

**BURNTWOOD TRIATHLON CLUB
WEEKLY TRAINING TIMETABLE**

DATES: Mon 26th July to Sun 1st August 2010

- **Charges stated are for members (non-members rates on application). If no charge stated, the session is FREE to members!**
- **All sessions, unless otherwise stated, are open to all abilities.**
- **NB. In bad weather the outdoor sessions may be subject to change or cancellation. In these conditions please ring the organizer before setting out!**

	Venue	Coached/Led by	Contact
MONDAY			
Run 7pm (lasts 45 mins)	Friary Grange Leisure Centre, Lichfield	Uncoached. Meet in reception	Martin Lewis 07775 447735
Swim 8-9pm (£3.50 adult; £1 junior)	Friary Grange Leisure Centre, Lichfield	Coached by Jade O'Sullivan and Ann Brooks	Ann Brooks 01543 472609/ 07583 695354
TUESDAY			
Open Water Swimming 6.30 – 7.30pm £2	Manor Sailing Club, Kings Bromley	Uncoached. Organised by MVH	Ann Brooks 01543 472609/ 07583 695354
WEDNESDAY			
8 mile Timed Cycle 7pm	Start opposite New Buildings Farm, Kings Bromley	Uncoached. Supervised by Phil Mulligan	Ann Brooks 01543 472609/ 07583 695354
Swim 8.30 – 9.30pm £3.50	Central Baths, Wolverhampton, WV1 4EG	Coached session organised by Black Country Tri Club	Karen Hoffman 07904 798378
THURSDAY			
Run 7pm	Friary Leisure Centre – meet at reception	Coached by Ann Brooks	Ann Brooks 01543 472609/ 07583 695354
FRIDAY			
Track cycling 7pm £1.50	Curborough Sprint Course	Session run by Lichfield City Cycling Club	Paul Askey 07973 572693

SATURDAY			
Silly Early Saturday Bike Ride 6.30am	Somerfield carpark, Swan Island, Burntwood	Check forum or ring leader for further details	Lyndon Osborne 07812 063972
Swim – 7.30-8.30am (£2.50 adult; £2 junior)	Repton School (see directions below)	Coached session organised by MVH	Ann Brooks 01543 472609/ 07583 695354
Open Water Swimming 1 – 2.30pm £2	Manor Sailing Club, Kings Bromley	Uncoached. Organised by MVH	Ann Brooks 01543 472609/ 07583 695354
SUNDAY			
No session			

Other Open Water Swimming Venues

- Blithfield Reservoir - session run by Stafford Tri Club. Swimming available Thursday evenings (6.30-7.30pm). Cost £2. More details at http://www.staffordtri.com/open_water_swim_blithfield.html

Blithfield Sailing Club, Blithfield Reservoir, Waters Road, Rugeley, WS15 3DU
- Market Bosworth – session run by 1485 Tri Club. Swimming available Saturday mornings (7-9am) and Thursday evenings (6.30-8.30pm). Cost £2.50 plus £3 per vehicle to enter the site. More details at <http://www.spanglefish.com/1485triclub/index.asp?pageid=101411>

Bosworth Water Trust, Market Bosworth, Leics, CV13 6PD

DIRECTIONS TO PLACES:

Open Water Swimming - Manor Park Sailing Club

From Lichfield follow the A515 north to Kings Bromley. Just before entering the village turn left onto the A513 (signed Armitage & Rugeley). The entrance to the sailing club is a short way along on the right just after the cattery.

http://web.me.com/antony.cotterill/MPSC-NEW/MPSC_-_Contact_and_Location_2.html

What to do when you arrive at the site - All visitors to the site will be required to park in the first large car park on the right (as you enter the site it should be signposted) and then there is a short walk to the changing rooms. Once changed, all swimmers then proceed to the registration in the cafe to register, hand in your declaration form and pay. Again, all the swimmers will be required to sign in and out of the water at registration.

Facilities - Changing rooms and showers are available. All swimmers are required to keep these facilities clean and tidy. There is a cafe/canteen that will be open before

the end of the OW swim session (Cafe open Saturday's only at the moment, Tues - tbc).

Lake - The lake is a formidable size and the current swim buoy route is 1.60km (1 mile) in length! However there is also an island in the middle of the lake which is a shorter 1km loop.

1.60km (1 mile) Route:- <http://www.gmap-pedometer.com/?r=3686737>

500m Island Loop:- <http://www.gmap-pedometer.com/?r=3686741>

All swimmers will be required to sign the Open Water Swimming Declaration Form 2010 which is available on the MVH website at <http://www.meynellvalleyhunters.com/25.html>

8 Mile Timed Bike Ride (Every other Wednesday)

Venue – New Buildings Farm, Kings Bromley.

Please wear bright coloured clothing, carry some form of ID (eg. your membership card), a mobile phone and bring a light if a late finish is anticipated.

Directions – From Lichfield head north on the A515. In Kings Bromley turn right onto the A513 (signed Alrewas & Tamworth). After leaving the 30mph zone New Buildings Farm is the first farm on the left (approx. 150m, high conifer hedge). Park cars in the main farmyard (first entrance) on the left. The time trial will start from the driveway opposite the farm.

Time Trial route – Starting at the farm head back into Kings Bromley. Turn left onto the A515 heading towards Lichfield. After about 2 miles turn left before the new railway bridge (signed Fradley). After about 2 miles at the first roundabout (by Tesco depot) turn left. Go over the hump-backed bridge (care!) and turn immediately left. At the end of the lane turn left onto the A513 heading to Kings Bromley. The finish is at the farm.

Lichfield Running Club 5km Time Trial

Start from:

King Edward's Leisure Centre – just off Upper St John Street, Lichfield

Route:

<<http://maps.google.co.uk/maps/ms?ie=UTF8&hl=en&msa=0&msid=112362942186323308029.000475ce5436d55c6c828&z=15>>

Track Cycling Session (Friday 6.30pm)

This session is run by Lichfield City Cycling Club but non-members are welcome to attend. It is not an official coach lead session - it is an informal club training ride. There isn't always have a club coach in attendance. Everybody rides at their own risk. The purpose of the session is to get people riding fast in a bunch race environment. The circuit is quite technical.

Cornering skills are quickly learned - sometimes the hard way! But don't be put off if you're a novice – it isn't rough and you will improve your speed and bike handling skills.

Cost is £1.50 - just covers costs of using circuit.

Meet at Curborough Sprint Course at about 6.30pm - and warm up for about 15minutes before the session kicks off.

The session is not suitable for bespoke Time Trial bikes - Tri bars must not be used in this session. Clip on tri bars are OK but must not be used! Helmets must be worn.

Regarding age limits - this session is aimed mainly at adults - experienced Youths & Juniors are welcome. Lichfield CCC hold separate sessions on Thurs nights for young youths (age 8 - 12) & Weds nights for older youths. Both these sessions are coach led. Youth riders & juniors must ride restricted gears according to current British Cycling rules.

Directions:

From the A38 heading north, take the turning for Fradley business park, drive past the Floretta factory and past the Go Kart track and Tesco's depot. After about half a mile you turn left (Netherstowe Lane) at the sign for Curborough Sprint course, then take the road almost immediately on your right and follow it round to the track side.

From Lichfield, Netherstowe Lane can be accessed from Eastern Avenue. Take care – the lane is very narrow! The sprint course is on the left at the north end of the lane.

If you are approaching from the A515 then follow the road heading north towards Ashbourne. When you have driven over the railway bridge take the next right into Wood End Lane and follow the signs for Curborough Sprint course. After about a mile and half take the second lane on the right (Netherstowe Lane) then take the road almost immediately on your right and follow it around to the track side.

Saturday Swim

Repton School, Willington Rd, Repton, DE65 6FH

From Lichfield, follow the A38 north past Burton-on-Trent then take the exit onto the A5132 (Willington/Repton). At the roundabout in Willington turn right under the railway bridge towards Repton. The swimming pool is on the right just as you enter Repton. Park and go up the stairs into the entrance.

http://maps.google.co.uk/maps?hl=en&rlz=117GZAZ_en-GB&q=DE65+6FH&um=1&ie=UTF-8&split=0&gl=uk&ei=Du-WSrWqJ-KfjAejjqSXDA&sa=X&oi=geocode_result&ct=image&resnum=1