

5 profiles!

More tech stuff from
Richard!

Race reports!

et
edinburgh
triathletes

TRiBull

June 2011



The ET Committee Meeting Gets Under Way

The Editor Says

Phil Parr-Burman



The pressure of the competition season is beginning to tell. Apart from your June edition not appearing until July (sorry, people!) this episode has fewer articles than normal. The quality is high though, and we've got a whole bunch of profiles so you can get to know your fellow club members.

Club Championships

Phil Parr-Burman



Only 4 more races to go on the club championship. Who's on top? Is it tight? I don't know, but here's the rules to remind you.—Don't forget that you need to have the Triathlon Scotland race licence for your points to count.

Scoring system –

- 10 points for each event
- Women – 2 extra points for each ET you beat
- Men – 1 extra point for each ET you beat
- Your best 5 races to count

- You must have a Triathlon Scotland race licence

Races

1. Stirling Duathlon 27/3/11
2. East Fife Sprint Triathlon 10/4/11
3. Midlothian Sprint Triathlon 1/5/11
4. Knockburn Standard Triathlon 12/6/11
5. Lochore Sprint Triathlon 19/6/11
6. Kelso Sprint Triathlon 7/8/11
7. Aberfeldy Middle Distance 20/8/11
8. Strathclyde Standard Triathlon 4/9/11
9. Portobello Aquathlon 25/9/11

Race bikes for sale

Raleigh Avanti carbon comp, 2 of, one is 56cm the other is 58cm, new, unriden. 105 running gear. Red/white. £999 each.

Raleigh Airlite 200, 51cm, Black, Sora running gear, new, unriden, £299.

I'm at kylestrachan@yahoo.com or on 07813941287

Strength & Endurance – Just a young buck's game?

Richard Foxley



Through a mutual friend I recently had the opportunity to speak with David Joyce, the Injury and Performance Consultant at Galatasaray Football Club, based in Turkey. I always love talking to other coaches and trainers as they are often the most valuable sources of current information and discussing different opinions on things can open the mind to new training possibilities.

During our discussion on all things performance related, David got to mentioning a news piece he had seen in the British press which I too had recently read with great interest. It was all about the incredible story of young Charles Eugster. 91 years young to be precise, and a bodybuilder to boot. In a bodybuilding championship last year Charles performed 57 dips, 61 chin ups, 50 push ups and 48 sit ups, and each in less than 45 seconds. Yes, you read that right. As if that wasn't enough, these numbers become all the more astonishing when you learn that he didn't even take up bodybuilding until the ripe old age of 85!

Whilst Charles' story is obviously far from the norm it does show us that it's never too late to get into some resistance training, something especially important for those of us involved in endurance sports comprising running, swimming and/or cycling where core strength is so vital to maintaining posture, efficiency and performance as well as avoiding injury. For quite a long time it was believed that strength improvements beyond the age of 35 were down purely to neuromuscular improvements in efficiency, as opposed to repetitive stress and muscular hypertrophy, but it has now been proven far and away that the body has the impressive ability to continue muscular development throughout life when approached correctly. Like everything in life however there is an equal and opposite reaction when we stop training and stressing the muscles, they have the ability to atrophy too. Testing has shown us that heavy strength and power training can benefit all adults, irrespective of age, and the correct specific strength training

programmes can improve strength in untrained adults over the age of 60 by up to 200%. Impressive indeed.

Assuming that we are fit and healthy adults without any general health concerns, this can be taken as an indicator that we should all be maintaining some form of resistance training throughout life, athlete or not. Obviously as athletes the intensity and duration of any training programmes should be varied throughout the year depending on how close you are to the racing season etc, but it is clearly beneficial to maintain some form of resistance training. Whatever age you are at, the same principles to programming these workouts should be maintained - beginning with the general, then concentrate on technique, before moving on to progressive overload, all whilst keeping in mind exactly what it is that we are training for. If it's strength, we should be lifting heavy loads with small reps, whereas for endurance it should be lighter loads with higher reps.

The specific purpose of our strength training regimes and the dichotomy between strength and endurance training raises an interesting question though. Since the dawn of time, man has evolved to be either as strong as possible, or as tireless as possible, but not both. The two physical processes of strength building and endurance building tend to prevent each other, but as any top-class athlete involved in a motor-function endurance sport will tell you, optimising both strength and endurance is key to success in modern sport, so as triathletes what do we do?

Due to the phenomenon known as "concurrent training effect" training for both strength and endurance will never be as efficient as training for just one, but introducing some strength training in the correct manner can pay dividends. Whilst long-duration exercise improves endurance in both muscles and the respiratory system, studies have shown that as far as muscle is concerned, the best type of exercise for improving endurance is repeated high-intensity sprint exercise. Put most simply, the higher the activity load on the muscle, the better the subsequent endurance adaptations. I'm not suggesting here that we all go out and start hammering away with huge weights in the gym but by introducing

some sensible and targeted strength training we can maximise the training benefit for our muscles whilst using the longer endurance efforts to benefit our CV system. The improved muscular endurance can then in turn help us go that little bit harder, longer or faster.

As David said, "the excuse of "i'm too old" simply doesn't hold water anymore", and quite right he

is. So if you're not already incorporating some form of resistance training in your weekly training schedule i'd suggest you look up Charles Eugster and see exactly what difference it could make. Who knows, it just might be the difference between achieving that P.B you've been chasing and not.

Ask Audrey

Audrey



Dear Audrey,

I'm a fan of 2 piece tri suits, but articles I read state that this is a fashion faux-pas and should use the 1 piece, is there something wrong with me?

Anonymous (male), Edinburgh

Dear Sir,

For once the age old fashion mantra 'less is more' does not apply. A two piece that looks like a one piece is perfectly acceptable. A two piece which is essentially a nipple skimming crop top and a pair of hot-pants is definitely not. As a general rule, if you have less skin covered than not between your neck and your knees then you have made a fashion faux-pas.

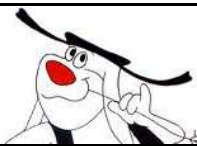
Yours,

Audrey



East Fife triathlon 2011

Steve Law



After last year's excellent weather, I was expecting Cupar to fight back and give us snow. In fact, the opposite happened as the race occurred during that fine spell of weather we had in April this year (remember that ???). I would almost go as far as to say it was too hot at the bottom end of the run course but given recent weather, I'm not going there.

As always there was a good turnout although I did notice during the pre-race talk that there were quite a number of no-shows. This seems to be an increasing problem at races. It's a shame given the number of other people out there who would have been willing to race.

The day started with a children's race which was well attended (28 competitors). This was the first time I'd watched a kids race where they had to complete all three disciplines. The mums, dads and marshalls were allowed to assist in transition which was a good idea. It was a very short race with some taking it more seriously than others but every one of them put in a top effort.

There then followed a junior race. The number of juniors who signed up for the race was two but only one turned up so he raced on his own and won J However, I'm sure this young man would have trashed a decent percentage of people in the main race.

Around 180 people started the main sprint race including eight ETs. Thankfully, the swimming pool temperature wasn't quite as hot as last year but it was still a bit on the warm side. I had lowered my start time from last year and was able to do some drafting. It was far from perfect though and there are still things I have to learn about racing more effectively.

This was the race where Marco started the new

fashion that appears to have been taken on by one or two others J

I was very pleased with my T1 which went smoothly. The bike route is a bit bumpy at times and includes a longish climb followed by a short steep climb but from then on it's downhill or on the whole flat. It was a two lap route and was well marshalled. T2 was also good. This year I am trying to set off on the run at a faster rate rather than leaving it all to the end. I was encouraged when early on, one of the marshalls shouted "You're looking strong", especially after looking back to find nobody else behind me which meant she was actually talking to me. Maybe she had been out in the sun too long. Anyway, the run is a fairly straightforward three lap route which was altered slightly this year but it didn't really affect the distance much. As mentioned earlier, it was very hot by this point so not easy. However, I was reasonably pleased with my run and my overall race time. My target this year was to try and get down to 75mins and I got closer in this, my first race of the season, with 76.29 which was and still is my PB.

ET results were:-

Dan Halliday – 8th overall (7th senior)

Marco Capriglione – 29th (15th senior)

Andrew McMenigall – 38th (14th vet)

Graham Corker – 61st (28th senior)

Steve Law – 64th (21st vet)

Andrew Scott – 70th (25th vet)

Elizabeth Richardson - 72nd (10th senior)

Arnott Kidd – 106th (1st super vintage)

A special mention for Graham as this was his first triathlon race.

Midlothian Triathlon

Andrew McMenigall



You know that the season is well and truly underway when the Midlothian sprint comes round. It is as close as we can get to a home sprint event, with New Years Day still in cold storage. It was nice to see that the weather did its bit, and the sun shone over the whole proceedings.

What was also good to see was the sizeable turnout from ET. With 20 members representing the club, including a number that were taking part in their first ever triathlon, nicely balanced by some members that were at the other end of the experience scale.

I managed to get a lift out from Nicol Fraser, who had apparently been doing very little training since his marathon in Barcelona. He was quick to remind me that as a consequence he had low expectations of his own performance, but higher expectations of mine. The banter had started! It soon became apparent when we arrived in the car park that there were quite a few 'friendly' faces, and more scope for 'banter'.

Another good aspect of so many ET's performing, was that there was pretty much someone to cheer on in each wave. So despite my taking a good book to read, I did not get into it much. There was also some 'locker room' chat to indulge in. Greg was prominent in this, professing to having done very little training. 'Get your excuses in early' McDowall would eventually prove how lame these soundings were.

I always have some form of slight panic when I try to remember what predicted swim time I put down, and who else that I know is in my wave. I saw that Paul Chowdry and Mike Allen were in the same wave as me. I upped the panic level a notch, as Mike has been swimming much faster this year, and definitely much faster than me. On speaking to him however he did say that he had put himself down for an 'old' swim time. Panic recedes slightly.

One of the earliest waves featured Jude Moir in his first triathlon. He even brought his 'personal trainer' with him, which seemed pretty impressive. I noticed that he was pacing himself in the swim, taking most alternate length as breast stroke. I managed to see him come in from the

cycle and out on the run, and rarely have I seen a more relaxed competitor. I good start but you know you have more to come.

One of our Emerald Isle members was also making his competitive debut. Brian Foley appeared to have a more competitive approach, as did the other debutant, Jenny Buxton. It was Jenny that came home first of the debutants, although not much ahead of Jude. I did point out to Jenny that she had recorded a time that was similar to the time I recorded in my first sprint three years ago. I look forward to seeing all three bring their times down.

Of the 'banter' boys I knew that Greg was the first off, swimming like a fish! Well maybe not, but he did not seem to be taking advantage of the other swimmers in his lane. I am not sure he enjoyed the swim much, but as the old adage goes, 'you can't win it on the swim', but I should add that you can lose it. Had he left himself with too much to do? I did not know, because I was starting to concentrate on my own race. And guess what? I was first off. Well not for long.

In fact in the space of four lengths I had gone from first to last. Fear not as this is how I prefer things. The pace was good, and I was going at a pace that I was comfortable sustaining, with the help of my drafting partner. I did happen to come out of the pool as one of the last in my wave, but felt fresh, and ready for the chase. I knew that Mike and Paul would be out quite a bit before me, so Mike was my target. I eventually managed to come in sight of Mike at the end of the cycle, and overtook him at the beginning of the run

It is amazing what help fear can play, as I passed Mike, the last thing I wanted was for him to attach himself onto me, thankfully I managed to pull away from him. I saw Greg coming back towards the end of his run. I did not know how much earlier his wave had started, but in my mind I thought I had a sporting chance of beating him. As I got towards the turn I was lifted, the closer I got without having seen Paul. When I saw him, I had the feeling that was not too far behind him, but another trick the mind plays on you in an out-and-back course.

Through the course of the cycle and run I had managed to catch / pass most of the competitors from my wave, and was pleased to come in three and a half minutes faster than last year. The story however is not a truly happy ending.

My target of beating Greg fell short as he came in 51 seconds ahead of me. I was not actually catching Paul as our run times were pretty much dead on, which allowed him to keep ahead of Greg.

Coming back in from the cycle, just before T2, I saw Doug going the other way, who despite his focus still managed to shout out a word of encouragement. Doug managed to finish not only in a creditable time but also took his place on the podium in the Vet's category. Not bad for an old man! Talking of which, Phil also has been going well this year and also took his place on the podium, but one step higher than Doug, in the Super Vet' category. But Doug will be gunning for you next year! Both were however eclipsed by Barbara Davis, who came first in the Vintage category.

I left my watch with the team photographer, Ms Todd, as I don't like looking at my time through the race. I had to dash off quite quickly after I had finished, so neglected to collect it back from her. I texted her that night to confirm she still had it, and would be able to give it back to me at training that week. Her reply lifted me no end, not that she had my watch, which I never had any doubt about, but that I had beaten her man, Nick, by 6 seconds!

It was good to see some members who I have not seen for a while. Andrew Fahey was out in good form, as was Howard Glynn, who was taking part in his first triathlon for three years. Welcome back! I think his last triathlon was actually my first! There was many other members flying the colours that I did not managed to see / watch on the day. I apologise if I have not mentioned you.

It looks like the next big event, from an ET perspective will be the Open water at Lochore, where there are 32 of us down to compete. Roll on 19 June, and let the banter begin!

ET FINISHING TIMES

Doug Steele	1.03.41
Phil Parr-Burman	1.07.15
PaulChowdry	1.09.15
Greg McDowall	1.09.34
Andrew McMenigall	1.10.25
Nick Sinclair	1.10.31
Mike Allen	1.11.31
Aidan Mullan	1.11.54
Howard Glynn	1.12.16
Nicol Fraser	1.15.09
Liz Richardson	1.18.18
Steve Law	1.18.45
Andrew Scott	1.20.35
Jenny Buxton	1.22.30
Tim Gibson	1.22.42
Jude Moir	1.22.43
Andrew Fahey	1.24.02
Brian Foley	1.24.08
Yee Siang Lim	1.24.30
Barbara Davis	1.29.22

Profile: Karsten Mieves

Describe yourself in 10 words

Hairy, bald German

What age group are you in?

35 – 39

What's your day job?

Civil Engineer on a big infrastructure project in Edinburgh that must not be named or I'll be lynched!

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

3 Years, Learning that I am not the only light-weight drinker!

What are your ambitions in triathlon?

Do a sub six hour half Ironman (and beat Sarah's time!)

What is your favourite club session?

Aidan's Friday morning swim session.

Did you come to triathlon from another sport?

No

What's your favourite piece of kit?

My new Ridley Bike

What one thing would improve your performance?

Faster run.

What has been your best racing or training moment?

Finishing Half Ironman Wiesbaden.

What has been your worst racing or training moment?

Getting knocked off my bike, by a car, whilst riding to Dalkeith for Saturday training 2 weeks before Half Ironman. Luckily I walked away unhurt but my race bike was written off.

What is your favourite post-race treat?

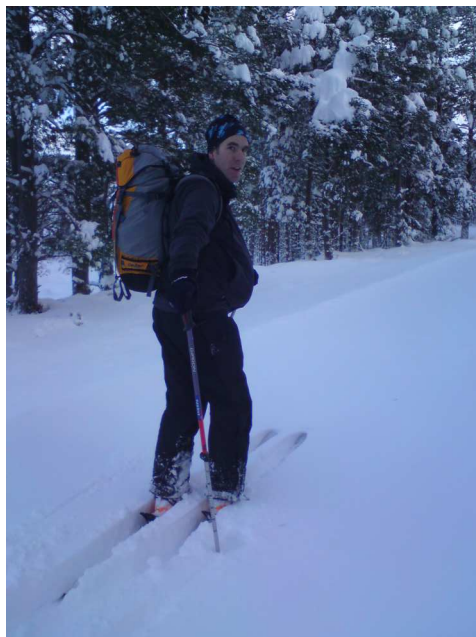
Long hot shower

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

Nothing

Men with shaved legs: yum, yuk or indifferent?
indifferent

Women with six packs: yum, yuk or indifferent?
Yum



Profile: Sarah Compton

Describe yourself in 10 words

Mad multisport pyro-maniac

What age group are you in?

35 – 39

What's your day job?

By day a Finance Manager for a charity called Venture Scotland, by night a pyromaniac

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

I can't remember! 4 years? Being in a group of like minded people would don't think it is strange to enjoy a long bike ride at 6am

What are your ambitions in triathlon?

Finish an Ironman in under 12 hours

What is your favourite club session?

Saturday morning bikes

Did you come to triathlon from another sport?

Swimming

What's your favourite piece of kit?

My Oakley sunnies

What one thing would improve your performance?

Faster bike

What has been your best racing or training moment?

Finishing Antwerp half Ironman in 5.50. I had worked hard but I never dreamed I would finish in under 6 hours (or be the fastest swimmer in my age group)

What has been your worst racing or training moment?

Day 2 of the Speights Coast 2 Coast race in New Zealand last year was tough. It had been raining hard all night, and was still raining, cancelling the beautiful 70k kayak leg. We were all cold and wet on the start line we also had the prospect of an unexpected 147k ride in to Christchurch, a lot further than I had ever ridden before. Luckily the weather lifted once we were 10k clear of the start, leaving clear blue skies and stunning scenery. It turned into one of my favourite ever bike rides.

What is your favourite post-race treat?

Beans on toast with cheese on top

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

Swim with kayaking

Men with shaved legs: yum, yuk or indifferent?

Yuk

Women with six packs: yum, yuk or indifferent?

On women indifferent, on men yuk!



Profile: Keira Murray

Please give an answer to all these six questions:

Describe yourself in 10 words

Energetic, friendly, enthusiastic, and always busy

What age group are you in?

Only just under 25

What's your day job?

I'm a statistician for the Scottish Government

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

I've been an ET member for about a year. I like that there is usually a relaxed and friendly atmosphere but we train hard, and the coaches are really enthusiastic and you never know what they are going to make you do next!

What are your ambitions in triathlon?

To complete a standard distance event

What is your favourite club session?

Wednesday night swimming and running (when I'm not injured!)

Did you come to triathlon from another sport?

When I was younger I did running, swimming and gymnastics, so I guess I've just swapped gymnastics for cycling!

What's your favourite piece of kit?

My bike – although it's a bit old and dirty it still gets me round and gets me to work

What one thing would improve your performance?

Not being injured so I can do more running

What has been your best racing or training moment?

Finishing the Hawick triathlon in one piece (except for blisters) after battling with the rain, and wind, and hailstones.

What has been your worst racing or training moment?

Starting to run in the wrong direction out of the bike transition in the Peebles duathlon a few years ago!

What is your favourite post-race treat?

Chocolate milkshake

Who or what inspires you?

My sister

Men with shaved legs:

yuk

Women with six packs:

indifferent



Profile: Jenny Buxton

Describe yourself in 10 words

Hopefully friendly, like a laugh but also a good argument!

What age group are you in?

Senior (32)

What's your day job?

A doctor

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

I joined in November last year and like how friendly the club is and how varied the sessions are.

What are your ambitions in triathlon?

I'm not a very ambitious person but my next goal is to complete a full distance triathlon.

What is your favourite club session?

Probably the Wednesday Stewart Melville session.

Did you come to triathlon from another sport?

Not really, I've just always done a bit of running and swimming.

What's your favourite piece of kit?

My new bike, which I'm sure is going to make me a much better cyclist!

What one thing would improve your performance?

A new pair of legs?

What has been your best racing or training moment?

Probably managing to finish my first sprint triathlon.

What has been your worst racing or training moment?

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

I might swap cycling with something like kart racing?

Men with shaved legs: yum, yuk or indifferent?

Yuk I'm afraid.



Profile: Tony Rose

Describe yourself in 10 words:

Enthusiastic and stubbornly competitive; fun loving and dedicated family man

What age group are you in?

43 this year, so I think that makes me a Veteran (?!)

What's your day job?

I'm Infrastructure Director at the Scottish Futures Trust; basically I work on procuring and financing big public sector infrastructure projects such as roads, bridges, railways and the like.

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

Only about 3 months, so still finding my feet; there seems to be a great spirit around the place and I've been really impressed at the variety and amount of training opportunities on offer.

What are your ambitions in triathlon?

Confession time here, as really I am a triathlite not a triathlete! Having done limited sporting activity for quite some time I'm concentrating on aquathons at the moment and not the "full monty", so whilst the rest of you have three sports to try and cope with I just have the two; I really don't know how you fit it all in!! No real ambitions as such at the moment, but targets yes. There aren't that many aquathons to compete in, so I'm just hoping to improve my performance as I go through the two or three that do seem to be in the calendar; if I can get under 30 minutes (they all seem to be a 750m swim and 5km run) by the end of the year, I'll be very pleased.

What is your favourite club session?

It's not exactly enjoyable, but at the end of the run/swim combo on a Wednesday night you know you've been in a workout, and it certainly provides great value effort/time bang for your buck! If "favourite" were to be measured by sheer exhaustion, Friday morning swimming would be hard to beat!

Did you come to triathlon from another sport?

See above; I can't even claim to have arrived yet!

What's your favourite piece of kit?

Back in the dark ages I used to wear "Godfrey" goggles - really basic things, with a nose band

made of string – but they worked for me! The company went out of business about 20 years ago, so I was delighted when I happened across a new make of them on the internet a month or so ago; it's great to have them back!!

What one thing would improve your performance?

A tardis to take me back about 25 years!

What has been your best racing or training moment?

Somewhat limited experience of both in recent years! However, finding the legs to "sprint" finish and see off a fellow jogger on the finish line at the EMF half marathon last week gave me a (disproportionate!) degree of satisfaction (for explanation, see first part of response to Q1!).

What has been your worst racing or training moment?

This is an easy one; freezing on the blocks as an 11 year old for what was literally 5 seconds, before re-entering the real world to hear my mum pleading with me from the gallery to just start; the memory still makes me smile and squirm in equal measures....!!

What is your favourite post-race treat?

I entered the Edinburgh half marathon a couple of months ago and treated myself to a massage straight after the run; heaven!!

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

I'm not sure I'd want to replace any of them, but it would be really nice if the relative balance (time wise) between the three disciplines was a little bit more even!!

Name three songs you would recommend for a training session.

I've rather bizarrely taken to listening to Stephen Fry's new(ish) autobiography on longer runs; he's had a fascinating life and the tales he tells and the way he tells them are so engagingly distracting, that an hour and a half can just fly by!

Men with shaved legs: yum, yuk or indifferent?

Indifferent; I used to swim a bit in my youth and shaving legs for big meets was the norm. On one occasion the owner of a B&B I was staying at in Edinburgh did happen to walk into the room

Profile: more Tony Rose

whilst myself and a fellow swimmer were assisting each other to reach those awkward bits you just can't reach yourself, shaving foam and all; I suspect the poor man is still recovering from the experience, and I'm sure he would categorically be in the "yuk" camp.....!!!

Women with six packs: yum, yuk or indifferent?

The mystery of how one ever gains a six pack ranks as high as the mythical "core strength" that Callum keeps referring to on a regular basis at training; so admiration and amazement are probably more appropriate.





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