

November 2022



WINTER CLUB TRAINING UPDATES

Coached Swimming*

Wednesday nights, 8pm-9pm @ GL1

Please note that we're unable to continue with our Sunday night Brockworth pool sessions as per recent communications. **Please contact Pete Beaumont to arrange any standing order refunds due.**

Look out for updates on a second swim session option soon.

Until then, there are still spaces to join our Wednesday sessions.

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

Tel: 07977491499

Open Water Swimming*

Tuesdays and Fridays

Evening swim sessions at Ploddy lake, Newent run from May until October each year.

There is the option of afternoon swim sessions throughout winter, dependent on cold water swimming experience level and demand.

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

Tel: 07770876940

Cycling

Saturday or Sunday – Group ride. See the Club WhatsApp group for details each week. Speed and distance can be altered according to those who attend, with a no drop policy.

Thursday evening – Zwift turbo group rides. Details posted on the WhatsApp group each week.

Please contact Pete Jones with any questions.

Tel: 07770876940

Running

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

Tuesday evening - Coached run sessions (at no additional cost), 6.15pm – 7.15pm meeting at Oxstalls Campus car park.

Please contact Charlie Barnard with any 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.

TTG End of Season BBQ 2022

After postponing for the past couple of years, the annual TTG BBQ was back!

We got together on a thankfully sunny afternoon on 24th September to enjoy a fantastic hog roast and great company. It was a family affair, with some fun games and a lot of laughter too. Thank you to all those who came along and made it such a great few hours. An especially big thank you to Jo and Roger for hosting and the work they put in to organising the event for us.

Get your egg and spoon race practise in ready for next year everyone!



TTG Charity Donations

In the last newsletter, we let you know about our donation of £500 to Sue Ryder Leckhampton Court Hospice. But the annual club race isn't the only way that we raise funds for local Charities.

Each year, we look to donate a percentage of our Ploddy Lake subs to a local charity agreed with the lake owners. This also serves as a thank you to the Ploddy farm owners for their generosity with our use of their lake.

This year, through the number of you who have paid to swim at Ploddy we have been able to donate £400 to the Lord's Larder in Newent. Their mission is below:

'The Lord's Larder Food Bank, which services the Forest of Dean, Newent, Leadon Vale and West of Severn areas, was conceived to provide short-term access to basic food and toiletries. All those who found themselves unable to feed themselves or their families were eligible in the short-term. The Larder, which is run and maintained entirely by volunteers, opened in 2010 and still aims to fulfil that stated role today.'



Given the rise in cost of living, the Committee felt it was a very worthwhile cause. A special thanks to all those who supported swim sessions at Ploddy throughout this season – it's your commitment that made the above donation possible.

TTG Annual Triathlon, Brockworth, 28th May 2023

It might seem like a long way off, especially on cold winter nights but the annual club race will soon come round! We're busy putting together a race committee – the people who help make the race happen each year.

We can only make the race a reality with the help of our members volunteering, both in the lead-up but especially on the day itself. It's the reason we ask for you to come along and pitch in, rather than enter the race.

Please keep the above date in your diary or even better – get in touch with Katie Weeks (tel: 07920101400) if you'd like to be part of this year's race committee!

Member Race Report

We've had great feedback about posting member race reports in the Newsletter, with the write-ups providing inspiration, tips and insights.

In this edition, Chris Pitt gives us insight into his experience of his bucket-list race – Ironman Wales, Tenby. Another fantastic read, sharing the highs and lows that come with long distance racing. A big thank you for putting this together Chris!

Chris Pitt shares his race report on Ironman Wales here:

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





Save the date and RSVP!

Cotswold 113 70.3 Triathlon, 4th June 2023 @ Lake 32, South Cerney

Next year CAN be the year you cross the finish line of a middle-distance race!

In the last newsletter we let you know of a great opportunity to race as a big club contingent. The Cotswold 113 is known for being beginner friendly, local, well established and brilliantly supported. There's already 24 of you who have committed to the race and it's not too late for those of you still thinking about it! With over 6 months to train, this event could give you the motivation you need throughout winter to make smashing a 70.3 a reality.

This event consistently sells out and quickly

We set a deadline of 5th December for you to confirm your place and make a payment of £173.70 which can be split across two payments if preferred. That's a 10% discount on the general public entry fee.

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

Let's go round again... And again and again!

Back by popular demand – January 2023 Coached

Track Session at Newport Velodrome

There was great feedback from this year's velodrome trip and we know many of you have been itching to get back on the boards! PDQ will host us at Newport Velodrome on



Sunday 8th January, 3-5pm. These are fully coached sessions that are set-up for beginners through to those with more confidence and have been to these sessions before. We will be split in to two groups on the day to accommodate this.

As with this year's trip, we'll be asking for a £5 deposit to secure your place. There's a small fee for track bike and shoe hire on the day but TTG subsidise the session itself, including coaching costs.

At this stage, we just need you to let us know if you want a space. Please get in touch with Charlie (tel: 07811348283) by 26th November to let us know if you'd like to come, along with confirming if you've been track cycling before.

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 25th November 2022.
This then gives us potential for a pre-Christmas delivery slot.

A great opportunity to get kit in time for 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 Annual Club Awards, 2022

At the Christmas party on Friday 2nd December, we'll be presenting the annual club awards. As part of this, we give you the chance to vote for your TTG Athlete of the year. Our nominees for 2022 are listed below along with some of their fantastic achievements that resulted in the nomination.

What we need you to do...

Please have a read about the nominees before choosing your winner and submitting your vote to club secretary, Charlie (tel: 07811348283; email: triteamglos.secretary@gmail.com). All votes need to be received by 18th November.

In addition to Athlete of the Year, we present the President's Cup for special achievement and the Kirkhope Award for contribution to the club, with the winners decided by the TTG Committee.

Your Athlete of the Year Nominees are...

Ed Blackburn had a storming season racing for both TTG and British Army with results that included: British Army Sprint Tri Champs, 4th overall; 1st in age group in a time of 1:06hr; Outlaw 70.3, 9th in age group and Ed's first full distance at Outlaw Nottingham 140.6, 4th in age group, 10:45hr.

Katie Weeks raced hard and fast with multiple podium places and tri race highlights being: 1st female overall at Tri for Ukraine sprint tri, 2nd female overall at Berkeley sprint tri, 2nd female overall at Cotswold sprint tri. Katie also completed two Olympic distance triathlons and Outlaw Holkham 70.3.

Mark Roderick was one of only a few TTG athletes to race the full 140.6 distance but not only that – he did it twice! Mark completed the infamously tough IM Wales for the third time in September and despite conditions, posted his best time at this race to date. A month later, Mark raced Ironman Portugal and took almost an hour off his Ironman Wales time from the previous month!

Tim Heaysman, our head coach and smiling assassin continues to show us all how it's done at any race he enters and is often the first TTG competitor over the line. Standout results for 2022 have included 4th overall at Newent sprint tri, 1st in age group at Tewksbury Sprint tri and 1st in age group at Reading tri – but in Tim's own words, regardless of results he enjoys it all.

Richard Hunt (Tricky) was our only athlete to race for both TTG *and* GBR as an age grouper this year. Tricky completed his first 70.3 distance at Outlaw Nottingham, crossing the line in 5hr 8 mins. He then donned the aspirational blue GBR trisuit at the European sprint distance championships in Munich, coming 33rd in his age group in a time of 1hr 12 minutes.

Gordon Saunders has been a constant podium-goer since coming back from illness in 2021 to have a great 2022, with results that included: 2nd overall and 1st in age group at LPS super-sprint tri; 7th overall and 1st in age group at Berkeley sprint tri; 2nd in age group at Tewksbury sprint tri and 9th overall at the super tough Bewl swim-run which was over a gruelling 21km distance!

Dariusz Podbilski is someone you wouldn't have guessed is pretty new to triathlon given his 2022 results, with highlights being: Stourhead Immortal Middle Distance, 3rd in age group; Blenheim Palace sprint tri, 4th in age group in 1hr:19:11, Berkeley sprint tri, 2nd in age group and Tewksbury sprint tri, 4th in age group



TTG Round-Up

Since the last newsletter in August, here's what you've been up to...

We did a Parkrun takeover at Newent – thank you Jon Murgatroyd and the team of volunteers who helped with this.

2022 TTG Club Championships took place at Active Sports Events Sprint Tri at the Cotswold Water Park, 4th September 2022 – well done to all those who raced along with Katie Weeks and who were first TTG racers over the line.

Glenn Stokes continued his travels to become an Ironman in Copenhagen, showing great determination and grit. Garry Hughes, Katie Weeks, Jon Murgatroyd, Dave Hastings and Adrian Cole competed at the Cotswold sprint tri which was also our club championship race, with excellent results all round and both Garry and Katie on the podium in 2nd place (male and female).

We had Katie Keates, Adrian, Katie, Dariusz and Lee at the Cheltenham sprint tri on a weekend that also saw Chris Pitt, Anthony Dixon Gough and Mark Roderick take on the infamous Ironman Wales in Tenby with both Chris and Mark making it over the finish line after enduring some tough and rough conditions.

Dave Heywood took on his first ever Olympic distance tri at and we had a big TTG turn out for Newent Sprint tri with Martyn Carruthers, Heather Clarke, Tim Heaysman, Jon Murgatroyd and Ryan Green all on the start line!

We had a TTG quartet take on Outlaw X middle distance with some healthy competition between Eugenio, Gavin, Pete and Ryan on the same weekend that saw Derek get 3rd in AG at Ludlow tri.

Katie K, Jon, Adrian took on the waves at Minehead tri and Alex got 3rd in AG at Lydney Last Tri to round off the race season!



Winter Training: Spotlight on Weekend Group Rides

We have a team of ride leaders who put out routes each week, to help ensure the club offers the opportunity for members to get out cycling together. Our leaders are happy to try and accommodate, providing a variety of meet points, routes and café stops too! **We'd love to get more of you out riding, so please get in touch with our Bike Co-Ordinator Pete Jones (tel: 07770876940) with any questions or suggestions.**



Don't let common concerns about group riding put you off...

Do I have to do the full distance each week? I'm short on time (or fitness!) Not at all! Plenty of people opt to turn off early – speak to the ride leader and they can let you know optional turn back points. Even if you did 30 minutes out and back, that's an hours ride in the bag!

Is everyone on fancy bikes with snazzy kit? Nope! In fact at this time of year, it's ideal to be out on a non-carbon road bike and winter wheels. But it is important to layer-up for unpredictable weather – rain jackets, buffs and gilets can be stashed away. Get those mudguards fitted too - no one likes a soggy bottom or mud-face!

I don't think it's for me, you all go really fast and I'll get dropped! Our ride leaders commit to a no drop policy, social ride. At this time of year, it's about getting steady miles in, so no one should be out to race each other.

Someone will always have to be the slowest in a group or the last one up a hill – that's fact. But if you keep turning up, that someone won't be you for long - you'll be surprised at how quickly your bike fitness, strength and handling will improve.

And remember – Winter miles make for summer smiles!



Save the Dates

Event	Date	Contact for Info
Christmas Party & Awards	2 nd December, 7pm	Gordon Saunders
Newport Velodrome Session	8 th January 2023, 3-5pm	Charlie Barnard
TTG Annual Tri Race	28 th May 2023	Katie Weeks
TTG Race Takeover, Cotswold 113	4 th June 2023	Ryan Green

Club Training Schedule

Please check the **TTG Announcements WhatsApp** group for session details each week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Swimming			Coached swim @ GL1 8pm-9pm				Cancelled until further notice
Open Water Swimming		Evenings May-Oct only (unless cold water swimmer)			Evenings, May-Oct only (unless cold water swimmer)		
Cycling				Zwift Turbo Sessions, 6.30pm		Group ride - number dependent	Group ride - number dependent
Running	Social Run, 6.30pm approx.	Coached Run, 6.15pm @ Oxstalls Campus					

TTG Committee

All of the people named below can be contacted via direct message on WhatsApp.

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 co-ordinators**.

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

Paul Yeatman – Treasurer

Chris Basnett – Website Manager

Jon Murgatroyd – Vice Chair

Pete Beaumont – Vice Treasurer & Welfare Officer

John Holland – Club Captain