

# UEA TRI NEWS



The newsletter of UEA Triathlon Club

## Dates for your diary

'Official' training has finished until September, however a few of us are still training in Norwich (especially cycling captain Fufu) so keep your eyes on the facebook group! There are also plenty of local events to keep your wheels turning...

- Worstead 5 Miler (28th Jul 2017): <http://nnbr.co.uk/events/worstead-5/>
- Trifarm Sprint Triathlon (29 Jul 17): <https://www.britishtriathlon.org/east/take-part/race-series/adult-league>
- Cambridge Standard and Sprint Triathlon (30 Jul 17): [http://www.cambridgetriathlonclub.com/concrete/index.php/races1/cambridge\\_triathlon/](http://www.cambridgetriathlonclub.com/concrete/index.php/races1/cambridge_triathlon/)
- Run Norwich 10km (06 Aug 17): <http://www.runnorwich.co.uk/Event/About>
- Roseland August Trail - The Plague - 64 mile trail race (12 Aug 17): <http://mudcrew.co.uk/event/the-rat-roseland-august-trail/>
- Great Yarmouth Half Marathon 2017 (13 Aug 17): <http://www.gyrr.co.uk/>
- Tour de Broads (North) (20 Aug 17): <http://www.tourdebroads.com/product/tour-de-broads-north/>
- Monster Middle (20th Aug 2017): <http://monsterracing.net/middle/>
- 'TRI do Ireland' (7th Sept 2017): see Emma Chestnutt's facebook event!
- Gung-Ho! Norwich (16th Sept 2017) fun 5k run/obstacle course in Earlam park: [begung-ho.co.uk](http://begung-ho.co.uk)



## Monster Ambit Race Report

On Sunday 10th June ex-president, Tom Huband along with ex-social sec Claire Caiger (aka team 'WKD40') went to Thetford forest to take on the Monster Ambit. The course was a 11km route through the best woodland that Thetford Forest has to offer. They started at 12 noon on the Saturday to see how far you they could possibly run in 24 hours (some would say crazy)! They needed to be well prepared for whatever mother nature would throw at them and went armed with nutrition, foam-rollers and a tent. After completion of their first 4 laps (over a Marathon!), sadly Claire's knee was not in a good place and Tom, feeling a bit 'hot headed' proceeded to walk away to be sick. They decided to change tactics and after a walking lap and some frantic foam-rolling managed to get a pretty decent nights sleep in Tom's perfectly administered tent (barr a few necessary stretching sessions and dashes to be sick). They said the encouragement between runners was phenomenal and the volunteers at the aid station were fantastic. Tom pulled out a last superb effort for team WKD40 and overall they managed to run 76km and 55km respectively – astonishing stuff guys! Ultra-runners in the making!

## Emma and Alfie's Mission to Scotland

At the end of May, Emma and Alfie set off on their epic journey cycling to Scotland. They were fuelled by their aim – to make it to Emma's cousins wedding in 6 days!





### 'Top Tips' from our members

- "Make the most of the weather!"
- "Don't skip the stretch! Stretching helps you maintain your range of motion, and poor range of motion means poorer power"
- Fufu Fang demonstrating below the importance of a well maintained bike.



"Remember it only takes a few minutes and will keep your machine looking and working beautifully!"

- Get the right cycling glasses! "They protect you from 3 things during the ride: the wind when you're moving fast; road debris/bugs (Fufu Fang!) and UV protection. You will see a lot of guys in their £100 Oakleys and this is fine if you have the money, but start cheap and see how you get on!"
- "Always check the weather forecast! In England you can get deceptively blue skies, it looks like it's warm so you go a layer less only for it to actually be really really cold. I can live with my core being cold but my hands? Definitely not. Descending quickly with numb hands is not cool, you can't feel yourself squeezing the brakes! Also, check for rain. Going out without a rain cape stuffed in your jersey pocket only for there to be downpour is disheartening to say the least."
- "Get out of your comfort zone. The rides where you bite off more than you can chew always turn out to be the best. Probably the worst thing you can do is not challenge yourself, go further, go faster and don't look back. Before you know it you will be doing things you never believed you would ever do."

Thankfully they made it in time powering (± bonking) through Scotland – a deceptively big place! Emma says the best bits, were: "Scotland; it's beautiful, wild camping (despite no showering!) and the wedding at the end! Shout-out to flapjacks and peanut butter that kept our legs going! Also not breaking up was pretty good!" ... and the worst bits? "Alfie's farts and saddle sore taking on a whole new meaning hahah". Despite this I'm sure another adventure is on the cards soon! Well done guys!!



## Fritton Lake Triple Triathlon Race Report

*Tom Huband*

Before I get into the craziness of the weekend, I just want to say a massive thanks to Charlie Leeson for talking me into racing. It was on my radar but I thought I'd be fried after the ambit. If you're even slightly interested I would HIGHLY RECOMMEND, it's such a unique and intense experience! The sprint and super sprint were on Saturday 17th June, first waves setting off at 8:30am and 3pm. In the sprint, it felt like I was having a great swim (I hadn't been elbowed or kicked by anyone and was actually swimming the right direction in open water!) managing a 750m time of 14:12 - alright, but my competition already had a 1-2 minute lead. The wetsuit came off beautifully (for anyone worried about that in future) and on the bike I managed to catch the main man I had my eye on, James Chapman, towards the end, with a bike split of 29:47 for 20km. Somehow, I managed to engage turbo mode and close down the gap to the two lead guys, using the 1st of my nine lives. My 19:41 run left me with an overall time of 1:05:55. It felt great crossing the finish line first, but unfortunately, there were 2 really quick hitters in the second wave so I finished 3rd overall in the sprint, which I was very happy with. I also had 8-48 seconds on my main triple rivals! Unfortunately, this confidence boost was quickly negated by the tubular tyre on my disc wheel exploding in the heat (the disc is okay for anyone wondering). During the 5 hour wait until the next race I replaced the disc and tried to mentally unscar myself from the phrase "number 44 your disc has just exploded". 3pm came along sooner than expected and it was time to suit up. I finished the swim in 8:22 which I was quite disappointed with, but it just meant I had to push to catch up to the leading 3 guys. Unfortunately, the super sprint bike leg distance meant I was only able to catch 17 seconds on the leaders, so I never saw them until the finish after a pretty slow 10:17 2.5km run! James took the win and, because the Fritton super sprint was the first tri he raced, I was incredibly pleased to see him win it in style 4 years later! At this point, the leaders were 60-90s faster than me overall, so just like my disc tub, I thought I'd well and truly blown it!

The next few hours were essential; trying to get enough nutrition and sleep in. At 4:45am on the Sunday, my body said something like "another triathlon, and a longer one, are you joking mate?" But I knew I had to give it absolutely everything if there was even a remote chance of making the podium. It was another hot day, breaking a sweat walking around at 7:30am. The bike was racked and ready to go with the ambitious no water bottle, 2 gel approach, which could have been a poor decision if I wasn't an absolutely mad vegan! The Olympic swim was pretty busy to say the least, but I managed a time of 28:23 (1 second faster than my 750m time from yesterday... somehow?! I knew next what I had to do on the bike: absolutely go all in and then give it 10% extra for good measure. I managed a 57:46 bike split and despite suffering loads absolutely loved it, even getting a "great bike mate" from the 1st place Olympic finisher, who I fought hard to pass 4 times on the bike (I was honoured especially after he started in the 2nd wave, 7 minutes after me and beat me out of the water). I had clawed back some time, but most likely not enough, so had to dig deep on the 10km XC run. It was 30°C at this point, and after how hard I went on the bike, I'd say I was up there on the fried scale. After positive splitting every km bar the last 500m, I somehow managed to get round without stopping and was incredibly happy with my time of 48:37 (just finishing was a surprise to be honest)! After some incredibly close racing the entire weekend and some disqualifications, somehow I managed to come first in the triple tri challenge by only 8 seconds on James, who provided some entertaining and very challenging competition whilst being an absolutely top bloke, offering words of encouragement whilst out on the courses - a true triathlete role model! Huge kudos to Marcus Sladden, who got through more mechanicals than I can count and won his AG in the sprint, to Tom 'jelly' Levy who won his AG in the super sprint, and UEA Alumni Tom Cook who came 6th overall in the Olympic.

Part of me would say that my favourite bit was getting the fastest bike split in all 3 races... but really it was the entire thing being so amazing thanks to the awesome event team and endless support from the marshals and incredibly positive crowd. An amazing weekend that I doubt I'll forget in a hurry! Again, to anyone thinking about it next year, DO IT, it's amazing and I absolutely loved it and would do it again (once I can feel my feet again of course)!



## Blenheim Race Report

*Matt Floyd*

After months of painful late night turbo sessions and tedious early morning parkruns, June 4th was D day, had all the hard work paid off? Could I beat my Blenheim PB from last year?



Unfortunately, the day was a humid and hot one, so a repeat of last year, the positive was the lake was a refreshing 23°C. If it wasn't for Blenheim's strict 'wetsuit compulsory' rule I would have swam the 750m swim in just my tri suit. My game plan for the swim was to go slow, saving energy for the 400m transition up into T1 (the gradient was a cheeky 5%). I completed the swim in 11:30, 1 minute slower compared to last year. During the swim I was in the lead group, coming third out of the water. Considering my goggles were foggy for most of the swim I was happy to come out of the lake in one piece.

The cycle was my favourite discipline of the day. The Blenheim Palace route is well known for being undulating. This was my first race riding on my new Boardman elite 9.8 TT bike (my baby) and as a result I smashed my bike split from last year. Overall, I did the bike split in 34:35. I was particularly amused to later find out on Strava I gained King of the Mountain on the segment 'Gathering speed'.

The run was okay. I went too hard on the first 1km (3:49/km), which resulted in me exploding on the third km. I ran the 5.4km course in 22:24. My overall time was 1:14:06. This meant that I beat my previous time by 14 mins. I came 25th out of 4700. When crossing the finish line, I have never experienced such a rush of pride. I had successfully achieved my goal and that was a great feeling. Sorry to be cliché but if you really put the effort in you can achieve/smash your goals! For anyone interested in competing next year, I

can only speak good things about the event. It is well managed, hosts a great but testing course and consistently attracts large crowds creating an amazing atmosphere. Big up Oxfordshire!

## Harwich Triathlon Race Report

*Adam Smith*

To experience the essence of triathlon one must take a trip to Harwich Triathlon 2017, where even the best are broken. An elite UEA squad turned out hungry for glory. Emma Chestnutt started the assault with an absolutely fantastic 300m swim (6:12). Followed by a steady cycle ride (1hr.03) and finished with an eye watering (21.04) 5km. Next in the water was prolific breast stroker and converted triathlete Alfie Bentley in (6.07), before jumping on a vintage carrera (tour de france edition) averaging 20.9 mph over 24kms of undulating Essex terrain, followed by a 17.48 5km. Finishing 12th overall. Last but not least was resident Essex hitter Adam Smith (myself) making waves in the pool with a PB of 5.45. Using his/my local knowledge he/I navigated the roads at a pace of 22.3mph. Finishing with a strong and stable 17.56 5km and an age group victory/ 5th overall! To conclude, a successful trip to sunny Essex!



## Monster Feltwell Race Report

*Dave Chesterman*



More UEA Triathlon success! Hannah Bye came 1st place overall in the women's race to bag her 3rd victory of the season. I managed to podium as well to come 3rd overall in the men's race. We also had UEA Tri alumni Hannah McInroy coming 2nd in the women's race and another guy who said he went to UEA in the 90s (I can't remember him being there though) also raced, chapeau! This was a really fun race and organised really well by monster racing as usual with generous prizes, would recommend!

## UEA Tri TDF Fantasy League - Final Standings

*Jake Brockwell*

It's been a hotly contested tour, with just 56 points separating 1st and 2nd place! The winner of pro-cycling knowledge and potential Directeur-Sportif bragging rights goes to... George Macfarlane who closely edged out Simon Brown by 56 points (no prizes sorry, just pride and kudos). Chapeau George! **Top 10:**

 <b>Macfastlane's</b> George Macfarlane	6434 points
 <b>Cafe Whoppers</b> Si	6378 points
 <b>Yellow to the Core</b> Tom Levy	6155 points
 <b>On The Gear</b> Tom Burgess	5624 points
 <b>Team Rocket</b> Fufu	5474 points
 <b>From the Road</b> Daisy Donaldson	5223 points
 <b>The Pedal-Philes</b> Liam Leonard	5096 points
 <b>Too Fast Tofurious</b> Nancy Connolly	5087 points
 <b>The Watton Road Wheelers</b> Ed Scarrow	3696 points
 <b>Bora-Alpecin-Segafredo-Jumbo Data Floors</b> Caolan Stowe	3679 points

It eventually came down to the wire with only 6 points between us... but Tom Huband edged me out for the

### 'Lanterne Rouge' award:

"Hubster's Hitters" - 1998 pts

Further awards:

**Best Team Name:** a tie between: Caolan Stowe's "Bora-Alpecin-Segafredo-Jumbo Data Floors" and Dave Chesterman's "European Performance Outfit"

**Most Risqué Team Name:** without a shadow of a doubt... Liam Leonard's "The Pedal-Philes"

**Best Negative Split:** Matt Floyd's "Mattysbois" who came from dead last to end up in 11th

Best 'pick Sky riders and hope for the best' team: Nancy Connolly's "Too Fast Tofurious", going great until Geraint Thomas crashed. Roll on next year!

### The UEA Tri Watton test

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Fastest Times



**Rachel Hawker**  
QOM 1:32:34 Mar 16, 2016



**Joe Skipper**  
KOM 1:12:25 Jun 20, 2017



Thanks for reading everyone!

Don't forget to get cracking with logo designs over summer please (send your entries into [uea.tri@gmail.com](mailto:uea.tri@gmail.com))... there are vouchers and vegan goodies from Tofurei up for grabs!

The weekend before term starts and 'give it a go week', we're hosting a training weekend (+ park run breakfast) for returning members... more details to come. Enjoy the summer break and all your training!

**Nancy**