



TUFF FITTY

TRIATHLON CLUB

NOVEMBER 2007 NEWSLETTER

FORTHCOMING TRAINING

Saturday	3 rd November 7am	Slower Steady run from Sea Lane Cafe Goring
Saturday	3 rd November 6pm	Coached swim at Littlehampton Pool
Sunday	4 th November	Hellrunner off road race
Sunday	4 th November 8am	Bike ride-start Whiteways Lodge <i>check as many at Hellrunner</i>
Wednesday	7 th November 7pm	NEW Track session at Durrington Sports Centre Cost £3, bring a drinks bottle
Thursday	8 th November 9pm	Uncoached swim at Littlehampton Pool – normal pool fees
Friday	9 th November 7.30pm	'Educational Tour' starting at the Wheatsheaf
Saturday	10 th November 7am	Slower longer run from Sea Lane Cafe, Goring
Saturday	10 th November 6pm	Coached swim at Littlehampton Pool
Sunday	11 th November 8am	Club cycle from Patching Pond
Wednesday	14 th November 7pm	Road run from Durrington Sport Centre circa 6.5 miles
Thursday	15 th November 9pm	Uncoached swim at Littlehampton Pool – normal pool fees
Saturday	17 th November 7am	Slower longer run from Sea Lane Cafe, Goring
Saturday	17 th November 6pm	Coached swim at Littlehampton Pool
Sunday	18 th November 8am	Club cycle from Whiteways Lodge – check forum as many at-
Sunday	18 th November	Brighton 10k road race
Wednesday	21 st November 7pm	Track session at Durrington , cost £3
Thursday	22 nd November 9pm	Uncoached swim at Littlehampton Pool – normal pool fees
Saturday	24 th November 7am	Slower longer run from Sea Lane Cafe, Goring
Saturday	24 th November 7pm	LATE Coached swim at Littlehampton Pool
Sunday	25 th November 8am	Club cycle from Patching Pond
Wednesday	28 th November 7pm	Road Run from Durrington Sports centre. Circa 6.5miles
Thursday	29 th November 9pm	Uncoached swim at Littlehampton Pool – normal pool fees
Saturday	1 st December 7am	Slower longer run from Sea Lane Cafe, Goring
Saturday	1 ^s December 6pm	Coached swim at Littlehampton Pool
Sunday	2 nd December 8am	Club cycle from Patching Pond – check forum as many at:-
Sunday	2 nd December 10am	Duck Pond Waddle – 9 mile off road race
Wednesday	5 th December 7pm	Track session at Durrington – cost £3
Thursday	6 th December 9pm	Uncoached swim at Littlehampton Pool – normal pool fees
Saturday	8 th December 7am	Slower longer run from Sea Lane Cafe, Goring
Saturday	8 th December 6pm	Coached swim at Littlehampton Pool
Friday	7 th December	Christmas Skittles & Buffet at the Black Horse Findon
Sunday	9 th December 8am	Club cycle from Whiteways Lodge

Saturday 16th December 7p.m. LATE Swim

This newsletter starts with an introduction to the latest Tuff Fitties who have joined over the past few months

- Ross Mason first came along for the Littlehampton Marina Aquathlon. Ross who lives in Goring takes his fitness seriously and is an active midfield footballer. Looking to undertake new challenges, he successfully completed the London Triathlon in the full Olympic category and then raced as a Tuff Fitty at Southwater Relays.
- Beryl West was recommended by Ian & Anne and has become a regular at the Saturday swims. Living in Ashington she has joined primarily for swimming.
- John Collins, from Chichester, also has a sporting background being Vice President at Worthing Rowing Club. Luckily for us he too was looking for a new challenge. A regular at swimming and the cycles he raced as a TF at Southwater after undertaking his first triathlon at Chichester.
- Michael Bickers who lives in Worthing is already an established runner and was recommended by Ade Willard. He participated in the Littlehampton Aquathlon where his run splits stood out and has already joined us at swim and run training. Recently he competed at the Crawley Triathlon racing under the TF banner.
- More recently we welcomed the established Triathlete of Simon King. Many of us have known Simon for a few years as he has raced around the country. From Goring he is a further welcome addition to our quick squad and more recently posted a strong time at Worthing Olympic tri. As a Tuff Fitty he joined the squad for the recent New Forest Middle Distance Tri posting a fantastic time.
- Finally another recommendation from Ade Willard, we are pleased to welcome Jon & Amanda Mays as our latest members. Living in East Preston, they both work in the Fire Service, so they already know some Tuff Fitties. Jon has already raced with us at Chichester 10k and we look forward to helping them both towards their goals.
- Just going to print, and we are pleased also to welcome our newest member, Mandy Newnum from Worthing. She has now been a regular swimmer for a few weeks and we are pleased that she has also joined.

Whilst a range of experiences, Tuff Fitty have done well to secure such good new members. We wish them all every success during their time with the Club.

- Congratulations to David & Sarah Priest on the birth of their son Henry in September; wishing him health and happiness from us all
- It was with regret we had to bid Nick & Lara Draper farewell as they emigrated to New Zealand in June. Nick has already been in touch to advise that they have settled in Napier and he has a new job in a secondary school. They arrived just before the birth of Mat Joshua, weighing in at 9lb 14 oz, a brother for Sam. They wish everyone at Tuff Fitty luck for the future.

TRUNDLE 10km

Wednesday 23rd May 2007

Chris and I competed at the Trundle 10km. I did this for the first time in 2006 in horrendous conditions and got freezing cold and caked in mud with Chris waiting at the finish for me. This year Chris decided to join me by entering. I was really dreading it because it had been so bad previously. Saw Nick at the start, who was trying to persuade me that it would be different this year although I wasn't convinced!!

So we were off!! I got into a comfortable pace and started passing people and overtaking with Chris pacing me. I got over the worst bits that I was scared about and started to relax and got to THE

HILL. I walked a bit of the way (that was the only time in the race that I walked) and got running again and finally made it to the top (half way) having finally conquered the hills. So we were on our way down and felt like we were flying as we were going down the 3 miles that we had just come up. We passed a few people and on the flat section leading into the finish I had a sprint finish with another lady and finished in a time of 1:04:31.

Chris and I finished together and I was so pleased to finish 9 minutes quicker than the year before.

Leanne

Tuff Fitty times

Simon King	45:58	John Leonard	49:30	Mark Challen	53:14
Nick Draper	59:29	Leanne Levitt	1:04:31	Chris Levitt	1_04:31

Littlehampton Marina Aquathlon

Thursday 24th May 07

A new event from our friends at Raw Energy, it could almost have passed as a Club training session as virtually every other competitor was a TF – fantastic. Out of a total field of 48, 22 were from our club and with many other non competing members there to offer support it was a great TF evening racing. Good to see David Craddock back on the competing trail, Anthony Towers entering, despite struggling with injury – finishing high up anyway, & Ross Mason entering his first multisport event

The swim was 800m in the fast flowing Arun. Guidelines were issued about which side to swim on to catch the tide but it seemed to be back to front resulting in a tough swim. Transition was in the RNLI station before running across the footbridge for a scenic run out to Climping and back along West Beach for an 8k run. The organisers were pleased with the support from the Look & Sea centre and this event looks set to become established on the calendar next year. Captain Kev led the way, first TF home 3rd placed overall. Ade Willard provided us with a scare swallowing lots of salt water and needed to sit in an ambulance, but not before he had gamely managed to finish.

	Swim	Run	Total		Swim	Run	Total
Kev Pearson	15:40	31:29	47:09	Ian Moore	20:53	35:43	56:36
Paul Franklin	18:53	31:35	50:28	Laura Staples	20:12	37:33	57:45
Lee Cullen	16:43	34:05	50:48	Clive Harvey	19:45	39:41	59:16
Paul Atkinson	18:31	33:42	52:13	Debbie Gatland	22:22	37:48	1:00:10
Owen Marfany	19:02	33:22	52:24	Tony Pearce	23:12	37:11	1:00:23
Gary Locker	18:13	35:01	53:14	David Craddock	21:22	39:15	1:00:37
Andy Ward	19:32	33:55	53:27	Ross Mason	21:41	40:53	1:02:34
Richard Hobbs	20:44	34:08	54:52	Glenn Parisi	19:01	44:39	1:03:40
David Bridle	20:26	35:27	56:03	Ade Willard	21:58	45:00	1:06:58
Anthony Towers	18:29	37:44	56:13	Ben Evans	26:25	40:59	1:07:24
Jon Roper	19:35	36:56	56:31	Chris Evans	29:40	1:01:30	1:31:10

Arundel Triathlons

Sunday 10th June 07

The long course, 800m, 40k, 10k, is short of the Olympic distance because of the swim, but the other two disciplines more than make up for it to present a tough course. Club training on both the bike & run around Arundel can never quite prepare you for the hill from the Lion & Unicorn gate. With Windsor Tri just one week away some deferred for that race, or raced sprint but as the third club championship race it was still keenly contested. Gary came home as first Tuff Fitty, 8th overall with a strong performance from Simon King who had yet to become a member

Gary Locker	13:50	1:01:49	44:35	2:00:14	10,000
Simon King	17:05	1:03:33	41:49	2:02:27	n/a
Andy Ward	15:25	1:04:10	45:48	2:05:23	9,589
David Bridle	15:39	1:05:09	46:49	2:07:37	9,421
Jon Roper	15:43	1:09:58	49:22	2:15:03	8,903
Bob Thomas	20:40	1:10:04	50:10	2:20:54	8,533
Mel Johnson	19:09	1:11:59	52:23	2:23:31	8,378
Ian Moore	18:46	1:19:30	48:25	2:26:41	8,197

Not to be outdone there was a good showing in the Sprint race which ran in parallel with 8 TF's racing. Ben had entered but had to withdraw with an injury that would see the end of his season.

Owen Marfany	8:08	35:32	23:36	1:07:16
Ade Willard	8:39	35:07	25:22	1:09:08
Nick Draper	8:39	40:31	27:33	1:16:43
Sue Roffey	9:22	41:56	26:49	1:18:07
Linda Cooper	9:51	39:57	31:03	1:20:51
David Priest	12:21	40:11	30:11	1:22:43
Mark Challen	12:44	41:41	30:33	1:24:58
David Aylott	11:23	47:40	28:39	1:27:42

WINDSOR OLYMPIC TRIATHLON

17th June 2007

After hearing lots about Windsor, and with the benefit of competing in Olympic Distance events, I decided to enter this years race and give it a go. What strikes you first when you turn up to register on the Saturday is that this is a high profile race. Registration like most 'Human Race' events was smooth, and the small expo provided an opportunity to spend some money. There was also energy drink 'on tap' which in hindsight was perhaps not a good idea.

Bikes were left in secure transition overnight, this was the first time my bike and I had spent a night apart, so as you can imagine it was an emotional moment when we said goodbye!!

Saturday was spent with 3 other TF's Clive, Jon, and Trevor, who proved to be the perfect host, putting us up for the night in comfort and cooking a fantastic lasagne with all the trimmings.

Race day came with the usual early get up, and relief that the torrential rain from Saturday had subsided. (The M25 was wetter than the Thames on the drive up)!

The swim was in the Thames, 1500M (although it looked a lot further) split into waves, therefore reducing the usual bun-fight that occurs. My swim was terrible, it all went wrong, the only explanation I can find is that I burped underwater, which is not ideal, inhaled half the river and got into some panicky situation, where I had to hug a boat for 4 minutes before I was ready to swim again. After continuing I couldn't seem to get into a rhythm, continually stopping, trying to sort myself out. I got to the end of the swim, eventually, conceding that any chance of a decent time had gone.

I got onto the bike, a little bit angry, and went as quick as I could, it is a fantastic course, with some great roads especially riding back into Windsor towards the end of the course, it's downhill and a lot of fun! The infamous Drift Road was a memorable experience with so many bikes in a small area, the road undulates frequently and at halfway there is a tricky turn-point, which keeps the concentration levels up.

The run, proved tough, a technical 10K, going up the steep hill towards the castle and out over the river before turning and retracing the route. It comprised of 3 laps.

I was glad to finish the race which proved to be a mental and physical challenge from the start. The usual Tuff Fitty support from club members was appreciated and helped me on the run. My time was ok, but I always had the 'if only' syndrome in my mind.

To sum up Windsor, notwithstanding my moment in the river, it was a great race to compete in. Well run, good course and T-shirt which kept Clive happy! It's a race I'd recommend, and after plenty of open water training this summer I feel my demons have been put to rest. So all being well I be back next year to do it properly!!

A good TF turnout for the 4th Club Championship race.

	Total time	Champ Points		Total time	Champ Points
Kev	2:15:55	10,000	Clive	2:35:39	8,732
Owen	2:27:56	9,188	Trev	2:35:39	8,732
Jon	2:32:26	8,916	Hobbsie	2:38:40	8,566
Ade	2:32:56	8,887			

Richard Hobbs



Hobbsie, Jon, Clive, Ade & Trevor

Midsummer 5 Mile Race

Wednesday 20th June 07

Instead of the usual Wednesday run 9 TF's decided to travel to Lavant for the Midsummer 5 mile race. For most it was the first time of entry, but most enjoyable on a nice summers evening. The route took the competitors out along the Lavant road (route of the Chichester 10k) to Goodwood motor racing circuit. Then it was a complete lap of the circuit before retracing the steps back to Lavant. For Hobbsie, Jon & Clive it was straight after Windsor tri. Not the most ideal preparation but then nothing seems to stop Hobbsie's running at the moment which is blisteringly quick and he was the first TF home. Nice to enter a race more local for our western based members and the prize was a quality burger, which was very welcome and more calories than the usual medal. Everyone agreed this is an event to recommend to other TF's next year. Well done to

Richard Hobbs	32:20	Bob Thomas	35:32	Nick Draper	40:51
Simon Palmer	34:52	Mark Challen	37:22	Chris Evans	48:58
Jon Roper	35:21	Clive Harvey	37:24	Michelle Palmer	49:45

BURGESS HILL TRIATHLON

24th June 2007

Universally recognised as a very poor summer, thankfully most race days have been kind to the TF racers, err, not for Burgess Hill. It was chucking it down at registration, so the roads were awash before the start. However this did not deter an impressive 21 TF's for the 5th club champ race. As before swimmers were dropped in at 20 second intervals to swim up and back each lane traversing across. Margaret and Carol P went first and it was the luck of the draw if you were not caught behind a slower swimmer as passing was difficult in a packed pool. At least we were wet before we got out into the rain! It was wet and cold something Ade & Gaz can testify to having ridden over to provide the TF ~~abuse~~ encouragement. Unfortunately David Bridle came off outside transition but still manged a good time behind Andy Ward the first TF home. Glenn was not so fortunate, coming off his bike at Hickstead. By all accounts it was a very spectacular fall and whilst

Andy avoided him, stated he could see a dent in the road where he landed. All credit to Glenn for getting back on and finishing the bike and run, although he did visit the paramedic on duty afterwards for some painkillers and would not be able to swim for some weeks after. To cap it all Hobbsie was seen on a soggy grass verge having punctured twice, yet he also finished, making up for lost time with his now trademark storming run split.

A busy week for Clive & Hobbsie after Windsor, Midsummer run & this race in just seven days, but Jon capped it all doing Arundel as well, so three tri's in consecutive weeks plus a road run; no wonder Triathletes are never flush with cash.

This race features high on voting lists as it is a very friendly race where they push everyone out on the course quickly so everyone is finished in plenty of time. A course that is 'doable' by all and a substantial goody bag, this year including a nice glass block with three tri figures inside.

	400m	25km	5km	total		400m	25km	5km	total
Andy Ward	6:58	44:06	24:34	1:15:38	Ian Moore	8:14	54:27	26:22	1:29:04
David Bridle	7:12	45:46	25:28	1:18:25	Rich Hobbs	8:03	58:57	23:05	1:30:05
Julian Barnes	8:06	47:53	24:21	1:20:20	Jacqui Black	7:17	52:50	31:43	1:31:50
Jon Roper	7:02	47:38	26:06	1:20:46	Mark Challen	11:13	52:33	28:49	1:32:35
Clive Harvey	6:55	49:23	27:26	1:23:44	Glenn Parisi	6:32	54:53	31:34	1:32:59
Mel Johnson	7:59	49:31	26:45	1:24:15	David Mound	8:52	59:31	28:46	1:37:08
Tony Pearce	7:54	50:20	26:31	1:24:45	David Aylott	10:20	58:10	28:54	1:37:24
Bob Thomas	9:37	47:47	29:02	1:26:27	David Priest	11:02	57:19	31:05	1:39:27
Nick Draper	6:32	52:01	28:10	1:26:43	Chris Evans	7:34	1:03:49	41:18	1:52:42
Debbie G'land	7:02	54:52	26:15	1:28:09	Meg Gritton	8:29	1:07:54	39:07	1:55:30
					Carol Palmer	10:32	1:23:20	54:55	2:28:47

TUFF FITTY ARUNDEL LIDO RACES

Following successful club races in 2006 the Lido at Arundel was booked for two separate events, the first one being:-

Tuff Fitty Handicap race

Wednesday 27th June 2007

Tony Pearce was a brave man in suggesting a handicap format giving everyone a handicap time. The slowest would start off first, would, in theory see the whole club crossing the finish line at the same time. There was much light hearted banter when people saw the listings to see where they were positioned against other TF's. Unfortunately the humour didn't extend to the weather, it was very damp and overcast as people huddled under the cabin roof waiting to start. Tony worked hard over several weeks to refine the times and he was rewarded with a good field of 24 racers. The concept worked really well as the quick squad could try and chase the field down. Some of the times used were limited to Triathlons which made Aquathlon comparison difficult, so next time Tony will have a bigger array of data to sift through. Thanks Tony, a really different slant to a race. One which saw some different people in the top slots for a change. Thanks to Debbie for organising the medal

July Jumble

Wednesday 25th July 2007

Perhaps as the name would suggest we held another event at the Lido, the return of the July Jumble. Again it was damp conditions but that did not put off any of the 18 competitors. A mass start for a 1k run started in the car park which provided some sort of order as the runners returned to jump into the pool to transverse across the lanes to finish a 200m swim. Then on with the running shoes for a second 1k run before leaving these now damp shoes for a second 200m swim. The running shoes were pulled on again to complete the final run and cross the finish line for another TF medal.

Jules had the fastest first run split, Anthony the fastest first swim and they both retained these best splits on the second run and swim. However Stew who was clocking up top three splits in each pounced to gain the fastest final run split and finish first overall. Owen had a great result coming second, with Anthony third and Hobbsie fourth completing the quartet who each finished under 25 minutes. The other competitors in finishing order were Jules, Jon, Paul A, Chris L, Ade, Laura, Tony, David A, Bob, David St, Chris E, Margaret, Mark, & Carol. Clive officiated the proceedings with Leanne and David P helping to keep things flowing.

Worthing Olympic Triathlon

Sunday 22nd July 2007

The sixth club champs race, but not one of the easiest with the cycle up over Long Furlong and a sea swim. Previous years swim splits were always longer than people predicted, a fact verified when club members were undertaking open water sea swims at Goring; usually a cheeky current around Sea Lane cafe. However this seemed in doubt at Registration on the Saturday when winds raised talk of an extra run instead of the swim. Despite rain overnight the swim conditions turned out as excellent with the result that all TF's improved their swim time over last year.

However the race was a mass start and 280 was just that, a mass. Most TF's managed to keep to their game plan but there were several bunches of cyclists on the course which would prove difficult to avoid. Ade Willard had someone sitting on his tail for a period which earned him a two minute penalty; he never found out who it was. Worse was to befall Simon Woodhams who was judged to have been drafting twice and earned himself the dreaded DQ. 10 drafting penalties meant the draft busters were busy, and with Raw Energy stating 2008 will remain a mass start it will be an aspect to watch for.

The run was not as hot as in 2006 and the overall result, and a years extra training, saw some TF's show significantly improved times. Andy, Simon P & Leanne improved 7 minutes, Tony 9 & Hobbsie 10 minutes. However Jules thrashed his time by 17 minutes and Chris 28 minutes.

Good to see Ant return home from his international duties to record his first championship points as first TF home

Ant Gritton	21:02	1;10:36	37:37	2:09:16
Lee Cullen	22:00	1:14:11	42:39	2:18:51
Tuff Trio (Relay)	22:29 (Anthony T)	1:18:39 (Bob)	38:31 (Steve F)	2:19:40
Simon King	25:10	1:15:31	39:52	2:20:34
Andy Ward	No splits			2;23:05
Owen Marfany	25:14	1:19:11	41:23	2:25:50
David Bridle	24:33	1:16:59	44:20	2:25:54
Ade Willard	25:36	1:16:44	45:19 (2 min)	2:27:70
Paul Atkinson	25:55	1:19:39	42:23	2:27:59
Jon Roper	24:49	1:21:45	44:37	2:31:13
Chris Levitt	24;31	1:21:10	45:51	2:31:34
Julian Barnes	30:03	1:20:53	42:02	2:33:00
Simon Palmer	30:45	1:17:49	44:26	2:33:01
Richard Hobbs	28:02	1:24:45	41:34	2:34:22
Clive Harvey	24:45	1:23:14	47:15	2:35:16
Tuffed Out (Relay)	21:59 (Alice)	1:32:26 (Rod)	44:53 (Debbie)	2:39:21
Tony Pearce	No splits			2:43:22
Ian Moore	28:05	1:35:07	49:16	2:52:30
Leanne Levitt	21:40	1:32:22	58:50	2:52:54
Simon Woodhams	24:47	1:18:40	47:37 DQ	2:31:06

Ant Goes International

Having developed into a super quick Triathlete, Anthony Gritton ventured abroad, twice, this year. The first race was the ITU European Championships held in Copenhagen and it couldn't have got off to a better start securing the gold medal in the 18-19 age group. Next up was Hamburg where Ant came home twelfth in 2:18:27. He reports that both races were amazing experiences and as a result is now also a media star appearing in the local papers -congratulations

Bournemouth Aquathlon

22nd August 2007

Seeing as we would be having a few days away in Bournemouth I had in mind to try and do the last one of their series 400m sea swim with a 5k run having never tried a sea swim I really wanted to see if I could.

The weather on the day was warm with a slight off shore wind Colin and I swam that morning and I decided that I would not get a better day to give it a try.

Having collected my bag from our Hotel I walked back to the Rowing Club on the sea front, on the way I saw a nice man carrying a large bag so I caught him up and asked if he was doing the Aquathlon he was so we got chatting and he gave me some good tips for the swim and told me where the run route went.

When I arrived at the Rowing Club I found Colin talking to none other than our Rhona Copp; how nice to see a friendly face. Having done all the other races in the series Rhona was extremely helpful with her advice regarding the swim, having booked in I went off to the sea for a warm up.

About 53 took part so I took advice on board, and held back so as not to get caught up in the rush, it was out to the first pink buoy then across to the next then back in, simple some may say well I must admit it wasn't so bad. Having gone around the first buoy without any problem I followed a guy in front of me wearing a 2XU wetsuit I decided he must be good to have one of those as Anthony's always raving about them, at that point I looked up and the next buoy was way inland so I left my 2XU guy and swam my way in, including transition my swim time was 12.32 mins .

The run was 2 laps which went up the hill past the BIC which seemed to go up for a long time then it leveled out through a park then up again to the road then a steep downward stretch to the prom then straight back to where you started only by the time I got there lots were finishing and people were cheering and clapping, having yet to do another lap I did find this extremely hard to keep it going and having to face that hill again didn't help. Still I did keep going and I finished with a run time of 35.20 mins.

I really enjoyed my first sea swim and pleased with my times. Congratulations to Rhona winning the overall series for Female Vet Category Rhona said to tell you she misses you all and sends her best wishes and see you all at Southwater

Margaret

SOUTHWATER RELAYS

2nd September 2007

As usual a difficult event to organise, would people commit to racing? Some usual injury concerns led to replacements being required. However once again it seemed worth all the nagging from the Secretary as Tuff Fitty had twelve teams of three. Several clubs had many people who could not get slots as the race was, as usual, over subscribed.

The weather was good allowing the TF cheerleaders to stand on the green cheering fellow members on. Thanks to all the non racing members that turned up on the day, a huge TF gathering.

Richard Stannard was on hand to provide the fastest split of the day in just 47:36! Some fine TF performances led home by Captain Kev & then Stew with 9 members breaking the hour mark. Highlights of the day ranged from Duncan Foster storming home in 1:00:22 in his first ever multisport race & Carol Palmer deciding she needed to face up to open water, bravely entering and completed wearing her usual beaming smile. Another highlight was the new TF tri kit –very smart.

Kevin Pearson	54:17	Julian Barnes	1:01:07	Mark Challen	1:10:08
Stewart Smith	56:12	Simon Palmer	1:02:18	Jacqui Black	1:10:25
Paul Franklin	57:56	Chris Levitt	1:03:19	Ian Moore	1:11:12
Gary Locker	58:19	David Gatland	1:04:42	Linda Cooper	1:11:26
Andy Ward	58:32	Trevor Harvey	1:05:46	Steve Jones	1:13:06
Lee Cullen	58:49	Tony Pearce	1:06:46	Jez Garratt	1:17:35
Simon Woodhams	59:11	John Collins	1:06:49	David Starr	1:17:48
Jon Roper	59:50	David Bowen	1:07:44	David Aylott	1:17:53
Richard Hobbs	59:51	Debbie Gatland	1:08:05	Chris Evans	1:22:22
David Bridle	1:00:07	Glenn Parisi	1:08:12	Margaret Gritton	1:28:54
Duncan Foster	1:00:22	Laura Staples	1:08:54	Carol Palmer	1:52:02
Clive Harvey	1:00:25	Ross Mason	1:10:01		

2007 has been a fantastic year with many more club members taking the step up to the longer middle distance events and the ultimate - Ironman- Congratulations to you all, a flavour of the longer distance events are relayed below.

Bala Middle Distance Triathlon

3 June 2007

2km Swim (O)/80km Bike/20km Run

Chris and I drove for 5 hours to get to Bala in North Wales on the Saturday before the triathlon and we were both quite excited to be racing in Bala again since we had done the Standard Distance Triathlon there in 2003. We thoroughly enjoyed it then and we were sure that we were going to have a good race this year again as we have both been training really hard and had been progressively increasing our mileage.

This was the main A Race of the season for me and for Chris it was a good long session to see how his training was going for Ironman UK. So we both approached it differently. I was intending to give 100% knowing I was to have a week off afterwards and then 2 easy training weeks. Whereas Chris approached it as a long brick session and not to expend too much energy so that his recovery afterwards didn't take weeks.

Well race morning had arrived with Ladies starting at 9:30am and Senior Men starting at 9:45am. We were both really nervous because rain had been forecast and the lake was getting choppy as the morning went on. It was flat and calm at 7am! But we just had to get on with it. I went off for the one lap swim and was in the chase pack until the turn around and decided to back off a bit as there was still a long way to go and exited the swim in 35 mins with Chris not too far behind in a time of 38 mins.

The cycle was one big lap around the Snowdonia Park with the race instructions and commentator saying that the only hills are in the first 7 miles.....it was definitely more like 50 miles of hills. A very undulating course indeed. I did 60km and got cramps in my legs from the climbing and then sat up on the bike for the last 20km and just decided to take it easy back to T2 and couldn't even comprehend running a half marathon with a sore back, sore legs, saddle soreness and cramp! Chris caught me up in the last 5km and we met up in T2 to start the run. I completed the cycle in 2:49 and Chris in 2:44.

By this stage it didn't know how I was going to run for that long or run at all!! I got myself sorted in T2, sat down and decided whether Chris should go on by himself or not. The commentator and race briefing said that the run is flat for the first 5 miles of the out and back route so how bad could it be? Well it was BAD and very HILLY all the way!!

We decided to run together and we are so glad that we did because as soon I got running I felt fantastic. Chris was flagging a bit but I managed to keep him going and we did the whole 20km together. I achieved something that I never in a million years thought that I would achieve and that is to run the whole way. I was so proud and Chris was so proud and he let me finish first and bask in my moment of glory. I collapsed when I got to the finish and finished in a time of 6:04 and Chris finished in 5:53.

I had a perfect race, which doesn't happen very often, and we really pleased with the result and my run. For anyone else wishing to do this race beware because it is classified as one of the 10 toughest triathlons in the UK and if anyone tells you it is flat it isn't.....not even the swim!!

Leanne Levitt

Weymouth Middle Distance Triathlon

3rd June 2007

This race has been recommended by the TF entrants for great atmosphere and well marshaled suggesting more TF's could go for it next year. Great performances from the gang of three with Kev and Ade going onto Windsor Olympic just two weeks later.

Kev Pearson	30:05	2:28:53	1:38:12	4:37:10
Lee Cullen	31:14	2:36:57	1:48:20	4:56:31
Ade Willard	41:38	2:39:22	2:02:13	5:23:13

Ironman UK

19th Aug 2007

After heavy rain all day on Saturday it was not surprising to hear the rain tapping on the window as the alarm went off at 3:45am. Yes, it was going to be a long day and didn't I know it!

As we queued up to park the car in the mud swamped field, I just wondered what will this day really bring for me and Ade. As we lined up to enter the water getting ready for the the mass start we all found ourselves with a 10 minute delay to the start as we bunched together treading water. The horn blew, here we go, swimming in a washing machine of Triathletes. The course was 2 laps and I made great progress until the final turn when I took a straight kick to the face, that's Triathlon!! I finished the 2.4mile swim in 1 hour 8 mins.

After spending a little too long in transition I was off on my bike. Many of the guy's told me to take the 1st lap of the 3 lap course steady. This I did and found myself feeling good as I started the final lap, what a buzz that was only 1 lap to go and that was the 112 mile bike done in under 7 hours. By this time Ade had passed me and was looking strong so I knew he was having a great race.

After more time in transition the questions would now be asked.....'will the legs run'? The course was more undulating than I expected but after 16 miles I was still moving and the target of 15hours that I had set myself was looking achievable. I had a few problems from then on and the knee's really hurt. I had to walk but I made it to the 23 mile marker knowing the last mile or so had to be run. So I finished in 14 hours 6 minutes, almost 1 hour ahead of schedule.

If it is in your heart that you want to be an Ironman do it, because it is an experience that will always stick with you for life. Thank you to everyone for their support and encouragement.

Chris Levitt

Ironman UK

19th Aug 2007

I was woken up on the day of the race just after midnight to rain hammering down. I drifted in and out of sleep hoping that the rain would ease before 3.00am. Luckily it did and at 3.00am I was up having breakfast Ready to walk down to transition.

Arriving at transition where there were hundreds of people all being marked up before going to make those last minute checks to our bikes. The music was pumping out across transition which helped motivate me.

I managed to find Chris and we wished each other good luck before the walk down to the lake. Seeing everyone bobbing around was a real sight as I've never been in a mass start like this before. The horn sounded and away we all went. I kept to the left like Stew suggested which really helped as it was definitely quieter that side. The first turn around seemed to come up very quickly and we were on our way back to wards the start. Just as quickly the next turn around appeared.

On the second lap everything seemed to slow down and the turnaround felt like someone must have moved it as it seemed to take so much longer to get to. I finally got there and we were now on the home straight. My mind started wandering and I thought that the bit I was most scared about was about to be over. The realisation set in that this was the quickest of the 3 events and that I still had possibly 14-15hours out on the road somewhere.

The swim exit arrived and I checked my watch 1:12:00, this was 28mins quicker than what I set myself so I was really chuffed. I saw J.D, Kev and Steve Jones which really helped with my

confidence. Into transition to find my bag and then onto a seat where a very helpful lady helped strip me out of my wetsuit and into my cycling gear (I didn't hang around to get her phone number), then off to get my bike. Helmet on and out of transition onto the road where I got to see Lauren and my family, another boost.

The bike circuit seemed very difficult and I was so pleased that Jules, Jon and I got some hard hills into our training. I made sure that I took the first lap easy but that didn't make much difference as the second lap seemed so much harder, and then Roudes came flying past me which was gutting. On the third lap I felt like the wind was pushing me backwards. One hill I climbed at 4.5mph. The rain started to fall again which wasn't good, luckily only for around 10mins though. Before I knew it 6.39hours later I was back into transition and out onto the run.

I made sure that I took it easy pacing myself at 11minute miles for the first half of the marathon. The last thing that I wanted was a long walk. I took captain Kev's advice this time and walked all of the feed stations. At 11 miles I met up with Babylon hill which was so disheartening as all you could see were people walking up the longest hill ever. A mixture of jogging and walking and I was up it thinking that was behind me.

Turnaround point at 13 miles and I felt good so up the pace a bit. I latched onto a friend and we paced each other for the rest of the race. We got to 16 miles and then the most horrible sign of the day appeared which turned us around back towards Babylon hill. **NOOOO!!!!**

A mixture of running and walking and I was again back at the turnaround point with the horrible hill behind me. Now for the run home. I was never confident of definitely finishing the course until around 22miles where the excitement of finishing the impossible was becoming more real. My new found friend and I picked up the pace again getting ready to see the finish line.

The finish line came into view and I was immediately filled with so much emotion. The last 10 months had all been for this moment. I saw my family which was the icing on the cake. Across the finish line to the immortal words "you are an Ironman!"

The event is a lot of money to enter but you can see where that money goes. The event was so well organised and there were so many helpers at hand almost anywhere on the course. Thanks to everyone who came down to give support and especially Leanne who seemed to be absolutely everywhere on the course shouting encouragement.

Will there be a Tuff Fitty team going down next year? If there is then I could well be in it.

Ade Willard

IRONMAN AUSTRIA

8th July 2007

'Where are you playing?' Asked the man who was queuing for the check in desk next to mine at Stansted. \$%@?:&^% I said to myself! I don't £%^\$& play!(again to myself).

I let him ramble on for a while, until he explained that I was obviously playing somewhere. My wheel box it seems resembled a box that you would carry your orchestra Cymbals in!?

'No sir! This box contains high grade carbon fibre, super smooth bearings and the odd bit of titanium! MY WHEELS !

I then proceeded to remove my cap from my head. 'Oooh!' Said the man. 'Oh, umm..... yes, I can see now that you wouldn't be playing in an orchestra'. Is he now dissin my hair do or wot?!

Anyway, after 33 weeks of training I had bigger fish to fry(vegetarian style of course).

Blimey! Should I have made a will? 10 mins before the canon fired to signal the start a priest stood in front of us and said a pray for us all. I only thought I'd be out for the day, I now thought we were going over the top!

I made good progress on the out leg of the swim,the water was calm and there wasn't the usual

punch up that I relish. The theme of the week had carried on into the swim, laid back and in no rush. The second part of the swim was a little different. I couldn't see too much, the sun was peeping over the horizon causing me to think I had returned to a night club with an extreme lighting system.

I managed to make my way into the last 800m swim section. This was in a canal which was lined with spectators that were standing on the canal banks looking down on you. What an experience! Every time I turned my head to breath I got a mouth full of shouting as well as O2.

T1 was average for me. Faffing around with bike gloves, socks and factor 20 sun cream. I thought I'd be clever and apply a few dollops of F20 on my arms and shoulders. This way I could rub it in whilst I rode. But it was so hot (34deg) that the dollops started to run down my arms. I had no choice but to rub them in as I ran. No problem, I had a long run out of T1. Wrong! Sun cream on hands + carbon fibre bike+bars. Not a good mix! I went one way the bike slipped out of my hands the other way!

After retrieving my bike from the blue carpeted area, I began to settle down to a long day in the saddle. What a superb 2 lap course, completely closed to traffic in both directions. I was lucky enough to be driven around the course by Steve Belt a couple of days prior to the race, and what a benefit this was. It confirmed to me that where the feed stations would be situated suited my water/feed strategy.

My heart monitor had become my very best friend over the last 7 months, so every time I looked at it during the bike it seemed to tell me everything that I wanted to hear. Just like a best friend should. I can't remember much of the scenery, but I can remember one small village where there was a table full of beer near the roadside. This I hasten to add was not for the competitors, but for the local spectators. The first time I rode through the village the people seemed quite level headed for that time of day, but by the time I came through again the volume of remaining alcohol had substantially reduced. And the enthusiasm from the villagers had substantially increased. Need I say more!

My pacing/effort plan for the bike was to take it easy for the first 30 miles, then increase the intensity slightly until 60 miles. At this point increase the effort again until T2, picking off people that had gone off too hard. Overall this would equate to 75% HR average, and 800ml p/hour of 4-1 carb/protein mix. So I was pleased to achieve an ave HR of 75.8%, and maintain the 800ml p/hour target.

T2 soon arrived, its surprising how quickly 112miles in the sun goes by. Steady!Steady! This is not an Oli, you've got all day! A steady T2 later I was on my way in the marathon.

I pulled my HR monitor strap down around my waist. I had planned and trained to run by effort only for this stage. I had read and learnt over the last year or so that the only thing that mattered at this stage was perceived effort. My HR may have been low at this stage in the day, but if my legs said 'not today thank you', then what could I do?. So I had trained to run on effort for the IM run. After 10k or so into the run I had worked out that I was on for 10hr 15mins. Blimey! 15mins ahead of schedule! I can't have asked for more than that.

Then, after approx 14 miles of sticking to my nutrition and effort plan, the wheels fell off! I began to run/walk/drink/eat/walk/drink/run/eat for the next 10 miles or so. I met a lot of very nice locals and competitors at this stage. What helped was that my name was printed on my number. Even the people sitting in the bars drinking beer that I ran by were cheering me on by name. I had been chatting to an English guy for a few miles of run section when he said 'You better go on' why I asked, I'm in no rush now. Since i'd blown up I have stopped looking at my watch.'The commentator just called your name out, you better run to the finish'. Oh bugger! If I peg it I may make sub 11.00hr. I turned into the finish chute and was greeted by hundreds of cheering spectators, cheer leaders and a very large finish banner.

What a fantastic day, week even ! Bring on an Arnold Schwarzenegger phrase!

See you in 2009 !

Swim : 58.21 (a bit behind of schedule)

Bike+T1 : 5.32.34 (20.29mph/ave. Target circa 18mph)

Run+T2 : 4.22.46 (way out !)

Total : **11.00.35**

Kev

SOUTHERN SPORTIVE -Petersfield

This event is a tough bike ride (for me anyway). There are three distances the longest being 155k (although I clocked 160k by going off route). It includes going over the Downs 5 times, the 3 hardest are Duncton Hill, Forestside and Rowlands Castle. The timing is by chip and the event is very well organised by www.trailbreak.co.uk

There are 3 feed stations on route which also have a bike mechanic available in case you are having problems, and there are plenty of flapjacks, bananas, water, sis drinks etc. so you don't need to carry your own as I did.

Duncton hill is a real swine coming up at about 70k, but the route is really nice, using lots of single track roads, which are a bit dangerous when going downhill, as a lot of them have gravel in the centre of the road and you MUST be sure of your braking power.

I would recommend this event for Ironman training etc. Takes about $\frac{3}{4}$ hour to drive there, cost this year was £25, you get a nice tee-shirt and all that food on the way round, and as much tea and cake as you can manage at the finish!

Bob Thomas

LONDON TRIATHLON

Two completely different outlooks on the London Tri this year. Ross & Clive entered as part of a Corporate team with their work with HSBC. Whilst this seemed a good idea at the time it meant they raced on the Saturday. Most of the Saturday racing was for the sprint and to prevent road closures the bike course was around Docklands. The swim and run had also been condensed into laps to save on marshals and the wave didn't start until almost 4pm. Waves were set off at 15 minute intervals & whilst that worked for the Sprint this Olympic wave had just started the second lap as the gun went to unleash another sprint wave. Clive has countless open water swims under his belt but remarked it was like kamikaze pilots dropping down on top of you, very chaotic and with a seething mass of 200 swimmers joining the 250 people already in the water. It got very physical, particularly when it had taken an effort to get clear at the start of the first lap. The cycle took everyone around Docklands - 16 roundabouts, but with four laps that was 64 roundabouts. The run was also a four lap affair. Nonetheless both were near the top of the Corporate wave. Clive was fourth fastest individual. Particularly well done to Ross on completing his first Triathlon, a tough Olympic one at that.

Ant would appear to have had a better time of things on the Sunday although the start was at the other end of spectrum getting into the water at 6:30am. A one lap swim but still a lot of fisticuffs. Worried about a leg injury sustained the week before, the swim and bike went well. He describes the run as 'poor' although the circa 40m time doesn't sound to bad and the overall finish of 2:07:30.

Transition with over 12,000 bikes inside the Exel centre was a sight to behold and definitely an event to tick to say 'been there done that' & cross off the list. However having regained the title as the biggest Triathlon in the world from Chicago, it was very impersonal, or was it just because the usual TF cheerleaders were not around.

WORTHING AQUATHLON

Tuesday 10th July

For a change a sunny evening but unfortunately the wind got up to produce choppy conditions for the 1,000m swim. The high waves made sighting difficult to spot the marker buoys as they were low in the water. The Argus asked to take a picture beforehand and it was expected the shot of 'Tuff Fitties in 'rubber' would appear in the paper. However the strapping pose of Jon, Trev, Andy & Clive never made the evening editions! Trevor had the best TF swim split; Paul & Jules the best run and Andy finished as the first TF across the line. The TF finishers were: Andy W, Paul A, David B, Jules, Jon, Clive, Trev, Chris L, Tony, Leanne & Chris E. Anthony T also took part entering the swim leg only. This raw Energy event may not be held next year, particularly as it looks as though plans are afoot to build flats on the car park by the yacht club.

New Forest Middle Distance

So why do we do it, this triathlon game? Well obviously it's not to save money! Carbon bikes, fancy running shoes, wetsuits, GPS gadgets, it doesn't keep the bank manager happy. So it's for personal goals then? To achieve a multi sport event at various distances, to be quicker than the person in front, or to outdo a colleague or friend? We all have times that we want to beat when we race, we're lying if we say we haven't. So is it the most important thing, to beat the clock?

Well...no, after the New Forest Half Ironman race, I have decided it isn't. The build-up to the race went back to the early part of the year, and conversations centred around times and goals. I had a time I wanted to beat, maybe looking back with quicker transitions, more training on the bike- I could have beaten it, but the feeling of finishing with 2 other Tuff-fitty's, Jon and Jules was better than any feeling I would have had sprinting across the line on my own beating a target time by a few seconds.

So the New Forest was a great experience in many ways, I have completed a long distance race in my second season of triathlon, I had a great weekend with family and friends, and I learnt a lot about what is important, and why we do it, and that sometimes times really don't matter.

Richard Hobbs

A fantastic club performance with twelve Tuff Fitties racing. The grey skies and building wind questioned whether this would be a great day for a race. However the rain held off until a torrential downpour later in the afternoon. A tough course, one which the organisers feel would prove to much for their full distance race there next year. The start of the run saw competitors go through a ford and then up the side of a sand quarry. Whilst the new Forest Ponies had been expected, Pigs and Cattle wandering the lanes meant the course was certainly picturesque (both the cycle and run courses were quite a bit longer than the stated distances on the T-shirts!)

A number of the squad stayed in Caravans for the weekend and a great time was had, with pints of water and a huge pasta meal on the Saturday followed by more pints (of something stronger) and curry on the Sunday night in celebration). The one disappointment was Kev having to pull out on the run, but this hasn't detracted from a great season by him. Congratulations to Simon King, Gary Locker, Simon Palmer, Trevor Harvey, Julian Barnes, Richard Hobbs, Jon Roper, Clive Harvey, Chris & Leanne Levitt, Ian Moore & Captain Kev. There was just five minutes between six Tuff Fitties which after six hours took some doing.

Stop Press....Beaulieu Middles Distance has been voted into the Championship for 2008, why not join in the fun.

Some of the New Forest squad resplendent in their newly acquired race T-shirts



Back row: Hobbsie, Gary, Clive, Trevor & Jon
Front row: Julian & Ian

64	King, Simon	20-29	10	00:35:05	153	03:04:18	100	01:50:36	52	05:29:58
87	Locker, Gary	35-39	25	00:32:57	89	03:00:34	68	02:04:30	130	05:38:00
162	Palmer, Simon	V40-44	27	00:42:38	286	03:07:09	115	02:11:19	174	06:01:04
167	Harvey, Trevor	V50	6	00:32:52	86	03:13:47	153	02:16:40	209	06:03:18
173	Barnes, Julian	30-34	28	00:43:19	292	03:14:23	157	02:06:47	149	06:04:28
174	Hobbs, Richard	30-34	29	00:39:10	231	03:18:10	182	02:07:08	151	06:04:28
175	Roper, Jon	V40-44	29	00:35:15	155	03:15:52	169	02:13:23	188	06:04:28
179	Harvey, Clive	V50	7	00:32:54	88	03:13:04	148	02:20:20	226	06:06:17
230	Levitt, Leanne/Chris	Relay	10	00:30:31	53	03:56:23	297	02:01:25	119	06:28:18
297	Moore, Ian	V45-49	31	00:40:05	245	04:03:55	303	02:40:21	292	07:24:19
307	Pearson, Kevin	35-39		00:26:57	14	02:59:17	58	00:00:00	0	00:00:00

RACE ROUND UP

Many people are shy to publicise their races so not all included but we have tried to unearth what members have been up to, some of which is a snapshot of TF's out and about,

- Simon Palmer & Woodhams took part in the 200k Dragon ride, which, as can be imagined cycling around the Brecon Beacons in Wales, was a very hilly 200k. This was their 'warm up' for:-
- Simon Palmer & Simon Woodhams took part in the Cycloportive in July both finishing in an impressive 6 hours 40 for the 204k course. David & Simone also participated in the route to be taken by the elite racers just before de Tour and had a good time. Several TF's traveled down to see main Tour since it was starting in London
- Ant Gritton traveled 'up north, for the Shropshire Tri. This was to try and qualify for the European championships which he did at the first attempt coming home third in the 17-19 age group category.
- On 3rd June Paul Atkinson took part in the inaugural St Ives bay triathlon in Cornwall coming home in 31st position. Swim was a beach start and as it's Cornwall there was a warning there may be surf about! The cycle was quite hilly going over the moors towards Penzance before embarking on the 10k run over the coastal path. A full Olympic race the winning time was only 2:36 which gives an indication of what a tough course it was.
- Also in June David Bridle, Sue, Bob, Mark & Tony took part in the Worthing 10k
- Whilst Ian M undertook the Dorney Olympic Tri last year, this year Gary joined him. Although a very windy bike course they both recommend the event, despite it being expensive, as around Dorney lake it is a flat traffic free course. Gary did particularly well in a top field coming in 22nd overall in 2:17:11
- Every year the club has had members racing at Bournemouth but this year it did not make the club champs, Still a great venue and Owen maintained the TF tradition doing well in a time of 2;27:46
- Mark Challen has been out racing a heck of a lot doing many different events. On the 1st July he entered the Andover Triathlon.(440 swim, 30k bike and 8k run). He advised it was a bit of a trek but a good event with excellent bike and run courses and well organised overall. Did not enjoy the swim (20 lengths of a small 22m pool) He was last out of pool for his wave but at least it meant being able to chase down and catch up rather than being overtaken!! An event he would consider doing again.
- 1st August was the date for the Highdown Hike, a local event which normally attracts several TF's. This was true this year as the TF compliment comprised, Kev as first TF home in 26:30. then Simon P, Tony, Bob, Michelle, & Chris E.
- Littlehampton 10k often clashes with Southwater but a good TF turnout from Steve F, Owen, Jon, Dave M, Ade, Sue, & Mark. One of our latest recruits Jon Mays also raced.
- Sunday 16th Sept saw David Bridle & Mark Challen (Mark out again) race on the Isle of Wight in the West Wight Tri. Both had good races and whilst a flat run (& swim) there was a long undulating bike leg. David did exceptionally well as he finished first male vet.
- Paul Atkinson had been training hard for the Mourne Mountain Marathon in Ireland in Northern Ireland, Unfortunately he didn't survive the first day ending up in A & E with torn ankle ligaments which has ended his season prematurely – get well soon.
- Being the same day as Southwater there were just two TF's on parade at the Arundel 10k

- with Steve Fryer home in 40.41 & Owen Marfany in 42;45 – great times on a tough course.
- Just missing out on Club champ status the Brighton Esporta Tri is always recommended and this year was not exception with five TF's present, Gary, Owen, Tony, Matt & Mel. Gary had a sensational race coming home first overall (& and first fireman – it was also the fire service race). A double triumph in that Mel Johnson also won a prize for being the 1st Supervet – well done Mel. Well done to everyone for coping with Ditchling Beacon. Apparently the boys also had a treat when a young lady felt the best way to change in transition was to simply take everything off! It didn't seem to have impeded times to much.

CHICHESTER TRIATHLON

Sunday 22nd July 2007

The first time this event had been staged, but unfortunately it was on the same day as Worthing Tri which was a club champ event. However there were three recognisable names there, Mark Challen who had entered through his work and John Collins who was undertaking his first ever Triathlon. Good results for them both coming home 2nd & 3rd respectively in their age group. What was pleasing was seeing Debbie Lord also compete. She has had a very difficult season with injury so it was really nice to see here flying the Tuff Fitty banner. The swim was in a pool, 33m then a 42k bike and a nice flat 10k run. Mark reported that it was a pricey event but very well organised and one to watch out for next year if there isn't a clash of dates.

SOUTHAMPTON FAST TWITCH TRI

Sunday 26th August 2007

This event is based at Dibden leisure centre , located on the east side of Southampton, on the road to Fawley, and takes about an hour to drive there. The event comprised a 400m swim, 18m bike and 3.5k run. It's a little unusual, as the pool is above ground, and you exit down a metal stairway, which is slippery from wet feet.

The bike ride is a very pleasant course, going into the New Forest, including cattle grids. It has no big hills and is slightly undulating.

The run is a bit boring, around the local roads, but overall is a nice event, well organised and would be a good novice event.

Had my swim been better I could have won my age group, but I was second by 18 secs. Total time 1:29:44. Owen Marfany did well in a time of 1:24:12. Mark Challen looked to be going well but was subjected to the dreaded DQ on the results having been judged to have drafted.

Bob Thomas

CRAWLEY LATE SUMMER TRI

Sunday 23rd September 2007

This was its 3rd year and should improve with time (although still a good event)

Unfortunately, there was a problem with the 50 mtr pool, and we used the 25 mtr pool and the swim was cut to a 400 swim.

Longish run out of the swim to the transition, approx 1 minute, across tarmac and onto grass transition area.

Bike course a bit strange to start and finish as it uses cycle tracks for quite a long way and a cycle underpass which is slow. Rest of the course is fast, other than the hill towards Pease Pottage. Main part of the course is the A264

Run course is good, 1 lap of the outdoor track and then off into the woods, all off-road with 3 tough hills and very uneven underfoot in places, guess it could be a lot different if there had been a lot of rain the week before.

Presentation at the end was slow and a lot of the people that had won trophies had gone.

Overall a good race, would favour good swimmers at 600mtr swim. Well done to Michael, one of our newer members as the first TF home,

Michael Bickers	1:21:24	Tony Pearce	1:28:37
Bob Thomas	1:24:48	Mark Challen	1:30:37

Bob Thomas

TRAINING SESSIONS

With the wetsuits washed and stored away for another year, there could be the temptation to miss all the cold damp mornings and stay under the duvet.. Not a bit of it, this is when the plans need to be made for your 2008 goals. Training continues and knowing there will be other like minded people there will help spur you on. So what are your plans? Step up to Olympic distance, or up to Middle distance or even Ironman. How about targeting a half marathon like Brighton in February – the following is what you need

- Saturday Swims. Continue every Saturday under Davina, Terri & Adrian's guidance. Usually from 6 until 7pm, we still have a monthly late 7 until 8 session. Cost £2 for Tuff Fitty members and £3 for non members. Littlehampton Pool
- Uncoached swimming at Littlehampton Pool. Normal pool charges apply, an adults only session which many TF's have being attending regularly
- Wednesday runs 7pm from Durrington Sports Centre. From the 7th November they will alternate as a running track session (cost £3) one week and a road run the next. All welcome. The road run usually splits into two or three groups of different abilities and the track is really open to everyone as of course we remain in the same place.
- Saturday morning run. 7am from Sea Lane Cafe Goring. A slower but longer distance to build up the base training; ideal for anyone looking at longer distance runs or triathlons.
- Cycles. Time to pull out the leggings as the Cycle training continues throughout the winter. The route alternates between Patching Pond (above Angmering) or Whiteways Lodge to get variety of routes but also encourage participants from across the Tuff Fitty catchment area,

Whilst the Saturday swim remains the most popular session double figures are now seen for the other training as well. Not been to some of these yet? Come along, you will be pleased you did.

TUFF FITTY CHAMPIONS

Tuff Fitty has built an array of talent producing good results and the 2007 championship saw more men participate. Disappointingly the number of ladies competing was down this year, an aspect we need to try and address next year. Five men and two women gained the coveted 10,000 points as first Tuff Fitty home and congratulations go to Gary Locker and Debbie Gatland on being champions 2007 . The hall of fame reads:

Champion runner up 3 rd	Gary Locker Julian Barnes Richard Hobbs	Debbie Gatland Jacqui Black
Veteran Champion runner up 3 rd	Andy Ward David Bridle Jon Roper	Margaret Gritton
Supervet runner up 3 rd	Clive Harvey Trevor Harvey Mel Johnson	

Captains Cup: An award given by the Club captain. Not necessarily on achievement, also effort, improvement and commitment. The winner for the sheer amount of time, dedicating and training which saw him race so many races including London Marathon & half Ironman. His race times improved immeasurably and in August he became an Ironman – congratulations to **Ade Willard**.

Swim Coaches Cup. A new award decided by our three swim coaches. The criteria is much as above. Not necessarily the quickest person but one who has tried hard to adapt technique, attended regularly and demonstrated the commitment required. The shortlist covered several worthy people but it came down to two, against which it would have been difficult to split them. This did not matter as they are a husband and wife team so the first Coaches award was presented at the AGM to **Chris & Leanne Levitt** – congratulations

Tuff Fitty Final Championship Table 2007

Men's Championship Table

	Steyning	E Grin	Arundel	Windsor	Burgess Hill	Worthing	Southwater	Total
Gary Locker	9,839	10,000	10,000				9,308	29,839
Andy Ward	9,676	9,899	9,589		10,000	9,017	9,274	29,575
David Bridle	9,384		9,421		9,645	8,843	9,030	28,450
Jon Roper	8,877		8,903	8,916	9,364	8,532	9,072	27,352
Clive Harvey				8,732	9,033	8,309	8,985	26,750
Julian Barnes					9,415	8,432	8,882	26,729
Richard Hobbs	9,002			8,566	8,396	8,358	9,070	26,638
Trevor Harvey	8,804	8,873		8,732			8,254	26,409
Simon Palmer	9,064					8,432	8,713	26,209
Mel Johnson	8,581		8,378		8,977			25,936
Tony Pearce	8,442				8,924	8,045	8,130	25,496
Ian Moore	8,384		8,197		8,492	7,479	7,624	25,073
Nick Draper	7,737	8,061	Sprint		8,722			24,520
David Mound	7,316	7,206			7,787			22,309
David Aylott	7,480		Sprint		7,765		6,990	22,235
Kev Pearson	Long			10,000			10,000	20,000
Chris Evans	6,320				6,832		6,590	19,742
Stew Smith	10,000						9,659	19,659
Lee Cullen						9,292	9,229	18,521
Paul Franklin	8,859						9,370	18,229
Simon Woodhams	9,057					(8,538)DQ	9,172	18,229
Owen Marfany	Long		Sprint	9,188		8,847		18,035
Adrian Willard	0		Sprint	8,887		8,737		17,624
Bob Thomas	Long		8,533		8,749	Relay		17,282

Chris Levitt	Long		8,512	8,573	17,085
Ben Evans	8,243	8,356			16,599
Glenn Parisi			8,134	7,959	16,093
Mark Challen		Sprint	8,169	7,740	15,909
David Priest	7,227	Sprint	7,605		14,832
David Starr	7,737			6,977	14,714
Anthony Gritton			10,000		10,000
Duncan Foster				8,992	8,992
Paul Atkinson	Long		8,718		8,718
David Gatland				8,390	8,390
John Collins				8,124	8,124
David Bowen				8,014	8,014
Ross Mason				7,753	7,753
Steve Jones				7,426	7,426
Jez Garratt				6,997	6,997
Anthony Towers			Relay		0
Rod Mackenzie			Relay		0
Steve Fryer			Relay		0

Ladies Championship Table 2007

	Steyning	East Grins	Arundel Windsor	Burgess H	Worthing	Southwater	Total
Debbie Gatland	10,000			10,000	Relay	10,000	30,000
Jacqui Black	9,667			9,599		9,669	28,935
Margaret Gritton	7,497			7,977		7,658	23,132
Carol Palmer				5925		6,188	12,113
Leanne Levitt					10,000		10,000
Laura Staples						9,669	9,669
Linda Cooper			Sprint			9,531	9,531
Sue Roffey			Sprint				
Alice Gatland					Relay		

CLUB KIT

The new Tuff Fitty kit arrived in time for the Southwater Relays and really looked the part. Those that wore their kit at the New Forest Middle Distance race remarked how comfortable it was.

A further order is now being collated. Whilst it is an opportunity to get some winter cycle kit, please bear in mind that the Steyning Tri in April will approach fast. So it is advisable to get your order in for a tri-suit at this time as well. Not sure what a Triathlete should have for Christmas?; why not some smart Tuff Fitty race gear. Please see the order forms which are now out. We do need Cash/Cheque with order please. For details or order form, please see Jon or Clive.

FORTHCOMING ATTRACTIONS

Don't forget the forthcoming attractions for Tuff Fitty

- Christmas Skittles & Buffet at the Black Horse Findon Friday 7th December, please let Debbie or Clive know if you are coming
- Educational tour. An end of season evening of drinks. Open to all club members whether you wish to come along for a Sprint (a drink or two in the first pub) Olympic (join in as we tour the local hostelryes), or Full distance(perhaps clubbing & food afterwards!) Date is Friday 9th November 7:30pm starting from the Wheatsheaf, Worthing (by the Library)
- Velodrome January 6th 2008, cost £6 for our annual trip to a Cycle velodrome. Places filling fast – see Anthony to secure your place.
- Christmas Cracker 2007 – a re-run of our club members only Aquathlon – details shortly.

Something different for the newsletter!

As a newbie I read all the race reports in the newsletter trying to see what I can learn, I also really enjoy the other features we have had in the newsletter and wonder if we could have more of them. One suggestion I have is for members Sporting Biographies. It would be nice if the committee members started the ball rolling!

Photos! After over 2 years in the club there are still some members who I can't put a name to the face can we have more photos and when we have a group one have a caption with the names? Clive says the more ideas the merrier!

Chris Evans

Tuff Fitty Committee 2008

Thanks to everyone who attended the AGM, it was standing room only. As a club run by its members for its members it is a crucial time for us and a chance for everyone to have an input. We do have a formal written constitution to ensure we remain accountable to all. Actually the constitution states there must be a minimum of seven present to vote - we blasted that.

Purpose of this note is to formally welcome existing committee members back and importantly FOUR new ones. Your committee is now (Strictly alphabetically)

Anthony Towers (Treasurer)
Carol Palmer
Clive Harvey (Secretary)
Debbie Gatland
Gary Locker
Jon Roper
Julian Barnes
Margaret Gritton
Terri Foster.

Personally I am delighted with the above, to borrow a phrase I think this really is a 'committee of all the talents'. This is the largest committee we have had. By setting out the names here, please note them all and feel able to approach anyone of us. This is YOUR club, so give us any ideas. Personally I am keen we should push Tuff Fitty to even greater heights and hope you will all help the above towards this. Oh if anyone else feels they can help with committee, we don't have a monopoly on the good ideas so let me know.

Here's to a successful 2008 with plenty of new goals and personal bests for each of you and Tuff Fitty as 'the club to be with'

Subscriptions reminder (subs due from the AGM date).

The AGM approved the subscription rates for the coming year 2007-2008.

Family £30

Single £20

Junior/ student/ social £10

For existing family and single membership, a £5 discount on renewal before 31 December 2007.