



# ***Burntwood Triathlon Club***

## **January Newsletter 2005**

Dear Guys & Gals.....

Its my intention to produce this newsletter quarterly and I hope the following information is helpful to all the members new and old.

## **Committee 2005**

Chairperson	Tony Wrighton
Secretary	Chris Twedde
Treasure & Welfare Officer	Lucy Williams
Web Master	Steve Haywood
Club Liaison Officer	Tim Pepper

Any questions or queries you may have with the club please feel free to contact any of the above.

## **Membership Fees**

The membership fees are now due, and are to be paid by the 24th January. The fees have been significantly reduced to fall in line with other triathlon clubs, therefore the subs will only be paid annually and not quarterly as done before.

The new fees are :

Adults £ 40/year

Under 16 and people in full time education - £ 20

Swim sessions will continue to cost £ 3 for paid up members and £ 6 for non members or members who haven't paid their subs by the 24th January.

Please pay cheque / cash at swimming on Mondays or send a cheque payable to "Wheeler's Phew Triathlon Club" complete with your membership form to.....

Lucy Williams 13 Greenways, Chorley, Lichfield, WS13 8DP

## **General Club Information**

**TRAINING:** We have several experienced and qualified coaches in all disciplines. Organized training takes place as follows:

Monday swimming. 8pm at Friary Grange Leisure Centre, Lichfield. This is our main get-together.

Wednesday running. 7pm at Burntwood Leisure Centre

Sunday cycling 10am Burntwood Leisure Centre.

[www.burntwoodtriclub.org](http://www.burntwoodtriclub.org)



# ***Burntwood Triathlon Club***

***In addition to the weekly training sessions we may organize a days Triathlon Training at Bosworth, Leicestershire incorporating open water swimming, bike , run and transition training. See web site for full details.***

Hopefully you will receive a monthly timetable by e-mail. Please note that, apart from swimming, the training sessions occasionally vary, eg we may have a track session at Cannock or a mountain bike ride. Keep your eye on the Club website, particularly the forum, for updates.

The Club Website is [www.burntwoodtriclub.org](http://www.burntwoodtriclub.org) and you will find lots of useful information, tips and links on the website which is regularly updated.

## **Events**

The triathlon season runs roughly from March to September. In the colder months there are several organized duathlon events (run/bike/run) to have a go at if you are so inclined. Most Club members compete in sprint (400m swim/20k bike/5k run) or standard (Olympic) 1500m swim/40k bike/10krun races. Some even attempt half or full ironman events! All the events we enter are sanctioned by the British Triathlon Association (BTA) and a full list of events for 2005 will be available soon on the Club website.

## **Notes for your diary.....**

20 <sup>th</sup> February	Tamworth 10k	<a href="http://www.tamworthheartrunners.org.uk">www.tamworthheartrunners.org.uk</a>
20 <sup>th</sup> March	Fradley 10k	<a href="http://www.cathedraldash.co.uk">www.cathedraldash.co.uk</a>
24 <sup>th</sup> April	Chirk Triathlon	<a href="http://www.wrecsamtri.org.uk">www.wrecsamtri.org.uk</a>
15 <sup>th</sup> May	Burntwood Triathlon	TBC
5 <sup>th</sup> June	Grendon Triathlon	<a href="http://www.justracinguk.com">www.justracinguk.com</a>

***Remember to book early to avoid disappointment!***

I hope this is of some help and whatever you want from taking part in Triathlon we know you will have FUN!

***Chris Tweddle***

Club Secretary

Tel 07973 459812

[www.burntwoodtriclub.org](http://www.burntwoodtriclub.org)