



Newsletter October 2008

A big welcome to the first junior triathletes newsletter, published to help keep you up to date on what's been happening, what's coming up and other useful bits of information!

Congratulations!

First off, the club would like to congratulate and thank everyone who took part in, helped with and supported the first ever Crystal Palace Junior Triathlon in September. All the athletes really got into the spirit of racing and enjoyed the experience. As Sophie said "we all did brilliantly" just summed it up for us. Plans are already underway to expand the race for next year.

Training sessions

With Herne Hill track out of bounds until spring we are considering the best way to carry out the training sessions over the winter and may make further changes to the current training sessions of:

Swim Friday at Dulwich College Prep School 7.45 to 8.45pm

Run Tues at Crystal Palace track 6.30 to 7.30pm & Sat at Crystal Palace Park 10.00 to 11.30am

Please check your email and the [Club website](#) for changes to training sessions, we will try to give you as much notice as possible. If you are unable to access your email or would like to check on any session please feel free to call or text Phil or Jon.

Check you out...

Swim and run time trials.

Triathlete	200m Swim Oct 08	400m Run Apr/May 08	400m Run Oct 08
Alex	4:07	1:30	1:23
Alice	3:14	1:23	1:24
Adam	4:29	2:06	1:43
Elle	-	1:43	1:35
Freya	4:04	-	-
Harry	-	1:53	1:37
James	4:09	-	-
Joe	2:58	1:16	-

Athlete of the day

This will be an award presented at the cycle/run (Tue) and run (Sat) sessions to the triathlete who, in the coach's opinion, has shown the most commitment or improvement in a particular session. Any member who gets three awards for running or three awards for cycling will get a sport related prize. As soon as one member has reached three running or three cycling awards then everyone starts again. Details of who has received the Athlete of the day awards so far are on the [Club website](#).

What's coming up?

On Sunday 9 Nov a morning of duathlon races will take place at Minet Park Cycle Circuit, Hayes at 11am.

The Tri star ages will be 9/10, 11/12, 13/14, 15/16. Jon will be present and would like to see as many juniors as possible. To download an entry form go to <http://www.hillingdontriathletes.co.uk>.

At the same venue the London Region is holding free Junior cycling sessions (you will need a road bike for these sessions) from 12-2pm on the following dates: 26 Oct, 30 Nov and 14 Dec. Jon will be involved in the coaching with fellow London Region coach Alan Hanley and would like to invite the following CPT members to these sessions; Joe, Alice, Alex, Adam & Zeke.

New coaching talent within the club

You will have seen some new faces recently coaching at our sessions. We are pleased to let you know that six fellow athletes from the adult section of the club are currently training for a triathlon coaching qualification. Please support them whilst they are learning and gaining experience – Audrey Livingston, Cathie Greasley, Greg Lewis, Suse Fairfax, Cathy Cooke and Matt Lawrence.

Equipment

All triathletes should come prepared to each of the training sessions. A drink is a must for all sessions, whilst swimming it should be left at the end of the lane. Also for the swim session, a **kick board** and **fins** are required, these can be purchased from Swim Shop using the link on the [Club website](#).

Moving Crystal Palace Junior Triathletes forward

Most of you will know that the junior section was established earlier this year and has gradually grown to 10 members, however we feel it's time to expand the club and attract more athletes. If you have any thoughts on how to entice new members, suggestions for progression of the junior section or any skills to offer (e.g. publishing race info, organising a social event etc...) we would welcome your ideas and involvement, please get in touch with Jon or Phil to discuss.

Join the club

If you have attended three or more training sessions, we require that you become a member of the club, this is important to assist us in funding sessions and coaching as well as keeping the cost of each session low. You can [download an application form](#) from the Club website.

Getting in touch

Please contact Phil or Jon for any matters regarding the junior section.

Phil Taylor – mobile 07736246478 – email phil@crystalpalace-tri.co.uk

Jon Horsman – mobile 07916 122898 – email horsman66@googlemail.com

Lastly, if you have any suggestions for future newsletters, or comments on this one please get in touch with Sheila (sheila.horsman@googlemail.com) feedback is always welcome. This newsletter is for you and we really want to make it as useful and relevant as possible. Don't forget to check the Club website regularly and let our [webmaster](#) know if you have any relevant news, results or photographs you would like posted.