



Autumn Newsletter 2009



Hope everyone's had a good summer and enjoyed racing!

CPT Training Sessions

Sadly cycling at Herne Hill has now finished. The training sessions are now as follows:

Tue – Run 6.30-7.30pm

Crystal Palace Park

Meet on the track, please pay at reception first.

Fri – Swim 7.45-8.45pm

Dulwich College Prep School

Please remember to come with swim wear on and get ready poolside, all girls must wear swim hats. Juniors will get out of the pool 5 mins before the adults to be able to leave the changing rooms before the adults enter.

Sat – Bike/Run 9-10.30am

Crystal Palace Park

Meet at the top car park. Please bring your bike and your running shoes every week.

Please check email for changes to sessions and equipment required.

Regulars at Richmond Park?

As training sessions at Richmond Park have been very popular, we will be holding a couple more sessions there on Saturday mornings. Next few dates are 3rd & 31st of Oct, in preparation for the Hillingdon race.

Be there...or be ■

Fancy one or two last races of the season?

On 11 Oct in Dulwich park there will be a 1 mile fun run and 2 mile junior race (entry on the day £2) after the 10K race. So something for all the family! Further info at [Dulwich race](#)

Hillingdon duathlon is on 8th Nov. After a good CPT show back in April, let's get as many juniors there as possible and make the CPT presence felt. Further info at [Hillingdon triathletes](#) entry forms are coming soon.

The Summer Picnic

What a great turn out with fabulous weather! After a tough training session, Jon talked about nutrition, whilst the kids discussed their favourite goodies! After relaxing and tucking into our nosh we had a game of rounders. Catherine (Grace's mum) hit a homer, diving past 4th base as Mark (Sam and Ben's dad) dropped another catch. Talk about competitive parents, of course the kids enjoyed it too!



Special thanks to all the coaches and to Adam and Jean (Adams Nana) for baking a delicious CPT juniors 1st Anniversary cake (great idea Phil)



Record numbers 😊

We now have 30 junior members! With a great range of ages and ability, CPT juniors are definitely on the map.

You've got to be in it to win it!

Enter our fantastic competition to win a mini bike pump and bike tool. All you have to do is answer the following questions; it's as easy as that!

Answers need to be emailed to sheila by 15 Oct and a lucky winner will be pulled out of the hat at a training session.

- 1) What was the date of the first CPT junior session?
- 2) Who was awarded Athlete of the day at the cycling session on 29 July?
- 3) Who came 1st in the Tri start age group at the Thames Turbo Aquathon on the 21 June?
- 4) How many juniors competed in the CPT club Aquathon on the 21 May?
- 5) Name one of Phil and one of Jon's favourite foods?

You might like to check out [the website](#) to help!

Inter Regional Championships (IRC)

This summer three of our junior club members, Alice, Alex and Joe qualified to represent the London Region Triathlon Team at the IRC's. It was an open water triathlon held in Wales on 13 September.



The London Region Team

What an achievement! And what a challenge competing at that level.

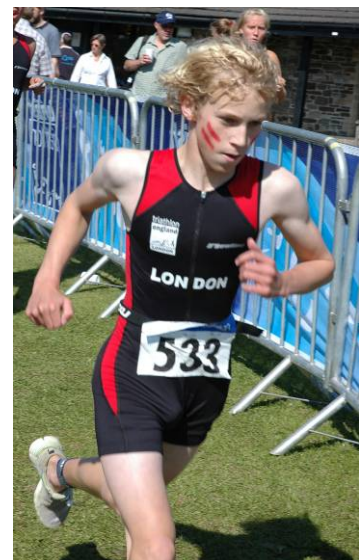
They have all generously shared their race experiences with us.

Joe Kidson – Youth



The day before the race we travelled down to Wales and had a look at the bike course. At the beginning of the loop there was a series of tight turns before a tough, rolling climb and then a fast descent with several potholes and bumps. After an early breakfast we travelled to the race site. Then came the worst part of the weekend, my age group was last to go so we had to wait 3 hours before our race. Eventually the race began and after a warm-up and swim in the lake the hooter went and open water chaos followed. Although I had an average swim I was last out of the water of the 33 competitors (very embarrassing). Having got my worst discipline out of the way I proceeded to gradually work my way through the field on the bike.

Off the bike and onto the run. I went on to have one of my best 3k run times ever, coming home in 25th position. Apart from the racing, I liked being part of a team and talking with similar minded people but who also enjoyed having some fun as well.



Alex Yee – Tri Star 2



Looking into the water I was very nervous and tense. I heard all the other boys discussing how good they were and that they would come first. That made me more nervous but I tried to keep positive as I made my way into the water. I knew I should pace myself, something we learnt at training. Then I heard the claxon and started swimming. I achieved my goal of staying with the pack (but at the back!) performed the best transition and started the cycle. I caught and passed a lot of riders but had difficulty on the hill.



After being called back to rack my bike again! I started the run. At the start I had a stitch and was dying. I carried on to the finish and just hung on to finish 11th place, which I was very pleased about. I think the course suited me and I couldn't of asked for a better place.

My Top Tips:

- No.1: Take it easy on the swim but keep in the mix
- No.2: Think positives all the time even if you are last keep your hopes up.
- No.3: Get to know your TRI team and support each other
- No.4: Get your parents to cash out DOSH on you and get some AMAZING EQUIPMENT for triathlon!
(mum's tip: borrow what you can!)

Alice Hoolahan – Tri Star 2



When we met at Princes Lake at 8 am on Saturday I was feeling OK. We did a warm up swim a couple of sets of sprints. In the coach I slept the rest of the way. When we got to Wales I feeling a bit nervous but after we walked the course I felt a bit better.

The next day we got to the race a half an hour before the start. Luckily the racks kept falling down and we managed to do some of Jon's warm ups.

The swim was a bit rough and I got pushed to the back. The cycle was quite steep uphill then lots of down hills I was doing ok then I fell of my bike coming into transition and banged my knee it was very sore, so my run was not as good as it could have been.

Overall I didn't do as well as I hoped, but it was a great experience and I did have the fastest transition out of the girls!



Thank you to Alice, Alex and Joe. Jon, Phil and the rest of the club are proud of you all!

