



Issue #1 September '12

Edinburgh Triathlon News

Welcome

Hello and welcome to the very first issue of Edinburgh Triathlon News, a newsletter for 11 triathlon clubs in Edinburgh and the Lothians! These clubs are: Edinburgh University Triathlon Club, Edinburgh Triathletes, Pentland Triathletes, GRC Triathlon Club, Newhaven Harbour Triathlon Club, Lothian and Borders Fire Brigade Triathlon Club, Lothian and Borders Police Triathletes, ERC Tri Club, Hervélo Tri Club, East Lothian Triathlon Club, and Borders Triathletes.

I decided to try and start up the newsletter because, with so many clubs, there is clearly a thriving triathlon community in and around Edinburgh, and I thought it would be a great opportunity to share news, tips, event listings, and, well, anything triathlon-related. And I'm very happy to say that, after really positive responses from all the clubs, and some fantastic submissions, the first issue is here!

I received lots of great submissions from you, and in fact I've had to save some of them for the next issue so that this first one didn't end up too huge! I hope you enjoy reading it, and maybe find a spot of inspiration to write something for the next issue! I'm hoping to get a small 'Silly Survey' section going for future issues. The first one might be "what is your ideal sandwich?" so keep an eye out for my emails about that.

If you have any questions, would like to send in a submission, or just want to talk about anything to do with triathlons then I'd be delighted to hear from you. I would love to hear what you think of the newsletter, so if you have any feedback please drop me an email at edtrinews@gmail.com.

And finally, because we all love jokes, and carbo-loading, here is a terrible pasta joke: my boyfriend left me because of my obsession with pasta. I'm feeling cannelloni right now.

Jenny Hayward, Edinburgh
University Triathlon Club

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Club Profiles

Hopefully we can work our way around all the 11 clubs, with a few profiles in each issue to spread them out a bit. Here are the first three.

Edinburgh Triathletes

Edinburgh Triathletes is one of the largest triathlon clubs in Scotland and the Scottish club champions of 2000, 2001, 2002, 2004, 2005, 2006, 2007 and 2009.

We have around 100 members of all abilities. Although we do have a few of the maniacs most people associate with the sport of triathlon, most of our members are relatively normal! We have Ironman competitors, sprint specialists, duathletes, novices and everything in between. The club organises regular formal and informal training sessions, time-trials, handicapped runs, training weekends, quality kit, a monthly newsletter and social events. Edinburgh Triathletes organises one of the biggest and certainly the most scenic triathlon in Scotland: Gullane Beach triathlon, and numerous other events such as the children's Aquathlons. We also organise a women only triathlon.

Edinburgh University Triathlon Club

EUTri, as we are affectionately known, has been around since 1999 and we have been steadily growing in numbers since then. For the last few years we have had around 90-100 members. We are a very friendly, sociable club and we work hard to accommodate people of all abilities and create a happy training environment for everyone. As a university club, our membership and our committee changes every year, but there are still a few people around who seem to have been in the club forever and quite a few of our former members keep in touch and come back to visit. A number of past and current members have qualified for and competed in World Duathlon Championships. We are very proud of our elite members but we are just as proud of those who join us in September having never considered multisport before and by the end of the year are completing their very first triathlons. EUTri also organise the much-loved Tranent Sprint Triathlon every year.

Pentland Triathletes

Pentland Triathletes are an enthusiastic and friendly triathlon club containing a good mix of male and female members of varying ages. The structure of the club supports both the serious trainer and competitor as well as those that are simply looking for an opportunity to exercise and socialise with like-minded individuals. We are based in the South West

Edinburgh area where easy access to the Pentland Hills provides us with an ideal training environment. We meet regularly to train and compete in triathlon. The club is affiliated to Pentland Runners where the focus is mainly on off-road running in and around the Pentland Hills.

Articles

Race Report: Ross and Frank become Outlaws!

Frank and Ross of Pentland Triathletes took part in Outlaw, an iron-distance race on July 1st. Saturday started with a 5 hour drive to the National Water Sports Centre outside Nottingham. The event in the previous year had won awards as the best triathlon in the UK. After a race briefing which was anything but brief dragging on for over an hour, we racked the bikes and deposited our bags on their hooks in the transition tent. This was a large marquee beside the 1.5-mile long artificial lake - temperature 18 degrees, balmy compared to Thriepmuir which had been 8 degrees earlier in the season. We tried to sleep at 9pm but didn't manage much. At 1.30am Frank realised that he'd forgotten to put tyre levers in his bag. An unsuccessful trip to Asda followed, but the hotel night porter had found some levers by the time he returned. Back to bed for another 1.5hrs of not sleeping and then up for porridge at 4am. We'd left tyres at 110 psi on Saturday and were glad we didn't fuss with them when we heard others' tyres going bang and the speaker system being

used to appeal for anyone with spare tubes to offer them up.

It was soon time to drop off the kit bag. 10mins of waiting around for the hooter to sound and we were off. The pleasure of racing is the reward for the 9 months of preparation. It was a simple swim of 1.2 miles, turn right at the big buoy, swim for 90 metres, turn right and swim back to where you started. Unlike in a normal open water start at Gullane where there is a bit of biff for the first couple of minutes, the Outlaw swim was different as there were 900 swimmers, most of whom had a similar pace. Consequently, for the entire swim you were 'interacting' with other swimmers.

There is a funny YouTube video of one guy who made the mistake of only breathing to the left - he swam straight as he kept the bank the same distance away but just kept going - a kayaker had to chase him down and point out he'd gone a long way past the buoy. In 2011, a couple of contestants swam close enough to the

shore so that they could walk - we'd been warned not to do this in the briefing. The take-away moment from the swim was swimming the entire 1.2 mile out length with a flock of around 10 swans keeping pace with us a few metres away in the water, accompanied by a flock of around 40 geese walking at that pace along the bank. Ross swam 1.03 and Frank swam 1.07.

The bike course was superbly marshalled and sign posted, every pothole was identified, every sharp turn had a warning sign. There were 7 feed stations and Frank drank way too much, with the consequence of having to stop 7 times for a pee (one unlucky competitor was DQ-ed for urinating in public, another for public nudity). There was one hill but it was done with the large chain ring. The wind was 16mph at 7am, built to 21mph by 10am until 6pm where it hit 23mph. At times the bike speed dropped to 11mph on the flat. Frank spent 5.59 and Ross 5.56 on the ride.

The run was dead flat: around the lake once and then 3 laps consisting of out and back along the River Trent walkway to the Nottingham Forest stadium and around the lake. Each time you circled the lake,

you collected a wrist band and as you ran, you noted who was wearing one, two, three or four. The race was reduced now to just getting the 4th one and completing that final circuit to the finish chute which you passed tantalisingly 3 times before you entered it. Frank decided after the first lap and running into the wind with no shelter that the target now was 12 hours. To do so would mean simply running two 7.3-mile laps in 1.5hrs each. There were feed stations every 1.5 miles and at these you took either flat coke, zero, high five or water, Jaffa cakes, gels and caffeine gels, or bananas.

Ross ran the 31st fastest split of the day in only 3.37 to finish in 10.45, 53rd place overall. Frank, despite running the slowest marathon he will ever run in 4.34, was delighted to finish in 11.54, 23rd senior veteran and 235th overall.

Medal, massage, T-shirt, loads of good quality food in the Outlaw section then cider in the bar and the Spain versus Italy Euro final to be watched and a several-thousand-calorie deficit to be addressed.

By Frank Tooley, Pentland
Triathletes

Why It Actually Is Harder To Run After Cycling – The Science Of 2nd Transition

I found an article on the British Journal of Sports Medicine website that looked at what happens to your body as you transition off the cycle leg and begin running in an Olympic distance triathlon. It was from 2000 so it may be a bit outdated but I found it really interesting so I've summarised the main points here. It also made me simultaneously impressed that I have managed to do a transition before, and wonder why on earth I'm contemplating doing one again.

The article talked about the impact of the cycle-run transition on your body, and then went on to consider what that might mean for training and race tactics.

Physical Impact:

Compared to control running (running a 10km without the preceding cycle or swim), when running during a triathlon event your oxygen consumption, respiratory frequency, ventilation rate, and heart rate are all increased.

Several authors have stated that the increase in oxygen consumption indicates that energy stores in the muscles have been used up during the 40km cycle, and so the body has to use its fat reserves in order to power the muscles through the run.

Breathing becomes faster and less efficient because the ventilatory muscles become fatigued during the first seven minutes of the run, the lungs become stiffer and so have to work harder to bring in air, and because the prior exercise has caused there to be an abnormally low volume of oxygen in the blood.

Your increased heart rate on a triathlon run compared to a control run may be due to dehydration, which means the blood becomes more concentrated and the heart is able to pump less blood with each beat. The cycle to run transition also induces leg muscle fatigue and a redistribution of blood flow between the different muscle groups.

Overall, the energy cost of running is 1.6 – 11.6% higher during a cycle to run transition than that of control running. The increase in energy cost is influenced by the conditions under which you have completed the preceding 40km cycle. Running after cycling under drafting conditions is considerably easier than running after cycling under non-drafting conditions. Cycling at a consistent pace in a sheltered position means that the body is put under less stress at the beginning of the run. Which is all very well, but you're

never likely to be able to cycle under those conditions in an actual event.

Loss of coordination is experienced during transition by novice triathletes. This is partly caused by the fact that when cycling your legs are moving at a higher frequency than when you start to run. It also occurs because cycling is a non-weight-bearing activity, whereas when you run you experience impact forces of 2-3 times body mass. Elite triathletes don't experience loss of coordination to any noticeable extent.

After you have finished the cycle, it takes a while for the body's sensory receptors to adjust to the change in motion and position. This means that your balance, and awareness of your own posture and how your body is moving, may be impaired during transition and the start of the run. Muscle fatigue and redistribution of blood flow will make this worse.

Triathletes with slower combined cycle and run times for non-drafting triathlons showed a greater percentage increase in the energy used during the run stage over a control run.

Training & Tactical Implications:

During transition your body experiences the paradox of increased energy demand and decreased exercise efficiency. In theory, the ideal solution to this situation

would be to increase speed gradually from the onset of the triathlon run. It is best to avoid the common mistake of starting the run at a faster pace than you can sustain, and then weakening on the final 5km. Though I can't say that I've ever had the problem of running too fast out of transition, not being able to run at all seems to be the more pressing issue.

The ability to link the cycle and run sections of the triathlon efficiently is crucial to race performance. However, no consensus existed at the time this article was written on the need to practice back to back cycle-run training. Nevertheless, various such methods exist and there is evidence that short duration cycle-run efforts at or over race speed are an efficient way to prepare for the start of the run section.

The article left me with a strange feeling of pride that we triathletes are actually prepared to put ourselves through all of that, more than once. It also left me thinking that maybe those people are right, the ones who respond with "you do realise you're insane?" when you tell them you do triathlons.

If you would like to read the full article, you can find it here: [Millet and Vleck 34 \(5\): 384 -- British Journal of Sports Medicine](#)

By Jenny Hayward, EUTri

Club News

Edinburgh University Triathlon Club is very excited to welcome Linda McLean, who is joining us as our new head coach this year. She will be coaching 2 of our weekly training sessions, as well as supporting and bringing on our fantastic junior coaches, Ben Munro and Louise Waterston.

Upcoming Events

Some local race and event dates for your calendars.

- 7th October 2012 – **West Calder Junior Aquathlon**

GRC Triathlon Club is holding a junior aquathlon event at West Calder High School. It starts at 11am and places are filling up fast. It is the third year they have run the race and they promise it's going to be the best yet! There are 5 age categories:

Age 8 – 36m swim, 500m run

Age 9/10 – 144m swim, 1500m run

Age 11/12 – 252m swim, 2km run

Age 13/14 – 396m swim, 3km run

Age 15/16 – 396m swim, 3km run

Hosted by: GRC Triathlon Club

Entry: via entrycentral.com

More info: grctri.wordpress.com

Classifieds

Bike Bag for Travel - £60

Bike bag for travel, soft case, Revolution brand, purchased from Edinburgh Bicycle Coop. This has only been used once when I travelled to Europe for a race. The bike travelled very well in it in airplane cargo with no problems at all. Plenty of room for a large bike and accessories.

Contact Laura Richards on
richarla@gmail.com

Shimano SPD Pedals - £20

Shimano SPD Pedals, model PD-M540, in very good condition with original packaging.

Contact Laura Richards on
richarla@gmail.com

Tyre Pump - £20

Tyre pump, Genuine Innovations floor pump, pressure gauge 0 – 160 psi, Presta/Schrader valve. Excellent condition.

Contact Laura Richards on
richarla@gmail.com

Sports Massage Service

Appointments available with qualified therapist Alice Mooney, MSc, BSc (Hons), UCAPD. Very special discount for all student clients: £20.00 for 60mins. For all other clients, full price: £35.00 for 60mins.

This includes consultation, treatment and aftercare advice. Sports massage includes Swedish and deep tissue techniques, soft tissue release, trigger point release and functional or developmental assisted stretching.

Individually designed treatment based on symptoms and needs analysis or any combination of:

- Destress Back, Neck, Shoulders, Scalp Massage
- Lower Back, Hamstrings, Gluteals
- Hamstrings, Quadriceps, IT Band, Calfs
- Back, Neck and Shoulders, Arms, Pectorals
- Full Body Massage
- Indian Head Massage - seated upper back, neck, shoulders, arms, scalp massage without oil or removing shirt.

For appointments call or message Alice on 07771695476 or email a.m.mooney@sms.ed.ac.uk

Alice Mooney, MSc, MSMA, PG CE
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and a member of Edinburgh University Triathlon Club.

Website Links

If there is something already published on your club website that you would like to draw attention to, or that you think other triathletes in Edinburgh would be interested in, then you can put a link to it in this section. For example:

- In February Chrissie Wellington, four-time Iron Man World Champion, kindly gave EUTri her Top 50 Race Tips:
[- Chrissie Wellington - Top 50 Race Tips | Edinburgh University Triathlon Club](#)

Contact

Any feedback is always very welcome.

For any comments, enquiries or submissions, please contact Jenny at edtrinews@gmail.com

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