



Tri Lakeland

Newsletter

April 2017

Hello, and welcome to this, our first newsletter for the 2017 season. I hope everyone is fit and ready for the year ahead and that you still fit into your wetsuits. I always find mine shrinks during the winter.

Over the next few pages you should get an idea of some of the plans for this year and also looking ahead to developing the club in years to come.

We have details of our Club Championship, The Mini-Series and the big charity event in aid of Motor Neuron Disease, The Frog Graham. Also, we have to

decided to offer a few of our members a great opportunity in the form of sponsored training to become coaches.

I'd like to see the club create a legacy in our local area by investing in our members (juniors as well as seniors) and charities that are important to the club and local community.

I would actively encourage any member to put forward suggestion for activities that we can put together for the benefit of us all, and volunteer to play a small part in the organisation and running of these events. I know we all have busy lives but

a few hours of volunteering, a few times a year will be a great benefit to your club. If we all do our little bit it can make a big difference.

Now for some boring (but essential) stuff. Everyone is reminded to ensure they renew their membership via the link on our website. If you're not a member you can not take part in any of the coached session or charity events. This includes Wednesday night run sessions, open water swims and The Frog Graham.

The Frog Graham

This is confirmed for the 1st July raising money for MND.

It's just over a 40 mile combined run and swim (nearly all run) split into 4 sections with 16000ft of climbing.

Thanks for the interest so far. We'll be setting up a meeting later in April to sort out the details.

Anyone interested in doing the whole thing, being part of a relay or just helping out on the day please let me know.

Further details of this challenge can be found on the event website.

Thanks, Viv.

Coaches Corner



Hi everyone and a warm welcome to any of our new members who I've yet to meet yet. I hope the winter of 2016/17 has treated you well and your training is heading in the right direction and you arrive at spring in good condition and looking forward to the season ahead for whatever events and challenges you have set yourself.

Having goals is a crucial element in maintaining our motivation when we least want to head out training and entering races or taking on a personal challenge is great way of doing this. One such challenge is the Club Charity Event which this year takes on The Frog Graham. More details can be found in this newsletter but I hope as many members as possible can get involved with this in whatever capacity that may be. This years we'll be raising money for Motor Neurone Disease (MND).

Coaches

Help is always appreciated by our coaching team to support the sessions we currently provide and look to plan additional sessions where possible. With this in mind if you have any interest in coaching please contact me on [07789377743](tel:07789377743) to discuss helping out. The club will help support you financially so you shouldn't be out of pocket if you wish to pursue some coaching qualifications.

What we ask is that you help out for a few months with our existing sessions as a volunteer which will allow you to gain some experience and give you an idea if it's something you'd like to continue before we fund any qualifications and therefore ask for a firmer commitment from you.

If you are already a qualified triathlon coach or in any of the individual tri disciplines or have other qualifications in areas such like circuit training, yoga, Pilates, etc. then again please get in touch with me to discuss your potential involvement.

Mini Series

We'll repeat last years mini series with a number of very similar events starting with the Bike Time Trail (Approximately 10 miles) on Monday 24th April. Points are awarded at each even with a small prize given out at the end of season do.

The primary purpose of these low key events are to get members involved in our sessions. Most will take place on Monday evenings in line with the Bass Swims commencing in early May. For some we'll need some volunteer help with time keeping etc. see below for more details.

NOTE - None of these events should last more than an hour.

Mon 24th April - Bike TT - (Approx 10 miles)
Mon 1st May - Duathlon
Mon 29th May - Bass Swim TT

Mon 26th June - Swim/Bike
Mon 24th July - Run/Swim/Run
Mon 28th Aug - Club Relays (TBC)

Bass Swims

As mentioned above these will start in early May with a quick dip then building each week up to longer swims as the weather warms up. Some will be coached focusing on open water specific skills and others will be general swims.

As usual I'll be sending an information and safety document along with a medical form and disclaimer in line with the H&S requirements for running such sessions. The sessions will be on Monday evenings from approximately 6:30pm—7:30/8pm . We hope to keep using the facilities at the sailing club.

Training

Here's a full list of our training sessions:

Swims:

Monday, Tuesday, Thursday 6:30am—7:30am at Cockermouth pool. 2 lanes available, not coached but follow the swim smooth plan.

Thursday 7:30pm—8:30pm swim session previously called masters. Lots of members attend.

Sunday 8am—9am. 2 lanes available, not coached

Bike

Weekend Adhoc rides, keep an eye on Facebook for information. Some of the Monday night sessions from Mid April will involve biking so keep an eye out and look at the mini series events.

Run

Wednesday 6:30pm—7:30pm meet at Cockermouth School car park. Coached in 2 groups where possible.

Keep up to date on any further sessions on our Facebook page.

Last but not least—Help is needed!

Is anyone willing to organise this years Reliability Ride? Its been postponed for the last 2 years due to bad weather so hopefully someone will have better luck than I have.

This will be a Saturday morning ride for club members from Mid April to Mid May, returning to a venue in town for a bite to eat. There are 3 groups covering all abilities. The ride will be for 3 to 4 hours.

Reports—How your money is being spent



How to get your hands on Tri Lakeland kit

2017 race kit will be supplied by Champion Systems again this year. Check out the website to see the massive range they offer

<http://champ-sys.co.uk/>

Or the Custom kit link page at <https://eucustom.champ-sys.com/Login/en-GB/Default.aspx>

Look on the club Facebook page for details when the next kit order window will open. We plan to have order windows throughout the year, so keep checking, and feel free to contact me through the Facebook group also

Casual kit, hoodies, Tracks, T-shirts, etc. are also available on a pre-order basis from another supplier, so please also check the Facebook group for details on the next order dates. Details for the range of casual kit will be advertised soon.

What we spend your subs on.

The club finances are in a healthy state with the last couple of years of running the Bassenthwaite Triathlon contributing to a healthy bank balance. The membership fee of £15 has stayed fixed for quite some years and represents great value for money.

It is often asked what the club spends its money on so here is a brief breakdown of some of the recent spends and an overview of where we intend to spend over the course of this year:-

Recent expenditure

Swim Event Buoys to support Bassenthwaite Triathlon £675

New club gazebo ordered £597

Tri Expo bus £300

Velodrome bus £175

Spinning sessions throughout March £100

Rehab sessions at the end of Feb £65

In terms of budget this year we have agreed we will allocate £5000 with another £1000 contingency. This will be broken down as follows:-

Coaching & CPD £1200 (Hire of facilities, buying in external coaches if required, paying for coaching awards)

- Charity Donation £1000 Motor Neurone Disease this year
- Social Activities £1000 - Club Awards Doo (Prizes, food, band), AGM food
- Kit/Equipment £1000 (Gazebo. swim tow floats etc.)
- Junior Athlete Fund - £500. To be split between 3 or 4 talented athletes from the junior club

The above budget allocation represents the income from last years Bassenthwaite triathlon. This still leaves a balance of about £10K in the bank giving the finances a healthy state.

What are the benefits of being a Tri Lakeland member?

Tri-Lakeland current membership total for 2017 stands at 56 as of the 9th April with 51 male and 15 Female members spanning an age range of 51 years. We are currently affiliated to the following bodies

Triathlon England

English Athletics

Cycling Time trial club.

The club membership fee of £15 allows you to participate in all the clubs training events throughout the year and provides the foundation for the club to move forward and improve its events and activities for its membership. The affiliation to the various bodies also provide the club and its membership with the following benefits

Club liability Insurance of 10 million Pounds.

Directors and Club Officers and officials of 2 Million Pounds.

Club affiliation Certification.

Club finder Publication in British and English Triathlon publications. (Great advantage for new members contacting and joining the club)

Access to the club management area.

Priority booking on event organisers and coaching courses.

Membership reduction for Club members.

Meet the team



Chairman: Craig Mcleavy

I've been a member for 3 years after move to the area for my wife's (Danielle) work. I've always been into running and cycling and eventually got into Triathlon via this club with Cockermouth Tri being my first event. Since then I've steadily progressed to bigger and more challenging events culminating in the Wasdale X Half Ironman at the end of last season.

I'm a Captain on a British Registered Coastal Tanker, working along the English Channel. I'm away for a month at a time, but I'm within easy reach via phone, email and various instant messaging services, so you're all welcome to get in touch about anything club related. Look forward to hearing from and meeting as many members, new and old over the coming season.
trilake-land.chairman@gmail.com
07429598875

Head Coach/L2 BTF Coach: Jeff Thorpe

I've been with the tri club for 10 years now. My experience is largely open water sprint or standard races. I completed a half ironman race a few years ago and qualified for the Sprint World Champions in Beijing 2011 but I didn't go, I've gone backwards since then, LOL!

My favourite event is Keswick Mountain Festival or Ullswater Tri, for the good T3 events. For me the best thing about triathlon is the different disciplines that provide a good va-

riety of training. There's a great bunch of people from all walks of life and in our club we have a healthy social scene as well!

Assistant Coach/Club Kit manager: Chris Grey

I joined the club in 2012 and have competed in all the main 4 recognised distances UK and abroad. My first triathlon was Cockermouth sprint in 2012 and I've been lucky enough to race on average 6 triathlon's per year since I started.

My day job is Head of Race Engineering at M-Sport. As for interests outside of triathlon, whose got time for that with all the training that needs doing!

Treasurer: Jeff Hayes

I am the newly appointed club treasurer and in my 4th triathlon season. A relative late comer to the multi-sport I was 50 years old before I did my first triathlon, which was a weather challenged attempt at the Bassenthwaite triathlon. Since then I have completed numerous standard distance triathlons, the UK full Ironman and enjoyed the not so sunny racing in Majorca at the 70.3 Ironman last year. I think my favourite triathlon to date was the Alpe d'huez long course last year. This proved to be a challenging but very rewarding and a beautiful

place to race.

Membership Secretary: John McCord

My name is John McCord and I am delighted to take on the role as the Tri-Lakeland membership secretary. I am 61 years old and originally hail from Glasgow however I have lived in Cumbria for the past thirty years and currently reside in Seascale.

Welfare Officer: Liz Hunter

Social Secretary:

Jakki Emmerson