



Dartford and White Oak Tri

Dextro Energy Tri Hyde Park

Racing on the same course as Britain's successful elite tri-athletes were Roy Knight , Paul Fisher , Ross Fisher and Michael Larrington.

Ross achieved a fantastic 10th fastest overall swim time and Roy came 3rd in his age group to qualify for the European triathlon championships which will be held next year in Athlone , Ireland on the 3/4th July.

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.

Olympic distance Tri taking place in Dartford July 2010

Thanks to John's hard work over the last few years to set up open water swimming in the Lake at the Bridge , Dartford everyone has been able to enjoy a few weeks swimming before the end of the season. Swimming will re-start at the end of April next year and we hope to be able to have use of the new club house in Spring too .The news is that the police and Dartford council have agreed to the staging of Dartford's very own 1st Olympic distance Triathlon to take place in July—club members will be allowed to take part in this as marshalling will not be compulsory - more details to follow

Results round up

Congratulations to Trevor McIlroy completing the Vitruvian Triathlon at Rutland Water in a time of 6. 22.54, and to all those who took part in the Southwater relays at the beginning of September—a good day was had by all and a good turnout with 6 Dartford and White Oak teams taking part with James posting a super fast 54.24 split time .

Eireman 2009

Congratulations to Mick Andrews who took part in the Ironman distance race in Co.Wexford in Ireland on 23rd Aug . The Weather was so bad that the sea swim was cancelled and 40mph gusts were reported.

Mick still managed a PB over the final marathon run though and as the organisation was so bad that Mick didn't even get a medal - here's one now !!!!

WELL DONE MICK !



Seeds Cycling 1st Reliability Ride

Seeds cycling club are holding their first reliability ride on Sunday 1st Nov , starting at Princes Park , Dartford.

2 distances will be on offer - 24 or 50 mile routes.

Entry forms are available now and online entry at www.seedscycling.co.uk

100 rider limit Cost £5 see Seeds website for more details....

Club Duathlon

The Club Duathlon is on Sunday 11th Oct starting at the Anthony Roper Primary School in Eynsford.

Please let John know as soon as possible if you can help marshall on the day.

5km run 22km bike 5km run

There are over 100 entries so far .

Ironmen 2009 ! - Many congratulations to all those that took part in an

Ironman event this year—Kevin Paul A, John S, Mark O, Mike L , Mark F, Paul F, Mick A

'My thoughts' by Mark Fincher—Ironman Austria 2009 - Race completed in 11.59.07

Fantastic race, support, organization and weather , would recommend it to anyone as a challenge for mind, body and soul. Kept the race plan simple and to enjoy the day with a gentle paced swim so as not to burn too much energy ready for the following events .

1hr 20....Sun cream on ,drink ,banana and onto the bike . Bike steady -again getting passed by the fast men on expensive machines but I knew from past races not to overdo it and suffer on the run . Great support from the side of the route , with cow bells and high fives from supporters. Course fast and undulating with hills short and comfortable to spin on . Hr 140-150 average 6hr 54 and into T2 Trainers on

Temperature about 25+ and Sun 30+. Managed to maintain 6.5m/hr pace ok for first 6 miles and then combined power walking 50 paces and 50 paces running over the middle section .By 10hrs in becoming tired and bored. Final section trying to keep going and focus—spectators willing me on . Crossed the line 11.59.07 placed 1256.....maybe race Ironman again 2011 and go faster ?????

Tri club Xmas Dinner and Presentation 2009

Please see Paula or Jane for tickets asap Date Saturday 19th December

Venue :- The Olympic , Beechenlea Lane , Swanley

3 course meal and coffee

£5 subsidy by club so £15 each

Full payment required by 7th Oct

Hope you can make it !

Club contacts

Chairman—John Setford

Treasurer—Paul Fisher

Membership secretary—Roy Knight

Social secretary—Jane Blackmore

Race secretary—James Drain

