



Jersey Triathlon Club – Newsletter

April 2010

Well, we are fast approaching the finale to the 2010 Duathlon series, which has seen great attendance to date. The final race is this Sunday 4th April 2010 at the Scout Hut, St Ouen, 7.30am start. After the race we will be heading to the Jersey Pearl for a well deserved breakfast. Prize giving and trophies for the duathlon series will follow later in the year. See you all Sunday and best of luck.



TRIATHLON..The season is just around the corner, all we are waiting for is the sun and warm seas so make sure you have scrubbed down your wetsuit,

polished your tri bars and are sharpening up your transition skills ready for an energetic triathlon season.

Inter-Insular

This year the Jersey Tri Club is heading to Guernsey for the Inter-Insular which is taking place on Sunday 11 July. The race involves a 1500m sea swim in Pembroke Bay followed by a 40km bike ride and 10km run. We will be taking a collective team of 12+ triathletes, travelling over by Condor Express Fast Ferry departing Jersey on Saturday 10 July at 10:10 arriving Guernsey 11:10 returning Sunday to Jersey, post race lunch, on the 15:40 Ferry.

The club has booked rooms at the Wayside Cheer Hotel which are 1.5km from transition. We are hoping to take a full contingent of athletes to take to Guernsey, so whether you are new to triathlon, an experienced triathlete or competing at the highest level, it would be great if you can race for Jersey, to make this fun & competitive weekend.

Everyone interested should contact Ant on info@jerseytriclub.com or call Anthony on 630429 or 07797-785750.

Subsidies

The Jersey Tri Club have applied for and been granted a travel grant from Education Sport & Culture (“ESC”). The subsidy is applied by the club to help members of the club finance triathlon events off island and support travel costs for training/development courses. **PLEASE READ:** To ensure you are eligible, you must be a member of the Jersey Triathlon Club on 1 May 2010 to qualify for the 2010 grant. No retrospective grants will be given and **ONLY** Tri club members at 1 May 2010

will be awarded grants so please a) become a member of the club and b) Please e-mail info@jerseytriclub.com the races you intend to do off Island or e-mail if you intend undertaking BTF level coaching courses.



Membership

Our membership is currently 45 members, If you haven't joined yet, remember we encourage all local triathletes who train and race with the club to join the club. Become a member today to ensure your race entries are free (all tri races in Jersey are free to members with the exception of the Main Event)!!

BTA Coaching

The club needs more coaches who are committed and willing to train novices and age groupers to enjoy the sport of triathlon – if you are interested in undertaking BTF level course please contact the club.

COACHING - SWIM Training

From April 2010, the Tri club will no longer have an absolute right to "free private lane" swimming on Monday evenings, Wednesday, Thursday and Friday mornings.

This development follows an initiative to raise more revenue which has come from both Serco (as a listed profit making plc) and the States of Jersey (to lower their subsidy to the swimming pool complex)

The new lane charges were significant based on our current lane allocation and was considered by the JTC committee to be disproportionate to the usage and benefit to the club.

Public swimming will still be available every morning from 0630, and paid up members of Aquasplash can still utilise the pool. If a group agree to go for a training swim on a Monday, Tuesday, Wednesday, Thursday or Friday morning and 'take up' a lane by virtue of numbers alone, then that would be our best option in the interim. Aquasplash did agree that they had no issue with regards to a trainer, e.g. Marcel coaching poolside.

COACHING – CYCLE Training

The Jersey Triathlon Club doesn't currently have coached cycle sessions available, however, an informal group gather at Station Café Bel Royal on Saturday mornings setting off at 08:30am and riding anything from 30 to 60miles roughly 2-4 hours. Ant Smith is usually in attendance so e-mail at Anthony.smith@dominionfs.com or call on 630429 or 07797-785750 for info.

There is definitely no shortage of cycling going on in the island of Jersey...from road racing to time trialling to Circuit Racing at Les Quennevais and Mountain Biking. There are two main cycling clubs on the island, namely the CCC and VeloSport. Between the two clubs and the Jersey Cycling Association there are literally over 100 events throughout the year for riders of all abilities and ages in some picturesque locations around the island. Check out the following sites for the full programme: www.ccc.org.je and www.velosportjersey.com and get involved as a triathlete and learn from the Island's best cyclists – the clubs are welcoming.

COACHING – RUN Training

The club doesn't currently have any run coached sessions available, however, Ant Smith will be running from Aquasplash on Wednesday evenings when on island (check out the website for updates). The idea of the session is a longer steady distance run incorporating a 20-30minute warm up followed by several hill repeats around the St.Aubin area - allow anything from 60 to 90minutes for the session. Next run from Aquasplash 21 April setting off 17:30.

Other running options: The main running club on the island is Jersey Spartans Athletic Club and you can find some detail on their website at www.jerseyspartans.org
Contacts: Dave Woodsford, 07797889594 (Mobile) Paul Raimbault, paul.raimbault@jerseymail.co.uk.

Club Le Santa

For those of you thinking of doing some quality warm weather training or racing off island, you may wish to consider taking a trip out to Club La Santa in Lanzarote, Canary Islands. Check out www.clublasanta.co.uk or contact Anthony Smith if you are keen to head out to Lanzarote as a larger group.



Novice Triathlon

Please all spread the word about this years novice triathlon to be held on Saturday 15th May 2010 at Les Quennevais Sports Centre, registration 3- 4 .00 p.m. The senior race is open to individuals 16 and over and competitors must not have completed a previous triathlon (sprint/Olympic/72.5 or ironman) in past 5 years. Individual entry only (no teams) and £5.00 payment on the day.

25th Anniversary Race

Have you entered our main event yet?? If not, please do so ASAP so we can gauge numbers and fill the 100+ slots early in the year. We are putting a great deal of effort this year for the 25th Anniversary so get involved and get signed up today!

Coffee & Cake with a twist.

A new cycle specific coffee shop has opened called "Big Maggy's" a great place to enjoy a coffee and cake after a bike ride and sit in comfort with like minded athletes! Open now!