

Durham Triathlon Club

Swim notice - Freemans Quay closed this Saturday

Freemans Quay is closed for a swimming Gala this weekend so there is no session on Saturday at FQ. However other Durham Tri swim sessions are still running so you can swim at Wolsingham tonight or Chester le Street on Sunday. More info [here](#)

Summer BBQ

Finally the summer BBQ has arrived! It takes place this Sunday from 3.00 - 7.00pm at Durham Rowing Club ([map](#)). Food will be served at 4.30pm. If your diary has changed and you do now want to come along but haven't signed up then head on down as we have added a few spare places as a contingency. It is a pay-on-the-day BBQ so please bring your pennies with you and ideally the correct change would be most helpful! Any questions just give Martin Wilson a shout.

Age Group Sprint World Championships, Edmonton, Canada (Dave Hodgson)

Right I'll get it over and done with, I was rubbish and I didn't race very well.

However, I can strongly recommend to everyone to try and get to Chicago next year, the whole experience is just amazing, surreal, breathtaking, etc, etc, etc.

The trip started on Sunday when Fiona, Rosie and I got the train to Gatwick, when we got on the plane the following morning the captain did his usual announcements and gave a special mention to the GB triathlon team which got a round of applause from the other 600 passengers on board. Mad

From being interviewed by Simon Whitfield, swimming with Jodie Simpson next to you, chatting with Gwen Jorgenson and having conversations with Andrea Hewitts dad (who is from Hartlepool) the whole week was just mental.

The race, it was a straight forward clockwise loop of a man made lake, which had been drained and refilled with crystal clear chlorinated water! Yes it was like swimming in a big pool. As I stood centre left lined up with the fastest 90 40-44yr olds in world I thought at least they should be able to swim straight! Wrong, the horn went and after about 50m's people were trying to swim over me from both sides, so I let the one on my left go towards the wrong way, dropped back and started to take my own tight line to the first left hand bouy, most people were taking it wide as the next was a tight right hander. I hugged the bouy, hitting it

with my left arm keeping clear of the pack. I kept the pack on my right as it started to spread out (1st bouy 200m) and swam a bit wider round the next two, but clear and was moving through the field. The majority of the field kept the lane ropes (Yes) tight on their right but I again swam a bit further and used their draft to pass them.

When I got to last 20-30 metres I caught another Brit (Lindsay Pearson), knew it was him as he had black rock tape all over his ankles and I passed him just before the exit onto the beach. I said hi to Lindsay and another Brit David Reid as they ran past me on the 400m run to Transition.

As I have said, I was rubbish but the real annoying bit is Lindsay is down as the 10th fastest swimmer at 10.46 and I left the water before him but my time is down as 11.19. That said, he was the 2nd fastest Brit on the day and is a great Triathlete. So on that day I was the 10th Fastest 40-44yr old Swimmer in the WORLD (down hill from there though)!

T1 went well but with such a big transition area it wasn't quick.

The bike ride was a great course and when we did a couple of recce's there was nothing to fear, except of course the wind! On a long downhill section on resurfaced roads, a section where I averaged 36mph and took the Strava KOM on the recce I struggled to get past 25mph on race day due to the wind. So the bit where I should be riding quick and resting I was having to work even harder to try and keep the pace up. The wind was killing me, My legs were on fire and it wasn't going well. However I was wearing a GBR trisuit in the worlds championships so I was also loving every second.

I flew into T2, which again went well, but with another 400m run to 'run out' it was all starting to gang up on me. I had a Brit in my sight and slowly started to catch him and after about 1.5 miles I had him. We ran together for a bit until with about 1k to go he started to slow. The run was a mixture of road, grass and trail, the trail being a little bit undulating but my leg strength took me away from him. I wasn't too tired, I just couldn't run any quicker than I was going. I slowly pulled away from him and overtook a Brazilian in my AG. The Blue Carpet started with about 500m to go and I started to smile and try and soak it all up.

However, when I go in the finishing chute I heard "SPRINT", this was Peter Prior from Darlo Tri Club, I then heard Rosie and a few others shout the same. It turned out Robbie, the Brit I had passed was racing the Brazilian and they were catching me, I found this out when they passed me with about 50m to go.

So, did I accept it, Bollocks, if there's one thing I can do is sprint, even when tired, so I let loose, catching them with about 20 to go and taking the line by about 5m's. Peter took some cracking pictures, and the MarathonPhoto's have captured the moment very nicely.

So my race was rubbish, but it was the best one ever. Will I do it again?

Already entered the Deva for ETU 2016 standard and Nottingham for 2015 at Chicago. BUT this time I will do it properly,

Proper plan, proper training, look for sponsors, I think I underestimated what I achieved by just being there. Every other athlete in my AG had coaches, plans, sponsors etc and some didn't believe me when I said my training consisted of cycling to work, 1 coached Swim session a week and a bit of running. I can, sorry 'will' get better and quicker. I liked being part of team GB and am looking forward to many years of it.

Who's coming to Chicago with me? (apart from Rosie who qualified automatically, and Steve and Fiona)

Nidderdale Tri (Jason Allison)

i'll not be the first runner to have a go at the triathlon and i'll certainly not be the last, here's my story. if you're in a rush jump to the last paragraph.

"do you fancy doing a triathlon jay" liz asked
"one day once i get my swimming sorted" i replied
liz didn't reply and left the room.
i received this email on the 17th of july from liz:

"jay,

i would suggest nidderdale or teesdale – if you do teesdale i'll do it too instead of hartlepool (on same day).

please can you decide then we can book.

nidderdale – no one will know you and i can support and take pics.

teesdale – there'll be some from durham doing it, and i'll be racing too.

or hartlepool (750 sea swim) – alan welsh, simon and martin may be doing it, now that may be a good laugh!

up to you sweetie!"

now there is no way i could have swam in the sea. back in 2009 i trained for 8 months in preparation for the great north swim at windermere, i tried open-water (in a lake at ellerton a few times) and although got used to it in a fashion, it just wasn't me. when the great north swim day arrived and my face hit the eerie, dark, cold lake windermere it was too much to handle and i doggie-paddled the whole mile with elizabeth at my side helping me through it, it was pure torture. from that day i didn't swim with any intention of swimming 'properly', i only swam on holiday for fun with the kids.

so hartlepool was out, teesdale looked too big... nidderdale it was and before i knew anything else elizabeth had booked it for me. 14th of september was nidd tri 2014.

Training for the tri.

somehow during the last couple of months and with the little bit of time i've thrown at swimming, i eventually managed to string 16 lengths of bishop swimming pool together and, last monday i did a swim time of 8:43 for 400 metres! you can ask chris clynes about our swim at stanhope pool at the end of july and i'm pretty sure he would refer to me as a non-swimmer, without a doubt 'not competant' and most certainly not able to save my own life in the water.

i've just looked back through my training and even three weeks ago the swim training for this triathlon seemed to be going nowhere, 15 trips to the pool over the last 2 months is what it took me to get my swimming to a non-embarrassing level, just as well it kind-of clicked at the last minute.

i've always been ok on the bike, not great but ok, the running seems to allow the bike to go well, yes it hurts on the bike if you don't train regularly but i can put up a decent fight. my bike training for this triathlon consisted of 6 rides in total of which all-but-one was a brick session of either bike-swim-bike, swim-bike or a bike-run.

and finally my running, not a great lot to say other than running miles have been reduced, rest days or should i say days where i would 'just swim' were increased and if you've seen some of my run times recently i've not been going too bad at all. what i have been focusing on is cutting out what i would call 'easy' runs and doing 'steady' pace or track sessions, this seems to have worked well with the extra rest (swim)days.

race day, or should i say 'adventure day' has arrived...

pately bridge is a good hour and a half drive, out little camper was fully loaded with bike, pram and the 3 kids, eventually after google took us to the wrong place we arrived at nidderdale leisure centre. first thing i noticed as we parked the van was the hill that would be the finish to the 5k, oh dear.

i met up with chris clynes at the leisure centre, got myself registered and we proceeded to set-up my transition, chris' bike was right next to mine and as this was my first time setting up the transition he gave me a few pointers, put some talk in my socks and off we went to get ready.

one of the things i was concerned about was my inexperience in the pool, this worsened because when i originally entered we put an estimated 12 minutes down for my swim time which i couldnt change.

i got in my lane and was told to start, i immediately ran into trouble, i can't swim fast and i can't swim slow either, i have one speed and it was way quicker than the two ladies ahead of me, i found myself trying to overtake every couple of lengths of the 20 metre pool, in addition to this there was another lady heading towards me on my side overtaking another. i was glad to get out of the pool and start the 200 metre run to transition for the bike, i think i must have been tanking along 'cos i was feeling out of breath when i got to my bike.

transition went over quickly but felt organised, this ended up as 1 min 20 sec which is slow compared to the winners 30 seconds!

i got straight into the 20k bike and kept the pressure on myself from the start, legs immediately burning as they do on a bike and the undulating road kept me alert along with a few sharp corners. just before the turning point there was a pull up a hill, this hurt as i was averaging about 21mph at this point and i had to dig in to keep momentum. the return leg felt easier and i was flying past other cyclists quiet quickly, i've since found out i was 6th fastest on the bike out of the 150 strong field which is awesome. just before the turning point and about a mile or two off the 20k bike finish my legs were starting to cramp a bit, obviously not used to hitting the bike so hard, or even used to riding a bike, i just had to be a bit cautious until the bike leg finished.

i ran straight in with the bike, got it racked, lid off and swapped bike shoes for run shoes and i was off again, treading in porridge i glanced down at my garmin and the expected 5:20 pace, 'steady-boy' i thought. the few runs i've done off the bike has made me run quick which has had an effect at the end of the 5k. the first 400m was downhill so it was fine anyway. all felt great and i was running well until i started the 2nd lap and cramp started popping in my calves, i had no choice but to ease back a bit but luckily i managed to maintain a decent pace mile splits were 5:59, 5:51 and 6:00 so i really can't complain. as previously mentioned it was an uphill finish and i crossed the line happy the cramp didn't take a hold and even happier with the completion of my first triathlon. my overall position on the run was 2nd!

overall 8th position for the event, 6th male and 3rd vet male, no prizes today, they're saving those for elizabeth as usual. no, not even wearing elizabeths tri-suit gets me a prize!

triathlon is cool though, you can't run as fast as you would like 'cos you've just biked and swam and you're legs are knackered, a 19 minute 5k gets you a 2nd fastest time, you have to go flat out, as the name suggests it's a sprint triathlon, have a go, i'll be doing another next year. and no, i'll not be taking part in helvellyn or an ironman, thank you.

Results - <http://nidderdale-triathlon.co.uk/RESULTS%202014.pdf>



Oh and by the way.....

Just a short PUBLIC reminder that further race reports are owed... yes that means you Donna James and Ellen Ann from your recent medal winning exploits as well as those who attended the Cleveland Relays especially this bunch of winning reprobates!!! I look forward to getting them soon :-)

