



## Chair's Corner

I would like to start by saying THANK YOU to all our volunteers that made our 30<sup>th</sup> annual Triathlon a massive success. We have had lots of positive feedback. We wouldn't be able to do this without you giving up your time. **THANK YOU !!!!**

It has been a busy April and May month. Triathlon season has fully started. Our lake sessions see more and more athletes joining us for a refreshing swim. The club organised its first ever Go Tri and it was a great success as 25 people had a great experience on trying out 3 sports on 1 day



So where did we go in the last two months; Brian Downton travelled to Greece and completed the 70.3 ironman. Congrats!!.

Several of us ran the London Marathon – Well done to Monica, Dave B, Stephen Briggs, Kenny, Vince, Kat and Roy (hope I haven't missed anyone out)

London was not the only marathon effort – our athletes also went and completed the Brighton marathon – well done all that ran along the Brighton Pier.

Of course there were triathlons to complete as the season is in full swing:

Tonbridge triathlon, Sevenoaks triathlon, Grafman half ironman. (unfortunately Grafman was a bit foggy so bike and run only, but this has created a new runner amongst us – Abi Moss.



We visited several bridge events: duathlon and the Big Southeast Swim  
**GREAT EFFORT ALL – KEEP IT UP – YOU ARE ALL AMAZING!!!**

We would like to know what races you have entered so that the club can support you and give you all a shout out.

Please put your races on our website calendar and we will keep an eye out for you. We love a finishers pics so don't forget to smile with medal in hand at the end



Picture Gallery – there are lots of photos but here are a few of our athletes at their events.



Blogs of Tri club members  
So, it was 30<sup>th</sup> Year of our annual triathlon on 9<sup>th</sup> June 2019. Several Go Tri participants and some newcomers joint us on a great day. Weather held and gave all athletes a great day. Doug Beesley has written up his day as first-time triathlete. Have a read, it is worth it. Link below, but also available on our website and Facebook page.

<http://www.dartfordandwhiteoaktri.co.uk/wp-content/uploads/2019/06/Doug-Beesley-white-oak-tri-report.docx>