

Ullswater Tri' 2017.

The inaugural Cumbria Club championship and we had a massive turn out of club members both racing sprint and standard distance, with many taking the opportunity for a "T3" campout! It was fantastic to see so many club members turn out in club colours on what turned out to be a sunny day and great conditions for racing.

The banter started early on with our new gazebo on show near transition, where members congregated to discuss how little they had been training for the days racing. Fortunately we had Coach Thorpe on hand to give some words of encouragement, such as when swimming remember not to drown, on the bike pedal and whilst running, breath! Was great to meet new members and club stalwarts racing over the weekend. Ex-Chairman and Bass Tri Empresario, Mark Bowen was a touch unfortunate that his racing come back was marred by not being able to fit into the spare XXXXXL club tri-suit, but went on to put on a good show.

A fantastic setting (not quite as good as Bass ☺), started out with us all getting decked out in neoprene and melting in the sun before immersing in the cool waters of Ullswater. It was great conditions to swim and as the horn goes there's no better place to race than in the Lake District on a hot sunny day. Great support for the troop's as one by one we emerged from the lake, always with an encouraging comment from coach, in my case "I'd stick to Duathlon's if I were you Wedge!"

Onto the bike and for the sprint it's a 27k undulating course which has some very fast sections but also some climbs (Lowther, grrr) to manage, always nice to look down at the bike computer, which is showing 52K as Jeff Heyes passes me (he's on the standard race) like I'm going backwards. As always when passed there was plenty of encouragement from the team which was commented on by all. A bit of a headwind slog back in and then it's time to go for a run, nice start down to the lake then get advised sorry foot bridge down and you have to go through the

stream. Now I'm not one to cast aspersions but apparently Oggy was last over the bridge before it collapsed – I mean closed!

Two lap run for the sprint always a joy when running through campsites to the smell of BBQ and the sounds of cans being opened, and supporters raising a beer as you trudge on. First lap in and the end is in sight, hadn't seen any of the troops until Chris Whitby pulled alongside for a chat, now we are into internal club racing, pulled away only to find out there was another 200m to get round in the field, fell behind before a sprint finish to the line. All good fun once the urge to vomit subsided 😊 Full support for all the team members as they crossed the line and plenty of age group podiums.

After the race Coach Thorpe passed me a beer and said you need to re-hydrate , then sorting my bike out, Coach Gray passed me a beer with the same advice , which was backed up by the Carlisle Tri-Club physio.....happy days as I'm not one to ignore professional advice!

It was getting very tense through the club county championship tally up of points, but we always had a plan b, in that Coach Thorpe was doing the counting, so was always a sure thing! Congratulations to all those who gained points and for the rest of us domestics who were the supporting cast, as we lifted the Championship Trophy.

The Trophy was filled and those that camped enjoyed the taste of victory (well prosecco) whilst some enjoyed BBQ whilst some were attempting to light their BBQ! At this stage Bense , clearly decided his loyalty was to his hunger and was more than happy to be catered for by the rival to Thorpe Fitness, the Pledge Wedge Team! Cracking nite and plenty of post-race banter which is the main ingredient in a T3 session, except for the hydration products!

Anyhow fantastic race weekend and club spirit showed through with all the encouragement shown to each member and is definitely one for the calendar next year.