

New Members

Chiltern Tri welcomes the following new members:

▲ Adrian Tan

Note: All Swimmers need to be a member of the BTF or Chiltern Tri Club.

Welcome to the **International Chiltern Tri – Issue 4.**

We hope everybody is ready to start build up to the 2010 season!

Included in this issue:

- ▲ Further Swim Tips – Shark Fin
- ▲ And details of another Classic Ride – Mont Ventoux

If you have any contributions, suggestions or would like to subscribe, please contact Matt Kirby at matt.kirby@btinternet.com. Further information on Chiltern training sessions can be found on the Chiltern Harriers website: www.chiltern-harriers.org.

Please distribute this newsletter to any sporting contacts who may be interested.

Swimming

The 1500m Time Trials have begun and already this year, we have achieved two PB's. Below are the Seasons Best for 2009-10

Matt K	29.12
James	29.12
Liz	29.12
JP	29.12
Nice Dave	29.12
Jane	29.12
Martin	29.12
Richard	29.12
America	29.12
Claire	29.12 (PB)
Christine	29.12 (PB)
Neil	30.00
Steph	30.00
Sandra	30.00
Paula	30.00
Fred	31.00
Scott	31.00
Gareth	31.49
Gill	31.49
Alistair	32.00

Pednor 10 Race report

ADAM MILLS AND KERRI RENSHAW WIN THE 1ST PEDNOR 10

"Very enjoyable. First time I've run in this event and thought every aspect of it was great. The marshalling, organisation and race route were spot on and will definitely look to come back next year." – Rick Gonzalez

Over 100 Competitors turned up to race in the 1st Pednor 10 mile running race hosted by Chiltern Triathletes. This was the first time the event had run and consisted of a 10 mile (2 laps) hilly road race around the scenic Chiltern hills. The event attracted a huge range of athletes from complete novice who just wanted to complete a challenge to the experienced athlete.

The winner for the Men was Adam Mills in an excellent time of 58 minutes. Just behind was Fabian Downs in 1 hour and 54 seconds and third male was Sam Williamson in 1 hour and 2minutes.

First woman, eleventh overall, was Kerri Renshaw in a winning time of 1 hour 6 minutes. She was followed by Michaela Colwell in 1 hour 11 minutes, and Helen Williams in 1 hour 13 minutes.

The event was held for Charity and over £400 was raised for Cancer Research and the Hospice of St Francis. Hopefully it will raise even more next year!

Many Thanks to all Competitors, Sponsors and Helpers.

Next year's Pednor 10 event will be held on **8th December 2010.**

Please visit www.chiltern-harriers.org.uk.



Photo of the start of the 1st Pednor 10 taken by Martyn Loach

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Swimming

Swimming Expands!

Chiltern Tri have now increased the number of lanes. Swimming takes place with 3 lanes on Wednesday 9pm-10pm.

On Fridays we have 2 lanes 8pm -8.30pm and 3 lanes 8.30-9.30pm to allow for some 90 minute sessions. This will enable more variations to the club training.

Novice Swim Training

Over the next few weeks we may introduce on a Friday a lane dedicated to the beginner to be coached by Richard Osborne. If you are new to Triathlon on Swimming, please get in touch for more details.

International Events

Provisional Dates for International Events 2010:

The **Hawridge International Duathlon** is now in its 13th year and will take place, subject to BTF Sanctioning on 8th June 2010 (Start at 7.30). Race HQ will be at Hawridge Cricket Club and we aim to accommodate 100 competitors this year. The 2.5 mile run, 11mile bike and a 2.5 mile run on the same course. This will also be the Clubs Duathlon Championships.

The **3rd Chiltern International Aquathlon** consists of 400m Swim and 5km Run which will take place at the Chesham Open Air pool on 12th September 2010.

These events are a starting point for multi-event racing and suitable for the complete novice to the top age groupers.

The provisional date for the **2nd Pednor 10 Mile Road Race** will be on the 5th December 2010. More information will follow in the next issues.

If you want to enter one of these events, get in touch and we can point you in the right direction. Information will be available on the Chiltern Harriers Website: www.chiltern-harriers.org

5km/10km Pednor Runs

The Time Trial Runs at Pednor are underway (meet at 9.30am Open Air Pool, Chesham). There is an option of 5km or 10km for this out and back run along the bottom road at Pednor. They will take place once a month on the following dates:

- 20th March 2010
- 24th April 2010

Most improved Male for 2008-09 was Nice Dave and Most Improved Female was Sandra Levett.

We had the largest number of runners (16) on 20th February. The results so far for the 09-10 Season are shown below:

5km & 10km Runs – 2009-10 results

10Km

John Yarnell	39.37
Dave Steedman	42.49
Dave Walker	43.14
Jess Anton	44.55
Stuart Lacey	46.10
David Zerny	46.21
Martin Stubbings	46.28
Sandra Levett	46.38
Claire Stubbings	47.23
Alistair Gammell	47.53
Rob Engers	47.54
JP Van Weert	48.28
Richard Osborne	50.12
Liz Dickinson	51.38
Dan Osborne	57.33

5Km

Ali Young	19.27	CR
John Yarnell	19.39	
Dave Steedman	19.56	
Jon Beedle	21.20	
Rob Engers	21.29	
Roger Ellerby	21.49	
Matt Kirby	22.35	
Stuart Lacey	22.40	
David Zerny	22.49	
Martin Stubbings	23.03	
America Villar	23.16	
Claire Stubbings	23.20	
JP Van Weert	24.21	
Christine Moore	25.26	
Liz Dickinson	25.43	
Grant Peter	25.48	
Jane Martin	28.18	
Gill Ralphs	34.58	

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Most Improved

There will be a prize for the most improved swimmer 2009-10. Each member will get to vote on the top three most improved swimmers. Voting for 2008-2009 has taken place and America Villar won most improved swimmer for the last season.

NEWS

Rob Engers has completed the prestigious Premier Advanced Personal Training course. For a free initial consultation or details contact Rob at robengers@googlemail.com or 07789 783468.

Cycling

WANTED: SUNDAY CYCLE COORDINATOR.

Can club members let Matt know if they are prepared to coordinate and be the point of contact for the Sunday Rides. The club Sunday Rides are presently organised on an informal basis due to the different abilities and goals. Meet at Watermeadow carpark at 9.30am

Duathlon Training

Once a month there will be an organised Run/Cycle/Run training from Hawridge Common, meet 9.30am on the following dates:

- ✓ 28th February 2010
- ✓ 21st March 2010

Iron Man Swim

There will be a timed Ironman, Half Ironman and 1500m swim on Friday 5th March 2010 commencing at 8pm. Please can you confirm if you want to take part.



David Wells – Registered Osteopath

Sports Therapy FSMT,
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Sports Injuries APNT
Tel: 07766758066

Classic Rides – Mont Ventoux

Mont Ventoux is the mountain in the Provence region of Southern France forming part of the Alps. It is the largest mountain in the region and has been nicknamed "The Bald Mountain" and is one of the most famous climbs in the Tour de France (used 14 times). The Climb is famous for its strong winds which have been recorded at 200mph.

The mountain can be climbed from three routes, the most famous being "South from Bedoin" (1617m) over 21.8km. This is the most famous and difficult ascent. The ride takes between 1 hour 30 mins and 2 hours 30 mins for a trained amateur to climb.

The fastest time recorded was by Iban Mayo (2004) in 55 minutes and 51 seconds.

In 1994, Eros Poli started the climb with a 25 minute lead on the peloton and despite hanging on to win the stage, he lost 1 min per km on the climb.

Certainly one of Europe's Classic Climbs.



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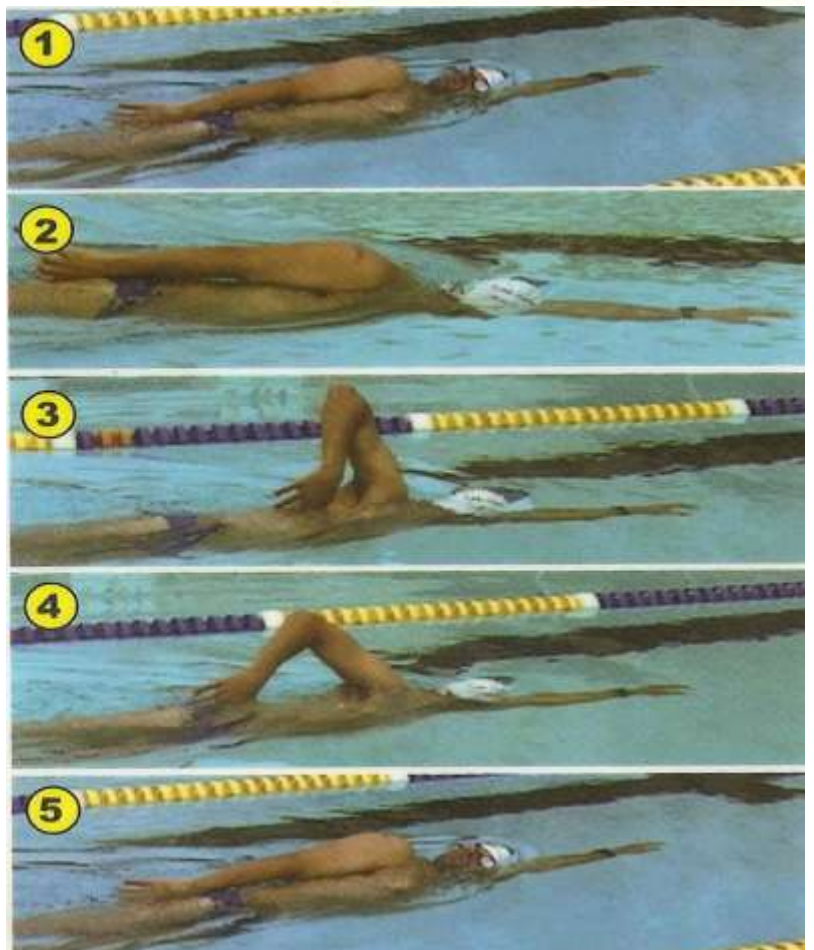
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Swimming Drill - "Shark Fin"

1. Balance on your side in the sweet spot with your hand extended.
2. Swivel your head and look down.
3. Slide your hand up your side, keeping it in contact with your body.
4. Slide it back down.
5. Look up and re-balance in the original sweet spot.
6. Practice both sides



Pictures taken from totalImmersion.net (Swimware Inc)