



Swim | Bike | Run

Training

The racing season will soon be here!

Want to join us in training?
Click [here](#)

Club kit

DIARY ALERT!

Club kit fitting

Thursday 5th March 5.30pm at
Leewood Hotel, Buxton.

Useful contacts

HPTC

[Email](#), [Facebook](#), [Web](#) or just see us at Buxton Pool on Wednesdays at 7pm.

Our Coaches

We are very fortunate to have the support of top coaches. See what they have to offer [here](#).

Other organisations

[TOWS \(Todbrook Open Water Swimming\)](#)

[Buxton Cycling Club](#)

From our new Chair

Dear Members,

Happy New Year to everyone, my name is Nicola and I am the new Chairperson for the HPTC. I hope you enjoy this newsletter which contains exciting information about training, events, club kit and our new website amongst other things. Before you read it though, I thought I'd take this opportunity to introduce myself.

I have been a member of HPTC since 2016 when I decided to try my hand at triathlons as I was getting bored with attending classes at the gym. Swimming had always been something which I had enjoyed doing but the running and cycling were completely new to me. With support and guidance from fellow club members and club coaches I managed to complete my first sprint tri at Chatsworth in the summer of 2016. Since then, I have completed a number of Sprint and Olympic

distance events, but my biggest achievement was last year when I managed to finish a Half Ironman distance event. Although I absolutely love training for all the three disciplines of triathlons, I have come to realise that racing is not something I particularly enjoy doing (I get really nervous in the build up to races and my poor



and my poor husband and two boys have to witness a side of me which is not that upbeat!) and therefore have not booked any races for



Kit

Peak Ascent Cycles discount

Peak Ascent Cycles ([link](#)) have very generously offered HPTC members a 10% discount on all accessories and deals on last years models of bikes. Speak to Pat.

Fancy a club hoody or polo shirt?

Both have a small HPTC logo on the left breast and a Leewood Hotel sponsor logo on right sleeve. The hoody also has a large HPTC logo on the back. Choose your size and colour from these links - [Hoody](#) and [Polo shirt](#)
Prices: Hoody £33 and Polo shirt £15. For an extra £2 have your name embroidered on the front.

If you would like one get in touch email highpeaktri@gmail.com

this coming year. This could change though so hopefully I may see some of you on the starting line at some point.

Since being elected to chair, I have had the privilege of working with an amazing committee and their dedication and willingness to give up their free time to ensure the success of the club should be commended by us all. I would personally like to thank Garry, Anna, Simon, Chris W, Ian, Jon, Rachel, Courtney and Chris G for their continued hard work.

Once again, I hope you enjoy the newsletter and hope that you embrace being members of our fantastic High Peak Triathlon Club.

See you all soon, Nix

New website

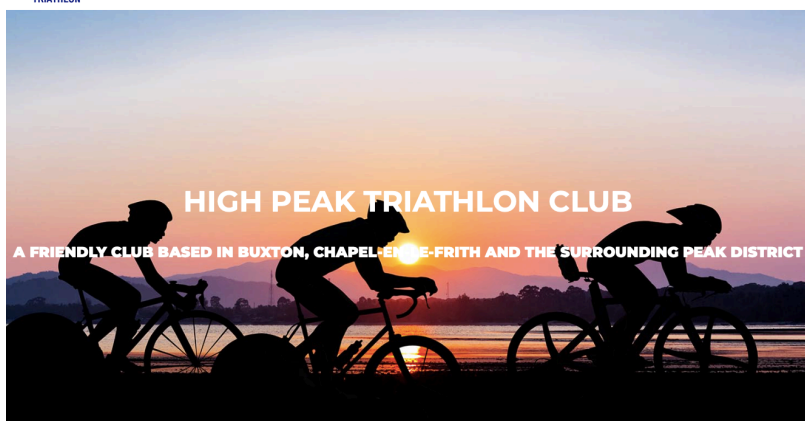
Our website needed freshening up. HPTC member Chris Groves has been leading on this in his spare time and he's done a brilliant job.

He's been working with Andy at Chatsworth Media (webdesign.digital), who has generously given his support free of charge - thank you Andy! Worth a look if you need a web designer.

The new site is at www.highpeaktriclub.org. (not the old site which doesn't have "club" in the address)



[Home](#) [About Us](#) [Training Sessions](#) [Membership](#) [Juniors](#) [Gallery](#) [News](#) [Contact](#) [Q](#)



This is your website, so please let us know what you think. Are there things missing that you would like to see? Anything you don't like? Please give us your feedback and most importantly WE NEED YOUR NEWS AND PHOTOS!!

Club Kit

Your committee has been looking for a supplier that better meets the needs of our small but fantastic club - no minimum order, good quality kit and reasonable prices. We are very pleased to announce our new supplier for 2020 is (click link):

[Apex Custom Clothing](#)

Our club fitting is on Thursday 5th March at 5.30-6pm at Leewood Hotel, Buxton

PLEASE try and come as the supplier is coming a long way.

An online shop will then open up afterwards with a two week window for orders. So make sure you don't miss out!

HPTC Strava Club

There's nothing like a bit of friendly competition to spur you on in training. We now have our own club on Strava so you can keep track of what other members are up to.

Everyone is welcome to be part of our virtual club, just follow this link:

<https://www.strava.com/clubs/high-peak-triathlon-28567>

Total Time	Total Distance	Longest Activity
Harvey Goodwin 12:24:15	Garry Plant (Hig... 203.1 km	Garry Plant (Hig... 2:47:47

Run coaching with Caroline Miller

We are very fortunate to have Caroline leading our coached run session, with great feedback from club members. Lately though numbers of people attending haven't been as we would like. This is a real shame, particularly as Caroline has arranged an exciting joint monthly session with the Buxton AC.

The main Club coached session takes place throughout the year every Tuesday at 6:30pm at various locations in and around Buxton. These are not always straight forward run sessions as emphasis is made to incorporate interval training, reps, drills, hill runs and flexibility routines. Meet at Buxton Pool, suitably clothed, at 6:15 for a prompt 6:30pm start. £2.00 members / £4.00 non-members.

If the weather looks dodgy or you just want to check the session is on, head to the HPTC Facebook page as Caroline always posts to let everyone know.

The racing season isn't far away now so come down and support Caroline.



Friday 8th May

Last year our stall at the Spring Fair was very successful in raising the profile of our club and generating funds to support our training sessions.

We need items for the Tombola and Bottle Game - please support your club if you can by dropping your donations either at the Leewood Hotel or at the Swim session on Wednesday nights.

If you could spare an hour on the day to

help man our stall please let us know via the Facebook page. Thank you!

TOWS on Tour (TOTS)

As I'm sure most of you know, Toddbrook Reservoir has been in the news for all the wrong reasons and sadly will be out of action for some time.

However, the great news is that TOWS will be hosted at Combs Reservoir Sailing Club in 2020, thanks to the generosity of the club and the support of Glossop Tri and Toddbrook Sailing Clubs.

Sessions will start again in early May - check out Glossop Tri Club's Facebook page for details nearer the time. Parking will be at the golf club nearby.



GO TRI Glossop Aquathlon

Sunday 29th March

Get your racing season off to a good start at this fun event run by Glossop Tri. Club. Some of our members are already helping marshal the event, so why not take part as you'll be sure of some support!

Details here https://www.gotri.org/events/go-tri-glossop-aquathlon_12274

HPTC Kids Splash & Dash Aquathlon

Saturday 27th June 2020 2-5pm



SWIM
RUN

KIDS SPLASH 'N DASH

Saturday 27th June 2020
Buxton Swimming Pool @ 14.00



As long as you can swim the distance then come along and give it a go
Tristar Start: Aged 6, 7 & 8 Swim 50m (2 lengths) and run 600m (1 lap)
Tristar 1: Aged 9 & 10: Swim 150m (6 lengths) and run 1200m (2 laps)
Tristar 2: Aged 11 & 12: Swim 200m (8 lengths) and run 1800m (3 laps)
Tristar 3: Aged 13 & 14: Swim 300m (12 lengths) & run 2400m (4 laps)
PLEASE NOTE: The age category entered is the age of the Child on the 31/12/2020

Entry Fee before the day £10.00 per competitor
Entry fee on the day £15.00 per competitor
Registration from 14.00

To register and enter please go to <https://www.entrycentral.com/festival/2101>
For more information please email highpeaktri@gmail.com

HPTC are running another Junior Aquathlon on the 27th June.

This is a wonderful event for the kids to get active and have a taste of triathlon! It consists of a swim in the Buxton pool followed by a run around our beautiful Pavilion Gardens.

If you know of any 6-14 year olds who would like to take part please spread the word. It's a friendly event and is perfect for first timers. We have flyers available you can hand out at schools, sporting or swim clubs for those who have children of this age.

As always we are needing run and swim marshalls from within the club to help run this event. If you can spare a few hours between 2-5pm on the 27th June please can you let Courtney or Nicola know by

emailing highpeaktri@gmail.com