



[Durham Triathlon Club](#)

Winter Coaching Calendar

Attached to this email and also available on this link (<http://durhamtri.co.uk/images/DurhamTriCoachedSessionsOverviewOct.pdf>) is the overview of Durham Tri coached sessions from now until March 2015.

Xmas party reminder

Weekly reminder to sign up for the Xmas party - [Click here!](#) For those who already have (and are about to) don't worry if you feel you haven't given your contact name when you complete the form. Every booking does come through with contact details either through the payment process or as a result of Paypal links.

Q&A

Last week a member asked the question:

"I have just bought myself a new Giant tcr and I need to get it insured, I have been looking on line for a good quote but I wondered if club members had any info on a good insurer which was available, always best to seek recommendations from others if possible!

There was one solitary answer on facebook thanks to Kevin Wright:

"Specific bike insurance is relatively very expensive but you can usually get them listed on home insurance policies for theft etc whilst at home relatively easily. I've just gone to Axa through Lonsdale and partners in Durham which has a 10k single item limit, allowing us to insure the 2 TT bikes (circa 3k each to replace) without any additional cost.

Obviously this doesn't insure against accidents on the road, other people hitting you or them being stolen at a coffee stop for example but it's a start.

Make sure you have a good record of the serial number somewhere you can lay your hands on if it is ever stolen.

Hope that helps"

If you have a question that needs an answer (keep it clean!) then email it through and it can be shared through the newsletter or alternatively pop it on facebook (though be aware not necessarily all members are on fb).

Race Report

Andy Biggs took a trip to Oulton Park for a Duathlon - [click to read report here](#)