

Tri Lakeland



A word from the Chairman.....

I'm very pleased to say we've had an amazing season with some massive achievements, individually and as a club.

We have our usual brace of GB racers in various Triathlon distances as well as Duathlon. Also, some new qualifiers set to race at next year's European and World Championships.

The clubs annual charity event this year was the epic Frog Graham Challenge which was complete in a very respectable time by the core team of 5 and with the support of about a dozen other members along the way. The final amount raised was in excess of £2000 for the Motor Neuron disease charity.

Also, we managed to win the inaugural Cumbria Club Championship at Ullswater Triathlon.

Annual Awards Recipients.

Female Club Championship Winner: Viv Winter.

Male Club Championship Winner: Mark Benson.

Female Triathlete of the Year: Viv Winter.

Male Triathlete of the Year: Mark Benson.

Coaches Triathlete of the Year: Rachel Freer.

Performance of the Year; Rachel Jeff.

Plonker of the Year: Mark Benson.

Wetsuit Demo Event.

Here is a date for the diary!! We have organised a Try On event with Swim The Lakes of Ambleside. This will take place on **Monday 21st May 2018.**

If you are looking at buying a new wetsuit for next season it could be worth holding off until this event. Full details are attached with this newsletter. If you're interested, you just need to contact Swim The Lakes with your details and let them know which wetsuits you'd like to try. There will be a small cost but this will be partial subsidised by the Club.

Bkool Turbo Trainer Offer.

The Club has had an offer of 25% off their latest Turbo Trainer, the Smart Pro 2. We are considering buying 3 for the Club to be loaned out to members. But we would also like to open this up to you guys if you are in the market for one. The offer price is £375 which includes a months subscription to their online training system.

We would like help co-ordinating the Turbo Trainer allocation. If you would like to give a little time back to the club let us know.

Christmas Drinks.

A suggestion of Saturday 9th December has been put forward for a little Christmas get together. I would like to take this opportunity to invite you all to The Castle Bar from 7pm onwards. Hope to see you all there, Christmas jumpers positively encouraged! For those of you who can't make it I'd like to wish you a Merry Christmas and I'll see you in the New Year.

Craig Mcleavy

Coaches Corner.

Swim

The coached swim sessions were a success and 10 people attended the 6 week block on Tuesday from 6:30-7:30am. Barry Johnson is currently running session utilising our lanes every Thursday morning up until Christmas. All members welcome.

Run

Track sessions have also seen 10+ in attendance each week so at the next committee meeting we'll discuss extending these sessions. If there are still members running from the school let us know please.

We have the opportunity to have a 2 day Half & Marathon Workshop. The 2 day event aims to provide runners with knowledge and experience to further develop their endurance running and enable them to plan their racing season. This would be presented by Paul Evans and Chris Hollinshead. Both these guys have a lot of experience and very impressive CV's.

Bike

Spinning - unfortunately this hasn't been well attended over the last 5 weeks so we've decided to cancel until January when we'll consider it again. One way is for everyone who says they'll be going to pay upfront, that way the club isn't paying £25 per session when only 3 turn up. Maybe members could book a block of 8 sessions for a subsidised fixed price.

We have a place for the London Marathon up for grabs, if you're interested let us know at trilakeland.chairman@gmail.com and we can put your name in the draw. You can't enter if you've been a previous recipient.

Membership information.

Total membership for the year: 96

12 members signed up for English Athletics.

If anyone changes their email address please can you let the club know using the following email address, trilakeland@hotmail.com this will enable us to change it in the results database and ensure you received club emails.

Tri Lakeland



Club Championship 2018

Top 5 results count towards championship.
15 points for the highest placed Tri Lakeland athlete decreasing by a point for each place down to 1 point

Date	Event
19/03/2018	Carlisle Duathlon
TBA	Cockermouth Triathlon
09/06/2018	Keswick Mountain Festival Sprint Triathlon
10/06/2018	Keswick Mountain Festival Standard Triathlon
17/06/2018	Lakesman Half Triathlon
17/06/2018	Lakesman Full Triathlon
14/07/2018	Ullswater Sprint Triathlon
14/07/2018	Ullswater Standard Triathlon
18/08/2018	Bassenthwaite Sprint Triathlon
18/08/2018	Bassenthwaite Standard Triathlon
02/09/2018	Helvellyn Triathlon

Tri Lakeland Winter Casual Kit Options

Sample pictures not correct colour

Please see below possible options for winter kit. If anybody is interested please get in contact and we will look at making an order. We are also open to another other suggestions, such as track pants, luggage, hats etc.
Please email cgray@m-sport.co.uk.



Black with Logo on chest
and back

£55.00

Black with Logo on chest
and back

£35.00

Black with Logo on chest
and back

£45.00

Black / Black with Logo on
chest and back

£55.00