



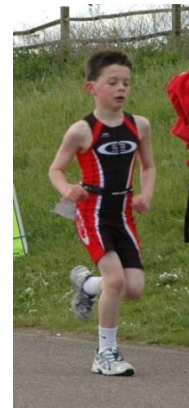
Spring Newsletter 2009

It's been a while since we put together a newsletter, but as the race season is now underway it's a great time to let you know what's been happening and what's coming up!

Let's celebrate again!

May's been a busy month already! Well done to all the Juniors who took part in the Hillingdon Duathlon on the 3rd May, a sterling effort by all. In Tristar 2, Alex got a 2nd and Alice a 3rd place and Joe achieved 2nd in the youth category. Harry, Elle and Louis all sported their new race bikes and Luc looked fab in his tri suit.

What a team!



A big thank you to Ron, who was a great supporter and photographer!

Also well done to Johnny who came 34th overall in the Banstead Woods 5K.

Don't forget that Karen publishes race results on [the website](#), so let us know if you have results to shout about.

Events coming up

There are loads of junior events to take part in, a few are listed below, but do check the [BTF website](#) for more!

21 May	CPT Club Aquathon
31 May	Crystal Palace Triathlon
11 June	CPT Club Aquathon
13 June	East Essex Triathlon
21 June	Thames Turbo Aquathon
4 July	Eton Open Water Triathlon
11 July	Upminster Triathlon
12 July	Kings Langley Triathlon
19 July	Tri Force Triathlon (Herts)
23 July	CPT Club Aquathon
15 Aug	Clash of the Tritons Aquathon

Races in bold are part of the [London League](#).

CPT Training sessions

Judging by the turn out I think everyone knows by now that Tuesday's are back on for cycling at Herne Hill!

Tue – Bike Herne Hill Velodrome 6.30-7.30pm

Fri – Swim Dulwich College PC 7.45-8.45pm

Sat – Run Crystal Palace Park 9-10.30am

Please check your email for changes to sessions and equipment required.

***** SATURDAY 30TH MAY*****

Please make every effort to attend this training session as the coaches will be talking and walking the juniors through the race course in preparation for the next day. Plus if you are free for a bit after the session there is plenty of help needed setting up for the CPT race.

Hoodies are us!

Massive thanks for sponsorship from **Yee Associates** (Ron) **Crystal Palace Physiotherapy & Sports Injury Centre** (Bevan & Stuart), which has provided all our existing junior members with a free hoodie! We think they look brilliant and do a great job advertising the club pre/post race as well as giving the club great presence and keeping you warm! Everyone was particularly grateful for them at Hillingdon, when the temperature dropped about 10 degrees and caught us all out. Everyone is wearing them with pride, I think the supporters want them too!

All kitted out!

Club tri suits, running vests and hoodies are available now, please contact [Karen](#) for further information.

Latest time trial results

Check out [the website](#) for the latest run and swim times to see improvements made and how those seconds are coming off!

What a star

We would like to acknowledge the effort and support Karen gives the juniors and parents. She does a fabulous job and is always there for us and the club. She truly is a star!

Summer get together

We are thinking of organising a summer picnic with a game of rounders thrown in for juniors, families and coaches. I'll ask around and see if this is something you would like to join in.

Getting in touch

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

Phil Taylor – mobile 07736 246478

email phil@crystalpalace-tri.co.uk

Jon Horsman – mobile 07916 122898

email horsman66@googlemail.com

For any other matters connected to the Junior Section please contact

Greg Lewis – mobile 07976 182054

email juniors@crystalpalace-tri.co.uk

Lastly, if you have any suggestions, comments or feedback on the newsletter please get in touch with **Sheila** sheila.horsman@googlemail.com) 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.