



OUTLAW

HALF NOTTINGHAM

1.2M | 56M | 13.1M

Two26 Photography

TURNING PRO

*Spring 2023
edition*



Contents

Page 3

Page 4 - 6

Page 8 - 10

Page 12

Introduction

Season openers

Turning pro

What's next?

Our no.1 fan / nephew
Alfie



Introduction

Spring is here and as triathletes there's nothing better than the winter gloom lifting and the dodgy tan lines slowly returning. A lot has happened since our new year newsletter and we are really excited to share with you everything we have been up too.

You will also notice a new layout to our newsletters with featured adverts from the company's that have supported us on our journey. This is our way of saying thank-you to them for their support and helping to publicise the great services and products that they offer. We kindly ask you to notice and consider them if they can provide for your needs in the future. Supporting business's such as these is a way of supporting us and for that we are grateful.

So kick back and enjoy the latest edition of the #FuelledbyFaith newsletter, it's a good one!

*We would like to thank Two26 photography for the use of their photos taken from Outlaw Nottingham.

Ironman Lanzarote 70.3 amateur women's champion!

I kicked off the 2023 race season with 70.3 Lanzarote and it did not disappoint! It was an early start to the day with a 4:30am alarm followed by some Nutella porridge before heading over to the race for 7:10am swim start with the sunrise. The 1.9km swim course took place in the crystal clear ocean of Playa Blanca, and with the winds blustering and strong as is Lanzarote's true nature, there was a fair amount of chop to navigate through. Training down here with the sea at our finger tips meant a rough sea swim was nothing new and if anything only played to my strengths.

Out onto the bike and the course is well known as one of the toughest 70.3 bike courses out there, with over 1100m of climbing in the 90km (including Timanfaya, Lanzarote's famous Fire Mountain), it takes its toll physically but also mentally whilst you battle the unpredictable crosswinds on this Island. I raced on the Orbea Ordu which was a true speed machine on the day! I opted for the Vision 55 carbon race wheels rather than choosing anything deeper for the day as the gusts were strong and I wanted to maintain my aero position as much as possible whilst battling these winds (a few competitors did unfortunately crash out into the Lava field's, lethal stuff – cuts you like a cheese grater!). On the day, it was a



strong headwind climbing Fire Mountain, but this meant for a wicked fast descent on the return to Playa Blanca where I hit my top speed of all time on the Ordu reaching 55MPH! Heading into T2, it was time to rack the racing rocket of a bike and find some run legs. 21.5km with 190m elevation along the coast of Playa Blanca and back, the first 15km was ticked off comfortably as I found a good rhythm but the last 5km really started to burn. I had the ping of cramp looming in both of my quads. I took on some emergency sugar at the next aid station, quick cup of full fat coke to try and spike the energy levels with 2nd second place starting to close in on me. Thankfully the 'pick-me-up' worked long enough to see me over the line and take the win in the overall women's amateur category, 1st in my age group 18-24yrs and 12th including the Pro women. Super excited to have started the 2023 season off with a strong performance and great to know where to make some adjustments to find some more speed ahead of the next one!



Training to become the best athlete or team requires apparel that sets the performance standards.



First order
discount code:
WELCOME10

The Raceskin cycling range is clean, modern, easy on the eye and you don't have to be training for the Tour de France to appreciate the cutting-edge tech in the jerseys, gilets, cycling shorts et al. Our award-winning triathlon apparel incorporates the latest in design and technology to optimise performance, helping you train better and race faster. Raceskin's wetsuits are made using the most advanced neoprene fabrics to create superior flexibility and performance resulting in the fastest open-water swims.

Visit www.raceskin.co.uk
or call us on 020 3397 9585

 RACESKIN

Age group podium for Jamie in Lanzarote

“When the race is complete, still my lips shall repeat, yet no I but through Christ in me.” - I love these lyrics, it’s a classic at our church and it resonates with me deeply. Understanding the reason why I run is probably the biggest gift triathlon will ever give me. Beyond any success, money or silverware is the opportunity to grow as a person and for me that means growing in my faith. Racing 70.3 miles across Lanzarote’s challenging terrain is no easy task but I am growing in my knowledge that when I seek to run the race for God, he is well pleased. His joy isn’t dependent on whether I win or not or how many people are there to cheer my name but whether I am giving my all for him, for his glory. I finished 7th overall amateur in Lanzarote and was pleased with my performance and the progress I had made over the winter. But what I was more



pleased with was my mindset, a mindset I wanted to take forward to my next race in Nottingham in just 8 weeks time.



Welcome to Cycleshack Eastbourne.

We're here to help with bikes and accessories, repairs, servicing and more.

Discover our new store and meet our super friendly team. We're a Trek dealer, an Orbea and Whyte stockist and we're passionate about cycling. Whether on or off-road is your thing, we can help you find the right bike for you, or get you back on yours with a repair or service. We have some great route ideas and are looking forward to leading some rides and sharing our cycling knowledge and bike maintenance tips. Think of us as your go-to for all things bike and cycling.

You'll also find a Cadence hub inside with great coffee, cakes and savouries. Stop by and say hello. We're open Mondays to Saturdays from 9am to 5pm with free parking outside. And check us out [@cycleshack.eb](#).

Bike Sales.

In-store, you'll find electric bikes, mountain bikes, gravel bikes, road bikes, kids' bikes and a fantastic range of accessories. And there's more online with real-time stock levels which will check across our Eastbourne, Lewes and East Grinstead stores, and direct with the brands.



Bike Repairs & Servicing.

We want you to enjoy your bike and maintenance is key to this. So we offer full repair and service facilities by qualified staff at our on-site workshop. Expect clear pricing and excellent service. To find out more, call in to see us or give us a call on 01323 368457 and we'll get you booked in.



The Pro Licence

For those that aren't familiar with British Triathlon's selection policy subsection 4.3.4 professional licences are awarded to athletes from their country's governing body, and you must meet a very strict criteria, essentially a "win and you're in" rule for selected races of which there are only 2-3 per year and only one licence handed out to the male and female winner. All that is to say for us both to earn our "pro licence" at the same event, at the same time and day is very unlikely, one could even say practically impossible due to the limitless possibilities of failure that not only come with preparing for competition but the actual gruelling depths of competing at such an intensity for 4+ hours.

Once you have earned your professional racing licence you are eligible to enter the professional field at middle or long distance events anywhere in the world. It allows professional



athletes to qualify for the Ironman world championships and also allows them to earn prize money, something you can't do as amateurs. Professional triathletes also have a PTO (professional triathlon organisation) world ranking, similar to ranking systems in tennis and golf. At the end of each year bonuses are given out to athletes ranked 1-100 ranging from big cash bonuses to expenses paid for at events, travel paid for, maternity cover and other benefits. And of course sponsorship, being a pro allows you to reach a greater audience as some races are televised.



Let us help create your dream bathroom or kitchen



SUSSEX PLUMBING SUPPLIES

Book a FREE design appointment at our Polegate Bathroom & Kitchen Showroom
 Chaucer Business Park, F5 & F6, Dittons Rd, Polegate BN26 6JF
 01323 409222 • www.sussexplumbingsupplies.co.uk

SPS also has bathroom showrooms in Bexhill, Lewes & Rye!

Turning Pro

3:15am. It's race day. Potentially the biggest race of our lives yet, why? Outlaw Nottingham's middle distance triathlon covering 70.3 miles was selected by British Triathlon as the first gateway event of the year meaning the first non-professional to podium would be rewarded with their professional racing licence, making it a priority race for many aspiring pro's across the country. Safe to say we didn't get much sleep ...



Staggered start, Jamie's off into the water first with Abi close behind. 1.2 miles later Jamie 3rd male out of the water, Abi lead female. A long stretch through transition, helmets on and onto the 56 mile rolling bike course around the lanes of Nottingham. Avoiding potholes and ensuring we regularly took on the nutrition we needed to keep pushing. Abi continued to lead the women's race whilst Jamie was working within a pack of 3 athletes to close the gap on the first and second place. Swift T2 and onto the half marathon run.

So just a half marathon left to tackle, Abi being led out by the lead bike and Jamie 5 minutes down on the two leaders. 1 of 3 laps down and Abi is maintaining her lead, Jamie is now place second having halved the gap to the athlete in front. Lap 2 of 3, Abi's lead is diminishing and Jamie has dropped to third but only 25



seconds down on the leader. And finally, in a time of 3hours and 58minutes Jamie has finished second having overtaken the race leader but passed by an already professional athlete, meaning that he is the amateur champion and winner of the men's pro licence. Nervous moments await, Abi is on her final lap being closed down by second and third place, however in a time of 4hours and 30minutes wins the Outlaw Nottingham half and also her professional licence. What. A. Day ... and it's only 10:30am.



What's next?

Two26 Photography

Eastbourne Triathlon - Sunday 12th June (A+J)

We are excited to announce that we will be returning to race in our favourite triathlon of them all in our home town of Eastbourne in just a few weeks. The organisers of the Eastbourne triathlon do a truly world class job in organising a competitive event which we will be using to prepare for our upcoming events. If you are able to come and support us, the race begins at 9am on the western lawns and will be approximately 2 hours long as we tackle the 1.5km sea swim, 40km Beachy Head cycle and 10km seafront run.

French Grand Prix Bordeaux - Saturday 17th June (Abi)

Heading over to France for a shorter, sharper race, I'll make my debut for my new French Grand Prix team, Chateauroux. This will be the first FGP Division 2 race of the season where we race individually but for points that then rank the team and ultimately compete for a promotion into Division 1 for the 2024 race season. I'll need to find some speed as I move from the longer racing back to the much shorter 750m swim, 20km bike and 5km run for this race in Bordeaux.

Ironman Switzerland - Sunday 9th July (Jamie)

I will be making my Pro debut in Thun at Ironman Switzerland. This is one of the most beautiful Ironman courses in the world and I will be racing with the majestic Alps keeping me company. This will be only my second Ironman however, this is the distance I want to pursue and it seems one of the best places to do it. There will also be two spots up for grabs to qualify for Ironman world



Follow us on social media @FuelledbyFaith_ajb

All enquiries—FuelledbyFaith@Outlook.com

