



Eton triathlon Club 2011 (Information Sheet)

Eton tri club was founded in 1997. It is a group of like minded individuals who find mutual support in training together and meeting up at events etc.

The club welcomes newcomers and there is a wide range of abilities from members who just train together to those who regularly compete in competitions from sprint to Iron man.

Club activities take place throughout the week.

- (i) Saturday morning cycle sessions round a local selected course; typically interval sessions with the possibility to follow with a run to turn it into a brick session.
- (ii) Saturday evening swim session at Eton pool with the opportunity to be coached (in the winter).
- (iii) Saturday/Sunday morning a social/endurance ride, arrangements made by e mail
- (iv) Wednesday evening run session at Thames valley athletic centre
- (v) Wednesday evening there is an indoor cycle turbo session at Eton School
- (vi) Thursday evening a (Shared) swim session at Eton pool (Payment is required for this).

In addition members come together for ad hoc training, such as cycle time trials – for this we are affiliated to the RTTC , or join other discipline specific clubs.

We purchase bulk entries to local lakes (Heron, Liquid Leisure and Westhorpe lake in Little Marlow), so that open water is swimming is subsidized for members during the summer. There is also an opportunity to swim in Bray Lake.

Present costs are:

- (i) Membership £25 (which includes a technical club T shirt)
- (ii) Yearly subscription is £35, £20 for students (Charged pro-rata if you join later in the year)