



## Eton triathlon Club 2009 (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.

Major club activities take place at the week-end.

- (i) Saturday morning cycle sessions round a local selected course, typically with 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) Sunday morning join Bracknell Forest runners in the Lookout for an hour(+) run session
- (iv) Sunday morning a social/endurance ride, arrangements made by e mail
- (v) Monday evening a session at Thames valley athletic centre
- (vi) Thursday evening a further (Shared) swim session at Eon pool (Payment is required for this).

In addition members come together for ad hoc training, such as cycle time trials, especially in the summer, or join other discipline specific clubs.

We purchase bulk entries to local lakes, (Heron and liquid Leisure) so that open water is swimming or subsidized for members during the summer.

Present costs are:

- (i) Membership £25 (which includes a technical club T shirt)
- (ii) Yearly subscription is £30 (Charged pro-rata if you join later in the year)