

## Sidmouth Spring Seaside Sunshine by Dave Stanfield

This Sunday saw Exeter Tri club's second Aquathlon in the series. Pete Darton and myself ventured down to the top South West coastal resort to give it a go.

The 600m pool swim is followed by an out and back along a mainly flat course. Interest is provided by one or two slight rises, as well as two foot bridges to cross and a gate to negotiate [twice]. The run starts off in the streets of Sidmouth and just after the first bridge, crosses a quiet road after about 600m and heads into a park to return along the same route.

For me the swim produced a 600m swim PB, knocking 1:41mins off the time from last month – good result. My run was not too bad and was the second quickest in my age group. Overall I finished third. Now the frustrating bit was my four seconds behind second place - maybe that ice cream in T1 was to blame? Pete swam a solid swim and ran a nippy run leg to secure 4th place in the senior men's category.

The weather would certainly have made it a very pleasant day for a quiet wander through the park, in theory. I guess the locals thought they would enjoy the aforementioned quiet walk themselves, only to find a large number of athletes thundering up and down the tranquil setting for a few hours! [Another good result!]

## Another Champion Wessex Wizard! Karen Allum

Last Sunday saw the final event in the Gillingham District Wheelers Mountain Bike series at Alfreds Tower. The 7 races running from Oct to March were well supported and each offered a new route through the forest, offering demanding climbs and descents, with mud and tree routes adding to the fun! The wind and rain made for an interesting last race, with a few tumbles helping to close the series in style - mine being much less dramatic than Julian's (<http://www.youtube.com/watch?v=aefxxZdkAJc>). I'm proud to announce that I now hold the women's title for this year's series, although a hollow victory being the only female taking part! The new Specialized 29er had fun in the mud and sailed over the roots and obstacles with confidence, and I'm now an expert in bike washing - although I don't think my white saddle will ever be the same again! Thanks to Vince and the GDW for some great winter fun, and thanks to Wheels cycles for sporting the winners goodies!! Perhaps I'll have some competition next year...?!!!!

## Paul Rose wins convincingly at Combe St Nicholas

Sunday 4th March saw Paul Rose win convincingly at a tough Combe St Nicholas 10k. Paul had already smashed a 2.5k early in the morning before the event, so winning the 10k in what he described as a tempo run is pretty impressive! WELL DONE!

## Cold Saturday Ride!

This Saturday saw 5 brave Wizards take on the now famous weekend ride with Andy 'stockings' Potts. Geoff Close, Rik Elkington, Nigel Hutton and Jody Foy were treated to some fantastic icy views, winter sunshine followed by coffee and doughnuts.

## Fun in the Mud!

The third GDW MTB series race took place at Alfred Tower/Stourhead estate, with 2 Wessex Wizards taking to the start line Jody Foy and Karen Allum, a third Wizard would have taken part but a nasty fall last weekend left Matt Allum on the sideline taking photos. The course had been changed for this event including a nice little drop off which took a lot of courage for all the riders taking part.

The course was muddy and wet making riding tricky and daring.

The first wizard home was Jody Foy finishing strong and in 19 place. Karen Allum, first lady home (only lady) finished just behind Jody in 20th out of 23.

The next GDW series race is on the 11th of December, again taking part at Alfred Towers, check out the GDW website for more info or pop into Wheels Cycles in Gillingham and ask for either Matt or Charles.

Club Championship 2011!

Check out the latest photos for this seasons winners! Male club champ Barry Harriss, female club champ Anna Nile, TWWATTSS champion Rick Elkington and most improved Chris Thomas!

Ironman 70.3 Galway by Liz Collins

There's always an unexpected challenge when you race at Ironman 70.3's I thought before the Race that it would be the long transition, eleven lampposts from entrance to my bike! But I was wrong delayed start & shortened swim was a little disappointing but you know me just get on with it, then the challenge did come in clouds of rain & wind on the scenic bike course. I so looked forward to my dry socks & shoes for the run "heaven". Three laps of several out & back dog legs was the run course, collecting each band was another step closer to my goal. 7hrs 9mins 15 sec.

Organisers & Marshals made it a great event. Next year you ask? Maybe Swanage Classic 2011  
Race Report 1500m swim/40K bike/10K run  
By Chris Thomas

On Sunday 14th August the annual Concept Sport Olympic distance Triathlon took place at Swanage. The race was attended by two Wizards both looking to improve on last years performance.

The swim followed the same route as 2010 but this year was extended considerably, probably as last years course appeared somewhat short of the 1500 m. In addition, competitors were required to exit the water approximately halfway and re-enter following a brief run along the quay. Chris was around 2 min slower than last year due to the longer course and the now much longer run along the promenade to reach T1 (around 300 m or so).

The bike course followed the same route as last year, with a longish climb out of Swanage and then a fairly undulating out and back route along main roads before turning left onto country lanes at Corfe Castle for a series of short sharp climbs and fast descents back into T2. Barry felt strong on the bike and gained back most of the advantage Chris gained during the swim. Nevertheless, Chris improved on his bike split from 2010 by around 12 min and was very pleased with his time.

Onto the run and again the organizers changed the route incorporating an even steeper climb than last year after about 1 mile (few people attempted to run instead opting to hike up whilst having a

chat/complaining). The rest of the run was undulating apart from a fast steep descent down last year's ascent. Barry put in a strong run and this was enough to overhaul any slim advantage held by Chris giving Barry an overall time of 2h 31min 34sec with Chris just under a minute behind in 2h 32min 23sec.

The overall men's winner was the top GB age grouper Colin Dixon in just over the 2h mark. Barry finished in 101st position and Chris in 109th out of a field of 345 competitors and both were pleased with their PB performances. This was a well organized race with plenty of marshals and good support around transition.

Ironman UK by Barry Harriss

On July 31st I took part in the UK Ironman Triathlon in Bolton.

My day started at 03:00 when my alarm dragged me out of bed and into the shower, a quick breakfast and last kit check before driving off to get the coach to take me to the starting venue.

The weather conditions looked to be pretty much ideal, a cool day, slightly overcast and not too much wind.

At 05:45 I joined the other 1113 wetsuit clad entrants and slid into Pennington Flash reservoir for the swim. The water was not too cold but was very dark and murky, didn't taste too bad though! The race is a deep water mass start, so I had a good warm up for about 10 mins and then relaxed treading water ready for the start. I had a good swim (by my standards) and managed to get myself in a group of similar paced swimmers without getting bashed to pieces. I managed to do the 2.4 mile swim in 1 hour 18 mins.

A quick dash through T1 and onto my bike.

The bike went well for the 1st 4 hours, but then my lack of long bike training this year came back to bite me and I could feel my legs struggling a bit for the last 2 hours but I did manage to maintain my pace. The bike course was pretty friendly this year, normally there is a strong headwind along one of the exposed 8 mile sections, but this year it was a tailwind. The nasty big hill that we have to do on each of the 3 laps was still just as steep though. I eventually made it into T2 after completing 112 miles in 6 hours 5 mins.

An even quicker dash through T2 and off on the daunting task of a 26.2 mile marathon.

The run started well and once I got into my stride I felt as well as I could expect. The problems started at mile 16, very sore legs that hurt with every stride causing me to walk more than I wanted between miles 16 to 20. I managed to get back into some sort of rhythm for the last 6 miles though and I was glad to finish. The run seemed to be about 1.5 miles short according to most people's GPS watches, which was fine by me as I was really hurting by the time I dragged myself over the finish line after 3 hours 41 mins of running.

I survived and I'm very pleased to have completed the course in 11:10:34, well under my target of 11:29:59.

The one thing that remained the same from last year is that it hurt ..... a lot. I crossed the line in a bit of a mess, very dizzy, blinding headache, seeing stars and quite shaky. After an hour in the medical tent to get some fluids in and try to raise (unusual for me as I normally overheat) my body temp and I felt a bit better.

It was a very enjoyable day, the crowd support was great, especially on the 3 loop run around Bolton town centre, and the finish line atmosphere was fantastic. I'd definitely recommend the race if anybody was considering doing an Ironman distance Triathlon in this country.

My times and rankings are listed below;

Swim 1:16:11 Rank 725 Race Posn 725

T1 0:05:16 Rank 258 Race Posn 624 (Passed 101 people in T1)

Bike 6:05:20 Rank 163 Race Posn 231 (Passed 393 people on the bike)

T2 0:02:17 Rank 87 Race Posn 222 (Passed 9 people in T2)

Run 3:41:33 Rank 237 Race Posn 197 (Passed 25 people on the run)

A big thank you to all my lovely sponsors, I have 290 names on my sponsor forms and if I manage to collect it all you will have raised (including Gift Aid)£3650. This was my 5th Ironman fund raiser and you will have raised a total of £23,516 so again another massive thank you for that.

Cheers, Barry

Outlaw Triathlon (Ironman Distance)

Full race report comming soon!

Cowman – British Middle Distance Age Group Championship by Chris Thomas

1900m swim/92K cycle/21K run

On Sunday 3rd July at Emberton Country Park in Buckinghamshire Chris Thomas and Anna Nile took to the start line of a middle distance event for the first time in their two year triathlon career, the culmination of seven months training since the new season began. Registration and bike racking took place the day before which was one less thing to worry about come race morning; except for those arriving on race day to find theirs was one of the many tubes heard bursting the evening before.

Race morning arrived (after about 6 hours rubbish sleep) and we went through the usual routine of bathroom, breakfast, bathroom, packing, bathroom and driving half asleep to the venue, followed again by portaloos (you get the picture). The 750 competitors were split into two swim waves comprising two laps of a lake. In a role reversal Chris was completely relaxed as he waited to start at 6:30 am, leaving an unusually nervous Anna to contemplate the second wave start at 7 am. The water was warm and Chris's relaxed state helped him on the way to a 34:17 swim whilst Anna used her nerves to her advantage posting 37:21 for the 1900 m.

T1 navigated without any issues and Chris started the slightly longer than normal 57.5 mile bike feeling good. However, the feeling soon wore off when he realized his Garmin 310xt was no longer on his wrist and would have to complete the bike and run without knowing his speed, bike cadence, distance covered or HR. Once he got over the initial disappointment (30 min feeling very sad!) Chris got on with his race and completed the undulating course in 3:01:16, whilst Anna finished in 3:08:39.

By the time Chris and Anna started the 4 lap run it was getting warm and with no shade and a hard, bumpy off road section through farmers tracks both Wizards were relieved to cross the finishing line. Chris completed the 13.1 miles in 1:47:01 giving him an overall time of 5h 26m 32s. Anna ran a very consistent pace and completed the run in 1:54:32 giving her a finish time of 5h 45m 25s.

Both Chris and Anna were extremely pleased with their times and enjoyed the race from start to finish, well except for the bit where Chris lost his Garmin. The event was well organized and we would both highly recommend this race to anyone wanting to step up to middle distance for the first time.

#### BRISTOL HARBOURSIDE TRIATHLON by Gary Henshaw

Sunday 3rd July, The inaugural Olympic distance race saw 320 competitors take to the crystal clear waters of The Brunel lock. Four Wizards (Steve Kitto, Andy Potts, Ray Rawbone and Gary Henshaw) jostling for position during 2 crowded laps of the lock. Andy "the fish" Potts was quickest out of the water, followed by Gary and Ray and then Steve.

The bike course was fast and flat, on closed roads, for 3 laps under the suspension bridge. Andy decided to save his legs for the run, Gary decided not to and suffered for it later. Steve unfortunately started to melt in the hot afternoon sun.

A 10k run along the Severn footpath turned into sun, sweat, and sunburn. Alaister Brownlee lookalike Ray showed the other 3 Wizards just how to run, overtaking Gary (revenge for being passed on the bike), and sprinting on to finish in a blistering 2 hours and 36 minutes. Gary also finished in 2 hours 36 mins. Andy plodded his way to a steady 2 hours and 43 mins and Steve felt a little disappointed with 3 hours 37 mins, despite a excellent swim.

Ian Pedro Smith was the only Wizard competing in the sprint event, a solid swim, followed by a very fast bike time (despite a headache caused by the drumming of his disc wheel for 35 mins), set up a not too bad run for an older man. Ian finished without his timing chip.

#### WEYMOUTH MIDDLE DISTANCE REPORT by Karen Allum

6 Wizards readied themselves at the start line for the Concept Sport Middle Distance Tri on 5/6/11. Claire Chedzoy and Karen Allum were the first to brave the rough sea conditions, followed in by Andy Potts, Barry Harriss, Gary Henshaw and Matt Allum. After a choppy swim, the group headed out into the wind for the 50 mile undulating bike course towards Lulworth. The course offered some fast bike times with aerobars being a definite advantage in the conditions. The run consisted of 4 laps of the conservation area, finishing with a small welcoming crew in the college car park. The sun managed to make a short but welcome appearance during the run, and the rain held off just long enough to finish the event without a soaking. A good event for those on a budget, but the lower entry fee was evident in manual timing techniques and only water on the one feed station on the run. Matting to help competitors get back up the stoney beach would have been a nice addition, and the bad weather forecast must have made many marshals stay in bed as there seemed very few spotted around the course, but that said, the course was very well signed and provisional results were available very shortly after the race.

A great effort by all Wizards, but an unfortunate early retirement from Matt due to injury.

Barry Harriss 45/117 male, 7/13 age group, swim 37:23, bike 2:29:03, run 1:41:54, total 4:48:20

Gary Henshaw 62/117 male, 16/29 age group, swim 33:26, bike 2:40:48, run 1:51:03, total 5:05:17

Claire Chedzoy 11/27 female, 2/5 age group, swim 34:35, bike 2:50:59, run 1:43:47, total 5:09:21

Andy Potts 73/117 male, 6/9 age group, swim 31:21, bike 2:38:39, run 2:04:49, total 5:14:49

Karen Allum 21/27 female, 5/6 age group, swim 34:44, bike 2:39:28, run 2:27:29, total 5:41:41

Matt Allum swim 33:59, bike 2:38:09 run retired

## TOP RESULTS FOR WIZARDS AT THE FIRST TAUNTON TRI!

Sunday 5th June was the inaugural Taunton Triathlon, held at Taunton School.

Martin Smith, sporting old school wizards tri kit, finished 5th overall in an impressive time of 1:03:44 collecting the male 50+ age group prize! Next home for the WW's was Simon Yates, in what is understood to be only his second triathlon, 10th overall! 1:06:17, one to watch in the future! Rob Gale, wearing the new club colours for the first time finished 15th in a time of 1:08:45, 15th overall and 3rd in his age group. Following a strong swim was 4th Wizard Julie Hillier in a time of 1:22:59, 3rd in age group.

## TWWATTSS Time Trial no.1 – Stour Provost, 25th May 11

The first event in the 2011 TWWATTSS saw 12 wizards in the start line for the Gillingham District Wheelers Stour Provost 10mile time trial course.

On a dry, but windy evening, the 10 mile course was a relatively fast, single lap route with only Kit hill suppressing any momentum built up over the first half of the course.

First Wizard home was Jody Foy, with an impressive time of 27:31, closely followed by Matt Allum with 27:47 who suffered a displaced chain on Kit hill (you want to blame the mechanic Matt!!). Rob Gale finished right on the heels of Matt with only a 3 second gap in a time of 27:50. Karen Allum led the lady Wizards home in 28:14, just in front of Steve Elliott who finished in 28:36. Chris Thomas's hill reps paid off with a 28:37 finish. Mother and Son duo Donna and Luke showed their competitive spirit with Donna finishing in 29:00, just 25 seconds ahead of Luke with a great finishing time of 29:25. Claire Chedzoy just squeezed in to break the 30minute mark with a strong finish of 29:33, followed by Anna Nile, 30:34, Julie Hillier 33:55 and Liz Collins 34:08.

The evening was enjoyed by all and only 3 weeks to wait until the next time trial at Yetminster on 29th June. REMEMBER, to be considered for the 'most improved TT rider award' you need to have completed at least 3 of the 5 courses, so get the date in your diary!

## EASTER EGGS, THE TRIATHLETES FOOD OF CHOICE!

Thats right, the Easter Egg has today been proven the top fuel for triathletes at the NEW FOREST STANDARD DISTANCE TRI!

Sunday morning saw an intrepid group of wizards taking to the start of the New Forest Tri. Anna Nile, Claire Chedzoy, Karen Allum, Chris Thomas, Jody Foy, Matt Allum, Mike Shead and Steve Kitto, were all prepared to take on an 1100m mass start lake swim, a windy and challenging 36k bike and to finish them all off a hilly, mainly off road 10k run.

Matt's Easter egg diet paid off for him as he was first Wizard home in an overall time of 2h17m40s.

Next to finish was Chris with a time of 2h20m00s, Jody was 3rd Wizard to complete the event in a



time of 2h25m55s. Karen was the first female Wizard to finish (nothing to do with Cadbury's creme eggs!) in a superb time of 2h31m28s, followed in close succession by Anna in 2h33m50s, then Claire in 2h34m38s. Steve Kitto improved on last years time finishing well in a time of 3h03m50s. Mike did well considering his self confessed lack of run training to complete the course in 3h16m43s. The full provisional results can be found [HERE](#)

#### WIZARDS LONDON MARATHON UPDATE! By Gary Henshaw

I am sure that you are aware that several members of the club ran the London Marathon on Sunday. Jane Anderson, Geoff Close, Luke Allen, Ed Gibbs and myself (Andy Potts whimped-out due to injury).

It was an incredible event, hot, noisy and crowded but great fun. I was overtaken by French maids, Mr.Incredible and spongebob squarepants but I did outrun gold-medal winner Mathew Pinsent. I ran the first 16 miles at 9 minute pace and it looked good for a 4 hour finish, then it started to go wrong as the heat around the tall glass buildings of Canary Wharf sapped all of my energy and my legs turned into cardboard. Luckily Geoff turned-up and dragged me along for the next 10 miles, the last 6 miles were ran completely flat-out (a shuffling limp). Unfortunately we couldn't make up for lost time and finished at 4 hours and 4 mins. What a feeling - dehydration, stitch, dizziness and nausea. I bumped into Jane on the train back to Sherborne, 4 hours and 43 mins, She looked fresh and relaxed as if she had just walked back from the spa (I was still shaking and sweating). Luke finished in a time of 3 hours 48 mins. The star of the show was of course Ed who ran a very impressive 3 hours and 17 mins finishing just behind the Kenyas!

#### JODY'S SWIM SESSIONS HAVE PAID OFF FOR CHRIS!!!

Another successful weekend of racing for the wizards! Exeter Aquathlon saw 4 Wizards take to the start of this 600m swim and gruelling 5km run in the midday heat of Sunday.

Chris Thomas finished 19th overall and 8th in age group, a superb 10:04 swim (no doubt down to his consistent attendance at the Monday night swims!) followed by a 20:19 run. Overall time of 30:23.

Matt Allum had another good result, swim 9:57 and an excellent run of 21:33 resulted in 27th overall and 12th in age group! Overall time of 31:30.

Jody Foy swam well with a time of 9:18, but suffered in the heat on the run with a 23:05 5k, finishing in an overall time of 32:23. 33rd overall and 15th in age group.

Mike Regan, improved on last months swim time by 14 seconds with a 10:12 600m and a 22:51 5k, a total time of 33:03, 40th overall and 5th in age group.