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Bumper Spring Edi-
tion!

Racing Season is
on!

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TRIBULL

April 2010



ET Who?

The Editor Says

Phil Parr-Burman



Nothing at all really this time, since you the people are saying all that needs to be said. The race season is well on, with plenty of articles from experienced and newbie triathletes. A new idea

for a series of articles on kit you love from Tom Middlemiss (who clearly loves the smell of polypropylene in the morning).

All in all a bumper issue of articles and opinions and not one but four profiles so you can get to know your fellow club members a little better.

If this isn't good value please someone define the term for me.

Quote of the Month

Detective John Kimble



“There is no bathroom!”

(From “Kindergarten Cop” - but could easily apply to some triathlons)

Club Kit

Mandy Whittaker



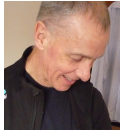
With the race season fast approaching (actually already begun—but that's because I forgot to put this article in the last issue—ed) don't forget to purchase your new ET Trisuit. With them arriving late in the season last year we still have plenty in stock in varying sizes. If you want to try before you buy, we will bring a selection along to the Saturday morning swim session or let John or I know what size you are looking for and we can arrange to get one to you.

We also still have plenty of ladies cycling shorts available. Ideal for getting some sun on your legs in this lovely summer we are going to have! The bib and non bib cycling shorts have sold really well and we hope to be able to order more of these shortly.

We are always interested in suggestions for kit people are looking for so if there is anything you think lots of members would be interested in please drop us an e-mail. A few people have asked us to source a kit bag and running vest and we are currently looking into these. Please bear in mind when giving suggestions that most suppliers have a minimum order number so it has to be something that a lot of people will buy

Do shop around—rant

Scott Bonkers Balfour



I have been working in the Trishop/Tricentre since 2003 and find it gives an amazing insight into human nature. Latterly the competition from online stores has been getting stronger but you cannot beat good advice.

While a keen kayaker (canoeist to the uneducated in that sport) I rose through the ranks to join the national body and do my wee bit on several committees. When I stopped active competition about 1977 I decided to renew my membership every year because I saw how important it is to have a strong group running the sport. Latterly of course my interest has been with triathlon and as a competitor I see the value of our national body and hard working officials. And the value of belonging to an active club which runs events.

In the trishop with John Anderson I saw how much he pumped into the sport with his sponsorship of many events and a couple of lucky individuals each year. There seemed to be an unending stream of folk coming in from all over the country asking if he might provide prizes etc for their club's event. And then at races I would chat to same folk about their new bike or wetsuit and they

would proudly say how much they saved getting item on-line. John was always very pragmatic about this and just accepted that was the way it was.

And then there are the folk coming in asking all sort of detailed questions about this and that and getting good advice from very knowledgeable staff... then politely "leaving it just now". Some would go into a price matching negotiation, a few would come in a while later and tell us how much they had saved!! Some folk even come in to get their bargain purchase fixed!

Very early in my time there I noticed John advising a prospective customer NOT to buy what the customer fancied. Chatting later John said how forcing a sale for its own sake didn't work in his opinion and ruined the good name of the shop. This is not the case in many shops where

"getting A sale" is the priority. There are frequent customers wheeling in a bike that was the wrong size but a genuine bargain - unfortunately the cost of the alterations often overtook the supposed savings.

Similarly with returns - sometimes to me it was obvious the customer had been careless and misused the item but the shop would replace it!

Now ask yourself how many on-line shops support and sponsor our growing sport. What do they put back to help nourish and stimulate activity. How many offer a discount to members. How many can give coherent and sensible advice.

There are lovely wee shops all over Edinburgh that need us to help them make a living not a fortune for some anonymous shareholders. I speak from experience in the Tricentre but recognise and support shops like Run and Become, Run-for-It, Bicycle Repairman, etc. I hope you realise that we need these local places.

Likewise you are wise enough to join and rejoin our club which puts a good lot back into the sport. But enough of this rant on shopping local.... time to train!!



Another rant

John Whittaker



Here is a wee mini rant

Buy Local or on the Net?

It is always great to get a bargain, but when is a bargain a bargain?

I can save a few pounds by searching the web for the best price for stuff, but I also want local events to get support. So is it reasonable of me to go into run and become or the tri centre and get them to invest in our events through product and vouchers and then buy my next tri kit purchase online from a bargain store. There is the

dilemma!

How many online stores put money into local events?

Is it also ok for me to go into one of my local shop and try on kit or size a bike then buy it online because it's cheaper.

I think we all know the answer.

We need races to compete in, races need support, the support comes from local shops, the shops need you to buy from them to stay in business and the roundabout goes on. We have fantastic support as a club from a few local suppliers maybe we need to help keep them in business.

Rant over.

The Triathlete's Utopia

Tom Middlemiss



What is the best holiday you have ever had? Apart from perhaps the two weeks of sandcastle building on a wet St Andrews beach aged eight, mine would probably Lanzarote in January 2010. Lanzarote, where you can eat the full Sunday roast with John Smiths while looking out at the Atlantic ocean, where a tattoo of your football club is mandatory (side of left calf for men, right breast for women), but also where Club La Santa has been running for over 25 years.

Mention Club La Santa to someone who has been there before and a wistful smile comes over their face. A shared knowledge of the way life should be led. Early starts, an excessive number of sports on offer and all shared with an international collection of fellow guests high on the endorphins of exercise.

Basically Club La Santa is a combination of hotel and training facility for people ranging from rank amateur to World/Olympic champions. There is a full athletics track, an 8-lane open water 50m pool, more gym machines than you knew existed and every racquet sport known to man. This is on top of the sea-side location and the fact that Lanzarote is a small volcanic island with over 200km of smooth roads and steep hills. The beautiful Scandinavian super-race known as the 'Green Team' runs races or events every day ranging from the daily 3km run to a half marathon to a mini triathlon.

I had joined a friend with Manchester Triathlon club for a training week. There were 22 of us and 2 coaches. They had created their own training programme and had booked lanes of the pool most days. We swam, biked and ran almost non-stop for the 6 days before grinding to a halt on the last night in the club at 3am. Within the group there was a wide range of abilities which meant that everyone was able to get out as much as they wanted. It was a great atmosphere of effort and a perfect way to beat the shocking winter we have endured. As a way of

The Tranent Triathlon

Andrew McMenigall



I had never raced the Edinburgh University triathlon at Tranent, and thought that it would be a good early start to the new season for me. The race actually filled up on Entry central pretty quickly, so was glad that I had been a bit more organised this year. Once the race was filled it looked like there would not be many ET's racing, but with call off's our numbers were swelled from the waiting list to 6 (Myself, Rachael Todd, Julie McBirnie, Arnott Kidd, David Lorimer and Lynn Hanley). In addition it was good to see some travelling support which was much appreciated.

The weather in the two previous years had been pretty bleak by all accounts, but this year we were blessed, as the sun shone, and the wind did not blow too hard! My preparations for the race had been hampered by the usual niggling injuries / sprains etc. In addition my younger daughter had very kindly shared her cold and cough with me, so with an annoying cough I headed off for Tranent. I decided to arrive relatively early so that I would have time to drive round the cycle course, as I was not too familiar with the route. I had assumed that the route would already be marked, but that was wishful thinking on my part.

After the race briefing at 9.30 there was an hour and three quarters until I was due to set off. Funny how that sound a lot in the cold light of day, but actually it felt quite short after having passed the time chatting with the usual cohorts that one meets at such events. My heat was pretty much in the middle of the program, which allowed me to plonk my bike right outside the exit from the swimming pool, as the marshalls provided a general guidance rather than a specific place to rack your bike. I had planned to have my cycling shoes attached to my bike, but having taken a look at the state of the transition area that I would have to run bare footed through I thought better of it.

I managed to watch Lynn and Rachael do their swims and then before I knew it I was under starters orders. There were only three in our lane, with me off first. I was determined not to fly out, as I was not feeling tip top. On the second

length of the 30, I was tapped on the foot by an RAF triathlete. I thought that he might try to get through right from the outset. It was the best thing I did, as I actually felt pretty comfortable being pulled along by him for the rest of the swim. I even felt that I should return the compliment half way through the swim, but remembered the training session with Scott Balfour where we took turns to lead and to follow. I did not see any need to pull rather than being pulled. I managed to swim the 750 metres in about thirteen and a half minutes, which I was pretty chuffed with.

I actually found the cycle much harder than I expected, possibly because of the excess phlegm that I seemed to be producing (how nice). As a consequence I found the start which was up hill and into the wind harder than I would have thought. I felt I was ok aerobically, but my legs were not as strong as I would have liked. The course is undulating but did involve some roads that were the worse for the winter weather, with one stretch in particular having quite a few pot holes. I usually like to overtake on the bike, but did not manage to overtake, given that I was one of the first out of the pool in my wave. I actually was overtaken by three triathletes, which pissed me off a little bit. I knew that I was not on great form as the final incline back into Tranent appeared much harder than I would have expected.

At the start of the run I had the last person to overtake me on the cycle route in my sights. This was a blessing as I was not feeling my best at this stage. The start of the run is a slight uphill stage, and it felt like I was running with a 40 pound pack on my back. The run is two loops around the local houses. We were well warned about the 'help' that there had been from locals in previous events ('hey big man, not that way, this way!'), but did not enjoy such advice this year. Both the cycle route and the run route were well marshalled, and any local that we did see were supportive.

I managed to reel in the triathlete in front of me within the first kilometre. It felt quite strange, because I did not feel that I was going that fast. I felt more like I was plodding than running. The course took you back round by the finish where good vocal support was coming from the travelling ET supporters club. I seemed to feel a little bit better now, and started to feel that I was run-

ning more than plodding. I only really saw other triathletes in front of me on the very final straight, which gave me the target to aim for. If anybody had only seen my finish they might have thought that I had done a better time, as I managed to sprint to the end. It did take me a little time however to get my breath back.

I was impressed with some of the top quality triathletes that were participating at Tranent, including the likes of Kirsty McWilliams and

David MacNamee. The later taking the honours from Craig Dale, who was not lacking for support. But there was a good spread of abilities and I feel that the event caters well for a starter for the season. I would be keen to do this event again, especially if the weather was a relatively mild as it was this year. I must make a mental note to sign up early again. For those that like their freebies, this is maybe not the event for you, it is run by students after all!

Pos	Name	Time	Cat Pos	Swim	Cycle	T2	Run
32	David Lorimer	01:12:12	15	00:13:27	00:38:04	00:00:28	00:20:11
37	Andrew Mcmenigall	01:14:12	7	00:15:00	00:37:38	00:00:47	00:20:45
52	Rachael Todd	01:18:20	4	00:16:38	00:39:53	00:00:22	00:21:24
85	Julie Mcbirnie	01:27:32	3	00:16:17	00:42:57	00:00:56	00:27:19
96	Arnett Kidd	01:30:34	1	00:19:43	00:43:11	00:01:06	00:26:31
98	Lynn Hanley	01:31:03	5	00:18:38	00:47:36	00:01:16	00:23:32



Me

Lynn Hanley



Doug Steele—not racing,
just messing about (and
giving good support)



Stirling Duathlon 2010 Scottish Championship

Jim McGoldrick



I was asked to write this up on behalf of the "old-timers" in the club. Ouch!

As we all know Edinburgh is hosting the World Duathlon Championships in September so in my wisdom I thought I'd have a crack at qualification as it's not every year a major championship comes to your adopted city. As far back as October I was scheming away, I'd need a new bike... I'd need new legs... I'd need a new cardiovascular system, the one thing I already had was time. So I put together a plan with the assistance of coach Martin Gore who I'd gotten to know and like over the last few years.

16 weeks training from 1st December '09 to race day on 28th March '10. 4 x 4 week blocks all laid out with a goal of getting me to run 10k, bike 40k and run 5k fast enough to get into the World Championships. I have to say I enjoyed almost all of it. Over the weeks the sets were varied and included not only biking and running but gym work, swimming, solo sets and sociable sets. Our massive snowfall over December made for a challenging and turbo-tastic time. Some work days I ran/skated down to the new Spin Studio in Newhaven at lunchtime for a run-spin-run set which was great fun and good mental discipline too. I ran round InverLeith Park (a lot), ran with ETs, co-workers and friends and by the end had got my 5kTT down to a respectable 17:52 biking power output was not much higher on average than before but I was able to sustain it for literally twice as long with HOIYC being a repeated source of pain and entertainment.

In November at last I invested in a new bike getting a great deal on an '09 Giant Trinity Alliance with all the bells and whistles including bling deep rim wheels.....mmmh!!

Time waits for no man and through January and February my training became speedier with lots of bricks, intervals and pain. The pain however was becoming a problem. An old football induced knee ligament problem was beginning to grumble louder and louder throughout February and getting worse the harder I trained into the big blocks of higher intensity in early March. After a consultation with Nicky Smith my

thoughts were confirmed that I was simply pulling very hard on the weakest link in the chain...my knee.(It would need looking at after the race). The good news was that during the penultimate "easy" training week then pre-race rest week, as predicted it settled down and the pains went away. I spent the week before the race on a business trip to Budapest and had the joy of easy-running along the banks of The Danube in glorious sunshine, feeling very very fit and still following my plan to be in fine fettle for race day.

What could possibly go wrong?

Race day duly arrived and I was taking nothing to chance, long compression tights and a compression top under my tri-suit, shoes had been run-in especially for this race, two thin pairs of socks, favourite nutrition, normal drink, nothing new, nothing to chance...all tried and tested. It was cold and blowing a fair wind along the hill-foots of the Ochills, so a careful warm up, I ran a 2.5k loop with Martin then a shorter 600M run with Scott Balfour, lots of stretching and it was time to go. The format was 4 x 2.5k running round the familiar Stirling tri-course run route I took the first lap easy in 9:38 perfect for a sub 40 minute 10k. Then I broke down on the hill on the second lap. The physio initially suspected a snapped achilles but diagnosed a torn muscle tendon junction in my calf below my previously painful knee....

Race Over. DNF.

And that is that. I'm typing here with my leg raised up and my calf iced. I didn't see it coming, it was maybe caused as a result of compensation where one part of my body (calf) was working too hard to protect another (knee) and it couldn't hack it itself. I'm no expert, but that would fit nicely.

Congrats to all those who did qualify :o) in the end I doubt very much if I would have there were some real racing snakes in my age-band. One of them came THIRD overall !!! What!!!

I'll be marshalling in September :o) why not come along too. I'll bring some beer.

Jim

How not to prepare for your first multi-sport race

Liz Richardson



Stirling Championship Duathlon, 28 March

So, training had been going along quite well over the winter months but I didn't have a race to aim for. Having never done a multi-sport race before I wasn't sure what to start with. Caroline suggested that we go for the Stirling Duathlon (I blame her). I didn't notice that quite important word in the middle: 'Championship'. How hard can a duathlon be, I wondered... you don't even have to swim.

Up until early March training continued to go well. Then a week's snowboarding interrupted the schedule (what a hard hip! I even had to eat lots of crepes and eclairs). Unfortunately I managed to crack a rib in a fall, which originally I thought would mean there was no chance of doing the duathlon. But after 10 days (with 1 week to go) I managed a painkiller-fuelled run without much discomfort and decided to go for it. It was only a duathlon after all!

Added to this solid training foundation was my strict nutritional regime leading up to the big day. In the two weeks before the race I had a stupid amount of work on and was working silly hours whilst eating at my desk. I have to admit a Pot Noodle was consumed, as well as a large number of ready meals. And the odd kebab. And an inordinate amount of caffeine and painkillers. My body is a temple, obviously (just not a very well looked after temple). I then discovered that caffeine + painkillers = spontaneous nosebleeds, and when one of these occurred at spinning Suzanne offered to put me down. In hindsight it would have been the kindest thing.

So, cut to race day. By this time I am obviously

feeling like shit. But it was only a duathlon! To avoid the nosebleeds race day was to be a painkiller day rather than a caffeine day. The 10k run was OK, as I managed it in my usual 50 minutes, but things went rapidly downhill thereafter. And not literally, unfortunately. The 40k cycle was 2 laps of a rectangular route, the return leg of which was 7k due west along a straight open road, into a stiff westerly wind. It was brutal for a novice cyclist such as myself, particularly when the elite folks sprinted past, apparently oblivious to the fact that they were cycling into what felt like a gale. And the worst bit was knowing I'd have to do it all over again on lap 2. I very nearly gave up. I had also managed to over-use some muscles in my butt that I previously didn't know I had, which made the last 10k excruciating. The motorcycle escort back into the Stirling campus was more than a little demoralising, as I was then convinced I was last. Then into the 5k run to finish... John would have had even more to say about my running style than usual. To call it 'running' is perhaps being generous. But there were still three of us plodding around the course, which was encouraging. And the cheery encouragement from the stewards helped get me round. In the end I was n't last. I was second to last. But I only managed to beat a woman in the vintage age group. In a time of 3 hours 10. Ouch.

So what did I learn? That I'm not as fit as I thought, that multi-sport races are incredibly tough, that I should pick my next race more carefully, that preparation is key, and that Pot Noodles are awful.

Am I glad I did it? Ask me after the next race, when the memory has faded a bit more!

P.S. Caroline had a much better first race than me, as she qualified for both the European and the World Championships. That's just showing off.

Pos	Name	Time	Scottish Cat
97	Scott Balfour	02:13:33	Vintage
105	Sue Byrne	02:15:06	Senior
167	Kirsten Sinclair	02:25:28	Senior
187	Caroline Mckay	02:29:06	Senior
194	Fiona Milligan	02:32:01	Senior
232	Nicol Fraser	02:48:47	Veteran
235	Elizabeth Richardson	03:10:33	Senior

East Fife Triathlon 2010

Steve Law



Novice: Swim 400mtrs, Bike 10kms, Run 3.5kms (roughly)

Sprint: 750mtrs, Bike 20kms, Run 5kms

What better way to start the day than driving over the Forth Road bridge with virtually no traffic and the sun rays bouncing off the blue waters of the Forth. Thankfully, the East Fife registration is at a sensible time so no 6am rises required.

The transition area was not a free for all but each wave was grouped together per row. This did have its advantages but also the disadvantage of becoming very crowded when several athletes exited the pool at the same time (as happened in the second last wave).

I managed to get parked, register, get my goody bag and rack my bike without any serious disasters which was a change. I did have to run back to the car to get my water bottle but that was part of my warm up!

There were several ETs taking part plus a few others from our sprint2standard group. First off were the novice racers including our very own Fiona Gilfillan and Marco Capriglioni. Both exited the pool in good time (second wave) and hit T1. This could have gone a bit better as the ET vocal support team decided to have a cup of tea while we waited for Marco to put his heart rate monitor on :-). We cheered them back in and watched as they headed off for their run, T2 being better. Marco was first back followed by Fiona, both posting good times. Fiona was an excellent fifth in her age category and Marco was a superb second (could have been first I reckon if it wasn't for the heart rate monitor and tights and gloves and cake and coffee, okay! made the last two up).

Unfortunately (or maybe that should be fortunately) I missed the moment of the day in transition (I was heading for the pool) when one of the novice race competitors transition plans included removing his trunks to put bike shorts on.

I was in the first wave of the sprints and headed off first. Cupar is a nice pool but it was a weird

sensation swimming on such a hot day as the building has a glass roof and the sun was shining onto the shallow end so every time you returned to that end, it was like swimming through a hot spring. I was first of the sprint athletes out the pool which made my mum very proud. However, there are two caveats to this bold statement. First, I was in the slowest category of swimmers and secondly my mum wasn't actually there. Also in wave three were Mike Brown and Andy Scott plus our sprint2standard friends Dave Easton and Siobhan.

There were four further waves which included ET athletes David (Lorimer), Kirsten Sinclair, Vicki Stewart, Rachael Todd, Jon Jack and another of our sprint2standard group Karen Munro.

T1 went pretty smoothly as I was able to find my bike quickly due to it being surrounded by brightly coloured bikes and helmets. The experienced amongst you will have already noted that spotting your bike using other bikes is a very bad idea (see T2). I should have known better!

Anyway, once you have negotiated the dirt track start, the bike route is two laps of an easy-to-navigate route that involves a short flat start which is good as it helps you get your breathing under control, followed by a slow gradual climb for 2.5kms followed by a short sharp climb on a B road. The remaining 6-7kms downhill/fairly flat. There are a couple of sharp turns which are a little scary as you can come into them at up to 50-60kms per hour. I erred on the side of caution but did remember to lean in with my knee high (a Peebles weekend tip). The B road was very bumpy so it was difficult at times to get into a decent rhythm. There were plenty marshals and Police on the main route so there was no need to stop coming back onto the main road. I managed to stay ahead until the end of lap one and was then overtaken by a couple of speedsters, the type with thighs like tree trunks.

Okay, let's deal with T2 ... oh dear. There were only two from my wave ahead of me so my rack was very empty which of course immediately confused me. I tried hard to remain calm and my brain was talking to me in a sensible and logical way. The only problem was, it wasn't in English. My guess was Swahili which is fine except I'd left my Swahili phrasebook in my locker. Eventually a few words of English cleared the fog including the phrase "find your towel". Brilliant idea! A few

seconds later I'd found my towel and parked my bike but there was a delay when going to put my running shoes on [note to self: When buying a new pair of trainers the week before, take a little time to get to know the colour and look of them so that come the first race, you know what the hell they look like]. Of course, it turned out that someone else had a towel almost identical to mine and they were not my running shoes. I did find my bike slot eventually and did recognise my shoes eventually (but only due to the brightly coloured elastic laces I'd bought from the Tri shop the day before). What a cheek! I've got giving Marco stick

The run was 3 laps of a fairly flat course. I'm sure I'm not alone in saying that the start of the run is the worst part of the race for me. At this stage my legs were heavy and a bit tired as I'd really gone for it on the bike. My brain was asking serious questions as to why I wasn't still in bed. Lap 2 was better as my breathing regulated and my legs loosened up somewhat. Lap 3 was a speed-up lap for three reasons (i) I tend to finish faster (ii) My brain failed to read a simple digital watch properly which had me convinced that all the time I'd gained on the swim and bike had gone and I was in real danger of not reaching my time (wrong!) (iii) I work at Edinburgh University and have to deal with pesky student I.T. problems regularly so when I spotted an EU student triathlete 50mtrs ahead of me, I set my target to overtake them before the finish, which I did. I think they mentioned something about a laptop problem as I passed but I just ignored that.

It was re-assuring to see the ambulance staff

half way round the course, especially on lap one. And of course there was great encouragement from Fiona as she wafted the soup in front of my nose as I crossed to start another lap. Boy did that food smell good. Marco was also on hand to give us maximum vocal support. I think I heard him from half way round the course.

I was a little excited on the way through about beating my previous best but I wasn't sure just how much benefit I'd gained from my first winter's training with ET. It was all well worth it as I smashed my PB by over 10 minutes clocking under 80mins.

I joined the ET support team as we cheered all the other competitors home especially those that we knew. Can I just point out at this stage that the "encouraging" shout of "Nice arse by the way" aimed at one of our female ET competitors as she headed round for the third lap of the run did not emanate from a male member of our support team! The culprit was hiding in the crowd wafting soup in front of other competitors. Obviously everyone was pleased to be home and after hugs, high-fives etc several of us settled down with some delicious soup and rolls, chocolate, crisps and the odd swig of beer courtesy of Dave's West Lothian support crew, to watch the wave seven athletes make it look so easy, safe to say their T2 was just a little slicker than mine.

All in all, an excellent day out in glorious sunshine. Well done to East Fife triathlon club for running a very smooth event and congratulations to all who competed.

L to R:

David Easton,
Jon Jack(ET),
Vicki Stewart(ET),
Steve Law(ET),
Mike Brown (ET),
Karen Munro,
Fiona Gilfillan(ET).



ET Results : East Fife Novice

Name	Pos	Swim	T1	Cycle	T2	Run	Time Overall
Marco Capriglione	6	00:08:03	00:02:51	00:20:43	00:01:04	00:14:31	00:47:14
Fiona Gilfillan	20	00:08:14	00:01:30	00:22:55	00:00:56	00:20:19	00:53:55

ET Results : East Fife Sprint

Name	Pos	Swim	T1	Cycle	T2	Run	Time Overall
Martin Gore	3	00:10:43	00:00:31	00:31:37	00:00:27	00:17:10	01:00:30
Peter Ness	14	00:11:44	00:00:30	00:33:39	00:00:27	00:20:01	01:06:23
David Lorimer	28	00:12:08	00:00:45	00:36:14	00:00:45	00:20:24	01:10:18
Kirsten Sinclair	33	00:12:20	00:00:47	00:37:02	00:00:35	00:21:04	01:11:50
Rachael Todd	69	00:15:16	00:00:48	00:38:41	00:00:34	00:21:53	01:17:14
Andrew Scott	72	00:17:17	00:01:07	00:35:54	00:01:05	00:22:26	01:17:52
Steve Law	82	00:14:21	00:00:53	00:39:25	00:01:00	00:23:39	01:19:21
Michael Brown	83	00:18:41	00:01:35	00:37:57	00:01:13	00:20:01	01:19:30
Jon Jack	84	00:15:07	00:00:45	00:38:38	00:00:49	00:24:16	01:19:36
Vicki Stewart	132	00:16:14	00:02:13	00:51:26	00:02:05	00:30:08	01:42:07

Glasgow to Edinburgh Double Marathon – March 6 2010

Karl Zeiner



Not everyone will know what madness I am up to this year so a brief introduction before I give you the race report for the Double Marathon. My A race for this year is Double Iron UK (based in Lichfield: 7.6km swim, 360km bike, 84.4km run).

When I heard about the Glasgow to Edinburgh Double Marathon (GEDM) last year I was tempted as it finished in Harrison Park and therefore within less than half a km from our flat. It also seemed like a great way to give me a confidence boost for the Double IM.

Problem was though, I was injured with shin splints for most of last year and had raced both Ironman France and Aberfeldy Middle Distance with this injury. Not very sensible I hear you say. I know. Those races aside, my run training was basically non-existent from early May through to November. I spent a lot of time at the physio instead.

What I did do a lot of though was cycle and lots of strength training for the legs. Both of these seemed to aid a remarkable recovery as I went from running a stunning 5km in September 2009 to over 250km in February 2010.

My longest pre double marathon run was a 53km run which took me from Edinburgh out along the Water of Leith up to Balerno, over the Pentlands, down to Penicuik, along the disused railwayline which is now a cycle path down to Musselburgh and back into town. I did that in around 5 hours in the first week in February.

Running the double marathon still seemed an extremely daunting task. I had 1 week only as a taper, had a sports massage with Trevor on the Wednesday before the race and went for a 40 min light run that afternoon. I went for the club swim in the evening and was going to take that easy too but when I heard that Callum was planning a 400m TT I quickly volunteered to help with the time keeping.

Thursday was another rest day before doing a 15 min turbo and a 15 min run as a pre race loosener on Friday morning. I spent the rest of Friday sorting out nutrition and packing everything – amazing how long that can take. The race has 5 checkpoints and we were able to

hand stuff we wanted to pick up en route to the race organisers and they would deposit it at checkpoint 2 (Falkirk Wheel). On Friday evening I met up with Doug (one of the triathlon crowd) for a quick drink and got to bed just before 10 but didn't sleep too great and got up at 5:30am on Saturday morning for breakfast (bacon and eggs). Got the 7:03 train to Glasgow (single please) and shared a taxi with Doug to get to the race start. We got there just as registration opened, so slightly early but the next hour went quick enough and left us with ample time to sort the last bits. Met Lucy (Colquhoun) before the start too. She was there to defend her title from last year.

The starting gun went just after 9am and around 100 ultra runners embarked on the 56 miles along the canal paths to Edinburgh. (It is a bit more than a double marathon by 4 miles).

The route is very simple. Follow the Forth and Clyde canal until you reach the Falkirk wheel and then follow the Union Canal until you reach Edinburgh where the canal and the race ends. As Doug and I had different pacing strategies (as you will see shortly mine was not to have one) and different time targets we wished each other good luck at the start and would meet again at the finish.

Just after the start we crossed a road bridge and then got on the canal path, I could already see two runners literally sprinting away from the chasing pack and thought: this is a 90km race? To start with I settled around 10th but dropped a few more places soon when I started on my run walk strategy. I had planned to do 20 min run and 2 min walk making sure I did all my eating and drinking in those 2 min.

I religiously stuck to that plan throughout the race.

Pacing: As mentioned above I hadn't really given pacing much thought, or I had left my brain at home or just got too competitive – not sure what it was but I went off way too fast. In the initial stages I was averaging around 4:45 min per km in my run intervals. By the time I had reached km 36 I was still averaging 5 min/km. I went through the half marathon point in 1:43 hrs and reached the 36 km point in 3 hours, 3:30hrs for the first marathon. It was as if nobody had told me that I was running 90 km today. I just continued doing run/walk on a 20/2 strategy. In the early stages I was happy to let people pass me while I was having my walk and then to

run past them again when I was running. Some would gradually stay behind and some would stay ahead as the field slowly strung out.

I was also very good in taking in my nutrition as planned – something I tend to be not very good at.

The Falkirk Wheel – checkpoint 2 – the 36 km mark is where the race organisers had deposited our spare bags for the 2nd part of the race. I picked up mine, stuffed what I could into my pockets, ate what I needed to eat at this break and moved on. Just before entering CP2 I had opted for a slightly longer run interval to allow me into CP2 without another walk interval just before.

After CP2 the race got quiet. There were huge gaps between competitors. Running through the Falkirk Wheel tunnel was fine but the following tunnel was an experience, unexpected and not really pleasant – slippery and dark.

Although I had started OK after CP2 I wasn't doing as well anymore. My legs had started to ache. The high pace I had started out with was taking its toll even though I didn't realise this. From around km 40 to around km 56 I was going through my first real rough patch of the race. Just after the 2nd tunnel I was caught by a female runner and we chatted for a few minutes before I let her go on her way as I was having another one of my walk breaks. This was the first sign that my pace had slowed. She had been with a group which I had gradually dropped doing run/walk early on. At the start when I saw her she was at the back of the group, at one point she had then moved to the front of the group. She entered CP2 just as I had left but as my pace was flagging she kept strong and had used that early group to keep her own speed down (note to self for the future). When we did have a brief chat she had disclosed that she is an experienced ultra runner with, for example, the West Highland Way race as part of her CV. My pace between CP2 and CP3 dropped into the 5-5:30 min/km pace. I was also struggling with some stomach cramp issues. Checkpoint 3 was at km 56 and I was expecting Fiona there as she had planned to cycle to Linlithgow to see me run through. As it turned out I was still ahead of schedule and Fiona was a bit behind schedule. Luckily we were able to meet at the next checkpoint.

Once past CP3 I seemed to get out of the previous 16 km low and was feeling much better about things. It has to be said we had perfect weather conditions on the day. Virtually no wind, 5-6 degrees, sunny intervals. I was wearing my

compression tights, a t-shirt, arm warmers and a running gilet. There were a couple of moments where I thought of taking the arm warmers off but they were just right overall.

About 5 km before CP3 I overtook a guy who was running in Vibram 5 finger shoes (webbed shoes that look like oversized feet). He had passed me earlier but slowed in the meantime. I spoke to him after the race about the shoes and he had got them after reading the book "Born to Run" as he had back problems (similar to the back problems I am currently experiencing) and since he has the 5 fingers shoes the back problems are gone.

This was the last runner I saw until 20 km later just before CP4. I was suddenly catching up with another runner which lifted my spirits. Not for long enough though. When I entered CP4 I got my hydration pack refilled and it was good to see Fiona waiting for me too although I wasn't very talkative. The runner I had spotted in front of me had vanished for good. Instead the good mood I had been in from CP3 to CP4 had all but gone. My pace had dropped further and looking at the stats I was now running slower than 6 min/km pace. The worst part was getting started after my 2 min walk intervals but I always found some sort of rhythm.

Meanwhile I had also dropped behind my schedule to finish in 8 hours. At CP3 I was still averaging 5:14 min/km pace, by CP4 this had dropped to 5:27 min/km pace average pace. 5:20 pace was the target. I had revised my target finishing time to 8:30 hrs and as I couldn't see any runners I felt that my position was fairly safe too although I did still have about 20 km to go.

I got to CP5 and Fiona was waiting for me there too. I managed to coincide this with my 2 min walk so Fiona walked with me for those 2 min and we had a bit of a chat. Once our ways parted again she headed back into Edinburgh to see me finish while I continued to plod along the final 14 km. Just outside Edinburgh I had stopped for another quick toilet break and looked back and as usual no runner behind me. Next moment this guy comes running past me. Where on earth did he come from. He just vanished in the distance. Once I had entered Edinburgh I was struggling to motivate myself to continue running for 20 min before walking. At one point I was only around 4 min into my run when my mind was going: WALK! I had to change tactic here or it was going to be a long 10 km walk. I changed to 9 min run/1 min walk. This surprisingly worked a treat and got me over the last 10 km with a slightly increased pace. With about

500 m to go I ran past two guys who were walking down towards the finish and one of them asked if I had just run from Glasgow? "Yes" I said.

"Congratulations, we are just on our way to the finish to support".

That gave me the boost I needed to get to the finish. Just as I entered the final few metres I got a shout out from Lucy too. Unsurprisingly she had finished well over an hour ahead of me. I crossed the finish line in 8:27 hours and 19th overall. Very pleased with that result.

I hung about the finish area for a bit and chatted with a few guys then headed home for a bath, pizza and a beer. We went back to the finish to see the last runners home later and catch up with Doug who finished in 9:36 - so a great effort from him too.

Thoughts:

It is amazing how little you think about in an 8,5 hour run. I was concentrating on my Garmin and

my 20 run/2 walk system, I was thinking about where all the other runners are but not much else really.

At no point during the race did I ever think I wouldn't finish even though I had gone off to fast. I still managed the situation well and paced from later on in.

I noticed today though that I never thought - I would never do that again. I said that after every Ironman to date. Was this easier?



Advertising Space

The committee has decided that Tribull will carry advertising for its main sponsors, linked to the issue that we should be supporting our local shops that give us the chance to get good advice and see stuff before you buy it. The first ad will be for the TriCentre—but next issue since there wasn't time for them to create anything for this one.

Anyway, in lieu of a real ad I can tell you that I recently bought a few things there (cycle computer, pedals, bottle cages). All of them at the same price as I could have got from a web supplier that I sometimes use, and with the chance to check them out in the flesh to be sure they're what I was really after.

Phil

Injuries : A mini series

Phil Parr-Burman



Perhaps this little series of articles is appropriate in the month that Alistair Brownlee has picked up a stress fracture injury. (Reminding us that even cosseted elites can get injured).

Anyone who rides a bicycle can, or should, expect to fall off it at some point. On most occasions, this results in nothing more than a red face and dented ego. However, the spectrum of possible injuries extends through scuffed skin, broken bones and the unthinkable beyond. As a witness to Doug's incident that he describes (having shared a swim lane at Stirling I was just

far enough behind him to avoid going into him) it can also happen very very quickly.

It doesn't have to involve a bike though. Sometimes things just happen. A slight imbalance in running style due to an old forgotten sporting injury, or just a change in your body that has to be adapted to or corrected.

Here are a few tales of woe suffered by fellow ETs and how they've managed to overcome them.

Carole

Carole Fortune



I Think most et's heard about my accident but would like to tell you all about my road to recovery – a cheerier subject ☺

As soon as I was discharged from hospital (6 weeks after accident) I started walking every day (still with a collar on to keep my neck straight due to the fractured neck). I was doing up to 3 miles each day by the time the collar came off. Then I introduced jog / walk into the daily distance and got myself running full distance in a few weeks - all very slow but you gotta start somewhere!

Got a hold of Bonkers to start on the swim coaching – something never done in my life before – actually being shown how to swim properly. Had several weeks coaching and it

really made a huge difference. I'm actually now a faster swimmer than I was than before the accident.....technique way to go with swimming obviously.

I had loads of trapezius muscle discomfort to put up with when building up the swimming and running on top of building up the distance in my legs again..... still working on it.

I have since ran my first race – Lasswade 10 mile road race in 82 mins - was aiming for 90 and did not think I could do that, even though in a race it is totally different as we all know! Then a Half Marathon – Alloa – at the beginning of March – had not run further than the 10- miles since accidentgoal..... as close to 1hour 50 as possible.....result 1 hour 46 mins.

Determination is what is all about..... of course we can get over any injury if we want – attitudekeep it positive

All the best, its worth it.

Dougs big fall

Doug Steele



One fall I took that still makes me shudder at the thought happened at the Stirling sprint tri in 2007. In 2006, I lost out on winning the male vet race by 10 seconds. This was annoying because I'd wasted at least 20 seconds retrieving an unclipped bike shoe soon after exiting T1. Twelve months later, filled with resolve to make amends, I was out of T1 and patting myself on the back for getting both feet in to my shoes and well strapped up without problem when I suddenly and unexpectedly found myself sitting sideways to my direction of travel and heading rapidly for the tarmac. The first few hundred metres of the Stirling bike route takes riders down a gentle hill, past a commissaire's kiosk and out of the university campus. To prevent cars picking up too much speed down this slope, they put in some speed humps.

Blinded by smug self-congratulation, it seems I hit one of these, probably travelling at about 20-25mph, and, for some reason (I'm sure I wasn't literally back patting), just one hand on the bars. My front wheel was knocked sideways, the bike flipped round and all forward motion suddenly became sideways motion, slapping me down on to the road at full tilt. I was conscious of some pain and of being winded, but was more concerned about the condition of my brand new Isaac Joule TT bike and also about getting off the road and out of others' way. In an unthinking state of shock and sheepishness, I straightened out the bike and myself, climbed back on and followed the other riders. The rear-gear shifter was broken so I had to change cogs by hauling on the cable, and the rear brake lever was bust, leaving me only a front stopper. Still, I obstinately carried on. As the 20kms slugged by, my hip hurt like hell, breathing became more painful and controlling the bike just got harder. When I got back to T2, I had to ask a marshal to help me get off. I could then barely stand up, was very bloody, and I could only manage shallow breaths as anything deeper set my chest on

fire. As it turns out, I had taken a few layers of skin off my hip, elbow and back, severely bruised my right hand and had broken two ribs. As for the bike, as well as the previously mentioned damage, I had broken a spoke on my fresh-from-the-factory Zipp 404s and scraped my shiny new Ultegra rear mech: this really hurt.

I doubt this incident provided the catalyst, but I see the university has now removed the speed humps.



Richard Thomas

Richard Thomas

I was a keen martial arts practitioner and coach for sixteen years before I was diagnosed with osteoarthritis. My right hip was particularly painful and restricted in movement, and in September 2007 I underwent a hip resurfacing operation, which is a relatively new form of hip replacement. I had been swimming with ET's for about a year or so before the op, which was less painful than jumping and kicking, but had never really cycled much apart from commuting to work, occasional spin classes, and the last road bike I had owned was back in 1992.

During my recuperation I was unable to do much high impact activity but swimming and cycling became central to my recovery. I bought my first road bike in April 2008 (surprised to find the gears weren't located on the frame anymore!) and started cycling with the club on Saturday and Sunday mornings, and continued swimming regularly, improving in the main thanks to the excellent coaching.

I have never returned to martial arts, but instead realised that my sporting life didn't have to end because of my injury/condition. I have taken part in a number of cycling and triathlon events over the past two years, including the Etape Caledonia, and the Midlothian and Aberfeldy triathlons. Although I don't run much these days, I find

plenty to keep me interested and active. It was hard at first realising that I couldn't do the things I used to be able to do when I was younger and injury free, but at 43 I still have plenty of will and determination to keep going for a few more years yet.

What I have learned is that there is always a way to adapt and respond positively to adversity. I enjoy my training so much nowadays I wish I had started years ago. My message to anyone recovering from injury is: take each day as it comes and don't give up.



The ET Web Site Story

Joel Sylvester



If you've not been making good use of the new edinburghtri.org website, why not? Jon has done a tremendous job of rebuilding the site, and its all squeaky and shiny after its spring clean.

Sometimes, in an age of Facebook, YouTube and email on your phone its hard to remember a time before the web. At the last AGM it seemed to fall to me to fulfil the roll as club old git, at least when it came to reminiscing about how things used to be. There's plenty of people who have been in the club longer than me (and who are still faster than me), but I guess I can add my bit.

The new edinburghtri.org website is the latest in a long history. Edinburgh Triathletes was one of the first triathlon clubs in the UK to have a website in 1996, long before the Scottish Triathlon Association (triathlon Scotland before it re-branded) had one, and indeed long before many had heard of the internet. I think Southampton University Tri Club was the first with a website, then we came along. I remember an email from them asking if they could link to us. How quaint.

Triathlon though seems to attract more than its fair share of 'bleeding edge' techies, and the club had plenty, though most still accessed email and the proto web from work. Anyone remember Marty Miller's Triathletes Web and the Triathlon webring?

The earliest pages from 1996 were hosted at the Royal Observatory on my staff page. This is what it looked like in 1997.



Edinburgh Triathletes

Over fifty members of all abilities - novices are welcome. Regular training sessions, time-trials, handicapped runs, coaches qualified to STA level 1, training weekends, 'groovy' kit, monthly newsletters, frequent social events and it only costs a fiver to join!

[Contacts](#) [Club Events](#) [Training](#) [Newsletter](#)

 Scottish Triathlon Association

After a while the handful of pages were drawing enough traffic to come to the attention of the observatory computer admins, who didn't seem to mind but it was pointed out that it could be awkward if I was seen to be promoting something clearly nothing to do with the Obs. The site moved to u-net.com, one of a long line of inter-

net service providers that have been bought up, subsumed and renamed over the years.

I doubt if many of you remember the flipped, speedo'd, bike carrying ET hero in shades.

This was before tri-shorts had been invented, and we all raced in speedos (known as budgie

smugglers, I'm sure you can work out why). I was in San Francisco about 1996, and found a pair of special Speedos which had padding built in. Such comfort!

In 2002 Mary-Ellen Foster took over the running of the site.

Unlike me, she was a proper geek, doing a PhD in Artificial Intelligence and got stuck into the latest website technology - CSS. It also took on the Edinburgh Triathletes makeover that Celina Davis created for the club, including the glorious purple that strikes fear into other Scottish clubs, and the ET logo. We also bought the edinburghtri.org domain where the club has lived ever since.

Edinburgh Triathletes

"If God invented marathons to keep people from doing anything more stupid, triathlon must have taken Him completely by surprise."
P.Z. Pearce, M.D.

Welcome to Edinburgh Triathletes - home of the largest Triathlon club in Scotland. We have over eighty members of all abilities - from the totally obsessed to complete novices. We have ironman competitors, sprint specialists, duathletes and everything in between. The club organises regular training sessions, time-trials, handicapped runs, training weekends, bird purple kit, monthly newsletters and frequent social events. We now have 5 STA coaches who are only too willing to impart to you more experience and knowledge than you could ever want.

Although we do have a few of the maniacs most people associate with the sport of triathlon, most of our members are quite normal! We have as wide a range of abilities and ages as you can imagine.

[The New Millennium Triathlon - show me more!](#)

[Results for the Gullane race - Scottish Championships](#)

New URL for the Scottish Triathlon Association - <http://www.tri-scotland.org>



- [What's New?](#)
- [A bit of history...](#)
- [What the hell is Triathlon?](#)
- [Want to be a triathlete?](#)
- [Club contacts](#)
- [Up coming club events](#)
- [Club training sessions](#)
- [Best of Tri-Bull](#)
- [Other articles](#)
- [Links to related sites](#)
- [Email me](#)

	<p>This Triathlon Webbing site is owned by Edinburgh Triathletes.</p> <p>Want to join the The Triathlon Webbing?</p>	
<p>[Skip Prev] [Prev] [Next] [Skip Next] [Random] [Next 5] [List Sites]</p>		



At this point, any content added to the site required a new page to be written, or an existing page to be edited. This was onerous, and Mary-ellen and myself quite often managed to break the site or mess up the formatting with a missed html tag.

The next big step was to move to a Content Management System, or CMS. This put the website content into a database, and made it a lot easier to add new items without having to know any html. In 2004 the new Mambo based site was unveiled. Mambo still forms the core of the site today, though it has been rewritten and renamed as Joomla, and I doubt if much of the original underlying code remains. At the time I was pretty excited about the possibilities the new site opened up, with calendars, forums, news amalgamation and user participation. Some of those ideas were still a little ahead of their time, but with the advent of Web2.0, social networking and all the rest of what makes the web today such facilities are now commonplace. This was also the first occasion we required registration to get full access to the site. Since the content was now stored in a database the page was generated anew for each visitor, it never existed as a single entity in one

place, and as such the web archives I've taken the site examples from struggles to maintain a full copy.

Now, how long before we have a version of the club website formatted specialy for my iPhone?

Joel

The screenshot shows the homepage of the Edinburgh Triathletes website. At the top, the title "edinburgh triathletes" is displayed in a stylized font. Below the title is a quote: "If God invented marathons to keep people from doing anything more stupid, triathlon must have taken Him completely by surprise." A navigation menu on the left includes links for Training, Races, Newsletter, Articles, Photos, Contacts, and Links. The main content area features several sections: "Club news" with a sub-section "Fettes swimming returns 6 February", "New website location" providing the new URL and mentioning the disappearance of the old one, "Weekend cycling" with information about group cycles, "Edinburgh Bicycle New Year's Day Triathlon 2003" with details about the race conditions and winners, and "Upcoming events" listing a "Saturday 1 March Running time trial". A footer at the bottom indicates the page was last modified on 2003-02-06 and provides an email address for comments.

edinburgh triathletes

"If God invented marathons to keep people from doing anything more stupid, triathlon must have taken Him completely by surprise."

et

- Training
- Races
- Newsletter
- Articles
- Photos
- Contacts
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Welcome to the **NEW** homepage of Edinburgh Triathletes , one of the largest triathlon clubs in Scotland and the **Scottish club champions of 2000 and 2001**. We have over 100 members of all abilities, from the totally obsessed to complete novices. We have Ironman competitors, sprint specialists, duathletes and everything in between. The club organises regular training sessions, time-trials, handicapped runs, training weekends, really cool kit, a monthly newsletter and frequent social events. We now have several STA coaches who are only too willing to impart to you more experience and knowledge than you could ever want.

Although we do have a few of the maniacs most people associate with the sport of triathlon, most of our members are quite normal! We have as wide a range of abilities and ages as you can imagine.

Club news

Fettes swimming returns 6 February

I guess they cleared up the "flobam and jetsam" issues, so there will be swimming at Fettes on 6 February after all.

New website location

The new home of the Edinburgh Triathletes website is now: <http://www.edinburghtri.org/>. edinburghtri.org.uk and edintri.org.uk will continue to work, but edintri.u-net.com will disappear soon!

Watch for lots of updated content in the next few weeks... bug Mary Ellen if it continues to stagnate. :)

Weekend cycling

There are group cycles most Saturday and Sunday mornings. Watch the mailing list for announcements of times, locations, and estimated paces.

Edinburgh Bicycle New Year's Day Triathlon 2003

Despite sleet, rain and snow, everyone seemed to enjoy the race again this year. The ChampionChip timing system stood up to the conditions, and the race director was a lot more relaxed than usual at the end of the race.

The IronKids duathlon was bigger than ever, and rather worrying. Some of those youngsters had better bikes than me. What happens when the start doing triathlons? I think we may have to introduce age handicapping next year. Steven Clark especially may like to see Fraser Cartmell handicapped by a few seconds

The triathlon final categorised results are available [here](#) - its about 200KB I'm afraid. Competitors will receive results in the post in a week or so.

The IronKids results are [here](#)

Thanks to everyone who made the race possible - Joel

Upcoming events

- **Saturday 1 March** Running time trial. Meet 9:30 at Leith Academy.

Last modified 2003-02-06. Send mail to web@edinburghtri.org with any comments.

Kit Fetish Corner

Tom Middlemiss



"OMG!" she said, "You look so damn hot in that hoodie, do you want to go for a drink with me?"

"Sorry Chrissie, track session always comes first. John would be too disappointed."

Initially I thought it would be fun to write an article about the ET hoodie because everyone has one and they seem to be great.

Then I thought that you could develop this by having a regular feature where every edition someone gets to publicly or privately sound off about how much they love a piece of kit they own – expensive or invaluable.

So here goes.

Basically the hoodie has changed my life around for the better. Thanks CRAFT, thanks ET, thanks everyone.

A Fan.

Good idea for a series Tom. Anybody else got any fetishes they want to share? - Ed

MY FAVOURITE PIECE OF KIT

I picked one of these babies up at a great price. £20 for a CRAFT hoodie! It doesn't get any better than that. When I saw that it was embroidered with the names of both my favourite triathlon club and triathlon shop in Edinburgh my life was complete. It was as close as I could allow my chiselled body to getting a tattoo. If I was ever to get a tattoo it would be 'The Tri-Centre' on my right shoulder-blade. But I digress.

The cut is perfect in all the right places and with that cool little draw-cord at the neck you can get even tighter into the hood after stepping out into the blasting cold after another sweat-pouring spin session with Hugh and Richard.

The thing is so light and yet so warm! How is that possible? With the stitching in the centre of the front pocket it is like two pockets for the price of one! Gels on the right, bars on the left. I know everyone in the club has one, but that means that everyone knows what I'm talking about.

I was walking down London Road towards the Monday track session last week when Chrissie Wellington pulled up next to me on her way to do a few laps of Arthur's Seat.

Profile: Nick Sinclair

Describe yourself in 10 words

Tired, hungry and grumpy after all this tri training!

What age group are you in?

30-34

What's your day job?

Soon to be a man of leisure, although currently an actuary

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

6 months. From outset everyone has been very welcoming and the club caters for members of all abilities. Even on the brutal hold on if you can cycles they're kind enough to stop and wait for me (sometimes).

What are your ambitions in triathlon?

Finishing IM France in June (hopefully with no medical assistance).

What is your favourite club session?

Wednesday night swimming. The group swim sessions have been really beneficial, and this one is at a slightly more sociable time of day.

Please give an answer to at least six of these questions:

Did you come to triathlon from another sport?

Nothing serious since leaving school. I've dabbled with various sports over the years but mainly running to keep the pounds off from spending all day at a desk, until the knees suggested I tried something a bit different.

What's your favourite piece of kit?

Probably my Trek 1.7, it's not the blingest bike there is, but a big step up from the old Edi Bikes Continental I've had in the shed for years, which put me off road bikes (I assumed they were all that uncomfortable). If only my chicken legs could do it justice and make it go fast.

What one thing would improve your performance?

Possibly some leg strength, as cycling is my worst discipline.

What has been your best racing or training moment?

I was fairly chuffed getting through Aberfeldy last year considering I only decided to get into triath-

lon 6 weeks before.

What has been your worst racing or training moment?

Gullane 2009 was my first OD and I was a bit disappointed when the swim was halved (although this was quickly revised about 20m into the race). It was pretty rough and I ended up throwing up for the first couple of miles on the bike, which was fairly grim. Otherwise it was a great event and I still can't decide whether it was tougher than Aberfeldy or not.

What is your favourite post-race treat?

Burgers, cake and chocolate or something equally unhealthy. Still got a bit of work to do on my nutrition.

Who or what inspires you?

If you could replace one triathlon discipline with something else, what would it be?



(Pic of Rachael in with Nick's profile due, even with some editing down, to lack of space on Rachael's—Ed)

Profile: Rachael Todd

Describe yourself in 10 words

Faster-up-a-hill-than-down-a-hill...

What age group are you in?

30-34 (added by ed—author reluctant to admit)

What's your day job?

I'm a numbers geek at Standard Life.

How long have you been an ET member?

About 6 months. As someone who's completely new to the sport it can be quite daunting joining a club where you think everyone's super fast and knows what they're doing but ET was very welcoming. I really like the way the everyone is made to feel a part of the club regardless of ability and there's something for everyone at all the sessions. The coaches do a great job of encouraging everyone to continually improve and I've been really impressed with the amount of support there is both in training and at races - there's always someone on hand to offer help, advice and answer all my idiot questions.

What are your ambitions in triathlon?

If I can crack the swimming I would love to work my way up to a middle distance race.

What is your favourite club session?

I probably enjoy the Saturday morning cycle the most - once you manage to get out of bed and down to Dalkeith in time it's a great way to start the weekend and blow away the Friday night cobwebs. Wednesday night swim sessions have made an unbelievable difference to my swimming but they're a bit like torture for me! I also enjoy Thursday night spinning, especially now there's the new fangled heart-rate zone stuff

Did you come to triathlon from another sport?

Not really, other than a bit of military fitness circuit training in the Meadows and a few 10ks last year. I was very unспорty in my previous life.

What's your favourite piece of kit?

That would have to be my shiny new bike. Before buying a mountain bike a couple of years ago (only to discover I don't actually like mountain biking, too much going 'fast' downhill!) I hadn't ridden a bike in about 15 years. Although mountain biking wasn't for me I really enjoyed the cycling and finally bought a road bike in February and it's great! It's a bit nervous going round corners and down hills at more than about 1mph but I'm hoping to train it up and coax some

speed out of it over the coming months!

What has been your best racing or training moment?

Finishing the Tranent Sprint last month and somehow managing to be the fourth fastest girl. It was my first proper triathlon and although I'd been given lots of advice from everyone I still had no idea what I was doing. I was quite nervous about the swim but after a bit of heckling from some of my fellow ETs who had turned up to support I managed to complete it without drowning. I learnt a few things about how not to set your stuff up in transition and got a well earned rest in T1 while I looked for my bike helmet which had been blown away in the wind. I especially enjoyed upsetting a few blokes on fancy bikes by overtaking them up the hills (only for them to come flying past me on the down-hills!). I can definitely recommend entering a race where all the young whipper-snappers from Edinburgh Uni are marshalls not competitors if you want to finish further up the rankings!

Your worst racing or training moment?

I took my new road bike out for it's first spin and was really enjoying it until I started to head home and could barely turn the pedals. I had real doubts about whether I'd done the wrong thing buying the road bike and whether I was mad even thinking I'd be able to do a triathlon. I didn't know if there was something wrong with my bike or if I was just knackered and rubbish at cycling. It turns out there was something wrong with the brakes and (although I didn't know it at the time) and I ended up cycling back to town from somewhere out past Tranent with the front brakes on. I got a lot of jokes about resistance training after that. And very tired legs.

What is your favourite post-race treat?

Cake, a big mug of coffee and a nice rest on the sofa!

If you could replace one triathlon discipline with something else, what would it be? I'd replace the swim with pretty much anything. You might have guessed by now that me and swimming are going through a rough patch!

Men with shaved legs: yum, yuk or indifferent?

Yuk. There are enough men about in too-tight-tight lycra about without adding shaved legs into the mix!

Profile: Francesca Osowska

Describe yourself in 10 words

Formally fit, currently injured, planning my comeback, perhaps next year.

What age group are you in?

40-44 (yikes)

What's your day job?

Director for Culture, External Affairs and Tourism at the Scottish Government

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

10 years. I like the variety of sessions and mixed ability.

What are your ambitions in triathlon?

To do one again.

What is your favourite club session?

Would be Saturday morning for the mix, if I ever made it there.

Please give an answer to at least six of these questions:

Did you come to triathlon from another sport?

Was vaguely a swimmer and runner before taking up triathlon.

What's your favourite piece of kit?

Garmin Forerunner 310XT.

What one thing would improve your performance?

Femoral nerve regrowth.

What has been your best racing or training moment?

11:08 in the Roth Ironman distance in 2006.

What has been your worst racing or training moment?

Getting lost running in Italy, was out for four hours, got scratched to death by hillside undergrowth and had to be rescued by hotel owner.

What is your favourite post-race treat?

Can of full-fat, full sugar Coke and a Mars Bar.

Who or what inspires you?

Was amazed by David Walliam's channel swim and Eddie Izzard's marathons.

If you could replace one triathlon discipline with

something else, what would it be?

At the moment replace the running with more cycling.

Name three songs you would recommend for a training session.

'Out of Control', Chemical Brothers; 'Throwing Shapes', Dirty Vegas; 'All My Friends', LCD Soundsystem

Men with shaved legs: yum, yuk or indifferent?

Yum, but they need to have good legs.

Women with six packs: yum, yuk or indifferent?

Yum, wish I had one.



Profile: Doug Steele

Describe yourself in 10 words

Really, really, really, really, really, really, really, really, really, really tedious

What age group are you in?

45-49

What's your day job?

A bit of ducking and diving.... no, it's true: I part-time teach kids to swim.

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

I joined in 2002 and love its capacity to both delight and depress me.

What are your ambitions in triathlon?

To be half as good as Scott Balfour and maybe to join him, just the once, on the start line in Kona.

What is your favourite club session?

John Whittaker's Monday track session; running round in circles suits me fine.

Did you come to triathlon from another sport?

Not really; I was a passionate scuba diver, but the only benefit to triathlon this had was that it left me unfazed by swimming in rough water.

What's your favourite piece of kit?

Either my Garmin Forerunner 305 which tells me everything I need to know while biking and running, or the orthotics fitted by Jacqui Baggaley which instantly put an end to years of knee and calf-muscle pains.

What one thing would improve your performance?

A good jab with a cattle prod

What has been your best racing or training moment?

Finishing 3rd overall at the Aberfeldy half IM in 2006, becoming Scottish male vet champ at the same time.

What has been your worst racing or training moment?

I've never felt so miserable as when, on a training ride in 2003, I was caught in hail, rain and high winds, already cold and exhausted after 5

hours on the bike and still 60 minutes from home.

What is your favourite post-race treat?

Taking a chocolate bar, breaking it into small blocks, and not sharing a single one.

Who or what inspires you?

Scott Balfour, Gordo Byrn, Marc Herremans and the promise of chocolate.

If you could replace one triathlon discipline with something else, what would it be?

Dishwashing in place of the run. Sprint: light lunch for two. Standard: three-course for 4. Long distance: Banquet for 16. Washed, rinsed, dried and stored - I'd be world champ.

Name three songs you would recommend for a training session.

Words - The Doves (Good rhythm)

Eminem - Eminem (Good advice and good rhythm)

Breathe - Telopomusik (Good advice, good rhythm and good memories)

Women with six packs: yum, yuk or indifferent?

Six packs: yuk. Firm and flat: yum. Slightly round and feminine: very yum.





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