



Welcome to the DWOT newsletter for February. In November 2022 the AGM took place and saw Craig, Danny step down and a reshuffle of the committee roles, Thank you Craig and Danny for all your support and welcome Ian and Chris, Mark Milsom has taken over as Chair and we can all enjoy the weekly summary of our training and social escapades.. Training has started and is in full swing with the brick sessions restarting and the committee working hard to get the lake open for hopefully April (temperature dependent)

A calendar WhatsApp group has been set up to make sure you are all up to date on the available training sessions for the week. We will also be posting possible races in the chat group for you to take part in. if you wish to share any races or meet ups please message any of the committee members and we will post it for you.

Coaches Corner – Message from the Vice Chair Ian

Hi everyone! With the first round of triathlon races coming up in 12 weeks, it's time for those who have races lined up to consider their training options. Swimming attendance has been great on Wednesday evenings and Sundays, with big improvements shown by all of you so well done! Run sessions are starting to become popular again, with familiar faces dropping in each week which is great to see! Whilst brick sessions have been very hit and miss recently because of the weather, we have completed two this year but have listened to recent feedback and will be moving the start time to 10am for the next session which will be held on **Saturday 25th February**. This will allow for our park runners to be able to show up after their runs and cycle, plus do another run if they can. It also allows for an extra hour in bed if it's needed and could be useful for when the lake opens up in May. Brick sessions are an important part of your racing as often the ability to run after being on the bike can catch you out if you're not prepared. There will be opportunities in the warmer months to practice transition training and weekend mini triathlons held by us truly in a very informal manner to practice what you've been training for in a relaxed environment. Brick routes are being expanded so please do feel free to come along on the 25th Feb and see for yourself!

Clubs workshops you might be interested in – Active Kent and Medway

Wed 15 Feb, 6.30pm-8.30pm, Harrietsham – **Volunteer Experience** FREE - [Active Kent & Medway - Volunteer Experience \(sportsuite.co.uk\)](#)

Tues 21 Feb, 7pm-8.30pm, Medway – **Everyday Mental Health** FREE - [Active Kent & Medway - Active Kent - Everyday Mental Health \(sportsuite.co.uk\)](#)

Tues 28 Feb, 7pm-8pm, ONLINE – **Everyday Mental Health** FREE - [Active Kent & Medway - Active Kent - Everyday Mental Health \(online\) \(sportsuite.co.uk\)](#)

Wed 1 March, 7pm-10pm, Tonbridge – **First Aid Awareness** £35 - [Active Kent & Medway - Active Kent - First Aid Awareness \(sportsuite.co.uk\)](#)

Thurs 16 March, 12pm-1pm, ONLINE – **Everyday Mental Health** FREE - [Active Kent & Medway - Active Kent - Everyday Mental Health \(online\) \(sportsuite.co.uk\)](#)

Races to consider for 2023

10th/11th June - Eastbourne Triathlon -

<https://www.eastbournetriathlon.co.uk>

9th July - IronBourne -

<https://www.140.6miles.co.uk>

30th July - 255 Triathlon Festival of Endurance -

<https://www.255triathlon.com>

10th September - Brighton & Hove Triathlon -

<https://www.brightontriathlon.com>

ATW Box End Triathlon 21st May 2023

<https://activetrainingworld.co.uk/event/atw-box-end-standard-triathlon-2023/>

I LOVE MY.....

We would like to hear from you. It could be anything, what do you like about Triathlon...

What funny thing happened to you during a race...

What piece of kit do you like the most and why....

Please provide your anecdotes to Karin Hofmeijer –

k.hofmeijer@sky.com