

Dartford and whiteoak Triathlon Club News Letter

Chair's Corner

It is membership renewal time. **Please use our early bird offer. £190 if you renew between 1st-31st March 2019. From 1st April membership rate will be £210.**



What have we been up to....

Mike became A/G winner at the Tonbridge Half Marathon on 17th Feb 2019 – Well done Mike



It was also our monthly parkrun visit and this time we visited the slightly muddy Orpington course. Sun and 'legs' came out for this run. We still need to work on the post run cake supplies ☺

Next parkrun event – Dartford Heath – 9th March 2019 9am. SEE YOU ALL THERE

Our Race display in Cycles UK Orpington, High Street, Parking is free at the rear. Please support the LBS mention tri club for discounts.

Our race is on 9th June 2019, Special birthday as we will be 30!!!



On 16th Feb our triathletes in training met again to join the fortnightly brick session. Excellent turn out. The next session will be **2nd March 2019**. We start at the lake with a bike ride and then a run afterwards, as race dates are getting nearer the distances will go up. In April we will also include swimming and transition training, 100% preparation for the Tri's that you are all training for.



CLUBS SPRING RAFFLE

£1 per strip, GREAT PRICES
Let Debbie know how many strips. Money gets collected on swim session days



Blogs of Tri club members

Please check out our Clubs website. Dave Pollard, Chris Childs and Brian Downton have taken pen and paper to hand (well keyboard ☺) and have kindly written up their experiences of being part of Team GB and Grafman half Ironman. You will all find it an inspirational read. If you would like to share race reports, please contact Karin Hofmeijer and she will be more than happy to support and post the reports to inspire our other triathletes.

Whiteoak tri club members have been invited to join Medway Tri club weekly cyclopark training sessions. They run every Thursday from 7-9pm £5 per session. Fully coached. Turn up, ask for Dean and let him know you are with whiteoak.