

MAN³ NEWS

Issue 164 April 2003



Carine van Schie - MTC Member of the Month February 2003

MAN3 NEWS is the membership newsletter of the Manchester Triathlon Club.

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As a volunteer at this years ...



THE SALFORD TRIATHLON
an INTERNATIONAL TRIATHLON UNION (ITU)
WORLD CUP RACE & OLYMPIC QUALIFIER
Sunday July 27th, 2003

All MTC members who volunteer will receive a twenty pound voucher for Human Race Events (Windsor, Eton Super Sprints & More...) and more, while the club is receiving the use of Human Races bike racking for BB2003 without charge (£600.00 plus value...)

To Volunteer contact:

John Lunt, Human Race, Email: info@humanrace.co.uk Tel: +44 (0) 20 8399 3579

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Please Support Those Who Support Your Club

Message from the Chair

Saturday Morning Club Runs Cancelled Until Fall...

Saturday morning runs have been suspended due to a lack of interest by Ryan Bowd and Richard Wallace who were taking the sessions. However, not all together disheartened by the low turnout, Ryan plans to resume the runs in the fall, in order to help people through the winter months.

These winter run sessions will cover between 6 & 16 miles and are aimed at all members of the club.

Runs in April

April 26th: Cancelled

HOWEVER ANYONE INTERESTED IN GOING FOR A LONGER RUN OVER THE SPRING AND SUMMER CAN CALL RYAN ON 07941 363 157



Message from the Chair...

Dear Club Member,

April 2003

Dear Club Member,

If you missed the training weekend on 4-5th, then I'm gutted for you 'cos it were ace!!! Rachel and Paul did a fantastic job of picking a top location by Ladybower reservoir, in lovely accommodation, right by a great pub with delicious cheap grub and more importantly, scrummy white wine and a lock-in. The bike route was awesome, particularly the cake stop organised by Daddy Pickford (though you are still not forgiven for the caving!). The evening run around Ladybower

was beautiful and mellow. The outdoor heated swim was a welcome change for my legs, and the Mark Tweedie style-ly fell run was (as you would expect) a killer, but great fun once it was over.

Everyone I have spoken to felt it was a top success, and a perfect location, but I'm not sure we can wait a whole year for another one!!

Thanks a million Rachel and Paul, and we can't wait for a repeat performance.

Cheers
Cliona

PS Did you see me being interviewed by Sally Gunnell in my big red heart on Tower Bridge, at the London Marathon??? Thanks a million to all who sponsored me - I'll be coming around to collect when I work out how to walk again.

Many Daves Peak together - MTC Training Weekend

A full house of approx 25 senior MTC members recently turned up for the highly successful training weekend at Bamford in the Derbyshire peak district. Of these it seemed 23 went by the name Dave and the other 2 are rumoured to have since applied for a name change to Dave in time for any future events.

Turning up on the Friday evening was obviously designed to be the first test of the weekend, as the directions given out were of the sort written in the pub whilst holding the map upside down. Having taken a tour of much of Derbyshire without happening upon our farm bunkhouse destination, I finally settled for the Anglers Rest pub, whereupon I found a contented bunch of Daves settling in to some strenuous arm lifts, ingeniously using liquid filled glasses as weights. Fortunately I was able to join their workout and was just in time for a fivers worth of Anglers Rest steak and kidney dinner. Dave Leak started a round of jokes and stories with his excellent spoof BTA letter to Rani by way of an April fool. Between jokes, the talk was of previous Tri events conquered and this year's targets. All interesting stuff for me, with lots of tips and tricks digested to be used sometime in the future maybe.

On Saturday morning I woke to find most other Daves up already, busy with prepara-

tions for a long bike ride. The kitchen was a buzz of toasters popping, chirpy chat, furious tea swigging and the remorseless loud munching of cereals. Amongst all this I spotted Steve Clayton who somehow was managing to rustle up a fabulous looking breakfast that Jamie Oliver would have been proud of. Dave Preece and Jason Pickford hatched a cunning plan to raise money for their beer that evening. Noting that it was Grand National day they toured the bunkhouse shouting 'sweep' and mugged anyone in the vicinity for two quid in exchange for only a scrap bit of newspaper with a word or two on it. Anyone given words relating to a horse running at Aintree that day was lucky, mine read like they were cut from the personal classifieds. But we found out later on what the 'sweep' bit referred to, when Jason declared himself the winner and swept all the money into his pocket!

Soon people were mounting their bikes and off. Perry and Nick set out pronto with a fast group. Paul and a few others had chosen to make the most of the location and set out to go mountain biking. Carine handed out smart CD sized laminated colour maps, which showed some possible routes. How flash is that? It was the laminated bit that seemed sooooo professional- I've kept mine as a souvenir.

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TRAINING WEEKEND NEWSFLASH

(Continued from page 3)

Soon a larger group of about 15 of us were off too. The first few Km were a steady roll out of the village and along some flat minor roads, but being in the Peak district it wasn't going to be long before we had to climb some hills. After about 10K the first, and what proved the most serious hill of the day was upon us, and as we approached it bathed in glorious sunshine I remember thinking 'this is gonna sort us out a bit'. I was first to drop off the tail breathing hard and struggling with Ultegra crunch. Above me riders were strung out all the way up, giving the impression of a long Polka-dot Lycra snake, slithering towards the summit. Half way up I passed Cliona Kirwan, and the bugger was actually smiling. She was using a third front chainring, which had fewer teeth than ... er, well a thing with not many teeth, and I couldn't resist a cheeky comment about using 'girlie gears'.

Onwards and up for another few minutes and I was finally over the top, panting hard, to find a group of lead riders waiting. Only about 5 seconds behind me came Clio, still smiling and looking in considerably better shape than I was. ..errr... where can I get one of those girlie gears?

After that the ride just got better and better, as our group wandered along taking in some great scenery and enjoying the sunshine. Up front William was charging up the hills with gusto. In front of me Cathy Atkinson was looking extremely strong and Carine was doing her Lance Armstrong impression, spinning away freely with apparently no effort. Dave Waterhouse and Martin were also going very well despite claims that the group pace was higher than they would normally go at. Occasionally the laminated maps came out, just so we could look at the roads we should have been on, but largely we just took those that looked cyclist friendly going in the right general direc-

tion. With all roads seemingly leading to Bakewell at one point, I thought the chances of having a tart were good, but somehow we managed to bypass the town centre. All too soon we were back at the bunkhouse and the ride was over, time for a bit of R and R.

By late afternoon most people were ready for further punishment and various groups set out on runs, some of over 10 miles. Heading for Ladybower reservoir in Jasons car we passed one group absolutely flying along the path with Mark Tweedie striding out like a joyful gazelle. I later heard they



ran up Wynn hill. How daft is that?

Dave Preece and Jason had selected our route as one lap around the bottom half of the reservoir a distance of about 10Km. They set off running smoothly and soon opened up a gap on Jo Weeden and myself, so we settled down to a slow amble focused on keeping going as long as possible. We managed to run as far as the Dam (half way round) but had to admit we were going to have to walk some of the way back. Jo thought it would be good to run down hills and walk up. I was feeling my weight and thought we should run up hills and walk down. We settled on walking up hills and walking down as well! As we passed one of the car parks, Rachel Ramsey and Clio were finishing their loop, both steaming along and looking disgustingly fresh. When Jo and I finally finished we found Jason and Dave stretched out on the pavement sunbathing. A water bottle fight ensued but I was

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MTC MEMBER OF THE MONTH FOR FEBRUARY 2003

Carine Van Schie - for going well beyond the call of duty as head coach at the club...
co.uk

Boundary Breeze 2003 on 24th August

Just to remind you all that the date for the Boundary Breeze has been changed to the 24th August. Please let Carine or Perry know if you want to or can help out. We need as many volunteers as possible to make sure that the event runs smoothly, thus it would be great if you could start asking around whether friends or family are willing to help. We are also looking for someone who can organise a post-race 'party' or 'Barbeque' for all the volunteers who have helped out with the event. If you have any ideas or suggestions please speak to Carine or Perry! (0161 432 2931) Thank you!

IMPORTANT!!! Insurance Cover Information from BTA

One of the member benefits offered by the British Triathlon Association has been its world-wide Personal Accident Insurance, which covered members whilst competing and training for triathlon and duathlon.

The Association has been unable to secure Personal Accident Insurance Cover for members at an affordable rate and has been forced to suspend this member benefit as of the 1 April 2003. The insurance company, which previously provided this cover,

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TRAINING WEEKEND NEWSFLASH



(Continued from page 4)

too knackered to join in.

That night I felt pretty exhausted and whilst happy to consume a meal and drink in the pub I found myself too tired for doing very much else. Others however were recovering better and with each pint of electrolyte rebalancing fluid the stories got louder and ruder. Dave Leak and Steve Clayton were thrashing all comers, including locals, on the pool table. Mark Tweedie was enthusiastically telling tales about a former MTC member, including one where he spied on him on the loo by making use of a mirror. I made a mental note to take care when MT was around.

I was very happy to crash into my bunk that night. Happy that was until Dave and Dave and Dave and Dave came in and broke out in a round of carbo- loaded trumps designed to fumigate the farm. I passed out shortly after this.

Sunday morning arrived all too quickly and most of the party went for a swim at Hathersage open-air baths. This quaint establishment is from an earlier era, complete with bandstand, outdoor changing kennels and lane ropes that were just that- ropes. It felt chilly and there was a certain reluctance to get started even when Jo announced 'its like a bath'. Dave Preece was scampering around the grass in his trunks and did a very good Humphrey impression when he peered over the wooden fence in front of the kennels. However once in the pool the group were quickly into a set routine and eating up the lengths.

After the swim there was a couple of hours left for a short bike ride. However as we got prepared I couldn't find my bike helmet and gloves. I searched around, but with others waiting, was forced to ask anyone I found in the bunkhouse the question "have you seen my helmet?" I would like to take this opportunity to apologise for this to all those so confronted!

I borrowed a bike helmet (thanks Dave P) and Dave Leak led a small group of about 5 of us, promising to take a route without hills. A few Km out and he was heading us straight for Winnats pass (v. steep) and after a refusal by just about everyone on that score he set us on the closed road up Man Tor. In places the old road was no more, and upward progress required a dismount and push. Towards the top I saw Dave going for a short rise up what seemed like a scree path. I called out to stop, but in vain, he was determined to try and on his bum just a few seconds later. Over the top we carried on following Dave as he found one hill after another. Off the top of one there were so many paragliders airborne that I wondered if they would need to introduce congestion charging. Steve Clayton was bombing along and living proof that 10 pints of cider the night before is the ideal preparation for a hard bike ride.



All too soon we were back at the bunkhouse and packing up ready to depart for home. We all agreed it had been a great training camp and send a big 'well done' to Rachel, Carine and others involved in organising it. If you missed out, make sure you don't next time. Oh and by the way, you may be relieved to hear that whilst we were packing up my helmet and I were re-united, a happy ending I'm sure you'll agree. Thanks to whoever it was that found it.

By: Dave Harper

FISHY BUSINESS

MTC Member of the Month

Each month one club member will win a Foor trisuit courtesy of TRI UK, exclusive UK retailer of Foor Triathlon Wetsuits and Active Wear. Winners are chosen by the MTC executive at the monthly meetings.

To nominate a member drop the editor an email at mtc_monthly_star@yahoo.co.uk with a brief statement as to why they should be chosen

Member of the Month March 2003

March has been an excellent month with lots of hard training and some good early results from many club members. This has been reflected in the nominations for 'Club Member of the Month'. The short list of the three 'outstanding' club members to vote for as March's star is listed below. Please ALL vote for one of the members, to mtc_monthly_star@yahoo.co.uk by the end of the month.

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Sturgeons and snappers,

Big issue this. There's a pile of results coming in from events such as the BLDSA one hour Postal, ASA half hour Postal and the March time trials. Phew! In addition there's news from the 'World of Weeden' which profiles Jo's training efforts as she aims to swim the English Channel in 2004. For all you non-attenders I'm also including a sample swim training set from our Moss Side sessions for you to have a go at.

If you've got any swim stuff you'd like in this article then give me a shout or email me at; dave.quartermain@trafford.gov.uk

Elly, Thacker, Cathy, Jo & Co are Go! Go! Go! Go!

MTC swimmers swam like a storm at the recent One Hour Postal Swim organised by the British Long Distance Swimming Association. The event is a global challenge that attracts swimmers who swim as far *and as fast* as possible in an hour. Respect to all who took

the plunge (see results below or log on to <http://postalswim.com/http://postalswim.com>)

Especially hearty congratulations to the following medalists;

1st Karen Elly
2nd Damien Thacker, Jo Weeden, Cathy Atkinson
3rd Richard Munn, Man Tri 1
Brilliant effort!

Did you know!?!

At the second modern Olympic Games contested in Paris in 1900, the most unusual event to be held was underwater swimming. It was decided prior to the competition that two points would be awarded for each metre swum underwater. In addition, one point was added to the scoring of each individual for every second he stayed below the surface. Much to the delight of the locals, Frenchman Charles de Venderville won the event swimming 60 metres and staying submerged for 1min 8.4sec. Denmark's Peder Lykkeberg stayed underwater for a longer period, one and a half minutes, but only managed to travel 28.5 metres. This was the first and only time underwater swimming was held at the Olympic Games.

Weeden's World!

Jo – Lane 5 – has mighty ambitions to swim the English Channel, all 21 miles+ of it, in 2004. Over the last couple of years she's trained hard in places like Lake Windermere, Torbay and Loch Ness. This year her outdoor training starts May 31st and she'll be assembling a small team of people who are prepared to support her magnificent efforts. If you want to support Jo and can row, drive, feed, offer an occasional hug or help raise much needed £'s then please talk to Jo or Dave Q. We need you to help make a dream come true! 2003 Swim Programme May 31st Albert Dock

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POSTAL SWIM RESULTS

INDIVIDUALS	2003	2002
KAREN ELLY	4285 (1 st)	4325 (1 st New World Record)
RICHARD MUNN	4100 (3 rd)	
JO WEEDEN	4050 (2 nd)	3970 (1 st)
DAMIEN THACKER	4025 (2 nd)	3665 (4 th)
PHIL WESTMORLAND	3945 (4 th)	
DAVE HARPER	3920 (9 th)	
JAMES ENDICOTT	3895 (5 th)	3750 (7 th)
JIMMY McMAHON	3820 (6 th)	
NICK THOMAS	3765 (4 th)	3780 (1 st)
MATT HAMMERTON	3595 (7 th)	3360 (10 th)
DAVE PREECE	3575 (7 th)	3415 (5 th)
CLIONA KIRWAN	3575 (6 th)	3110 (11 th)
CATHY ATKINSON	3470 (2 nd)	
WILLIAM MILLARD	3390 (5 th)	
MARTIN McNALLY	3350 (8 th)	
TIM JOHNS	3340 (12 th)	
TEAMS		
MAN TRI 1 RICHARD MUNN 4100 DAMIEN THACKER 4025 PHIL WESTMORLAND 3945	12070 (3 rd)	11730 (4 th)
MAN TRI 2 JIMMY McMAHON 3820 JAMES ENDICOTT 3895 MATT HAMMERTON 3595	11310 (5 th)	

FISHY BUSINESS

(Continued from page 6)

June 7th Budworth Mere
 June 28th Rivingtonon
 July 5th Torbay
 July 28th Llyn Padarn
 August 9th Albert Dock
 August 16/17th 2 Way Windermere
 TBA 2 Way Ulswater
 TBA Channel Relay

M.T.C Parades on the National stage!

Bravo to all the MTC crew who swam at their fastest in the A.S.A 2003 MASTERS HALF-HOUR POSTAL SWIM held on Saturday 1st February. This National event attracts a high quality of athlete and we done good! Notable results were Karen Elly – a regular name in the winners enclosure – and Jacob Harris, a fifteen year old who pretended he was nineteen and came fifth! Well done to you all.

May 2003.

March Time Trials			
	400(Mar03)	Jan03	50m (Mar)
MARK TWEEDIE	5:01		30
RICHARD MUNN	5:08	5:49	31
DAMIAN THACKER	5:09	5:30	30
EDWIN LACE	5:16	5:45	33
PERRY HUIZER	5:17	5:43	33
PAUL SAVAGE	5:20		32
JACOB HARRIS	5:44	6:17	36
DAVE PERRY	5:48	6:04	38
DAVE HARPER	5:50	5:54	34
MOHANNED FEGHIA	5:53		35
BILL ROBERT	5:53		35
MARK NEWTON	5:55		34
CARINE VAN SCHIE	5:59	5:57	36
CHRIS CLARKE	5:59	6:52	35
CLIONA KIRWAN	6:04		41
DAVE PREECE	6:11		37
CATHY ATKINSON	6:12	6:34	42
TIM JOHNS	6:16	6:33	41
STEVE CLAYTON	6:20		39
MARTIN McNALLY	6:36		41
SARAH LE	6:57		44
FREESIA DAY	7:11		49
STEVE BIRKETT	7:28	8:26	47

Swimathon 2003

Hey ho, another year, another Swimathon. Remember 2002 when we swam it in March and didn't hear of any results until October despite squillions of agitated phonecalls to head office who blamed their computers. And then champion Karen Elly didn't receive her trophy! What a fuss! Not the best way of promoting what used to be a key swim event in the swim calendar.

Fast forward to 2003 when luminaries such as Rachel Ramsay swam a 10K in 2:28 (you splendid fool!) and Edwin Lace (raised over £500 and counting...) and the Northern Wave crew took the plunge for charity. Coach Dave Q can't access individual results but if you're interested log on to; www.swimathon.org/

MTC ABERSOCH TRAINING WEEK-END, 16- 18 MAY
PLEASE NOTE This event has been cancelled due to problems securing appropriate accomodation. Apologies to everyone who expressed an interest in attending.

A.S.A. 2003 Masters Half-Hour Postal Swim

Karen Elly	2225	1 st /16 (40-44yrs)
Edwin Lace	2050	8 th /17 (40-44yrs)
Carine Van Schie	1950	5 th /24 (30-34yrs)
Jason Pickford	1930	10 th /14 (30-34yrs)
Jacob Harris	1900	4 th /5 (19-24yrs)
Chris Clarke	1725	12 th /14 (30-34yrs)
Cathy Atkinson	1725	13 th /24 (30-34yrs)
Dave Radcliffe	1700	13 th /14 (30-34yrs)
Pip Fitzpatrick	1700	14 th /24 (30-34yrs)
Martin Webb	1605	13 th /14 (35-39yrs)
Sheila Tarpey	1300	16 th /16 (40-44yrs)

Did you know!?!

The belly button of a blue whale is eight inches wide.

Personal Record's a-plenty at March time trials

We must be doing something right at the pool because an exceedingly large number of you – eleven in fact - set personal records at the March trials (highlighted in bold) From the times below we – Rachel Ramsay to be more precise!- works out your threshold times so you can train optimally at all times. Whizzo!
 See you next time on **Saturday 31st**

Changes to Track Sessions

Please note that from now onwards there are two groups on the track. One for anyone not preparing for long distance races as their target and one for anyone who is.

The shorter distance group will mainly be targeting their lactate tolerance over and above threshold pace, whereas the long distance group will mainly be doing threshold pace upto 20min in various combinations.

The thought of doing 2x20min threshold on the track already bores me out of my skull and therefore this group will be looking to do most of the work in and round Sale water park.

We would also be looking to start this a bit earlier @ 18:30. So be there on time if you want to go with this group.

A schedule for this group leading up to IM Germany is available upon request. Just post a cheque payable to me and a self-addressed envelop, alternatively you could attend the session to find out.

By: Perry Huizer

Coaches Corner

March's Sample Swim Set

Warm-up	200 Fr 150 Fist /drill 100 IM	
Pre-Set	16x50 4 fly, bk, br, fr	fly-1:00 back- :55 breast- 1:10 free-1:00
Main Set	14x100 all free	1-2 Steady :20 3-7 Threshold REPEAT ABOVE
Kick Set	6x75 kick- odds with a board evens w/o	odds on 1:30 evens on 1:35
Pull Set	Pull 16x25 Ch (not fr)	On :45
Drill Set	drill 4X125	30 seconds rest in between each no interval
Warm-Down	300 under over	



Velodrome Taster Sessions

Essential for all beginners and riders new to the Velodrome.

Monday 5:00-6:00pm,
Tuesday 8:00 - 9:00am & 1:00 - 2:00pm,
Wednesday 1:00 - 2:00pm & 5:00 - 6:00pm
Thursday 5:00 - 6:00pm, Friday 1:00 - 2:00pm,
Saturday 6:00pm - 7:00pm
Sunday 1:00pm - 2:00pm & 5:00 - 6:00pm

COST £7.00 including bike hire.
Advance booking and payment required
Cancelled sessions can only be transferred or a refund made if more than 7 days notice is given.

Coaches Corner

Congratulations

First of all congratulations to MTC members who performed outstandingly in early season races. I would like to specially note Sarah Le who won the ladies event of the Chester Novice Triathlon, her first triathlon! And congratulations to Cathy Atkinson who finished 2nd in the Pimbo Duathlon, which also incorporated the North West Duathlon Championships. Well done to good performances in the Chester Novice Triathlon by Andy Nurney and Dave Hibbert. Richard Munn showed a strong performance in the Ashbourne Duathlon, a Powerman event in which many international athletes were competing. Richard finished at a 52nd spot, winning his age group, and I presume thereby securing a place for the world duathlon age-group championships. Results for the above events will be in this or next months' newsletter. That reminds me to all REMIND you lot that you need to make sure that you should send all your race results to Pip Fitzpatrick pip_fitzpatrick@yahoo.com (or to cvan-

schie@man.ac.uk and I will forward it to Pip)

National Relays: Still looking for a team coordinator(s)

As I wrote last month, the hugely popular national Relays are held this year on Saturday the 2nd August. I am looking for someone to coordinate the team entries. We could maybe have a women's and a men's team coordinator. I would like to start organising teams ASAP, as we usually leave this far too late, therefore running into problems with registering on time, teams not filled up etc etc..... So please let Carine know if you want to be a team coordinator!

Salford Quays Open Water Swimming:

The open water swimming sessions organised by the Salford Water Watersports Centre will be starting again on

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Coaches Corner

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Thursday the 5th June. Application forms and more information will be in the next newsletter.

Training schedule

Please find this months training schedule elsewhere in the newsletter. Please contact me if you have any queries!

MID WEEK Time Trials (enter online!)

Due to repeated requests and huge demand: please find below the dates and starting times of the midweek Chelford Duathlon courses. The J2/1 course is on our old Chelford Duathlon course

by Carine van Schie

Contact me on: cvanschie@man.ac.uk or 0161 432 2931 or 07811 263 498

Cheshire road club 10s

(All events have approval except Tues 26th August which is awaiting police approval.)

Date	Time	Event	Course	Distance	Method of Entry
Tues 15 April	19:00	2 UP TTT (Chesh)	J2/1	10 M	£1 On the line.
Tues 22 April	19:00	2 UP TTT (Chesh)	J2/1	10 M	£1 On the line.
Weds 30 April	19:00	10 No.1 (Westmead)	J2/1	10 M	£1 On the line.
Weds 07 May	19:00	10 No.2 (Westmead)	J2/1	10 M	£1 On the line.
Weds 21 May	19:00	10 No.3 (Westmead)	JC/17	10 M	£1 On the line.
Weds 04 June	19:00	10 No.4 (Westmead)	J2/1	10 M	£1 On the line.
Tues 10 June	19:30	HILL CLIMB (Chesh)	J9/8	1.25 M	£1 On the line.
Tues 17 June	19:30	HILL CLIMB (Chesh)	J9/8	1.25 M	£1 On the line.
Tues 24 June	19:00	25 (Congleton CC)	JC/24	25 M	£1 On the line.
Weds 02 July	19:00	10 No.5 (Westmead)	J2/1	10 M	£1 On the line.
Weds 09 July	19:00	10 No.6 (Westmead)	J2/1	10 M	£1 On the line.
Weds 16 July	19:00	10 No.7 (Westmead)	J2/1	10 M	£1 On the line.
Weds 23 July	19:00	10 No.8 (Westmead)	J2/1	10 M	£1 On the line.
Tues 29 July	19:00	25 (Congleton CC)	JC/24	25 M	£1 On the line.
Tues 12 August	19:15	10 No.9 (Chesh)	JC/17	10 M	£1 On the line.
Tues 19 August	19:00	10 No.10 (Chesh)	JC/17	10 M	£1 On the line.
Tues 26 August	19:00	10 No.11 (Chesh)	JC/17	10 M	£1 On the line.
Sun 12 October	11:00	HILL CLIMB (Chesh)	J9/13	4.2 M	£1 On the line.

Stockport Clarion midweek time trials

Day	Date	Course	Distance	Time	Number of Riders	Notes
Tuesday	27-May-03	J2/1	10 Miles	19.30	30	Marshal reqd @ Booths Hall Island
Tuesday	08-Jul-03	J2/1	10 Miles	19.30	30	Marshal reqd @ Booths Hall Island
Tuesday	14-Jul-03	J2/1	10 Miles	19.30	30	Marshal reqd @ Booths Hall Island
Wednesday	22-Jul-03	J9/7	7 Miles	19.00	30	Finish @ Cat and Fiddle
Tuesday	05-Aug-03	J2/1	10 Miles	19.30	30	Marshal reqd @ Booths Hall Island
Tuesday	12-Aug-03	J2/1	10 Miles	19.30	30	Marshal reqd @ Booths Hall Island
Tuesday	19-Aug-03	J2/1	10 Miles	19.00	30	Marshal reqd @ Booths Hall Island
Tuesday	26-Aug-03	J2/1	10 Miles	19.00	30	Marshal reqd @ Booths Hall Island
Tuesday	02-Sep-03	J2/1	10 Miles	19.00	30	Marshal reqd @ Booths Hall Island
Thursday	01-Jan-04	J2/1	10 Miles	11.00	30	Marshal reqd @ Booths Hall Island

(Continued from page 4)

has withdrawn from personal accident insurance market. Alternative insurers have quoted costs which would mean that the cost of PA insurance exceeded the cost of membership. It is hoped that an insurer can be found quickly to provide this type of cover for members at an affordable cost and to re-instate this benefit. Members wishing this type of cover are advised to make alternative arrangements whilst this benefit is suspended.

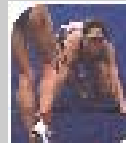
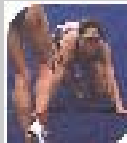
Members continue to be covered by the Association's Public Liability (£5M)/Professional Indemnity (£1M) Insurance. This insurance covers member of the British Triathlon Association, but only whilst acting in connection with the activities of the British Triathlon Association, and whilst conforming to the Association's and club's rules and by-laws.

A registered member of the British Triathlon Association is insured whilst training for or competing in the sporting activities of Triathlon, Duathlon and related multi-sport activities, which are formed from a combination of swimming, cycling or running. They are insured whilst competing only in competition sanctioned by the British Triathlon Association, the Welsh Triathlon Association, the Scottish Triathlon Association or by an International Triathlon Federation recognised by the International Triathlon Union excepting competition conducted in the United States of America or Canada. This cover is world-wide with the exceptions of United States of America or Canada. Members competing or training in the United States of America or Canada need to take out additional insurance cover.

Next club meeting

TBA

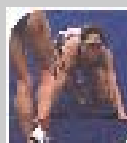
Training Schedules



Training Programme

3 - 9 May		Work	Intensity	Rest
Saturday	am Swim* pm Run	endurance/slow run between 45-90 minutes, add 3 short accelerations in the run	Fartlek: speedplay easy run, talking pace	
Sunday	Bike*	long ride (3, 3.5 hrs), possible hills (depending on weather)	easy ride, except for hill work	
Monday	Run	45-60 min endurance run, include 2x10 minute at slightly faster pace (<threshold pace)	slow, at talking pace. Intervals < threshold pace (starting to breath harder)	2 -3 minutes between each interval
Tuesday	Swim*			
Wednesday	Run* (Track)	4x600, 4x400, 4x200 at I(ntensity) Endurance group: 4-6 x 5 min/1min at T	Intensity pace. Endurance group on Threshold pace	30-45 sec between reps, 2 min between sets
Thursday	am Swim pm Bike* (Spin/Circuit) or Turbo	Turbo: 4-6 x 5 min/1min	Working below threshold during 5 min (on big front chain ring), starting to breath hard towards end of 5 min, 1 min on small front chain ring	
Friday	REST			
10 -16 May				
Saturday	am Swim* pm Run	Training weekend		
Sunday	Bike*	Training weekend		
Monday	Run	Recovery session if have been on training weekend. Otherwise: 45-60 min endurance run, include 2x10 minute at slightly faster pace (<threshold pace)	slow, at talking pace. Intervals < threshold pace (starting to breath harder)	2 -3 minutes between each interval
Tuesday	Swim*			
Wednesday	Run* (Track)	7- 10 x 800 (1st 400 at T, 2nd 400 T - 5 sec). Or 20'T/10'jog/20'T for long distance athletes	800m: T = threshold pace (calculated from 5k test); 1st 400 @ T, 2nd 400 @ T - 5 sec	1 minute between each 800
Thursday	am Swim pm Bike* (Spin/Circuit) or Turbo	Turbo: 3x15/15sec, 1min easy, 5x15/15sec, 1min easy, 7x15/15sec, 1min easy, 9x15/15sec, 1min easy (if you can do more, do 1 more set of 11x15/15sec)	15 sec hard work (but not flat out), 15 sec easy. This session is harder than it seems!!!!	
Friday	REST			
17- 23 May				
Saturday	am Swim* pm Run	endurance/slow run between 45-90 minutes, add 3 short accelerations in the run	Fartlek: speedplay easy run, talking pace	
Sunday	Bike*	long ride (3, 3.5 hrs), possible hills (depending on weather)	easy ride, except for hill work	
Monday	Run	45-60 min endurance run, include 2x10 minute at slightly faster pace (<threshold pace)	slow, at talking pace. Intervals < threshold pace (starting to breath harder)	2 -3 minutes between each interval
Tuesday	Swim*			
Wednesday	Run* (Track)	12 - 20 x 400 or 8x5'T/30" for endurance athletes	at Threshold pace (Thus NOT fast!!)	30 sec between 400
Thursday	am Swim pm Bike* Turbo	Turbo: main set: During 20-30 minutes alternate 1 minute normal cadence (90rpm) and 1 min at high cadence (>100 rpm)		
Friday	REST			

Training Schedules



Many thanks to the members who nominated, and happy training.

Damian Thacker,
MTC Member of the
Month Coordinator

Shortlist...

Rachel Ramsay: For organising the recent very successful training weekend, and being the only MTC member to compete in the 10k swimathon. She completed the course in 2hr28mins finishing 3rd in her age group and 9th overall. This equates to under 1min30 for 100 x 100m!!

Sarah Lee: For winning her first ever triathlon 'The Chester Novice Event'. She has shown commitment and dedication to her training since the autumn and her hard work has been rewarded with an excellent result!!

24 - 30 May

Saturday	am	Swim*			
	pm	Bike or Run	MTC Velodrome session or endurance/slow run between 45-90 minutes, add 3 short accelerations in the run	Fartlek: speedplay easy run, talking pace	
Sunday		Bike*	long ride (3, 3.5 hrs), possible hills (depending on weather)	easy ride, except for hill work	
Monday		Run	45-60 min endurance run, include 2x10 minute at slightly faster pace (<threshold pace)	slow, at talking pace. Intervals < threshold pace (starting to breath harder)	2-3 minutes between each interval
Tuesday		Swim*			
Wednesday		Run* (Track)	3x(1200-800-400) or 3x(1000-600-200) or 6x1 mile at Threshold (1min easy) for long distance athletes	T = threshold (from 5 k test)	30 sec between reps, 2 min between sets
Thursday	am	Swim			
	pm	Bike*	Turbo: 20 min at 80%, 15 min at 85%, 10 min at 90%	Intensity = percentage of max Heart rate or how you perceive your intensity compared to Maximum effort (threshold intensity = +/- 85%)	continuous set
Friday		REST			
31 May - 6 June					
Saturday	am	Swim*			
	pm	Run	endurance/slow run between 45-90 minutes, add 3 short accelerations in the run	Fartlek: speedplay easy run, talking pace	
Sunday		Bike*	long ride (3, 3.5 hrs), possible hills (depending on weather)	easy ride, except for hill work	
Monday		Run	45-60 min endurance run, include 2x10 minute at slightly faster pace (<threshold pace)	slow, at talking pace. Intervals < threshold pace (starting to breath harder)	2-3 minutes between each interval
Tuesday		Swim*			
Wednesday		Run* (Track)	6 x (200, 400, 600) at I pace. 4x5min/1min for long distance athletes	Or T = Threshold, I = Intensity pace (from 5 km test)	45, 90 and 120 sec between 200, 400, 600 intervals
Thursday	am	Swim			
	pm	Bike	Turbo: 3 x (2 min moderate, 4 min 'harder', 2 min 'hard') with two minutes in between the two sets	Increase your gears for every interval. Start at a relative 'easy' level	
Friday		REST			

*= Club sessions

Turbo sessions: Always start with 15-20 min warm-up and finish with 5-10 minute cool-down

Beginners: (please pick the minimum number of repetitions in the schedule above!)

Try to do at least one session of each discipline per week. If possible, try to do an extra session of your weaker discipline.

Examples: Bike 1) Go out on the road for 1.5 hrs

1) Turbo session: 35 to 45 minutes of easy spinning turbo (Heart Rate should stay under 130/140; or should still be able to talk)

*Check your pedalling rate: should be between 90 and 100 rotations per minute

*Do one-legged pedalling in first 10 minutes (try 3x60 secs per leg, take other leg of pedal)

*Include between 5 and 10 times 2 minutes harder work with 1 minute easy spinning in between

Run: 30-45 minute run, at talking pace

*Try to add some accelerations (5 times), for example to next corner or busstop (100/200 meters)

Extra sessions for intermediate advanced level:

Running: Add one or two easy runs (at talking pace) between 30 and 60 min whenever it fits in with your own schedule.

Cycling: Add a turbo session, for example:

1) a 45-60 minute session just spinning, with increasing gears every 10 minutes

2) a 45-60 min session with 1-2-3-4-5-4-3-2-1 with 1 min rest

Queries trainings programme, please contact Carine van Schie (0161-432 2931 or carine.vanschie@btinternet.com or cvanschie@man.ac.uk)



RACE RESULTS

Chelmsford Bike Run: Sunday 9th March 2003

	Bike Split	T1 Time	Run Split	Finish Time	Actual Finish Time Less Handicapp	Position
R.Munn	39.55	0.24	16.00	56.19	42.19	1
N.Thomas	36.21	0.35	16.27	53.23	42.23	2
R.Neale	37.54	0.58	19.45	58.02	45.02	3
T.Johns	33.33	0.12	19.12	52.57	45.57	4
Steve Clayton	34.15	0.25	20.12	54.52	46.52	5
William Millard	35.12	0.50	19.55	55.57	46.57	6
Dave Harper	37.24	0.27	20.03	57.54	47.54	7
Cathy Atkinson	29.52	0.41	22.02	52.35	48.35	8
Steve Birkett	35.05	0.59	19.46	55.50	49.5	9
Mark Woodrow	40.30	0.28	21.34	62.32	50.32	10
David melvin	32.47	0.50	22.11	55.48	50.48	11
Sarah Le	30.51	0.20	22.27	53.38	52.38	12
Saul Elly	33.35	0.30	21.15	55.20	53.2	13
Krystal Hoath	34.15	0.27	23.22	58.04	55.04	14
Kathrine Ronnov	33.34	0.32	23.40	57.46	57.46	15
Martin Webb	43.26	DNF due to being well knackered!				
C Storey	41.57	DNF due to being a girl!				

Taunton Half Marathon

April 6th, 2003

Ryan Bowd 1h28 (73rd)
Richard Wallace 2h16

London Marathon

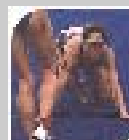
April 13th, 2003

Cliona Kirwan - 4:49:50
(4333rd)

DNF - Ryan Bowd (due to being a big girl with sore feet.)

2003 CLUB GRAND PRIX SERIES

Date	Race
various	Winter season bike run events
30.3.02	Pimbo Duathlon
1.6.03	Stratford Triathlon
8.6.03	Ellesmere Triathlon
15.6.03	Windsor Triathon
22.6.03	Cheshire Triathlon
29.6.03	Chester Triathlon (NW Champs)
12.7.03	Ripon Triathlon
17.8.03	Nantwich Triathlon
31.8.03	Half Ironman UK
7.9.03	Rivington Sprint Triathlon
21.9.03	Bala Triathlon
12.10.03	Blackburn Duathlon
Any	Half Ironman
Any	Ironman



Member of The Month Interview

In his new monthly interview column Damian Thacker get's the low down on January's member of the month Saul Elly.

Name: Saul Elly

Age: 12 yrs

What bike do you race on? Brian Rourke 653, which my mum used when she did triathlons, when I was a very small baby.

What running shoes do you race in? Adidas.

When and how did you take up triathlon? Approximately 3 years ago, after I saw a flyer at Stockport metro swimming club, and wanted to try it as my mum was a very good triathlete.

How many hours do you train a week? About 8 hours a week. **How do you fit it in around schoolwork?** I try to do some homework at school.

What's your favourite training session? Biking out on the road with my dad.

What has been your favourite race? The end of last years season, my first National series at Nottingham. **Why?** I had a great race and came 2nd.

What has been your worst race? Last year triathlon at Irlam in the North west series. **Why?** Because I stitched up on the run through eating Pringles prior to the race.

Do you prefer swimming, cycling or running? Cycling. **Why?** As I find it easier than the others, and enjoy it.

Who is your favourite International Triathlete? Jodie Swallow. **Why?** I have seen her at Salford Quays twice, and she is big headed like me.

Do you have any other hobbies? Football, Rugby, & Golf.

What sporting goal do you have for this season? Try to get into the National Squad

Anything else you would like to add....

Thanks to Perry Huizer for setting up my road bike prior to my time trial at Chelford, at which he kindly followed behind ensuring there were no accidents. But then nearly caused a major one, by shouting at me to move over and I thought a lorry was coming and moved over the wrong way almost hitting the kerb.

By: Damian Thacker

In the second of his new monthly interview column Damian Thacker get's the low down on February's member of the month Carine Van Schie.

Carine van Schie was voted as February's Star for her dedication to the club with training, coaching, patience, training plans and advice. Everyone in the club appreciates it, especially the red eyed swimmers on Thursday mornings.

Name: Carine van Schie

Age: 32

What bike do you race on? On the Road on a Giant TCR team bike

When and how did you take up triathlon? In October 1995 when I came to Manchester I was looking for a sports club, and although I was looking for a running club I somehow ended up phoning Manchester Triathlon Club. I have always fancied giving triathlon a go, but with my busy speed skating commitments (racing and coaching) in the Netherlands I only managed to do one Novice event just before I moved to Manchester. As a speed skater I used to do a lot of cycling and running, thus all I needed to do was to add the swimming and I became a triathlete!!

How does triathlon vary between Holland and England? I feel that the popularity in England is growing all the time, while this it has been a bit stagnant in Holland. I have never raced triathlons in Holland (except my first Novice event and a couple of winter re-lays), but I know from Perry that there used to be a lot more events around then there are nowadays. I am not sure why that is. On quite a different note, from experience and from stories from Perry I know that there aren't always specific changing areas for the female triathletes in the Netherlands, as there weren't always enough female athletes to 'justify' a separate changing room (well at least not 7-10 years ago). I am sure that the majority of the (male) athletes didn't object! However, I don't think this would ever happen here in the UK.

When and why did you start coaching? I have coached speed skating in the Netherlands for a couple of years after I finished my own speed skating career. Someone asked

(Continued on page

Congratulations and Well Done TO EXCELLING MTC JUNIORS...

Well done to MTC member Josh Tompkins who has been selected again to be on the World Class Potential Programme. And **Congratulations** to Samanta Wilson and Krystal Hoath, two MTC's Juniors who recently qualified for the World Class Start Programme. Well done to you all, and MTC is proud of you!

Race for life

Race for life, organised by Cancer Research, is a 5km race for Women only. The race is on Sunday 8th. June @ Heaton Park Manchester. If you are not racing already, there is no reason why you can't help out on the day. The race organiser Dave Martin is still looking for volunteers to help out with the event, please ring him on 01405 769085.

Freesia Day, one of our MTC members, has kindly organised some flyers of our club that will be handed out on the day to participants. We hope this may be a good opportunity to promote our club under a female audience. If you would like to give Freesia a hand, speak to her at one of the swimming sessions!

Member of The Month Interview

Damian Thacker and Nina McArthur the Newest MTC Newsletter Su- perstars...

I just like to take a second and thank both Damian and Nina for their increasing involvement in the Newsletter. Damian for taking over the Member of the Month programme and introducing to the newsletter his new monthly, member of the month interview column and Nina for agreeing to take on the role of junior section editor. (See next Month's Edition for her new section).

These two people to whom I am very grateful join other MTC Newsletter Superstars including (but not limited to, and please do not be upset if I forget you) Carine Van Schie, Dave Q, Dave Leak, Pip Fitzpatrick, Cliona Kirwan, Rachel Ramsay and many, many, many, many more...

If you are interested in becoming an MTC Newsletter superstar drop me an email to find out how you can help out...

Rbowd@1090communications.co.uk

(Continued from page 13)

me to help out with coaching the juniors of our skating club when I was about 21yrs old and I really enjoyed the experience. I decided to get some coaching qualifications and coached the juniors in our skating club for about 4 yrs before I moved to Manchester. I started to coach triathlon 2.5 yrs ago after I finished my PhD and was looking for a new 'challenge'.

How many hours do you train a week? Currently I train about 12-13hrs a week, of which 10 on the bike.

What's your favourite training session? Cycling obviously. I am struggling quite a bit with the running and swimming, as I am doing so little of it at the moment.

What do you like about training at the Velodrome? There is no other traffic, no abuse from other road users, no need for bike cleaning, and no rain; however there is a lot of speed, fun, adrenaline and butterflies in your stomach. In one word: brilliant

What are the differences between your race bike and your track bike? The biggest difference is that a track bike got a fixed wheel, which means that you can't hold your legs still if your bike is moving. You sometimes forget this for 1/1000 of a second after a sprint, but you are very quickly reminded! Consequently you have only one gear on the bike and in order to change gears you have got to change the sprocket, which is a lot more work than just changing your gears on a road bike.

What has been your favourite race? Why? I have always really enjoyed Ellesmere event, I really like the bike course which is one loop of a 'rolling course' and quite fast. The event is very well organised, however unfortunate; for some reason the weather is not always too good on race day! I also really enjoy the Chester triathlon for a more 'social' reason, as this event is a very friendly and well organised event.

What has been your worst race? Why? I don't do bad races! I certainly don't remember them. Although, I do happen to remember coming of the bike in a Chester sprint event a couple of years ago, which wasn't a very pleasant experience. Perry dropped out as well (while he could have won the race if he hadn't) as he was worried about me when he found out that I had come off the bike, thus we were quite a happy bunch that day! (This doesn't do much good for voting Chester as one of my favourite events, but oh well.....)

What has been your best finishing position in a major race? I have won a couple of events in the last few years, but the best experience was winning Ellesmere in 2001. It came quite unex-

pected, but even though I wasn't anticipating doing this well I felt very strong throughout the race and was able to stay away on the run which is normally my weakest part of the race. I couldn't believe that I was able to win a big race like Ellesmere, and couldn't get rid of this smile on my face for quite a few days!

Do you prefer swimming, cycling or running? Why? I think everyone knows that cycling is certainly my favourite (and best) discipline, which is why I have decided this season to just focus on the cycling. I am not a bad swimmer and runner, but have got to work very hard for it, while cycling is something that comes naturally. I would like to see this year what I could achieve with training a bit more seriously for cycling for the first time in my life!

Who is your favourite International Triathlete? Why? In the 1998 Hawaii Ironman event Jurgen Zack was going very strongly, coming first of the bike and since finishing 2nd the year before was up for an improvement in performance. However, he got caught by the number 2 and 3 and then later got passed by more and more athletes. He somehow couldn't keep up the pace and had to start walking during the marathon. Most other athletes in his position would have stepped out the race, however he didn't as he was determined to finish the race. He carried on and walked most of the marathon to the finish, while the female winner and lots of age-groupers passed him. He obviously did a lot worse than he had hoped for, but the fact that he didn't give up, carried on and finished the race while there were no trophies waiting for him at the finish was for me a brilliant display of courage, character and of a real Ironman! I am sure there are lots of other examples of athletes who show the same courage and character at other (distance) events, and they would equally be my favourite athlete!

Do you have any other hobbies? At the moment I really haven't got the time for any other hobbies, but I really enjoy travelling and would love to pick up painting or drawing after triathlon duties have quieted down a little.

What sporting goal do you have for this season? My goal for this season is to do as many bike races as possible to see what I can achieve on the bike. I have not got any goals for triathlon, however I will race the Chester triathlon (now national championships for women!) and the national relays, but with no specific aim. My main goal this season is to participate in the World Masters Track Championships in September at the Manchester Velodrome, thus I am expecting some good crowds from MTC to cheer me on!

By: Damian Thacker



Events Calendar

Club Grand Prix Series Race

NW Championship Race

TRI UK Expo

Editors Choice



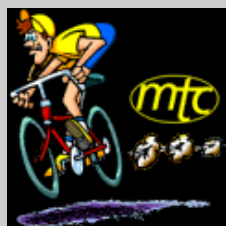
<p>April 21-27 27: Winchester Fast Twitch Tri (07971 299 349) 27: Chrik Sprint Triathlon</p>	<p>April 28 - May 4 4: National Triathlon Show Stratford</p>	<p>May 5-11 5: Thames Turbo 2 (0208 977 7609) 11: ITU Long Distance World Champs</p>	<p>May 12-18 17: IM Lanzarote 17: Eton Supersprint (0208 3993579) 18: Taunton Deane Triathlon (ED)</p>	<p>May 19-25 25: Salisbury Fast Twitch Triathlon (07971 299349)</p>	<p>May 26 - June 1 26: Thames Turbo 3 (0208 977 7609)</p>
<p>June 2-8 8: Shropshire Tri (01743 255075) 8: Burnham-on-sea Tri (01278 786868) 8: Weymouth 1/2 Dis.</p>	<p>June 9-15 Royal Windsor Triathlon (0208 399 3579) (ED)</p>	<p>June 16-22 21: IM France 22: Cheshire Tri (01270 500660) (ED)</p>	<p>June 23-29 29: Chester Deva Tri (NW) 29: Rutland Dam Bustter Triathlon (0115 914 1337)</p>	<p>June 30 - July 6 30: Bedford Triathlon (01234 305839) 6: Gatorade Trentham Gardens Tri (01270 500660) (ED)</p>	<p>July 7-13 12: Ripon Triathlon 13: Eton Supersprint (0208 3993579)</p>
<p>July 14-20 Ironbridge Triathlon (01908 615945)</p>	<p>July 21-27 27 Milton Keynes Tri (01908 615045) 27 Salford ITU Race/ Open Wave</p>	<p>July 28 - August 3 2: National Relays 3: London Triathlon (0207 559 2929) (ED)</p>	<p>August 4-10 10 Crewe & Nantwich Tri (01270 500660)(ED)</p>	<p>August 11-17 17: Boundry Breeze Triathlon (ED)</p>	<p>August 18-24 23: Clumberpark Sprint Tri 24: Horwich Triathlon 24: Bedford Classic Triathlon (01234 305839) 24-25: Gold's Eton Multi-sport Festival (0208 3993579)</p>
<p>August 25-31 24-25: Gold's Eton Multi-sport Festival (0208 3993579) 31: Gatorade Half IRONMAN UK Triathlon - www. IRONMANUK.com (ED)</p>	<p>September 1-7 7: Rivington Sprint 6: Brighton International Triathlon (01270 500660) (ED)</p>	<p>September 8-14 21: Bala Triathlon 21: Wimbourne Fast Twitch Tri (07971 299349)</p>	<p>September 15-21 21: Bala Triathlon 21: Wimbourne Fast Twitch Tri (07971 299349)</p>	<p>September 22-28 8: Ironman Florida</p>	<p>September 29 - October 5</p>
<p>October 6-12 12: Blackburn Duathlon (01254 723029) 12: Manchester Marathon</p>	<p>October 13-18</p>	<p>October 20-26</p>	<p>October 27 - November 2</p>	<p>November 3-9 8: Ironman Florida</p>	<p>November 10-16</p>

Foor - TRI UK MTC Member of the Month

Each month one club member will win a Foor trisuit courtesy of TRI UK, exclusive UK retailer of Foor Triathlon Wetsuits and Active Wear. Winners are chosen by the MTC executive at the monthly meetings.

To nominate a member drop the editor an email at rbowd@1090communications.co.uk with a brief statement as to why they should be chosen.

Club Members Info...



Club Reference Section:

CLUB MEETINGS: The Club meets on the first Wednesday of the month in the Clubhouse at Longford Park athletics track, Ryebank Road, Stretford (off Edge Lane). This is mainly a social meeting during which any official Club business is conducted and kit, T-shirts, etc. are available. The meeting follows the track session which finishes around 8pm.

TRAINING SESSIONS

SWIM: Coached sessions at Moss Side Leisure Centre (Moss Lane East, just west of Princess Road) on Tuesday evenings from 6.30 - 8pm, Thursday morning from 6.30am-8am, and Saturday mornings from 8am - 9.30am.

BIKE: Sunday morning rides at 10am from Didsbury clock tower run from mid-October to mid-May. There are different ability level groups, each with a designated leader. During the race season members who wish to ride still meet at the same place, but there is no organised route or leader, so we cannot guarantee there will be someone there every week. Spin and circuit sessions at Sale Leisure Centre, Thursdays 7pm-8:30pm.

RUN: There is an MTC track session at Longford Park, Ryebank Road, Stretford on Wednesdays from 6.30pm - 8pm and a group run is usually organised after Saturday morning swimming from 185 Acomb Street at 10:30am, see page 3 of newsletter for detailed information.

JUNIOR SECTION: Run and bike training for 8-16 year olds is based at Longford Park athletics track on Wednesday evenings 6:30pm - 7:30pm during the winter (Daylight savings months) and 6:30pm - 8pm for the rest of the year.

Registration Information and Form

Return to: Dave Deaville, MTC membership secretary, 5 Chatsworth Road, Hazel Grove, Stockport SK7 6BH, Tel: 0161 456 2692

Membership Types	M'ship Fee	Moss Side swims (Tues/Sat)	Longford Park (run)	Spin & circuit	Sun bike	Please tick
GOLD	£240	FREE	£1.50*	FREE	FREE	
SILVER	£50	£2	£1.50*	£2.50	FREE	
BRONZE	£15	£3.50	£1.50*	£3.50	FREE	
BRONZE (STUDENT)	£7.50	£3.50	£1.50*	£3.50	FREE	
ASSOCIATE	£7.50	N/A	N/A	N/A	N/A	
JUNIOR (under 18)	£10.00	N/A	£1*	£2.50 (15+ only)	FREE	

*Pay at the door for track training (run) at Longford Park

New Member

Membership Renewal (Current Member)

Membership Re-activation (Past Member)

I enclose a cheque for £ Payable to "MANCHESTER TRIATHLON CLUB"

SIGNED: _____

DATE(dd/mm/year): _____ / _____ / 2003

NAME: _____

DATE OF BIRTH (dd/mm/year): _____ / _____ /19

ADDRESS: _____

_____ POSTCODE: _____

TEL (home): _____

TEL (work) : _____

TEL (mobile): _____

EMAIL: _____

Notes:

- All membership fees (other than student silver/gold members paying in instalments) are payable on January 1st. Members must pay the full fee for all training sessions until they have renewed their membership and received their 2003 membership cards.
- Associate members are social members who are not active (i.e. neither training nor competing members).
- Honorary members get free membership at bronze level, but must pay the difference to upgrade to silver or gold membership.
- Student members must pay in full if they opt for silver or gold membership, although they can pay in two equal instalments. A post-dated cheque (dated no later than July 1st) must accompany the first instalment.
- New members joining after July 1st pay half the appropriate membership fee (this does not apply to former members re-

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Lite – standard fitting sizes only	£145.00
Stealth 5-3-2 *	£190.00
Race Ultralite Pro *	£230.00
Sligstream Pro *	£270.00
Neoprene Overshoe	£20.00
Neoprene Toe Cap	£14.00
Neoprene Polar Cap	£15.00

* MADE TO MEASURE FITTING AVAILABLE

ADAMANT WETSUITS

Bionik – Ultimate Racesuit	£250.00
Pulsar – Mens – SmI-XXL	£199.99
Pulsar – Ladies – SmI-XXL	£199.99
Impact – SmI-XL	£150.00

QUINTANA ROO

SIZE	WEIGHT (kg)	HEIGHT (in)	WEIGHT (kg)
XS	123-136	5'6"-5'10"	56-62
S	137-150	5'6"-5'11"	62-68
MS(short)	140-150	5'4"-5'7"	63-68
MS	151-163	5'10"-6'2"	68-74
M(short)	153-163	5'5"-5'8"	69-74
M	164-177	5'10"-6'3"	74-80
ML(short)	163-172	5'5"-5'9"	74-78
ML	178-193	5'11"-6'4"	81-87
L(short)	178-188	5'6"-5'10"	81-85
L	190-215	5'11"-6'5"	87-96
XL	205-235	6'0"-6'6"	93-107
XXL	235-251	6'1"-6'7"	107-114
WOMEN XS	95-108	5'0"-5'4"	43-49
WOMEN S	109-122	5'2"-5'7"	49-55
WOMEN M	123-138	5'4"-5'10"	55-62
WOMEN L	139-155	5'5"-5'11"	63-70

These wetsuits are available in 16 sizes for both men and women. When ordering please refer to sizing chart above.

UltraFull – Gents or Ladies	£160.00
HydroFull – Gents or Ladies	£250.00
Supersuit – Ultimate Race Suit	£275.00
Polar Cap – Adds 3° Heat	£16.00

IRONMAN

Mens Sprint Fullsuit	£165.00
Mens Elite Fullsuit	£203.00
Mens VO2 Stealth Fullsuit	£285.00
Women's Sprint Fullsuit	£165.00
Women's Elite Fullsuit	£203.00
Women's VO2 Stealth Fullsuit	£285.00

PRINCIPIA

New 2003 Framesets

TT2 Light Aero Frame & Forks	£1,449.00
Rexe SX Pro – Compact	£1,299.00
Rexe Pro	£1,249.00
Rexe SX – Compact	£1,049.00
Rexe	£999.00
RSL S6 – Compact	£799.00
RSL	£779.00
RCS S6 – Compact	£679.00
T28 Time Trial	£799.00
RSL Track	£779.00

To Clear

RSL 99 – Frame & Forks	only £299.99
GAIA 99 – Frame & Forks	only £299.99
R700 00 – Frame & Forks	only £450.00
RCS 01 – Frame & Forks	only £450.00
RSL 01 – Frame & Forks	only £450.00
REX – Frame & Forks	only £599.00

* Phone for availability & more details *

All Principia frames are available as bikes. Phone for specifications and prices. 0% interest available.

LITESPEED

Available 0% interest up to 24 months

Tuscany – Frame only	£1,375.00
Siena – Frame only	£1,400.00
Blueridge – Frame only	£1,500.00
Class K – Frame only	£1,600.00
Ultimate – Frame only	£1,875.00
Vortex – Frame only	£2,250.00
Ghisallo – Frame only	£2,350.00
Saber – Frame only	£1,375.00
Blade – Frame only	£2,300.00

Cane Creek Headset & Litetec Forks	£250.00
Cane Creek Headset & Ouzo Pro Forks	£275.00
Chris King Headset & Litetec	£275.00
Chris King Headset & Ouzo Pro	£295.00

Vela Bike – Shimano 105 Black	£1,375.00
Capela Bike – 105/Ultegra	£1,600.00
Antares Bike – Ultegra/Mavic	£1,990.00
Hyperton Bike – Ultegra/Mavic	£1,900.00
Sirius – Aluminium Frame only	£990.00

* Phone for Litespeed brochure *

QUINTANA ROO

Kilo Bike – 105/Dura Ace	£1,100.00
Zero Gravity Bike – Ultegra	£1,750.00

* Phone for catalogue & details *

TRANSPORT YOUR BIKE

T. Pee Padded Bike Bag	£79.99
Power-Bar Padded Bike Bag	£89.99
Pryde Bag Inc. Wheels – "THE BEST"	£99.99
Pro-Vision Deluxe Bike Bag	£99.99
Power-Bar Double Wheel Bag	£49.99

TO HIRE – PADDED BIKE BAG

£10.00 per week + £5.00 postage

Bikesafe Touring Hard Bike Box	£195.00
Bikesafe Box Inc. Integral Frame	£265.00

TO HIRE – BIKESAFE TOURING BOX

£20.00 per week + £5.00 postage

* RESPONSIBILITY OF BOX IN TRANSIT AND RETURN OF BOX IS THAT OF THE CUSTOMER *

BIO RACER

Bikefitting.com

NOT TOO SURE IF YOUR BIKE FITS?

Don't spend all that money on a new frame until you know what size you need.

Bio Racer measurement systems offer an accurate measuring system in mm to allow us to fit you on your new or existing frame.

As used by many Pro Teams, Litespeed, Merlin, Principia & the 2000 Olympic Squad.

BOOK FOR AN APPOINTMENT £35.00

SPEEDPLAY

X3 – CroMoly – 220gm pair	£79.99
X2 – Stainless – 198gm pair	£129.99
X1 – Titanium – 150gm pair	£169.99
Zero – Stainless – 206gm pair	£129.99
Zero – Titanium – 164gm pair	£179.99
Replacement Speedplay Cleats	£29.95
Cleat Covers for Walking	£9.99

CYCLE SHOES

Shimano Tri 1 – 36-47	£89.99
Carnac TRS 6 – 36-50	£89.99
Carnac TRS 7C – Carbon	£109.99
Time Iron CX – 37-48	£85.00
Lake CX110 – 40-48	£59.99
Lake CX310 – Kangaroo/Carbon	£109.99

* We stock Sidi, Northwave & Skimaio *



Pro M – Folding/Rigid – Grey Lens	£89.00
Pro M – Folding/Rigid – Iridium Lens	£119.00
Lens: clear yellow, persimmon, VR28	£30.00
Ballistic Box for Pro M Frames	£30.00

* Full range of Oakleys – Phone for prices *

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Email: eddie.mcgrathcycles@gconnect.com Mon-Sat 9-5.30pm, Thurs till 8pm

**IRONMAN****IRONTECH PERFORMANCE PRO RANGE**

Ladies Sleeveless Bodysuit	£53.99
Ladies Vest Top Bodysuit	£41.99
Ladies Tri-Top	£26.99
Ladies Tri-Shorts	£26.99
Ladies Swimsuit Inc. Pad	£39.99
Gents Sleeveless Tri-Suit	£53.99
Gents Short Sleeve Tri-Suit	£59.99
Olympic Tri-Top	£26.99
Zippered Tri-Top	£29.99
Gents Padded Shorts - Long	£26.99
Gents Padded Tri-Short	£26.99
Gents Tri-Briefs	£21.00

AQUAMAN CLOTHING

Tri-Briefs - Mens - black or blue	£27.99
Tri-Top - Mens - black or blue	£30.00
Tri-Shorts - Mens - black or blue	£35.00
Tri-Singlet - Mens - black or blue	£27.00
Tri-Suit - Unisex - black or blue	£55.00
Tri-Briefs - Ladies - black or blue	£25.00
Tri-Top - Ladies - black or blue	£25.00

TRIATHLON ACCESSORIES

Elastic Laces and Locks	£4.99
Standard Lace Locks	£1.50
Elastic Race Number Belt	£5.99
Ironman Elastic Race Belt	£3.99
Speedo Elite Kickboard	£13.00
Speedo Elite Pullbuoy	£12.00
Speedo Universal Kickboard	£10.00
Speedo Universal Pullbuoy	£8.00
Speedo Training Fins	£30.00
Speedo Tech Hand Paddle	£13.00
Speedo Power Hand Paddle	£9.99
Aquatic Supersoft Ear Plugs	£3.00
Anti-fog Goggle Drops	£4.00
Adjustable Nose Clip	£3.00
Speedo Large Team Holdall	£30.00
Ironman Large Team Holdall	£30.00
Speedo Large Team Rucksack	£25.00

GOGGLES

Sonja Crystal Sports Goggles	£11.00
Aquasphere Seal Mask - clear lens	£16.99
Aquasphere Seal Mask - dark lens	£16.99
Aquasphere Seal Mask - mirror lens	£23.00
Kalmen - clear or dark lens	£11.99
Speedo Mask - grey lens	£15.00
Speedo Speed Socket - Competition	£16.00
Speedo Aquablade - mirror lens	£11.00
Speedo Aquablade - grey lens	£9.00
Anti-fog Lens Clear	£4.50

EGGBEATER PEDALS

Eggbeater Chrome - 294gm pair	£69.99
Eggbeater Stainless - 266gm pair	£99.99
Eggbeater Titanium - 230gm pair	£149.99
Eggbeater Twin Titanium - 213gm pair	£179.99
Eggbeater Triple Titanium - 185gm pair	£249.99
Replacement Cleats Inc. Pontoons	£15.50

POLAR
HEART RATE MONITORS

* 0% Interest - Pay over 4 Months *

A1 Entry Level Monitor	£35.00
A3 Time, Average, Zone Pointer	£55.00
A5 Time, Average, Pointer, Cals, Tests	£65.00
M21 Calories, Zones, Memories - grey	£75.00
M22 Calories, Zones, Memories - silver	£75.00
M51 Own Zone, Index, Memories - blue	£95.00
M52 Own Zone, Index, Memories - grey	£95.00
M71 TI As M21 but Titanium Cased HRM	£130.00
M91 TI As M51 but Titanium Cased HRM	£160.00
S120 Specific Running HRM, Tones, Settings 60 lap	£99.99
S210 Own Index, cal, zones, % of max	£112.99
S410 As 210 with Sonic Link	£125.00
S610 As 410 with Unlimited Files	£149.99
S810 As 610 R-R intervals, relaxation	£250.00
S190 Specific Cycling HRM - Speed, Distance Timers 3 Settings, 50 Lap, Recovery Rate, Inc. Speed Kit	£109.99
S510 As 410 with Speed, Distance	£145.00
S710 As 610 with Speed, Distance, Altitude	£189.99
S5201 As 510 with Steel Casing	£164.00
S7201 As 710 with Steel Casing	£215.00
S-SERIES Power Output Sensor for 710	£249.99
S-SERIES interface for Serial Port	£27.99
S-SERIES interface for USB Port	£29.99
S-SERIES Speed Sensor Kit	£27.50
S-SERIES Cadence Sensor Kit	£27.50
Handlebar Mount - fits any monitor	£4.99
Replacement Elastic Strap - S, M, L	£4.99
Polar Ladies Heart Bra - S, M, L, XL	£29.99
T31 Transmitter Belt Set	£29.99
T61 Coded Transmitter Belt Set	£42.99
Specific Heart Rate Training Book	£11.00
Sally Edwards Heart Rate Monitor Book	£14.00
Precision Heart Rate Training Book	£10.00
Precision Cycling Booklet	£2.50
Precision Running Booklet	£2.50
Target your fitness & weight management	£2.50

TIMEX WATCHES

Speed & Distance plus 50 Lap Stopwatch	£175.00
Speed & Distance plus 100 Lap Stopwatch	£199.99
Digital Heart Rate Monitor	£79.99
Digital Heart Rate Monitor - 50 lap	£89.99
Digital Heart Rate Monitor - 100 lap	£99.99
Triathlon 100 Lap Stopwatch	£44.99
Triathlon 50 Lap Stopwatch	£39.99
Triathlon 30 Lap Stopwatch	£29.99

TRIATHLON BARS

Syntax C2 Aero Tri-Bars	£89.99
Syntax Streamliner Tri-Bars	£69.99
Syntax Aero Bridge	£10.00
Syntax Computer Mount	£7.99
Syntax AeroShift Gear Lever Mount	£55.00
Profile Carbon X Full Set	£219.99
Profile Carbon A1style	£89.99
Profile Split Second - black or silver	£84.99
Profile A1style 2000 - black or silver	£74.99
Profile Century Z8 Tri-Bars	£34.99
Profile Aero Bridge	£10.00
Profile Computer Mount - fits any bars	£7.99
Profile Venturi Replacement Pads	£8.00
Cinelli Angel Full Tri-Set	£159.99

SIS
RESEARCH IN SPORT

Go Gel Sachet - orange, black, tropical	£1.00
Go Gel Sachets - box of 15	£13.75
Go 500g - lemon/black/watermelon	£5.99
Go 1.6kg - lemon/black/watermelon	£15.99
Rego 500g - strawberry/chocolate/banana	£6.99
Rego 1.6kg - strawberry/chocolate/banana	£19.99
PSP 22 500g - original/black/orange/lemon	£5.99
PSP 22 1.6kg - original	£12.99
PSP 22 1.6kg - orange/black/lemon	£15.99
PSP 22 2.7kg - original	£15.99
PSP 22 2.7kg - orange/black/lemon	£21.99
KR10 - Pure Creatine 110gm	£6.00
KR10 - Pure Creatine 250gm	£10.99
KR10 - Pure Creatine 500gm	£18.99
L-Glutamine 110g	£8.99
L-Glutamine 250g	£17.99
L-Glutamine 500g	£22.99
Conjugated Linoleic Acid (CLA) 90 capsules	£19.99
SIS Intro/Gift pack Inc. bottle	£9.99
Rego Rapid 1.6kg - strawberry/toffee	£39.99
Rego Nocte 1.1kg - strawberry/toffee	£39.99
Rego Fast Build 1.2kg - strawberry/toffee	£39.99
Go Bar - chocolate/apple/mango/cherry/banana	£1.00
Go Bar - box of 24	£20.00
SIS Drinks Bottle 600ml	£2.99
SIS Drinks Bottle 800ml	£3.25
SIS Drinks Bottle 1000ml	£3.99

HIGH5
SPORTS NUTRITION

Energy Bar - banana/citrus/berry	£1.10
Protein Bar - orange/banana/mint/mocha	£1.10
Sports Bar - caramel/raisin/orange/berry	£1.00
Energy Source Sachet 50gm	£1.00
Energy Source 600g - citrus/tropical/orange	£7.50
Energy Source 1.4kg - citrus/tropical/orange	£13.99
Energy Source 2.8kg - citrus/tropical/orange	£24.99
Energy Source 2.3kg - neutral	£13.99
Isotonic Powder Sachet - citrus/orange	£1.00
Isotonic Powder 650gm - citrus/orange	£7.99
Protein Recovery - banana/chocolate/vanilla/citrus	£13.99
Creatine Source 200gm	£9.99
Creatine Source 500gm	£19.99
Bottle Crate - holds 6 bottles	£8.99
Bottle - 500ml - red or clear	£3.00
Bottle - 750ml - red or clear	£3.50

FRM COMPONENTS

Bottom Bracket - Titanium 140gm	£75.00
Brake Callipers - Titanium 120gm	£120.00
Evolution Chainset	£199.99
Quick Release Skewers - Titanium	£40.00
Seatpost - Alloy CNC	£45.00
Seatpost - Carbon - 165gm	£69.99
Web Ahead Stem - black or silver	£45.00
Aheadset 1" or 1 1/8"	£35.00
Aheadset Spacers - Alloy	£1.25
Aheadset Spacers - Carbon	£2.25

Final Word From The Editor

**Message From The Editor:**

Well another month has passed, and normality has returned; the newsletter is slightly, just slightly late and like most years the race season is fast approaching and I am far behind in my training. So far behind I think that a search party might be required to find my training log. As a result, my goal for the season have since changed from a peak at each end of the season, to a peak at the end (hoping that I can race myself fit over the summer) and I doubt that I will figure in this

year's club grand prix (after winning it last year).

The Club however, does not seem to be lacking in form. If the recent form of quite a few senior women and the selection of juniors to the World Class Potential and Start programmes is anything to judge by then the Manchester Triathlon Club is in fine competitive form. So as I look intrepidly at the forthcoming season positively as a club I think we can safely say...

BRING IT ON...Enjoy the start of your race season and Good luck

Ryan

Notes for Contributors

Contribute including stories, race reports, news items, classifieds or event listing may be submitted either as Microsoft word document or excel document. Images are accepted electronically in JPEG, TIF or GIF format.

Send contribution to rbowd@1090communications.co.uk.

Deadline for contributions is the 10th of the month for inclusion in that month's newsletter.



**Fuelling MAN3
This Summer
Wednesday Nights
At The Track**

