



Tri-Lakeland Spring Newsletter

Contents;

1 – Club News

2 – Charity Swim

3 – Volunteering

4 – Club Training Sessions Spring/Summer 2016

4 – GB News

5 – Club Kit

6 – Member Benefits

Club News

Hi all,

It's certainly a while since we pulled together a newsletter but hopefully we can do it a few times each year as a way of letting you all know what's happening in Tri-Lakeland and beyond! Over the next few pages you'll see there's plenty of opportunities for you all to get involved in lots of different events, from volunteering at The Lakesman to swimming the length of Crummock water for charity, whatever it is I hope you'll join in the activities and make the club a vibrant and healthy one to be a part of, it really does need your support to do this.

You may all have seen the AGM minutes that were emailed by Kev Pritchard last week. So on behalf of all the members, past and present, can I start by thanking our outgoing Chairman Mark Bowen for all his hard work over the 6 years he's held the position. Mark has been instrumental in pushing the club forward especially with regards to organising Bass Tri and earning the club £1000's in the process meaning we can now look to provide members with some really great opportunities in the future. Mark will continue to head up the Bass Tri organising committee as the club looks to build on last year's very successful event. Thanks also to outgoing membership secretary Kev who has also done a sterling job regarding the key role of keeping all the member records organised and staying on top of all the club affiliations amongst many other things. This is a position that is crucial to the committee and as such Kev has outlined the key responsibilities required for this role along with an overview of the Chair role too;

Chair;

- To provide direction for the club by effective leadership and management
- To determine the agenda, chair and control meetings of the committee
- To act as principal officer within the club, and make decisions whenever the need arises, in consultation with other officers when appropriate
- To represent the club at external meetings when required – Rarely needed
- To be involved, where appropriate, in the co-ordination of club activities
- To manage and oversee the work of officers and other club personnel
- To present the club's annual report at the AGM

Membership Secretary;

- Receive and process membership applications
- Deal with various affiliations such as BTF, UKA, Time trials, etc
- Forward any monies to the treasurer
- Check club emails on a weekly basis and forward to relevant parties where necessary (Currently looking at online registration which would lighten the load considerably)

Obviously the club need to fill these two positions as soon as possible. Both Kev and Mark continued last year as no one else stood forward so please make the club aware if either of these positions interests you. We are a fairly informal committee so don't think these roles require lots of work, but there's certainly a minimum level of commitment needed so the club can function effectively. The key thing is that you are keen to get involved and play a part in helping the club prosper.

Charity Swim in aid of The Great North Air Ambulance

Plans are being drawn up for a Tri Lakeland charity swim in Crummock around the end of June or start of July. The idea is a 24hr continuous swim with members volunteering to swim a minimum of 1 length of the lake, 2.5 miles, before handing over to another member at the opposite end, with as many club members as possible swimming the last leg. I estimate that we should get at least 16 legs completed making it a distance of around 40 miles. The club will make a donation to the Great North Air Ambulance in addition to the sponsorship raised by members. A Just Giving page will be set up and details emailed in due course. We will require help to organise this and will be seeking permission from the land/lake owners, along with safety boat and first aid cover etc. We hope to get some good media coverage too so please let me know if you'd like to be involved. Challenge yourself and see what you can achieve! Maybe 2 lengths of the lake, 3 or even 4?

The Sport Relief Sports Centre Ironman Challenge will take place the weekend of 19th and 20th of March. We already have one team of 10 members taking part on the Saturday and have the option to take another team on Sunday. The challenge involves each member completing a 400m swim, 11.2 mile indoor bike, and a 2.4 mile treadmill run with gaps in between each discipline and some not always in swim/bike/run order. Prize for team with lowest overall time and fastest individual time too, we're up against

a staff team from the Sports Centre and the Swim Clubbetter hope their bike and run times aren't the best. All money raised goes to Sport Relief and the club will pay half the £260 team donation cost meaning each member only has £13 to donate, in return the centre will give us a place into Cockermouth Tri for each team member.

Volunteering Opportunities

Bass Tri – Sat 13th August - Please pencil it in your diary and ask family and friends to do so too. After last year's success let's make the 2016 event even better.

Keswick Tri 21st & 22nd May – Marshalls required in exchange for a free place in next year's tri. As the short and long are on different days and there's other events going on it's a good chance to get involved. Free t-shirt and festival pass for all volunteers.

Contact lucy@keswickmountainfestival.co.uk

Cockermouth Triathlon Sun 12th June – Also looking for volunteers to help marshal on race day. Ask in the centre if you can help out.

The Lakesman Sat 18th June – We have volunteered to man an aid station on the bike course somewhere near the town (or so they say!). Details yet to be confirmed but again we'll need several members to help out on the day, even if just for an hour or so. More info to follow.

Club Training/Coaching Sessions Spring/Summer 2016

Hopefully you have a copy of the Tri Lakeland 2016 excel calendar attached to this email. This shows you everything that's happening over the next 6 months including the mini-series, club champs, coaching and training sessions.

Reliability Ride (Social) – Currently planned for early April (2nd or 9th) - TBC

Bass Swims – Due to start early May, alternate Mondays. You will need to sign a disclaimer and medical form prior to swimming and **MUST** be a paid up member of the club, as is the case for all sessions to ensure the club and coaches are covered by the insurance policy. Usual time and place, 6:30pm ready to swim at Bass Sailing Club. More details to follow nearer the time.

Bike Session – A new session for 2016 which will start at the beginning of April and run every Monday evening before alternating with the Bass Swim from May for the rest of summer. These sessions will be based about riding hard with time trials, duathlons, chain gangs, interval work, and other such sessions that are designed to improve your speed and threshold pace. Meet at Cockermouth School car park ready to ride for 6:30pm please.

Mini Series – Designed to get people involved in our own low key events and training sessions. The series will include lots of different swim/bike/run formats plus stand-alone time trials for each discipline. Prizes at the end of season awards do so don't be shy.... The first event on the list is the IseI Cross run race hosted by Derwent AC on Easter Saturday, 26th March this year so don't miss out. All the other events will take place in one of the Monday night sessions.

NOTE: All mini-series events are just classed as a training session only open to club members, makes the insurance situation a bit less tricky to navigate.

Wednesday night runs will continue as normal. 6:30pm ready to run at Cockermouth School car park unless you hear differently.

Pool Swims – Mon, Tues, Thurs, 6:30-7:30am at Cockermouth Pool. Barry Johnson will coach the Monday sets through March, the first one this Monday the 7th. Swimsmooth programme to follow, plans in store room so ask a lifeguard if unsure.

GB Tri-Lakeland Representatives

A strong club contingent will travel to Lisbon for the European Champs in June. Flying the flag will be both our youngest and oldest members, Rachel Vatter and Barry Johnson, plus GB newbies Amanda Ingram and Brian Payton. Good luck to all.

Club Kit

It's been a great year for kit sales, I'm pleased to say we will have some well-dressed members this year.

Our 2016 kit supplier is Champion Systems again. I think we all agree they have been great with the first orders

Those who have not been on the web site yet, please do, see below how to create a log in and check out the massive range. There are some proofs of our kit if you want to see the design on the web site. You can also order anything from the site, even if we do not have proofs it can still be ordered when we have an order open that is

The January 2016 order has been dispatched, so those who placed orders will be hearing from me soon. Therefore I would like to gauge the interest for the next order. Anyone interested in placing kit orders before the summer season starts just let me know, if we have enough interest I will open another order this month.

Casual kit Order

I would like to place and order for hoodies, T-Shirts etc in March. Attached is the price list/ order form so you can all see the options. For this I need the payment up front with the order, similar to the champion system, expect the payment must be either cash or cheque made out to Tri-Lakeland. The cut-off date for this order is 1st April.

Thanks, Chris

CHAMPION SYSTEMS ORDER PROCESS

Existing members can log in using their current login details. For new members log in with the following login details.

Login: TLL Password: kit15

You then need to login using the right hand side login page and when you have logged in you will be asked to create your own login details.

The login page can be accessed via the following link

<http://eucustom.champ-sys.com/Login/en-GB/Default.aspx> - MEMBERS NEED TO USE THE RIGHT HAND LOGIN PAGE

Benefits of Being a Club Member

I thought this was good opportunity to let you know what you get in return for your £15 membership fee so here you go;

- £15 discount off a club tri-suit for new members
- All club training/coaching sessions outlined above are FREE for 2016 – The club will cover any of the costs involved
- Corporate membership rate at the Sports Centre, so £25 pm instead of £33. Gives you access to lots of other local facilities too.
- Free social events such as end of season awards, food, etc
- Club equipment to borrow – Garmin Swim watch, 2 x Turbo Trainers, Swimsmooth plans,
- Plans for a free water bottle in club colours for all 2016 members.
- Club Affiliations; The British Triathlon Federation meaning a £10 discount of individual membership
- UK Athletics helping us to secure a London Marathon place each year. We still need individual memberships. NOTE;

UKA UPDATE 2016 - *Coinciding with the start of the new track and field season, the latest version of the **UKA Rules for Competition 2016** are to be launched on April 1st and UKA have announced information on the updates that will be included. These include important changes regarding **compulsory athlete registration in competitions held under UKA Rules.***

I don't know which local running events are UKA registered but it may require all those taking part to first be a member of UKA (£13). That's the way I interpret it anyway so something to be aware of.

- Time Trials Association meaning you can take part in all the VCC time trials.
- We have recently funded some bike maintenance workshops ran by Craig at the Cokermonth Cyclewise shop. These have been very successful so watch out

for some more dates in the future. They have also offered all club members a 10% discount card, more details to follow soon.

Plus good crack, a few pints, some social rides, hard training sessions and tons of other benefits of staying healthy and active!!!!

Cheers, Jeff

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