

Benefits of Joining and Belonging to LTC

Lymington Triathlon Club is a local, friendly and sociable club. It is inclusive and accessible for different performance levels, from novices upwards. Each sport has its own Captain who motivate and support members.

Discounts

With a current LTC membership card discounts of up to 10% on some items are available at a number of cycling, running and specialist shops including:

- Hargroves - on non-discounted bikes, accessories and spares
- Primera - on accessories and spares but not on bikes
- Cycle Experience - on accessories and spares but not on bikes
- Vancru Retul bike fit
- Alton Sports
- Figgures and Sweatshop

Swimming

1. During the summer you are welcome to join Monday and Friday evening sea swimming sessions; usually from Milford but sometimes at other local locations. There is safety in numbers including access to swim floats / markers. See LTC Facebook for meeting details.
2. From November to April [approximately monthly] there are closed season coached swimming sessions. Coaches give their time freely; there is a small fee for pool hire.
3. You can self-time 400m and 750m swims in a 25m pool which can be recorded monthly on the LTC website.

Cycling

1. Meet at 9.00 on Saturday morning [in Lymington] for a cycle with club members. Planned and detailed routes are provided by the Cycling Captain. Routes vary dependant on the group's ability.
2. On the first Saturday of the month there is a seven mile time-trial. Accurate times are recorded on LTC website.
3. During the winter months LTC runs occasional cycle workshops. Basic to advanced bike maintenance skills can be learned and technical advice is available.

Running

1. There are Tuesday and Thursday evening running sessions with a varied focus, including gentle runs, interval, hill and speed work. Meet at 6.30 p.m. outside Waitrose [opposite Thomas Tripp].
2. On the first Tuesday of the month there is a 4-mile timed town run. After a baseline run this can help to monitor improvement.
3. Meet at 9.30am on Friday in Woodside Park for a coached running session.

Triathlons, Training and Competitions

1. Participate in an annual LTC sprint triathlon timed training session. [750m swim, 20 km bike ride and 8 km run.]
2. Compete in events as an LTC member. Those regularly entered by Club members are: Boscombe 5; the CC6 winter running series [members only can compete]; John Austin half marathon and the Salty Sea Dog triathlon series.
3. Participate in numerous other events including cycles to IOW [Round the Island]; Gridiron; LTC 100 km; turbo brick sessions, usually monthly during the closed season.
4. Training camps ... Lake District in 2014 and Majorca is proposed for 2015.
5. Enjoy a winter challenge, in previous years LTC teams have completed the David Walliams swim challenge [in the pool, not the Thames!]; 'bingo ball' competition all of which encourage winter training for the tri disciplines.

Kit

1. As a member, available for purchase are LTC branded clothing: tri-suits, running and cycling tops.

Social and Prizes

1. Participate in the Treasurer's summer barbeque and training day. Free food and soft drinks provided.
2. Christmas dinner with annual LTC prize giving. Prizes are awarded for a range of achievements including: top competitors, most improved athlete and LTC recognises its volunteers.
3. *Ad hoc* social events.

Media and Communication

2. Our Media and Communications Officer spreads the word about LTC successes in local and social media networks. Only members have access to the LTC Facebook site for Club updates, event promotions, news reports and much more.

Please note that individuals who are committee members and those who work in promoting Lymington Triathlon Club are all volunteers. The above is not 'set in stone'; there may be variations during the year.

See Facebook and the website for updates.