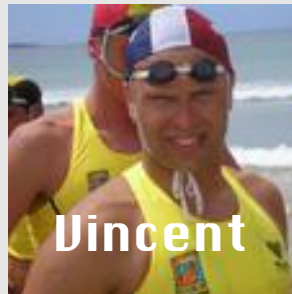


Welcome to 2 new team trainers



Vincent

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



Thomas

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 Ari



Sport-o-scope 2015

A sneaky peek into your sporting year ahead

ARIES (March 21-April 19)
 ת"ר ספחת תנא דת"ר
 צ"ש (ש"ש) א"ש א"ש
 (מ"כ) א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש

TURBID (April 20-May 20)
 ת"ר א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש

SCORPIO (November 22-December 21)
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש

SAGITTARIUS (December 22-January 19)
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש

CAPRICORN (January 20-February 18)
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש

LEO (September 23-October 22)
 ת"ר א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש

VIRGO (August 23-September 22)
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש

LIBRA (September 23-October 22)
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש

PISCES (February 19-March 20)
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש
 א"ש א"ש א"ש א"ש

For a tissue and a kindly word look no further than Uncle Ari

Q: Why do all Expatriés look so hot?
A: ExpaTRIés Triathlon is very careful about maintaining its image as the hottest team in Ile-de-France. If you made it on the team congratulations! You passed our 'hotness meter' test!

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

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

swimming and running around 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.

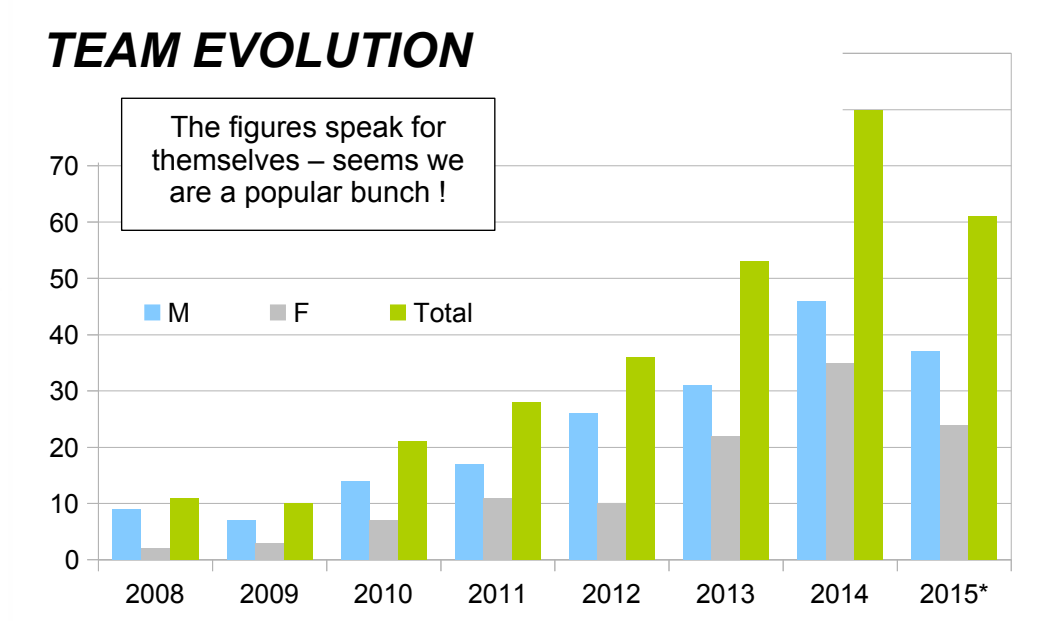
Q: When will Nick cut his hair?
A: If only we knew...

First competition organised by the team



Super Sprint Success

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.



Ile de France Super Sprint Indoor Triathlon League

2015

In 2014 ExpaTRIés organised its first triathlon competition. For 2015 our event will be part of the Ile 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 Sprint	1st March	Expatriés Triathlon	http://supersprintparis.com/
Meudon Wattbike	15th March	Meudon Triathlon	http://meudontri.canalblog.com/

We all made it round in

2014 ...



And we'll show them how it's done in 2015!

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
Ionut	3

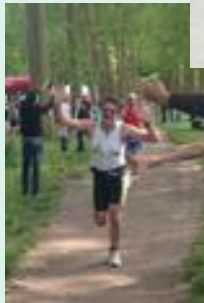
SENIOR LADIES	
Name	Points
Kathryn	38.75
Louise	21
Clare	18.5
Celine	15.5
Jo	12.75
Clea	10
Kristel	7
Valeria	5.25

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

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

FOUR-PAGE PHOTO SPECIAL



WHY WE TURNED TO TRIATHLON

FAILED MODELLING CAREERS SCANDAL



"It just seems so unfair" - Bernard

Beware - Only 2 of these have been house trained.....

Kat

Cat

Dawg



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