



**Berkshire Tri Squad 2017 Awards Dinner
Charity Auction lots**

**Enclosed please find some wonderful prizes, proceeds from which will be divided
between Maidenhead Cycle Hub and Berkshire Tri Squad**

SUP lesson for 2 at Bray Lake

Fancy a change from swimming at Bray? A fantastic upper body/core workout and guaranteed to have you in stitches! Run by BSUPA trained instructors, in two hours you will cover a variety of paddle skills, allowing you to paddleboard with confidence. On completion of the course you will get a 'Ready to Ride' BSUPA certificate, a Bray Lake paddle license and an hour's free hire. RRP £98.

Suggested starting bid: £60

<http://www.braylake.com/stand-up-paddleboard/>



3 Fantastic prizes from The Sports Injury & Wellness Centre

All sessions with Lorna Rowland, Clinical Director/Consultant Physiotherapist.

Lorna has over 30 years experience in elite & professional sports & sports medicine alongside a busy general practice. She regularly advises national teams and consults worldwide. Working as the lead in multiple sports especially rugby, rowing, golf, cycling, swimming, running and many more. She and her team believe in a full multidisciplinary approach and as such are trained to an elite level in all therapies and strength & conditioning coaching.

<http://www.sportsinjuryandwellness.co.uk>

3 Fantastic prizes from The Sports Injury & Wellness Centre

1. 90 min consultation including 1 or more of the following, tailored to individual requirements RRP £150:
 - a) Full anatomical + muscular assessment inc sports specific requirements
 - b) Comprehensive injury or medical issue assessment
 - c) Sports related physical or training issues
2. 90 min Elite strength + conditioning masterclass RRP £150
3. 45 min sports therapy + soft tissue session RRP £65

Suggested starting bids:
£75 / £75 / £45

**THE SPORTS INJURY
& WELLNESS CENTRES**

Bike Box hire

Ensure your bike reaches exotic race destinations safely with a BikeBox from Andrea and Karen Taborelli. They are offering a bike box rental for next season. Ideal if you're going on a training camp or fancy a race in the sun!

Suggested starting bid: £35



<http://www.bikebox-online.co.uk/hire/hubs/windsor/>

Case of Mahtay natural energy drink

We all know how important it is to fuel and hydrate well for optimum recovery. Mahtay is a low calorie energy drink containing Yerba, coconut water and acai berries. Grab yourself a case of 18 to supplement your nutritional training requirements! RRP £30

Suggested starting bid: £20

<http://www.mahtay.co.uk/>

mahtay 



Dinner, bed & breakfast for 2 at Macdonald Windsor Hotel

You've had the chance to experience the high-quality food and drink that this boutique hotel has to offer, why not treat a loved one to a luxury night away from home? RRP £210

Suggested starting bid: £100



MACDONALD
WINDSOR HOTEL

<http://www.macdonaldhotels.co.uk/our-hotels/macdonald-windsor-hotel/>

1 hour sports massage by Ellie Quarrington

Our very own talented sprint specialist is a fully qualified sports therapist, and is offering an hour of untangling which should appeal to all! RRP £40

Suggested starting bid: £30



Lightweight Frog bike

This 26 inch kids' bike is a great hybrid for 12-14 year olds with a minimum inside leg of 73cm. Available in Red, Purple, Orange, Green.
RRP £350

- Lightweight but sturdy Frame
- Tektro brakes with small easy to reach brake lever
- Shimano 8-speed gears with easy-change thumb-shifters
- Patented Frog cranks for easier pedalling
- Quick release seat post for easy height adjustm
- Two sets of tyres: hybrid and off-road
- Free 5 year warranty on frame and forks
- Reflectors, mudguard and bell included

Suggested starting bid: £175



Nutrition For Sports review with Joanne from Health & Hart

An excellent prize, recommended personally by your social secretary Kate 😊

Offering a 1-2-1 nutritional therapy consultation, this involves taking a full health history and finding out about current health/illness, food habits/likes/dislikes and goals. By employing functional medicine, Joanne will tailor a nutritional strategy to the individual, recommending further tests where appropriate. Joanne has experience in both elite sports and corporate fields, is registered with BANT and is also a trained motivational coach and yoga instructor. RRP: £90

Suggested starting bid: £45

www.healthandheart.com



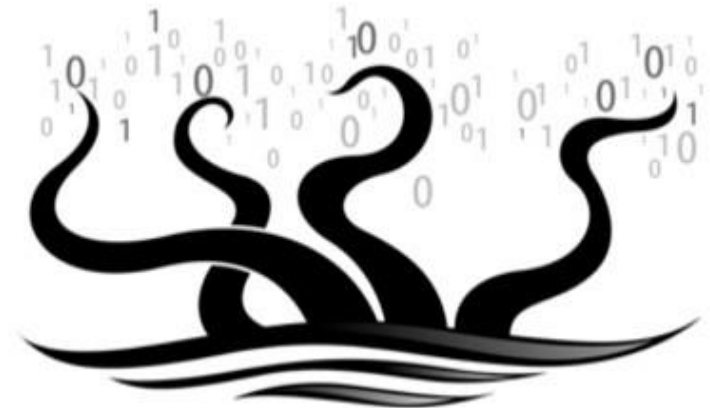
Bottle of Data Kraken rum

“Kraken Rum is the world’s best triathlon pre-race drink. The day before the race, drinking just 350ml will get you to your race weight by removing any excess hydration in your system. 15mins before a race just 100ml will not only reduce nerves but also cause blood vessel dilatation which actually improves circulation!”

Gope Walker, Founder + MD Data Kraken

Suggested starting bid: £20

<https://datakraken.net/>



Full gait analysis at Drummond Clinic

Injury prone? Tech geek? Simply want to try to understand how to improve your run technique and smash that PB? The assessment consists of a full exercise & injury profile, followed by video analysis of your current run technique taken from different angles using video analysis software. RRP £80

Suggested starting bid £50

<http://drummondclinic.co.uk/>



1 day front crawl swim clinic with The Triathlon Training Centre

Keen to improve your swim times to get ahead in the pack? Former ITU racer and local triathlon celebrity Richard Stannard and his team at the Triathlon Training Centre are offering a place at one of their full day front crawl clinics, including video analysis. Choose from 14th Jan, 21st Jan or 4th March 2018. RRP £130.

Suggested starting bid: £80

<http://www.triathlontrainingcentre.co.uk/>



Gold Bike Service at MCH

Top-level bike service courtesy of our friends at MCH. Includes: full bike valet, brake service (inc. disc), gear change/tune and wheel true.

As the velominati states, rule #65//Maintain and respect your machine.

RRP: £100

Suggested starting bid: £75



3 x Exclusive Rio 2016 Team GB sports wear

Team GB kit that you won't find anywhere else two brand new technical tops (UK size 10) with Adidas' special cooling technology on the back and a pair of what Team GB called 'podium pants', but is essentially smart tracksuit bottoms with a zip pocket (UK size 14).

Suggested starting bid:
£20 per piece



Afternoon tea for 2 at Stoke Park

Fancy a bite to eat with a touch of class? Enjoy Afternoon Tea at Stoke Park in The Orangery with delicately hand-made sandwiches, cakes and scones served with delicious clotted cream, along with your choice of a wide range of teas and coffees, all the while surrounded by breathtaking views of the estate. Traditional English for those wanting to enjoy a time-honoured classic RRP £70

Suggested starting bid: £50

<https://www.stokepark.com/>



A cake courtesy of BTS Bake-Off winner Edward Nunn (*cough)

As is becoming tradition, this year's Bake-Off winner has kindly offered to make another cake, to be baked for the occasion of the winning bidder's choosing over the next 12 months. Ed's (aka Katie's mum's) malted chocolate cake won this year, and I'm told it's practically calorie-free! RRP £priceless

Suggested starting bid: £15



Standard Distance entry to Leeds Triathlon

10 June 2018 will see the World Triathlon Series return to Leeds for the UK leg of the competition. The only chance you have to officially compete on the same roads as elite athletes. The event also doubles up as the British Age Group championships, so expect a BTS face or two! Once you've crossed the line, sit back, relax and see how the pros do it.
RRP £89

Suggested starting bid: £60

https://leeds.triathlon.org/event_info/



And finally...

A monstrously good prize, exact details TBC. Bids will be taken on the night of the awards do, and confirmation + payment will occur in early 2018. A once in a lifetime opportunity for one person to ride in the Madison Genesis team car, either during the Tour de Yorkshire OR the Tour of Britain (TBC).

RRP: £priceless

Suggested starting bid: £150





Many thanks to:

Bray Lake Watersports

Wayne @ RunFace

Karen + Andrea @ Bike Box Online Windsor

Gope @ Data Kraken

MacDonald Windsor Hotel

Ellie Quarrington

Deborah Richardson

Jerry Lawson @ Frog Bikes

Lorna @ The Sports Injury & Wellness Centres

Kate Allen + Freddie @ Drummond Clinic

Richard + Jas @ The Triathlon Training Centre

Julie + Luke @ Maidenhead Cycle Hub

Jess @ UK Sport

Stoke Park Hotel

Lynda @ Volvo

Katie Nunn's mum 😊

Joanne @ Health & Hart