

Holmfirth Harriers Triathlon



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If you are interested in joining any of our training session or would like to find out more about triathlon please contact us, we will be very happy to get you started.

We are available on most training nights at Neiley or feel free to email us from the contact page.

Or any of the juniors wishing to know more about triathlon can also talk to any of our junior members who will be please to let you know how much fun triathlon is!

Happy New Year!

Now is the best time to set your goal for the upcoming season. Get motivated again with your training and plan ahead. Make sure you have time to fit in all the training you need but remember rest is a very important part of your training too!

Well done to you all for all you achieved last year. Hope we can keep the momentum going this year and build up the triathlon section of Holmfirth Harriers. If you have not already had a go at triathlon you should keep an eye out for races which I recommend over the next few months and set your first goal. I can guarantee once you have done your first triathlon you will be hooked!

Deborah

Turbo

Put in your winter cycle training in the warmth, with music, energetic friends and a motivating instructor. Better than the rain and wind any day although I can not guarantee you won't get heckled!

Turbo training is free to all Holmfirth Harriers and is on a Wednesday evening at Neiley. For the juniors 6.30pm - 7.30pm and Seniors 7:45pm - 8:45pm.

All you need is your bike, the turbo will fit all road bikes and even mountain bikes so anyone will be able to have a go.

There will also be available some rollers (rolling road) for you to have a try!

So bring your bike and plenty to drink you will need it and we will see you on Wednesday.

To avoid disappointment please let me know you will be coming so we can make sure we have enough turbo trainers available.

Many thanks

Deborah

deborah@byram.co.uk



Tri This.....



Tri - Cross Country

Well done to everyone who have competed in the West Yorkshire Cross Country League, fantastic results for Juniors and Seniors. Many of our juniors also took part in the Club Christmas Handicap on the 19th of December. Braving the snow and all had excellent races and all showing tremendous determination – excellent!



Tri – Fell

Just a few members were able to get to the Curly Wurly fell race on the 20th of December as most of them were stranded at home because of the snow (although I am sure they enjoyed it all the same!). Well done to Sophie, Harmonie, Seth, Joe, Tiras and Sunnivah – and their parents – for getting there and getting fantastic results too!

Tri – Sportshall Athletics

The U11s Trials were held at the Richard Dunn Centre in Bradford on the 12th of December. Several of our Tri members along with other members from the club went along to try and qualify for just 30 places available, 15 boys and 15 girls. There was a great turnout on the day and our athletes all showed excellent ability in the events they competed in.

A few of the juniors who completed won their place on the Terriers Team which will now compete at the Aviva Fun in Athletics Yorkshire & Humberside Festival at Sheffield's EIS in January. Well done to you all!



Tri – Swimming

Many of you swim in different clubs please let us know what you have been up to. Lewis Byram, Ben Dickinson and Jack Scholes attended their swim club presentation evening and came away with medals which they won at the Gala in November, well done!



Sportshall Athletics

The trials for the U13 and U15 is also to take part at Bradford on the 30th of January.

Closing date is the 22nd January see WYSHAA website for details and application form.

If you can't find it please let me know.

Debs

20 Questions



Name.... Shea Kerry

My first triathlon.... Dearne Valley a couple of years ago – had a nice McDonalds to celebrate afterwards

The one thing guaranteed to put me off training... the thought of being able to stay in a nice warm house – especially in winter ☺

The last race I did.... Christmas Handicap Race – it was cold

To celebrate a win.... Would do something nice – but unfortunately still waiting

The night before a race.....Mum & Dad try and get me into bed early – I say try as it NEVER happens!

In my first open water race.... I had great fun – it was in Rother Valley last year and was a great race

An ideal day...would be to go to a rock concert with my dad.

My sporting hero is.... Mark Cavendish

My guilt junk food... Pepperoni Pizza (Mum says not much guilt though)

My favourite film.... Star Wars Ep3 – Revenge of the Sith

My favourite drink.... Blackcurrant with Sparkling Pear and Elderflower Water

My pet hates.... My Brother Finn

Luxury item on a desert island.... My new Electric Guitar

If I won £10m.... Spend it on Star Wars Lego (wouldn't go far then – Dad)

My greatest fear.... Finn breaking my guitar

My greatest achievement..... 3rd in Holmfirth Harriers Triathlon series 2008

A common misperception of me.... At school people often think I am someone else

I wish people.... Wouldn't take so long queuing and made their minds up quicker

My favourite piece of music...Is Attack of the Mad Axeman by Michael Schenker Group



EVENTS



Full list of triathlon events are available on the British Triathlon Web Page.



Many of the events have closing dates. Make sure you enter the events in good time. See British Triathlon link above to find more details of how to enter.

If you cannot find what you are looking for, eg entry forms, please let us know and we will give you more details.

Here is a table of events coming up. Please also see events table on Holmfirth Harriers Newsletter for more details and specific runs taking place.

If you need any further information on these or other events please do not hesitate to get in touch with us. Most events you have to pre-enter but some you can enter on the day.

	Tri	Bike	Run
January 2010			
Sat 9			Yorkshire XC Champs Wakefield
Sat 23			North of England XC Champs Blackburn
February 2010			
Sat 27			England National XC Champs Leeds

www.tri247.com

www.britishtriathlon.org

www.onestepbeyond.org.uk

www.pacesettersevents.co.uk

www.freebirdevents.co.uk

www.xtramileevents.com

TRAINING



Holmfirth Harriers
 Neiley Pavillion
 New Mill Road
 Honley
 Holmfirth
 HD9 6QT

See us at:

<http://www.holmfirthharriers.com/tri.htm>

Email items for the next newsletter to:

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Triathlon Coaches:
 Andy France
[Rachael Mellor](mailto:rachaelmellor@hotmail.com)
 rachaelmellor@hotmail.com

Triathlon Running Coach:
[Kath Farquhar](mailto:kathfarquhar@tinyworld.co.uk)
 kathfarquhar@tinyworld.co.uk

Running

Every Tuesday and Thursday at Neiley, 7-8pm
 Holmfirth Harriers, New Mill Road, Honley

Sat Morning Junior Cross Country Training, All welcome.
 Storthes Hall, 9am Contact Kath for more details.

Swimming

Juniors *Monday 5pm-5.45pm (Swim only)
 *Monday 5.45pm-6.30pm (followed by Bike/Run spring & summer only)

*All swimming at Holmfirth Pool. *The above classes are KAL run courses and you will need to enrol through Holmfirth Pool.*

Seniors Monday 8.30pm

Juniors & Seniors Friday 6pm-7pm

Open Water Swimming

We currently swim at the Redbrook reservoir at Marsden, from June to September. For further details of the swims please contact us. *(Not an official Harriers Training Session).*



Cycling / Turbo

Senior cycle training to be confirmed please email for further info.

Turbo training held at Neiley every Wednesday;-

Juniors 6.30pm Seniors 7.45pm

NOTE every 4th Weds will be circuit training for Juniors instead of turbo. Therefore, the first circuit training will be Wednesday 28th Oct at 6.30pm.



Training Summary – all optional!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Swim	Run	Turbo	Run	Swim	Run	Rest!