

Hello!

Hello and welcome to the Winter/Spring edition of the Pentland Tri newsletter. By now you are probably all into the full swing of training having burnt off Christmas excesses. So what are your goals this year? Someone recently asked me what 'drove me', why do I enjoy training so much. I found it tricky to answer. If you want to find out what makes our Club Champion tick - David Boyle - then read on. David is also the club secretary and I feel it is fitting here to acknowledge how much work he puts into the club especially recently.

One feature that has been new this year is Karl's run sessions on Saturdays. These seem to have been well attended and 'enjoyed'(!). I for one got a new PB at the Edinburgh Parkrun in December - so thanks Karl. We have a few sessions left and hopefully we will start them up again next winter. Spin and swimming continue on with Anna, who has provided a bit of background info on herself if anyone has ever wondered how a tennis coach gets into triathlon!

Spring is a busy time; we have a Try-a-Tri coming up (open to all for a bit of fun on 10th March); planning has started for the Solstice Triathlon; we met with Triathlon Scotland to get ideas on club development; and, of course, there's training for upcoming events!

Nicky



Swimming

[Saturdays 07.30 - 08.30, Balerno High School]

Quality coaching for all abilities with Anna & Karl.



Spinning & Core

[Thursdays 19.00 - 20.30, at Meggetland] Core strengthening session until 19.30. Then Anna leads an intensive spin session. Prepare to sweat!

**It's March...
It's warm....
You'd be mad to
miss it.....**



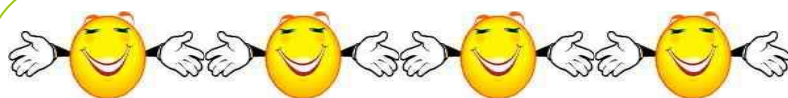
It's the Mad-March-Hare-Try-A-Tri!



Never attempted a Triathlon? Don't want to do one on your own? Now's your chance to give it a 'tri' without any pressure! Do some of it. Or do all of it. Or enter as a relay team. Come along by yourself or bring a friend. **BUT ABOVE ALL ELSE, HAVE FUN!** Saturday March 10th, 07.30 start at Balerno High School. A very informal, very short Tri in and around Balerno High School. See www.pentlandtriathletes.co.uk for details.

PLEASE DO NOT FORGET!

Club membership fees of £17 are now due. Remember you can join Harmeny Pentland Runners & Pentland Triathletes for only £24.



Never trained or don't want to do a Triathlon?

No problem! Lots of members have no intention of doing a triathlon and just want to get fit. Many others are only just starting out so a perfect time to come and join us! The club has a real variety of members from never-tried-a-tri and novice triathletes all the way to half-ironman and women. Come and have a go.....



60 Second Interview

Name: David Boyle **Age:** Super Veteran

Occupation: MI6 intelligence officer, masquerading as an IT geek in Insurance industry

How long have you been training/racing: I have been triathlon training for the last three years; I don't think I've ever really raced yet. Rugby was my main sport and I was training for that from when I was a boy up until my body packed in at the age of 33. In answer to your second question, I think that makes me 36.

How often do you train in a week: On a good week I can swim twice run twice and cycle twice. There aren't that many good weeks in a year

Why triathlon: The variety in terms of both training and events; the fact it is cross-training, a lot of which is low impact on my fragile body; It caters for all ages and abilities - if you are willing to push yourself

Favourite distance: Off-road Sprint

Favourite event / race: I enjoy the events put on by Paul McGreal which are typically off-road and open water. Having done a lot of mountain biking I get a bit of an advantage in these events. My favourite last year was Craggy Island with the Long Dirty triathlon a gruelling, but close second.

Favourite training session: Has to be cycling, probable a 50 mile route in either East Lothian or the Borders

Favourite discipline: That'll be cycling

Proudest achievement: Within the boundaries of triathlon, it has to be winning the 2011 club championship; even if it was down to my unnaturally old age and attraction to the more obscure events

Tell us about your first triathlon and how it felt to enter such an event: The first triathlon I entered was based at the Wester Hailes Education Centre in 1984. I did all the training, including getting my swimming from 1 length freestyle/3 lengths breast stroke to being able to maintain freestyle for the full distance (400 metres?), but injured my ankle three days before the event and couldn't compete. The first event I did complete was a corporate triathlon in New Zealand in about 1994. It was a short event involving a swim in Lake Pupuke (no need for wetsuits), a cycle on a rickety old mountain bike three time round the lake and a run once around the lake. I can't remember training for it, but I still managed to beat Sandra from accounts (who was 7 months pregnant and dressed as Pumba from the Lion King). That felt great.

Coaches Corner

Name: Anna Myatt

Born: Geneva, Switzerland

Travelled to Edinburgh via: Geneva / New York / Oxford / Edinburgh / Toulouse, France / La Rioja, Spain

Education: School in Geneva / Oxford. 3 degrees in French/Philosophy (Edinburgh) and PhD St Andrews

Coaching: Qualified as Tennis Coach 1986 and have coached ever since (LTA level 4 coach). Full time Tennis Development officer for Edinburgh Leisure (Craiglockhart Tennis Centre) since 1990. Swimming Level 1 and 2 coach (2008-2010). Triathlon Level 1 and 2 coach (2009-2011)

Likes: Apart from the obvious sports above – skiing / languages / travel / dogs !

Dislikes: Meat and negative attitudes !

Why I like coaching: I enjoy trying to break down skills into their component parts and then finding ways of communicating to provide optimal learning for athletes. Meeting children and adults from a range of backgrounds and experiences and finding ways to motivate them to assist in achieving their goals.

If I could change the world I would: Provide greater opportunities for children and adults from all backgrounds to experience a variety of sports in a way which encourages life-long physical activity.

What I enjoy about Pentland Triathletes: I find the Club members really friendly/encouraging and inspiring. The committee members are always up for new ideas to develop the Club and have really enjoyed being part of this. It has also helped enormously having Karl to support the swim coaching and take on the running sessions on Saturdays.

Hope this is the start of a beautiful friendship !!

See you at the spin/swim sessions soon,

Anna