

# Dartford and whiteoak Triathlon Club News Letter

## Chair's Corner

Membership renewal time – Early bird offer has now expired. The membership will be £210 for the whole year or £18.27 for monthly subscribers.

The Lake has opened on **1<sup>st</sup> April 2019**. Don't be shy and come and join us for a nice lake swim. It will be open till 30<sup>th</sup> September.



## What have we been up to....

We visited Dartford parkrun in March and Maidstone parkrun in April. Well done everyone !!



Fancy joining the monthly whiteoak take over parkrun event, below are the dates and parkruns we will be visiting. **JOIN US !!**

- 04/05/19 – Shorne Woods
- 15/06/19 – Lullingstone
- 13/07/19 – Thurrock
- 10/08/19 – Bedgebury Pinetum
- 07/09/19 – Greenwich
- 05/10/19 – Fooks Cray Meadows

**IT WOULD BE GREAT IF WE  
COULD OFFER VOLUNTEERS;  
FAMILY AND ATHLETES THAT  
ARE RESTING**



Mark Milsom and Mike Aboussalam completed the South African Ironman. Mike finished in 11hr 10 min 55 sec. Mark finished in 11hr 15min 13sec. SUPER EF



Our athletes also performed miracles at the Swimathon, Manchester Marathon and Paddock Wood Half Marathon. April onwards will have the focus of Grafman Half Ironman. The Brick sessions will continue and now you can add the lake swim as well.

**why be good at  
one sport  
when you can  
kick ass at  
three**

**HAVE FUN TRAINING**

## THE LAKE IS OPEN 😊

**MONDAYS 6-8PM**

**FRIDAYS 6-8PM**

**SATURDAY 10-12PM**

you are advised to wear neoprene hat under swim cap and neoprene gloves and booties if you wish.

Check out this link:

<https://mytriathlon.co.uk/mywetsuit-neoprene-swim-cap/>

## 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.**

