

AGM Minutes !

Club Champs—how it
works exclusive!

Coaches Corner !

et
edinburgh
triathletes

TRiBull

January 2010



President Jim McGoldrick and Triathlete Suzanne Green enjoy the et Christmas party

The President's Hello 2010

Jim McGoldrick



Hi,

Welcome to Edinburgh Triathletes. You've joined the best Triathlon Club in Scotland and that's official. In 2009 we won the Scottish Triathlon Club Championship thanks to all the members efforts racing for the club in Scottish events the length and breadth of the country. For 2010 let's make it a goal to retain the trophy, I'll be out there racing and hope to see you on a start line (or poolside) at some point this year.

This year we have an even busier club weekly schedule of events than last year. Our fantastic coaching team has been strengthened with four new ET coaches passing STA level one qualification at the end of 2009. The club membership is at a remarkable and very healthy 150+. The Gullane Standard Distance Race and our Ladies

Race each attracted record entries and if this wasn't enough the membership levies have been frozen in line with last year.

When the club is like this being President is a great job. Collectively we will be swimming, gymming, running, transitioning, cycling, spinning and training our way to race starts all over the globe. 2010 will be a great year for you in Edinburgh Triathletes whether a new member or like me a seasoned campaigner I wish you Good Racing.

The club is more than just racing. In 2010 babies will be born, marriages will be celebrated. Tribull will drop on our doormat and we'll read the remarkable adventures of our clubmates and friends. There will be good opportunities to jump in the sea, drink cold beer and laugh out loud, ET is a great club and it is you that makes it so.

Here's to a Successful 2010 season

Jim

The Editor Says

Phil Parr-Burman



A new decade, a new tribull. This is my first as editor and I hope I can continue in the tradition of top notch editing that you have become used to. Of course the quality of tribull, depends only partly on the editor, but much more on the pieces you write for it. Hopefully this months selection will inspire you to write something for the next issue. Or even if you think of an idea and can't provide the material let me know. Our new regular feature Coaches Corner was from an idea suggested by one of you (Richard Foxley).

So as well as getting on with training, get writing. Anything goes.

I leave you with a thought of the heavy responsibility we all now have to bear. The demise of Cadbury means that we are now the UKs principal exponent of purple. So wear it loudly and wear it proudly!

The Club Championship: How we won, and how you can help to keep it

Doug Steele



A fair amount of noise has been made recently over how Edinburgh Triathletes has regained the Scottish Club Champions mantle, having fallen, in 2008, to fourth place behind Edinburgh Road Club, Glasgow Tri and Stirling. Triathlon doesn't immediately spring to mind as being a team sport: even though we regularly train together and encourage each other on, as individuals we're actually racing against each other for overall and age-group race positions.

However, the club ranking system brings us all back together as "Team ET" – one for all and all for one, and all that. Basically, everyone who registers for a race as a member of Edinburgh Triathletes and then goes on to cross the finish line wins at least one point for the club towards the Scottish Club Championship.

The mechanics of it all appear to have been worked out by someone with a good understanding of baffling maths. After several, furrowed-brow readings of the explanation on the triathlonscotland website, the calculations are less murky than muddy water, but not as clear as gin. Two factors are used to calculate a race finisher's points: their finishing place within their age group at that race and how many people in that age group in total (whether racing that day or not) hold race licences (specifically the total number of members with a race licence in each age group at the 31st May).

So far, it seems reasonably straightforward. But then, the website declares, "points will be awarded based upon the 40th percentile of members in each age group (or as close as possible)". In proper journalism, one of the many

golden rules is not to assume anything so I'm going to assume that someone has observed that no more than 40% of licence holders within each age group actually compete at any given race. So, if there are 100 licence holders for the Male Senior category, a maximum of 40 are expected at a race.

The maximum number of points awarded to the winner of each age group is 20. The points awarded to the runners up are calculated from the maximum score (ie 20) divided by the 40% figure.

Let's say there are 60 licence holders in the Male Vet category. 40% of this is 24. 20 divided by 24 is 0.83. So the winner of the male vet category at a race will win 20 points. 2nd place will win $(20 - 0.83)$ 19.17. Third place will win $(19.17 - 0.83)$ 18.34. Fourth will win $(18.34 - 0.83)$ 17.51 and so on. Also every finisher gets at least 1 point.

The good thing about all of this is that triathlonscotland works all of this out, keeping a running tally on their website as the season progresses. All we have to do is

- cross the finish line as high up the order as possible
- having indicated on the entry form that we belong to Edinburgh Triathletes, not Edinburgh Triathlon, not Edinburgh Tri, not Edin Tri, nor Ed Tri or even ET. Anything other than "Edinburgh Triathletes" on your entry form will mean the club doesn't win the points you win.
- joined triathlon scotland, with your race licence, before your first race and before the 31st of May

Sadly, in this case, points don't mean prizes, but they do mean a hatful of bragging rights. Go ET!!!

The Borders Series

Jim McGoldrick



My Best Find of 2009

Just a short message (advert) for all about a great and very understated race series right here on our doorstep..... well down the road a wee bit.

In 2009 I raced several of The Borders Series Triathlons. I'm recommending them to all of you. They are well organised, inexpensive, have a great atmosphere and they're a fab and informal way of meeting like-minded-fools from ET and

many other Scottish clubs. The web address for entries is <http://www.bsit.org.uk/> there are races throughout the summer in amongst other places Hawick, Peebles, Galasheils, Selkirk and Kelso. Mainly Sprints, but with a Standard and Duathlon in there.

After the races there's a crackin' spread of food, printed results are quickly available and there's prizes for all the regular categories. There's also a cumulative Grand Prize. Points contribute to Scottish Club Championships, so get your race license in 2010 and get off to The Scottish Borders.

Go ET.

Jim

ET Swim Gala

Phil Parr-Burman



It was fast and it was furious. MC John Whittaker kept things moving swiftly, ably supported by swim lane ladies Mandy, Kirsten, Amanda. The swims were completed quickly then it was time for the main events—the relays. One was something to do with changing shirts at each end, another was something about getting an object down the pool without it touching the water. Or maybe it wasn't. The swimmers weren't really sure but John was at all times absolutely clear in his own mind what the rules were. Nobody was disqualified but then nobody was quite sure which teams won anyway.

Afterwards medals were handed out and eaten. Top honour went to Kirsten for winning the marshals individual medley, especially merited since nobody new they were competing for it.

For the record the swim events results are opposite.

50m Fly			
Jim	42.37	100m Free	
Sarah	37.96	Mike B	2:08.09
Phil	33.96	Steve L	1:51.19
		Gill	1:42.60
50m Breast			
Mike B	69.0	Mark M	1:35.42
Jon J	53.64	Liz	1:33.50
Liz	52.27	Jon J	1:33.43
Jim	47.25	Mike A	1:31.35
Steve L	46.21	Richard	1:27.78
Clare H	45.06	Greg	1:26.08
Peter	42.79	James	1:20.93
Doug	41.71	Tom	1:20.70
James	41.20	Jim	1:19.92
Mark M	40.59	Peter	1:18.84
Graham C	40.50	Sarah	1:18.53
Mike A	40.00	Clare	1:16.59
		Doug	1:16.50
		Suzanne	1:14.08
50m Back			
Mike A	50.33	Neil	1:11.95
Gill	54.71	Graham C	1:09.96
James	43.20	Phil	1:08.72
Suzanne G	42.86		
Clare	41.79		
Graham C	41.14		
Phil	38.66		
Sarah	38.55		

Aquajogging

Phil Parr-Burman



Last year injury forced a sudden end to my racing season, so after going through the denial and acceptance phases I moved on, part of which has involved aquajogging, and the discovery of shoes designed for it. This is my story...

In July, after 3 triathlons, I was building up for the next challenge. I finished a long run with a little knee pain, just the normal sort of thing really, but in the next couple of hours it swelled up and the pain grew. I could barely walk for a couple of weeks, during which I had numerous physio sessions and an eventual diagnosis of cartilage damage. The advice was that it 80% of cases would clear up in "10 to 12 weeks". Too long to do no running so I started aquajogging in the Warrender pool, trying to keep pace with the vertical breaststrokes, and also in Portobello small pool, where the old guys who've had all the knee jobs and hip replacements in the orthopaedic surgeon's manual.

I soon agreed with what other club members had told me – its really boring, but also I found that it wasn't brilliant exercise either. The legs were going through the water too easily and I couldn't get my heart rate up much above 110, which for someone who does most of their training (running and cycling anyway) informed by heart rate that was pretty frustrating.

Then I came across aquajogging shoes on the web (see below), the blurb was enticing, extra drag on the backswing, a more realistic simulation of running. Also used by top athletes as part of their normal training (eg triathletes Petr Vabrousek, Michellie Jones.... and Manchester United). So I bought them.

Here they are with my feet in them. The main thing is the "strategically-placed hydrodynamic fins on each side". Immediately (after talking them through with the pool supervisor at Portobello to get them accepted) I got a much better feel in the water. After a few sessions I can now do intervals at a heart rate over 140 (and occasionally up to 150), when for running on real ground it would get to 160, and since a lower



heart rate is expected when you're floating I'm happy with that. In fact I'm so impressed I plan to keep up some of the aquajogging even after returning to proper running.

I've had no problem with Edinburgh Leisure, and the other swimmers are quite happy about me sharing a lane with them. (I progressed to the main pool at Porty which in the morning is 2m depth for the whole length). There's been only one customer complaining about me using them (and she wasn't in the same lane as me) because "it looks awful" - an argument that no amount of reasoned explanation could break down.

There's one further thing that is pretty well essential when doing serious amounts of this kind of training – music. So for Christmas I got water-proofing stuff for one of the kids cast off ipods, which has made it possible to do long steady runs (up to 50 mins so far) and longish interval training (e.g. 6 x 4 mins with 1 min rest).

It turned out that the cartilage didn't heal up (other medical opinion is that the 80% figure was somewhat), so my aquajogging is still going on. But the offending parts will be chopped out on Jan 27th and some weeks later I'll be on the road

Does it allow the simple pleasure of going on a run on a forest track? - absolutely not.

Does it look a little bizarre? - absolutely.

Does it work? - I'll let you know.

The makers are at <http://www.aqxsports.com/>, but I got them from <http://www.aqua-running.co.uk/>.

Porty Aquathlon

Doug Steele



Picture only report of the race in September.



Ali



Jane



Scott and Callum



The Pack



Greg



Barbara

Coaches Corner

Doug Steele



In each edition of the new, revitalised Tribull, one of the club's all-knowing mentors will take to the cozy armchair here in "Coaches Corner" to impart a nugget of wisdom to make your training experience better, more efficient, easier and, possibly on the odd occasion, a lot more painful. As a reminder of who the coaches are: Scott Balfour has more experience in triathlon and coaching the three triathlon disciplines than is polite to mention. John Whittaker won his very first triathlon - way back when - and hasn't looked back since. Callum Hendry's kind and friendly exterior masks the vicious but knowledgeable taskmaster within. Mike Cunningham - another mild-mannered machine: he pretends he doesn't know much, but he does. Gary Fegan took up triathlon as a bet with other Runners' World forum members and set about consuming as many facts about the sport as are available - and if you know Gary, you'll know that meant a lot of consuming. The new kids on the block are Andrew McMenigall - the professor - currently understudying Callum's dark ways. Jane Stevenson is our only female coach (we need more) and has a solid background in triathlon, cycle racing and time trialling. In his teens, Aidan Mullan ranked among the top 12 swimmers in Europe and he's still far out in front - watch, listen and learn. After years of taking from the

club and giving little back, Doug Steele has just started working towards his Level 2 coaching badge; about time too since what he presently lacks in coaching knowledge he makes up for in bossiness. And it is with him we begin.

In the dark, dreich depths of winter the very act of getting out of a cozy bed to start a training session is in itself a miserable task, and one that many of us simply side step, promising ourselves that we'll do it later, or tomorrow or that we don't really need to do it anyway. However, quite often it's more the preparation for the session rather than the session itself that can be the hurdle - digging out the right kit, putting energy drinks together, prepping the bike, thinking up a route and whatever else. But this extra weight holding us down in bed is so easily removed by doing as much preparation for the session the night before. Lay out your clothes and heart-rate monitor ready to jump into (or even pull on while still in bed), lube the bike, inflate the tyres check the brakes and gearing, get your bars, gels, jelly babies and drinks ready (possibly putting the bottles on the bike), have your swim kit ready to go with dry towel and swim suit in the bag. Make sure your running shoes are ready for putting on and not soaking wet with laces tightly knotted after your last session. Taking the time the previous evening to prepare as much as possible not only makes getting up less daunting, it even offers extra incentive to jump up and get stuck in.

Club Sponsors

To help you kit yourself up with this season's latest must haves at the best prices here's the latest full list of club sponsors that offer us discounts.

Run and Become (10% discount)

66 Dalry Road

www.runandbecome.com

The Bicycle Works Triathlon Centre (10% discount)

57-59 South Clerk Street

www.thebicycleworks.co.uk/triathlon/index.html

Biketrax (10% discount)

13 Lochrin Place

www.biketrax.co.uk

Fitness Box (10% discount)

116 Bruntsfield Place

ross.calderwood@fitnessbox.co.uk

Run 4 It (10% discount)

108-110 Lothian Road

www.run4it.com/shops/edinburgh/

edinburgh@run-4-it.com

Trevor Weavers (£10 off sports massage)

Granite House, 18 Alva Street

trevor@bodyhelp.co.uk

Nicky Smith (£10 off physiotherapy, taking one hour consultation to £30)

Physiotherapist & Sports Injury Clinic

Pro-Activ, 54 Dublin St

www.proactivphysio.co.uk

Evelyn Courtney (£5 off sports massage, taking one hour session to £35)

Proactiv physiotherapy

54 Dublin Street

enquiries@evelyncourtney.co.uk

www.evelyncourtney.co.uk

Edinburgh Triathletes Poll on Draft Legal Races

Phil Parr-Burman



The poll question was:

"Draft legal races are boring and aren't a true race. Elite races should be non drafting."

Poll result:

Agree 14

Disagree 11

So opinion is pretty much equally divided, although clearly, given the roughly 120 of "not

bothered" (or "no idea what you're talking about") amongst you its not a question that excites widespread interest.

For those of you who're not aware of the issue, this is my take (as you'll have guessed from the question I'm in the agree camp)...

This is often debated in the triathlon press. The sport is trying to find a way to make TV coverage more "accessible" to the general public. With the drafting format a race consists of a swim where everyone looks the same, a bike that occasionally gives some interest when the groups change followed by a run where finally there is some tension built up as you see who will crack and who will come through. On the other hand some view the non drafting format as a boring time trial. The debate goes on...

Profile: James Allen—Victorious captain at the et Christmas party

Describe yourself in 10 words or less.

Tall, dark, handsome with GSOH (and very modest!! :)

What's your day job?

IT Geek for Standard Life.

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

Into my 3rd year now as an ET. I particularly like the flexibility of the weekly programme as it gives me the opportunity to train at times and days of the week that are suitable to me. I also enjoy the craic with fellow club members at the sessions.

What are your ambitions in triathlon?

Nothing more than to try improving my times for certain events each year.

What is your favourite club session?

It has to be the Wednesday night run and swim with Calum. However, I also love the early morning sessions, especially the satisfaction I get on arriving at work knowing that I have already completed an hour or two of training, however I am not the best at getting out of my bed early.

Did you come to triathlon from another sport?

Yes, fishing. I once held the coveted position of Captain of the School Fishing Team!! :)

What one thing would improve your performance?

Perfecting a good tumble turn would help my swim times in pool events. Cutting down on the beers at the weekend might also help!

What has been your best racing or training moment?

My best race moment was in 2009 when I completed the Barcelona Olympic Triathlon. I completed it in 2 hours 10 mins and came 127th while setting a PB of 40 mins in the run. I was

really pleased with this and hope to take part this year again and hopefully improve on my time.

What has been your worst racing or training moment?

Swimming through endless jelly fish at Gullane 2008.

What is your favourite post-race treat?

A Boost bar followed by a good massage.

Who or what inspires you?

Mark Beaumont, who held the record for cycling around the world. He has such motivation and passion for adventure.

Then answer one of these; (or both if you want)

Men with shaved legs: yum, yuk or indifferent?

I only have eyes for Jim's shaved legs!

Women with six packs: yum, yuk or indifferent?

Yuk - I am just jealous that is all!



minutes of annual general meeting

Andrew McMenigall



monday 16 november 2009, meadowbank, 1930
- 2145

Apologies and attendance

Present: Jim McGoldrick, Mark Chapman, Douglas Steele, Greg McDowall, Andrew McMenigall, John Whittaker, Richard Kirby, Fiona Gilfillan, Sarah Compton, Kyle Strachan, Tom Middlemass, Claire Halpenny, Carsten Meives, Jon Jack, Mike Brown, Lynn Hanley, Callum Hendry, James Gibson, Phil Parr-Burman, Mhairi Ferguson, Liz Richardson, Jane Stevenson, Mandy Whittaker, Joel Sylvester, Richard Foxley, Neil Chisholm, Fiona O'Hanlon, Suzanne Green.

Apologies: Scott Balfour, Paul Masterton, Mandy Calder, Peter Downie, Shiona Coutts, Gary Fegan, Jane Essex, Gill Pilkington, Tom Chambers, Claire Houston, Francesca Osowska.

Minutes of last years AGM approved: James Gibson; seconded: Jim McGoldrick

President's Address

Jim McGoldrick, Club President, highlighted the achievements of the club and its athletes during 2009:

Delighted that 2009 membership was over 150.

New Year's Day race saw 445 competitors and 73 children, up 10% on previous year.

Gullane going from strength to strength thanks to John Whittaker.

New ladies race went very well thanks to Mandy Whittaker and team.

All events received positive feedback.

There were a number of notable achievements by members:

Andy Strathdee and Scott Balfour went to Hawaii;

Alison Rowatt won 4 out of the 5 ladies races;

Graeme Cox, Craig Dale, Martin Gore and Daniel Sims went to the world championships in Australia;

Carole Fortune was 2nd in IM UK and Austria; Barbara Davis competed in her first 70.3 in the Lakes;

Mhairi Ferguson was 2nd in the Big Tri (Ben Nevis);

Arnott Kidd still competing at 75 years old.

There was broad participation at many events.

We organised a successful training week-end in Peebles.

We introduced a spinning at Next Generation.

Bike time trials were run through the summer months, with Greg McDowall the men's winner and Fiona Milligan the women's winner. Callum Hendry organised a postal swim.

Hope for more of the same in 2010.

Membership report

Andrew McMenigall, membership secretary, acknowledged the efforts of Peter Downie for his help and in particular the membership packs which had been received very well. In addition, Andrew thanked the rest of committee for help in compiling and organising membership packs.

Encouraged by number of new members in particular, which stood at over 50.

Treasurer's Report

Greg McDowall, club treasurer, reported that the membership structure changed to three tier which more than covered cost of packs.

Races this year were profitable, NYD made £1550, Gullane profit was up this year thanks to savings on participant 'goody' packs. Women Only Triathlon made £500. The junior aquathlon in spring made a loss, but the September event was profitable.

The club is investing in 3 new coaches and provided £600 in athlete support.

The club also made a big investment in kit of £5,000.

Profit for the year was £400.

Coaching Report

Doug Steele, coaching director, thanked all coaches for efforts over the year. More coaches coming through in January which will take the total number up to 9. Warrender swimming baths will be out of action until January or February. Edinburgh Leisure has provided an alternative of Leith Victoria, on Tuesday and Thursday mornings.

Spin session to move to Bonnington Mill Spin Gym.

Competition / Racing Report

NYD biggest ever field, good weather and efficiently run.

Aquathlons: good to get children competing. The second one went well especially given that it was held on the same day as the women only triathlon.

Gullane was the Scottish Championship, but unlikely to bid to be so next year.

Women only race went well and received good feedback.

The world championship will be the big event next year, will be looking to get team together.

Target races for next year to be confirmed

Communications update

Mark Chapman was resigning from his post as communications director and the committee thanked him for his hard work whilst in post. It was hoped that Tribull would resume as a monthly production.

Club Equipment

Jim McGoldrick reported that the club had purchased a banner stand and a gazebo this year.

Welfare Report

Nothing to report. Mandy Calder was resigning from her post as welfare officer and the commit-

tee thanked Mandy for all her work whilst on the Committee.

Gullane

Already covered.

New Year's Day

Already covered.

Election of Office Bearers

President, Vice-President, Secretary, Membership Secretary, Treasurer, Coaching Director, Race Director, Facilities director re-elected. Proposed by Jane Stevenson, seconded by James Gibson.

Mark Chapman resigned as Communications Director

Phil Parr Burman elected as communications Director. Proposed by Jane Stevenson, seconded by James Gibson.

Mandy Calder resigned as Welfare Officer.

Claire Halpenny elected as Welfare Officer. Proposed by Jane Stevenson, seconded by James Gibson.

AOB

There was a discussion led by Greg McDowall regarding investigating a junior tie up with a youth triathlon project that Edinburgh Leisure is looking to start. There was agreement that Greg should pursue discussions further.

The Club Championships have yet to be confirmed. The Club Champions will be announced at the day of the swimming gala / Christmas night out

There was a suggestion of distributing Tribull electronically. It was determined that this would be debated at the next committee meeting.

John Whittaker mentioned that the club were soon to be in possession of new 'Hoodies', and that the cycling kit was selling particularly well.

Mandy Whittaker mentioned that the women's triathlon in 2010 would probably be brought forward to May.



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Communications Director	Phil Parr-Burman	phil.pb1960@googlemail.com	07919 398612
Facilities Director	Jim McGoldrick	jimpmcgoldrick@aol.com	0131 660 5098
Club Clothing	Mandy Whittaker	whittaker667@btinternet.com	0131 454 0900
Club wetsuits	Jim McGoldrick	jimpmcgoldrick@aol.com	0131 660 5098
Race Organisers			
Gullane	John Whittaker	gullane@edinburghtri.org	0131 454 0900
Women's Triathlon	Mandy Whittaker	nyd@edinburghtri.org	0131 454 0900
Junior Aquathlon	Greg McDowall	greg.mcdowall@hotmail.com	07779 302153

Looking for coaching advice?

Contact either:

John Whittaker whittaker667@btinternet.com 0131 454 0900

Doug Steele dougsteele@blueyonder.co.uk

Email group: to join send a blank email to edintri-subscribe@yahooogroups.com

Any problems please email membership@edinburghtri.org

To send a message to the group use edintri@yahooogroups.com

Archive: <http://groups.yahoo.com/group/edintri>