



Dates for your Diary

October 2009

12th – Talking Tri – Planning your Year Ahead

15th – La Bicicleta open night, 15-20% off selected winter clothing for all Shef Tri Club members. Wine and nibbles!

November 2009

2nd – talking Tri – Nutrition – talk by Nigel Mitchell – Not to be missed!

8th - 1st Westfield Swim/Run

13th – **Presentation Evening** – Contact Nancy or Ali P to book your place.

20th - Sheffield Tri Club AGM

December 2009

7th – Talking Tri – Understanding exercise intensity and Coaching

12th - Shef Tri Club Christmas Do

13th – 2nd Westfield Swim/Run

20th – Fancy Dress Chip Butty Cycle

26th – Boxing Day Run

January 2010

10th – 3rd Westfield Swim/Run

11th – Talking Tri – Bike Maintenance

February 2010

8th – Talking Tri – Fitness Testing

14th – 4th Westfield

March 2010

8th – Talking Tri – Mental Preparation for Race Day

14th – 5th Westfield Swim/Run

April 2010

11th - 6th Westfield Swim/Run

SEE www.sheffieldtriclub.com FOR FURTHER DETAILS OF ALL EVENTS.