

Who's up for a "thlon" then???

The TODDIE Tri / Dua / Aqua / Bi / Pent / Hept Section

For anyone out there who hasn't sussed that there's quite a lot of us doing, or aiming to do, triathlons, duathlons, aquathlons and cyclo sportives, you're welcome to join in!

Quite a few of us are now to be found down at Tod pool, particularly on Mon, Tues and Thurs evenings (there's often more of us than the regular punters!).

We're also organising plenty of long rides out on road bikes at the weekend and, starting Thursday 5th March there could be occasional road bike time trials and even visits to the Velodrome. We might even manage to resurrect the Toddie chain gang when the evenings get a bit lighter... and just wait till the reservoirs get a bit warmer, we'll be wild swimming at every opportunity. ..Bring it on! - we could do with at least eight days in a week.

The cross training helps build overall fitness and is great for your running fitness or, is something to do if your running bits are injured.

Anyone interested should consult the Toddies Forum - see info on what's happening in the Cycling/Triathlon/Duathlon/Aquathlon section.

(We've not got into Biathlons, pentathlons etc yet but watch this space. We could probably invent our own "thlons" - suggestions, in person please, to the next Boy's or Girls Beerathlon)

BollockonBobathlon