

Coaches Report - Martin Cain



"Well where do I start!? This last few months have been massively fun filled (dependant on who you ask!). As all the big races have come around training has been full on and the competition amongst competitors has been fierce. As usual though, everything has been taken in good spirits (again, dependant on who you ask!).

We have seen athletes joining our ranks, even with some newbies showing us all how to do it. One notable competitor we have chosen to highlight is Harry Craven. Harry who turned up at one of our swimming classes one week, and then competed in the last Aquathlon of the year. Harry managed to come out last from the swim and then proceeded to nail the run segment in order to win the entire event!

Other notable new athletes include Charlotte and Jack Wray, who have recently started running with the team on a Wednesday. Charlotte wasted no time getting involved and has come straight in to lead the swim fast lane.

As I'm sure you will all agree, it's always great to see any new faces that come in to the club - we all need to make them feel welcome which will hopefully encourage other competitors to join the TriGuru ranks.

I am currently writing this report on the back of a very successful training on a Sunday ride with a difference, we firstly made our way up the Isle of Skye Road and turned back at the Ford Inn to meet at Java for a coffee and a briefing session on biking etiquette. This was followed up with a structured session on the Horse and Jockey where we practiced some of the bike handling and group riding techniques.

This was very well received and enjoyed by all that attended, even Charlie Hobson put in a guest appearance - the next step is to remove the stabilizers and the bell from his bike!"

Events & Races

For the long planned Windermere One Way Swim (11 miles) TriGuru ended up teaming up with Rivington Tri Club and we thankfully came out on top, with only two of our swimmers unable to make it due to medical issues.



The conditions for the swim could not have been better, the temperature of the water was not too cold and only a little choppy, with only minor traffic on the lake; thankfully everyone managed to avoid the kayakers that did a fantastic job of keeping everyone safely on course throughout the swim.

The well planned out event yielded some fantastic times and achievements, with a big result for Amy James at the West Lancs Summer Triathlon as she got first female on a typical UK race where the weather could have ruined it, but the result more than made up for it.

As we have already mentioned the last Aquathon of the year saw a new arrival destroy the field with Harry Craven taking the win; there's going to be some hot competition next year!

After the Time Trial 4up from hell where there were a total of four serious injuries and many broken bones, Dave Bunyan made an amazing recovery to race in the ETU Long Distance Championships in excruciating heat and did us all proud by finishing 6th in his age group and pre-qualifying for next year.

Onto our other rising stars, we have Noah Vink pushing his dad all the way. He now has a two pronged attack on his standing in the club as Sammy also rises to the top. Competing in the Fleetwood Triathlon and the Sand Man putting in a fantastic show given his short time in triathlon, we think we've another potential star in the making.

Another one to watch out for is swim coach Kath Thomas who took part in her first Olympic distance event at Shropshire where she raced extremely well to win her age group. Josie Cane also competed in the Middle distance and put another solid performance in. This event served as fantastic preparation for the European Middle Distance Championships where Dave Bunyan will be joining her - fingers crossed for them both!

As ever swimming is starting to fill up again so please book on early to avoid disappointment.

A huge shout goes out to Sean Ofsarnie and Tiger Lyons for their epic journey in Mongolia - a 150 mile race on some amazing routes all in preparation for their assault on the Sahara Desert next year in the Marathon Des Sable.



As next year is fast approaching we would like to ask everyone to please use the race spreadsheet to see what everyone is doing and get to the events on mass and let everyone know what TriGuru is all about!

IM Wales 09/09/2018

Match Report - Carl Hodkinson & Roy Bailey

"At the end last season I was looking for this years 'A' race, something big enough to keep me focused for the year and really challenge me on race day. Having spoken to a few of the Guru's about IM Wales and how spectacular the swim start was, hilly and tough the bike/run was, not to mention the inspirational crowd support - I knew this was the race for me.



I can honestly say it didn't disappoint, in fact it surpassed my expectations on all levels. This is a truly memorable race for those willing to test their limits. Set in the Tenby, which as many of you know is a beautiful Welsh seaside town in Pembrokeshire.

It makes for a fantastic backdrop from this iconic race.



Even more so when IM arrives in town, making it into a Triathlon Mecca for the whole weekend. Every shop, local and tourist seem to completely buy into the event and what it means to the athletes. I'd rate it 8-9 out of 10 for toughness, but equally as rewarding it was tough!

Some Brief race details:

Sea Swim, 2.4m, Time 1.10:

Rolling start, Aussie entrance start, 2 loops total. Following the first loop, exit up the beach with a short 100m run it along before starting the second loop. After the second loop exit, run 1k up through the town to T1.

Bike 112m, 2500m elevation, Time 6.43:

One large 80m loop starting with a relatively undulating ride along Pembrokeshire coast, looping back for a tough hilly section around the seaside towns of Wisemans Bridge, Saundersfoot and Tenby itself. The last 30M + tough hilly section of the first loop is then repeated to bring you back to Tenby for the second time.

Run Distance 26.2m, 500m elevation, Time 4.15:

4 x 6m+ repeat Loops, each starting with a 3 mile uphill run to the local town and back downhill to Tenby. Ending in an Amazing red carpet finish along the seafront.

Total time 12 hr 29."

Roy Bailey also took part in the event alongside Carl:

"I loved the event and would definitely recommend it to anyone looking to take part in a challenging Ironman. Spending this year on Olympic distance and the London marathon, then for 2020 I have my sights set on Lanzarote for my next big one!

For IM Wales I finished with a total race time of 13 hr 42.

I achieved a PB of 1.16 for the swim, I completed the bike segment in 7:11 (only 12 minutes slower than my Bolton time, so I'm really happy with that!), and then another PB of 4:44 for the final run segment!"

Thank-you to Carl Hodkinson & Roy Bailey for providing a match report on IM Wales. From all of us at TriGuru we want to offer Carl & Roy a huge well done for completing what is one of the toughest courses out there!

As ever we need more of the same to keep everyone in the picture with races and results, get them in early so we can feature them within the next issues of our newsletter.

Kaths Corner - October Focus

"As triathlon season draws to a close, lots of swimmers are returning to the pool so please make sure you are booked on the sessions to avoid being disappointed.

October's focus will be all about body position and rotation - the more horizontal you are the easier it is to move through the water which once coupled with rotation allows for easier arm recovery and injury prevention, using your larger muscles and core for power and giving you a longer stroke as you are able to reach further forward.



This means we'll be spending time developing good swim posture and body roll with drills such as kick on side, 616 and 636 - probably wise to keep your fins handy!

I also thought I'd share a few things I've learned this year during my venture into triathlon so here goes:

1. Put talc in your socks, makes them easier to drag onto wet feet and of course smells pleasant (Apologies for sharing this after the event Mrs Reeves)!
2. Take plastic bags to events - it always rains when I'm competing. Hopefully I won't take rain to Ibiza but Josie be prepared just in case!
3. When sellotaping gels to bikes make sure you can find the end of the sellotape whilst moving at speed!
4. Malt loaf can get you through literally anything, let them eat cake - this is probably the best news ever.
5. Running can be awful (especially compared to the joy of swimming) but it's much better when not sulking - note to chimp...

That's it from me for now, thanks to everyone who's supported my move towards the madness of 3. It has served to remind me just how awesome the triathletes I'm surrounded by are!

P.S. just as I'm sorting the date for the 2019 postal swim, badges and medals have finally arrived for 2018 so please make sure you collect yours from me."

Upcoming Events

28th October	Oldham Half Marathon
3rd Nov	Tatton 10K
4th Nov	Tatton Half Marathon
18th Nov	Conway Half Marathon
23rd Nov	Tri Guru Christmas Doo at Royal George
24th Nov	Training Kit try on session - Indian Ocean