

[...february 2008...]

man³ news



Four Villages Half Marathon



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Editor: Konrad Steinert

Manchester Triathlon Club Executives:

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

Send contributions to:
newsletter@man-tri-club.org.uk

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Chairman's corner - February 2008

Welcome to the first newsletter of 2008. As you can see this column is now being brought to you by a new and considerably more attractive chairperson than in previous issues!!!!!!!!!!

We also have a new newsletter editor. Dean has done a fabulous job over the last few years and I'd like to take this opportunity to say a big thank you to him for his work and to Konrad for stepping in so that the newsletter can continue to be a great success.

Welcome to everyone whether you're a new member or have been around for years. I hope you are making the most of your membership and enjoying training with us. Thanks to Rob Harvey for organising a number of new sessions and to all the coaches and volunteers who make these possible. Well done to everyone who has been competing in various runs and duathlons over the winter. Particular congratulations to everyone who took part in the Pennine Bridleway Relays, especially to the slightly crazy Konrad who completed two legs of the course! Many thanks to Dabbsy and Sarah for getting everyone organised.

Ala Jackson and her team are doing a fantastic job of getting Boundary Breeze 2008 organised. A phenomenal amount of work has gone into ensuring the event is a success. Entries are open now but please remember that if you are racing you must provide a marshal. We are need of lots more volunteers for the day so please consider what you could do to help out. For more details contact Ala; boundarybreeze@yahoo.co.uk

After a long wait of about two years we finally have our new club kit! Shane did a great job on the new design and it looks fantastic. As a team we are definitely going to be an impressive sight at the national club relays this year. Gary is currently looking into putting a new order together so if you haven't purchased your kit yet please get in touch with him clubkitofficer@man-tri-club.org.uk

Over the last few months Man Tri has become even more sociable than it was before! Paul, our social secretary, organised a very successful end of season do and the annual awards evening is being held on 5th April. This is a great opportunity for us to celebrate our members' athletic achievement and also to give recognition to those who have contributed to the club in some way. Please do come along to the party, and vote in the member of the year award as a way of showing your appreciation to those who work hard behind the scenes. For details of social events keep an eye on the forum.

I've already gone over my word limit so I'll stop rambling! Good luck with the forthcoming season. Whether you're doing your first triathlon or your 50th ironman; thanks for joining us and best wishes for the year.

Happy Training

Kathryn Copsey



[...ironman kona...]

man³ news

An ancient British Military motto - (The 6 P's, - Planning and Preparation Prevents Pi** Poor Performance).

On numerous times the above motto rung true in my Military career, and is still used more than occasionally to this day.

This last year's training has been fragmented (at best) to say the least. Working 6 days a week, supporting a family, trying to get a new business venture going and last and not least the opening of a training facility in Didsbury (Jan 08). With the best will in the world Ironman was going to have to take a rather small back seat. I can only thank the human body for keeping a degree of base fitness from last year.

This year Hawaii was sold to the girls as a 'family' holiday with a little race in the middle of it, (Ironman is all consuming). The normal route of travel is Manchester - Chicago - LA - Kona , which can take up to 22-25 hours depending how lucky you are with times/pilots/weather etc. So with a bit of disbelief I boarded the plane with the Clarke caravan, Colette - wife, Caprice - No 1 and the No 2 - Arabella. We arrived the weekend before the race so we could watch the build up and I could get the opportunity to do a bit of last minute training/tanning (remember legs from last year!).

The week before this year was fantastic. Kona seemed to be boiling with atmosphere the moment we landed, far better than previous years and so it should be as this is the World Championships!



The Race

As most of you know the pro's start 15 min's before the age groupers at 645 am, this is because of hyped up age groupers previously getting too aggressive during the swim/bike. The start had a different feel this year, it almost seemed too relaxed. Maybe it was the US Navy parachute display team doing their bit before the canon went off that took your mind of the impending water ruck. Who knows!. Anyway the hardest thing I find while swimming (apart from swimming) in Hawaii is the underwater wildlife, just try and ignore it when racing - you can't. If it's not that blue fish over there it's the orange one here - fantastic!. The only problem I faced was on the return, I had this guy constantly grabbing my ankles, touching feet etc for a good 10 - 15 min's. That's when it happened, I went all rugby!, I turned 180 degrees and charged (not the best thing to do and I bet it's not on the official video). However it worked and I continued to have an uneventful swim back to Dig Me Beach. On exiting the water I peaked a look at the watch and had gone 5 min's quicker than last year, bonus!.

Time 1:08:51/786th position

T1 was an absolute disaster. It seemed that everyone in front of me was in the tent all at the same time - madness. I still managed to put on the factor 30 though-slightly important as post race I was informed it was close to 98 degrees at 815 am on race day.

Those of you who know me I try and do most of the damage in races on the bike as it's the easiest thing for me to do at home when looking after the girls. The 112 miles in Hawaii consists of a little spin in and around Kona then it's up Palani Drive and onto the Queen K. The Queen K is the main road that takes you through the famous lava fields up to the north of the island. You then take a left then a right up to the bike turnaround in Hawi. The bike portion of the race is also renowned for it's trade winds which can blow from any direction up to and sometimes over 60 miles an hour. However looking across at the various wind socks that litter the road side we had a slight head wind up until the climb to Hawi. That's when it started to get a bit crazy. It's never easy going up hills but when you have the wind in your face and the risk of getting blown off your bike when passing gates/gaps in the walls etc you have to be cautious. There is a plus side though, after the turn around they were a distant memory as I hammered it towards the Queen K at 35 - 40 mph, (still being weary of the cross winds). Unfortunately arriving at the King K that same wind sock that was showing a slight head wind to Hawi was now blowing a lot harder. I was hoping to have a tail wind back to Kona, (boll**ks!!) the wind was again in our faces - time to roll my sleeves up. On the way to Kona there did seem to be a larger than normal amount of athletes in drafting tents which were now on the course - Cheats!. The only other highlight was getting belted in the face with a stray bottle, hoorah! a cycling companion in the form of a fat lip and that familiar taste of claret. Nearly there...

Time 5:05:53/233rd position

Coming into T2 I felt good as I hadn't pushed the bike despite the head winds, and felt fresh getting off.



[...ironman kona...]

man³ news

Coming out of T2 was a different story - there was no spark in the legs, nothing. I tried everything even running through the first couple of aid stations still nothing. Then that's when I realised - heat/sun stroke. The sun had fried me, I was in a bad way. the factor 30 I had been using so far had, well, been a bit sh*t. I was so burnt the body was directing the blood/energy/ and everything else for that matter trying to keep my surface cool instead of helping me go forward. Now for an impression, (think top gear) and on that bombshell the vomiting etc started. On the run there are aid stations every mile which is great news if you want to eat, drink or share your heat illness with anyone - not today. The first 10 miles were probably the more enjoyable because I managed to keep a few things down and from hitting the spectators, however when I got up to the Queen K the vomiting was more frequent and had become more of a retch as there was nothing left. The distance between the aid station was broken down into 3 stages - throw up water, - dry retch, then cramp all the while getting even more burnt because I was going backwards, so frustrating. I passed a few pro's who themselves were having bad days too, you then tell yourself it's okay, it happens!, it's still crap.

The run was concluded with an awful running/cramping attempt for the last mile. Even Caprice had to wait for me, she was gutted that Dad went backwards on the run so the promise was made - never to take racing lightly again.

Time 3:41:13/340th position (also my slowest)

On weighing myself post race I had lost nearly a whopping 8 lbs, on reflection I was happy with the finish and the massage.

After I warmed up with a few (lots!) pints of chicken soup and a long hot shower, it was time for the beer.

Again thanks must go to my family - Colette, Caprice and Arabella. To also the support Crew - Pete, Pam and Hawaii spectator virgin Jane. Roll on next year...Chris



Naples to Tunisia, 10th. – 25th. November 2007 – by David Waterhouse.

For my 2007 tour I fancied a mixture of European and North African culture. I decided on Italy and Tunisia as I could catch an overnight ferry from Sicily to Tunisia. I flew to Naples and arrived about 6pm. My bike, Dawes arrived on the carousel, and after a quick inspection appeared undamaged – so I quickly attached the pedals and panniers, inflated the tyres and cycled out into the Neopolitan Saturday night. I soon found myself in the middle of Naples as the airport is not far away complete with tram tracks, cobbles, slabs and Italian drivers ! I quickly discovered that Italian drivers seem to have adopted the same motto as the S.A.S. – « who dares wins ». The cobbled and slabbed roads continued for about 20 miles and was quite a surprise – they had probably been there since Roman times ! Anyway, the poor road surface and Italian driving certainly honed up my bike handling skills. After cycling until about 9pm. I found a hotel. The next day I opened my curtains to reveal a beautiful view of the bay of Naples. On setting off I also spotted the volcano Vesuvius which caused so much damage to the town of Pompei which was to be my next stop. After racing round Pompei and dodging the American tourists I carried on following the coast road and enjoyed the tarmac on the roads. The coast road turned out to be full of sweeping turns, and descents and was fairly deserted as it was out of the holiday season. I continued cycling down to the heel of Italy which despite the odd shower was enjoyable. After jumping on the ferry to Sicily I continued onto Palermo where I was to catch my boat to Tunisia and hopefully warmer climbs. The rain in Sicily turned torrential and all I could do was continue riding. On approaching Palermo I could see my ferry coming into port – perfect timing ! After a lengthy queue for customs I boarded the boat and found my cabin and bedded down for the night.



The ferry arrived in Tunis about 7.30 am. the next morning. I was asked for my passport about 4 times and if I had any money. I was soon cycling into the centre of Tunis where I promptly got lost. Fortunately a friendly lad called Mohammed appeared on his bike and offered to take me to the road I wanted to go on. This was lucky except for I hadn't realised that this road was a motorway until I was pulled over the police. The policeman was very cool and spoke in french which I was just about able to understand. Anyway I got off at the next exit and found the correct « A » road. I continued South enjoying the warm weather to Monastir where they shot films such as « The life of Brian » and « Jesus of Nazareth ». I then ventured onto El Djem which has a huge Colisseum which is only slightly smaller than the one in Rome, but is better preserved. I then headed back up north and honed up my sprinting skills whilst being chased by a dog. My bike handling skills were further tested by numerous road-works going on in Tunisia. The top surface of the road had been hacked off for miles, and I was glad that Paul Green had made me a new front wheel. I then saw some Camels and finished the day at a place called Medjez-El-Bab which according to my map had hotels for tourists. I soon discovered that there were no hotels and was fortunately spotted by a local racing cyclist who said I could go and stay with his family. It turned out that my host was on the Tunisian cycling team and was glad to help. The next day we rode together for a while and my host pushed me up the hills with my heavier load. After heading to the far north and swinging back south to the airport I checked out some of the ruins of Carthage. I had cycled about 1000 miles and certainly improved my endurance base with some good warm weather training.



Pennine Bridleway Relay

Man Tri A - 5:43:14 (16th)

- Leg 1: Konrad Steinert & Michael Hunt 01:07:16
- Leg 2: Brad Murphy & Lee Szymanski 01:35:36
- Leg 3: Paul Barrett & Daniel McParland 01:04:47
- Leg 4: Chris Brobin & Andy Quicke 0:43:12
- Leg 5: Jonathan Dabbs & Paul Skipper 01:12:23



Man Tri B - 7:27:32

- Leg 1: Shaun Walsh & Dave Moon 01:23:14
- Leg 2: Konrad Steinert & Brian Mullan 01:59:07
- Leg 3: Martin Simpson & Harshan Gill 01:28:06
- Leg 4: Andy Chalmers & George Lipscomb 00:52:57
- Leg 5: Dave Waterhouse & David Lewis 01:44:08



Man Tri Ladies - 8:28:03

- Leg 1: Becky Baldwin & Kat Perrault 01:43:46
- Leg 2: Sarah Klueter & Anna Bergstrom 02:01:59
- Leg 3: Viv Slack & Cathy Atkinson 01:30:03
- Leg 4: Sarah Smith & Ala Jackson 01:28:00
- Leg 5: Harriet Leyland & Becks Ward 01:44:15



[...race reports...]

Pennine Bridleway Relay 2008

There is probably less planning and organising involved in exploring the North Pole than sending three teams to the Pennine Bridleway Relay. With each leg starting at a different point from the finish, runners and cars have to be moved from start to finish and vice versa. A big thanks to Sarah and Jonathan for organising it and I am sure if we ever send a team to explore Planet Mars we will have to count on your know how.

The good news, it wasn't snowing or raining, just a chilly breeze, but otherwise bearable. After one of the cars got lost, thanks to Michael's knowledge of the area and his racing driver skills the three teams made it just in time to the start. At least, there wasn't any time to get nervous.

Leg 1:

Konrad wrote:

Leg 1 were 8.5 muddy and hilly miles, whereas I discovered that I had no grip on the slippery downward slopes. But trying to keep up with Michael, who seems to be cruising, my footing was one of my lesser concerns. With Michael in the lead, we made good progress, got lost a couple of times...but so were the teams following us. The last hill just wouldn't end, and Michael just looked so comfortable.

When team B got going, having missed the start by five minutes, Shaun discovered that elastic shoe laces aren't really up to the job keeping the trainers on the foot and not in the mud. Much to the amusement of the fellow competitors, he kept losing his footwear in the mud.

At changeover point, the teams were waiting in the chilly wind. Sarah and Anna did a couple of extra miles prior to the start of their leg just not to get frozen on the spot.

Leg 2:

Changeovers went smoothly, and off I was again, this time for the B team. What a stupid idea, running two legs. I did follow Brian all the way, struggling the last 5 miles. Leg 2 was not too hilly and surface was not too bad. Thanks for Brian for dragging me along. I was so glad to see the end of it.

Leg 3:

Viv wrote:

The first recce I did for leg 3 was for the 2007 event but after last minute team changes I ended up racing a different leg. This time I was sticking to this short hilly one with Cathy - a beautiful run with some killer ascents and great descents.



The number of fit fell running teams milling around the start is sobering. The mens pairs headed off leaving grinning team mates to fill us in on the race so far and there was some concern we might be the last to leave but we need not have worried as Sarah and Anna stormed in soon after. Having not run with each other before, we found a steady pace, taking the hills at our own speed and descending through muddy puddles with glee. The final climb is a killer but I enjoyed every minute and the descent to the finish was great fun. We were just too late to see the next pair as they headed off in the mass start but were soon cheered up by a perfectly placed pub at the end and the best bargain of a pub meal I've had in years! I can't recommend this race enough.



Leg 4:

Andy wrote:

I ran this leg with Chris Brobin. After ending up with the short leg that nobody wanted we were richly awarded with a lie in and more sociable hour's start. Thank's to Dabbsy's timetable we started off into the wilds a mere couple of minutes away from his projected time - any chance he could project my race times for the season?... it could save me a lot of stress and disappointment! The early leaders arrived in all sorts of states ... some it vests and shorts caked in mud and with a spattering of blood on their knees and shins. Dan and Paul arrived looking like Dan had been for a stroll, while Paul had been through a bush backwards! Anyway thankfully our leg proved to be less punishing and we arrived at handover - just about managing to avoid tripping up over the last few metres. Before retracing our leg backwards...just for the hell of it.

Leg 5:

Skip wrote:

Great no frills event, had a tough day at the office myself. Dabbsy put me through my paces, he's looking pretty sharp at the moment. A route reccie would definitely been beneficial as we lost a couple of minute through lack of route knowledge. Legs didn't feel too bad afterwards, and the Steak and Ale pie in the pub went down a treat. The next morning was a different story. Quads, calves and my left hammy all felt like they'd been tenderised. 40 minute "recovery jog" was more like a painful hobble.

Four Villages Half Marathon 20th January 2008

Jonathan Dabbs	01:17:34	(24)
Bradley Murphy	01:18:26	(31)
Konrad Steinert	01:23:35	(91)
Matthew Hodgson	01:27:20	(137)
Dave Shackley	01:28:56	(178)
Matthew McNulty	01:29:25	(191)
Richard Hyder	01:32:20	(264)
Andy Quicke	01:32:38	(278)
Anna Bergstrom	01:35:35	(352)
David Moon	01:38:39	(440)
Neill Hughes	01:39:45	(506)
Chris Diggle	01:43:32	(588)
Chris Brown	01:48:06	(779)
Hugh McKenna	01:48:49	(842)
David Hamlett	01:55:21	(1071)
Michelle Wilder	02:00:41	(1208)

Great North West Half marathon in Blackpool 24th February 2008

Daniel McParland	01:15:01	(6)
Glen Mullins	01:18:29	(15)
Dave Shackley	01:23:37	(50)
Chris Diggle	01:28:00	(108)
David Moon	01:36:56	(282)
Caroline Slaughter	01:38:35	(328)
Kieran Hartley	01:47:07	(549)
Glen Staunton	01:55:36	(778)

The 2008 swim run race series - race 5 Nantwich 24th February 2008

medium distance:

John Murray	08:17/19:42	27:59	(3)
Paul Schofield	08:45/19:29	28:14	(4)
Andy Chalmers	08:50/21:48	30:38	(6)

Kat Copsy 10:21/33:13 43:34 (11)

long distance:

Chris Brobin 11:09/29:45 40:54 (3)



Monday

RUN Longford Park 6.30-8pm Check the calendar for dates
 SWIM Manchester Aquatics 8.00-9.30pm

Tuesday

SWIM Moss Side 6.30-8am
 SWIM Moss Side 6.30-8pm
 BIKE Moss Side (turbo) 8.00-9:15pm Winter Only

Wednesday

RUN Longford Park 6.30-8pm

Thursday

SWIM Moss Side 6.30-8.00am
 SWIM Manchester Aquatics 8.30-9.30pm
 Plus core strength session poolside 8.00-8.30pm

Friday

BIKE Stretford Leisure Centre (turbo) 7.30-8.45pm
 SWIM Stretford Leisure Centre 9.00-10.00pm

Saturday

SWIM Moss Side 8.00-9.30am
 BIKE Moss Side (turbo session) 10.00-11.00am Winter Only
 BIKE/RUN Longford Park (brick training) 10.00am-12.00pm Summer Only

Sunday

BIKE Didsbury 9.00am Winter Only
 RUN Winter scramble (fell run) Check the calendar for dates
 SWIM Manchester Aquatics 6.30-7.30pm

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	2.7kg	£24.99	£21.24
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	1.6kg	£16.99	£14.44
	2.7kg	£19.99	£16.99
REGO	Strawberry, Chocolate, Banana		
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	1.6kg	£21.99	£18.69
PSP11	Neutral		
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	Cherry&Vanilla, Chewy Banana, Tropical		
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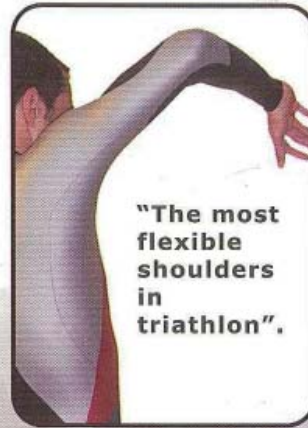
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BUOYANCY TEST		
Application of Hydrodynamics in Swimming		
(a) Positive buoyancy - body density is less than water density.	(b) Neutral buoyancy - body density is equal to water density.	(c) Negative buoyancy - body density is greater than water density.



MADE IN THE UK



STEALTH

STEALTH

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