

STC Transition Talk with Bing Jones

STC: Bing, tell us about your first Triathlon?

Bing: Hathersage Hilly! In my late 50s a series of younger folk at work sowed the triathlon seed. I still remember how daunting it seemed, how anxious I was, particularly about the split transitions. But it all went swimmingly and like everyone else I was hooked.

STC: Excellent stuff, what was your last race like?

Bing: Ironman Vichy in 2016. My first Ironman, at the age of 64. A life changing experience, done with a lovely group of STC members in a beautiful setting. I had no idea if I'd manage. But, just like my first attempt at the Hilly, it was a wonderful, life affirming achievement. Afterwards, I injured my foot which was sore for much of this season so have done little since. Except a ride home from Cornwall on the bike.



STC: Wow! That's nearly 400 miles. Seems like your quite the endurance athlete. Can you tell us your favourite triathlon story?

Bing: So many... Getting onto the podium at my very first Olympic distance, third (but also last) in my age group. Being passed by a fast walker who swore it was "trying to catch up with his mother" as a child that made him walk so quickly... Being cheered in at the end of the Ironman by a host of club members who had raced then waited so very patiently for aged old me.

STC: That's great, here at STC we're about all encourages athletes from all backgrounds taking on a variety of challenges, so well done on your podium finish! With that, can I ask why you decided to join STC?

Bing: I was encouraged by a past member who said the two things you have to do to improve are to join a club and to enter a competition. I know the club's not perfect, but I've not yet met a member I didn't like.

STC: Very good, glad you have made so many friends at the club. So where can we find the friendly man that is Bing?

Bing: I mostly attend the swimming sessions, Wednesdays 8pm at Ponds Forge, Saturdays 6pm at Graves and in the summer time at Rother Valley on Saturday mornings. It's great that there are more club cycling sessions, so you will hopefully see me there too!

STC: Now that there are more club rides heading out we do hope to see you there. Do you have any advice for our members?

Bing: Habit! Get into regular habits so you keep training. Don't struggle, find progress while feeling in control. Elementary lesson: "if it feels fast it's too fast, if feels just right it's still too fast, if it feels slow it's probably right"

STC: Wise words indeed. Finally, what does your 2018 Race Calendar look like?

Bing: Family comes first so races have to fit in. But I'm aiming to enter all the club champ events, sprint standard and middle distances to make up for my quiet 2017.

So, there we have it, Bing Jones – owner of old persons bus pass and family man. Keen swimmer who trains twice a week with STC and looking to enter all the Club Championship Events for 2018! Keep posted for future STC Transition Talk. If you want to be featured or can recommend someone, please email adam_j007@hotmail.com.*

Club Championship Events: Southwell Pool Based Sprint 15th April 2018, Ripon Standard Distance 30th June 2018, Ripon Open Water Sprint 1st July 2018, OSB Team Relays 25th August 2018, Sundowner Middle Distance 1st September 2018*