

March 2013

TRIBUNE



Richard Kirby meets legendary ET founder, Andrew Grant

et

**edinburgh
triathletes**

ETHICAL SPORTSWEAR

Liz Richardson investigates whether your kit is legit.

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CHRISSIE BOOK REVIEW

One of the UK's greatest athletes dominated Ironman for 5 years before suddenly retiring in December. Read about her autobiography.

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NEWBIE PROFILES

Meet ET's newest members.

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THE EDITOR SAYS...

Hi guys and welcome to the spring issue of TRibull. Thank you to Phil for three years of awesome issues, and to Liz, Richard and the new members for all their contributions.

Dan Bradley



Get Involved.



**Stylish ET early birds getting ready
for the Saturday Cycle (Dalkeith)**

Saturday Cycle at Dalkeith



ETHICAL SPORTSWEAR

What do you look for when buying sports kit?

There are many reasons why we decide to buy the kit we do. Some of us prioritise price above all else, while some of us don't mind spending a bit more if we can buy locally, or from brands we trust, or if the piece of kit has good reviews. Recently I've started to look into the ethics behind the brands – particularly in terms of working conditions in garment factories – and this has influenced my purchases. This article summarises what I've found out about the suppliers of sportswear. We all have our own individual valid reasons for our purchasing priorities, but if ethics can help us make a decision in favour of one product over another then that's a good thing in my book.

“Carvalho, ET's new kit providers, informed me that all their clothing is made in a Portuguese factory, so strict labour laws ensure that workers have good working conditions and are fairly paid...”

I became particularly interested in workers' rights and health and safety in garment factories following the recent spate of fatal fires. There were three fatal garment factory fires on a single day in September 2012 – two in Pakistan and one in Russia – although only the one that killed hundreds rather than tens of workers was considered newsworthy enough to be reported widely. In November a fire in a Bangladeshi factory killed 124, making it onto our news channels, but more recently another Bangladeshi fire that killed fewer people went unnoticed. In each case the fire escapes were either locked, inadequate, or non-existent, windows were barred and stairways were blocked. We might complain that health and safety has gone mad in our places of work, but surely this is preferable? I knew that conditions for workers in developing countries were not always as good as they could be, but these fires caused me to realise that conditions weren't just unpleasant, they could also be deadly. I started to realise the true human cost of the cheap disposable fashion that our high streets are awash with.

So, high street brands are one thing, but are performance sportswear brands affected? They're not exactly cheap, for the most part, so maybe cutting corners in production is less of an issue (you might hope). I bought the 2012 report on sportswear and trainers from www.ethicalconsumer.org to check (I can email the report to anyone interested, just contact me). Their independently-researched reports rate each company on aspects of environment, politics, people, and animals, but my priority was finding out about the workers' rights record for each company and its suppliers. In the report the assessment of workers' rights infringements included dangerous working conditions, use of forced/slave labour, payment of less than a living wage, working week over 48 hours, and child exploitation.

(Continued over...)

ETHICAL SPORTSWEAR

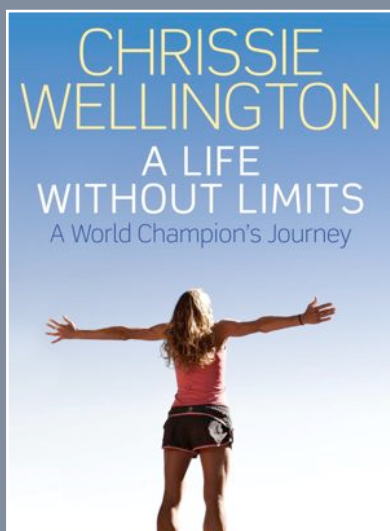
The highest scoring brands were Yew (base layers, t-shirts) and Patagonia (trail running clothing and shoes). Asics scored middle of the range, and the other brands assessed (Fila, New Balance, Nike, Umbro, Adidas, Reebok, Puma, Slazenger and Brooks) were all ranked lowest for workers' rights. Of course they had only included the biggest brands, but I was disappointed not to find out about Craft (my favourite), so I contacted them directly. They were very keen to inform me that they are a part of an international initiative committed to improving working conditions in their supply chain (the Business Social Compliance Initiative, or BSCI). I also contacted Carvalho – ET's new kit providers – who informed me that all their clothing is made in a Portuguese factory, so strict labour laws ensure that workers have good working conditions and are fairly paid. Even more reason to make 2013 a purple year!

Considering which companies to support, or not, on the basis of working conditions in their supply chains is a good start towards bringing about better conditions overall. But mass boycotts are controversial: while they may prompt companies to listen to consumers (e.g., Nike in the 1990s) they could well worsen the situation of workers by causing job losses. What is needed is for the companies to be prompted to take responsibility for improving working conditions and enforcing international labour standards. If you're interested you can find out more about getting involved through the Clean Clothes Campaign, Labour Behind The Label, or Ethical Consumer.

(N.B. The Ethical Consumer research was from 2012, and the ratings will likely change over time)

**To check out ET's full range of unmistakeable purple kit,
visit the updated website:
<http://edinburghtri.org/concrete5/index.php/club-kit/>**

BOOK REVIEW



Chrissie Wellington Bio

4 time Ironman Triathlon World Champion, multiple record holder and the only triathlete, male or female, to have won the World Championship less than a year after turning professional, an achievement which the British Triathlon Federation described as "a remarkable feat, deemed to be a near impossible task for any athlete racing as a rookie at their first Ironman World Championships." After taking a break from racing in 2011, she finally announced her retirement from Ironman distance racing in December 2012.

A Life Without Limits, by Chrissie Wellington (2012)

Chrissie's ruthless demolition of her Ironman competitors, all with a huge beaming smile on her face, made her an instantly recognisable triathlon hero. Her autobiography reveals both sides of this personality - the warm, cheerful, down to earth Chrissie who takes genuine pleasure in the race, but also the perfectionist, obsessed and relentlessly-driven side that brought her both misery and, ultimately, success.

The book is a great read. She writes in a really engaging way about the highs and lows of training and racing, and is very open about her faults as well as her strengths. She is refreshingly open about how she achieved such success - she simply outworked the competition. So, while her explosion onto the triathlon scene was a surprise to the rest of the field, it is not a surprise when you find out more about her. Despite being a self-confessed clumsy child, she used her obsessive perfectionist drive to excel in her school and university studies, her career in international development and, later,



DAN BRADLEY

in marathon running (3h08 on her first attempt at the London Marathon). But this relentless drive to be the best and desire for total control led to a serious struggle with boemia and anorexia in her early 20s. In a frank interview with The Guardian she explained, "The victims of such illnesses are often very ambitious, outwardly successful young women who pursue these ideas of control and achievement...We're driven, compulsive, obsessive, competitive, persistent and seek perfection. That can be channelled incredibly negatively."

Chrissie's triumph is the way that she managed to find a positive channel for this drive in triathlon, and now uses that platform for charity work and to pursue her passion for international development. Her desire to constantly challenge herself also makes her recent retirement from Ironman make more sense. As she announced on her blog, "Ironman is my comfort zone" and there is much more out there to explore.

An excellent role model, and an inspiring read.

Have you been inspired by a recent book, sports autobiography or story you want to share?
Get in touch at info@danbradleytranslations.com

MEMBER PROFILES

Describe yourself in 10 words

Determined, hard-working, kind, friendly, shy around new people, sporty, worrier, trier, independent.

Age group

20-39

What's your day job?

Physiotherapy student.

How long have you been an ET member and what do you like about the club?

Since September 2012.

What are your triathlon ambitions.

To do Ironman Kona someday. But for now, to enjoy the sport and do an standard distance one.

What is your favourite club session?

Swimming or Wednesday night runs with Karl.

Did you come to triathlon from another sport?

I played hockey all my way through high school and began surfing.

What's your favourite piece of kit?

My bike.

What one thing would improve your performance?

Becoming a faster, stronger and better runner. Oh, and accomplishing tumble turns.

What has been your best/worst racing moment?

Running 5km in 25mins at the end of my second triathlon without been part of a club or having done much training.

What's your favourite post-race treat?

Ice-cream.

Who or what inspires you?

My friend at home who is has accomplished so much from ultra marathons to Olympic triathlons and much more



NICOLA MURPHY

Describe yourself in 10 words

Difficult one...interestingly different, often clumsy farmer's daughter turned big city accountant. My friends use the term "interestingly different" instead of crazy when I tell them about all the training I do.

Age group

I'm 25. I'm not sure what age group that puts me in.

What's your day job?

Accountant

How long have you been an ET member and what do you like about the club?

I've been a member since September. I like that there are constantly new people to meet at the club, it is nice to have a chat while exercising.

What are your triathlon ambitions?

I haven't really thought about my ambitions, I'm one of these strange people who loves training. I would like to complete a triathlon without any accidents as I am prone to them and achieve a good time.

What is your favourite club session?

I couldn't say I enjoy all the sessions I attend.

Did you come to triathlon from another sport?

I swam for a very small swimming club until I was 18 but I stopped when I went to university. Since then I have run occasionally and was often found at the gym.

What's your favourite piece of kit?

I don't really have any kit yet but I love my running trainers, they have made a huge difference to my endurance.

What one thing would improve your performance?

Probably not having to work full time and being able to cycle properly. I know that is two things but the first one is unrealistic.

What has been your best/worst racing moment?

No racing moments yet but my best training moment was when I first started at the club and found that I still loved swimming even after 7 years out of the pool. The worst moment was the realisation that I should have joined the club much earlier or possibly my most recent tumble off my bike. I'm sure everyone has heard the story by now, luckily the hole in my knee was not as deep or as bad as I first feared, but still a big confidence knock for a novice cyclist.

What's your favourite post-race treat?

Erm...I'm going to take a guess at a cake. Having not competed yet I'm not sure what I'll want but I have a sweet tooth so cake is a reasonable guess.

Who or what inspires you?

This will sound cheesy but my dad inspires me, in every aspect of my life.

**LAURA
FORRESTER**

(and Nigel)



Describe yourself in 10 words

Red wine drinker and food lover with a triathlon problem.

Age group

Vet.

What's your day job?

IT Project Manager.

How long have you been an ET member and what do you like about the club?

Member since March 2012, the coached swim sessions work me hard in the pool.

What are your triathlon ambitions?

A middle distance race before I move to the next age category (not much time).

What is your favourite club session?

Wednesday run, followed by a nice relaxing swim.

Did you come to triathlon from another sport?

Yes, I like running, on and off road, up to half marathon. Although I have run marathons in the past.

What's your favourite piece of kit?

My adidas racing shoes and my 2XU wet suit.

What one thing would improve your performance?

More bike training.

What has been your best/worst racing moment?

Hawick sprint triathlon - passing loads of bikers who didn't like running in the heat. Summer Solstice triathlon - coming off my bike on the spillway.

What's your favourite post-race treat?

Jelly Babies.

Who or what inspires you?

The Brownlees, Sir Chris Hoy and Chrissie Wellington.



Describe yourself in 10 words

Polyglot. Word nerd. Karaoke addict. Recovering overachiever. Quietly unstoppable. Welsh.

Age group

20-39

What's your day job?

Freelance Translator

How long have you been an ET member and what do you like about the club?

I dabbled in a few sessions at the end of 2012 but finally joined properly at the start of January 2013. I like that everyone is friendly, helpful and down to earth, the coaching and variety of sessions are great, but mainly I was attracted by the bright purple kit.

What are your triathlon ambitions?

Enjoy the process and banter on the way to completing Ironman Wales.

What is your favourite club session?

Monday night swimming at the Commie followed by a cheeky jog home.

Did you come to triathlon from another sport?

I absolutely hated sports all the way through school so I avoided exercise whenever I could. But awesome experiences with rowing and rugby at university got me fired up about racing, competition and all things hench. I rowed for a couple of years in uni and city crews and since then have cycled through things like running, indoor rowing, yoga and kettlebells.

What's your favourite piece of kit?

Nothing at the moment. Although I used to have this awesome white Giant mountain bike when I lived in Japan that I used to bosh all over the countryside...

What one thing would improve your performance?

The ability to breathe underwater.

What has been your best/worst racing or training moment?

I ran a 5km PB a few years ago in this hilly, rural Japanese village. The PB was nice, but the steaming hot cup of soup and bag of local-grown cabbages and turnips I got at the finish line were legendary. I can't really think of many negative experiences - I tend to filter out the lessons from sub-optimal performances and channel them into better ones. Saying that, I do remember a lot of vomiting and near passing out from the 2km rowing machine time trials we had to do at uni. Don't miss those much.

What's your favourite post-race treat?

Pizza, wheat beer and 12 hours sleep.

Who or what inspires you?

My family, especially my parents. And anyone who makes a habit of facing their fears.



NOTICES

• CHANGE TO TUES/FRI SWIM

From early March the Tuesday morning swim will be discontinued. The Friday swim session (06:00 Leith Victoria) will continue as usual but will no longer be coached.

• NEW WEBSITE

Check out the updated new look ET website: <http://edinburghtri.org/concrete5/>
Contact Richard Kirby for login info.

TRAINING WEEKEND

The Spring 2013 ET training weekend will occur on 26 to 28 April. The weekend is a mix of training and social and we will be based in Moness in Aberfeldy. The format of the week-end will be along similar lines to previous weekends. The schedule is currently being finalised and will be published when swim session times have been arranged. There will be a full day of events on the Saturday, and events on the Sunday will conclude around midday, allowing everyone to get back down the road at a reasonable time.

The weekend is open to all, from ironmen (and women) to novices. For those that do not have transport, there will be plenty of cars going up, so transport can be arranged. Should you have any questions about the weekend, please do not hesitate to contact Andrew McMenigall (amcmenigall@blueyonder.co.uk). We have managed to do a deal with Moness, so the cost of the weekend has come down to between £60 and £70 depending on what the pool cost comes in at.

According to the long range weather forecasters, the weather at the end of April in Perthshire will be positively balmy! So we look forward to seeing you there. For those that have not already signed up, there is a doodle poll on the front page of our web site where you can sign up. Could I ask that those that have signed up and not paid the deposit of £20 can do so as soon as possible, either by cash or cheque or bank transfer to account no 00538210, sort code 80-11-00.

• Club Championship Races

For 2013, the club has identified the following as the Club Target Races. We encourage our members to sign up to do these races, remembering to register the club name as Edinburgh Triathletes, and help make 2013 a **PURPLE YEAR!**

Spring Into Duathlon, Strathclyde, 10th March

Tranent Sprint, 23rd March

Midlothian Sprint, 12th May

Lochore Sprint, 16th June

Knockburn Standard, 4th August

Aberfeldy Middle, 17th August

Portobello Aquathlon, 29th September

To qualify for the club championship trophy, you need to do at least 4 of these races and be a member of Triathlon Scotland. The following points scheme will be used to decide the winners (1 male, 1 female):

- 10 points for each race completed,
- 1 extra point for every 10 you beat (2 for the ladies),
- Your best 4 events to count.

The winners get a trophy and also a full physio checkup from Nicky Smith of Active Physio.

President

Vice-President

Secretary

Treasurer

Membership Secretary

Coaching Coordinator

Racing Director

Welfare Officer

Communications Coordinator

Keeper of the Stuff

Social Convener

Club Kit

Club wetsuits

Race Organisers

Gullane

Women's Triathlon

Junior Aquathon

Gavin Calder gacalder@talktalk.net

Andrew McMenigall andrewmcmenigall@yahoo.com

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Doug Steele dougsteele@blueyonder.co.uk

To join: Send a blank email to edintri-subscribe@yahoogroups.com

Any problems, please email membership@edinburghtri.org

