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# Welcome to the club!

Welcome to Knutsford Triathlon club! Anyone over 18 is welcomed with open arms regardless of sex, age or ability. For us, it’s all about being part of a team and creating the opportunity for members to train, race and socialise together.

The club was formed in 2009, when a small group of friends, having completed the Tatton Hall Triathlon (which no longer exists…), decided it would be great to put a bit of organisation around their shared passion for the sport.

The club is based in Knutsford however we have members from all around Cheshire. We’re also now fully affiliated to the British Triathlon Federation and England Athletics (EA) (we’ll come onto these later).

All our club policy documents can be found here: [Knutsford Triathlon Club - Club Policy DocumentsKnutsford Tri Club](https://www.knutsfordtriclub.co.uk/club-policy-documents/)

If you are on Facebook, you will be able to join the private club Facebook page. This is a closed membership group where members share updates, event photos and so much more!

Also, we have a club WhatsApp group, which you will be able to join. There are various groups within the chat so please join whichever one you are interested in. Please note that by joining the group your number will be visible to other club members, the committee will be the admin / moderators of the group.

# Committee members

The current committee members and contact email addresses are below. Please do not hesitate to contact any of them if you have any queries or concerns:

Chairman – Ben Hagger; chairman@knutsfordtriclub.co.uk  
Secretary – Karen Hatton; secretary@knutsfordtriclub.co.uk  
Finance – Dave Humphreys; finance@knutsfordtriclub.co.uk  
Social – Millie Lumsden; social@knutsfordtriclub.co.uk  
Welfare – Katy O’Connor; welfare@knutsfordtriclub.co.uk  
Membership – Hannah Bassirat; members@knutsfordtriclub.co.uk  
Marketing – Huw Davis; marketing@knutsfordtriclub.co.uk

Kit – Richard Milne; kit@knutsfordtriclub.co.uk

# New to triathlon?

Joining a club is a great way to get started. All our sessions cater to beginners, and the best thing to do is just come along and try a few sessions out!

Here are the basic triathlon distances you can choose to tackle:

* Super sprint: 400m swim, 10km bike, 2.5km run
* Sprint: 750m swim, 20km bike, 5km run
* Standard / Olympic: 1.5km swim, 40km bike, 10km run
* Middle-distance / half-iron / Ironman 70.3: 1.9km swim, 90km bike, 21.1km run
* Iron-distance / Ironman: 3.8km swim, 180km bike, 42.2km run

You can also take part in Duathlons, which forgoes the swim in favour of a second run. The two runs are usually the same length and take place on either side of the bike leg. As with tri, there are plenty of distances to choose from, though exact discipline lengths can vary from race to race:

* Super sprint: 2.5km run, 10km bike, 2.5km run
* Sprint: 5km run, 20km bike, 5km run
* Standard: 10km run, 40km bike, 10km run
* Powerman: 10km, 150km, 30km

Duathlons can be great events to aim for, either on their own or as a training goal along the way to completing a triathlon.

As a club we actively encourage people to join the British Triathlon Foundation (BTF).

See [Membership – British Triathlon](https://www.britishtriathlon.org/membership) for further information regarding the benefits of BTF affiliation.

# JoinIn

JoinIn is the system we use for booking onto sessions, hopefully if you are reading this you have already signed up. All your contact, medical and emergency details are stored within the system.

If you do ever have any issues booking onto sessions or with JoinIn in general, please contact [joinin@knutsfordtriclub.co.uk](mailto:joinin@knutsfordtriclub.co.uk) and we’ll get it sorted for you.

Membership payments are taken around the 28th of each month with session payments taken on the day of the session. Please note that when you join, you will see two payments taken, a payment will be taken for that month, then another payment on the 28th as membership is paid a month in advance.

Please note that payment for sessions is non refundable and non transferable. If you are unable to make a session that you have booked onto, please flag in the facebook or WhatsApp group and an admin will remove you from the session to allow someone else to attend in your place.

# Sessions

**Swimming**

* **Friday**
  + 6.15-7.05 50 minute COACHED swim session at Knutsford leisure Centre. £4 payable on JoinIn
  + 7.10-8.00 50 minute COACHED swim session at Knutsford leisure Centre, £4 payable on JoinIn
* **Sunday**
  + 8.00-9.00 60 minute COACHED swim session at Wilmslow leisure Centre. **(Autumn, Winter & Spring only).** £4 payable on JoinIn

**Cycling**

* **Monday and Wednesday** spin sessions 8pm at the Mere (Chester Rd, Mere, Knutsford WA16 6LJ) (Autumn, Winter & Spring only). £4 payable on JoinIn
* **Saturday** group rides, 08.30 at the Shell garage in Knutsford, no charge

**Running**

* **Monday** 7.00pm COACHED Run with Run Knutsford Merryman Lane, Knutsford. Sign in at Run Knutsford website https://www.runknutsford.co.uk and then book onto runs on this link. It will be free of charge for tri club members
* **Thursday** 7.00pm COACHED track training at Timperley Track. £4 payable on entry to the track, sign up on JoinIn

# Swimming

## Pool Swimming

Our coached swimming sessions are designed to help you develop your technique and build your stamina for both triathlon and stand-alone open water events.

Sessions start at the shallow end of the pool and are guided by the session plan the coach has developed for that day. Swimmers go off on 5 second intervals, with the strongest swimmers going off first - if you need to overtake the person in front, please tap them on the foot towards the end of a lap and then they will move aside at the end. At the completion of your set, finish at the wall and then move to one side to let the next swimmer finish or continue.

All standards are catered for - we run 4 lanes, ranging from regular Ironman competitors through to complete tri beginners. Please ensure you sign up to the right lane on JoinIn (Lane 1 is for the fish down to Lane 4 for the slower swimmers amongst us)

Lane paces are listed by Critical Swim Speed (CSS) pace but please don’t worry if you don’t know yours. CSS pace is the average time (per 100m) you can sustain on a 1500m swim. A simple CSS test (a 400m and 200m time trial) will give you your basic CSS speed. These are sometimes tested within our sessions so please don’t feel you need to do one before you come!

All you need to do is sign up then turn up 5 minutes before start time with suitable swimwear, swim hat and goggles. If you do have paddles, pull buoy, fins then please do bring them along with you. Most people find that they swim harder and put more effort in when they swim with a group so please don’t hesitate and come along!

## Open Water Swimming

If you are doing an event that includes an Open Water swim, it’s a good idea to get some practice in the open water. In an ideal world, you’ll start to introduce a weekly outdoor swim 4-6 weeks before your first open water triathlon of the year

There are several local places to swim,

* Farm club at Pickmere: [The Farm Club](https://thefarmclub.co.uk/book-swim.html)
* Uswim at Boundary park or Salford quays: [Uswim](https://www.uswimopenwater.com/)
* Wild Swim at Delamere: [SWIM | Wild Shore Delamere](https://www.wildshoredelamere.co.uk/swim)
* Sale Water Park: [ABOUT THE WATER PARK | Open Swim](https://www.openswim.org.uk/sale-water-park)

Members from the club do often swim at Pickmere, please note that this is done at your own risk – this is usually advertised on Facebook or WhatsApp.

**Safety guidance for open water:**

* Never swim alone.
* Wear a floatation tow bag, even if you’re in a wetsuit.
* Swim at an organised open water venue that has safety cover and water quality testing done.

# Cycling

Road bike, gravel bike, TT bike…. It can all get very complicated very quickly. A basic road bike (which can be bought second hand) will get you through most triathlons. If you do decide to go long, you may wish to buy a TT bike (again, you can get some great second hand deals) but this is not a necessity – you can add TT bars to a road bike too. The most bang for your buck is probably a bike fit, there’s no point in buying a decent bike but not being set up on it properly (more info on this below).

## Spin sessions

We use interval training based on perceived effort (how hard it feels), heart rate, cadence (how fast you are turning the pedals), resistance/gear ratios or power to create a wide variety of sessions so there’s no chance of getting bored. Training in the company of others also makes it easier to motivate yourself to work hard!

What do I need to bring to an indoor bike session?

* 1 x 750ml drink (as a minimum)
* A towel to ‘mop your brow’ bring a second towel to wipe down your bike and the floor after the session
* Optional: Heart rate monitor.

What should you wear?

* Cycling / Tri-Short (lycra with a degree of padding)
* Cycling top, running vest or t-shirt – you will sweat a lot!

New to Spin sessions? Here’s a rundown of some of the Lingo you may hear: [COACHING ADVICEKnutsford Tri Club](https://www.knutsfordtriclub.co.uk/coaching-advice/)

## Club rides

Club rides start at 08:30 from the Shell garage in Knutsford on a Saturday morning. Please only join if you have booked your place on the ride through JoinIn, note this is a free session. Please arrive in time to set off promptly at the advertised start time. They will not be coached but are good training and an opportunity to be sociable with club members.

Rides are planned to provide 2 different groups, one going short (around 30 miles) the other long (around 50 miles). Routes are published ahead of time on Facebook to help you choose the group which is right for your ability; we’ll aim to keep together as a group, and no-one will be left behind. All rides will stop for coffee!

You must wear your helmet and have a rear light on our group rides – it is also road bikes only, if you turn up with tri bars you will be turned away. Please also bring a rain jacket, spare tube, tire levers, pump, mobile phone and money for a cafe stop. If the roads are wet, please use a rear mud guard which is long enough to protect riders behind you!

When joining our Club Rides please use common sense and obey the rules of the road. You are responsible for your own safety – our navigators are not responsible for you.

You currently need to book onto group rides via JoinIn to ensure that the ride leaders have access to your emergency contact information and underlying medical concerns that may be needed in the unlikely event of an emergency. Additionally, please consider wearing an emergency contact bracelet which can be bought on the internet, these are useful if you ride on your own anyway!

We strongly encourage members to take out bike insurance, this will cover you and your club mates in case any issues arise.

Link here for group ride guidelines: [KTC-Group-Ride-Guidelines.pdf (knutsfordtriclub.co.uk)](https://www.knutsfordtriclub.co.uk/wp-content/uploads/2023/10/KTC-Group-Ride-Guidelines.pdf)

**Rules of the road**

* Traffic lights – Red, amber and red/amber all mean stop
* Stop signs at junctions – Don’t have a quick glance then sprint across, this endangers riders and drivers and the chances are the rest of the group will have to stop and you will only end up waiting for them

**Group structure and size**

* No more than two abreast and single file on busy on narrow roads
* Ride in pairs in line with the pair in front but single out when necessary
* To maintain safety please do not spread across the road as this can cause issues for both cyclists and motorists trying to overtake

**Communicating during the ride**

Good communication throughout the group is essential, learn the shouts and use them loud and clear and pass them on through the group:-

* “Car back” car approaching from the rear, “car front” car approaching from the front. These are warnings not instructions to single out
* “Car on the left” obstacle on the left e.g. parked car, pedestrian, overtaking another cyclist who is outside of the group etc. (call accompanied by placing the left arm behind the back pointing away from the obstacle)
* “Hole” warning of a hole in the road, the call is accompanied by pointing to the obstacle, this shout can be adjusted to suit other obstacles such as branches, horse droppings, bricks
* “Easy” slow down and pay attention, this could be for a hazard, the group breaking up etc., the call is accompanied by a hand movement, arm outstretched, palm down – moving your hand up and down.
* “Stopping” which is self-explanatory – provide plenty of notice to avoid sudden braking and bunching up. Use the same hand signal as slow down
* Changing direction let other riders know verbally and with hand signal. Individual riders should signal as well, in particular if the group splits up
* “Clear”- When turning at a T junction, ’clear’ is an indication that the road is completely clear in both directions, BUT PLEASE CHECK yourself – it is every rider’s responsibility to ensure the road is clear for them

## Bike fitting

The main goal of a bike fit is to improve your comfort because this is crucial to riding better, longer and even faster. None of the following are endorsed and are suggestions from fellow club members.

* Andrew Garcia (Dark1) mobile bike mechanic, based in Knutsford, [▷ DARK1 mobile bicycle mechanic, Knutsford (cylex-uk.co.uk)](https://knutsford.cylex-uk.co.uk/company/dark1-mobile-bicycle-mechanic-23874903.html)
* Richard Salisbury at Pedal Precision up at Manchester Velodrome, [Home – Pedal Precision](https://pedalprecision.com/)
* Tim Piggot, Worsley Physio, [Bike Fit Worsley – Tim Pigott – IBFI Certification (ibfi-certification.com)](https://ibfi-certification.com/cm-expert/bike-fit-worsley-tim-pigott/)
* Dr Sprocket – Greg on the Wirral, [Professional Bike Fitting at Doctor Sprocket’s – Wirral in the North West](https://doctorsprocket.com/)
* Phil Birt – philburtinnovation, specialist to British cycling, [Phil Burt Innovation – Bike fit, Innovation, Cycling Performance](https://www.philburtinnovation.co.uk/)
* Lydia Dant - Passion Fit Coaching, [Home | My Site (passionfitting.co.uk)](https://www.passionfitting.co.uk/)

## Mechanics

Having a good bike mechanic is invaluable! None of the following are endorsed and are suggestions from fellow club members

* Andrew Garcia (Dark1) mobile bike mechanic, based in Knutsford, [▷ DARK1 mobile bicycle mechanic, Knutsford (cylex-uk.co.uk)](https://knutsford.cylex-uk.co.uk/company/dark1-mobile-bicycle-mechanic-23874903.html)
* Chris at Bespoke cycles, based in Macclesfield - [Macclesfield Bike Shops | Bspokecycles](https://www.bspokecycles.co.uk/)

# Running

All you need is some trainers and you are good to go… unless you like tech then a HR monitor and running watch are also a good bet. We put on two run sessions, the one on a Monday night is in conjunction with Run Knutsford and is based on a steady continuous run. We also have a track session on a Thursday in Timperley, this session focuses more on interval running which can help improve your speed, strength and endurance as a runner.

Both sessions are open to runners of all ability, so please sign up and join in! For the Monday session, sign on to the event here: <https://groups.runtogether.co.uk/RunKnutsford/Runs> - they meet on the corner of Beggarmans Lane/Highland Way. You'll see the group there. For the Thursday session, please sign up on JoinIn.

## Cross country

Cross-country running includes different paths, which helps you build stamina for each kind of surface. The undulations and hills power up your legs, and having to cope with the differing pace caused by changes in terrain gives your heart a boost.

Knutsford Triathlon Club are part of the MACCL (The Manchester Area Cross Country League) which are a series of local monthly races held from October to February, ranging from 4.5 to 6 miles in length.

These races are certainly not just for the faster members of the club. Use them as a training session or to build experience of a race situation. As you tend to compete against the same people month on month it provides a good measure (and incentive!) of how you are getting on throughout the season. These races are really well attended and have a great atmosphere with runners of all abilities taking part, making them less intimidating for newcomers.

Spikes or at least off-road shoes are strongly advised and it costs just £5.00 for the full race season!

To take part you need:

* EA membership
* Knutsford Tri membership
* a club vest or T-shirt must be worn

You must have EA (England Athletics) membership to take part in these and all other league races. The annual fee is £17 and the membership year runs from 1st April to 31st March.

You can check if you have already paid for EA membership by logging in and checking if your “Memberships” includes “Knutsford Tri Club EA Membership”

Please note that your details do not appear on the UK Athletics web page straightaway. There may be a delay of 3-4 weeks before the database is updated. You should ensure that you allow this time period between activating your membership and any races you are planning to enter.

As a club we actively encourage the joining of EA. There are many benefits to joining EA, as there are for joining the BTF.

See [www.englandathletics.org](http://www.englandathletics.org) for further information regarding the benefits of EA affiliation.

# Kit

The pink KTC kit is well known in the Triathlon world. A wide range of items are available for swimming, cycling and running in various forms. [KTC kit shop](https://apexcustomclothing.com/search?q=knutsford) to see the clothing and prices.

Members can place orders in the Kit window which we try to have every 3-4 months. There is a 4-5 week delivery time.

When the kit window is open the club buys sample sizes of the best selling items and these are available at the Running Bear shop in Alderley Edge for you to find the correct size.

Simply visit Running Bear, try the sample kit on to find out what size you need and then email your order to our Kit Officer. You need to pay for the kit when you order it.

# Further reading/listening

Want to get stuck into more reading/listening around Triathlon? Here are a few suggestions

Reading

* The Triathletes Training Bible by Joe Friel
* Be Iron Fit: Time efficient Training Secrets for Ultimate Fitness by Don FInk
* Training Peaks blog; [Athlete Archives | TrainingPeaks](https://www.trainingpeaks.com/blog/)
* Precision Hydration blog (or sign up to their newsletter); [Performance Advice for Athletes by Precision Fuel & Hydration (precisionhydration.com)](https://www.precisionhydration.com/performance-advice/)

Listening- podcasts available on most podcast platforms

* Inside Tri Show
* Brick session
* Triathlon Mockery
* IM talk
* Crushing Iron

# And finally…

The final thing to say is that if in doubt ask! Most members will have been in the same position as you at some point and will be only too pleased to help out. Reach out on either Facebook or WhatsApp and someone will be able to help. And get involved in the sessions, that’s the best way to ensure you get the most from being a member!