

August 2022



SUMMER CLUB TRAINING

Coached Swimming*

Wednesday Nights

8pm @ GL1

And / or

Sunday Nights

6pm OR 7pm, temporarily @ Riverside Health Club until October 2022

There are still spaces to join our coached swim sessions – great for improving swim technique and swim times!

Due to pool hire costs, these sessions can only continue for the club if enough members utilise them. Let's use it or lose it!

Please contact Pete Beaumont with any questions or to start sessions.

Tel: 07977491499

Ploddy Open Water Swimming*

Still on until the end of September and not too late to come along!
Tuesdays and Fridays

Please contact Pete Jones for info and to be added to the Ploddy WhatsApp group

Tel: 07770876940

Group Rides

Saturday or Sunday

See Club WhatsApp group for details each week

Please contact Rob Wood with questions

Tel: 07984712798

Running

Monday evening – Social Trail Run, meeting at 6.45pm at various locations. See Club WhatsApp group for details each week

Coached run sessions to resume in October. Please contact Charlie Barnard with questions

Tel: 07811348283

Social Sessions

See Club WhatsApp group for details of informal sessions arranged by members each week

*Coached swimming and Ploddy Swimming @ additional cost. Please use the above contacts to find out more.



2022 Inter Club Race - Tri for Ukraine sprint triathlon, 17th July

Hosted at Croft Farm near Tewkesbury, this was set to be a brilliant day of racing whilst also raising money for a very worthwhile cause. A fantastic number of TTG members had entered the race, with the exciting prospect of competing together followed by a social afterwards. On the day of the event, excited faces became nervous ones. With the country in the midst of a heatwave, we faced a non-wetsuit swim – a first time for many.



Racked and ready to roll, game faces on. After great swims by all, nervous smiles became grins despite the heat. The support of each other on the day was phenomenal, with each member cheered over the finish line.



Great efforts by all, with some good results that included Katie Weeks placing as 1st lady and Tim Heaysman placing 1st in age group. A special mention to our relay team too, with Eddie, Steve and Bill showing the youngsters how it's done. Post-race, after re-fueling with water and bananas (and maybe a few beers), it was great to have a TTG race de-brief / sit down together! Another great event put on by Tewksbury Tri Club.



Berkeley Sprint Triathlon, 24th July 2022

Only a week on, another TTG contingent headed South, with our annual 5 free places for Berkeley tri awarded to Tricky, Gordon, Jon M, Tim H and Katie Weeks. We also had Ryan, Nick, Rachel and Jo racing – well done to all.

This is always a friendly local event that's ideal for those newer to triathlon and it didn't disappoint on the day, with feedback from last year's race clearly implemented. Keep it in the diary for next year!

Club Kit

If you'd like to order club kit, we set several order cut-off dates throughout the year to help ensure a bulk order can be put through and club discount given. Kit info and order deadlines are published on the club WhatsApp group.

The next kit order deadline is 28th August 2022.
This then means a shipment date of mid-September.

A great opportunity to get kit in time for winter / Christmas / the 2023 race season! Don't forget, New members get a £20 discount off their first TTG tri suit too!

You can place your order with Champion System here:
[Tr Team Glos – Champion System UK \(champsys.uk\)](http://Tr Team Glos – Champion System UK (champsys.uk))



TTG Charity Donations

It's been a tradition of TTG's to look at how some of the money we raise via the annual club race can be used to benefit local Charities and causes.

Through the success of this year's race, we have been able to donate £500 to Sue Ryder Leckhampton Court Hospice. This was in addition to the £292 raised on the day of the race itself.

This is a charity that has touched the lives of some of our own member's families, with the donation going directly towards the care that Sue Ryder provide to patients both at the hospice and out in the community.



We received a wonderful letter of thanks from Alysia, the charity's fundraising manager following on from Pete, John, Jon, Michelle and baby Storm visiting the hospice to present our donation cheque.

Once again, we'd like to thank all the guys who helped make the race a success: Leo Trippi, VeloVitesse/ALLCAP Racing Team, Gloucester Sports, OWENSIS Sports Therapy Clinic, Stimulatte Mobile Coffee Shop, Passion Fit Coaching, David Lloyd Clubs- Gloucester, Foster's whippy, Charles Whitton Photography, Timing Monkey. Plus of course all our marshals and everyone who raced with us.

A special thanks to Pete Jones for his continued organisation of our charity donations from both the race and Ploddy lake fees.

TTG Annual Triathlon, Brockworth, 28th May 2023

Planning is already underway for next year's race to ensure it's as big a success. Save the date!

Member Race Report

We've been receiving some fantastic member race reports to feature in each of our Newsletters. Keep sharing your experience, reflections and achievements – it could help with top tips or be inspirational to others. Chris Basnett's race report for this edition has these things in Bucketloads. A massive well done Chris – we know you'll be back to hitting that full distance goal soon.

Chris shares his race report on Bolton Ironman here:

<https://bit.ly/3pC4kla>





Save the date and RSVP!



2022 TTG Club Championship Race Active Sports Events Sprint Tri

at Lake 32, Cotswold Water Park, 4th September 2022

Each year we pinpoint a race for as many of you as possible to enter, to make for a big TTG contingent! You get to race alongside fellow members and be in with a chance of winning the Club Championship trophy. We've chosen the above race for this year's event.

The race is now **SOLD OUT!** Please let us know if you've entered so we know how many TTG members to expect on the day. And if you've missed out, your support and cheers on the day will be massively appreciated.

Please get in touch with Gordon (tel: 07929521811) to let us know if you've entered or if you have any questions.



Cotswold 113 70.3 Triathlon, 2023 @ Lake 32, South Cerney

Next year CAN be the year you reach middle distance!

Challenge yourself, get out of your comfort zone, set that big goal and then smash it at a race that's beginner friendly, local, well established and brilliantly supported – all this with TTG cheering you on. With over 10 months to train, this event could give you the motivation you need throughout winter to make smashing a 70.3 a reality. A brilliant chance to train and race together.

The Cotswold 113 sells out each year due to its great location, lake swim; bike route on quiet lanes and a flat run around the lakes. We've managed to secure a great offer for the club that would see you having a 10% discounted entry fee if we have at least 10 TTG members racing. That takes the cost down to £173.70, far less than a lot of entry fees for races of this distance.

Please get in touch with Ryan (tel: 07879998601) to let us know if you'd like to enter or if you have any questions.



**Come along to the
End of Season
TTG BBQ
on 24th September**



After postponing for the past couple of years, the annual TTG BBQ is back! Come along to the End of Season BBQ on 24th September from 2pm, with family welcome too. Bring along your drinks and a cake or pudding, we'll sort the rest.

We need your RSVP's from you ASAP! Please confirm if you can make it by emailing triteamglos.secretary@gmail.com or Charlie on 07811348283.

I get by with a little help from my...



...TTG friends

Train together, improve together, reach our goals together

Come along to club training and social sessions, all abilities always welcomed. Always friendly, always fun and always supportive!

A big welcome to new TTG members:

Martyn Carruthers, Adey Cole, Callum McMahon., Matt Singer, Katie Keates and Kate Loveridge



Got club feedback or questions? Here's who you can get in touch with...

Your **Member Reps** can always be contacted if you'd like to pass feedback or ideas on to the committee. Get in touch with **Ryan Green** or **Hannah Randall**.

For more general queries including questions about membership or kit, please use the club email: Triteamglos.secretary@gmail.com – **Club Secretary, Charlie Barnard** is always happy to help.

For questions about club training sessions, please see page 1. of the newsletter for contact details for your **swim, bike and run reps**.

For questions or ideas about our club social events, please get in touch with **TTG Social Secretary, Gordon Saunders**.

Along with the above people, anyone on **the TTG Committee** is always happy to be contacted.

Katie Weeks – Chair

Jon Murgatroyd – Vice Chair

Paul Yeatman – Treasurer

Pete Beaumont – Vice Treasurer

Rachel Collins – Website manager and Welfare Officer

Chris Basnett – Website Manager

John Holland – Club Captain