



## **Newsletter – Winter 2021**

Without wishing to tempt fate it's starting to feel like that we are now the right side of Covid. It's certainly been a challenging 18 months, but we have weathered it well and looking forward to 2022. As ever things bubble away in the background and with us continually reviewing what we do as a club and rather than make lots of individual posts on Facebook, it makes more sense to pop it all down in one place. Here's the latest on training, events, clothing, and anything else that springs to mind!

### **Training Sessions**

#### **Swim**

Now we have some form of normality it's safe to say that the Wednesday swims are here to stay in the current format i.e., 6:15 to 7:30 pm Juniors, 7:30 to 8:45 pm Adults. The sessions will continue to follow the annual plan of:

- Autumn/Winter (Oct to Dec) – Technique focused and lighter sessions
- Winter/Spring (Jan to April/May) – Endurance/Pool based OW skills leading into Speed
- Summer (May/June to August) Continued build on speed with the addition of pacing and race craft.

#### **Junior Saturday Swim/Run (Alt weekends)**

Since September we resumed the Saturday junior swims (with a run) at Buckley on a two-week basis alternating with Marsh Tracks. This returned us, in part, to the format that we were running pre-covid which had been the mainstay of our junior training. However, having regard to the numbers attending, the demand of events in the single disciplines and the number of additional activities being carried out by the juniors prior to the session, we've looked at whether we could put the club resources to better use.

This being so from the 21 November we will be running Junior/Adult run sessions at Deeside track on the alternate weekends instead of the Saturday sessions at Buckley. Full details below.

#### **Adult/Junior Run Sessions – Deeside Track**

These sessions will commence on 21 November from 9:30 to 10:30 am and every 2 weeks thereafter. It's something which we've had our eye on doing for many years and the current situation lends itself to offering this new opportunity. Using Deeside provides us with an environment which is more controllable for pacing, elevation, and is ideal for benchmarking. The track is for 'everyone' no matter what your goal is, whether it's to simply start running for fitness or to build for the season ahead. Particularly from the adult's perspective, if you've only ever trod the pavements, it provides a great opportunity to build both technique/form/endurance as well as building speed/lifting threshold in a measured way whilst remaining injury free.

As ever we will provide the usual format of dynamic stretching and running form/technique drills at the start of every session and follow our seasonal training plan.



Changing rooms and toilets are available as well as covered stands for spectators. It's also a fantastic opportunity for parents to train at the same time as their children! If you can't be tempted on to the track pack yourself a cup and your favourite drink as there are tea making facilities for those colder days!!

*Cost* - For those who pay by standing order (both adults and junior) these sessions are available at NO extra cost. There is also a PAYG option which is £2.75 per session.

### **Open Water**

Although we have yet to have discussions with Park in the Past re. OW sessions in 2022 we do anticipate running sessions there next year. As soon as things are firmed up, we'll let you know.

### **Club Clothing**

Finding reliable suppliers of club kit has to be one of the biggest challenges for any club. We thought that we had cracked this one by using Apex but unfortunately this wasn't quite the case. Lead times on occasions stretched to 8 weeks and prices have increased to a point that they are no longer competitive when weighing up quality v price. In addition to this, the long-distance triathletes amongst you were not finding that the kit met your comfort needs etc. This being so we've once again embarked on the kit supplier journey!!

Our enquiries landed us at the door of Provision Clothing <https://provisionclothing.com/> . You may not know the name but undoubtedly, you've seen the clothing as they produce all the stage winners etc. clothing for the Women's Tour of Britain. Long story short – the kit is of a high standard and not much more expensive than what we were paying with Apex. Once again, we're not tied to minimum orders and delivery is 6 weeks.

We have a number of samples of the kit and will be arranging a have a look/try on session in the next couple of weeks. Although there will be a couple of order windows between now and the start of the season we would ask that, if possible, you attend the 'fitting' to ascertain your correct size regardless of when you may order.

We have also asked them to think about whether they could enhance the kit design at all. The main design of the kit will remain but whatever they come up with we'll bounce it round for feedback in any event.

### **Mobii Timing Kit**

The new timing kit should be with us next week. There's been a slight delay as they are sending the new futureproof version of the pods. We'll try and tie in a demo with the kit try on.

### **Club Events**

#### **Mold Tri**

After a lengthy discussion with the MD of Aura it looks like Mold Tri could make a return in 2022. I've submitted the event plans to Aura and am just waiting for a thumbs up and pricing! All being well it will take place on the 5<sup>th</sup> June 2022



### **Junior Events Series**

We'll be firming up dates over the next couple of weeks with it looking likely that all the events will form part of the Welsh Triathlon Regional Series i.e., North Wales. WT do not at present have any other events in the North, but this may change by the end of the month. We're still waiting on further details from the Northwest

### **Club Membership**

Club membership should be renewed by 31 December for existing members and is live on the website. As part of our BTF Trimark and Disability Sport Wales InSport accreditations there are certain policies and agreements that need to be renewed etc. on an annual basis. These now form part of the membership application which makes life a lot easier!

Aside of the normal affiliations the club will affiliate to Cycling Time Trials (CTT) in 2022. This will open up the local time trials leagues to members and allow you to race in open events under the club name. <https://www.cyclingtimetrials.org.uk/>

I think that just about covers everything but please feel free to message/collar me if you have any questions etc.

Thanks

**Mark**