



Dartford and White Oak Tri

Swimming At the Lake

Swimming at the Bridge in Dartford is every Monday evening from 6.30 onwards—free to all full members. Please ensure you are aware of all the safety requirements before coming down.

There has been a great turnout for the lake so far but if you can help before or afterwards that would be much appreciated and means everyone gets to swim..

Tri e-group

Are you a member of the Dartford and White Oak Tri e-group ?

If not why not join via the website www.whiteoaktri.co.uk and then you will get all the latest news and info via e-mail.

Welcome to all new members

A special Welcome to the following new members who have joined the club this year :- (sorry if I've missed anyone out!) John W, Alisdair, Lara H , Mick H , Jeanette , Lorraine , James R, Janine , Mike F, James F, Tanya, Michelle, Ben , Peter, Jenna,, Jack, Stephen, Sarah and Hayden—good luck for 2010!

21st White Oak Club Triathlon

Sunday July 11th 2010

Please ensure you have kept this date free as all members are expected to marshall—we need to make this race a great success to enable us to keep our club fees down . Mark Fincher is going to be the race director and will be collecting names of who would like to help where on the day. We need about 50 marshalls to make this a well run event that people will enjoy and do again so please give your name to Mark or John , or speak to Mick Andrews who will be in charge of the run , Paul Fisher the swim and Steve Casserley transition . Many thanks !

Club championships—Tonbridge

Well done to all who completed the race at Tonbridge on the first Bank holiday in May . We had a good club turnout with Jakub being 1st WO male home , followed by Kevin P and Mick A. Lara won first female White Oaker.

Race results so far !

Well everyone seems to have been really busy so I've just mentioned some of the highlights below of those that have done races but I'm afraid there's not enough space to list all :-

Sevenoaks (April)—well done to Andrew, James , Mick A, Roy and John and especially Lara for winning 1st female in a time of 1.35.04

The Marshman (half ironman distance) Jakub , John and Alisdair all took part

Bexhill—special mention to Tanya for coming 4th in her age group and 10th female overall in her first triathlon —well done

Crystal Palace—John, Dominic , Piers and Bill all took part. Dominic doing a blistering 5k run .

Little Beaver tri—well done to Lara again who took 1st place in her age group in this world age group qualification event

Swashbuckler (New Forest) —some fantastic racing by Gordon , Kevin and Paul A (see Karen's report on the Seeds website for a review of the race)

GOOD LUCK ROY FOR THE ETU TRIATHLON CHAMPS IN IRELAND 3rd JULY !!!!!

CLUB KIT

Debbie has done a fantastic job with the new kit—so much so that she has sold out of the first batch and is taking orders for those that missed out or anyone who would like to order any more—please let her know as soon as possible .

If anyone is interested in a training camp next year for a week—please let Debbie know as she is just interested in finding out numbers for now.

Re the Bridge tri on the 27th June Please let John know if you can help out with marshalling—another 8 people are needed to help make the event a success.

Dieppe 2010 cycling tour

Many thanks to Graham for organising a fantastic spring tour to Dieppe—a good time was had by all and a lot of miles cycled over the three days.

Longest day ride—Sunday 13th June 150 miles in total starting at 6am Princes park to raise money for Great Ormond Street childrens hospital . Anyone interested please see website for details www.seedscycling.co.uk or come and support and sponsor those taking part !