



# Dartford and White Oak Tri

## Ironman Austria

Good luck to all club members preparing to compete in Ironman Austria on the 5th July!

Hope everyone's training is going well—watch this space for the full results and reports!

## Swashbuckler Triathlon

A great result by Mike Larrington who took part in the Swashbuckler Tri in the New Forest. Mike's time of 4hr 48 brought him home in 11th place in his age category over the middle distance race.

## The Lake

Things are progressing well—John says there is a good chance we will be in in a few weeks!

## 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.

## Over 230 already entered for the White Oak club tri in 5 weeks time !

We have 230 people already entered online for our Club Tri on 12th July so it looks like this will easily reach capacity and means we need everyone in the club to help on the day if possible . As we all know in a race having the right number of marshals is what makes a race successful and well organised so please let Roy or John know asap if you can help on the Sunday morning and also on the Saturday to help set up as we need our annual club race to be an ongoing success!

## Early season race results—Well done to everyone who has already taken part in an event so far this year.

### Tonbridge Tri , 4th May 2009 (report by Jane Blackmore)

5 White Oakers turned out for the Tonbridge Tri -James Drain , Jane and Steve B , Roy Knight and John Setford—it was a good event. The race was back in Tonbridge (after the last 2 years of relocating to Sevenoaks) and the new facilities were brilliant . The sun was out but it was a bit chilly for the early starters (namely Steve and Roy). The event was well organized and run. The bike ride is quite tough—too many hills for my liking ! The run is nice and flat though . It was appreciated that Paul&Ali and Kevin&Karen came down to cheer everyone on - just a shame that not more of the club had entered for what was the club champs— see website for full results .

Sevenoaks Tri—James, Paul Foreman, John Setford and Trevor all competed in the Sevenoaks tri in mid April with James posting an impressive 1.29.26 in 16th place over the 400m / 25k / 8km distance . (NB the September race is now sold out)

### The Marshman , May

A fantastic achievement by all 10 club members who took part in the first running of the Marshman half iron man distance in Kent . Heavy wind and rain throughout the entire event made conditions extremely difficult but the results were impressive .— see Paul's Q&A on the event and for full results see the website .

East Grinstead - well done to James and Mick Andrews who competed in this sprint event on 17th May James in a time of 1.13.40 in 12th place and Mick in 1.27.24 in 113th place.

## Forthcoming races/events

### Southwater relays— Sept 6th

We are hoping to enter as many teams of 3 as possible for the Southwater relay race —please let James know as soon as possible and pay by the middle of June - £15 members , £25 non members. (£3 refund on day if BTA) Each team member takes part doing a 400m swim , 18.5km bike leg and 3.8km run.

### Cycling update -see [www.seedscycling.co.uk](http://www.seedscycling.co.uk)

Regular Sunday rides and alternate Saturday rides continue throughout the summer leaving from Princes Park Dartford . 10 mile time trials continue organised by Bexley CC on Weds evenings. Graham is planning a repeat of last years double D ride down to Brighton—Devil's Dyke to Ditchling Beacon and back 22 miles but 2 massive climbs—keep an eye on the website for details.

### Running update

A couple of groups are now going out every Wednesday before swimming at 8pm in Swanley park please feel free to join in.

The dates for the Joydens Wood 5k race series are as follows:-

Weds 24th June / Weds 29th July /Weds 26th Aug organised by Dartford road runners.

The Swanley Park relays will take place on Weds 8th July in Swanley Park.

## The Marhsman 2009...An Interview with ..Paul Foreman

Q: What were your goals for the race and did you do as well as you'd hoped?

A: I was hoping for under 6 hours , but did 6.19 .This was my first competitive open water swim so was pleased to finish, the bike took me longer than I had hoped—the wind/rain did not help as well and not really knowing how to pace myself over this distance . The run was my strongest part and I felt reasonably relaxed and optimistic while doing it , the company of John for a short time and another runner for most of the course helped - my target was under 2hrs which I achieved—just.

Q: Did you enjoy the race and would you do it again ?

A: - This was my first middle distance event , only having done a sprint before—I would do another middle distance event and I would do the marhsman next year.

Q: Was it a well organised and well marshalled race ?

A:- The registration and camping area looked good to me . I missed the race brief but understand that it consisted of a safety lecture and disappointingly no information on the course . There seemed to be a distinct lack of marshalls and signs . On the bike section the signs took careful reading and there were not

Enough of them. Although I did not get lost on the bike section there was a time that I was convinced this had happened—extra signs on the route would have helped a lot . The run section was signed every 3 miles—I am used to every mile on a normal road race . Also there were not enough signs on the run section back into Lydd just a vague statement from the marshal at the water stop to keep going straight

Q: Would you recommend this race to other club members?

A: - Yes I would - as a local middle distance race which if you allow for lack of organisation due to it being the first of such an event ,provided an excellent opportunity to gain valuable competitive experience early in the season.

### Givet 2009

A special thank you to Graham for organizing a great weekend away cycling to Givet , France at the beginning of May . Please see Seeds cycling website for full write up of the three days cycling and lots of photos !

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](mailto:alexandarron@btinternet.com)

Next newsletter will be end July -  
Thanks Alex

#### Club contacts

Chairman—John Setford

Treasurer—Paul Fisher

Membership secretary—Roy Knight

Social secretary—Jane Blackmore

Race secretary—James Drain