

**Phew, wot a
scorcher!**

Irish Special !

7 Race Reports !

et
edinburgh
triathletes

TRibull

June 2010



The Bealach Beag ! -see inside

The Editor Says

Phil Parr-Burman



In honour of the European Championships being in Ireland next month this edition is an Irish Special. All our profiles are Irish and, well, that's it really. In September the World Championships will be in Budapest—so we'd better recruit some Hungarians.

Its definitely worth checking out the ET website. One of the things hidden in there is the club championship—check out the Forum for that. Leading at the moment are Callum Hendry and Rachael Todd.

News from your Committee. James Gibson has joined as Entertainments Director, and is right in there sorting out the Ceilidh for later in the year.

Quote of the Month

Clubber Lang



Prediction? PAIN!

Ceilidh

James Gibson



Venue TBC

A season finale party/training session!

An evening for ET's, family and friends.

More information to follow....

Edinburgh Triathletes Annual Ceilidh

Keep the Date Free

Saturday 18th Sept

ET Support and Announcing the Development Fund

Francesca Osowska



You will be aware that in the last two years, the Committee has given £100 to athletes who represent GB at world and European duathlon and triathlon championships. The club has decided to make a change to this scheme to ensure that as many athletes as possible can benefit from club funding. In addition, the Committee aims to reward those who volunteer for club activities. Therefore, the following will apply:

Athletes representing GB at World and European duathlon and triathlon championships will have their membership refunded (only one refund per year).

The club will continue to support coaches. The Committee has decided that the priority is to develop further existing coaches, rather than train new level one coaches. Coaches will receive payment of half their fees in advance and the other half once they have completed a certain amount of coaching for the club (currently 30 hours). The committee will agree when the second half of the payment is made. The club

will continue to support coach professional development and any coaches wanting financial support for professional development should contact the committee.

Marshals at races will continue to receive excellent goody bags.

Committee members (main committee and race committees) will receive 20% discount on club kit.

Development Fund

A new 'development fund' will be created which the Committee will administer. This will allow all members to apply for funding for amounts up to £100. The criteria for the fund are:

Funding must be related to triathlon or duathlon or related multisport;

The activity funded must have demonstrable benefit for the individual and the club;

Proof of expenditure will be required.

If you are interested in applying for the development fund, please e-mail me to allow the Committee to discuss.

Any queries, please get in touch.

francesca.osowska@btopenworld.com

Ode to the Borders Series

Anon



I am excited, I am nervous,
I wonder will it start raining,
I hear my heart beating,
I see the clouds coming,
I want to get started.

I am nervous, I am focused,
I pretend I am Lance,
I feel strong and breathless,
I touch my forehead;
where the beads of sweat dance,
I cry this is useless,
I worry I'm cramping;
Where the %*! is T2?

I am focused, I am racing,
I understand my pain and my pacing,
I say "keep running hard",
I dream of the finish line,
I hope it comes soon.

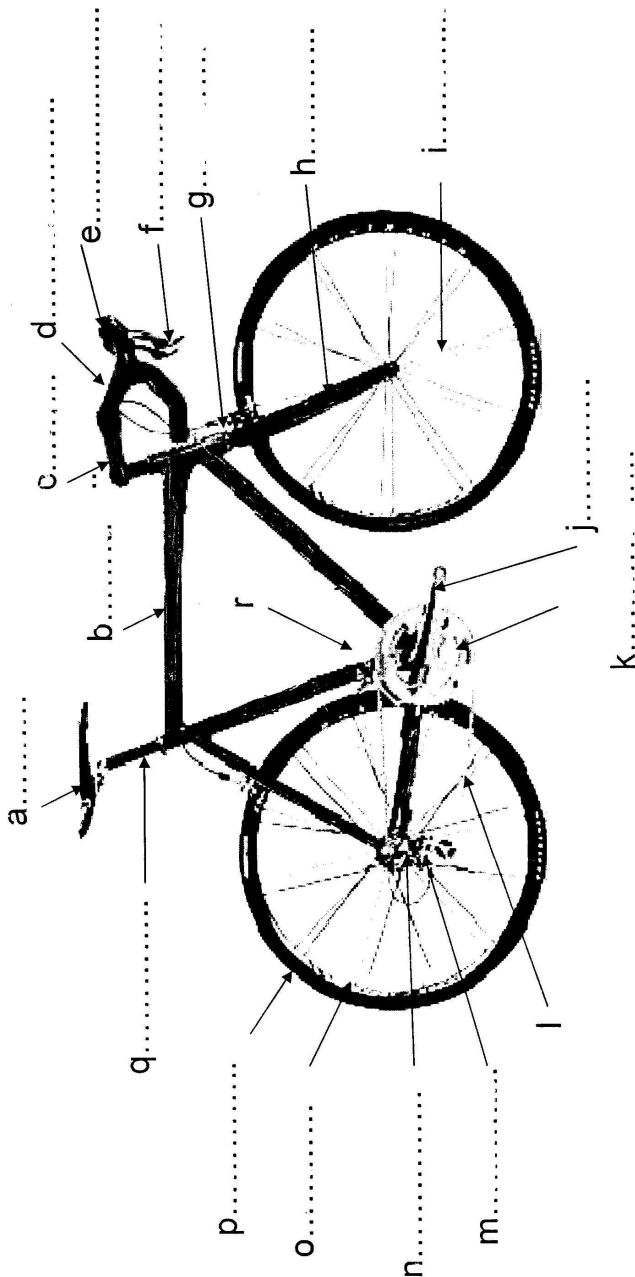
I am racing; I am finished,
Never again this is mental,
I log onto to entry central.

Bike Quiz

Jane Stevenson



Think you know you're way around a bike?
Try to identify the parts, then check yourself with the answers near the back of Tribull.



Coaches Corner

John Whittaker



Watching the transitions at Tranent made me think.

I know that very few of us are going to swim like an elite athlete, or manage to cycle or run like one. The similarities are there, we can have the same gear and the same honed look but unfortunately we are unlikely to be as fast.

But!!!!!!!!!!!!!!

We can do transitions as the elite athletes do. With effective planning and practise then our transitions can be as slick or better than the elites. Those folks who do triathlon as a job can spend loads of time on the road in the pool and in the gym, you would think they would also understand the importance of practise in transition. Well the successful ones do, but there are loads of examples of unsuccessful ones as well. Most transition things are very simple, the most

simple is knowing what you are going to put on in what order and then setting the kit up in that order. Even simpler, walking through your route from the swim to the bike until you could do it with your eyes closed. Know where your bike is helps a lot. Knowing your route out and into transition is also kind of important so walk it through.

Watching Alistair Brownlee in Hyde Park last year when he headed into T2, he knew exactly where he was going even though there was a crowd of 45 guys hitting the line together. How? I noticed that on every lap of the bike he made a point of looking at his transition stand, and before the start of the event he walked the distance in from the line, it looked to me like he was counting how many paces it took. Now we don't race on lap courses where we ride through transition but we can learn about being familiar with our routes.

The next steps..... TBC.

PS. Tear-drop helmets? In a sprint? What is that all about?

Midlothian Sprint (2nd May)

Phil Parr-Burman



How do you get the race number off your arm and leg? This was the topic of the post race discussion. Personally I've always been more concerned with finding the exact shade of black to go over the number again to give that hard man look in the swimming pool for the next week. But if you lean in the opposite direction the top suggestion was from Rachael Todd—Apply moisturiser before the number is written off, at the small risk of giving the number writing guy some extra difficulty and of it coming off during the swim. Maybe we should have an article on top triathlon cosmetic tips? We're getting off piste here a bit though

This was my first race of the season, and the first since my knee cartilage gave way last summer. The operation was 10 weeks earlier but questions remained. Had the aquajogging, squats and cycling been enough? Would the little niggles, swellings and odd shooting pain prove to flare up when I ran 20+ minutes hard for the first time? Would I manage to beat Paul Saddler so he couldn't casually mention to his class that he had beaten James Parr-Burman's dad? I was a little nervous.

It was not a warm morning, and I remembered once doing the East Fife sprint in 5 degrees with nothing extra. Francesca had spent the time in T1 putting tights on and while I shivered up the first hill, struggling to get some blood flow to where it should be, she came sailing past me. So I was considering using cycling leg warmers. Rolled up into a donut you can push them over your ankle in transition then roll them up your leg once you're into the cycle proper. I sought out some expert advice from one time world champion Penny Rother. She didn't need to think about it for long. "Clothes are for girls".

I know my limits however, so I used them anyway, and arm warmers as well. On a similar vein guys, the best shaving gel I've found is Gillette for Women satin care. Gentle on your skin and comes in a nice range of flavours.

As for the race, it was a little cold but the sun came out, the wind held off, it ran on time, nobody fell off. Most importantly (for me) my knee

held up without problems and I even felt good on the run and strong on the hills (they looked like hills to me anyway). I would have been happy enough with the time in any race, never mind only 10 weeks after surgery.

I said in my article a few weeks earlier (aquajogging shoes, Feb 2010 edition) that I'd let you know if the aquajogging works – definitely yes! Its not even that boring with the ipod inserted (just ignore the strange looks you get) and if its good enough for Lornah Kiplagat and Jennifer Aniston its good enough for me. I'll even keep it up as part of my normal training.

Results are below. I was 3rd place superset – my first bling ever (except a 3rd vet in the Porty aquathlon when there were only 4 vets in the race, and first in a Javelin competition (Welsh Leagur 1986) when the good guys didn't turn up).



Here's me trying to run and with the leg warmer slipping down—seems I forgot the suspender belt. Thanks to Athol Brough for the photo.

The stats...

| Pos | Name | Time | Swim | T1 | Cycle | T2 | Run |
|-----|----------------------|----------|-------|-------|-------|-------|-------|
| 13 | Douglas Steele | 01:05:03 | 12:36 | 00:38 | 31:57 | 00:45 | 19:05 |
| 35 | David Lorimer | 01:09:50 | 12:29 | 00:49 | 35:38 | 00:42 | 20:09 |
| 36 | James Gibson | 01:09:52 | 13:16 | 00:40 | 35:46 | 00:43 | 19:25 |
| 41 | Phil Parr-Burman | 01:10:24 | 12:29 | 00:53 | 34:18 | 00:37 | 22:05 |
| 42 | Callum Hendry | 01:10:35 | 12:30 | 00:48 | 34:48 | 00:56 | 21:31 |
| 55 | Paul Rowllings | 01:13:04 | 14:47 | 01:05 | 35:04 | 00:54 | 21:12 |
| 61 | Angela Kidd | 01:13:56 | 13:00 | 01:08 | 36:41 | 00:49 | 22:18 |
| 63 | Andrew Mcmenigall | 01:14:09 | 14:31 | 01:04 | 36:15 | 01:28 | 20:49 |
| 70 | Nicol Fraser | 01:15:29 | 16:26 | 00:52 | 36:39 | 00:36 | 20:55 |
| 80 | Michael Allan | 01:16:51 | 13:58 | 01:14 | 37:20 | 01:01 | 23:16 |
| 83 | Rachael Todd | 01:17:08 | 16:01 | 00:56 | 37:38 | 00:49 | 21:41 |
| 90 | Elizabeth Richardson | 01:19:06 | 12:01 | 01:36 | 41:55 | 00:52 | 22:40 |
| 96 | Laura Carbonell | 01:19:44 | 12:56 | 01:34 | 41:09 | 01:01 | 23:02 |
| 114 | Andrew Fahey | 01:23:39 | 13:10 | 01:35 | 40:25 | 01:00 | 27:28 |
| 145 | Vicki Stewart | 01:33:58 | 16:21 | 02:02 | 46:40 | 01:16 | 27:37 |

A “wee cycle”. Bealach Beag, 8th May

Rachael Todd



Nick asked if I fancied doing the Bealach Beag, what he described as “a wee cycle up north”. He was vague on the details. Before I knew it, Hands On Events had sent me a nice email thanking me for my entry. That’s very nice, I thought, but what entry?! I hadn’t entered. I had Googled it by then and knew what it was! Apparently it was a present for me from the lovely Nick. And who said romance was dead?!

All this Ironman training had started to give Nick some misguided ideas about what counts as a “wee cycle”. The Bealach Beag is a 43.8 mile sportive ride (sounds okay so far?) round the Applecross Peninsula in Wester Ross with 6441ft of ascent (sounds less okay now!). The route takes in the famous *Bealach Na Ba* mountain pass, the UK’s biggest road climb at 2053ft (626m) from sea level in just 6 miles (10k). In short, it’s very hilly and very steep.



Nick at the start (he didn’t actually do it in his jeans, he’s not an Ironman yet)

The event started in glorious sunshine in the

pretty fishing village of Shieldaig. We registered and picked up our attractive day-glow vests, along with an intimidating looking profile of the route. The route card came complete with some handy Gaelic terms in case we fancied a chat with the locals - “Why is there always a headwind?”, “My arse hurts!” and “I’m knackered” being the most appropriate. Someone was definitely having the last laugh with the Gaelic though, the translation of “She looks nice in Lycra” seemed to include the word “snog” while “How far to the top?” included “a gun”...

The route heads south out of the village and through Glen Shieldaig before reaching a junction at Tornapress about 8 miles and a few hills later. It’s here at the bottom of the Bealach Na Ba pass where the real fun starts. You’re met with a huge warning sign, apparently unique in Scotland, deterring learner drivers, large vehicles and caravans from using the road. Perhaps on the assumption that nobody would be stupid enough to try it on a bike, there are no warnings for cyclists.



Tornapress and the infamous warning sign

Nick & I had cycled together up until this point but, with the prospect of the hilly Ironman bike route in a few months time, Nick was keen to do the pass at a faster pace as training for Nice. He pushed on ahead and as I watched him disappear off into the distance I wondered just how long he’d have to wait for me at the top. Let’s hope he’d brought a book to pass the time until I arrived!

The climb starts with a gradual ascent along the shores of Loch Kishorn and fantastic views of the surrounding area. This initial mile or so is straightforward enough and not too challenging. You start to think that maybe all the warning signs and claims of being the UK’s biggest

mountain climb are over egging it a bit when a right-hand bend takes you up a steep section and you're faced with a full view of the challenge ahead. A line of cyclists wound up a steady incline winding up the mountainside and leading off into the distance. Things were starting to get serious!

My legs had started to burn by this point and the view was too good to miss so I took a sneaky break about half way up and tried not to look too far up the valley at what lay ahead. There were already plenty of people walking but I was determined to cycle the whole climb so after a quick breather it was onwards and upwards and time to get back on. I'd only got my cycling shoes a couple of weeks before and my attempt to get started again on the steep hill gave my fellow cyclists a bit of comedy distraction. I eventually managed to get clipped in and back on my way.



The view down the valley (doesn't do it justice)

The climbing is long and relentless. It gets gradually steeper and harder the higher you go. I'd run out of gears by this stage and was beginning to wonder whether I'd manage to make it all the way to the top when the hairpin bends came into view. They looked pretty horrific but I knew these were the final hurdle. The hairpins weren't quite as bad as they looked and, if anything, the shorts sharp bursts you needed to get up these were a welcome change in pace from the relentless grind of the road leading up to them. At 15-20% they were steep and sharp but finally the road swung round to the left to reveal the welcome site of the summit. A final push and I was there just in time for Nick to whip the camera out and snap me grinning like an idiot at the top. The reward was a spectacular view across the west coast and Skye and, more importantly, the flapjack, banana and jelly baby station!

The climb is tough, but do-able. What turned out to be a bigger challenge for me was the long



descent into Applecross. I'm nervous on descents at the best of times and this was hair-raising - steep, windy, and plenty of cliff edges to fly off if you made a mistake. I took it at a snails pace and stopped more times than I had on the way up the climb - I think it actually took me longer to get down the other side than it did to climb up. According to a review of the route I read later on, it's feasible to do the descent with little or no breaking. Good luck with that one! After what seemed like a lifetime of squealing of brakes later, the white knuckle ride was over and we hit the bottom swinging round to a beautiful view across Applecross beach and some more flapjacks.

The route from here follows the coast road round the north of the peninsula. You might have the achievement of climbing the Bealach under your belt at this stage but the trip back to Shildaig is anything but easy. It's something of a roller coaster with countless steep, sharp climbs that were tough going with tired legs from having already climbed the pass itself. The wind hadn't really been an issue up until this point but after leaving Applecross there was a strong headwind - this was where having brought your own Ironman-in-training to shelter behind came in handy! There are some fantastic views across the sea and hills on the way round before the road turns inland finally returning to Shildaig.

All in all, it's this was a great event that was well organised. It's tough and it's hilly, but that's kind of the point. If you fancy the challenge of the Bealach Na Ba pass but this event sounded a bit easy, the Bealach Mor (the Bealach Beag's big brother) is a 90-mile sportive in September that takes in much of the same route and more besides. If you like the sound of it but it all sounds a bit like hard work, someone has kindly videoed the climb in their car and put it on You Tube.

Selkirk Standard Distance and the Sprint to Standard Journey

Vicki Stewart



In November 2009, a motley crew of “athletes” from ET and a few other triathlon clubs gathered together in Steve Law’s sitting room to discuss taking up the challenge of a standard distance triathlon. We were awed by John Whittaker’s computer presentation about target training zones and correct swimming technique, but all left psyched up. After all, it was ages away, wasn’t it?! Sprint to Standard (aka S2S) was born. Our target race was the Selkirk Standard Triathlon. It had been chosen as it was a pool based swim.

On the run up to the race, the e-mail group was buzzing. Questions about everything from nutrition to what to wear were flying about. It’s safe to say that every one of us got the jitters at some point. We had run through our race day kits over and over. I had my ET handbook checklist out several times “just-in-case”.

Having been to Selkirk two weeks in advance of the race to go round the cycle course, you would have thought that we would have been confident. But like all good plans, it all went a bit belly up when we got lost and ended up cycling over 60k rather than the 40k route. It was probably a good thing, in that not only did we discover that we could cycle a lot further, but we also missed out the hill from Hell, but I will come to that later. Coach John had to push me a few times to keep up with the group (I know, cringe) but after much huffing and puffing, one fall (mine) and a few tears (also mine) we found our way back to Selkirk.

On race day (9th May), the ETs were spread out across several heats, so we wished each other luck and joined our respective groups. Having cheered on those in the first heat, most of the remaining ETs and S2S members were in heat 2. It was too late to pull out, so it was time to prepare for the “5, 4, 3, 2, 1, go”. Other than losing count of the lengths around length 40 when the foot tapping began, the swim went well. My climb out of the pool was somewhat scrappy (and involved rolling on the tiles) but I was one discipline down. I seemed to be somewhere in the middle of the finishers from our

heat in some seconds over 30 minutes. Transition was right outside the pool, so there was not a long run. Transition practice went a bit out of the window, despite carefully laying out my kit in a particular order. But it was great to see Claire and Greg waiting at the start of the bike route to cheer us on, having cycled down to Selkirk as part of their IM training.



The cycle was, in one word, challenging. I passed three people with punctures or other mechanical problems on the way round. A marshal asked me for my pump for one girl, which I handed over. Admittedly, this probably wasn’t the smartest move I’ve ever made, but thankfully I didn’t need it. Relatively near the start there were some quite steep (in my book) climbs. As usual, everybody else started passing me at this point. Ok, I’d be lying if I said that didn’t bother me, but I knew that the worst was still to come. Steve Law had driven round the right cycle route the week before and told us that half way round there was a bit of a hill. Apparently it was not as steep as the hill outside Dalkeith, but longer. He wasn’t half kidding. The hill went on, and on... and on. I went up it at the grand old speed of 6k per hour (oh yes, I could probably have run it faster!) praying that it would stop round the next corner, or the next. But it didn’t. Around two thirds of the way up I started mentally lecturing myself that everybody else had made it up, so I darned well was going to too. There was a marshal part of the way up who said that the end “was just over there” pointing way into the distance. It was with relief that I finally came to the cattle grid at the top where two marshals said that while I’d just been through Hell, Heaven was on the other side. By this time, Karen, one of the other S2S members (from Newhaven club) was close behind me. So, it was downhill pretty

much from then on in. You'd have thought that that would have been a good thing, but it turns out, steep down hills with sharp bends and loose gravel are not for me either. I think I screamed (or swore) much of the way down. This is familiar to those S2S members who are used to cycling with me, but it was a lot worse than usual. I pulled my brakes the whole way and managed to hold it at 20kph, but boy did it hurt. Karen behind me found it hilarious; the cyclist fixing his bike at the bottom was somewhat surprised. Mike B told me later that he kept his brakes off and hit 50kph. Now that's fast. Hill conquered, the rest of the cycle was uneventful, other than one of my contact lenses blowing out of my eye with five kilometres to go. (No, I didn't think that that was possible too, but it is.) I spent the remaining 5k frantically blinking to make sure that the other didn't come out. I did a 1 hour 52 minute cycle which was almost a full hour slower than the fastest cycle times; hat's off to them.

The run route was a straight out and back, although it was not particularly well marshalled at the start, so I was not alone in running the wrong way and having to re-find the route about 2k in. Most of the S2S group passed each other on the route, so there was a fair amount of panted "not far now's being thrown about. It was, I must admit, more of a 10k shuffle than a 10k run, but I had the 3 hour 30 minutes target in my head and managed it with 15 seconds to spare.

It was such a thrill to cross the line to be greeted by the other S2S members. We had all made it round without hitch. We were knackered, but very happy. Other than having friends there

cheering me over the line, the other welcome sight was two of the borders physios who had set up tables to offer 10 minute massages for a fiver. The best £5 I spent all weekend!

So that was Selkirk; our first standard distance triathlon and the culmination of months of training and supportive e-mails. For me, it has been an amazing, and exhausting, journey from my first triathlon last September (the Edinburgh Women's Tri) to the finishing line at Selkirk via the East Fife and Midlothian Sprints. Thanks to Coach John and the Sprint to Standard members for making the journey such a fantastic one. The next challenge is to survive my first open water race at Lochore in a few weeks time. Has ET made a triathlon convert out of me? You bet!



| Pos | Name | Swim time | T 1 | Cycle time | T 2 | Run time | Overall time |
|-----|-----------------|-----------|-------|------------|-------|----------|--------------|
| 14 | David Johnson | 21:55 | 00:50 | 01:21:51 | 00:37 | 00:41:09 | 02:26:22 |
| 34 | Callum Hendry | 23:44 | 01:12 | 01:22:40 | 01:21 | 00:48:06 | 02:37:03 |
| 50 | Mike Allan | 27:15 | 01:54 | 01:26:46 | 01:12 | 00:50:06 | 02:47:13 |
| 56 | Michael Brown | 37:06 | 01:54 | 01:26:46 | 01:29 | 00:45:18 | 02:52:33 |
| 57 | Mandy Whittaker | 27:16 | 02:11 | 01:33:20 | 00:44 | 00:50:38 | 02:54:09 |
| 58 | Jon Jack | 29:57 | 02:27 | 01:28:42 | 00:41 | 00:55:48 | 02:57:35 |
| 64 | Steven Law | 30:12 | 01:43 | 01:35:15 | 01:10 | 00:53:34 | 03:01:54 |
| 71 | Lynn Hanley | 31:59 | 02:37 | 01:39:29 | 01:31 | 00:49:58 | 03:05:34 |
| 81 | Vicki Stewart | 30:32 | 02:08 | 01:52:05 | 01:17 | 01:03:43 | 03:29:45 |

Caledonia Etape

Andrew McMenigall



Caledonia ETAPE

Damn! I just missed out on getting my application in. Well that was last year, and after the event I was quite glad that I did. But after hearing the terrible news of the 'Tackman', I entered the 2010 race. I took the view that it was likely to be the most tack free race, which it did in fact turn out to be.

Given that there were about 4500 entrants this year, accommodation around Pitlochry was at a premium. I have to be honest and say that I did not put a huge degree of effort into organising accommodation. Most places appear to be pretty much full within a month or two of the event opening for entrants. I had resigned myself to sleeping on a floor of a friend's house until Nicol Fraser came to the rescue offering a bed with his group.

We travelled up on the Saturday afternoon in order to register that day, ahead of relatively early start on the Sunday morning (16th May). The weather over the week-end was almost perfect, with a little bit of rain overnight, but this soon dried as the temperature climbed to a comfortable level. The group that I was staying with were all ex rugby players. But this was no 'boy's on tour week-end', as being fine athletes that we are, we were all tucked up in bed by 10.30. Interestingly in the lodges either side were a gaggle of girls up for a hen night. As we turned in, they looked like they were just getting going at that time.

Funnily we did not see much of them the following morning as we headed off in convoy to Pitlochry for the start. If anybody is familiar with Pitlochry and in particular the high street, it will not be lost on them that it is a bit of a squeeze to fit 4,000 odd cyclists on it. It was a little bit of an organised 'rammy'. Even though cyclist were to set off in waves determined by their intended completion time, it was a little hap hazard.

Two years ago when I had done the event, I had thought that I would complete the 81 miles in around 5 hours. I actually completed it in 4 hours 15 minutes. For this years event I found myself starting in a group ahead of most of the other

ET's. Checking their times against their expected time, they also fell in that trap.

What is unique about this event is that there is pretty much always a peleton to be part of. Unlike the 'no draft' rule that most of our cycles have, The Caledonian ETAPE is a veritable draft fest. As a consequence you really can get pulled along to produce a better time than you might have expected.

I was off in the sixth wave, with Nicol's mate Gordon. I headed off with one other of our group. The route took us north out of Pitlochry and then west along the north shores of Loch Tummel and Loch Rannoch. Half way along this stretch was the 20 mile marker. I made it through the 20 mile marker in one hour and 3 minutes. I was a little disappointed, but there was a bit of a headwind to contend with. At the turn around the west end of Loch Rannoch, the wind started to come to our aid. The 40 mile marker was reached at 2 hours and a minute. We were rattling along at a decent clip on the south road of Loch Rannoch through Kinloch Rannoch for the second time.

The downside to the number of competitors, was that it can be a bit tight on some of the roads, where any more than three astride is a bit of a squeeze. As you can imagine, when cyclists are moving at 21 to 22 miles an hour it does not leave much room for error. The road on the south shore of Loch Rannoch was somewhat tight.

I managed to cycle through Kinloch Rannoch and was half way towards the start of the climb up Schiehallion when the perils of such a crowded race became all too apparent. I was overtaking on the outside, despite shouting 'behind' the guy I was overtaking swung too close to me. The clash created quite a noise, and I was surprised that I was still cycling. A few hundred yards on one of the competitors commented that there was a problem with my back wheel. I asked Gordon that I was still cycling with to have a look. He said 'somewhat euphemistically' that it was just a little out of true. That was good enough for me, so I kept going.

Not long after we were starting the climb. At this stage Gordon pushed on as I struggled up the initial steep bit. The Schiehallion climb is steep for the first half mile, then undulates upwards for the next 4 or 5 miles. I felt like I was cycling in sand for a lot of this climb and I worried that my

legs were going to go on strike, especially towards the end of the steep bit. I eventually reached the top and started descending quickly to Coshieville, where we would turn west again along the start of Glen Lyon towards Fortinghall. I decided to go gingerly down the hill, so any hope that I had of sticking with the group that I finished the climb with went out of the window.

I have to be honest and say that I was quite relieved to get down the hill. although many of the cyclists that passed me going down the hill might have wondered why I was taking my time. The last time I did the ETAPE the loop via Fortinghall and the Duneaves road was purgatory, as this was the only part of the cycle that I did by myself. This year thankfully there was plenty of company.

The 60 mile marker just after Fortinghall was reached in 3 hours and a minute. This surprised me, as I thought I had been a bit slower over the past 20 miles. I was however starting to feel it in my legs. Just after the 65 mile mark I tried to be adventurous and move beyond the group I was with to go with a trio that had just passed us. Determined as I was to catch this group, I just did not have the legs and momentarily found myself stuck in no-mans land. The group that I had been with came through and pulled me through to Logierait. This marks the beginning of the closing straight, where cyclists turn northwards for the final straight back to Pitlochry.

The turnoff is a sharp lefthander with a nasty short sharp uphill section at the beginning of it. Despite my best efforts, I found myself coming to a standstill half way up the first stretch. I decided to walk up the rest of the slope and jumped back on 30 yards on. The final straight is a narrow road that undulates upwards to a peak which provides an excellent view down into Pitlochry. I felt like I was going slower and slower as the road undulated upwards. I seemed to be being overtaken on a regular basis.

At the end of the last climb I did not have time to stop and enjoy the view of Pitlochry that opened up before you. I was just content that the finishing line was in sight. Even going downhill it seemed that I was being overtaken on a regular basis. Eventually we were back in Pitlochry and the '400m to go' sign came into sight. No matter how tired you are you push on when you can smell the finishing line. Thankfully nobody overtook me in this final sprint. So at least I could feel that I was finishing strongly. Four hours and nineteen the clock read as I went through the line. Given that my wave started 12 minutes after the first, I had beaten my previous time by

8 minutes.

Gordon who had managed to finish within four hours was waiting patiently for me at the finish line. I could see how excited he was to go under 4 hours, a time well ahead of his expectations. We started to talk about my clash just before Schiehallion, when he pointed out the damage to my back wheel. I had incurred 4 broken spokes on my back wheel. This put my time in some perspective. Maybe next time, if I can keep out of the way of rogue cyclists, I can emulate Gordon and go under 4 hours.

Will I enter the event again? Yes I will. This is a unique event, which although a little commercial, offers the unique combination of closed roads, stunning scenery and pelaton after pelaton. If you are going to do it, book your place and Saturday night accommodation early, ie now! And put down a time for yourself that is 15 to 30 minutes faster than you think you will do, as you will be amazed how you get pulled round the route. There were a number of ET's taking part this year including, myself, Callum Hendry, Nicol Fraser, Nicola Ross, Richard Thomas. Apologies if I have missed anyone out.

Why not make it part of your plan for next year?

Ironman Lanzarote

Tom Middlemiss



Could Do Better.

I'll wreck the punchline - I finished. The rest of the article is mere filler of my slightly Laurel and Hardy attempt at becoming an Ironman. For serious triathletes there follows very little serious comment on racing an Ironman distance event.

Lanzarote Ironman was last weekend. Myself and 1400 other competitors lined up on the beach at 6.55am nervously waiting for the start. I was bone dry having slightly run out of time getting ready to get into the water for a warm-up swim. The main reason for this was forgetting my speedometer and having to run the highly stressful 15 min round trip back to my hotel room to get it, barging sleepy but supportive spectators out of the way in the meantime. I put on my wetsuit and trotted to the start realising that I had forgotten to put on the high factor suncream that was going to last me all day. Another negative point in my preparation.

My companion and possibly the only person less prepared than me was Tommy (not ET). He had been swimming four times since last September but had been a good swimmer at school so was confident he could knock out the distance with-

out too much trouble. After hearing the horror stories of the tight first turn and being kicked in the head for the first 200m we had agreed to start very near the back. However due to our delay to get to the start line we piled into the mass of orange swim caps. We then realised we were in with the folk aiming for closer to an hour for the swim rather than our more leisurely 1hr15min target. Error. But putting all negative thoughts out of our mind (Joe Friel told me to), we enjoyed the excitement of the build up and the announcer getting us and the crowd into the Ironman mood, whatever that is.

Without even the fanfare of a gun the race was underway as the sun started coming up. We kept to the far right and allowed others to charge past us. I'm a man who likes to spit in his goggles, rinse them out and enjoy no fogging for as long as I need. This method is not compatible with not being in contact with water before the start of a race. I stood to the side once I was in the water to do this only to find to my dismay that I had managed to smear bodyglide onto the inside of the lenses. Blur-tastic for the first loop of the swim! Despite this, I remained calm and with the commitment of a professional foot fetishist searched out people's feet to swim behind. Yes it was quite a long way but I swam easy concentrating on keeping good form and pulling all the way through the stroke. By the end of the first lap, the goggles seemed to be clearing so that when I cleaned them again at the turn, the second lap was a joy to do. The sun was coming up, the sea was calm and crystal clear and it was a fantastic feeling to be swimming in such a large group. I now see the attraction of a shoal of fish.

People told me that there was no need to rush



the transitions. I think in reflection I took this too literally. At 19mins20secs I had the third slowest T1 of the entire race! Every piece of clothing was inside-out, I put on my top backwards, those compression stockings are a nightmare to put on wet and I had a massive bladder to attend to. I'm not proud but everyone has to be good at something. At least every toe was dried thoroughly.

The fantastic support that was a feature of the entire day roared me out of T1. Morale was sky-high as I eased into the 180kms. One water bottle was full of vanilla flavoured Powerbar gels which was to be 'glugged' every 20mins. I had been in Lanzarote in January so knew what to expect from the big hills of Haria and Mirador del Rio. Apart from almost running out of fluid between two aid stations the bike was largely enjoyable. It was great to see villages cheering you through and to hear supporters in cars cheering you on with 'VAMOS TOMI'!

The day was overcast for large sections and the wind did not feel as terrible as it could have been. I felt we had got off lightly with the conditions. The last 40km were quite tough as I was quite tired and wanted to get off the bike.

Another solid transition of 14mins put me out onto the run. A German man I had been chatting to before the start of the race had warmly greeted me in T2 while rubbing vaseline into his entire exposed genital area at my face level while I sat to put on my shoes. After this I felt it was time to get on with it. Towards the end of the bike, the prospect of still having to run the marathon distance was a daunting one. I felt quite good and tried to settle into an easy pace, trying to keep my heart rate around 77% (very technical - apologies). I decided to walk 2mins out of every twenty. Clearly I had not practiced this method before race day but the alarm on my watch to remind me to eat every 20 minutes was still running and I thought that this was as good as anything else. Due to the general cold in the months before the race I had not been running in shorts. I had some trepidation of chafe-age (a real word?) while setting out with some tight fitting undershorts I had borrowed off a friend. They were endorsed by Cristiano Ronaldo though so that did give me some confidence.

The run was hot and the sponges of ice water were very welcome at the aid stations. I managed to get some food and drink down as I went along but there was always a nagging feeling of wanting to vomit for the majority of the run. Turning around at the finish line two times to complete further laps was not as difficult as I had

thought but I did have quite a lot of envy for those going on to the end. There was an appropriate amount of 'digging in' on the second half of the run but I think that you would want that out of an Ironman event. However I do regret not really showing any sort of emotion in the last roar towards the finish line except for wanting to get the hell over the line. In photos it looks like I am in a bit of a rage.

The post race massage was fantastic. The medal is large and chunky if a little bit Jim'll Fix It. The party in Club La Santa the next night was wild and we danced and drank the stiffness out of our bodies. I kept the limp up for few more days so other guests knew what I had been through. Tommy finished too and at the finish we had hugged like only Ironmen can. He has already signed up for next year and is clamouring for me to do the same. I was pretty clear during the race that I was not doing another one. I am not so sure now!

I joined ET last summer with the aim of completing an Ironman. It was done with the help over the year of all the ET coaches especially John, Scott and Doug. Just discussing the event with Doug was a tremendous help. It was really great having other first-timers around too to discuss and train with. So to Greg, Clare, Rich, Aidan and Nick - thanks guys and good luck for your races.

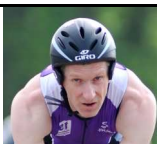


The stats: 883rd (of 1167 finishers).

Total time 13:41:21 Swim 01:16:27; T1 19:20;
Bike 07:27:14; T2 14:52; Run 04:23:31

Strathclyde Sprint

Phil Parr-Burman



How does an event that has the might of British Triathlon, a host of sponsors behind it and organised by a paid company somehow not quite hit the mark for us "Age Groupers". I don't know exactly, but clearly with the demands of having a novice race, a sprint race, an elite female standard race and an elite male standard race all on the same day if anything is going to give its not going to be the televised elite races.

So what went wrong? Not too much actually. The weather was excellent (24 degrees, windless) the course excellent (though challenging on the bike and run), the transition arrangements worked fine. But the race briefing was rushed – meaning that an important safety point ("make sure you ride on the right and keep over to the right so you can be passed, everyone") only came out in response to a question (thanks to our Jane Stevenson) at which point a lot of people must have switched off, because it was like the Coliseum out there. And they abandoned the prize giving because the female elite race was about to start and the guy giving the prizes was also the cycle route chief marshal.

There's a goodly amount of stuff on the Triathlon Scotland forum about some of this. Clearly there weren't enough volunteers, but since there wasn't a local club running it maybe that's not too surprising. Hopefully politics won't get in the way of learning some lessons here.

So to the race. This was the Scottish sprint championship and the first open water sprint of the year. Strathclyde is an excellent venue, which is why it's the course for the 2014 Commy games. Some don't like the bike course (a bit uppy and downy). Some don't like the run

course (a bit uppy and downy), but the swim is excellent, and most definitely not uppy and downy (unlike Gullane some years). I was just there to get some good open water practice and hopefully nurse the old knee towards making a good fist at a world championship qualifier a few weeks later, but they gave me 3rd place super vet ("what were they thinking?").

Who else was there? Andy Strathdee ("I'm only doing this so I don't have to take up my place in the marathon"). Tom Chambers – coming back from some years out, Jane Stevenson, Martin Gore.

Also Fraser Arnot, who isn't a member any more but I just mention it because I beat him for the first time that he couldn't claim a serious injury. And Ali Rowat, fresh from second place in the Lisbon half ironman, who edged it for first lady.

The race itself apart from a disastrous first transition which was a big fumble with the wetsuit zip (I think I forgot the Velcro stuff or something) then a bike mount too early so had to get off, then cross the line, then try to get my feet in without the shoes nicely held by the elastic bands, it went pretty well.

I'd definitely do it again though.

Results for the ETs ...

| Pos | Competitor | Finish | Swim | T1 | Cycle | T2 | Run |
|-----|------------------|----------|----------|-------|----------|-------|----------|
| 9 | Martin Gore | 01:05:23 | 00:11:52 | 00:35 | 00:34:57 | 00:27 | 00:17:34 |
| 24 | Andy Strathdee | 01:08:55 | 00:13:12 | 00:52 | 00:34:05 | 00:32 | 00:20:15 |
| 39 | Phil Parr-Burman | 01:13:46 | 00:13:06 | 00:53 | 00:36:50 | 00:34 | 00:22:25 |
| 47 | Tom Chambers | 01:15:03 | 00:13:02 | 00:37 | 00:39:38 | 00:26 | 00:21:22 |
| 77 | Jane Stevenson | 01:19:52 | 00:14:47 | 00:57 | 00:40:02 | 00:37 | 00:23:31 |

Stirling Sprint 6th June

Phil Parr-Burman



A very short piece on this race just before I send Tribull off for printing.

Stirling is one of the best run races in Scotland and has been an annual fixture for me, and quite a few others, for the last 8 years. Its one of the club target races and quite a few ETs were out there.

Martin got the prize for fastest run split, and little old me got first Super Vet.

| Pos | Name | Time | Swim | T1 | Cycle | T2 | Run |
|-----|-------------------|----------|----------|-------|----------|-------|----------|
| 4 | Martin Gore | 01:02:22 | 00:11:06 | 00:38 | 00:32:36 | 00:33 | 00:17:26 |
| 28 | Phil Parr-Burman | 01:11:25 | 00:11:55 | 00:43 | 00:35:15 | 00:41 | 00:22:47 |
| 30 | Tom Chambers | 01:11:43 | 00:12:14 | 00:48 | 00:37:12 | 00:29 | 00:20:58 |
| 33 | Paul Chowdhry | 01:12:21 | 00:13:46 | 00:59 | 00:35:38 | 00:37 | 00:21:18 |
| 36 | James Gibson | 01:13:43 | 00:12:33 | 01:03 | 00:39:32 | 00:34 | 00:19:58 |
| 44 | Andrew McMenigall | 01:14:22 | 00:14:30 | 01:00 | 00:36:28 | 00:40 | 00:21:41 |
| 45 | Callum Hendry | 01:14:25 | 00:12:35 | 00:52 | 00:36:53 | 00:56 | 00:23:06 |
| 58 | Charlie Maran | 01:16:45 | 00:14:16 | 01:10 | 00:36:11 | 00:52 | 00:24:14 |
| 78 | Rachael Todd | 01:19:55 | 00:15:14 | 01:06 | 00:39:18 | 00:46 | 00:23:28 |
| 96 | Nicol Fraser | 01:21:52 | 00:14:56 | 00:59 | 00:38:25 | 00:31 | 00:26:58 |
| 103 | Michael Brown | 01:22:41 | 00:19:05 | 02:01 | 00:38:51 | 01:02 | 00:21:39 |
| 113 | Jon Jack | 01:23:46 | 00:16:18 | 00:54 | 00:39:12 | 00:40 | 00:26:39 |
| 114 | Andrew Scott | 01:23:49 | 00:18:05 | 01:11 | 00:38:27 | 00:50 | 00:25:13 |
| 131 | Lynn Hanley | 01:27:39 | 00:16:35 | 01:55 | 00:43:22 | 01:00 | 00:24:44 |
| 162 | Michael Carey | 01:30:10 | 00:17:02 | 02:36 | 00:45:48 | 01:08 | 00:23:32 |
| 201 | Anne Moore | 01:36:36 | 00:17:35 | 01:39 | 00:46:37 | 00:51 | 00:29:52 |

Bike servicing/repair sessions with Edinburgh Triathletes

Kyle Strachan



I recently (April) hosted and delivered a bike maintenance and repair session at my work in Balerno, just outside Edinburgh. This was the first session I'd done for ET and I was really looking forward to it.

The day started with the ride out to Balerno for most of the 6 ET's who'd signed up. They seemed pretty happy to be greeted into the warm outdoor centre by the waiting fresh coffee and warm croissants!

It was a pretty chilly day, so we worked inside for most of it. We have an extensive fleet of bikes and a busy workshop operation here, with all the required tools and equipment, as well as educational props which came in pretty handy during the days session. I'm a bike and car mechanic as well as cycling coach and mountain bike tutor, which all ties in pretty well with being the manager of the Outdoor Education operation here.

We started by having a wee chat and finding out what people wanted from the day, then did a wee activity to get to know each other and all the bikes a bit better, the result of which is that we'd all hopefully get a grounding in "bike-speak" by knowing the names of some of the parts of their bikes. It came as a slight surprise when this was to be done blind-folded! But I reckon it worked well ;-)

Everyone worked on their own bikes, so not only did they get specific input required, but everyone's bike also got a good service and clean during the day.

We went into detail about some aspects of making cycling more comfortable, possibly safer and more recoverable when things go wrong. We looked at what kit to carry and how subtle adjustments to your clothing, kit and bike can make a big difference to your riding comfort and enjoyment.

Inevitably we spent a while looking at punctures, front and rear. We actually went through the motions several times. As we say in coaching and instruction "practice makes permanent" so it's important that want your practicing is perfect!

After a nice lunch with some craic and banter, we moved on to look at cleaning, servicing and common problems and how to rectify them. This was followed by a session on some minor repairs and adjustments, giving the participants a chance to do whatever they wanted to their bikes using our equipment with help and input where requested.

The day ended with test rides round the traffic free estate to ensure all that had been done was okay.

A few people are now sourcing tools, parts and equipment through me so there are some budding mechanics out there, which may be another good reason to wear shades when riding as their bikes will be looking pretty bling, so beware!!

I'm happy to help with any technical aspect of cycling or bike repair and servicing, so please just ask, its kinds what being in a club is all about.

I'm collating a waiting list for future workshop courses and sessions. To get on the list please e.mail me at kylestrachan@yahoo.com in the e.mail I'll need to know if you're a beginner, intermediate or advanced, or if your just like to have an open session using our kit on your own bike. The options for delivery are vast, possibly weekend days or weekday evenings so please let me know your preference.

I really enjoyed the day with ET, so thanks to all who came along. The feedback was very positive, as was the social element of the day, so again thank you.

Look forward to seeing some more of you soon.

Cheers

KYLE



Bike Quiz Answers

A. **Saddle.** These come in lots of shapes and sizes. It needs to be at the correct height and position relative to the cranks. Normally it would also be flat but some riders may prefer to point the nose very slightly up or down for comfort when riding on tri bars. It can be adjusted by tilting it, sliding it back or forwards or up/down.

B **Frame.** Frames are typically made of steel, aluminium, titanium or carbon. It is difficult to get the right riding position on the wrong size frame so make sure it fits properly. Seek advice.

C **Stem.** They come in different lengths in 10mm jumps. Typically 100-110mm for a well fitting bike and an athlete of typical build. It can be changed to longer (120mm) or shorter (90mm) to get a better bike fit but this does affect bike handling. Shorter stems will make the steering more twitchy.

D **Handlebars.** These come in different widths, materials and designs. Women specific handlebars with shorter drops to allow reaching the brake levers easier are available. The drops are the lowest hooked part of the handlebars. Handlebars with integrated tribars are available.

E **Hoods.** These are the rubber covered area above the brakes / gear levers where riders can put their hands and ride comfortably.

F **Integrate Brakes / Gear Levers.** These come in different types from different manufacturers with different methods of changing or shifting the gears. Shimano and Campagnolo are popular. Gear levers can also be positioned on the ends of tri bars (bar end shifters)

G **Front Brake.** Brake pads wear out so check them regularly and make sure that they are not catching the tyre or they can wear a hole. Worn brake pads can damage the wheel rim. There are different types of brake pads for different wheel rim materials.

H **Forks.** These can be made of same or different material to the frame. Carbon is popular for a less rough ride.

I **Spoke.** Wheels come with different numbers and types of spokes. If you are over 70kg take advice about riding wheels with fewer spokes as they are less robust. Solid wheels without spokes are called disc wheels. Wheels with 3 solid spokes are called tri-spokes.

J **Crank Arm.** These come in different lengths from 165mm to 190mm in increments of 2.5mm. Most bikes are fitted with 170 -

172.5mm cranks. There are many formulae available for calculating crank length based on inside leg length etc but there have been very few studies into what is best. 170 - 172.5mm is adequate for most riders.

K **Front Chain Ring.** There can be two (double) or three (triple) of these rings in different sizes and with different number of teeth. The more teeth, the bigger the gear. Typical doubles are 53 teeth in the big ring and 39 in the small ring (53/39). Compact chain sets are typically 50 in the big ring and 34 in the small ring (50/34) giving smaller gears.

L **Chain.** This can stretch and wear out so get it checked from time to time and replace when required. A simple tool can be bought to check for wear / stretch. The chain needs to be compatible with the gears.

M **Rear Derailleur (or mech).** This moves the chain up and down the rear cassette.

N **Rear Cassette.** These come in various sizes and speeds and numbers. A 10 speed group set will have 10 rings. The number of teeth dictates the size of the gear, the more teeth, the lower the gear (inverse of the front chain ring). Typical 10 speed gears have rings with 23, 21, 19, 18, 17, 16, 15, 14, 13, 12 teeth (a 23/12 cassette). 23/11, 25/12, 27/12 cassettes are also popular. If athletes like to spin small gears or are riding very steep hills, a top cassette with 25 or 27 teeth may be better. Cassettes wear out (gears can jump) and are often replaced when the chain is replaced but this is not always necessary if the chain is kept clean and is changed before extreme wear.

O **Rim.** These can come in different depths e.g., deep rimmed wheels and different materials e.g., aluminium, ceramic, carbon etc. Brake pads should be compatible with rim material for good braking and no damage to the rim.

P **Tyre.** There are many manufacturers and types too chose from, check them for wear regularly. A lot of punctures may indicate it is time to replace it.

Q **Seat Post.** These come in different materials and styles. If adjusting seat post height from normal riding position, do so in small and gradual increments over a few weeks (e.g., 0.5cm at a time) to avoid injury.

R **Front Derailleur (or mech).** This moves the chain between the big and smaller chain rings

Profile: Clare Halpenny

Describe yourself in 10 words:

5' 5", size 4 feet, blonde, GSOH, can-do attitude, never swears...

What age group are you in?

25-30 (just!)

What's your day job?

Occupational Therapist

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

Been a member for about 3 or 4 years, although I've never actually trained much (mostly swimming and a bit of running to keep fit while I was studying). This is the first year where I've actively trained properly with the club. I think the club has really developed nicely over the past years – I especially like the fact that people are so supportive of each other (e.g. S2S group, IM training group). Also, I think there is such a variety of sessions offered and the coaches are all so generous in giving up their time to help us achieve our goals!

What are your ambitions in triathlon?

Well, this year I'm taking the leap from sprint to IM...so with that in mind my main goal is to complete IM Lake Placid this July (eeeeek!)

What is your favourite club session?

This fluctuates depending on mood. Love early morning swimming (although hate getting out of bed). Really love open water swim sessions in the summer. Spin is always a winner, and John's track session is a brilliant winter session. That just about covers it all really.

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

Did you come to triathlon from another sport?

I have a rather vague background in swimming. I started late, and gave up early. At university I joined the swimming and water-polo club (although to be honest, sessions consisted largely of 1 hour in the pool followed by numerous hours in the pub!).

What's your favourite piece of kit?

Eh, have you seen my bike? (hmmm pink

planet-x....it's revolutionised my cycling. Well actually it's just made me want to train more)

What one thing would improve your performance?

I dunno, Longer legs, higher V02 max, one-to-one coaching.....all of the above really.

What has been your best racing or training moment?

I like to think that my biking has come along nicely over the winter – I now have less bike rage.

What has been your worst racing or training moment?

Ironman training during Scottish winter time was pretty tough.

What is your favourite post-race treat?

Can of Coke.

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

I think replacing the run with a nap would be awesome. I've mastered the technique of swim, bike, sleep – seriously, it's the future.

Men with shaved legs: yum, yuk or indifferent?

Not just yuk, but wrong.



Profile: Aidan Mullan

Describe yourself in 10 words

A t-shirt wearing, sport loving, sandwich eating optimist.

What age group are you in?

30-34

What's your day job?

Project Manager

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

18 months'ish. All the great people I have met and continue to meet. And the club hoody.

What are your ambitions in triathlon?

To finish IM Austria this year and don't have a clue after that.

What is your favourite club session?

Has to be Thursday's early swim.

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

Did you come to triathlon from another sport?

Swimming after about a 10 year drinking gap.

What's your favourite piece of kit?

My BlueSeventy wetsuit.

What one thing would improve your performance?

Running more quickly - I'm deceptively slow.

What has been your best racing or training moment?

This year at the Galashiels Sprint, I came 35th, a big improvement on placing 60 something the year before.

What has been your worst racing or training moment?

Gullane last year- never again.

What is your favourite post-race treat?

A Subway sandwich and a big chunk of Dime Bar cake.

Who or what inspires you?

Alexandre Popov inspired as a youngster and now probably Rocky Balboa.

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

I would replace the run with more swimming.

Name three songs you would recommend for a training session.

Sexual Healing by Marvin Gaye, No Limits by 2unlimited and You're the Best Around by Joe Esposito (The Karate Kid theme song)

Women with six packs: yum, yuk or indifferent?
Yuk.



Profile: James Gibson

Describe yourself in 10 words

| | |
|-----------|-------------------|
| Jolly | Grounded |
| Ambitious | Idealistic |
| Motivated | Buoyant |
| Energetic | Sociable |
| Sporty | Outdoorsy |
| | Not able to count |

What age group are you in?

25-30

What's your day job?

Drill and filling- Irn Bru keeps me in business.

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

6 years - Great variety of sessions, all abilities are catered for and a friendly bunch of exercise addicts

What are your ambitions in triathlon?

To wear GB colours- I may have to steal them

What is your favourite club session?

Saturday morning swim, bike, run is a great session especially if the sun is shining and there is no headwind- as if that ever happens!

Did you come to triathlon from another sport?

I lived on the tennis court and golf course as a kid. Played rugby at school and university, what I lacked in skill I made up in enthusiasm-think I'm still doing that with Triathlon. I'm still a keen golfer, playing off a handicap of 9.

What's your favourite piece of kit?

I got a pair of Newton running shoes which seem to have made me run faster- even if my calves took a battering for the first few months

A new bike with deep rim wheels- I've had the mighty Trek 1000 since 2004 and haven't shown it a lot of love over the years.

What has been your best racing or training moment?

I did the Caledonian Etape a few weeks ago and loved every minute of it 4,500 riders on closed roads would recommend it to anyone- Drafting is the way forward!

What has been your worst racing or training moment?

My first Triathlon was New Years Day 2005- I actually phoned one of the organisers to enquire if it would still be on in such bad weather- he just laughed down the phone. I ran around Arthur's seat in my trunks (more like hotpants) only for the hailstones to start. I felt I was being shot by a BB gun for 15min- red raw...

What is your favourite post-race treat?

Food and lots of it, my sofa and a snooze

Who or what inspires you?

People with dedication and who make sacrifices to achieve their goals.

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

Cycling for Elephant Polo

Name three songs you would recommend for a training session.

Paper planes- M.I.A., Gimme Shelter- Rolling Stones, You got the love- Florence and the Machine

Men with shaved legs: yum, yuk or indifferent?

Never done it myself but would it make me more aerodynamic?

Women with six packs: yum, yuk or indifferent?

Are we talking stomachs or bringing me beer? Yes please for both





| | | | |
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