

Hello Ratties

Well, with Chrissie Wellington announcing her absence from triathlon this year you'd have thought i'd have grabbed the '*bull by the horns*' and taken this opportunity to shift my training up a gear in an attempt to super-seed those other endurance athletes who have fallen in her shadows.

Nope....extreme dog-walking seems to be my latest training regime!! I am, however studying the future events and Jim is doing us proud by kick-starting the season next weekend with the Chilly Duathlon at Castle Coombe Circuit in Chippenham, Bath a fairly sedate

Run – 2 mile Bike 10 mile Run 2 mile but closed roads always a favourite with Jim, and run with the very reputable and slick events company Dbmax.

Two weeks later (11<sup>th</sup> March) he'll be taking part in Worcester Duathlon a slightly more challenging course of

Run -4 mile Bike 18 mile and Run-2 mile

My first event this year is The Cornwall Tor, organized by Kilo-to-Go, they are offering a cyclosporitive 44miles, 76miles and 100 miles – this is my first ever cyclosporitive since moving to the area so this year I am playing it safe with the 44 mile, and seeing as i've only just looked at my bike since october...I think its wise!

2012 sees the launch of an exciting new triathlon series in Cornwall. This new 10 race series has been created by Cornwall Council Lesiure Service in partnership with the British Triathlon Federation, entry to the series is FREE -you automatically start accumulating series points after you have posted a result in your first event.

8 April	Penzance Tri	Sprint (pool)
13 May	Liskeard Tri	Sprint (open water)
19 May	Marazion Tri	Standard (open water)
27 May	Helston Tri	Sprint (pool)
17 June	Falmouth Tri	Sprint (open water)
22 July	Stithians Tri	Standard (open water)
2 September	Perranporth Tri	Standard (open water)
9 September	Bodmin Tri	Sprint (pool)
30 September	Newquay Tri	Standard (open water)
7 October	Wadebridge Tri	Sprint (pool)

There is a novice, as well as about 8 other categories so visit the Cornwall Council website and look up Triathlon Series for more information.

For those of you who prefer a more local event on !3 May Freak Events are hosting their second triathlon at Roadford Lake, bothe are available as team or individual challenges

Sprint = 750m (swim) 20km (bike) 5km (run)

Standard = 1500 m (swim) 40km (bike) 10km (run)

I did this event last year, and inspite of its high price and slight disorganization it really is a stunning location to do a triathlon, the lake swim was a triangular shaped course, the bike route was undulating but quiet and it finished with an off road run through the the woods.

13 May Liskeard Triathlon – 400m (open water swim), 20km bike, 5 km run -apply via Cornwall Council Website

On 19<sup>th</sup> May Hayle Triathlon club host the Marazion Middle and standard distance triathlon- they describe it as '*a demanding yet ideal intro to the middle distance event*'.

27 May Helston Triathlon Club – 400m (pool swim), 25km Bike, 5.5km run- aply via Cornwall Council Website.

So that's all for May, i'll continue to keep you posted what myself and Jim have entered and more forth coming events, but for now happy training.

Sarah Miller

P.S: As your Sports Massage Therapist, remember how important recovery is as part of your training!

- STRETCH out after a training session
  - Get your compression tights on after a training session (even though evidence is only anecdotal)
  - Take on board protein drink ( milk or choco milk) within half an hour of completing training – it will restore/rebuild those muscles and damaged fibre aswell as re-hydrate you!
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