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Page Guide

INCLUDING

Cross country running,
Podcast launch and
New bike sponsors!



XC Running Special

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The 2021—2022 XC running season

You may be thinking that whilst we take a break from competing in triathlons it might be a good idea to put our feet up, stick the kettle on and take shelter from the winter weather. Well ... not for us! It's After taking a few weeks rest after the final race of the 2021 season we set out on building towards what's to come this year. Whilst putting in the training hours is important, staying in touch with competing is an important aspect to an athlete's development through the winter.

As a result we've travelled across Sussex, with our racing shoes in hand, taking on the toughest cross country (XC) courses, in some of the most challenging conditions and the fastest competition that our county has to offer.

League matches representing our triathlon club, Team Bodyworks, at Stanmer park, Brighton and The South East showground, Ardingly provided ample opportunity to get used to competing in the mud following a two year break due to the pandemic. Progressive results of 6th and 4th Senior (Abi) and 9th and 8th Senior (Jamie) put us in good stead going into the Sussex cross country championships held in Bexhill. Despite torrential rain and winds making the course extremely difficult to navigate finishes of 9th overall (Abi) and 13th overall (Jamie) were really positive results against honest competition and were rewarded with call-ups for us both to represent Sussex in the National inter - county cross country championships.

#Genesis215Campaign Podcast Launch

The turn of the year sounded the much anticipated arrival of our podcast, the #Genesis215Campaign. Through its monthly release we find out about companies and events within the cycling and triathlon industries who are making a special effort to become more sustainable. In episode 1 we discussed what our motives behind the campaign were and why providing positive content is important to us and where our podcast gets its inspiration.



In episode 2 we featured content all about Club La Santa, a triathlon and multisport complex in Lanzarote which we visited in January for a training camp. During the episode we talked about the largest geothermal installation in Europe found at the resort, used to heat the hotels and swimming pools, the number of changes Club La Santa have brought in to reduce their carbon footprint as well as our experience when training there.

As the podcast continues throughout the year we hope to bring our listeners interesting and enjoyable content that educates us all on the small changes, as the consumer, we can make to support business's who are going above and beyond to make a difference as well as reduce our own carbon footprint.

You can find and listen to our podcast by searching #Genesis215Campaign on the Apple, Spotify or Google podcast app or by internet searching for the podcast and listening via Anchor.fm on your favourite web browser.

Introducing the Cycleshack!



Photo PaulManser.com

We are very excited to bring our readers news that the Cycleshack, who own 4 bicycle shops in Sussex, have agreed to pay for the cost of our new competition bicycles. Following the release of our sponsorship portfolio and talks with the owner of Cycleshack, Steve Ranger, earlier this year we are excited to announce our new partnership.

The competition bicycles provided by the Cycleshack include the brand new, and rather stunning, Trek Speed Concept triathlon bike. This bicycle really is state of the art, made from super lightweight yet strong carbon fibre as well as providing a position that helps to reduce wind resistance and in turn make you go all the faster! As well as this the Cycleshack have also provided us with the brand new Orbea Orca OMX road bike. This bicycle has more of a traditional "Tour de France" look and is fantastic for competing in triathlon competitions which involve riding in large groups of riders who work together to go as fast as possible, otherwise known as drafting.

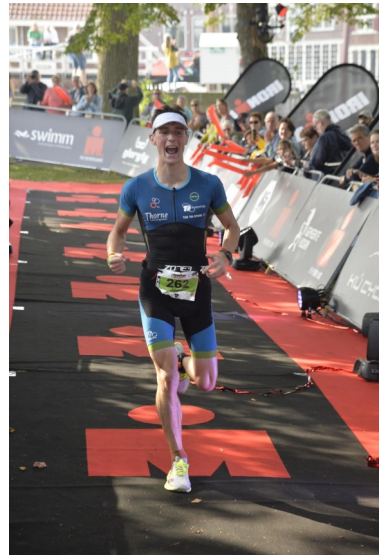
We are extremely grateful to Steve and the Cycleshack team for their support and hope that you will recognise their support by considering them next time you think about purchasing a new bicycle, accessory or even a chat to find out more about cycling! Their flagship store can be found on the Connect 27 business park which is next to Lidl, Polegate as well as their other two stores in Lewes town centre and Deers Leap, East Grinstead.



Coming soon in 2022

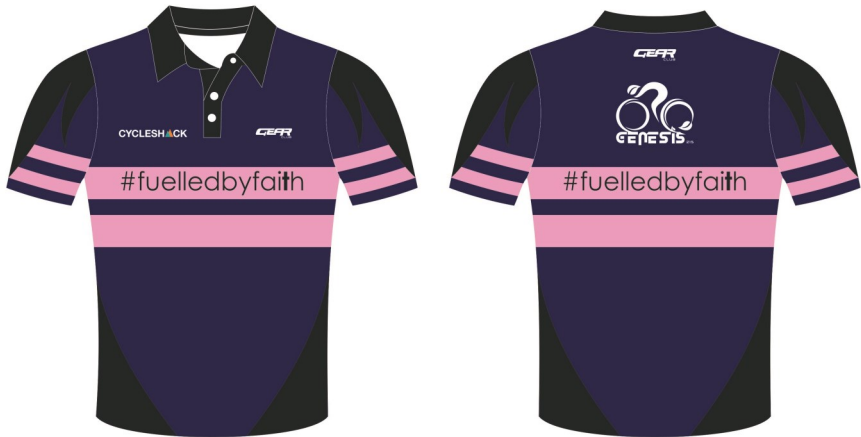
There's lots to be excited about as the 2022 triathlon season approaches. The season will begin at the British performance assessments held at the University of Nottingham. This two day split-triathlon will involve an 800m time trial swim on Saturday 2nd April and will be followed by a fast and furious 20km cycle and 5km run. The results from these assessments will go onto rank British athletes and provide starting spots for the British Championships, European senior championships qualifier as well as the British series.

However, 2022 will provide a number of overseas competitions and the first opportunity will be the 7th May as Jamie travels to the Spanish island of Mallorca to compete in the 70.3mile distance event otherwise known as Ironman 70.3. Abi will experience her first full season with French Grand Prix team Les Sardines Marseilles as they compete across France battling it out for the chance to be promoted to the French 1st division. Finally, we will both be competing at the iconic Eastbourne triathlon which is setup for another spectacular year. We will both first cover the Olympic distance in Eastbourne on Sunday 12th June and Jamie will then be competing in his biggest race yet as he covers the full 140.6mile triathlon on Sunday July 10th.



#FuelledbyFaith Merchandise Release Coming Soon!

We are very excited to announce that in partnership with All Saints' church, Eastbourne, 100 limited edition #FuelledbyFaith polo shirts will shortly become available for purchase from the church. Our personalised kit has enabled many conversations with other athletes and the public about our faith and desire to use our platforms within sport to inspire positive change.



The polo shirts will feature the #Genesis215Campaign logo placed on the back of the shirts, that promotes, through our monthly podcast, companies within the cycling and triathlon industries who are making a special effort to become more sustainable. As well as this the shirts will feature our new bike sponsors, The Cycleshack, on the right chest.

These shirts will provide a great opportunity for friends, members of the church and other athletes to support us at local events. This includes the Eastbourne Olympic distance triathlon on Sunday 12th June as well as Ironbourne, 140.6 mile event on Sunday 10th July held in Eastbourne as well as causal wear in the community representing the #FuelledbyFaith family.

We would like to thank the team at All Saints' for their support in providing the upfront costs of the shirts and their willingness to donate to us the profits made from the shirts. Profits will be used to support our travel, training, accommodation and race entre fee's as well as going towards equipment costs for training and competition.

We are both really excited to see our supporters in their shirts. Seeing them in the crowds will no doubt give us a great boost it the challenging moments that competition promises to deliver.

Join the #FuelledbyFaith family by purchasing a shirt (£20) from the All Saints Church office or contacting the church administrator, via admin@allsaintseastbourne.com

Dates for your diary

Saturday 7th May	Zafiro Ironman 70.3, Alcudia Mallorca (J)
Sunday 14th May	British Super Series Round 1, Llanelli Wales (A)
Sunday 12th June	Eastbourne Olympic Distance, Western Lawns Eastbourne (A+J)
Sunday 19th June	French Grand Prix Round 1, Dunkirk France (A)
Sunday 3rd July	French Grand Prix Round 2, Metz France (A)
Sunday 10th July	Ironbourne Long distance triathlon, Eastbourne Helen Gardens (J)
Monday 25th July	British Super Series Round 3, Mallory Park Leicestershire (A+J)
Saturday 21st August	British Super Series Round 4 (Grand Final), Sunderland (A+J)
Saturday 3rd September	French Grand Prix Round 3, Quiberon France (A)
Sunday 11th September	British Super Series Round 5, Eton Dorney (A+J)
Sunday 25th September	Hever Castle Olympic Distance Triathlon, Kent (A)
Sunday 29th October	Ironman World Championships, St. George, Utah (J)

