



Celtic Telegraph



April 2011

Here's the latest newsletter – if you want to get YOUR stuff into the next one then e-mail it to me. My address is at the end of this newsletter. Alternatively, keep an eye out for me at any local events. Buy me a coffee & a burger and we can start negotiating!!! With the Club membership now standing at 180+ you must have something to tell me about?

Regards
Graham



Useful info:

Our homepage: <http://www.celtictri.com/>

Also: <http://www.welshtriathlon.org/>

Also: <http://www.britishtriathlon.org/index.php>

Also: <http://www.triandenter.com/> LOADS GOING ON – HOW DOES SCOTT GET TIME TO TRAIN??

Our Facebook Group – it's a good way of finding out all the latest gossip on the red-hot South Wales tri-scene. There's photos of bronzed breasts, shimmering shaven calves & glistening thighs....but enough about Leighton.....what else is going on?

Bored with prancing around on the seafront near Verdi's?

<http://westglamleague.co.uk/7.html>



Just open the link to the final positions in the **West Glam cross-country league**.... A simply phenomenal performance from both the lads & the ladies in 2010/11. Above all, a storming team effort with a hardcore of regulars being supported by a rotating selection of others who, although not available for all fixtures, kept the lid on the opposition's progress by getting their kit on, forgetting their hangovers & doing what needed to be done. It all starts up again in October so here's some advance warninglast season was just a gentle practice & now we're gonna start trying!!!

My sides are splitting:

During a recent password audit at LloydsTSB, it was found that a bank clerk was using the following password: *MickeyMinniePlutoHueyLouieDeweyDonaldGoofy*

When asked why she had such a big password, she said that it had to be at least 8 characters long.

March's edition of *trinews* magazine:

One of the many benefits of joining Welsh Triathlon is *trinews*. One interesting point to note from the latest edition is the re-launch of the *Kids of Steel* concept which aims to remove the barriers that prevent kids from getting involved in sport. Tata's *Kids of Steel* series comes to Swansea on July 5th at Penlan Leisure Centre, Swansea. Our little fella Craig entered this a couple of times when it was staged at Aberavon & he still talks about it now.



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Do You Want To Be A Triathlon Coach?

If you have aspirations of becoming a triathlon coach now could be your chance. Celtic Tri are looking for 1 or 2 members to become Level 1 British Triathlon accredited coaches. We have funding available to cover the cost of the course itself. We need some extra coaches to assist our existing Level 2 and 3 coaches with the club sessions.

Information about becoming a triathlon coach and what it involves can be found on the British Triathlon website. If you feel it could be for you and you are willing to contribute regularly then contact me for further details.

Dean Hardie – deanhardie@britishtriathlon.org

Head Coach Celtic Tri

Six random things from 'olden times' that you might have forgotten about:

- *Pencynor Bird Gardens* stickers in car windows
- Worthington Dark at 70 1/2p a pint
- Going to school wearing an itchy jumper knitted by your mother
- Milkmen
- Demis Roussos
- Paraffin heaters that weren't quite up to Health & Safety specifications

Marital bliss?

Here's an article for the Iron Man training people to read. It was in 'Triathlete Europe' & was written on the basis that the competitor is the guy & his wife isn't. Perhaps some of the Iron Women (or Iron Women-to-be) fancy writing their version for future publication?

<http://triathlete-europe.competitor.com/2011/02/15/rules-dating->



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Advantages of joining Celtic Tri:

Training sessions for all abilities (*I couldn't do half a length when I started off – now I can do two in a row with just 15 minutes rest in the middle*).

Unprecedented levels of support when you compete in local races (*We'll scream & clap very loudly as you try to slip unnoticed back to the finish with snot dangling off your chin & SIS gel all over the crotch area of your tri-suit*).

Nutritional advice (*Our supporters will wildly wave our lattes & bacon rolls at you when you're stumbling about trying to find your bike in the transition area*).

Team-spirit (*Fellow members will always offer a consoling 'tough luck' comment as they fly past you & your hissing tyre at the top of Mayals Road*).

The most distinctive race kit in the region (*When you're cycling along Mumbles Road & accidentally propel the contents of your nostrils onto a girl in an MX5 cabriolet, she'll know exactly how to track you down*).

A disciplined training regime (*You were going to meet school-friends at La Parilla on Saturday night but were so afraid of the negative comments you'd get from fellow Celtic Tri-ers that you declined the invitation, swam 80 lengths bilateral in Neath Baths & fell asleep watching 'Take Me Out' with a carrot & pine-nut salad on your lap*).

Cutting-edge technology (*The photos of you pretending to do your shoe-lace – but actually having a last minute pavement pee – will be on FaceBook before you get home*).

Security (*We offer a complementary car-key-minding-service at events. All keys are 'copied-while-u-race' & the spares are auctioned-off to spectators to raise funds for the club*).

Up-and-coming events (as shown on *Welsh Triathlon* website)

[Isca Duathlon](#)

17/04/2011 University Of Wales, Newport Sports Centre

[Try a Tri \(Cardiff\)](#)

01/05/2011 Fairwater Leisure Centre

[Welsh Midweek Triathlon Series 2011 - Race 1](#)

11/05/2011 Rheola House **Celtic Tri 10% discount, just enter 'midweekdiscount10' as the PIN after selecting the 10% discount entry option. (Membership cards to be shown in registration as proof)**

[Blaenafon Triathlon](#)

15/05/2011 Pontypool Active Living Centre

Do I really need a super-duper bike? I found this article on the internet – it's quite straightforward but might help those of you who are toying with spending a few ££££s on a bike.

The key to finishing well is being as energy efficient as possible, and using the right equipment can be a huge plus in hitting your targeted finish. The biggest piece of equipment is obviously your bike, and having a decent one can really help you out in the time department. A quality road bike is usually going to be more aerodynamic, if you are competing for the first time and can afford to buy one, do not hesitate, do it. Your old mountain bike in the garage is not going to stop you racing, but it will take a huge toll on your energy reserves, so unless you are a real beginner get a proper road bike.

Having a proper bike will cut down your wind resistance, which obviously gets worse the faster you go. If you are in a more beneficial riding position aerodynamically, you will use less energy and be a lot faster; this will also save some juice in those legs for the run. Using a bike with aero bars is obviously a must, your pedalling will be smoother because of your advantageous seating position, allowing more ground coverage, you can also rest your elbows and recover, and meanwhile your competitors on their mountain bikes will be suffering.

With the current technological advances in materials for bike construction, titanium and carbon fibre bikes are widely available. Sure they cost more, but if you can afford to buy one you should if you are serious. An aluminium equivalent may mean your competitors have 3 or 4 kilos extra to carry, that will definitely sap their energy, even on shorter distances.

A well-engineered road triathlon bikes is designed to give you maximum power transfer to the wheels, giving you a very responsive machine. You can feel the difference between a good and bad quality bike just by pulling away and riding a few yards, the quality bike seems to "take off" when you start compared to a badly designed one, this prevents you wasting energy.

Finally, and this is more of a mental reason. Many competitors seem very aggressive in their look, they portray the image that they have "come to do business" whether they are any good or not. There are always people showing off their latest dream machine at any event, this gives some people a mental advantage, others can see you have a light weight quality bike, and for some it will set a doubt in their mind that they can beat you with their inferior equipment.

At the end of the day, the most expensive road bike will not turn a no-hoper into a world champion, but even if you are only competing against your personal best, it is nice to use every advantage you can, and let us face it; it really feels good to win, even if it is only against yourself.

Charity race: 10k or fun run - Sunday 17 April - National Botanic Garden of Wales
http://www.tenovus.com/media/34666/run%20for%20the%20bus_500x338.jpg

Tenovus' Mobile Cancer Support Unit was launched at the Celtic Manor on February 2 2009 and since its opening, has already accommodated over 5,000 patients and visitors.



What on earth is it? This week: *Plantar fasciitis*

Plantar fasciitis is a painful inflammatory process of the plantar fascia - a thick fibrous band of connective tissue originating on the bottom surface of the heel bone and extending along the sole of the foot towards the five toes. It has been reported that plantar fasciitis occurs in 10% of the population over a lifetime. It is commonly associated with long periods of weight bearing. Among non-athletic populations, it is associated with a high body mass index. The pain is usually felt on the underside of the heel and is often most intense with the first steps of the day. Another symptom is that the sufferer has difficulty bending the foot so that the toes are brought toward the shin. A symptom commonly recognized among sufferers of plantar fasciitis is increased probability of knee pains, especially among runners. **Well that's great news isn't it!!!** For more information read: http://en.wikipedia.org/wiki/Plantar_fasciitis

Don't forget:

Our club races:

April 2	Mumbles Duathlon	
April 17	Isca Duathlon, Newport	<i>Welsh Championships</i>
May 22	Llanelli Sprint	
June 12	Cosmeston Sprint	<i>Welsh Championships</i>
June 18	Mumbles Mile Triathlon	
July 16	Gower Triathlon	
Aug 6	Cymmer Off Road	
Sept 4	Poppit Sands Aquathlon	<i>Welsh Championships</i>
Sept 11	Ironman Wales	
Sept 25	Neath Valley Triathlon	<i>date to be confirmed</i>

The best 5 results will count, should there be a tie the result in the Club's race, Neath Valley Triathlon, will be the decider

The Mumbles Duathlon, Mumbles Mile, Gower Triathlon and Cymmer Off Road can all be accessed via the Triandenter web site, members can use Promo Code CELTICTRI2011 for a 10% discount which will also apply to any other triandenter event including the events of the Long Weekend (but not the Ironman). The Welsh Championship races through Welsh Triathlon. Entries for our own race are not yet open but members will be given advance notice.



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Committee

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***Have a great month– don't forget to get 'breaking news' to
g.vyner@ntlworld.com***

I joyfully accept stories about sordid behaviour at office parties, drunken Facebook comments, table-jumping & anything at all involving Chris Lewis. If you have stories involving the Arnolds, please give me advance warning as I have to seek prior clearance from the International Press Agencies.