



Purbeck Triathlon Club News

New Events for 2011

The second Tripurbeck Junior Duathlon takes place at Castle Court School on Saturday 12th February. Discounted entry for members.

We will be running 3 long off road group runs (1.5 – 2hrs) for those training for half ironman or marathons in the summer – first one on January 16th!

We are waiting for confirmation that we have been granted a permit to run events in Wareham Forest and intend to run adult and junior duathlons in Spring 2011 – check the website for details.

We are also planning to run a series of supersprint triathlons from the Purbeck Sports Centre on Sunday lunchtimes during the summer – dates to be confirmed. These events will include a pool based swim, short road bike and run on the fields at the sports centre. Races will be for adults and juniors and form part of the Tripurbeck club series – again details to follow.

Club Membership

Thank you to those triathletes who have paid their club membership since we started in October – this covers your membership for the whole of 2011. Membership cards will be printed shortly – we're still waiting for the club logo to arrive! Junior affiliation to the BTF is included in the membership fee and junior members will receive their BTF cards in March when the new season starts. If you wish to join for 2011 but have yet to fill in a form please do!

Gold Card Discount

Adult members are entitled to a discount on their Purbeck Sports Centre Gold Card as we are an affiliated club. Currently this equates to a £5 per month discount. If we have more than 20 gold card holders as members this will become a £10 saving. Monday swim sessions will now be £1 for gold card holders.

Club Coaching Sessions

Club sessions continue in the new year for juniors and adults of ALL abilities to train in Swimming, Biking and Running based at Purbeck Sports Centre.

Monday	Swim coaching: 7 - 7.45am Adults and juniors welcome.
Friday	5.30-6.30pm – junior run / bike coaching 5.30-6.30pm – adult run session
Saturday	Adults: Group Ride of various distances.
Weekend Once a Month	Juniors – Run / Bike Practice (Sika Trail)

The Friday session for adults will now be a structured run set aimed at developing technique and speed.

Key Dates:

16th January: First long off road run for adults – meet in car park at the top of Creech hill at 9.30am.

6th February: The next Sika Trail session for juniors ahead of the Junior Duathlon on the 12th.

27th February: Southwest Junior Duathlon Championships 27th February at Castle Coombe Race Track (contact Fran for details).

Club Contact details: Fran Bungay

Tel: 07812 994676

Email: goalspecific@gmail.com

Website: www.tripurbeck.co.uk