

WE TRI CARAVANING!



Team Bonding!

FRIDAY 7TH FEBRUARY
SAMANTHA DALZEL

As we drove through the New Forest passing the wild ponies we started to get excited and a little nervous about our first SAS... I mean WTC Training Camp. We quickly found our caravan, (later to be aptly named the “Party Caravan” – although there was nothing PC about it!☺) stocked the fridge with medicinal gin and started to settle in. We also found our caravan had been given the token bottle of bubbles – poor Malc, the free booze was the main reason he had signed up! As our other team mates arrived and we relaxed, we almost forgot that come the next morning we would be donning all our gear (with no idea) and cycling for our supper! Thankfully Head Coach Chris made the wise decision to start the ride at 10.00am which may have had something to do with the disco ball and fairy lights that adorned our cosy abode for the weekend!



Triathlon training is a serious business

SATURDAY 8TH FEBRUARY

The dawn broke and with the extremely civilized start time we were able to fuel up on porridge and pain au choc, before getting our rears in gear and heading out to meet the Ealing Crew. We all decided which group we wanted to ride in depending on distance and speed. Christine, Head Coach of the Ealing Triathlon Club was to lead the slower 55km group and we set off feeling we were in safe hands! Christine humbly admitted at one point that she had completed 3 Ironmans which made us like her even more! Cycling through the beautiful New Forest I think we all felt a little magic was in the air and any nerves quickly vanished. The roads were a mixture of twists and turns, ups and downs and on one of those ups the bubble slightly burst when Emma got a puncture! Tyre mended with a little help from her tri-mates, we arrived at a pretty country pub for a refuel.



After lunch we cycled off into the glorious winter sunshine once more and before we knew it we had come face to face with a herd of cows moving heading straight for us – squeaky bum time! After jumping off our bikes and letting them pass we saw the reason for their hurry – a giant bull strutting his stuff was coming down the road. It was a worrying few minutes, especially for those with a fear of cows!



Danger averted we carried on and after an off road short cut we came to what should have been named “relentless road!” Strong side winds and a bit of drafting got us through and then it was homeward bound. We arrived back at SandyBalls feeling elated with our day’s work and waited in anticipation for the 100km group to return in which 3 of our club members had joined.....

MUD BATH RUNNERS!

SUNDAY 9th FEBRUARY
SHARON &

On the Sunday morning, as part of our ongoing commitment to our tri-training weekend, we took advantage of running the mud bath course, loosely sold to us by Chris as the SandyBalls Spa facilities! Funnily enough Chris didn't join us and instead he relaxed in his luxury caravan in the gated community on site.



We had initially intended to do a 20 mile run but due to the arrival of storm Ciara, Dave very kindly did a hill pre-run on his own and when he returned to the caravan we quickly carried out a risk assessment and decided that a 2 mile run in the woods was called for.

We worked on the basis that a cumulative total of 20 miles was more impressive, particularly as Dave had already run the first 10 miles. The steeple chase was embarked on with great vigor until the first hill at which stage Graham shed a trainer in the depths of a muddy quagmire, allowing the ensemble to take a well deserved break.

The running squad by this time had broken into two packs with Dave being the link-man who enabled those in the slower pack to get back to the caravan before the second group. This was of course entirely due to the speed of the second group increasing and nothing to do with the lead group being much, much faster and doing a second lap!



Many PB's were broken during the run, which really demonstrated how we had benefited from the weekends training. Other PBs were discussed during the following morning's alcoholic anonymous session.

All in all a fantastic weekend with like-minded committed athletes! ☺

QUOTES FROM THE COACH!

Top 3 quotes from Head Coach Chris...

Vicky: *“Let’s have a pizza party in our Caravan?”*
Chris: *“That is the worst case scenario for me!”*

Sam: *“Would you like to come in for a cuppa”.*
Chris: *“No thank you that is why I’m standing by the door!”*

Chris: *“Well, it’s over. I hope you all enjoyed your weekend and feel fired up to get out there and do more swimming, cycling and running. It was a truly memorable experience!”*

See...we know you love us really coach!! ☺

Lorna’s Corner

And finally the best quote of the weekend belongs to Lorna who summed up her experience on the bike by saying:

“Hills and bums, yes bums, and loads of hills, up and up and up!”

THE CYCLE PATH OF FAME!

