

**Iron People Exclu-  
sive !**

**Swim Coaching  
Plan Exclusive !!**

**Four ET Profiles  
(Exclusive) !**

**et**  
**edinburgh  
triathletes**

# TRIBULL

**August 2011**



**Race Day at Llandudno**

## The Editor Says

Phil Parr-Burman



OK People. Carsten is spelt with a C, not a K, because he's from Germany, not Sweden, or Belarus or that place that some guy I once met who was called Karsten came from. So go back to last months tribull, get the tippex out and change his profile where I spelt it wrongly. As Doug Steele says, good spelling is what elevates us from the apes, and he used to edit for the Scotsman. Sorry Carsten.

Now, to move on with our lives... Another bumper Tribull edition for you this month. There's important stuff about swim training,, more world exclusives and more inspiring stuff from seasoned and novice triathletes. Also here is what must be the biggest Tribull article ever ,

even surpassing Joel's 6 pages in the August 2010 edition.

Our cover story concerns the Llandudno Sea Triathlon, which was to be part of my build up to attempting qualification for the European Championships next year. It rained, they cancelled the swim because there were waves (this seemed to be a surprise). They turned my bike around from resting on the bars to resting on the saddle, twice, without telling me. This broke the elastics holding the shoes in the mount ready position. So would have wrecked my transition Luckily I didn't do the race (duathlons are not the path of the righteous). They ignored my email asking for a refund (OK I was trying it on a little). The T shirt has shrunk in the wash. The point of this tale? Triathlons run by companies are not a patch on those run by real triathletes, like any of our club races, and most of the ones in Scotland. So support your local race organiser !

## Club Championships

Phil Parr-Burman



Only 3 (or maybe 2 if this comes out after Kelso) more races to go on the club championship. The latest placings are in the table below. Here are 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

The placings are opposite. Thanks to Anne Moore who is your club championship compiler and referee this year. If you know of any errors please let her know.

Also, if your name is on the list but you don't yet have Triathlon Scotland membership there are two honourable options. A) Get yourself membership now (there are many other good reasons to do so). B) Inform Anne so that she can remove your name from the championship.

First Name	Surname	Events	Points	First Name	Surname	Events	Points
Elizabeth	Richardson	3	40	Andrew	McMenigall	4	58
Keira	Murray	2	32	Phil	Parr-Burman	3	52
Barbara	Davis	2	22	Doug	Steele	2	44
Mhari	Ferguson	1	16	Andrew	Scott	3	37
Seonaid	Hudson	1	14	Michael	Allan	2	34
Jenny	Buxton	1	10	Nicol	Fraser	2	34
Lynn	Hanley	1	10	Greg	Mcdowall	2	34
Kirsten	Ness	1	10	Marco	Capriglione	2	33
				Paul	Chowdhry	2	33
				Scott	Balfour	2	27
				Howard	Glynn	2	26
				Andrew	Fahey	2	24
				Nick	Sinclair	1	17
				Dan	Halliday	1	15
				Aidan	Mullan	1	15
				Gareth	Ellis	1	14
				Graham	Corker	1	12
				Paul	Rowlings	1	12
				David	Forrester	1	11
				Brian	Foley	1	10
				Jon	Jack	1	10
				Arnott	Kidd	1	10
				Carsten	Mieves	1	10
				Jude	Moir	1	10

## Ask Audrey

Audrey



Dear Audrey,

I saw someone in orange goggles. Is this acceptable attire for either racing or training?

Only if in a hot country where the orange tinge acts as a sun-shield. Or you're Mike Allan and orange is your signature colour.



Dear Audrey

Regardless of the severity of your lower leg injury, are compression shin guards ever acceptable items of race clothing?

This one had Audrey chewing on her cigarette holder ... definitely the most difficult question thus far! Compression shin guards are fairly heinous fashion wise ... indeed, Audrey can not think of a single fashion designer who has ever cut knees out of trousers but left the above and below knee sections ... However, Audrey is sympathetic to the physiological and psychological benefits to such kit in a race situation (when injured).

Ideally, compression shin guards would only be worn under a pair of full length running or cycling tights [Practicality 1, Fashion 1]. However, Audrey accepts that putting full length tights on is not be feasible post-swim. So, wear the compression shin guards, but cycle and run for your fashion life so that no-one can get an un-blurry photo of you in a tri-suit and compression sockettes. [Practicality 1, Fashion 0] We'll call it a stumble on life's long catwalk.



P.S. Audrey could not find a photo of someone in compression shin guards and a tri-suit. Follow the advice above and let's keep it that way!

Dear Audrey

There appears to be an increasing problem with ET members putting their clothing on the wrong way round. Could this be a new fashion? If not, could you let us all know where we can source sew-on "Front" and "Back" labels?

Yours, Ralph Lauren

Dear Ralph,

As a fashion guru of your standing knows, in this world of ever-changing high fashion, we've re-established the parameters of acceptable clothing wear. You only need to look at the existence of the bib short to see how far we have pushed



the boundaries. In relation to your question, the extent to which this would be 'fashionable' would depend on three key variables (i) gender (ii) item worn backwards (iii) level of intent in fashion statement. For reasons of space, let's take a man wearing a tri-suit backwards as an example. If the zip was meant to be down the back and was accidentally down the front, but stayed zipped, or mostly zipped, you're still ok fashion-wise. If the tri-suit was purposefully put on backwards in order to re-create the bib short look mid-race (zip open to navel), then it's a fashion faux-pas. In such instances front and back labels would be in the interests of both the gentleman in question and the public at large.

Yours, Audrey

P.S. 'Back' and 'front' labels may be ordered from John Lewis or Aitken and Niven.



When more is most definitely more ...

## ETs Abroad

Jim McGoldrick in the Land of the Free



## Classifieds

Classifieds can be put in Tribull when there's space, and only for authors of articles in the recent past.

**Bikes for sale**, all new and unriden...

- Raleigh Avanti Carbon Comp, 2010, full 105, full carbon, red/white, one in 56cm, one in 58cm. £999 ono.
- Raleigh Airlit 300, Carbon fork, Alloy Frame, Tiagra, Red/White, 51cm, 55cm or 59cm, £499 ono
- Raleigh Airlite 100, Alloy frame, carbon fork, Blue/Yellow, 55cm or 59cm, 2010, £299
- Raleigh Avanti Carbon Team, 2011, White/Lime, Dura Ace, 56cm £2099
- Corratec Dolomiti, Size M, Black/Blue, Tiagra, £599

All bikes serviced and repaired, personal fitting service, parts sourced and fitted to order.

[kylestrachan@yahoo.com](mailto:kylestrachan@yahoo.com)

07813941287

**Two bedroom bungalow for rent** in Aberfeldy.

Can sleep six (double room, twin room, twin sofa bed). Ideally placed for training weeks / weekends (close to the Breadalbane Campus and its new pool). Garage for bike storage and hose for bike cleaning. See it online at: <http://>



[mackays-self-catering.co.uk/s/process.php?r=PE593](http://mackays-self-catering.co.uk/s/process.php?r=PE593) . 20% discount off listed price for Edinburgh Triathletes members, please e-mail me directly if you wish to take advantage of this offer at [francesca.osowska@btopenworld.com](mailto:francesca.osowska@btopenworld.com).

## Roth, The Return !

Francesca Osowska



[Story so far: in 2006 I did the ironman distance race in Roth, Germany, in a time of 11:08:30. That was my last decent competitive performance before suffering with an unspecified leg pain, diagnosed over three years later as a vascular problem (blockage of left external iliac artery). In October 2010 I had surgery to repair this. From a vascular perspective this was a success but in the process my femoral nerve was damaged meaning that initially I couldn't move or feel my left leg. I didn't know whether I would run again. But I did, and in August last year I did the Aberfeldy half ironman in a less than quick time of just under six hours.]

On the back of Aberfeldy I decided that I wanted to do another ironman distance race. How bad could it be? Roth was the obvious choice: I knew the course; it was relatively flat; not too difficult to get into; and, being in July, enough time to build up the training. My training was steady, if unspectacular. The highlight was a two day 276 cycling extravaganza in Cumbria: [www.civescumbrianway.co.uk](http://www.civescumbrianway.co.uk). Try it next year; it's great. My one attempted race (the Selkirk Standard) ended up with me pulling out on the run with an injured calf. And, I didn't entirely embrace the open water swim training after a near hypothermic experience in Loch Tay in June. However, despite these minor setbacks, I felt reasonably relaxed in the run up to the race.

That is until the night before we were due to set off when I couldn't find my passport. Panic station. Top tips for last passports: have a photocopy and a highly efficient PA that can lay their hands on it any time of the day or night; don't bother with the Identity and Passport Service helpline (they don't help), just go and see the nice people at the Glasgow passport office as soon as you can.

Anyway, that panic over, and suitably equipped with new passport, I arrived in Germany. Roth is a very small town with not a lot of hotel accommodation. Therefore many competitors choose the homestay option and we were staying with Irene and her husband in the sleepy (really really sleepy) village of Heideck.

What Heideck lacked in terms of atmosphere (it was really very nice, just soooo quiet), it made up for in terms of access to swim start, which was an easier journey than from Roth. So, the day before the race, I managed by third open water swim of the year, managed to get the wetsuit on and off without incident, almost all set. The rhythm of these long distance races is pretty predictable: register day before; faff about putting things in transition bags; rack bike; eat; sleep. And so it was in Roth with the added bonus of hearing an interview with Chrissie Wellington at T1 when I was racking my bike. She really is as up beat in person as she comes across in written interviews.

When I did the race five years ago, I remember getting to the start being fraught. Not this time. We got there nice and early (up at 04:00 - ugh), put food and drink on bike, and then waited for the 06:45 start. The atmosphere was fantastic and there were camera crews buzzing around capturing Chrissie Wellington's every move (poor girl).

Then we were off. The swim was unremarkable; it's in a canal so pretty easy to sight. Was out the water in pretty much exactly the same time as five years ago. The nerve damage means that I seem to get cramp easily in the quad muscle just above my left knee so I had worn knee warmers under my wetsuit as a preventative measure. First minor blunder of the race was when running out of T1 I realised that the aforementioned knee warmers were still on my knees. Not a good look but managed to remove them whilst cycling (without falling off) and then not lose them.

The bike was similarly uneventful although lumpier than I'd remembered. I have revised my assessment of the bike course from flat to undulating. Neal (Doggett, fellow ET member, boyfriend and coach) managed to pop up in a couple of places on the bike course, which was great. I was off the bike five minutes quicker than five years ago (and apparently the course was longer) so that was good. Until I stumbled into the changing tent in T2 realising that my left ITB and a toe on my left foot hurt a flip of a lot. Expectations of run time were hastily revised.

Second minor blunder came in T2 where I got completely (and unnecessarily) tangled in my

triset in the confines of a portoloo costing a good two or three minutes. Then, off on the run. It was apparently very hot (at least 25 and maybe up to 30 degrees in places) but equipped with hat and with a strategy of drinking at every aid station (every 1.5km) I didn't really notice. The pains that I'd felt in T2 seemed to dissipate too (the six ibuprofen that I took on the course of the run might have helped) and so it became a question of mind over matter.

I set myself little goals as I went along. Saw Neal at around the halfway point, which was a big lift to morale and got some ibuprofen gel for good measure. Kept drinking, particularly coke, and had some gels, but never stopped. So, around four hours after setting out on the run I finished. My Garmin made the time 11:12:57; official time was 11:13:02. I will, of course, always believe the Garmin.

So, five minutes slower than last time: a minute for every intervening year and I guess on that basis I will call my rehabilitation complete. One thing that kept me going on the run was the thought that I'd never have to do this again. Not that I didn't enjoy the training or the race but I feel that I've done the long distance thing. At least for a while. I'm relishing doing the Borders series next year.



# Forestman Ironman

Daniel Halliday



This seems crazy in hindsight given how the race eventually went but I was seriously considering not racing and even if I did I didn't expect to race well at all.

In the week beforehand I started experiencing a very tight chest and laboured breathing which I think was partly anxiety and partly hayfever/exercise induced asthma. I also went for a very short ride on Wednesday and felt horrendous which was really worrying as I was expecting the bike to be my strongest leg as this was where I had been able to do most of my training.

On top of this I had had an ear infection for months and had not swam since a sprint tri on 3 April until two 50 length swims in the week before the race to check that I hadn't forgotten how to! A stress fracture in my foot had put me out of any real running until the beginning of May and I had only been able to build up to 90mins because of the worry that it might go again!

This all sounds rather negative but I'm not sure I've been any more stressed in the build up to a race before (ask poor Rowena!!) As I say, it seems bonkers now but it has taught me that I need to learn to be more relaxed about things!!

## Race Weekend

Rowena and I flew down from Edinburgh to Southampton on Friday night after work and were picked up by my parents in the motorhome.



We had managed to get a campsite less than 5mins walk from the event centre at Sandy Bails

which was handy and so I just wandered down on Saturday morning for registration and the briefing. This was the point when I started to get really nervous as the course was described and the size of the undertaking sank in.

I cycled the 15mins or so to transition to make sure my bike was all working properly and was glad to feel that my legs were in a better start than Wednesday night's debacle. As I unclipped from my pedals it felt a lot looser than normal but I had just put new cleats on and so knew it couldn't be that. I had a quick look at my pedal only for half of it to come away in my hand! Then followed a mad dash around the local bike shops for a new pedal and fortunately I was able to find a shop in Ringwood that had some similar for £20 secondhand.

After racking we drove around the rest of the bike course so that there were no nasty surprises and headed back for a good pasta dinner and an early night.

The alarm at 3.45am was a bit of a shock, not least for the rest of my family and fiancée Rowena (did I mention I was engaged?!?! J) but the advantage of staying in a motorhome was a fresh coffee, orange juice, toasted soda farl and two bagels for breakfast!! I wandered bleary eyed to the coach for the short trip down to the lake. It was really misty at this point and unclear whether the swim could go ahead as planned. In the end they had to delay the start by 10 mins in order to check that every buoy was visible from the previous one but otherwise the course was unchanged.

**The Swim – actual time 60.30, chip time (+T1) 64.13**



Swimming had never been my strong point and given that my lack of recent swimming and the fact that I hadn't put my wetsuit on for nearly a year my plan was to swim really steady and just make sure I got through ok. The start was fairly calm given the relatively low numbers and I managed to settle into a rhythm early on although failed to get onto any feet. This continued for the first two laps until I started to get a bit of



cramp in my calves and feet. This coincided with a big group of 10-12 going past me but I was unable to hold on without kicking at all so just eased off and took the last lap steady. I was surprised but pleased to hear from my brother that I was only just over the hour. I took my time in T1, sitting down to get my wetsuit off and into my X-Bionic bike jersey. I decided to go for Skins tri-shorts and tops so that I could have space for spares and nutrition in my back pockets and also change easily into a fresh top for the run as I knew it was forecast to be hot.

**The Bike – actual time 5.05.20, chip time 5.06.56**

I was conscious not to go too hard at the start of the bike as it seems that if you ask for any advice when doing your first Ironman everyone says to take the bike conservatively. I still found myself rolling along pretty quickly on the first section which is the flattest on the course and I was surprised to see my average speed over 37kph. I knew this would probably be too fast but decided to wait and see how it played out over a lap as it was tougher on the back end with more climbs.

I stuck rigidly to my nutrition plan which was to take a High5 bar straight after the swim and then a gel on every 30mins and a bar on every hour, stopping twice to refill drinks bottles meaning 6 in total for the bike. This seemed to work really well and there was never a point when I felt dehydrated or lacking in energy.

I was passing a lot of people early on as expected but after the first lap it got pretty lonely. It was good to have Rowena and the rest of my family at 2 points on each lap as it gave me a boost knowing that they were going to be there and broke up the time. I took the lead about halfway round the second lap of three and was still feeling really strong. Whenever the road went up I sat up on the hoods as I have only ridden my TT bike once since last July and was worried that I might have problems with my back, neck and shoulders if I tried to stay in the time trial position for 5 hours!

My average speed was still over 36kph after two laps and I had thoughts of Hywel's bike course record from last year of 5.01 but not long after this I really started to tire and had to ease off to make sure I didn't completely blow before the run. The little drags that I'd flown up on the first two laps were suddenly a struggle and the climb up Ornamental Drive was a killer, especially as my lowest gear was a 42/23, something I'd not really thought about beforehand. In hindsight I

should have had something easier to make sure I could go easy up a climb if I wanted to.

By this time the fog had cleared as promised and it was really starting to hot up. The last 5 miles or so are quite kind as they are nearly all gradually downhill and you can ease off whilst still keeping a good speed and start thinking about the run. I rolled into T2 with a bike time of 5.05, much quicker than I had expected and hoping that it wasn't too quick to hold together a decent run. I was surprised to see the 2nd place guy come into the tent just before I left as I



thought I had a healthy lead but he must've rode a much better paced effort and taken a lot of time out of me in the last lap as we started the ride less than a minute apart. We had a quick chat and he mentioned that he was a biking specialist and not much of a runner which was reassuring.

**Run – actual time 3.46, chip time 3.51.53**

I took my time in transition, sitting down to change my top, put compression X-Socks on to protect the calf I'd been having problems with, get plenty of fluid down me and stop off in the portalo!

I had decided not to run with a watch or Garmin as the course is very lumpy and therefore holding a steady pace is nigh on impossible and I didn't want to pressure myself if I wasn't holding the 8min miles I thought I'd be able to do (having not seen the course previously!)

I started off at a decent pace up the first road and was surprised that my legs felt ok given how I was feeling towards the end of the ride. I took time at the first aid station to get a couple of gels and plenty of fluid down as it was now about 12pm and starting to heat up. My plan to power walk anything more than a slight uphill drag felt strange at first as I could happily have ran them

if I wanted but paid off in the end, especially given that I'd not run more than 13 miles in training and wanted to save my legs as much as possible.

Out onto the out and back section and my support crew were out in force. This made such a massive difference and I'd like to say thank you to all of them for keeping me going. It's a mentally tough course and seeing people cheering you on at least every 15 minutes is a massive boost. For the afternoon my morning team were joined by my uncle and cousin who live relatively close by.

I started to feel a bit crampy on the first out section and so stopped to have a quick stretch to try and knock it on the head before it got any worse. I had a prolonged stop at the turn-around and got lots of infinit drink, coke and a couple of gels down. On the way back to the middle point I was hoping to not see anyone for a long time and except the guy I'd seen in T2 who was falling behind quite quickly I reckoned I was at least 2 miles ahead of the 3rd place guy and then after that there were lots of people fairly well bunched together, so I had a decent buffer and no-one looked like they were flying (not really surprising given the course!!)



The first half of the run went without incident, I was into a steady routine at the aid stations as the heat and removed any appetite for food; one water, one infinit, one coke and a water over the head. I was hot but didn't feel like I was suffering too much for it, the cooling effect of the X-Bionic top seemed to work well and I stayed well hydrated, stopping to relieve myself at least 4 times!

The lowest point for me after I'd collected my second band of three and was heading back to the middle point in the hottest part of the day. My energy levels seemed to dip and my stomach was feeling really gassy. I waited until the forested section but had to pull over and relieve the pressure (in at least 3 waves!), with some nearby bracken proving effective in the absence of Dulux! Although this took a good few minutes, I felt so much better afterwards and was able to run strongly from there on.

I always had in my mind that I just needed to keep running and not blow up to take the win and I never really felt on the limit on the run (although clearly exhausted at the end). Having reached the middle station for the last time and turned for home I picked it up a bit knowing that the relay team was not far ahead of me and their runner was really starting to flag. I caught him just before the road with a mile to go and was able to enjoy the gradual descent back to Sandy Balls knowing that I'd won.

### **Total time – 10.03.02**

I was ecstatic to win and slightly disbelieving given the build-up I'd had, but there was a tinge of disappointment to see 10.03 on the clock. I'd had no idea what time I was on without wearing a watch although 3 minutes is a long time and in all likelihood I'd have missed out on sub-10 anyway.

All in all I had a day well above my expectations and it's making me reconsider my decision to drop doing much triathlon and concentrating on cycling for next year. I'd love to Hawaii some time although with a honeymoon to save for I wouldn't be able to do it next year even if I could qualify so I'm thinking of just doing HIMUK next year alongside the cycling and then aiming for a European IM in 2013. Rowena was suitably inspired by the whole event to say that she would like to do one sometime so maybe we can make it into a holiday at Austria or Switzerland in 2 years time.

RaceNewForest put on a fantastic, tough and friendly event and it was great to meet lots of the other competitors who all had a massive smile on their face.

Post race I've not been anywhere near as sore as expected, probably because the pace is never really that high in any of the disciplines and so you don't get the muscle breakdown that shorter, more intense efforts give you.



## London

Anna Henly



In the middle of the night I kept reminding myself: "It can't be harder than A-level maths". This no-brainer has never let me down before. So why was I still awake at 5am????

Seven hours later I did feel tearful as I sprang across the finishing line – not the tears of relief that I had expected, but emotional that this seemingly impossible mission had been well and truly accomplished, and now what????



Officially a triathlete at last

My lovely husband Robin had a suggestion: darts. I was thinking more along the lines of Pentathlon now THREE sports will obviously not suffice. I've always loved "The Three Musketeers" and horses. And comedy is good.

The whole journey to race completion had been a fantastic and stressful time for all of us. We were all triathlon rookies with no idea of what lay ahead. We were all fraught with niggling doubts concerning whether we were fit and skilled enough.

And we were all shouting about it to raise money

for Breakthrough Breast Cancer. So there would be no sloping down to London on the sly.

My goals were simple: to not drown in the swim, and to enjoy the race to a happy ending.



Another medal for Muttley

The journey to the start line had been very expensive (flights, hotels, trains - before Robin had even hit the gear shops) and time consuming (swimming, cycling, running). Hence I couldn't really see the point of killing myself in the race to get it over and done with as quickly and PAINFULLY as possible. Nor did I want to miss out on the sights of London by spinning past too fast and focused. Next time might be another story. ....

Far too many amateur athletes take themselves far too seriously. As several people had kindly reminded me – you're too old to make the Olympics!! I was told to look out for rotund middle-aged men with all the gear and less of an idea than me.

I am easily led astray by people with imagination and drive, and felt it must be fate that my new business mentor just happened to be a rookie triathlete too AND a member of "TT Rookies" . I had discovered Edinburgh Triathletes the previous week and plucked up the courage for my first Dalkeith swim session on April 16. What a coincidence!

Immediately after our first session discussing my photography business I 'phoned the "TT Rookies" founder. Angela Paterson had cooked up the idea of taking 25 wannabe triathletes down to London on July 31<sup>st</sup> and raising £20,000 for Breakthrough Breast Cancer. They had been

training since before Christmas. I now only had THREE months to get my act together.

“Fortunately it can’t be harder than A-level maths!” Not one to waste my time thinking about it, I signed up immediately. And to go all the way to London for the shorter Sprint distance race didn’t seem like getting my money’s worth either. So I signed up for the Standard (Olympic) distance race.

Like most novice triathletes we all feared the open water swim. Most of us had notched up a few novice races using swimming pools (North Berwick and Midlothian Women). We all had a few dips in the local freezing cold murky reservoir (Threipmuir) which didn’t do much for confidence initially.

On my first attempt I found looking into the murky brown water terrifying, and my head was painfully cold. Everyone else was wearing two swim caps or neoprene head protectors that looked like scrum caps on a rugby pitch. I just couldn’t put my head in the water. And the water had a horrible taste that burned my throat.



Obviously not keen on putting my face in the Thames at the start of the race!

On the second attempt the water was recorded at 10C by the Tri Centre – and was so cold I could not breathe, let alone swim. I was last out, but only because I was the worst swimmer.

Time for a “how not to drown” swimming lesson in a pool as the panic was definitely beginning to set in. I was beginning to regret entering the Olympic race (1500m swim) when I could have opted for the Sprint (750m swim). Lynne Sturgeon teaches “special needs” swimmers so she was well suited to cope with me, and my very special and pressing need.

We had a lesson under the water and she convinced me that I would float in a wetsuit on my

back without doing ANYTHING! I felt much better thanks to her calming influence.

I had a few more swims at Threipmuir – one sunny evening when yes, it was delightful swimming past the mountains and I could understand why some hardcore swimmers won’t swim in a pool. This was followed by another couple of attempts where it was very windy and there were big waves. Each time I rolled my head to breathe, a wave seemed to find its way up my nose. And if the wind wasn’t ruining the experience, the Scottish gulls would!!!

I was also amazed by how impossible it is to swim in a straight line. Sighting is vital to avoid swimming miles in the wrong direction and wasting energy. By this time I had learned to shut my eyes underwater which helped cut out the murky unknown. It certainly felt like progress was one step forwards, two backwards.

I couldn’t really say I felt confident about open water swimming before we boarded the flight to London. I hadn’t actually opened the race pack either, as looking at it made me feel sick. Oh dear!

Somehow I managed to crick my neck or tear a muscle so badly that I couldn’t turn my head by the time we got to London.....Having registered, and picked up a timing chip and a goodie bag, we made a beeline for the massage couches inside the hall of exhibitors.



Physio Peter Storry manipulated my neck so that the pain in my shoulders started to lift and swimming seemed possible again. THANK YOU!!! And he didn’t even want payment??? So I handed over my credit card and booked myself in for a post-race massage too.

Time to rush off to support one of the TT Rookies who was in a Sprint wave. I was glad I had another day to calm the nerves and get into the right frame of mind.



The girls are hyped up before heading down to the water.

I watched wave after wave of 300 wetsuits mass at the indoor swim assembly, and emerge into the raucous crowds. It triggered waves of nausea. There were scared faces, stretched taut by the swim caps. Shadowy rows of brutal black wetsuits and smooth pates. Somehow I was reminded of the Holocaust, and amorphous humanity herded into the gas chambers.....



Robin goes gear shopping, but resists a TT bike

Luckily my race was on Sunday morning at 8.30am so we had Saturday to mooch around the cavernous hall with the other 15,000 triathletes. It was an opportunity to get a few things sorted and feed on every brand of energy drink and gel. We pawed a few £10,000 bikes. Robin even tried on a space-age aerodynamic helmet – just to cheer me up!



The Last Carbs Supper

On Saturday night we went out for dinner to an Italian restaurant – for “The Last Carbs Supper”. Some of my school friends I hadn’t seen for 30 years came along to add support which was very special. All of whom were a bit aghast at the prospect of a triathlon. We used to compete for top marks in French exams. None of them had gone anywhere near A-level maths.

Our girls’ grammar school was not very sporty. No one wanted to be in the netball team and get thrashed by the girls at the local comprehensive school who were huge and aggressive. Our tennis lessons were of the “here’s a tennis racket, now hit the ball” variety.

I was the only one who could even remember walking to the swimming pool where 30 school-girls would jump in and thrash across a width and back. You get my drift? We laughed a lot over pasta, and it was a welcome distraction.

I then had the worst night’s sleep of my life. The Premier Inn offers a “Good Night’s sleep guarantee”, but I couldn’t blame the hotel. I was absolutely wide awake and drinking tea, and troughing oatcakes until 5am. And the alarm went off at 6am.

I was absolutely terrified at the thought of the mass swim start. In the middle of the night even A-level maths held less horror. All those thrashing arms and kicking feet – and me trapped in the middle, nose broken, no goggles, unable to breathe a foot under.....



The sign says: "No swimming". 15,000 competitors would ignore this

I had been in such a state before bed that Robin had had to thread my shoe laces and check my tyre pressures. Both simple tasks were beyond me.....

We arrived at transition by 7am after a breakfast of instant porridge made with hot water (YUK!). Triathletes had racked up bikes already and were laying out outfits and provisions. From an unsuccessful recce the previous day I had ascertained that the directions of "swim out", "swim in", "bike out", "bike in", "run out", "run in" are moved around at night to prevent anyone from getting an unfair advantage.

I had heard of an experienced triathlete who had spent a whopping 15 minutes trying to find his bike last year so I wasn't taking any chances.

I had also checked the toilet situation to be told there aren't any on the route, and that I was the first competitor to ever ask about toilets? I was advised to pee in my wetsuit during the swim, and YES, to pee ON my bike while cycling??? YUK!!!!!!!

I found a good spot near the end of a rack and draped an easily recognisable towel "The 101 Dalmatians at bathtime". I had found this an invaluable tip – it's amazing how bikes all look the same once you are wobbly and flustered.



Triathletes were still wriggling into wetsuits and stretching swim caps

The time soon came to go to the swim assembly. After listening to our friends, who had already swum on Saturday, my game plan had changed. I decided not to start at the back, but start at the front and the extreme left hand side. This way I shouldn't get kicked in the stomach by any breaststrokes at the back. Nor should I risk being crushed in the scrum turning clockwise around the buoys.



The canoe marshalls stopped anyone creeping forward

The only problem with this extremely cautious approach was that I would be breathing to the left, on the left hand edge of the swimmers. I would not easily be able to see where the race was going, round to the right.....



Time for a final wave to the applauding crowds

After the chants of "Oge, Oge, Oge, Oi, Oi, Oi" the klaxon went and we were off. The water felt lovely and warm compared with hard core Scotland, and a bit salty like an electrolyte drink. Nowhere near as bad as I had expected.

I stayed calm by looking at the cheering crowds on the banks to my left and was totally oblivious to the other swimmers once I had got into a rhythm. It was like a pleasant morning training swim and I forgot I was supposed to be racing and concentrating on where I was going.

Eventually I tried sighting to make sure I was going in the right direction. Oops – I was an unbelievable distance from everyone else. No wonder no one had splashed or kicked me.....I pulled back in their direction, aware that the pack was gaining a lot of ground on me. The swimmers who were drafting were clearly being pulled along in the wake.



We were off. I was leading the race for about five seconds, on the extreme left hand front corner!

Not that I was bothered. My goal was to survive the swim AND enjoy it. A few of our group had had their panicky moments and clung onto a canoe or two. At one point I too had a coughing/snotting fit and a marshall kindly enquired after my health.



Proof that I did sight - at least once anyway!

The swim took 40 minutes – very slow – but I had survived and enjoyed it enormously. Only problem was that, try as I might, it was impossible to pee.

I clambered up the ramp, found Robin who looked delighted that there were no tears. A fight to get the wetsuit off ensued, but definitely time for an appreciative kiss for my chief supporter and sponsor. I had repeatedly practised getting the wetsuit off in a rush in my bedroom - which I think is how I had cricked my neck. (The curtains had been closed as anyone looking in would have wondered: “What the ^£\$%^\*^&^ is going on??”)

Running up to transition in my swimming costume, wetsuit in plastic bag, I spied some toilets – which I had been told yesterday were definitely locked. God helps those that help themselves - doesn't He? To my great delight they were

UNLOCKED. When I emerged seconds later there was a marshall on the scene being ticked off about not manning his post. Was he guarding the toilets from intruders???



Time for a strip tease on the red carpet. This was a popular area for well-wishers.

It seemed a long run into transition to fetch the bike. No wobbles – just a huge sense of smugness that I hadn't drowned AND had found a toilet. No problems locating my bike and the 101 Dalmatians. On with my lovely new SPD bike shoes and Honeystinger cycling top awarded at the Gullane Beach Tri (for bravery not athleticism). “Sting or bee stung!”



The bike ride through London was a complete joy and over far too soon. It was 26 miles (40km) and I had allowed 2 hours. It took 1 hour 17 mins.... In Scotland we are used to dodging potholes and rough roads in rough weather. I now found myself in a heatwave with smooth black tarmac and no traffic to contend with. I couldn't stop laughing. The bike was rolling on its own.

I did smirk at the turnaround loop as I watched a few hotshots in aero helmets shoot past me and coyly have to turn back again. There were a few long tunnels to negotiate which were a blast on a bike and a bit eery. Descending quickly into a dark tunnel of still air, pedalling madly in top gear was thrilling. As was emerging from the tunnel into brilliant sunshine at the foot of the Tower of London.

That was a "wow" moment. I thought briefly of Henry VIII and all the historic drama that had taken place a stone's throw from today's race-track. "Divorced, beheaded, died, divorced, beheaded, SURVIVED". Poor Anne Boleyn and Katherine Howard, and lucky Anna Henly.

I certainly felt like a survivor at this stage with the swim over.....We whizzed past the London Eye, along the Thames and the Embankment, reaching Big Ben where there was a tight turnaround . I was flying past cyclists and cyclists in aero helmets, riding weird flattened bikes with solid wheels were "whooshing" past me.

We retraced our ride back to transition where there was a nasty steep ramp back into the hall. Time for a comedy moment. I wasn't entirely sure which entrance I should use. A marshall asked me whether I were in the "Junior Elite" race. I nearly fell off my bike laughing – he obviously hadn't seen my face!!

Time for a fashion moment back at the rack, and to remember that we were racing for Breakthrough Breast Cancer. Off with Honeystinger bike top and on with a fuschia pink Breakthrough Breast Cancer running vest.



Still smiling - pain is NOT gain!

Again I was expecting the transition wobbles and running seemed hard - but it always does. All that lay ahead now was four 2.5km laps. Running 10k usually means keep moving for just less than an hour at my speed. I thought I would see how the first lap went before I knew I was home and dry.

Hundreds of folk were cheering us on – especially our supporters at Breakthrough Breast Cancer. They were making more noise than the rest of the charity groups put together. Various friends on the route were counting the four laps for me.....Would it have been worse to have done three or five?





Our fantastic Breakthrough Breast Cancer team

In no time at all the finishing post was in sight and I had plenty of energy for a final flourish of a flying leap through the arch.

I had survived the swim and every camera would definitely have recorded a huge grin. It was hard not to smile on a sunny day. I'm not a breast cancer patient after all.



Try-my-Patience" AND tri-athlete

I wasn't even interested in my finishing time. Robin, however, was interested and rushed off to get a printout.

So for those that are interested:

1500m swim: 39 min 47 sec,

40k cycle: 1 hour 17 min 22 sec

10k run: surprisingly speedy (for me!!) 52 min 3 sec.

Plus some fairly leisurely transition times, including toilet stops and fashion moments. This all added up to a grand total of 3 hours and 50 sec.



On the podium with Angela Paterson

Another medal - my first for a triathlon. I wasn't planning on taking it off for a long while.

I now had a few hours before my massage session. I had seriously overestimated how long the race would take so there was time to play in the "Endless Swimming pool". Speedo was there to lend competitors wetsuits and give some coaching advice.

Although high on life, I soon found I WAS actually tired. I didn't know it until the current was switched on and I was suddenly fighting for my life. Thrashing wildly like a hooked salmon, I kicked enough water out of the pool to send the amused spectators scurrying.

The machine was stopped for my first tip – don't kick so hard!!! Apparently it takes 20 minutes to get used to swimming in the current and unfortunately I was seriously tired after 10 minutes. It was hard to swim without trying to "beat" the current.



- Worried about having a nose bleed – Yes
- Worried about having cramp – Yes
- Worried about not finding my bike in transition – Yes
- Worried about getting lost on the bike – Yes
- Worried about being knocked off – Yes
- Worried about knocking someone else off - Yes
- Worried about needing a toilet – Yes.
- Worried about having to walk the run – Yes.
- Worrying about a credit card I hadn't missed – did not even make my top ten!!

It was time for my massage and to give Peter Storry a grateful and sweaty hug for mending me the day before. He asked me if I had been worried about my credit card??? It turned out that I had left it with him when I was reserving my spot. I had rushed off to yell for one of our gang.

The masseur massaged and pummelled, but at last, I was ASLEEP!

If you have enjoyed reading this, there is still time to visit my [www.justgiving.com/Anna-Henly0](http://www.justgiving.com/Anna-Henly0) and make a wee donation to Break-through Breast Cancer. THANK YOU!

- Worried about drowning – Yes.
- Worried about my goggles being kicked off – Yes

Photos: Sportcam

## Head Swim Coach and A New Approach to Swimming

Aidan Mullan



From the 1<sup>st</sup> September you are going to see a new approach to swimming within the club. This may not be 100% apparent straight away but rest assured we are making changes- these changes have now been a few weeks in the planning. But as the new Head Swim Coach I wanted to give a high level view of a few of the main initiatives we are implementing.

### Swimsmooth

One thing you are going to be hearing more about is Swimsmooth and in particular swim types. Could everyone please have a look at the swim types microsite that the swimsmooth guys have setup; <http://www.swimtypes.com/section>. Have a go at categorizing yourself.

All swim coaches have agreed that we are going to work within the parameters of the swimsmooth framework. What does this mean in practice-

-all swim coaches will be using the same methods to analyse and correct stroke inefficiencies.

-this means a removal of clutter and confusion in the swimmers mind.

-all swim coaches will be using the same set of tools to develop such things as pacing strategies e.g. CSS- critical swim speed.

-all swimmers will be given "one thing" to work on at a time.

Swimsmooth strongly advocates changing one thing at a time in any one athlete's stroke. The coaches will become more joined up. We will be discussing the "one thing" in each swimmer's technique that is being worked on. This should bring consistency of approach across all sessions.

### Video Analysis

The club committee have agreed to a proposal put forward to purchase high end underwater video equipment. As coaches we are very limited if what we are seeing is not the whole picture.

## EDINBURGH TRIATHLETES Swim Programme 2011/2012

This is an exciting and big step forward for the club. We are currently trying to secure a regular pool slot that will allow us to use the video kit on a regular basis. We are also well on the way to agreeing the approach and logistics of this.

Watch this space and expect a further update before the end of August.

### Swim Programme

Along with agreeing a framework to work within with regard to stroke technique we are also introducing a structure for the year. This spells the end of the Weeks 1 to 4 approach but will introduce a more logical breakdown of the year. We will also be introducing a regular testing programme to enable both coaches and athletes to track progress through each phase of the year and through the whole year. We will be publishing these results online on the training section of the club website.

We have some experienced and committed coaches in the club and they will all still have the correct level of autonomy to design and deliver the best sessions they can.

The new programme just gives us an appropriate framework to work within.

### Finally

These are positive changes for the club. These changes are not for the benefit of the coaches- they are 100% centred around the improvement of each swimmer that attends any ET session from the beginners lane to the fast lane.

We need your feedback and input to make these changes worthwhile, for example, if you are asked to change something by one coach and you are working on another aspect of your stroke with another coach don't be afraid to say so.

Our aim is always to get everyone swimming

July							August							September- P1 Base									
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat			
					1	2			1	2	3	4	5	6				1	2	3			
3	4	5	6	7	8	9	7	8	9	10	11	12	13				4	5	6	7	8	9	10
10	11	12	13	14	15	16	14	15	16	17	18	19	20				11	12	13	14	15	16	17
17	18	19	20	21	22	23	21	22	23	24	25	26	27				18	19	20	21	22	23	24
24	25	26	27	28	29	30	28	29	30	31							25	26	27	28	29	30	31

October- P1 Base							November- P1 Base							December- P1 Base									
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat			
						1			1	2	3	4	5					1	2	3			
2	3	4	5	6	7	8	6	7	8	9	10	11	12				4	5	6	7	8	9	10
9	10	11	12	13	14	15	13	14	15	16	17	18	19				11	12	13	14	15	16	17
16	17	18	19	20	21	22	20	21	22	23	24	25	26				18	19	20	21	22	23	24
23	24	25	26	27	28	29	27	28	29	30							25	26	27	28	29	30	31
30	31																						

## 2012

January- P2 Build							February- P2 Build							March- P2 Build									
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat			
1	2	3	4	5	6	7				1	2	3	4					1	2	3			
8	9	10	11	12	13	14	5	6	7	8	9	10	11				4	5	6	7	8	9	10
15	16	17	18	19	20	21	12	13	14	15	16	17	18				11	12	13	14	15	16	17
22	23	24	25	26	27	28	19	20	21	22	23	24	25				18	19	20	21	22	23	24
29	30	31					26	27	28	29							25	26	27	28	29	30	31

April- P3 Race 1							May- P3 Race 1							June- P3 Race 1									
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat			
1	2	3	4	5	6	7			1	2	3	4	5					1	2	3	4		
8	9	10	11	12	13	14	6	7	8	9	10	11	12				5	6	7	8	9	10	11
15	16	17	18	19	20	21	13	14	15	16	17	18	19				12	13	14	15	16	17	18
22	23	24	25	26	27	28	20	21	22	23	24	25	26				19	20	21	22	23	24	25
29	30						27	28	29	30	31						26	27	28	29	30		

- Key**
- 50/50 training-technique
  - 80/20 training-technique
  - 70/30 training-technique
  - Coaches Update Meeting
  - Test- this has to be consistent but can evolve

- Periods**
- P1 Base** bulk of training concentrating on building base fitness. Sept. Oct. Nov and Dec.
  - P2 Build** 10% increase in intensity from base phase. More focus on quality but still maintaining distance. Jan. Feb and Mar
  - P3 Race 1** start of race season. More focused race pace efforts. Apr. May and June.
  - P4 Race 2** latter race season. Focused race efforts. July and Aug.

faster and more efficiently. I am confident with this new approach that we can achieve this and we should also now have the data to monitor progress effectively.

Any questions please drop me an email.

## Profile: Jennifer Smith

*Describe yourself in 10 words:*

I am small and friendly with more determination than talent!

*What age group are you in?* I'm 25, until I hit 30 I don't mind revealing my age!

*What's your day job?* Marketing Consultant

How long have you been an ET member and what do you like about the club? 5 months – I love how friendly everyone is. No-one makes you feel embarrassed for being the slowest and the coaches are supportive and encouraging regardless of how much improvement you need!

*What are your ambitions in triathlon?*

I fulfilled my initial ambition and purpose for joining the club, which was completing the Virgin Active London Triathlon (Olympic length). However, I have enjoyed getting involved in the sport so much, I plan to do it again next year and break 3 hours with some more training!

*What is your favourite club session?*

The Wednesday night sessions running and swimming are great, it's also close to where I live so it's quick to get to!

*Did you come to triathlon from another sport?*

My main sport was originally eventing, a variety of falls and broken feet have not set me up all that well for triathlon really! Time pressures with a full time career meant a move to a less time consuming attempt at running, until a friend suggested doing the London Triathlon. I'm so pleased I agreed as it's a great sport, although only marginally less time consuming than horses!!

*What's your favourite piece of kit?*

It's between my 2XU Visor and my Trigirl triathlon top – they both make me feel like I at least look the part!

*What one thing would improve your performance?*

Longer legs and arms! / less laziness!! (Ed—that's 2, or maybe 5)

*What has been your best racing or training moment?*

Coming 12<sup>th</sup> in a novice triathlon at Berwick in May – I could hardly believe my eyes when I saw the results!

*What has been your worst racing or training*

*moment?*

Getting into Threipmuir reservoir in May when it was freezing and blowing a gale. I honestly thought that day that I would never get into open water again, it was choppy and so cold I couldn't feel my hands or feet. The next day, I went back and made myself do it again and felt a more confident having done that. Now I love open water swimming and would happily do it for fun!

*Who or what inspires you?*

If you could replace one triathlon discipline with something else, what would it be? An equestrian cross country course section instead of cycling would make triathlon the best sport in the world!! – Perhaps not a popular choice for most triathletes!

*Name three songs you would recommend for a training session.*

I am slightly odd in that I don't listen to music, only occasionally in the car but never training. I think loudly whilst I'm training instead!



Pic of Anna

"Underneath this happy novice triathlete there is a very long-suffering supportive husband....."

(Ed—Hey people! no sniggering at the back!)



## Profile: Anna Henly

### *Describe yourself in 10 words*

More "rusty tart" than "iron man", easily distracted by inspiration

*What age group are you in?* 45-50 L

*What's your day job?*

Commercial and portrait photographer

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

Since the end of April. I joined after spending a week in bed with a kidney infection. I love the friendliness of members and how welcoming they are to new members. Also that training sessions cheerfully cater for members of all abilities.

*What are your ambitions in triathlon?*

To improve my swimming dramatically, so I can take part in triathlons with a rough sea swim without having a nervous breakdown the week before the event. If my mountain biking wasn't so tragic I would enjoy adventure triathlons most I think. And can someone help me master taking a flying leap onto my bike while running too.....without it all ending in tears.

*What is your favourite club session?*

Wednesday night swimming at Stewart-Melville. I love Dalkeith on a Saturday morning too – but the posh kids can afford a heated pool.....

*Did you come to triathlon from another sport?*

My beloved Edinburgh Rat Race is not happening this year – hence the need for the drastic action of finding a triathlon club that would take me! I love adventure racing and anything that is in the mountains, preferably with comedy moments. The Deerstalker is a good example – cross country running at night with a party afterwards. My main sport is skiing.

*What's your favourite piece of kit?*

My bike.

*What one thing would improve your performance?*

More self confidence to push myself a LOT harder and earlier in a race or training session, to overcome the fear of failure.

*What has been your best racing or training mo-*

*ment?*

I ran the Edinburgh 10K 2010 in a veil and tutu, with husband Robin, three hours before we got married. I managed to persuade 30 of our guests to join us – some of whom had never run before and are now committed runners. At the last minute we raised £5000 for Macmillan Cancer. I hadn't anticipated that all the national papers would take an interest but couldn't waste the PR opportunity for a good cause. I was probably the only bride who didn't have time to visit the hairdresser on the big day.....

*What has been your worst racing or training moment?*

Coming to a complete halt after only two lengths in the North Berwick mini novice tri earlier this year. I set off with a huge happy smile on my face and shortly afterwards was completely overwhelmed by the sensation of a heavy weight trying to pull me under. It was horrible!!

*What is your favourite post-race treat?*

Chips

*Who or what inspires you?*

Generous selfless people who help others live, and who help people achieve THEIR goals, when they could be working towards their OWN goals. And heroes like Lance Armstrong who never, ever give up: "Pain is temporary, quitting is forever".

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

I would lose the running for sure but downhill skiing, horse-riding etc are not practical replacements.....

*Name three songs you would recommend for a training session.*

Eye of the Tiger. Theme tune to "Ski Sunday"  
"Half a pound of Tuppenny Rice" – perfect timing for quad strengthening when skiing short swings on steep terrain

Men with shaved legs: yum, yuk or indifferent?

Indifferent

## Profile: David Harrison (2012 Gullane Race Director)

*Describe yourself in 10 words*

Short and to the point. A bit of a Maverick.

*What age group are you in?*

I was 50 in July – so that makes me a Super Vet.

*What's your day job?*

I'm a Senior Enterprise Architect at RBS. Sounds very grand but essentially I work with the business to design their operating model (processes, locations, number of people etc) and then with technology to design the systems the business need.

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

I think it's been about 3 years.

Brilliant coaches; Friendly members; the way we support everyone during training and at races; the way we all rally round and put on great events for other triathletes. (Looking forward to this continuing for many years)

*What are your ambitions in triathlon?*

To be first into T1, having had a magical open water swim. Well I can dream.

*What is your favourite club session?*

Really enjoy Wednesday night run and swim session on a wet winters evening.

*Did you come to triathlon from another sport?*

When I was younger I played cricket to good club level and football to thug level. I was 'balfoured' into triathlon. I was doing one of his spin classes a few years ago and he encouraged me to take a few swimming lessons. I've never forgiven him.

*What's your favourite piece of kit?*

It's got to be my Aqua Sphere 'anti fog juice' for my goggles. I hate not being able to see, even though most of the time it's only a white tile or a black line.

*What one thing would improve your performance?*

Swimming ability.

*What has been your best racing or training moment?*

When I first joined ET I had also just entered the New Years Day triathlon. To my surprise they

put me in the ET heat. There was a moment during the swim when I was the only person still swimming in the pool. This moment lasted for nearly 2 lengths. So you can guess that when I finally got onto my bike I was a bit behind the rest. It took nearly a whole lap of Arthurs Seat before I managed to see another cyclist. It was surreal being in the middle of a race and yet being completely alone on such a beautiful cycle route.

*What has been your worst racing or training moment?*

My first open water at Lochore. The swim was going ok, I hadn't drowned and I was still going forward. Then the whole of wave 2 swam straight over the top of me.

*What is your favourite post-race treat?*

A long hot bath.

*Who or what inspires you?*

Fat – I come from a fat family, and guess what, they are all great swimmers. The fat inspires me to go out and train – unfortunately the down side of that is I'm a rubbish swimmer.

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

Did I mention I don't like swimming. I do love duathlon though. So I would replace swimming with running.

*Name three songs you would recommend for a training session.*

Not really that much into music. Happy just listening to the buzz on the streets or the peace in the country when training.

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

Each to their own I suppose.

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

Depends on the rest of the woman that's attached. It looks great on some.



## Profile: Elias Bischoff



*Describe yourself in 10 words*

Swiss, Basel, married, Grange, Stockbridge Pipe Band, long distances, uphill, mountains

*What age group are you in?*

I am 35.

*What's your day job?*

I worked as a lawyer in Switzerland before I became a doctoral candidate and research assistant in commercial and financial market law at University of Basel in August 2009. At the end of the year 2010 I interrupted this work to come to Scotland and participated in the European Lawyers Programme at the University of Edinburgh between January and July 2011. In September 2011 I will begin with an LLM in Commercial Law at University of Edinburgh. I plan to go back to Basel in August 2012.

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

I became a ET member on 12<sup>th</sup> January 2011 the second week after my wife and I arrived in Scotland. I especially appreciate the very friendly people and the wide choice of training sessions.

*What are your ambitions in triathlon?*

Unfortunately I have to focus on my studies while being in Scotland. However I would like to run a marathon in less than 3 hrs and finish again the Inferno Triathlon in Switzerland.

*What is your favourite club session?*

Swimming @ 6 and Callum's session on Wednesday.

*Did you come to triathlon from another sport?*

I did sport shooting for several years when I was a teenager. This was more or less the opposite of triathlon: successful are those who manage not to move their body (and gun). However I had to run almost every day during the (mandatory) basic military training (16 weeks), which I completed in 1996.

*What's your favourite piece of kit?*

Shirts by Skinfit.

*What one thing would improve your performance?*

Maybe an additional lung?

*What has been your best racing or training moment?*

It might have been the 2 days Gigathlon 2010 (Switzerland), when I crossed the finish line after 26 hrs 35 mins 42 secs.

*What has been your worst racing or training moment?*

My worst training moment has been the arrival in a cycling camp in Tossa de Mar (Spain) after a 21hours uncomfortable coach journey the week before Easter a few years ago. It was rainy and about 13 degrees while it was sunny and about 25 degrees at home in Switzerland.

*What is your favourite post-race treat?*

Two pints of lager.

*Who or what inspires you?*

My wife Andrea.

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

I would not replace a discipline. I'd rather add mountainbiking.

*Name three songs you would recommend for a training session.*

I never use MP3 players and alike. I prefer the sounds of the nature, the bird's twittering, the rustle of trees and bushes. Or simply silence.

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

indifferent





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<b>Entertainment Director</b>	James Gibson Liz Richardwon	jamesthomasgibson@yahoo.co.uk richardson.eliz@gmail.com	07814 972007 07765 882645
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<b>Club wetsuits</b>	Jim McGoldrick	jimpmcgoldrick@aol.com	0131 660 5098
<b>Race Organisers</b>			
<b>Gullane</b>	John Whittaker	gullane@edinburghtri.org	0131 454 0900
<b>Women's Triathlon</b>	Mandy Whittaker	whittaker667@btinternet.com	0131 454 0900
<b>Junior Aquathlon</b>	Greg McDowall	greg.mcdowall@hotmail.com	07779 302153

### **Looking for coaching advice?**

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Any problems please email membership@edinburghtri.org