

## MARCH NEWSLETTER 2019

### COMMITTEE UPDATE

- Southwater Relays – entry for the event is now open. Club members will be expected to be available on the 31<sup>st</sup> August and 1<sup>st</sup> September for set up and various marshalling duties. Please let Michelle know your availability.
- Member Fees – there are still some fees outstanding. The annual subscription has increased to £40.  
If you haven't set up your direct debit (£30pm) and attend club training sessions regularly please Click on Link <https://membermojo.co.uk/horshamamphibians/membership>  
PAYG is £6 per training session, please see Tony Smith for more details and payment.

### MEMBER NEWS

Welcome to our new Members Paul O'Keefe and Ian Whitmore.

Congratulations to Lucinda and Family for arrival of Toby John Potten Born 7lbs on Thursday 21<sup>st</sup> February. Lucinda enjoyed her swimming literally right up until the eve of Toby's arrival! I think we have our first Baby Amphib member right there!

Happy Birthdays to Garath R and Sarah F both celebrating the 40 Age Cat this month!

### All About Horsham

AAH is interested in publishing an article about our success as a Triathlon Club. To be included is members that have represented GBR. We have invited them down on Saturday 23<sup>rd</sup> March to take photos and carry out interviews. This is a great story about triathlon and the age group series so we would like everyone to wear a tri suit for that mornings swim, and if you have a GBR suit, no matter how old, wear it with pride! Please let Neil and Amy know if you can attend.

### Swim Challenge

How has your core strength developed this winter. How many reps of these can you do?

Slowly move outwards keeping a tight core, hold the floats either side and return back to start position. Stand or Kneel as the picture shows.

Work hard in your ABS



Work hard in your ABS



**Let us know how you get on & challenge your lane buddies before a Wednesday or Saturday Session Starts. Prize for the most reps!**

### Cycling

Cranleigh CC are holding a 'Come and Try' TT 10 mile Time Trial on Sunday 31<sup>st</sup> March at 08:00 at Kirdford. Open to anyone with a roadworthy bike! Great Cakes and refreshments. Entry £8. Contact Kirsten if you are interested.

Horsham Cycling are offering their TT 10 mile Time Trials again to Members this summer on a Tuesday evening from 7pm entry £5. Location changes week to week check on their Website for location. Time Trials are an excellent way to build on your bike strength and it's a personal challenge for yourself.

Pair up with a cycling partner and do a Team Time Trial with the Washington 2 up! A fun 25 mile TT On 7<sup>th</sup> Apr. Contact Miles or Kirsten for details.

The Group Rides are on going and continue to be well attended. Details of these will be posted on the Facebook page. Each ride will be 2-3 hrs long, with a coffee stop for the social element.

### Track session

We welcome Fittleworth Flyers to alternate weeks and they have confirmed that they would like to continue this.

2 coaches will be at the BBH track on Tuesdays at 6:30pm. Start with Drills and a different speed session each week. Its great training for those early 10k, H/Ms and Marathon races in 2019 and Spring Triathlon events.

### Race to the King

Trevor Nash will be taking part in Race to the King Ultra Marathon on 22<sup>nd</sup> June 2019, a 53 mile race from Slindon to Winchester Cathedral. As part of this challenge Trevor is raising money for Evelina children's Hospital: As part of Guy's and St Thomas' NHS Foundation Trust, the Evelina Children's Hospital as one of the UK's largest providers of children's service has been consistently providing life-changing care for children, young people and their families. Not only has the Evelina provided outstanding care for children over their 150 years, they also have one of the finest paediatric nurses working in their intensive care unit, with Trevor's eldest twin Amy Rose Nash, a King's nurse, helping to continue to develop the Evelina's influence in children's care and making her old Dad very proud.



*“Currently up to around 3:20 on my long Saturday runs, training starts at 5 am normally with two 12 km tempo runs Tuesday and Friday, two 8 km recovery runs Wednesday and Thursday and a further tempo run on Sunday. Will try and keep injury free and have taken a few tips from Gareth and Dave Peglar, ensuring I pick up my run intensity particularly in the last few miles of my long run, and on the day prior and after my long runs. Mixing this up with around 6 swim sets, 4 spin classes and a bit of sleep now and then, I’ll probably use my Iron training hydration and nutritional intake”*

If you wish to Help Trevor Run to the King here is his Sponsor Page. Good Luck Trevor and keep up the good training!

Fundraising: Virgin Money Giving  
<https://uk.virginmoneygiving.com/TrevorNash>

### South Downs Relay

Thank you to Steve Wigmore for organising these for the past 9 years. The baton has now been handed over to Kirsten King. Kirsten now has the challenge of putting together teams for this prestigious invitation only event on Saturday 1<sup>st</sup> June. This year we have been asked to put forward a Womens and Mens team. So far we have the following names, if you are not able to attend then please let Kirsten know as soon as possible.

#### **Men**

Steve Wigmore  
Mark Andrews  
Peter Tyrell  
Neil Cann  
Jakob B  
Phil D  
Mark G  
Chris N  
Reserve: Jacob Cann

#### **Women**

Beck E  
Hels V  
Charlotte N  
Amy H  
Michelle P  
Yvette W  
Lora S  
Reserve: Julie

### RACE RESULTS

Worthing HM	Paul D 1.30.31
Slindon Slog	Well Done to Neil C and Hels V for making it through the steps of doom, slippery pits of hell, hills and mud!
Brighton HM	Ian Whitmore 1.58
Frosty	Gareth R 1 <sup>st</sup> Male Vet 40, Michelle P 1 <sup>st</sup> Female Vet 40, Martine B 1 <sup>st</sup> Female Supervet 50, Well Done following Julie G, Steve C, Jon S, Peter Tyrell, Neil C
Frostbite	Sarah F, Hels V
Steyning Stinger M	Yvette W 2 <sup>nd</sup> Female and 1 <sup>st</sup> in Age Cat 4.10
Steyning Stinger HM	Steve W 1.45 and 1 <sup>st</sup> in Age Cat , Gareth R 1.53 and 4 <sup>th</sup> in Age Cat (on his double race day extravaganza!), Karen W 2.36 and 1 <sup>st</sup> in Age Cat

**Congratulations to everyone here and those who we may not have mentioned.  
Good luck to all members in their forthcoming races.**

# HORSHAM AMPHIBIANS TRIATHLON

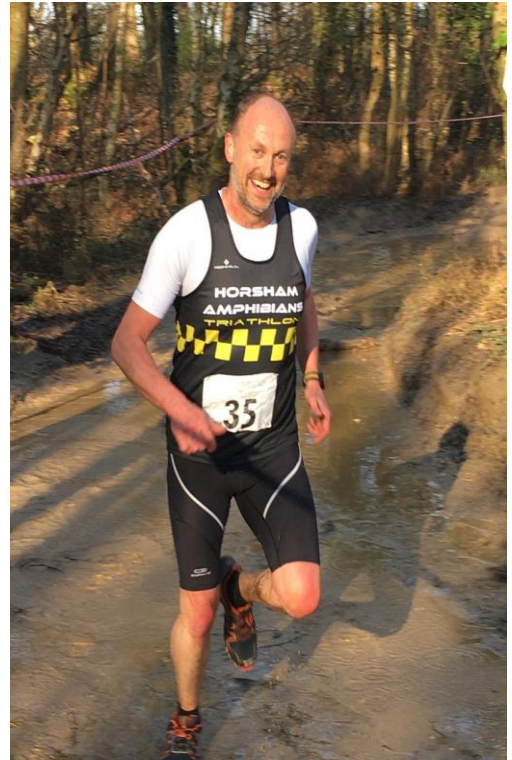
## DATES FOR YOUR DIARIES

Club Short Duathlon	24 <sup>th</sup> Mar
Mels Milers 10km	31 <sup>st</sup> Mar
Come & Try a Time Trial (Cranleigh CC)	31 <sup>st</sup> Mar
Washington 2 Up	7 <sup>th</sup> Apr
Brighton Marathon	14 <sup>th</sup> Apr

## PHOTOS OF THE MONTH



# HORSHAM AMPHIBIANS TRIATHLON



 **Air Ambulance**  
Kent Surrey Sussex

**Certificate of Appreciation**

Presented to  
**Horsham Amphibians Triathlon**  
for raising a fantastic total during 2018  
**£2,100.00**

Thanks to you, we can keep flying high! Together, we can make sure our crews can be there whenever, and wherever, they are needed.

**Thank you.**

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