

'International'

Chiltern Tri News



September 2010

Issue 5

Welcome to the **International Chiltern Tri – Issue 5**.
We hope everybody has had a good start to the 2010 season!

Included in this issue:

- ▲ Race Round up
- ▲ Channel Swim
- ▲ Hawridge International Duathlon Race Report
- ▲ Chiltern Tri Autumn Training Schedules

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.

Hawridge International Duathlon

60 Competitors completed the Hawridge International Duathlon 2010 hosted by Chiltern Triathletes. The annual event based at Hawridge and Cholesbury Cricket Club consisted of a 2.5mile multi-terrain run, 11mile (2 laps) hilly bike ride around Hawridge and a final 2.5 mile run to finish. The event attracted a huge range of athletes from complete novice to experienced age groupers.

The winner for the Men was Rollo Gwyn-Jones in 01:03:10. In second place was Adrian Berry in 01:06:05 to narrowly beat John Johnson, third in 01:06:27.

First woman, second overall, was Susan Miles in an excellent time of 01:05:50 (Women's Course Record). She was followed by Joanne Johnson in 01:11:30 and Kelly Ingram in 01:13:22.

Full results are available on www.chiltern-harriers.org.uk

Next year's race will be on the 8th June 2011

Sandra qualifies as personal trainer!

Having recently qualified as a Master Personal Trainer with the European Institute of Fitness Sandra Levet is in the process of constructing a purpose built Studio/Gym in the stunning grounds of Micklefield Hall in Sarratt, Herts.

One of the services on offer, during the Autumn and Winter is a small group circuit class on a Saturday morning. This class will be specifically and progressively planned for Triathletes and can include a run session in the private grounds. If you would like to find out more please contact Sandra on 07729 437551 or via email at s.levet@btinternet.com.

Swimming

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

Jaco	23.20 (PB)
Matt K	23.20 (PB)
Neil	24.15
Steph	24.15 (PB)
Liz	24.15 (PB)
James	24.36 (PB)
Scott	24.36 (PB)
Nice Dave	25.05 (PB)
Jp	25.40
Ronseal	25.45
Jane	26.15 (PB)
Martin	26.44 (PB)
Claire	27.08 (PB)
America	27.08 (PB)
Fred	27.38
Sandra	27.40
Christine	27.40 (PB)
Paula	27.45 (PB)
Richard	28.00
Adrian	28.19 (PB)
Pam	28.42
Tim Chapman	29.08
Gill	29.52
Dave Walker	31.06 (PB)
Gareth	31.49
Alistair	32.00
John	32.39 (PB)
Adrian Berry	32.39 (PB)
Emma	34.47 (PB)



Claire and Liz ready to race!



Start of the Hawridge International Duathlon 2010

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Hawridge International Duathlon Accounts

There is always a lot of interest from competitors as to how cheap or expensive events are and how much profit events actually generate. Set out below are the figures for the Hawridge International Duathlon:

Income

Event Income £1203.00

Expenditure

BTA Fees/Day Licences £139.00

Pre-Med Ambulance £240.00

Medals/Prizes £366.25

Club House Hire £50.00

Food Bookings £295.00

Race No's./Printing £41.00

£1131.55

Profit

£71.45

(added to swim fund)

Ironman Lanzarote

PAULA QUALIFIES FOR KONA

Paula completed Ironman Lanzarote on 21st May 2010, a notoriously windy race, in a time of 12 hours 9 minutes and 11 seconds. This was 29 mins quicker than her previous fastest time around this course.

1571 athletes took part in this year's event which involves a 2 lap swim (3.8km) followed by a 180km bike single loop round the island of Lanzarote incorporating windy straights and tough hills before finishing with a marathon run. Paula finished 4th in her age group. This fantastic performance ensured Paula one of the coveted qualifying slots for the Ironman Hawaii.

Ironman Hawaii will take place on 9th October 2010



Paula with Ain Alar Juhanson

Bala Middle Distance (2km/81km/20km)

Manuela Capazorio	4:44:58	5 th
Darren Evans	5.08.59	229 th
Neil Edwards	5.16.18	267 th
Steph Thurkettle	5.23.48	312 th
Pete Cairnie	5.35.26	367 th
Storme Alexander	5.41.45	54 th
Kelly Ingram	5.42.43	56 th

New Members

Chiltern Tri welcomes the following new members:

- ✓ John Yarnell
- ✓ Dave Wells
- ✓ Adrian Berry

David Wells Registered Osteopath

Sports Therapy FSMT,
Massage ITEC
Sports Injuries APNT

Tel: 07766758066

International Events

The 3rd Chiltern International Aquathlon consists of 400m (15th Lengths) Swim and 5km Run which will take place at the Chesham Open Air pool on 12th September 2010. This year we also have a **Novice Race** which will incorporate a 234m (9 Lengths) swim followed by a 2.5km run to try and encourage people who are new to the sport to enter the race. In addition to this Richard Osborne is offering sessions to improve your swimming on Monday nights at the open air pool. Please contact Matt Kirby for more details.

These events are a starting point for multi-event racing and suitable for the complete novice to the top age groupers. The date for the 2nd Pednor 10 Mile Road Charity Race will be on the 5th December 2010. There will also be a relay (2 x 5 mile) Race.

If you want to enter one of these events or for more information contact Matt.kirby@btinternet.com. Application forms are available on the Chiltern Harriers Website: www.chiltern-harriers.org. We are also looking for a few sponsors for this years and future Pednor 10 Races including prizes for the proposed raffle.

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Most Improved

There will be a prize for the most improved swimmer 2009-10. Each member will get to vote for the top three most improved swimmers. America Villar won most improved swimmer for the last season.

Blenheim Triathlon

Super Sprint – 400m/10km/5km

Matt – 51.46 (1st in age)

Sprint – 750m/20km/10km

America – 1.28.55 (58th/947)

Liz – 1.33.40 (141st/ 947)

Grendon Triathlon

Grendon Triathlon took place on the 9th May 2010 and despite the freezing condition there were some great performances. Rob did 01:18:23 and came 9th in his age, also securing a place in the European Championships. America finished in 01:28:03 and finished 14th in age and Liz did 01:39:29 and finished 7th in age.

Windsor Triathlon

Rob Engers won his age group and finished 7th in the Windsor Sprint triathlon in a time of 01:28:26. Rob has completed all 20 Windsor triathlons

Fritton Lake Triathlon – 29/30th May 2010

Although the weekend was quite wet and cold, a number of Chiltern Triathletes made the trip up to Suffolk to take part in this fantastic event. Everyone had great races with several PB's and age group wins with James winning the Super sprint overall. Chiltern Tri also entered a relay team consisting of Matt, Grant and Phil who came 4th.

Super Sprint –

James Orr 00:41:52 (1st overall)

Matt Kirby 00:48:41 (1st in Age)

Sprint –

Liz Dickinson 01:25:00 (2nd in Age)

Claire Stubbings 01:26:34 (1st in Age)

Jaco Eyeglaar 01:30:30 (13th in Age)

Olympic

Neil Edwards 02:19:06 (3rd in Age)

Steph Thurkettle 02:27:50 (18th in Age)

Sandra Levett 02:32:16 (1st in Age)

Martin Stubbings 02:45:42 (11th in Age)

America Villar 02:38:07 (2nd in Age)

Gill Ralphs 03:48:55 (2nd in Age)

New club Logo!

Chiltern Tri have created a new logo for the club.

The logo for Chiltern TRI, featuring the text 'Chiltern TRI' in a bold, sans-serif font. Above the text is a stylized graphic of a blue and white wave or swoosh.

Club Hoodies can be ordered with the new logo. The Hoodies will be available in black or grey in sizes S, M, L, XL, and will cost £25 each. Order forms will be distributed at swimming. Please return the form to either Bex or Matt if you would like to purchase one. The first order will go out on 30th August 2010

Milton Keynes – National Sprint Championships (750m/20km/5km)

James Orr 01:05:19 14th /95

Jez Crick 01:05:32 16th /95

Rob Engers 01:10:03 35th /89

After a successful start to the race season, James Orr, America Villar, Liz Dickinson and Rob Engers have qualified to take part in the World Sprint Triathlon Championships which will be held on 11th September 2010 in Budapest, Hungary.

Adrian Tan completed his first ironman at Ironman UK in a fantastic time of 11 hours 54 minutes and 9 seconds and finishing 52nd in his age group out of 200 finishers



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Channel Swim

There has always been a huge interest in swimming the Channel and today there is the Arch to Arc triathlon event which incorporates a Channel Swim as part of the race. The first recorded person to swim the Channel was Captain Matthew Webb on 25th August 1875. He swam from Dover to Calais at his second attempt in 21 hours 45 minutes. His zig zag course across the Channel was over 39 miles. The shortest distance is 21 miles from Dover to Cap Gris Nez.

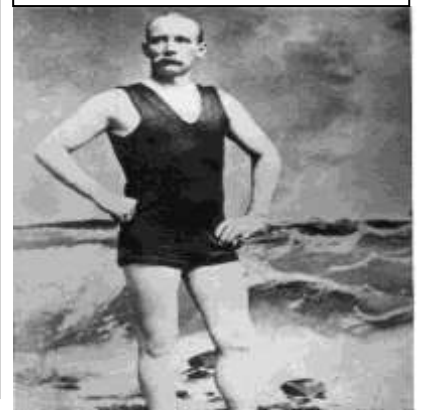
The fastest Time recorded is 7 hours and the slowest time is 28 hours.

I am considering organising a relay Swim in 2012 which will consist of a team with each member swimming 1 hour in rotation. The training will involve gradual acclimatisation including sea swims. If you would like express your initial interest at this stage, can you please let Matt know by 30th September 2010.

I will have the information pack shortly and will enquire about booking a Pilot in October 2010.



Shortest, Average and Longest routes across the Channel



Captain Matthew Webb

Autumn Training

Swimming

We will continue with 3 lanes on a Wednesday (9-10pm) and Friday (8.30-9.30pm) at Chesham Leisure Centre, concentrating on Technique and Base Training. The third lane will be dedicated for Beginners/Intermediate level.

Cycling

Due to the wide range of ability, Cycling will be organised on an informal basis – meet at Watermeadow Carpark, Chesham at 9am. However, the following sessions are planned:

- 14th November 2010 – Hill Reps
- 12th December 2010 – Hawridge Multi lap ride

Duathlon Training (meet at Hawridge and Cholesbury Cricket Club, 9.30am)

- 7th November 2010
- 3rd October 2010

Running

Running will form part of the Harriers Autumn Program but the following key dates are proposed:

Bednor 5km/10km TT Runs (Meet at Chesham Open Air Pool Carpark 9.30am)

- 23rd October 2010
- 27th November 2010
- 18th December 2010

Hill Reps (Meet at Chesham Open Air Pool 9.30am)

- 2nd October 2010
- 13th November 2010

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