



Dartford and White Oak Tri

Seeds cycling news

Evening rides start on Weds 1st April and Thurs 2nd April and will run every Weds and Thurs till the 22nd April when the 1st 10mile time trials start (see later)

Thursday evening rides will continue throughout the summer alternating between hill climbing ,sprint work , pace rides,circuit reps. All rides suitable for all to work at own level. Meet at Princes park see web-site for details.

Rides every Sunday and most Saturdays will focus on building up mileage . Seeds are hoping to arrange a visit to Fowlmead Cycle circuit at Deal which is a traffic free racing track.

Tri e-group

Are you a member of the Dartford and White Oak Tri e-group ?

If not why not join via the website www.whiteoaktri.co.uk and then you will get all the latest news and info via e-mail.

Annual club fees are now due—please fill in a membership form and hand to Roy asap

Membership rates for 2009—due April 1st

Full annual membership is £120 which covers swim fees—2 weekly pool sessions and one lake session (date tbc), free Seeds cycling membership (worth £20) , free turbo sessions (Jan—March) , free entry to one club duathlon race and £10 towards entry to this years Southwater relays !

New club membership cards will be issued which will include membership to White Oak Leisure centre for swimming .

Affiliate membership will be £20 for the year with each swim session £4

Please fill in a membership form asap and hand to Roy Knight.

Running news

There is a group run now going out every Wednesday night before swimming—as the evenings get lighter this will incorporate speed and hill sessions in Swanley Park—keep an eye on e-mails for details .

Hopefully there will also be a running session starting at the Lake on a Monday night.

Swimming news

Coached sessions every Wednesday at White Oak 9.15pm.

Please feed back your views on whether you think it would be good to make Sunday night a coached session too and whether you would attend if this were the case. John is also keen to hear from people who could help at the Lake on a Monday

White Oak Tri Adult race—12th July 2009

Could you all please keep this date free to mark—shall—the event is now in its 19th year and we will need lots of help to ensure it continues to be a successful and enjoyable event for all.

Already there are 75 people entered online and we hope to have a record number of entries this year so will need your continued support .

The club does rely on the success of this event to subsidise club fees and generate interest in the club so please try and help . Many thanks !

Forthcoming races/events

NB Races are starting to fill up fast so don't leave things too late !

Club Grand Prix races 2009

The first club Grand Prix race of the season is not far away now—Tonbridge on 4th May 400m/20k/5k -signed up so far are James,Roy and Trevor that I know of but there is still time to get your entry in.

Www.tonbridgelions.co.uk

Closely following this is the new event for this year—the Marshman (half ironman distance)on the 17th May.

Signed up to the Marshman so far are John, Steve Fish, Mark O'Brien,Bill Dineen and Paul Foreman. So good luck everyone .

Www.velocity-events.co.uk

Cycle events

On your bike charity ride
19th April Gravesend water-front 9.30 start , 15,20 or 45miles

Www.gravesendrotary.org.uk

May 4th Kent Air Ambulance ride - Romney Marsh 73 miles

Tour—Givet , France 8th to 10th May—deposits are now due if you are down on the list to go please ensure deposits are paid asap .

An Interview withMark O'Brien

Q :- How did you get interested in triathlon ?

A : - I'd competed in 2 marathons, a few sportives and a couple of duathlons but never been interested in swimming - I joined Seeds cycling last year and got chatting with people who'd completed iron man distance tri's and got the urge to do one myself.

Q : What is your favourite training session and why ?

A:- I think I would favour the bike over running purely because a previous accident hinders my running whereas the cycling is purely down to my level of fitness and strength.

Q:-How much training do you do each week ?

A:- I've just begun a structured training plan which puts me on on 25-30 miles running , 100-150mile bike and 3 swim sessions per week

Q:- What are your triathlon plans for 2009?

A:- To complete the Marshman in May and then Iron Man UK in August , not too sure after that.

Q:- Whats the best thing about training as part of a club?

A:- The banter , tips, encouragement and increased sense of drive when you feel like missing a session or two.

Social / Club contacts

There will be a Club party on Sunday 19th April— venue tbc - info to follow via e-group.

From May—on the first Weds of each month there will be a regular club 'surgery' before swimming at 8.45pm at White Oak—open to all to discuss ideas, suggestions , issues etc on how the club is run and forthcoming events etc

Next newsletter :- first club race results of the season

Please let me know of any info you'd like to see in the newsletter and any updates on races/results I can include—the more info the better . Please e-mail me at

alexandarron@btinternet.com

Next newsletter will be May - Thanks Alex

Club contacts

Chairman—John Setford

Treasurer—Paul Fisher

Membership secretary—Roy Knight

Social secretary—Jane Blackmore

Race secretary—James Drain