

**12 Dec 09 -The 2009 Award Ceremony goes off well. Justin and Alex from TBAS joined us and awarded the prizes, all the winners were are listed below:**

**Triathlete of the Year 2009 - BEN KNIGHT**

**Tri Star Start - Katie Scott & Daniel Jenkins**

**Tri Star One - Olivia James & Archie Scott**

**Tri Star Two - Chalotte James & Barnarby Vogt**

**Tri Star Three - Rebecca James & Toby Bellerby**

**Yti Star Youth - Elizabeth Renfrey & Ben Knight**

**A big thankyou goes to Natasha our events coordinator for organising a great event.**

**Have a great Christmas and see you back on the 9th Jan 2010**

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**30 Nov 09 - Don't forget the Christmas Party and more importantly the Triathlete of the year award ceremony. Prior to this a FUN session will be run. If you want a particular game then e mail me asap.**

**Could all athletes ensure they bring their Vale Tridents Hoodies for the club photograph on the 12 Dec 09. If you don't have one then a sports top will do nicely. Thankyou.**

**30 Nov 09 - Your timings are listed, see if you have improved over the months on the BEST page**

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**29 Nov 09 - Dave our head coach went to have a VO2 Max test last week and thoroughly enjoyed it. Scott Holmes who carried out the test has a very informative web site which is listed below, you may find it interesting. If you require any more information please e mail Dave Z (headcoach.)**

**<http://www.fit4life.eu.com/>**

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**26 Oct 09 - Proposed dates for next years events:**

**Duathlon - 02 May 2010**

**Aquathlon - 04 July 2010**

**Triathlon - 04 Sept 2010**

**Details to follow but next year will include a schools competiton throughout the Vale.**

**Watch this space for more details.....**

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26 Oct 09 - CLUB MARK IS IN THE BAG - WELLL DONE DENISE AND ALL WHO WERE INVOLVED.....

WE ARE NOW A RECOGNISED CLUB MARK CLUB..... What does this mean? See the clubmark page...

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26 Oct 09 - Triathlete Of The Year - GET YOUR FORMS IN ASAP..

26 Oct 09 - All club members are requested to bring all club hoody's for the 12 Dec 09 so a new club members photograph can be taken. Please please please can all attend, the party follows the session. Don't be boring.....

26 Oct 09 - Christmas party and club prizegiving to change. Due to the swimming pool having work on it on the 19 Dec 09 we have decided to change the party date to the 12 Dec 09. All other timings will remain the same. If you have any questions then please ask. You will receive an e mail detailing the preparations very soon.

26 Oct 09 - No training 19 Dec 09. Read above.

26 October 09 - Autumn newsletter now out - [Click Me](#) to read it, hot off the press

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24 September 09 - Triathlete of the year **STARTS HERE**. Download and complete, either print off or send back to Headcoach. You don't know who is in what category then **CLICK ME**.

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24 September 09 - Minutes released from last coaches meeting. Go to Club Mark page

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07 September 09 - Reflection after a great days racing has shown that more volunteers are required to enable races to continue. ALL THOSE WHO WISH TO VOLUNTEER TAKE ONE STEP FORWARD.

Thanks to all the volunteers who made the day seamless although it wasn't without it's normal behind the scenes frenzy.(Carolyn,Martin,Simon P)....

We have had 19 fantastic e mails saying what a great atmosphere and friendly enviroment we as a club have. It was great to see so many families enjoying picnics and generally chilling while the athletes raced.

If you would like to help us in the success of the club events speak to Dave Zimmer..... Thanks

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05 September 09 - A fantastic days racing, everybody should be proud of their efforts. Please click below for the latest results. Well Done!!!!

**12 October 2008** - Not many triathletes turned out for the Swindon FUN RUN but those that did ran their socks off. Well done to the following: Times to follow, Swindon Advertiser  
Weds 15th October

KATIE SCOTT

Rachel Parry

Megan Parry

Ben Knight

Megan Zimmer

Ellie Zimmer

My lasting memory and unfortunately I never had my camera was the Parry family all tucking into a well earned Hot Dog each smothered in tomato sauce with onions. Nice one guys and well deserved.....

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**29 September 2008** - Application form for Swindon Junior Duathlon now available on the events page.

Newsletter Autumn 2008 now uploaded [\*\*CLICK HERE\*\*](#)

7 September 2008 - It was always going to be touch and go after the weather we have had recently, but a decision at 0545hrs was made to change from a Tri to a Aquathlon due to the going under tyres! The race kicked off at 1100hrs and more trophies were hauled in by athletes at the club. Read below for a quick report or go to results for the complete listings.

The Scotts made a clean sweep in the TriStar Start Category.

Zoe Sheehan pulls in a cool second in 13 mins 42 seconds.

TriStar 2 Male. Thomas Ruddle 11 min 32 secs and Toby Bellerby 13min 01 secs 1st and 2nd respectively.

Bethan Murphy Hand grabs 1st spot in the TriStar 3 Female category in 16 min 58 secs.

A massive thanks to The Zimmers for all the hard work on the stall raising 78.34 for club funds.

WELL DONE TO ALL THE TRIATHLETES.



## *Top Triathlete Roll of Honour*

*2008*

*2007 - Zoe Sheehan (For winning the Tristar One category in the SW Series 2007.)*

*April 2008 - Jonty Whittington (Continued hard work, well done Jonty.)*

*May 2008 - Jasper Webb (Enthusiasm towards training and hard working)*

*July 2008 - Archie Scott (Two first places at Swindon & Faringdon)*

*August 2008 - Bethan, Fraser , Ben & Zoe (South West series)*

*September 2008 - Arrchie & Katie Scott (Clean sweeping the trophies)*

*October 2008 - All those in Bucklands School. (For doing so well in school events especially running)*

*November 2008 - Celyn Walters. (Exceptional standards whilst training)*

*December 2008 - TOBY BELLERBY (Voted by his fellows club members, well done Toby!!!!!!!)*

*Triathlete of the year 2008 voted by club members .*

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**NEWSFLASH !!!!!!! !!!!! NEWSFLASH !!!!!**

### **19 October 2008 - Swindon Junior Duathlon**

It was always on the cards when you looked at the competitors list for this one that Vale Tridents would take almost all of the silver home. The weather was as expected 'COLD' but this did not deter those who took place. Results in brief below, final results to follow:

TRISTAR-STARTS MIXED - 1st Archie Scott - 3rd Katie Scott

TRISTAR ONES - GIRLS - Ellie Zimmer 5th

TRISTAR TWO GIRLS - 1st Zoe Sheehan - 3rd Megan Zimmer

5th Rachel Parry

TRISTAR TWO BOYS - 1st Toby Bellerby - 2nd Barnarby Vogt

TRISTAR THREE GIRLS - 9th Lauren Smith (Full report from Laurens father explaining why Laurens bike set up wasn't as it should of been, however it did sound sweet after lap 2000)

Well done everybody who took part, you all did fantastically well. The atmosphere from the Vale corner was also fantastic, well done all the spectators.

Official results to follow but don't hold your breath!!!!!!