

AGM Minutes!

More AGM Minutes!

**Nothing else can
top that!**

et **TRIBULL**

**edinburgh
triathletes**

December 2011



Its Christmaaaaas !

The Editor Says

Phil Parr-Burman



a puzzle for you involving legs, this issue we have also have not one, but two AGM minutes for you.

Are you not entertained!

Verily christmas is upon us. Not only do we have an excellent series of articles on races, training and the christmas night out, not only do we have

Club Championships

Phil Parr-Burman



6. Kelso Sprint Triathlon
7. Aberfeldy Middle Distance
8. Strathclyde Standard Triathlon
9. Portobello Aquathlon

The club championship for 2012 will be run along the same lines as last year, and with the same events.

The Races were:

1. Stirling Duathlon
2. East Fife Sprint Triathlon
3. Midlothian Sprint Triathlon
4. Knockburn Standard Triathlon
5. Lochore Sprint Triathlon

Points awarded:

10 points for competing

Boys: 1 extra point for every other ET boy you beat.

Girls: 2 extra points for every other ET girl you beat.

Your best 5 performances count

ET 2011 Champions and Swim Gala Round Up

Francesca Osowska



King of the Mountains: Kyle Strachan

Queen of the Mountains: Jenny Buxton

Female Silverknowes time trial champion: Jane Stevenson

Male Silverknowes time trial champion: Karl Zeiner

Most improved male triathlete: Mike Allan

Most improved female triathlete: Fiona Milligan

Pothunter trophy (for going to ridiculous and unnecessary lengths to try to win a triathlon race): Steve Law

Female club champion: Keira Murray

Male club champion: Phil Parr-Burman

And, congratulations to all who competed in the club swimming gala. Full results are below and in summary, the overall results (according to the Osowska weighted aggregation method) are:

Women:

Bronze - Jenny Buxton

Silver - Nicola Ross

Gold - Keira Murray

Men:

Bronze - Phil Parr-Burman

Silver - David Forrester

Gold - Aidan Mullan

25m butterfly

1. David Hutchison - 18:54

50m butterfly

1. Aidan Mullan - 32:13

2. David Forrester - 34:73

3. Phil Parr-Burman - 36:65

4. Gavin Calder - 36:70

50m backstroke

1. Aidan Mullan - 38:60

2. Gavin Calder - 39:66

3. James Gibson - 43:71

4. Andrew McMenigall - 45:13

5. Nicola Ross - 45:60

6. David Hutchison - 45:75

7. Barbara Davis - 57:23

50m breaststroke

1. David Forrester - 38:00

2. Phil Parr-Burman - 41:41

3. Andrew McMenigall - 43:00

4. James Gibson - 43:27

5. Gavin Calder - 44:00

6. Keira Murray - 44:98

7. Jenny Buxton - 47:76

8. Nicola Ross - 50:80

9. Liz Richardson - 53:03

10. Anna Henley - 1:04:11

11. Mike Brown - 1:08:00

50m front crawl

1. Aidan Mullan - 29:54

2. Phil Parr-Burman - 31:00

3. Al Stanton - 33:19

4. Keira Murray - 34:55

5. Richard Foxley - 34:64

6. David Hutchison - 37:14

7. James Gibson - 37:50

8. Jenny Buxton - 38:70

9. Anna Henley - 46:83

10. Barbara Davis - 48:50

11. Mike Brown - 52:00

100m front crawl

1. Phil Parr-Burman - 1:12:80

2. Gavin Calder - 1:13:97

3. Keira Murray - 1:15:57

4. John Whittaker - 1:19:10

5. Richard Foxley - 1:19:25

6. Liz Richardson - 1:28:40

7. Al Stanton - 1:28:50

8. David Hutchison - 1:32:31

9. Jenny Buxton - 1:35:00

100m individual medley

1. Aidan Mullan - 1:18:12

2. David Forrester - 1:21:41

3. Phil Parr-Burman - 1:25:20

4. Gavin Calder - 1:26:88

5. Andrew McMenigall - 1:33:20

6. James Gibson - 1:35:72

7. Nicola Ross - 1:38:79

8. Barbara Davis - 2:03:22

9. Al Stanton - 2:08:00

Christmas Do Report

Liz Richardson



Christmas night out: Saturday December 3rd

After the entertaining swim gala earlier in the day we headed out to Cafe Andaluz on George Street for our Christmas meal and then to the Canon's Gait pub on the Royal Mile for further merriment and a triathlon-themed pub quiz. The tapas and sangria at Cafe Andaluz went down very well indeed... thanks to John Whittaker for the suggestion and for getting us a great deal there. Whilst there James Gibson remembered that he'd forgotten to bring the club champion's trophy that he'd only found the week before, so hastily arranged to get it delivered. I think he must be relieved to get shot of it...

As the weather had inconsiderately taken a turn for the worse while we were eating, a fleet of cabs then whisked us off to the Canon's Gait pub for part two of the evening. *[not sure whether the awards are being announced in a separate article: if so delete the following section]* President Kirsten awarded the club champions trophies to Phil Parr-Burman and Keira Murray, the Queen of the Mountain award to Jenny Buxton and the Pot Hunter trophy to Steve Law. Awards were also made in absentia to King of the Mountain Kyle Strachan, Silverknowes TT winners Karl Zeiner and Jane Stevenson, and the Most Improved awards went to Fiona Milligan and Mike Allan.

Five teams then assembled to take on a unique purpose-built triathlon quiz. The teams were The Guzunders, The Red Santas, Quizo Grigio, Doug's Divas and Breaking Dawn: The Twi-athletes.

Quiz rounds included the old favourites of geography, history, sports and music, just with a triathlon twist, along with a picture round (name the ET member) and a colouring-in round for people to flex their creative muscles on. Perhaps unsurprisingly the contest became fiercely competitive in places... I really should've recalled from the treasure hunt that this can happen when you combine triath-

letes, alcohol and a competition. D'oh. Part way through the night I swore to myself never to organise another such event... but then remembered that I'd said exactly the same after the treasure hunt. Aren't you lucky I have a crap memory?!

There were some humorous cases of mistaken identity in the picture round, and comedy answers to the question "Today (December 3rd) is the International Day for People with... what?". The correct answer was "Disabilities", but some cheeky monkeys came up with "people with a love of triathlon", "persons with goggles", "people with a fear of Christmas" and "people with unfinished questions". Oh dear.

The Guzunders and The Red Santas were neck and neck after six of the eight rounds had been marked, but the colouring-in round proved to be decisive. The best team at colouring in was Doug's Divas, who decorated Donald Duck very neatly with an ET logo, and kept within the lines. But The Guzunders beat The Red Santas in this round, meaning that they walked away with the ET 2011 quiz winners' title. They each received a goody bag, containing prizes donated by the Tri Centre, Run and Become, and Run 4 It, and got to pick a bigger prize from a table of goodies that had been donated by Footworks, Bicycle Works and Edinburgh Bicycle Cooperative. Tiso also donated some vouchers for the event. I'm really grateful to these shops for their generous support of the evening, and particularly to the Bike Coop, who donated some great prizes. Any many thanks to everyone who participated and made it a really fun evening.

Classifieds

Chrimbo pressies galore....

Bikes....

Raleigh Avanti full carbon Time Trial bike, 52cm, 2011, new/unridden, blue/white, SRAM red, bar end shifters etc, £1999

Raleigh Aura womens specific road bike, 2011, 43cm, white/jade, Sora gears, new/unridden, £365

Raleigh Avanti Carbon Comp, 2010/11, red/white, full 105, 56cm, new/unridden, £900

Corratec Dolomiti, 105, Alloy frame, carbon fork, red/white, new/unridden, 2011, Large, £800

Corratec Dolomiti, Tiagra, Alloy frame, carbon fork, blue/white, new/unridden, 2011, Large, £625

Raleigh Airlite 100, 2011, Blue/yellow, 59cm, Carbon fork, new/unridden, £300

Winter bike bits...

Tyres.. Schwable Durano, 700x25c, £20 each

Light set.. Moon xp300(front) and shield(rear), rechargeable, £95

Mudguards.. Crud CRD 200 Roadracer, £25 pair.

Overshoes.. Avenir, small, med or large, £16 pair

Servicing, repairs, fitting/adjustment of all bikes.

Puncture and maintenance sessions will come soon!

E.mail me at kylestrachan@yahoo.com or call 07813941287

Are you looking at my arse !

Aidan Mullan

A friend of mine travels about watching pro cycling and has journo credentials for all the big European races including the tour and giro. He was explaining some strange pre-race behaviour to me recently that is common place amongst pro cyclists especially early season, that is, checking out each others bums. Pro cyclists can easily tell what shape a competitor is in by studying the condition of their derriere. This shows how much store the pro's put into conditioning of the glutes.

The lack of glute activation can be the plague of the amateur athlete. The glutes should be the muscle group that provides the horsepower, in particular for cycling. If your glutes are firing correctly it takes the pressure off your quads and hamstrings, leaving your legs fresher for the run. This is obviously of great benefit to triathletes.

What do your glutes do?

This subject can get very in depth and dull (to be honest) very quickly, however, a basic understanding of what the glutes do and how they interact in particular with the hip flexors is helpful. Simply put-

- the hip flexors (psoas) are the most important muscles for hip flexion (moving your leg forward).

- the most important muscle for extending your hip (moving your leg back) is the gluteus maximus.

Both of these muscles attach high on the hip and control the femur bone (upper thigh). When they are in balance with the proper mobility you inherently have good glute activation patterns.

Most Common Problems

There are 2 main glute problems-

Inhibited glutes: in this situation the glutes are on permanent shutdown. For a variety of reasons, they don't contract in your daily life when you walk, stand, get up off the pot or when you move in sport.

Overshadowed glutes: here the glutes **DO** fire correctly, but are not as strong as other lower

body muscles (like the quadriceps), thus the body will use other muscles to do what the glutes **SHOULD** be doing, resulting in inefficient performance and often some type of pain or injury over the long haul. NB- when several muscles are needed your body will always use the strongest muscle group available to perform any particular movement.

Testing

Before we move onto a few ideas on how to get your glutes working and strong here are a couple of quick ways to test your glute function.

- lie face down on your stomach with your legs straight. Have someone either observe or actually place one hand on your hamstring and the other hand on your glute (I would suggest someone you are close to for this- you may get a few weird looks if you ask a stranger). Lift your leg up and see which muscle tenses up first. If it's your hammy your glutes aren't firing correctly.

- or even more simply, the next time you do a squat ask yourself, is it primarily your glutes or quads that are doing the work? If it's your quads your glutes aren't firing correctly.

The exercises/movements for both inhibited glutes (activation) and overshadowed glutes (strength) should both be built into your training plan.

Drills and Exercises.

There are some great gym based exercises to get your glutes firing-try a few of the following. If you haven't heard of any of them- google or youtube them before attempting. As with any exercise of this nature form is the most important aspect, not how many you can do or how much weight you can carry whilst doing it.

- Bulgarian split squats
- single leg Romanian deadlifts (personal favourite)
- kettlebell swings
- cable pull throughs
- reverse hyperextension variations (be careful with this one)
- turkish get ups (not particularly for the glutes but a great overall exercise)

The following plyo movements are all glute dominant, so will help to kick the glutes into life.

Again look these up to get the correct form.

- lunge and split squat variations (depth drops into lunge stance, jumps out of lunge position, etc.)
- Bounding variations
- Single leg jumping (single leg jumps for max height, single leg jumps onto a box)
- Sled variations
- toe walks

I would strongly suggest for the best results that you work with a mix of the exercises and drills listed. This will give you the right balance of glute activation and glute strength work.

As triathletes I know we don't really like thinking about things so here is a sample 3 phase workout for glute functionality.

A couple of very important points to note before flying head (or bum) first into these sessions-

- use your first couple of sessions to nail the correct form for each exercise.
- use minimal weight to start of with and never use a weight you are uncomfortable with.
- these sessions don't take long and should ideally be built into an overall strength and conditioning plan.

-continuing from the point above. Core stability/strength is a very important aspect of glute function - these workouts should dovetail with any core work you do.

-another limiter of glute function is quad-ri-cep flexibility. Build in some quad stretches to your week. The stretch pictured below is great for both quad and hip flexor flexibility.

Phase I

Session 1:

Toe Walks- Hands on hips - concentrate on flexing the glutes and rolling off the big toe 2 x 20 yards

Buildups- 3-4 x 20-40 yards - a natural extension of the toe walks - gradually pick up the pace from a walk to a medium paced sprint

Single leg deadlift- 2 x 10 (or max reps per side)

Single leg Romanian deadlift- 2 x 10-12 per side

Glute Ham or single leg back extension- 3 x 10-12

Session 2:

Toe Walks- 2 x 20 yards



Buildups- 3-4 x 20-40 yards

Reverse hyper or single leg back extension 2 x 12-15

Deadlift with pause- 3 x 3 (When lowering the bar, pause for 5 seconds just below knee level - be sure not to lose your arch)

Bent legged deadlift- 1 x 10

Cable pull through- 2 x 20

Phase II

Session 1:

Buildups- 4 x 60 yards (accelerate nice and smooth over 60 yards up to 90% effort)

2 hand dumbbell swing- 2 x 20

Bulgarian Split Squat with pause- 4 x 5/side (pause for 5 seconds at the bottom of each rep, concentrating on flexing the glutes)

Glute Ham raise or single leg back extension- 2 x 8-12

Session 2:

Buildups- 4 x 60 yards

2 hand dumbbell swing- 2 x 20

Deadlift- 1 x 3 at 100% (work up to 3 rm), 2 x 3 at 90%

Glute Ham raise or single leg back extension- 2 x 8-12

Phase III

Session 1:

3 step single leg jump for max height- Perform in sets of 1. Alternate legs. Stop at first sign of drop-off

Lunge Jumps- 3 x 4 per side (From lunge stance explode up, driving from the glutes)

Session 2:

Flying 20 yard sprints- Stop at first sign of drop-off

20 yard single leg bounds x 2 per side

Edinburgh Triathletes Autumn Training Weekend

Andrew McMenigall



Who in their right mind would look to organise a training week-end in deepest darkest Perthshire in November? Surely the weather would be too cold. There would be frost which would make under foot conditions something between tricky and treacherous.

How wrong we all were. I am not saying that we all needed sunblock, but the conditions were much milder than expected, and the wind stayed away. We did not escape from some rain. Although as they say, 'if it isn't raining, it isn't training'. I should also add the adage of 'no pain, no gain'. As it would not be a true training weekend if it did not push us just at least a bit.

Most of us managed to gather up for the Friday evening. Some of the group managed to get up earlier in the afternoon, to take advantage of the spa facilities available. We were staying at Moness, which many of you will be familiar with. The general consensus was that the accommodation

was certainly a step up from the bunk house. It also provided good flexibility both from an accommodation and a catering point of view.

We had a most pleasant meal organised by Francesca. Not at hers, but the Black Watch pub, at the main cross roads in Aberfeldy, on the Friday evening. The plan was to go and watch a film at Greg's house after the meal. But best laid plans and all that, we took longer in the restaurant, and by the time we boke up, it was time for all of us to go of and get some rest ahead of the events of the next day.

I am reliably informed by veterans of training week-ends that the early morning run can be sparsely attended. I was delighted to see the next morning, that most of us had made it to be present and correct for the run. Some of us that were excused running due to a doctors line, had the initiative to get themselves off for a swim. Not, I hasten to add, at the resort pool, which is about the size of a large bath. The run group split into two straight away. Half of us went for the road route, half for cross country. The object of the exercise was to get a pleasant pre-breakfast run in. Around 40 minutes later we



were all back from where we had started.

The second event of the Saturday morning was the bike ride. We split again into two groups. The longer group which I took out were set to cycle up and over Schiehallien, down to Kinloch Rannoch, across to Tummel Bridge and back up and over. The shorter ride was led out by John Whittaker, and was set to head down to Kenmore, along the north shore of Loch Tay to Fearnan, up into Glen Lyon and wynd its way back.

The longer group contained a good mix of youth and experience, and set off through Weem and to Coshieville at a comfortable pace. We set off, starting to climb from Coshieville. We chose to ignore the 'Road Closed' sign, and established a nice steady pace up the hill. It felt like about 20 minutes into the climb, although in reality it was probably not nearly as long, we realised why there had been a sign at the bottom of the hill. Just when we thought that the road was not really blocked, we came face to face with a building site. 5 to 10 minutes of negotiation however were to no avail, we set off back down the hill with our tails between our legs, so to speak.

So plan B then! We were now back down at the bottom of the hill. What else than to go back up it again! What was interesting was that, the order and space between the group when climbing, had been the same as when we descended. iethe faster climbers were also the fastest descenders. After having a small tutorial on descending at the top of the climb second time, there was a closing up in the gap.

Fearing that there would be a mutiny if a third hill climb was suggested we proceeded along the beginning of Glen Lyon, past Fortinghall, then south to Fearnan, and left along the North Loch Tay road to Kemore. We managed a good steady two up routine, and were getting into a good rhythm, when racing through the puddles

along the side of Drummond Hill, somebody got a puncture. Yes me! I shall not repeat the language which was heard. I hope none of the ladies present were within earshot. The bulk of the group finished off back via Dull and Weem. I got my comeuppance however. The two Neils, Doggett and Chisholm, kindly stayed back to help change the inner tube. We raced back on a one up formation, arriving back not long after the main group. The two Neils appeared fine, I was blowing hard, mostly out of my backside!

The Saturday afternoon's activities consisted of an interesting talk about bike set up by Neal Doggett and some bike maintenance from Kyle. I can confirm that Kyle does have hair (on his head), for those that have never seen him without his trademark headgear. Watching John Whittaker trying to change a tyre blindfolded was interesting. Straight from thereto the pool, where we had a booking for an hour. It was to a great



disappointment to many that the massive inflatable kids play area was deflated and away when we reached the pool. Good to see the newly married Mrs McDowall in the water for the first time in a while. She hasn't lost it! That makes another thing she is better than her husband at! Sorry Greg!

Dinner was at the Weem hotel, where we had our own private room. Francesca had done a great job in organising the two evening meals, and these efforts were much appreciated. To

accommodate us, they booked us in for a 6.30 dinner. I thought it was to allow us to get back in time to watch X factor (whatever that is!). Alas there was no appetite for watching a program on popular music. There was however an appetite for watching the McDowall's wedding video. Not many dry eyes in the house after that one. Kirsten selflessly offered her house to host the post meal revelry. I don't think we made too much mess. Thanks to Kirsten and her house-mates, Liz and Natasha. It was not a wild night as many of us were shot after the days events, and were cognisant of the following days events to come.



Day one morning was a great turnout, which it is fair to say was not quite matched by morning on day two. We wanted to try to emulate a triathlon having respectively, swim then bike then run sessions following on from each other. There was something for everyone in the swim session. Some serious swimming was interspersed with some more fun stuff. Some fun relay races, and a 500m swim in a similar format to the New Years Day swim (remember that), where everybody snaked up and down each length, slipping under the lane rope at the shallow end.

It was not quite instantly on the bike, as we needed to check out of the accommodation after swimming. But with the shortest break we could practically manage we re-assembled back ready

for the cycle. We split into four groups, and staggered the starters with the intention of everybody finishing at the same time. The route was the Aberfeldy sprint route (for those that know it). For those that don't it is out from Aberfeldy, over General Wade's bridge, through Weem, past Dull, turning off left for Kenmore, through Kenmore and back up to Aberfeldy.

I am far too modest to say which group came back first, but fair to say that we gave the other groups a rousing reception when they eventually came in. Thanks must be made to Francesca, who was in her element organising the group. Thanks must also go to Mike Brown who removed the mudguard from his rear wheel, given it was making such an infernal racket the day before. I thought he had put it on for some extra resistance training!



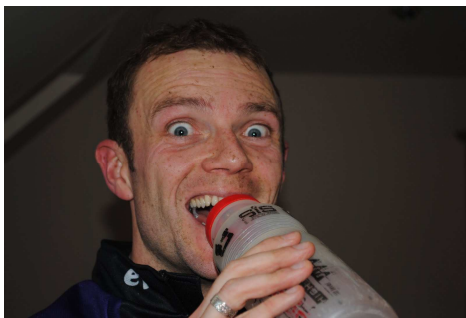
The last group out contained some of the 'form' cyclists. Neil and Neal had certainly shown me up on the Saturday cycle. Marco was certainly looking strong climbing the hill the day before, and Karl also looked quite fit. We realised however why they did not catch us up though, quite apart from the great team work that Francesca, Kirsten, Euan, Fiona, Mike and myself were putting in. The reason was the final member of the fast group who shall remain nameless, who looked apicture trailing in at the back of the group at the finish. He was looking exactly as I had felt at the end of the cycle on the previous day.

What was also pleasing was to see the number of female cyclists out this week-end. The famous pink bike was out in force. Let's hope that we can continue to build on that. There were some cyclists that had felt that the larger groups had been a bit too intimidating for them the previous day. They were much happier in the smaller group format.

We did however quickly rack bike and head off on a relatively leisurely 5km run. It was pleasing to see many sticking with it through the final event. Thankfully, Aberfeldy Leisure Centre continued to excel itself in allowing us, as somewhat bedraggled sweaty and muddy triathletes, to freshen up ahead of the homeward journey.

So it was with a quiet satisfaction that we munched down a quick lunch and reflected on what had been a tiring, challenging but above all

a most enjoyable week-end. We had a wide range of triathletes, from hardened experienced triathletes, to a number of relative fresh faces, from some barely in the twenties to some in their sixties. Regardless, I defy anyone to say that they did not find the week-end a worthwhile exercise. Well done Greg!



Ironman Wales

Gary Fegan



I thought I'd share some thoughts on my first ever "racing" of a triathlon. Sure I've done a few Ironman in the past but I've always gone in to it with a target time in mind but no expectations of making a difference to the outcome of the race. It's not as if I thought I had a snowballs chance in hell of coming in the top 10 of Ironman Wales, just there was an outside chance of qualifying for Kona which is the real Ironman performance benchmark when it comes to performance for the age grouper.

Kona qualification is a bit of a lottery but the odds can be manipulated, this is done by being extremely fit and fast so you beat anyone that turns up, by picking a difficult race to get to such as Korea or China or by aiming for a race that is held close to Kona such as UK (although this I believe will get tougher unless it starts to sell out quicker as its now seen as a fall back race and the Europeans have started using it as such if they miss qualification earlier in the season. Plus the date has been brought forward so it's no longer a real end of year event). So what's the toughest? Well picking a race with fewer slots such as Lanzarote (40) or South Africa (30) or going to the fast European courses such as Austria or Switzerland where there's a very high quality field or a race that qualifies for the following years Kona such as Wisconsin or now Wales. Germany is actually not too difficult due to them securing 100 Kona slots, double the standard allocation.

Leading up to IM Wales the pressure was amplified by the fact a group of my training buddies were also doing this race; Adam Bardsley, who joined me at Embrunman and Nick Rose a previous Kona qualifier and who's been doing this now for over 10 years. We originally met through the Runner's World UK forums and there had been a good deal of forum chat about the "smack down" as well as a good few humoured emails flying back and forward. Andy "Strath" Strathdee was also doing this race although Andy unfortunately hadn't had a great build up to Wales so wasn't aiming to take it a full speed and was happy enough turning up and seeing how it goes.

So after a pretty successful Embrunman and a solid 3 weeks of training after a week off due to catching the vomiting bug I was feeling pretty damn fit, fit enough to think that there was a real chance of a Kona slot if all went well. I've been training with the expectation of a sub hour swim and to run a 3:10 flat marathon off the bike. The Wales marathon is far from flat with around 600m of ascent so I thought 3:15-20 was a realistic target, especially with such a demanding bike course. So with 60 minutes for swim + T1, a 5:45 bike + T2 and a 3:15 marathon I'd be just be able to sneak under 10 hours on what is probably the toughest European M-Dot course, including Lanzarote.

The weather leading up to the race was terrible with the tail end of a hurricane depositing a huge amount of water plus winds in the region of 30mph gusting to 40. The practice swim the day before the race was terrible for me, I really hammered the 750m loop only to come out behind both Nick and Strath and just in front of Adam who I was 8 minutes quicker than in Embrunman. There didn't seem to be any reason for this and I knew I'd probably put more effort in than any of them. The boys told me I just needed to relax into it but I was really dreading the actually race now and thoughts of DNS were swirling around in my head. This wasn't helped with the worsening weather during the night and the mock banter between me and Strath in the caravan. So come race morning and I had a very bad case of the CNBA! Maybe it was the fear of losing to my mates or just missing my target, I'm not sure but I wasn't a happy bunny.

The swim turned out to be better than feared, although I was definitely tiring finishing off the second lap, there was no drafting as the waves were just crazy making for an enjoyable swim experience, if completely different from any I'd had before. Due to the move to North beach there was now a 1Km run through town to get to T1 and this made for a fabulous wetsuit run through great crowds – this should be a permanent feature of the race!!

Bike – my mind was still not in the race and the first lap was made all the more taxing due to the fact my front derailleur wouldn't stay in the big ring unless I held the aero shifter in place. This led to a lot more time than normal crossing gears i.e. small front, small back which was pretty annoying, then a tumble on a sharp corner

and a few chain-offs when the front chain jumped from big to small of its own accord and I was getting mentally prepared to throw-in the towel after the first lap of the bike. In fact I only kept going when I realised I'd missed the turn-off for transition and had inadvertently started lap two. Lap two and I mentally started to enjoy the race, I was picking up a few people, nothing else was falling off my bike and it was still dry. So I put all the crap out of my mind and concentrated to getting to T2 as quickly and safely as I could and not letting the gap to Nick (who passed me when I was picking myself out of a hedge) get too large.

T2 – and my friend that was volunteering told me Nick was only 3 minutes ahead, which was probably half the time I'd lost with the mechanicals so I was pretty happy and more importantly had a target to push the marathon – so would I get the 3:15 I was sure I was capable of?

The run – this is where things started to click mentally for me. The run should be my strong point and with a solid climb for the first mile and a half out of transition I was picking people of like they were standing still. All of a sudden I didn't care about the number of laps, it was all in the moment, just keep going at a slightly uncomfortable pace but nothing too hard "comfortably uncomfortable" as my coach says and pick off people 1 by 1 and more importantly hunt down my mate Nick. The pass was made ¼ of the way through lap two and I just kept pressing aiming to extend the gap as much as possible. On the final lap before heading back into Tenby I knew I had enough in the tank to pick it up for the last 2 or 3 miles and started to push hard for home. I was looking for people with 3 bands (showing they were on their last lap), picking them off and getting closer and closer to a Kona finishing position. I knew that to stand a chance I'd need to finish in the top 30 age groupers and the top 3% of my age group, possibly higher and just kept focused and pushing harder until I was running through Tenby at a silly speed.

Only looking at the results did I realise that I'd passed over 6 people in those last couple of miles with 6 of us all finishing within the same minute – 5 in my age group! This was the difference between coming 10th in my age group (out of 220) and 14th – just a handful of seconds over an Ironman.

So I finished 52nd overall or 32nd Age Grouper if you discount the pros – missed a Kona slot by 2 places or 6 minutes (or 3 months – as I'd qualified in the 40-45 easily).

So the take homes – whilst I've been playing at triathlon since late 2004 – this was the first time I've trained consistently for any real amount of time, in fact it was almost a year. My weight was still a good stone over a pretty average racing weight which is never a help on a hilly bike or marathon. I wasted more than those all-important 6 minutes on the bike with slipped chains, detours into hedgerow and a general lack of oomph in the first lap. The run showed I'm capable of keeping up with the top end age grouper and that there are a lot of places to pick up with a quick run.

So next up its Ironman France – the aim to knock a minute off the swim, a good 20 minutes off the bike and 5 minutes off the run – oh and to qualify for Kona.

Total Time 10:21:12 –The following is the time and placing for all age groupers in each section.

Swim 00:56:28 (130th)

T1 (with 1Km run) 09:29 (95th)

Bike 06:00:18 (93rd)

T2 3:45 (125th)

Run 03:11:13 (14th) the run was made 1Km short due to the added 1Km run in T1



AGM 2010 !

Francesca Osowska



**MONDAY 9 JANUARY 2011, MEADOWBANK,
1930 - 2130**

Apologies and attendance

Present: Jim McGoldrick, Douglas Steele, Greg McDowall, Andrew McMenigall, John Whittaker, Mandy Whittaker, Kirsten Sinclair, Francesca Osowska, Phil Parr-Burman, Martin Irons, Callum Hendry, Kyle Strachan, Nick Sinclair, Richard Foxley, Rachael Todd, Aidan Mullan, Clare Halpenny, Mike Brown, Nicol Fraser, Fiona Gilfillan, Lynn Hanley, Anne Moore, Jon Jack, Steve Law, David Harrison, Liz Richardson, Carsten Mieves, Karl Zeiner, Peter Ness, Zuzana Lhotanova.

Apologies: Scott Balfour, Mark Chapman, Vicki Stewart, James Gibson, Scott Balfour, Suzanne Green, Neil Chisholm, Jane Stevenson.

Minutes of last years AGM approved: Liz Richardson; seconded: Richard Foxley.

President's Address

Jim McGoldrick, Club President, highlighted the achievements of the club and its athletes during 2010:

A large number of members had raced ironman distance this year, including: Mark Chapman; Aidan Mullan; Richard Foxley; Kirsten Sinclair; Peter Ness; Greg McDowall; Clare Halpenny; Angela Kidd; Scott Balfour; Nick Sinclair; and Tom Middlemass. Scott Balfour had once again qualified for and raced in Hawaii. Karl Zeiner had completed a double-ironman. Many congratulations to them.

The World Duathlon Championships had taken place in Edinburgh where the support of

Edinburgh Triathletes had been invaluable. There had also been some fantastic athletic performances by members and former members including Craig Dale and Arnott Kidd.

Former member Ali Rowat had been 5th woman and 1st age group woman at the 70.3 World Championships.

Congratulations to club champions James Gibson and Vicki Stewart.

The women-only race had been run for the second time and was again a huge success thanks to the organisation of Mandy Whittaker. This year the race was won by club member Laura Carbonell.

The Silverknowes 10km bike time trial had been successful over the summer and the series won by Fiona Mulligan and Andrew McMenigall.

Thanks were due to John Whittaker for again organising a superb Gullane Beach Triathlon, this year won by former member Craig Dale and Kelly van der Toom.

The sprint to standard group had gone from strength to strength, with a number of its number competing regularly over the season.

The club had organised another successful training weekend in Peebles attended by around 15 members.

The club training sessions were as popular as ever, and the addition of a spin class at the Lifescycle studio particularly well attended. Thanks to John Whittaker for organising that.

There were a number of new coaches in the club; it was great to see more members getting involved in the club and give of their time so freely. The list of club coaches is:

Lucy Colquhoun	Level 1
Callum Hendry	Level 2
Andrew McMeningall	Level 1 – level 2 by Jan 2012
Jane Stevenson	Level 1 – level 2 by Jan 2012
Douglas Steele	Level 2
Scott Balfour	Level 3
Tom Chambers	Level 1
Michael Cunningham	Level 1
Gary Fegan	Level 1
John Whittaker	Level 2 (currently undertaking level 3)
Karl Zeiner	Level 1
Richard Foxley	Level 1
Anna Myatt	Level 2

36 new members; 43 who had been members between 1 and 2 years; 20 between 3 and 5 years; and 33 for more than 5 years.

Treasurer's Report (including setting of fees)

Greg McDowall, club treasurer, presented the club accounts (will be placed on club website). The club still has a health surplus of £9,668, although this has reduced from the 2009 surplus of £12,805.

Reasons for the reduction were:

- Cost of membership packs (£2,797);
- Investment in coaching, both new coaches and coach development (£1,601);
- Purchase of feather banners (£913);
- Purchase of kit (£1545);
- Lack of profit from New Year 's Day (£1,550).

Away from racing, congratulations to Kirsten Sinclair and Peter Ness on getting married; Julia Dale and Mike Cunningham on the birth of their baby; Greg McDowall and Clare Halpenny on their engagement; and Aidan Mullan's engagement.

Greg recommended that the fees remained at the same level for 2011. The membership endorsed this decision.

Thanks were due to the Committee without whom the club would not function.

Coaching Report

Jim was stepping down from the Presidency. On behalf of the Committee and the club, Francesca Osowska proposed a vote of thanks to Jim for all his hard work during his term as President.

Doug Steele, coaching director, thanked all coaches for efforts over the year, particularly new coaches. Richard Foxley and Karl Zeiner had self-financed their coaching costs. There were now 13 coaches in the club.

Doug was standing down as coaching coordinator and, on behalf of the Committee and the club, Jim McGoldrick thanked Doug for his major contribution to Edinburgh Triathletes.

Membership report

Andrew McMeningall, membership secretary, reported that there had been 132 members in 2010 slightly down on 2009. This could be disaggregated as follows:

- 48 females and 84 males;
- 44 bronze members, 41 silver members and 47 gold members;

Competition / Racing Report

John Whittaker reported that the Gullane race had gone well and was looking for volunteers to shadow him this year with a view to taking over as Gullane race director in future years. It was likely that the fee would have to be increased for the Gullane 2011 race. More volunteer marshals were required and Clare Halpenny would be coordinating this across the races.

The support by the club in terms of marshals at the World Duathlon Championship had been excellent; thanks to all those who had marshalled over the weekend. Edinburgh Triathletes had the biggest club presence in terms of volunteering.

Greg McDowall reported that the aquathlons had gone well. For 2011, there would be one children's aquathlon on the same day as the women-only race.

Mandy Whittaker reported that the women-only race had been a success and would be held again this year. As with other races, marshals were a key ingredient to a successful race and more were required.

In discussion, it was noted that the Commonwealth Pool was unlikely to open until January 2012, which would mean that the earliest the New Year's Day race could be held there would be January 2013. Edinburgh Triathletes would be interested in hosting it again, although further discussions were required with Unique Events in relation to the financial aspects of the race.

Communications update

Phil Parr-Burman reported that Tribull was still an effective means of communication although more articles were needed. The front page of the website was not refreshed with 'news' often enough. All members are able to add news to the front page of the website and there are instructions for so doing on the front page. Committee members in particular should try to add news here. The club agreed to start a Facebook page as an additional form of communication (not a replacement of the e-group or the website). Liz Richardson agreed to start the Facebook page and monitor progress.

Club Equipment

In addition to the purchase of the feather banners, Jim McGoldrick reported that the club had purchased two new bike boxes which were available to rent at £25 each. The club also had a number of wetsuits. Anyone with a club wetsuit should return it to Jim.

Welfare Report

Clare Halpenny reported that there were no welfare issues for the club to consider.

Election of Office Bearers

The new Committee was elected as below. Proposed Richard Foxley, seconded Aidan Mullan.

President	Kirsten Sinclair
Vice-president	Phil Parr-Burman
Secretary	Francesca Osowska
Membership Secretary	Andrew McMenigall
Welfare	Clare Halpenny
Events	John Whittaker
Coaching	Steve Law
Communications	Phil Parr-Burman
Webmaster	Jon Jack
Treasurer	Greg McDowall
Equipment	Jim McGoldrick
Club kit	Mandy Whittaker
Social	Liz Richardson and James Gibson

AOB

We had been contacted by the mother of a budding triathlete (female aged 14) to ask if she could train at the club. In discussion, the following points were made:

The practicalities of having a youth section to the club were challenging, and Edinburgh Triathletes did not want to go down this route.

The athlete in question was known to the coaching coordinator, was talented, and there were a number of members who thought that we should support her development.

However, there were also those who thought that the club environment was not suitable

for a 14 year old and it could cause difficulties as well as setting a precedent.

It was agreed that if we did let this individual train with us, it could only be for running and swimming.

It was agreed that we would suggest to the athlete's parents that she attended the track sessions in the first instance. This would be on the proviso that one of the parents would be present and the membership would be informed.

Liz was organising a social event for 19 February, look out for club notices and let Liz know if you will attend.

The new membership year has begun and entries are available on entrycentral. Please join as soon as possible.

Close

The Club President closed the meeting and thanked all for their participation and attendance.

AGM 2011 !!

Francesca Osowska



Andy Strathdee had had a fantastic race at Ironman Wales and qualified for the World Ironman Championships in Kona, Hawaii.

Caroline Mackay was third in the Scottish Ultra Marathon Championships.

MONDAY 7 NOVEMBER 2011, MEADOW-BANK, 1930 - 2130

Apologies and attendance

Present: Kirsten Sinclair, Steve Law, Phil Parr-Burman, Francesca Osowska, Greg McDowall, Andrew McMeningall, John Whittaker, Mandy Whittaker, Clare Halpenny, James Gibson, David Harrison, Fiona Gilfillan, Gavin Calder, Graham Corker, Carsten Mieves, Doug Steele, Aidan Mullan, David Forrester, Mike Allan, Callum Hendry, Lisa Ellerbrock, Anna Henly, Brian Foley, Jamie McPherson, Karl Zeiner, Liz Richardson, Nick Sinclair, Jon Jack, Rachel Todd, Marco Capriglione, Mike Brown.

Apologies: Scott Balfour, Vicki Stewart, Richard Kirby, Elias Bischoff, Chris Grimshaw, Sharon Grimshaw, Joel Sylvester.

Minutes of last year's AGM

The minutes of last year's AGM (held 9 January 2011 because of bad weather) were agreed.

President's Address

Kirsten Sinclair, Club President, highlighted the achievements of the club and its athletes during 2011:

Congratulations to club champions Phil Parr-Burman and Keira Murray. Keira also qualified for the European Championships to be held in Israel next year and Phil is first reserve for these championships.

Congratulations to Arnott Kidd who was first in the European Duathlon Championships and third in the World Duathlon Championships.

Scott Balfour had been awarded "Triathlon Hero of the Year" by Triathlon Scotland for his heroic activities at Gullane, (as well as his many sporting achievements and the amount he does for the sport).

Athletes in the club had raced at distances from novice to double-ironman. Well done to everyone for their own individual achievements. (And, thanks to Liz Richardson for the continued publication of these achievements.)

Triathlon is more than just competing. Thanks to the volunteers, coaches, organisers, spectators and everyone involved in supporting the sport.

Edinburgh Triathletes had once again held three fantastic races: Gullane (John Whittaker); women-only race (Mandy Whittaker); and a children's aquathlon (Greg McDowall). Thanks to all organisers, their committees and all who volunteered at the events.

This year the club had concentrated on developing the skills of its existing coaches with a number benefiting from club funding to develop their skills including: Richard Foxley undertaking British cycle training; Aidan Mullan undertaking 'swimsmooth' training; and other coaches progressing from level 1 to level 2. Thanks to Phil Parr-Burman for organising the mental strength seminar and Kyle Strachan and Neal Doggett for their bike workshops.

The social side has been developing thanks to social secretaries Liz Richardson and James Gibson with a fantastic meal and treasure hunt in January and an excellent Christmas night out planned for 3 December.

Kirsten closed by wishing everyone a good 2012 season.

Membership report

Andrew McMenigall, membership secretary, reported that there were 133 members in 2011 compared to 134 for the whole 2010. This could be disaggregated as follows:

50 females and 83 males;

40 bronze members, 45 silver members and 48 gold members;

39 new members; 35 who had been members between 1 and 2 years; 23 between 3 and 5 years; and 36 for more than 5 years.

It was proposed that if the membership fees stayed at the same level, then membership packs would be 'frugal' to keep costs down.

Treasurer's Report (including setting of fees)

Greg McDowall, club treasurer, presented the club accounts (will be placed on club website). The following were noted:

A staggered entry fee had been used for Gullane and the Gullane profit had increased to £2,000.

The women only triathlon profit had increased to £700.

Major items of expenditure were coaching development, bike boxes, and swim buoys.

Greg recommended that the fees remained at the same level for 2011, i.e. £100 for gold, £65 for silver and £25 for bronze membership. The membership endorsed this decision.

Race reports

Greg McDowall, aquathlon director, thanked all those who had supported this race.

Mandy Whittaker, women-only race director, thanked her committee and all those who had volunteered to help. Mandy noted that entries had been increased this year from 90 to 120 and this had been well received. Many competitors used the event as a way of starting in triathlon and finding out more about Edinburgh Triathletes.

John Whittaker, Gullane race director, gave an overview of the Gullane 2011 race. John noted that the race was in its 16th year and was still well regarded across Scotland and drew a lot of support. This year, the swim conditions were very difficult and it was only thanks to the massive efforts of a few individuals that the swim (and therefore the race) was able to happen at all. David Harrison would be taking over as Gullane race director.

John also noted that there had been an elite triathlon race at Strathclyde this year which had gone well, and was likely to be repeated in 2013 in the run up to the Commonwealth Games in Glasgow in 2014.

In addition, a new race at Loch Ken in Dumfries and Galloway took place in August this year and the club might look to support this race next year by using it as the basis for a club training weekend.

Election of Office Bearers

The new Committee was elected as below.

President	Kirsten Sinclair
Vice-president	Gavin Calder
Secretary	Francesca Osowska
Membership Secretary	Andrew McMenigall
Welfare	Clare Halpenny
Racing / events	John Whittaker
Coaching	Steve Law
Communications	Phil Parr-Burman
Webmaster	Richard Kirby
Treasurer	Greg McDowall
Equipment	Position vacant but Jim McGoldrick to discuss with Anna Henly
Club kit	Mandy Whittaker
Social	Liz Richardson and James Gibson

On behalf of the committee, Kirsten welcomed the new committee members, Gavin Calder and Richard Kirby, to the committee and thanked Jim McGoldrick (former president and equipment director) and Jon Jack (webmaster) for their service on the committee. The committee had also previously agreed that David Harrison, as Gullane race director, should be invited to join the committee.

Head Coach Proposal

Callum Hendry proposed that the club should have a 'head coach'. Currently Edinburgh Triathletes suffered as, despite the efforts of good people, there was a lack of coordination. This was particularly true for cycling and currently the coached sessions were 'swim heavy, but bike light'. Callum proposed that, in order to ensure proper accountability and responsibility, there should be a dedicated person to organise the cycle coaching, in the same way that Aidan Mullan organised the swim coaching. This proposal, for a lead cycle coach, was agreed. At this stage, it was agreed that a 'head coach' covering all disciplines was not needed, but that the role of coaching coordinator (Steve Law) to coordinate the actions of coaches was vital.

Action: committee to take forward appointment of lead cycle coach.

Edinburgh Triathletes Championship

It was clarified that the Edinburgh Triathletes Championship is based on the target races (agreed and publicised by the committee) and is the means of awarding club champions. This was different to the Triathlon Scotland club championship, awarded to the club who'd amassed the most Triathlon Scotland ranking points in a season, although participating in a target race would also help Edinburgh Triathletes gain points for the Triathlon Scotland club championship.

The benefits of being a Triathlon Scotland member (particularly insurance and benefits to Triathlon Scotland's funding from **sportscotland**) were noted. The more Edinburgh Triathletes who were members of Triathlon Scotland and participated in races, the more likely it was that Edinburgh Triathletes would regain the Triathlon Scotland Club Championship.

It was agreed to keep the Edinburgh Triathletes Championship and therefore the basis for awarding club champions as this year, but to publicise the target races much earlier.

Action: committee to publicise target races as soon as possible.

AOB

Liz Richardson and Greg McDowall gave an update on the Christmas festivities planned for 3 December which were:

Swim gala at Dalkeith on afternoon of 3 December;

Christmas meal at Café Andaluz on evening of 3 December. **Close**

The Club President closed the meeting and thanked all for their participation and attendance.

Page left blank for scribbling on.

ET Legs

A special correspondent



Answers in the next edition.

Jim McGoldrick, Greg McDowall, Andrew Fahey, James Gibson, Scott Balfour, Nicol Fraser, Marco Capriglione, Jon Jack, Phil Parr-Burman, Neil Chisholm, Andrew McMenemy, Doug Steele, Karl Zeiner. Aidan Mullan.

Here's a challenge to liven up any christmas!

Guess the owners of the legs below. They're lettered A to M going down from top left.

You might notice that there's one more name than there are photos.



Profile: Donnie Miller

Please give an answer to all these six questions:

Describe yourself in 10 words

Recently turned 40 (veteran status!!), married, shambling, incoherent, annoyingly analytical

What age group are you in?

See above

What's your day job?

Originally an electronics engineer at Marconi then Hewlett-Packard. Now global account manager for a US semiconductor firm.

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

6 months. I like that the club has something to offer athletes with a broad range of abilities and ambitions within the sport. People seem friendly, approachable and very encouraging to new members. I also specifically joined to improve (well that should be learn!) swimming and really like the structured approach to this within ET.

What are your ambitions in triathlon?

There are a few long distance triathlons that I'd like to complete/survive in a respectable time. Then, ultimately plan to focus and compete in off-road triathlons.

What is your favourite club session?

Aidan's Fri morning swim. At times painful but really paying dividends.

Did you come to triathlon from another sport?

Surfing has been my main sport over the last 10 - 12 years but, in the UK, it's not consistent enough to keep properly fit. I read a magazine article which recommended triathlon as the perfect way to improve surfing fitness and I thought I'd give it a go. Now completely hooked!!

What's your favourite piece of kit?

Microsoft Excel..... so I can over-analyse the reams of data from all my other favourite training aids

What one thing would improve your performance?

If I was allowed to use my surfboard in the swims it would help a lot.

What has been your best racing or training moment?

As a newcomer to tri, I've only done a handful of races over the last 12 months but I'd have to say taking part in the Craggy Island Tri has been an absolute highlight so far for me. This event was well covered in the last Tribull and I can only echo what a tremendous race it was. The view from the summit of the hill run will be etched in my memory for years to come. Stunning!!

What is your favourite post-race treat?

My wife's home-made chocolate brownies

Who or what inspires you?

Anyone and everyone managing to train hard and make gains in this sport whilst juggling the demands of a career/family life etc is just incredible.

Also, my 8 year old daughter's ability to swim in a totally relaxed, seemingly effortless, manner and completely kick my butt over a length of the pool in the process is certainly inspiring and humbling at the same time. She just loves the sensation/freedom of swimming.

Name three songs you would recommend for a training session.

all pretty close to 90bpm and (I find) good for a burst of motivation Eminem - Lose Yourself, Lost Prophets - Rooftops, Pendulum - Witchcraft





President	Kirsten Sinclair	vicepresident@edinburghtri.org	07730 651738
Vice-President	Gavin Calder		
Secretary	Francesca Osowska	secretary@edinburghtri.org	0131 669 1115
Treasurer	Greg McDowall	greg.mcdowall@hotmail.com	07779 302153
Membership Secretary	Andrew McMenigall	membership@edinburghtri.org	07717 156657
Coaching Director	Steve Law	S.Law@ed.ac.uk	07770 265556
Racing Director	John Whittaker	whittaker667@btinternet.com	0131 454 0900
Welfare Officer	Clare Halpenny	clarehalpenny@hotmail.com	07971 785397
Communications Director (& Bike Boxes)	Phil Parr-Burman	phil.pb1960@gmail.com	07919 398612
Facilities Director			
Entertainment Director	James Gibson Liz Richardwon	jamesthomasgibson@yahoo.co.uk richardson.eliz@gmail.com	07814 972007 07765 882645
Club Clothing	Mandy Whittaker	whittaker667@btinternet.com	0131 454 0900
Club wetsuits	Jim McGoldrick	jimpmcgoldrick@aol.com	0131 660 5098
Race Organisers			
Gullane	John Whittaker	gullane@edinburghtri.org	0131 454 0900
Women's Triathlon	Mandy Whittaker	whittaker667@btinternet.com	0131 454 0900
Junior Aquathlon	Greg McDowall	greg.mcdowall@hotmail.com	07779 302153

Looking for coaching advice?

Contact either:

John Whittaker whittaker667@btinternet.com 0131 454 0900

Doug Steele dougsteale@blueyonder.co.uk

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

Any problems please email membership@edinburghtri.org