#### Welcome to 2 new team trainers



Our swim voach Vincent is a highly experienced swimmer with 11 years of participation in French and International championships, several times reaching the finals!



Our running coach Thomas has been running since the age of 14, and holds personal bests of 2mins 33 for the 1000m and 33mins 28 for the 10km!!!

# Ask Uncle

For a tissue and a kindly word Sport-o-scope 2015 look no further than Uncle Ari

A sneaky peek into your sporting year ahead Q: Why do all



#### ARRES (March 21-April 19)

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#### TM BOX (April 29-May 29)

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#### CARROCOR'S (December 15-

רש אמל-ירש אמור \$כפיס\$"%ת ( #ס (מ"כשכ \$# #%\* \* 3 ## @# 2015 & %\$ רשע # #ס"י כנ\$ □ת ושב . כצשצת ית ני

#### WHIT PROPERTY

ר איש י # ש מסאס # ש'ש" ר # w מסאס # ש'ש" ר את (לסש'ת ראת ( כ#"ש "%ת ( זכמ צשת ך "שׁכמת אשס.

#ס קס'# כנ*ו פ*שסנר ? אשם ת משת"s # "%ת ( #כי #סר שוסש מש פשוסנר צבתת כנז שסזכמ רשש

#### Expatriés look so running around hot?

A: ExpaTRIés Triathlon is very careful about maintaining its image as the hottest team in

lle-de-France. If you made it on the team congratulations! You passed our 'hotness meter'

Q: How can I improve my PB? A: Start taking drugs

test!

Q: I'll be in Paris for a week and want you to take me out riding,

#### swimming and Paris.

A: ExpaTRIés does not offer adult babysitting services.

Q: As a team. what are your plans for the future?

A: Thanks to some new arrivals (congratulations Suzie and Nick for individual efforts on this!), we hope to raise a generation of super-triathletes.

Q: When will Nick cut his hair!? A: If only we knew...

November 2014 MINI

année 4



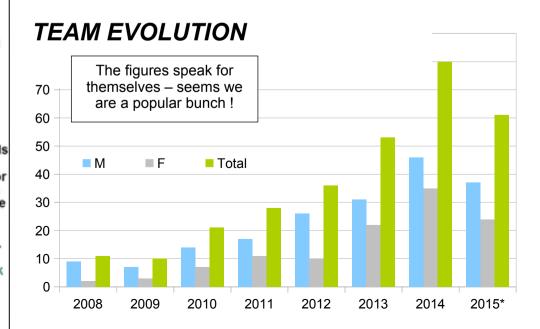


### JOURNAL DU TRIATHLON

First competition organised by the team



This year saw the team organise its inaugural triathlon competition – **The** Super Sprint of Paris – a resounding success, 120 participants in total, including 60% people new to triathlon. Over 50 team members turned up on the day to support the crew- well done to everybody involved.



### lle de France Super Sprint Indoor Triathlon League

In 2014 ExpaTRIés organised its first triathlon competition. For 2015 our event will be part of the lle de France Super Sprint Indoor Triathlon League - the perfect opportunity for us to work closely with the region's growing triathlon community. Here are the key dates for

your diary:

Race	Date	Club	Website
Triathlon Wattbike de Pré Saint Gervais	25th January	EPPG Triathlon	http://triathlonwattbike.eppgtriathlon.fr
Paris Super	1st	Expatriés	http://supersprintparis.com/
Sprint	March	Triathlon	
Meudon	15th	Meudon	http://meudontri.canalblog.com/
Wattbike	March	Triathlon	

#### We all made it round in



And we'll show them how it's done

### 2014 results



SENIOR MEN		
Name	Points	
Nick	36.25	
Ross	35.25	
Owen	27	
Bertrand	21	
César	12.25	
Nils	11.5	
Maciej	10	
Phil	8.75	
Dickie	7.5	
Eduardo	6	
Dani	5.75	
Nico	4.5	
Alex F	3.75	
Adrian N	3.75	
Alex H	4	
Fred	3	
lonut	3	

	LADIES
Name	Points
Kathryn	38.75
Louise	21
Clare	18.5
Celine	15.5
Jo	12.75
Clea	10
Kristel	7
Valeria	5.25
	i i

# ExpaTRIés Challenge

VETERAN MEN		
Name	Points	
Mark	36.25	
Adrian B	33	
Sean	25.5	
Ed	25.25	
Keith	19	
Paul G	17.5	
Remy	13.5	
Roberto	12.5	
Jamie	5.25	

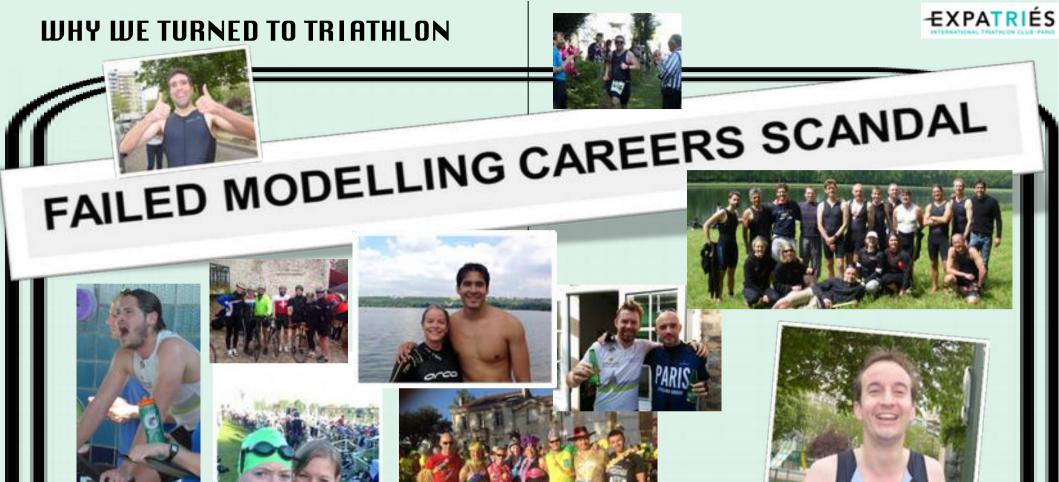
Name	Points
Catherine	41.25
Penelope	21
Sarah	10.5
Karen	9.25
Alicia	7.5

## FOUR-PAGE PHOTO SPECIAL EXPATRIÉS

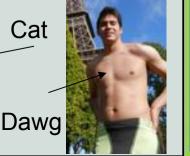
















"We thought lycra would be our ticket to the big time"

"It just seems so unfair" - Bernard