



MVH Tri Club

Meynell Valley Hunters Triathlon Club

Start of week news letter - w/c 10th September

Review of the week just gone

This week was the week of the inter-club aquathon. Five local Tri clubs competing at Blithfield reservoir over a 750m swim and 5km run course. Teams from MVH, Derby Tri, Stafford Tri, Newcastle Tri and Burtntwood Tri. The number of entrants was impressive at well over 120. Must be the summer of sport having an impact. Derby Tri alone fielded over 50 competitors! The swim start was impressive.

So how did we do? Cutting to the chase – 2012 was not the MVH year for winning the Interclub Aquathon. Derby won marginally ahead of Newcastle Tri who were just ahead of Stafford Tri. All who competed for MVH were positive about the event and their results. Great to see the many MVH tri suits in one place! And the MVH banter was way ahead of the other clubs I noted!

During the rest of the week – summer played out its final hand and gave us sun and warmth – so open water swimming, running and cycling took place in the best of conditions.

Indoors, pool swimming saw technique practice and conditioning as the order of the day. Every indication – this is the place to be on Saturday mornings.

The week-end also meant open water swimming - an enjoy while you can - as all forecasts indicate the colder weather is on its way.

On Sunday, the Bala standard distance as the final European qualifier witnessed a large flurry of budding GB tri suit wearers from across the country line up to do battle. The race results for MVH are below. As to whether Mick, John and Colin have qualified – we need to await confirmation but it does look as though Mick has made the cut. And John may have choices to make having already qualified at the sprint distance. Paul back from a wee break from racing showed there is still life in those legs as he laid down mighty cycle and run times. And Colin, he achieved a PB at this distance, 4 mins better than Blithfield and 10 mins improvement on the Little Beaver at the end of May – well chuffed.

Meanwhile Ed Johnson at the Tatton Olympic Triathlon also posts a PB at 2hrs 14. Sealing the foundation for a great 2013. Well done Ed – no moaning 'bout the run.

Bala Olympic Distance Triathlon Results

Sunday saw four from MVH competing in the Bala Olympic distance triathlon. An age group qualifier for 2013 ETU Standard Distance Triathlon to be held in Alanya, Turkey resulted in a big field. An increasingly choppy swim (couldn't see buoys as waves were too high!) moved to a fast cycle and reasonable if undulating run.

Results.

BALA Olympic 9th Sept	Position in age group >50's	1500m Swim	40km Cycle	10km Run	Total Time
Paul Jurczuk	8 th	29:45	1:02:23	42:42	2:17:44
Mick Skivington	11 th	29:28	1:04:20	43:08	2:19:21
Colin McLean	33 rd	29:09	1:08:04	49:50	2:30:04
John Shelton-Smith	38 th	37:30	1:08:35	47:30	2:35:45

Donna Reid Press Release...

Hot off the social networking site – Donna's smile has extended further as she shares the news that she is expecting a bairn. And... Donna is still running marathons and confidently planning London marathon and ironman events either at the Outlaw or Switzerland for 2013. Clearly these proclamations are before the arrival of the first child say all of us who found that life's plans may need to adapt...

Pool swim training is evolving...

In case you missed an earlier email – a questionnaire seeking your swim objectives is attached. Please complete the brief form and email to Dave Brayer. Saturday morning at Repton Pool is going to be the place to be...

MVH Branded Clothing – Kit has been ordered

Order placed. Current estimate on delivery is late October.

RACE Calendar

1 weeks to the Derby Sprint Triathlon 16th September, Race 12 in the MVH Championship (and the MVH Sprint distance championship event)

Held at the Etwall leisure centre this 400m pool swim, 18km cycle and 5km run is hugely popular local triathlon with up to 800 competitors. Loads of "new to triathlon" competitors take part and for MVH this is the 2nd last event in the MVH race calendar. For more info see http://www.punishingevents.com/derby_triathlon.htm

Next Junior Triathlon races

- Lincoln Childrens Triathlon – 29/9/12 – entries now open - <https://www.entrycentral.com/index.php?festivalID=&raceID=101648>

Aquathon Events

This Tuesday: Final of the MVH Summer Aquathon series 6.30pm at Lavender Patch

Two lap swim (1000m) + circa 5km run from Lavender Patch to Saltbox and back.
Organiser; John Shelton-Smith

As well as a first to finish final this is also a handicap race where finalists, based on previous best performances have earned handicap minutes and seconds to be deducted from their final race time as follows:

Ian Burrows: Nil (as currently is MVH pole position aquathon-athlete)

Ed Johnson: 20 secs

Jonny Fitton: 37 secs

Frans Frison (aka "the bandit"): 2 mins 40 secs

Colin McLean: 2 mins 53 secs

Phil Stimpson: 3 mins 8 secs

Martin Covey: 4 mins 33 secs

Jonathan Hydon: 7 mins 38 secs

Anna Jaques: 7 mins 56 secs

Rob Ford: 9 mins 35 secs

Jill Parker: 11 mins 14 secs

The MVH Aquathon evening at the Lavender Patch will conclude with a MVH barbecue at 7.30. All welcome.

Running Events

3 weeks to the Barton Fun Run – Sunday 30th September

The Barton Fun Run (previously Les Lester run) is to be held on Sunday 30th September at 2pm. The course is about 4.2 miles around the picturesque lanes around Barton finishing at Holland Sports Club. Mars Bar for every finisher! Actual registration times, age limitations and entry fees will be provided nearer the date. For further information please contact Sylvia Franklin on 07958 307911

Coaches this week

Weather link: <http://www.bbc.co.uk/weather/2656207>

Coaches this week as follows:

Running

Mon Track Session - Burton Athletics Club Coaches (Shobnall 6.30pm)
(note the running track is closed until 3rd September however running is still taking place between the track and the A38)

Tue Run session - Coach – Warren Simms (Bannatynes at 6pm)

Wed Run Session - Burton Athletics Club Coaches (Shobnall 7pm)

Swimming

Monday 8pm – 9pm, with Burntwood tri club, coached session at Friary Grange Leisure Centre, Lichfield (cost £3.50)

Tuesday Open Water Session (1830 at Lavender Patch)

OW Registration – Sue Herriman

Sat Pool Session (0730 at Repton Pool)

Lead MVH Coach – Ben Starbuck

Sat Open Water Session (0930 at Lavender Patch)

OW Registration – Ben Starbuck

Cycling

Sun Cycle Session – 9am – Barton: TBA (Longer distance)

Sun Cycle Session – 9am – Barton – Steve Lindridge (Shorter Distance)

For other race results from the week-end, please email your results to mvh.bulletin@gmail.com

Enjoy your week. Great training. No injuries out there!

Colin McLean 😊

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