



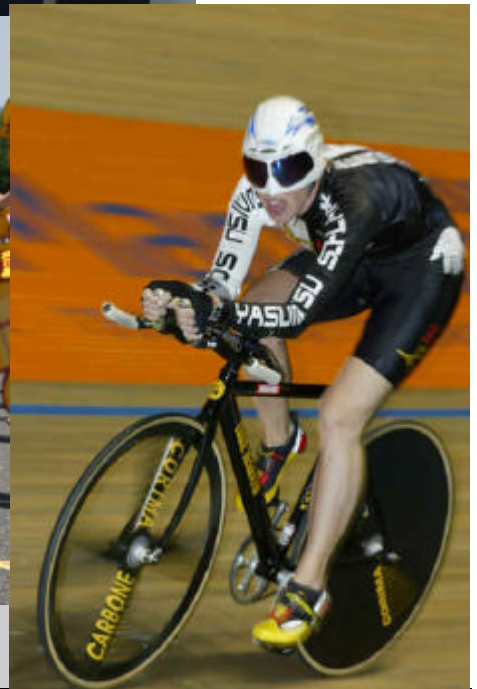
MANCHESTER TRIATHLON CLUB



# MAN 3

Issue 169 February 2004

# NEWS



## In this issue

- Established contributors
- New columns
- New editor

## Request!!

This month on the cover page just a compilation of photographs. Nothing in particular but because there have been no races yet and there is no photo with any of the stories, I have just filled the page.

For next month, I will need all contribution in on or before Friday 12th March. If I don't get them all then it will be a week later before the newsletter comes out as there is very little time during the week to put it together.

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

The Manchester Triathlon Club is an affiliated club with the British Triathlon Association and Cycling Time Trials (previously RTTC)

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**Treasurer** - Jeff Sherrin

**Secretary** - Freesia Day

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On the Cover: Various humans and dogs

## ADD STYLE TO YOUR CYCLING

HOW?

### ORDER YOUR SUMMER TRAINING KIT BEFORE FEB 27

This year's batch of **MTC SHORT SLEEVE CYCLING TOPS** will be ordered on February 27 for April delivery. This will be the only order this year !!!!!

There is a choice of TWO fabrics, Lycra (£45) or Multi-Dry (£43)  
(We can order Long Sleeve Cycling tops alongside this order but please note that the 2004 price is £55.)

Design= same as Long Sleeve Cycling tops, with SHORT zip +3 pockets.

Sizes MEN = XS(34),S(36),M(38),L(40),XL(42)

Sizes LADIES = XXS(33),XS(35),S(37),M(39),L(41)

(Both MEN & LADIES, if you are outside these ranges, please state size and IMPSPORT will "do their best")

Sizes JUNIORS = State CHEST, CENTRE-BACK (Neck-Backside when bent-over), AGE

No orders will be accepted without a cheque. Send your "sex", "size", "FABRIC" and cheque, payable to Manchester Triathlon Club, to Damian Thacker, (42 Rippingham Rd, Withington, Manchester, M20 3EX) to arrive before Feb 27.

**THIS IS YOUR ONE-AND-ONLY CHANCE TO ORDER**

\*\* February 27 February 27 February 27 February 27 February 27 February \*\*

## MESSAGE FROM THE CHAIR

Dear Clubmember,

Welcome to February's edition of MTC Newsletter. For those of you interested in the 2004 Club Championships, I am pleased to inform you that we have now finalised the following dates;

DUATHLON – Pimbo, 14<sup>th</sup> March  
– SO GET YOUR ENTRIES IN ASAP!

SPRINT – Nantwich, 11<sup>th</sup> July

OLYMPIC – Chester, 27<sup>th</sup> June

LONG DISTANCE – Bala middle-distance, 6<sup>th</sup> June

I hope most of you can make the above dates, it wasn't easy to find dates that suited everyone but the above have been chosen as they are reasonably well spread across the season, are fairly local and they support other Tri Clubs who do an excellent job of them.

More news will follow on the Club Grand Prix (I still don't know how it works!) and just one other date for your diaries, the Club Training Weekend, 23<sup>rd</sup> to 25<sup>th</sup> April in Ba m-

ford. By popular request Paul and Rachel Davies are organising this again, for those of you who didn't go last year try to make it this year, Paul and Rachel do an absolutely brilliant job and as well as excellent training we have a scream – it's so good I'm even missing Man U walloping Liverpool for this weekend.

**A question for the ladies;**

Loads of you swim at the club sessions, loads of you run at the club sessions, why do hardly any of you bike at the club sessions? Is something putting you off? (other than Dave Harper's knee length socks). Maybe you are doing your own biking but if you are not and you enjoy triathlon you are neglecting the largest part of the race.

Would you enjoy a Ladies-only bike group, perhaps twice a month on a Sunday, on the basis that the group goes out together and stays together no matter how many punctures or other minor problems?

Please let me know your thoughts on this.

**A general request;**

Please support your newsletter! It only works if members contribute so please send items to Perry preferably by Word Document.

See you soon!

JP

## Fell Running with Tino

My name is Tino, I am a Border Collie and I would be delighted to take any club mate who is interested on one of my beautiful scenic fell runs. All the runs will be between 1hr 30 mins and 2hrs 15mins long. Have a look at the list below and contact my dad by e mail or phone to confirm you are coming. The pace will be suitable for runners who are capable of running 10km in under 45 minutes. I can run 10km in under 20minutes but I am comfortable going very slow as I do most of my training with my dad who is not nearly as fast as me.

Coming from a running background I am new to the club.

Run	Date, time & meeting point
Tintwistle Moor & the Three Reservoirs	Saturday 6th March 1.30pm Crowden Youth Hostel car park
Upper Derwent Valley	Saturday 20 <sup>th</sup> March 1.30pm Foxholes visitor centre car park, Derwent Valley

I thought you might want to know a little more about me.

**Age**

I think I am two years old but I was adopted so I'm not sure

**How did I get into triathlon?**

My dad coaches me for running & I got into swimming last summer whilst on holiday. My frisbee accidentally went into the sea so I instinctively chased it a discovered I could

swim. Dad said triathlon was a logical progression for me and as he is planning on racing again this year, I am training with him. I am going to do an aquathlon first as my cycling needs some work. I can currently run faster than I can bike!

**Racing bike**

If you know of any four legged bikes please let me know.

**Running shoes**

Like Zola bud I prefer the natural approach.

**How many hours do I train a week?**

If it wasn't for my coach I would train all day every day because I love it. My coach says more is not better, so I try to stick to twice a day with long sessions at the weekend.

My training sessions are sometimes interrupted by occasional sniffs and plops.

**What's my favourite training session?**

I do Fartlek most mornings with my best friend Ben. He is three years old and a Border Collie like me. He wants to be a footballer and when he is dribbling the ball I chase him which helps me to develop speed.

**What's my finest achievement?**

Running over Kinder Scout off my lead and resisting the temptation to herd any of the sheep, and climbing Snowden over Crib Goch with my dad.

**Interested in joining Tino**

Contact Mark Tweedie 07870 277 585 e mail mark.tweedie@tameside.gov.uk

# JUNIOR SECTION

## MAN3 NEWS

### Junior Section—February— By Nina McArthur

On the 8<sup>th</sup> February there was a duathlon at Tameside, the second one in the Children's Winter Series

It was so cold that we ran in sweatshirts or jackets and if not, definitely long sleeved shirts.

Just two people entered from Manchester Tri; me and Saul.

The cycling was on a 400m running track and the run was on the grass on the outside of it. Saul and I both had to run 1600m, cycle 4000m and finally run 800m as we were both Tristar 3.

In my race, there were 6 competitors. I was in the lead on the run but on the last part of the cycle, one girl overtook me but I managed to keep her in my sight until the end of it. I then overtook her and came 1<sup>st</sup>.

Saul appeared to be 2<sup>nd</sup> at the end of the run although it was Matt Fisher that was in front of him and he's a Youth (they put them together).

Saul finished the bike ahead of everyone but Matt and finished not very far behind him on the run and he is 2 years older than him!!

Saul got 1<sup>st</sup> place by a long way in Tristar 3!

After them two events, both Saul and I are now ahead in the overall points as we have both come first twice!

#### A Training Event Or Just A Run?

This year, the 'Bupa Great Manchester Run' is on May 23<sup>rd</sup>.

The minimum age to enter is 7 in the Junior Race and in the Adult Race it is 15.

More details are on the website: [www.greatrun.org](http://www.greatrun.org).

I think that this a great run to do as I ran it last year and really enjoyed it. It is great fun to run as you get to run up the ramp to the G-MEX at the end!

By

Nina McArthur

#### Classified Section

FOR SALE: 58cm, 650cc Trek Hilo 2000 (Aero Time Trial/Triathlon Bike), with:

Coda/mavic wheelset (Trued at Harry Halls), Ultegra (rear mech and cranks), durace rings and the rest 105 pieces. Cane creek headset Drop bars with choice of Profile bars or Speedliners

RRP: 1799.00

Asking for offers around £750.00

The bike is in very good condition Contact Ryan Bowd on 07941 363 157.

=====

Turbo Trainer for sale.

Tacx Speedmatic: magnetic turbo triainer.

Only £25. Will deliver in the Manchester area

Chris Storey 225 6020

C.storey|@umist.ac.uk

# FISHY BUSINESS

## MAN3 NEWS

### Fishy business – By Dave Quartermain

Fishes,

In this issue there's a swim plan that will let you know in advance what super-delicious tortures are planned for you all down at Moss Side pool! I've also included articles on pool etiquette and the joys of drafting! Thrilling stuff! Read on!

#### MTC Swim Plan Feb-Mar

Tues	Aim	Main set	Sat	Aim	Main set
24	Bk body/kick/arms/br	3 km	28		3Km
Mar	Bk body/kick/arms/br/timing	3 km	Mar 6	Video Analysis 10.30-12.00	3Km
9	Br body/kick	3 km	13		3Km
16	Br body/kick/arms	3 km	20	Swimathon	5/10Km
23	Br body/kick/arms/br/timing	3 km	27	<b>BR MASTERCLASS 10.30-12.00</b>	<b>400/50 timed</b>
30	Fly body/kick	<b>400/50</b>	Apr 3		<b>1.5 Km timed</b>
Apr 6	Fly body/kick/arms	<b>1.5 Km</b>	10		
13	Fly body/kick/arms/br/timing		17	<b>FLY MASTERCLASS 10.30-12.00</b>	

Continued on page 6

#### Leaders in Sports Nutrition

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There's enough carbohydrate in each sachet to carry you through 20 - 30 minutes at marathon pace.  
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#### One of our sponsors

Who knew that Podium Sport is a sister company of Science in Sport?

Do you also know that Podium Sport gives a 15% discount on all SIS products based the normal RRP you would pay in the shops.

They also sponsor the Boundary Breeze and have been doing so since its inception quite a few years back.

In the next newsletter we will hopefully have a price list published showing the prices you pay.

Ring Steve Rimmer @ Podium Sport on 01254 246624 to order Science in Sport products at Manchester Tri Club discount prices.

# FISHY BUSINESS

## MAN3 NEWS

### **Swimming Master Classes**

With the aim of providing swimmers with the latest and greatest information on how to swim perfectly I've developed a series of Master Classes which will be on Saturdays at Moss Side Leisure Centre from 10.30-12.00 noon. To ensure as much individual attention as possible there will be a maximum of eight swimmers attending each session.

The cost of £10.00 will include a workshop presentation, in pool swim practice and the best video available on that particular stroke.

To book a place contact Dave Q on 07769 167498

- Freestyle Workshop – Jan 24<sup>th</sup>
- Breaststroke Workshop – March 27<sup>th</sup>
- Butterfly Workshop – April 17<sup>th</sup>
- Race Preparation & Dry Land Training - July 17<sup>th</sup>

### **Respect your fellow swimmer!**

**For the sake of happy times swimmers please observe and respect** the pace and workout routines of other swimmers in their lane avoiding actions that are likely to interfere with those routines. Examples include:

- 1) **Slower swimmers starting a set** should wait to push off the wall until faster swimmers have passed
- 2) **Faster swimmers starting a set** should give slower swimmers as much space as possible before pushing off,
- 3) **Do the same swim sets.**
- 4) **Swimmers resting or otherwise waiting at the wall** should stay far to one side of the lane. Resting swimmers should specifically avoid standing or floating in the middle of the lane as this interferes with swimmers "swimming through" who need to flip at the wall
- 5) **Swimmers should never stop in the middle of a length** (e.g., to adjust goggles), as this may cause a trailing swimmer to run into them. Unless one is swimming alone, it's best to continue to the wall and stop there.
- 6) **Swim in a 'chain' formation unless informed otherwise** (i.e., in a circular direction), to enable more than two people to swim safely
- 7) **Be aware of how 'wide' stroke mechanics** may impact adjacent swimmers. Some people's wild backstroke and butterfly arm strokes can hit swimmers in other lanes, as can an over-wide breaststroke kick.
- 8) **Respect the 'toys' of other swimmers.** No swimmer should ever swipe kickboards, fins, hand paddles, pull buoys or other 'devices' positioned at the end of a lap lane

## 2004 ROCKS

### **A.S.A MASTERS HALF-HOUR POSTAL SWIM. Saturday 17<sup>th</sup> January**

Big well done who took part in this event. Even as we speak the events team at the Amateur Swimming Association are engraving the medals for our noble swimmers! Six of the people who swam (out of 18) paid up and entered the competition so good luck.

For the connoisseur of records see below for a list of the luminaries who have taken part over the last two years.

# FISHY BUSINESS

## MAN3 NEWS

	2004	2003		
Adam Goode	1600	DNE		
Ann Chadwick	1975	DNE		
Ben Connell	1500			
Carine Van Schie			1950	5 <sup>th</sup> /24 (30-34yrs)
Chris Clarke			1725	12 <sup>th</sup> /14 (30-34yrs)
Damien Thacker	2075			
Dan Nolan	1600			
Dave Bolton	1605			
Dave Deaville	1450	DNE		
Dave Harper			2000	DNE (Did not enter)
Dave Radcliffe			1700	13 <sup>th</sup> /14 (30-34yrs)
Fiona Williams	1675	DNE		
Harriott Leyland	1350	DNE		
Ian Brown	1355	DNE		
Jack Cousins			1100	Too young to enter
Jacob Harris			1900	4 <sup>th</sup> /5 (19-24yrs)
Jason Pickford			1930	10 <sup>th</sup> /14 (30-34yrs)
Jeff McGinty			1550	DNE
Jo Weeden	2000	DNE		
Karen Elly			2225	1 <sup>st</sup> /16 (40-44yrs)
Kathy Atkinson	1775	DNE	1725	13 <sup>th</sup> /24 (30-34yrs)
Mark Tweedie	2125	DNE		
Martin Webb	1750		1605	13 <sup>th</sup> /14 (35-39yrs)
Micky McNamara	1725	DNE		
Muhaned Feghia			1700	DNE
Nick Hatchard	1400	DNE		
Nick Thomas			1850	DNE
Nigel Woodcock			1550	DNE
Perry Huizer			2000	DNE
Pip Fitzpatrick			1700	14 <sup>th</sup> /24 (30-34yrs)
Richard Munn	2175			
Rosie Cousins			1225	Too young to enter
Sarah Le			1400	DNE
Saul Elly			2100	Too young to enter
Sheila Tarpey			1300	16 <sup>th</sup> /16 (40-44yrs)
Sita Williams			1025	DNE
Steve Birkett	1600			
Steve Clayton	1825	DNE		
Tim Johns			1700	DNE

# FISHY BUSINESS

## MAN3 NEWS

### **McMillan Swimathon. Sat 20th March**

The only thing you need to know right now is that MTC will be entering in the 10K race this year! We'll use the 5km as a warm up!

### **Drafting gives serious swimmers an edge**

By Jay Caldwell, Anchorage Daily News, 7/29/2003

Recently, a group from the University of Otago in New Zealand measured the effect of swim drafting and reported its results in the July issue of *Medicine & Science in Sports & Exercise*.

Drag, or resistance through the water, is the principal mechanical factor impacting swim performance.

The simplest way to think of this complex hydrodynamic problem is that it takes a lot of effort for a swimmer to cut through clean water. A swimmer entering slightly disturbed water or water moving forward a bit as a result of a previous swimmer's passage through it has an easier go.

In pools, this effect is lessened by the floating lane dividers.

The Otago group studied the ideal drafting position by observing swimmers in a flume. It comes down to this:

If you swim directly behind someone, though you're a bit less efficient, the ideal distance is about 50 centimeters. (What with all the bubbles, visibility may be affected there.)

An almost identical effect can be obtained from 100 to 150 cm, almost 5 feet behind. So if you're training in a pool, you'll only cheat yourself unless you stay back a full body length.

Drafting to the side, about a foot and half away, works quite well too. The New Zealanders were able to define the ideal draft position as that which occurs when the trailing swimmer has his/her head even with the lead swimmer's waist.

At this distance, the 6 percent to 7 percent decrease in drag can translate into a 2 percent to 3 percent performance gain, or up to 50 meters over a mile.

So there you have it. Athletes are always looking for -- and finding -- an edge. Be it equipment, drugs, training, nutrition or strategy like drafting, there appears to be no end to the ingenuity of the serious athlete. And "serious" has many definitions.

If you've got any swim stuff you'd like in the next FB then give me a shout or email me at;

[dave.quartermain@trafford.gov.uk](mailto:dave.quartermain@trafford.gov.uk)

Dave Quartermain

**And remember the swimmer who says, "It can't be done" is passed by the swimmer who is doing it!**

## DAVE'S JOTTINGS (*Rani's comments are in italics*)

In cycling, as in any sphere of life and perhaps more than in many, fashions change continuously. If you want to keep up with things you need to understand fashion as well as technology.

Now, as some of you may know, I was not at the front of the queue when they were handing out a sense of style or taste. On my of my early dates with Rani we were in Dukes 92 (a rather trendy pub on the canal in Castlefield) with a bunch of MTC people. My very good friend and sometime triathlete Simon McCrum, who clearly, on this occasion, felt that Rani's interests should be put before mine, took her to one side and asked what someone so stylish and chic was doing with someone wearing *that shirt*. Bless her, she came to the defence of the indefensible and protested that my style is *'unique'*, even though she's told me ever since how naff that shirt was. Now *'that shirt'* – chosen, I might add, not at random but in a deliberate attempt to impress,

was a (to my mind) stylish bright orange, collarless number. To me it was the height of good taste; to everyone else it was risible.

You could argue that to decide what is stylish or tasteful is to make an objective judgment. But, as these judgments change over time, and we often look back on past fashions with derision, it seems likely that it's more a case of being able to see things the same way as the fashion-conscious among us do.

This is something I seem to be congenitally unable to do, and my problems extend to bikes as to all other areas of life. For example: when tribars first came out there were two distinct styles – one-piece and clip-ons. (*he is giving away his age here to ye young folk!*)

Continued on page 9

# DAVE'S JOTTINGS

## MAN3 NEWS

 Da  
Co

I thought about it carefully and decided one-piece bars, being of single construction rather than an add-on to conventional drops, were the way forward. Now the only place you'd see those original Scott DH bars (shaped like a huge triangle) that I had would be in a museum. I had bar end shifters through the 60s, 70s and 80s, well beyond the end of their fashionable shelf-life. Then, just like my flared trousers, I ditched them just before they came back into fashion as tribar-end shifters. I decided 650c wheels would be the big thing for the foreseeable future but they're so out of fashion now that I get laughed at when I ask for 650c tubulars. I never thought bike computers would catch on. I hung on to fixed wheels, friction gear levers, and toe-clips too, but they've yet to come back into fashion. I've got one of those drinks things with a rubber bladder under the saddle but I've taken it off to avoid people pointing at me. The only fashion gaffes I've managed to avoid are those seat-posts where the saddle moves back and forward at the flick of a lever, and the clip-on spoke covers which imitate disc wheels.

I have another problem: Things hate me. Not any specific kind of thing, just things generally. They take it upon themselves, inanimate though they are, to conspire to bring about my downfall or, at the least, my humiliation and frustration. Door handles, for example, always snag my clothes; things jump out of my hands and, like buttered toast, always land the wrong way up; milk cartons erupt over me; *(I am always amused as to how effortlessly he can get his clothes stained within two seconds of getting them on!)*

Over the years I have been the victim of numerous malicious components. Forget punctures and snapped cables – everyone gets those – I've had a chainset fall to pieces beneath me. I've had pedals break miles from home. On the Isle of Man Triathlon my chain snapped while chasing Carine up the first hill. Once, on a ten-mile time trial, my gear mech launched itself into my spokes and ripped half of them out. The rear wheel collapsed leaving me sat on the road on the chainstays. No-one came to get me – I had to hitch-hike back. I've had saddle rails break, handlebars break – I've even had my frame snap in a cyclo-cross race. My wheels fall off. When I put Alex Thorndike's wheel on for him that fell off and he wasn't happy. *(In other words do not, I reiterate DO NOT come anywhere near Disaster Dave for any mechanical help! I should know because the bottle cage and pump with holder was threatening to fall off into my wheels etc whilst I was honking up a steep hill. I was amused at how I continue to TRUST this man to put gadgets on my bike after previous similar experiences !)*

On a recent training ride with a group from Sigma Sport it rained and my brakes became increasingly ineffectual. At first I put this down to the wet, but after a while no matter how hard I pulled on the levers there was no stopping going on. After having been unable to stop at one junction until

I'd gone across the road and found a convenient ditch I decided I was a liability and rode home alone, very slowly. I discovered these particular brakes have very limited travel, which is reached very quickly as the brake blocks wear. By the time I (very gingerly) made it home I had virtually no braking at all.

Those brakes were Campag Record Deltas, another case of something that everyone had for a season but then became unfashionable overnight about fifteen years ago, but I've still got them - a beautiful, but heavy and impracticable piece of kit.

But I'm a terrible hoarder you see. I accumulate more and more stuff until there's no room for it all, and then I'm forced to have a clear out. *(I call it CULLING!)* But, as things hate me, they invariably become indispensable within days of me dumping them *(like some of his clothes!)*. During the twenty years I lived at 185 Acomb Street, where the third bedroom was converted into a bicycle workshop, I accumulated a vast hoard of mostly useless bike stuff (or so I thought) and when I moved out I had to dump most of it. *(Believe you me things haven't improved. He's back to his bad old ways and has filled up the garage, cupboards, drawers and wherever there is space! Only I dump them and he never seems to miss them! "I don't know" and "no, I haven't seen it" are my two favourite replies to his "Do you know where..?" and "Have you seen ...?")* Then we stand there looking at each with him saying that he doesn't believe me and me arguing that I am telling the truth! **YOU WOULD TOO IF YOU WERE IN MY POSITION YOU KNOW!!!**

However, unbeknownst to me (obviously) a lot of what I thought obsolete equipment was coming back into vogue, driven by the current fashion for restoring 60s and 70s bikes. No sooner had I binned a couple of Campagnolo Record rear gear mechs. than I discovered they were fetching £125 a throw on Ebay. And I had loads of 60s and 70s Campag gear! Still, at least I managed to flog those dodgy brakes for fifty quid. *(You would not believe it but this mild mannered man does have business sense called killer instinct !)*.

I've just got back from a weekend in Manchester which took in the MTC 'do' and the Sunday morning bike ride (thanks Dave Harper and Adam). It was lovely to see everyone, and particularly so many couples. Do you think we should change the Club name to Manchester Triathlon Club and Matrimonial Agency?

Dave Leak

# MTC TRAINING DUATHLONS

## MAN3 NEWS

### MTC TRAINING DUATHLONS, Feb 29, Mar 28 ...Jeff Sherrin (01625-820718)

The course has been changed for safety reasons, e.g. Chelford is now avoided completely.

WHERE?: - Near The Yellow Broom restaurant at Twemlow Green, 4.7 miles S of Chelford on A535.

ARRIVE by 10-00 am latest. I suggest you warm up by doing one lap of bike course to familiarise yourself with the risks specified below. First Rider off @ 10-30 am, then @ 1 min intervals.

PARK:- After turning off A535 @ Yellow Broom Restaurant, park on grass on right.

NUMBERS, wear on FRONT to help timekeeper.

ENTRY FEE. There is no charge for these training events for members or non-members.

BIKE START/BIKE FINISH/TRANSITION/RUN START/RUN FINISH= All at the beginning of straight road, 200 M from Yellow Broom.

TWO-LAP BIKE COURSE, 10.15 miles, (all left turns). TAKE SPECIAL CARE AT 3 POINTS MARKED \*\*\* on map below.

@ 2.7k/1.7 miles GIVE WAY +Turn Left @ T-

Junction \*\*\*

@ 3.7k/2.3 miles Turn Left opp Red Lion Pub at Lower Withington

After 200 M GIVE WAY +Turn Left onto B5392 \*\*\*

@ 5.5k/3.4 miles GIVE WAY +Turn Left @ T-Junction onto A 535 \*\*\*

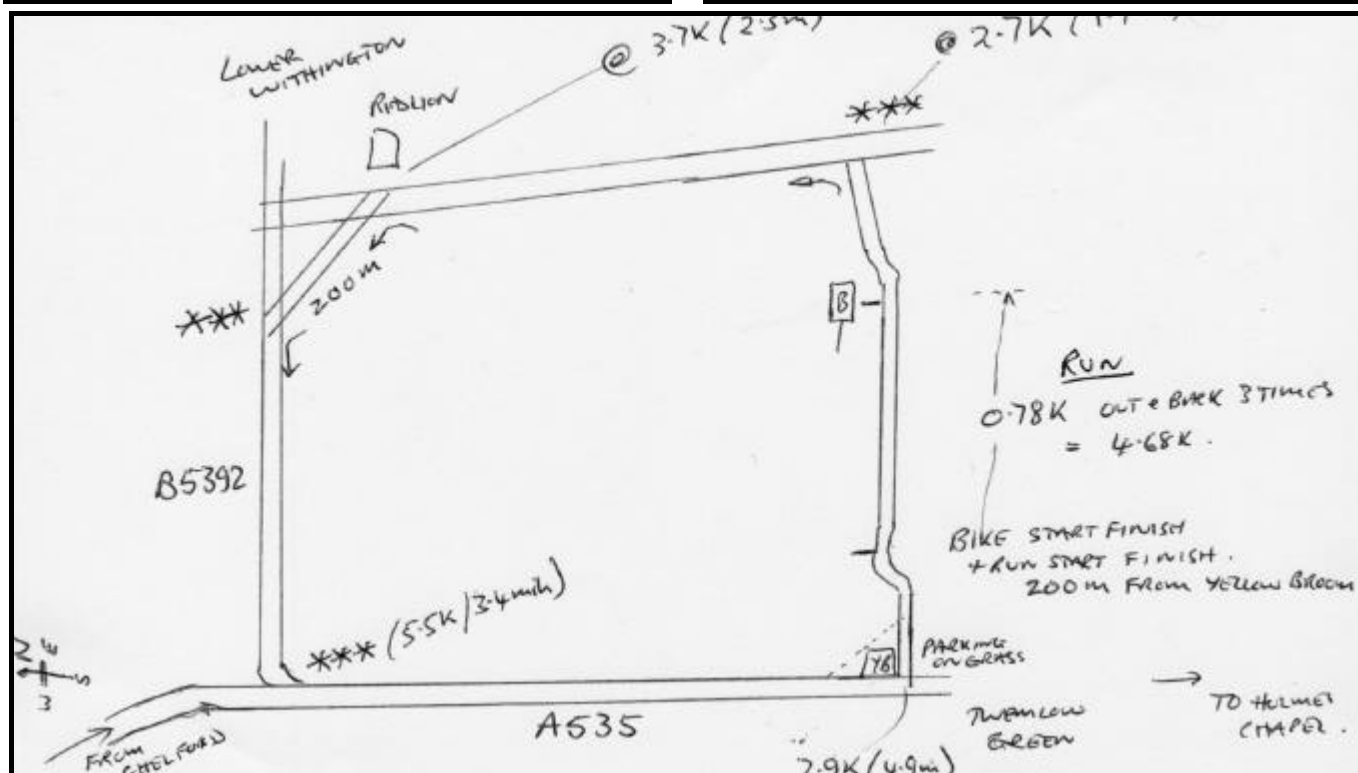
@ 7.9k/4.9 miles, Turn Off A535 at Yellow Broom Junction.

DO NOT TAKE THE SHORT CUT WHICH CUTS OFF THIS CORNER!

TRANSITION:-Cones will mark the Start and End of Transition. Dismount BEFORE the first cones.

RUN COURSE:-Out and back 3 times for 4.7K. Turnaround point at Warning Sign for "road bends".

Count your own laps.



# COACHING FOCUS

## MAN3 NEWS

### Boundary Breeze 2004: Sunday 22<sup>nd</sup> August

MTC's own triathlon event will be held this year on Sunday 22<sup>nd</sup> August, and as in previous years the organisers are Carine and Perry. Although we had plans to go back to our usual race date in the middle of July, the racing calendar didn't allow us to do this. The Boundary Breeze triathlon is therefore held again in August, however the good news is it is not in the bank holiday weekend this time!

As usual we are looking for many volunteers to help out with this event, and traditionally MTC members are not racing at this event but helping out with marshalling and all other jobs (and there are several!) that needs doing. We rely completely on our members to run this event successfully. I believe we have a very good quality event, very popular with triathletes, and of course we would like to keep our good reputation. We traditionally only allow new MTC members to race Boundary Breeze, any other member (i.e. not a new member) who wants to race needs to find a replacement volunteer/marshal to take his/her place. However, please speak to Carine or Perry to discuss this.

Like in 2003, the Boundary Breeze incorporates the North West Regional Sprint Championship again in 2004. We therefore fully understand that MTC members would be interested in racing. If you do, please speak to Carine or Perry to discuss this and find a friend that can marshal for you on race day.

If you know you will be able to help out on the day or if you have any questions about the Boundary Breeze please speak to Carine or Perry on 0161 432 2931 or email us on carine.vanschie@btinternet.com

#### MTC Club championships

Duathlon 14 March  
Pimbo Duathlon (Skelmersdale)

Long Distance 6 June  
Bala Middle Distance Triathlon

Standard Distance 27 June  
Deva Triathlon (Chester)

Sprint Triathlon 11 July  
Nantwich (pool swim)

#### North West Regional Championships

Duathlon 14 March  
Pimbo Duathlon (Skelmersdale)

Triathlon (Standard Distance) 27 June  
Deva Triathlon (Chester)

Sprint Triathlon 22 August  
Boundary Breeze (MTC event)

#### Coaching focus February 2004

The winter season is now well on its way. We have had a very successful and cold (!) first Duathlon of the MTC series with nearly 30 competitors in January (see results elsewhere in the newsletter). The next two Duathlon events will be held on Sunday 29<sup>th</sup> February and 28<sup>th</sup> March. The first event of the MTC club championships is only around the corner (14<sup>th</sup> March), which is the Duathlon event at the Pimbo course near Skelmersdale. This event also incorporates the North West Regional Championships, thus I am expecting a very good turn out from MTC members!!

These Duathlon (MTC training and championships) can be very useful for your training, with an element of competition of course. They are extremely useful to test how your training is going and to get used to race pace intensity and to practice your transition skills. Therefore no excuse to miss these events!!

Coaching focus by  
Head Coach:  
Carine van Schie

# COACHING FOCUS

## MAN3 NEWS

### Preston Arena Training Days

#### Sunday 7 March and 9 May 2004 from 11am to 3pm

I have booked two training days at Preston Arena for MTC members, with the cycling track/circuit booked from 11am to 3pm. Please aim to arrive at 10.30am, so that you will be ready to start the cycling session promptly at 11am!

Note that this session is also catering for juniors from 12 noon to 3pm.

Senior MTC members will be coached by Dave Green, the coach of World Champion and MTC member Rachel Jones (World Champion Duathlon, 30-34yr category). Other MTC coaches will be there to assist. There is no need to book for these events, although it is advisable to inform Carine if you are going to attend (for obvious organisational reasons!). Please email me on [carine.vanschie@btinternet.com](mailto:carine.vanschie@btinternet.com) to let me know (or ring me on 0161 432 2931 or 07811 263 498). The fees for the sessions are £2 for Silver MTC members/Juniors and £3.50 for Bronze members. Gold members have free access. Please bring your membership card to show your eligibility for the cheaper rate.

Please ensure to bring cycling kit and running kit, as the day will also include transition skills and running training.

### Girls Curry Club

Tuesday 10<sup>th</sup> March was the inaugural start of the MTC Girls Curry Club. Eighteen girls (women) joined for a curry after the swim session -MTC- (or run -Holmes Place-). We talked about training (including Sunday bike rides) and about what races to enter, amongst other important issues ..... We also set up an email group so that the group can stay in touch about upcoming events and anyone can email the group if she is looking for a training or race partner. We all agreed that it is important to enter races together, to be able to support each other and of course for social reasons. The first major race that the group will enter is the Pimbo Duathlon on the 14<sup>th</sup> March, incorporating MTC and Regional Championships.

The next Curry Club will be on Tuesday 16<sup>th</sup> March at the Lal Halweli in Rusholme at 8.30pm. Please email Carine if you are joining in for a curry! ([carine.vanschie@btinternet.com](mailto:carine.vanschie@btinternet.com)).

### Girls Cycling Club

It has been discussed on several occasions that the women's cycling training is not as organised as it could be. We feel that the only way forward is to have a separate cycling group for women with a designated group leader. So far we have a few group leaders: Jason Pickford and Paul Davies and myself (Carine). We have on purpose changed the starting time from the main cycling group, as I feel that a separate start time will give the group their own identity. See below for the cycling club schedule. Please note that I will be using the email group to update you on the group leaders and if possible the cycling route.

22 February	9:30 am; Holmes Place Group leader: Carine van Schie
29 February	MTC Training Duathlon
7 March	Preston Arena Training Day
14 March	Pimbo Duathlon (MTC & Regional

21 March	Championships 9:30 am: Holmes Place Group leader: Jason Pickford
28 March	MTC Training Duathlon
4 April	9:30 am: Holmes Place Group leader: ?
11 April	9:45 am: Didsbury Clock Tower Group leader: Paul Davies
18 April	9:30 am; Didsbury Clock Tower Group leader: ?
25 April	MTC Training weekend
1 May	10 Mile Time Trial (Manchester Ladies TT Association)
2 May	9:30 am; Didsbury Clock Tower Group leader: ?
9 May	Preston Arena Training Day

Please contact Carine for an update on the bike rides on [carine.vanschie@btinternet.com](mailto:carine.vanschie@btinternet.com) or 07811 263498

# COACHING FOCUS

## MAN3 NEWS

### Club Training Programme

Like last month's issue I will just give you some example sessions, so that you can pick the session that suits you. I have increased the total distances and duration of the sessions compared to last months training programme. Please pick your sessions, and if you have any questions about them, please do not hesitate to ring or email me about it! I also would be grateful for any feedback on the sessions! (Carine: cvanschie@man.ac.uk or 07811 263 498)

#### Example Swim Session:

Warm-up:	4 x 150m FC	1-2) bilateral breathing)	:30
		3-4) 100 FC, 50 BK	
Drill set:	6 x 100m:	2 x (25 drill*, 25 swim)	:30
Kick set:	4 x 50m Kick	1-2) side-kick, 3,4) front	
Main set:	1 x 400m FC	(get faster,	:30
	2 x 200m FC	at shorter	:30
	4 x 100m FC	distances)	:30
	8 x 50m FC		:20
IM set:	3 x 100 IM	1) 50 FC, 50 BK	:30
		2) 50 FC, 50 BR	
		3) 75 FC, 25 Fly	

Cool down: 6 x 50m Choice

\*Example drills: Catch-up, Single Arm, Zip or Ripple

#### Bike Sessions:

1) Long Bike Ride on the road: 2 hours or longer (at talking pace)

2) Turbo Sessions: 15 to 20min warm-up including 3 x 30 seconds single leg cycling for each leg and a 5 to 10min cool down

- Main set 1) 10-12 x 2min/1min (alternate 2min on big front chain ring with 1 min on small front chain ring).
- Main set 2a) 10-12 x 3min/1min (as above)
- Main set 2b) 2-4-6-6-4-2 min / with 1min easy between each interval (first interval on big chain ring, easy interval on small ring)
- Main set 3) 3 x 15/15sec, 1 min easy, 5 x 15/15sec, 1 min easy, 7 x 15/15sec, 1 min easy, 9 x 15/15 sec, 11 x 15/15 up to 13 or 15 reps. (Cycle 15 seconds hard, then 15 seconds easy. Go up to about 9 reps the first time you do this session; however it depends on how you feel and the intensity is you have chosen).

- Main set 4) 3 min hard / 1 min easy: Start the first 3 min interval on the easiest gear at the back and big chain ring at front, each 3 minute interval you increase by 1 gear (making it harder!). Carry on until gear setting is too hard to complete 3 minutes. The next time you do this session you will hopefully be able to push this gear.

(ps, my personal target heart rate (HR) would be about 156 towards the end of the longer interval sessions above. This is about 85% of my maximum cycling HR).

#### Run sessions:

- 1) Long run at talking pace: up to 90 minutes (or up to 60min if you do sprint races)
- 2) Tempo run: If you can't do the club track sessions; try to fit in some faster repetitions in a 1 hour run session. Start with 4 intervals of 5 minutes running at a pace where your breathing becomes harder (you should just be able to speak a couple of words, but not a full sentence)
- 3) Track Sessions:
 

18/02	2x(1600-1200-800) or 2x(1200-800-400), 1min/45sec/30sec rest
25/02	5x1600 or 5x1200 at T pace with 1 min rest
03/03	5KM TEST
10/03	6-8 x 1000 at T pace with 1 min rest
17/03	6-8 x 800 at 10 km pace 1 min rest
24/03	6-10 x 800 at T pace alternating 15 and 45 sec rest

Have fun Training!

Carine van Schie

# RACE RESULTS

## MAN3 NEWS

### MANCHESTER TRIATHLON CLUB TRAINING DUATHLON

TWEMLOW GREEN Jan 25 2004

NAME	TOTAL TIME MIN	POS		BIKE TIME MIN	POS		TRAN TIME SEC	POS		RUN TIME MIN	POS
DAMIAN THACKER	43.04	1	*	25.59	1	*	34	4	*	16.31	3
PERRY HUIZER	45.56	2	*	28.12	2	*	86	19	*	16.18	2
ROB JONES	47.44	3	*	28.33	5	*	52	11	*	18.19	6
BEN CONELL	49.02	4	*	31.15	11	*	59	13	*	16.48	4
GAVIN ROGERS	49.25	5	*	31.02	9	*	22	1	*	18.01	5
PAUL WATERS	49.51	6	*	29.49	6	*	67	16	*	18.55	9
NICK HATCHARD	50.11	7	*	33.41	19	*	73	17	*	15.17	1
MARTIN WEBB	50.34	8	*	31.00	8	*	48	10	*	18.46	8
DEAN FROST	50.48	9	*	31.30	13	*	35	6	*	18.43	7
1SAUL ELLY	51.50	10	*	31.30	13	*	44	8	*	19.36	10
CATHY ATKINSON	51.51	11	*	30.48	7	*	34	5	*	20.29	15
CARINE VANSCHIE	53.23	12	*	31.18	12	*	97	20	*	20.28	14
MARK WODROW	53.47	13	*	32.51	16	*	46	9	*	20.10	12
CRAIG	53.56	14	*	32.56	17	*	53	12	*	20.07	11
STEVE CLAYTON	54.37	15	*	32.12	15	*	66	15	*	21.19	17
DAVE HARPER	55.22	16	*	32.57	18	*	29	2	*	21.56	19
AMY CHESHIRE	55.49	17	*	34.26	22	*	42	7	*	20.41	16
MIKE	56.09	18	*	34.11	20	*	106	21	*	20.12	13
BRENDAN	57.39	19	*	34.25	21	*	84	18	*	21.50	18
HARRIET	62.25	20	*	36.46	23	*	33	3	*	25.06	21
CHRISSY SCOTT	63.24	21	*	39.35	24	*	59	14	*	22.50	20
CHRIS STOREY			*	28.13	3	*			*		
STEVE BIRKETT			*	28.15	4	*			*		
JEFF SHERRIN			*	31.10	10	*			*		

The new course seems much safer than those used in previous years, and will be retained for the Training Duathlons on Feb 29 & March 28.

Thanks to Kathrine and William for being Timekeepers/Starter on a bitterly cold morning.

Damian was dominant on the bike, but only 3 seconds split the next 3 cyclists over the 10.6 mile course.

Nick was easily the fastest on the 4.75 km run.

# GUEST APPEARANCE **MAN3 NEWS**

## CONFESSIONS OF A NON-CYCLIST

Your Honour, I plead guilty to the following charges incurred during MTC Group Bike Rides and hope that my poor example will serve as a warning to others on all future rides;

**Reacting to Muppets in cars.** Yes, there are loads of them, yes they cut you up, yes they have no understanding of bikes...the list could go on indefinitely, and my response has often used 2 fingers and/or verbals (sounds familiar, yes you've become a Muppet yourself!). And who knows who you're dealing with - a Specialised mini-pump is no match for a concealed baseball bat.

So, try not to let them get to you, respond by not reacting at all and save valuable energy for the bike itself.

**Traffic Lights on Red.** OK, if it's 5 in the morning and no other soul is around who cares if I go through a red light? But in the process of "burning someone off" an old tactic is to jump the light hoping that the guy behind does possess a brain and chooses not to follow, and hey, you've put some distance between you. This tactic gets even better if vehicles coming the opposite way are impatiently waiting to turn right across the carriageway as "guy with brain" will definitely sh\*t himself and stop as you swerve the lorry crossing your path and disappear into the distance (or get very squashed under its wheels).

So this tactic has 4 main problems 1. it's illegal 2. it will really p\*ss off other road users 3. it could kill you 4. it's not very sporting. I will try to avoid this in future.

**Burning someone off.** Probably my favourite, you don't half feel like Lance Armstrong as you wind up the pace and feel your rival's - sorry, friend's - pain as they desperately try to hang on to your back wheel. Their pain is much worse if you gradually up the pace as they will usually try to hang on that bit longer, thereby knacker themselves for the rest of the ride and if you're feeling really great you can even split the group! (Er, so what's the point of a group ride?)

I have now thought this one through and realise that at some stage I have bonked, I have punctured, I have run out of fluid etc etc and other riders in the group have helped me and I have been very grateful for that help and will probably need it again at some stage. So, if you want to go fast, fine, why not split the group into smaller units, do your speedwork and then double-back and re-group?

**Acknowledge other cyclists.** In my defence, I usually do. If I don't then it's usually because I have decided that they didn't look very fit or they were on a Halford's mountain bike. Pretty pathetic really, if someone wants to ride a boingy-boingy who am I to object?

BUT what impression does this give? And might I need help from another cyclist one day (even if they're on a boingy-boingy). It is cycling etiquette to acknowledge all other riders, we cycle, therefore we should!

**Wearing a club top.** Not guilty here, I prefer to remain anonymous BUT if you do get the urge to be a bit of a pillock please refrain from being identified with the club when doing so!

As I said at the beginning of this article, I am no angel and I have committed the offences I admit to, but seriously, it is dangerous out there so look after yourself and your fellow riders and please give your ride some thought.

**NAME NOT SUPPLIED**

# RACE REPORTS MAN3 NEWS

## MTC Training Weekend 23-25 April 2004

MTC are holding their annual training camp in Bamford again this year.

Important things to know:

1. It is on the weekend of April 23-24-25th
2. It will set you back a mere £18
3. You are guaranteed to get some good training in (great biking, running AND swimming)
4. You are guaranteed a good time - pub within 2 mins of accommodation

We have room for 26 keen members so if you fancy it, have a word with someone who went last year (or re-read the excellent article by Dave Harper in April 2003's newsletter), then either send or give me a cheque for £18 made payable to MTC and I'll put your name down.

If you want to come just for one night, I'm afraid the cost will still be £18 otherwise the finances get in a mess.

If you've got any other questions don't hesitate to give me a call! Hope you can make it

Rachel

## Early Season Time trials—By Chris Storey

For those of you who like to start their season early time trials start on the 28<sup>th</sup> Feb. The first race of the season is a 10 mile race on J2/3 on the Sat afternoon (2pm start). You can ride it as a 'normal' 10 mile TT or you can enter the medium gear race. In this you have to use a gear of 72 inches (or less). This restricts the gear and makes you spin like mad to get a good time. There is a whole medium gear league you can compete in if you are good at spinning small gears. Entries on the new CTT entry form to G. Pickering, 27 Sunningdale Avenue, Flixton, Urmston, Manchester. Phone 0161 748 9943. Cost £5.50.

Second race is also a 10 miler on on J2/3 Sat 6<sup>th</sup> March at 2pm. Send entries to D. Hodgins, 46 Carleton Road, Higher Poynton, Cheshire, SK12 1TL. Phone 01625 87 3480. Cost is £5.50.

The following Sat 13 March is a 2up 25mile TT. You race this as a team of 2, starting together and your time is when the second rider crosses the line. The course is J8/16, which I think is 2 laps of the Gawsworth circuit. It is 'sporting' in other words hilly but should be fun! Entries to I Ross, 26

Brook Road, Lymm, Cheshire, WA13 9AH. Phone 01925 755080 Cost is £11 for the 2 man/women team. 2pm start

Sat 20<sup>th</sup> March is the third 10 mile TT on J2/3. This again starts at 2pm. Entries to Dave Colley, 4 Huncoat Avenue, Heaton Chapel, Stockport, Cheshire, SK4 5HN. Phone 0161 947 9700. Cost is £5.50.

The CTT website <http://www.ctt.org.uk/>, now has a list of all the races that will take part in 2004 and you can download the entry form.. You can buy the CTT handbook.. which lists all the 2004 races by sending £5.50 to

Dept. WWWHB  
7 Baysdale Avenue  
Ferncrest  
BOLTON  
BL3 4XP

Rick Green Cycles usually stocks a few copies as well.

Chris Storey

# 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 8:15pm.

### 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 (This is an unofficial session and you need to pay at the gate), and Saturday mornings from 8am - 9.30am.

**BIKE:** Sunday morning rides at 10am from the car park just behind Café Uno near the 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.

**RUN:** There is an MTC track session at Longford Park, Ryebank Road, Stretford on Wednesdays from 6.30pm - 8:15pm

**JUNIOR SECTION:** Run and bike training for 8-16 year olds is based at Longford Park athletics track on Wednesday eve-

## Registration Information and Form

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

Membership Types	Membership Fee	Moss Side swims (Tues/ Sat)	Longford Park (run)	Sun bike	Please tick
GOLD	£150	FREE	£1.50*	FREE	
SILVER	£50	£2	£1.50*	FREE	
BRONZE	£15	£3.50	£1.50*	FREE	
BRONZE (STUDENT)	£7.50	£3.50	£1.50*	FREE	
ASSOCIATE	£7.50	N/A	N/A	N/A	
JUNIOR (under 18)	£10.00	N/A	£1*	FREE	

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

New Member

Membership Renewal (Current Member)

Membership Re-activation (Past Member)


•All membership fees (other than student silver/gold members paying in instalments) are payable on January 1<sup>st</sup>. Members must pay the full fee for all training sessions until they have renewed their membership and received their 2004 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 1<sup>st</sup>) must accompany the first instalment.

•New members joining after July 1<sup>st</sup> pay half the appropriate membership fee (this does not apply to former members re-joining). Membership runs from January 1<sup>st</sup> to December 31<sup>st</sup>.

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

SIGNED: \_\_\_\_\_

DATE (dd/mm/yy): \_\_\_\_\_, 2004

NAME: \_\_\_\_\_

DATE OF BIRTH (dd/mm/yyyy) \_\_\_\_\_ / \_\_\_\_\_ /19\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTCODE: \_\_\_\_\_

TELEPHONE NUMBER: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

PRINTED OR E-MAILED NEWSLETTER: PR / E-MAIL

E-MAIL SHOULD BE ABLE TO RECEIVE ATTACHMENTS OF 2MB

# MAN3 NEWS

## **EDDIE McGRATH CYCLES, 31 STATION ROAD.URMSTON**

**MANCHESTER.**

**TEL;0161-748-2733**

**FAX;0161-746-7223**

**EMAIL;**

**EDDIEMCGRATHCYCLES@GCONNECT**

**\*VISA/ACCESS/SWITCH/DELTA/SOLO\***

### **SNUGG WETSUITS**

\*AVAILABLE 0% INTEREST OVER 4 MONTHS\*

LITE- Standard fittings sizes only		£149.99
STEALTH-5-3-2	*	£199.00
RACE ULTRALITE PRO	*	£249.99
SLIPSTREAM PRO	*	£299.00
SLIPSTREAM PRO LIMITED EDITION	*	£360.00
Neoprene Polar Cap	*	£ 16.00

\*MADE TO MEASURE FITTING AVAILABLE

### **AQUAMAN WETSUIT**

BIONIK Metal Cell	*	£324.99
BIONIK – XS to XXI	*	£299.99
PULSAR - XS to XXL	*	£249.99
IMPACT –		
Multi sex fit S to XL	*	£169.99

\*AVAILABLE IN WOMENS AND MENS FIT

### **BIKE FITTING.COM**

NOT TOO SURE IF YOUR BIKE FITS?

Bike measurement system call for details

Book for an appointment . Cost £35.00

### **QUINTANA ROO**

These wetsuits are available in 16 sizes for both Men and Women. When ordering please refer to sizing chart.

\*AVAILABLE 0% INTEREST OVER 4 MONTH\*

ULTRAFULL –Gents or Ladies	£140.00
HYDROFULL – Gents or Ladies	£240.00
SUPERFULL – Gents or Ladies	£299.99
Q-ROO Polar cap – Adds 3%Heat	£ 16.00

### **IRONMAN**

VO2 MENS-Stealth fullsuit	£275.00
VO2 WOMENS- Stealth fullsuit	£275.00
INSTINCT MENS-Fullsuit	£195.00
INSTINCT WOMENS-fullsuit	£195.00
VO2 Stealth -long sleeve john	£240.00

INSTINCT-long john	£179.00
Neoprene Cap	£ 19.99

### **TRI- ACCESSORIES**

Elastic laces and locks	£ 4.99
Standard lace locks	£ 1.50
Deluxe elastic race number belt	£ 5.99
Ironman elastic race belt	£ 3.99
Speedo silicone race cap	£ 4.99
Speedo Aquatic supersoft earplug	£ 3.00
Speedo adjustable nose clip	£ 3.00
Anti-fog goggle drops	£ 4.00
Speedo Elite kickboard	£13.00
Speedo Elite Pullbuoy	£12.00
Speedo Power paddle	£ 6.00
Speedo tech hand paddle	£13.99
Speedo universal kick board	£ 9.99
Speedo univeral pullbuoy	£ 7.99
Speedo Training fins	£14.99
Speedo large team Holdall	£30.00
Speedo pool shoes"flip flop"	£11.00

### **GOGGLES**

Sonja crystal sport goggles	£11.00
Aquasphere seal mask	£16.99
Aquasphere seal mark –	
mirror lens	£23.00
TYR socket rocket 2-metalized	£10.00
TYR velocity goggle-clear/smoke	£ 8.00
TYR Technoflex goggle	£10.00
TYR Racetech-mirror	£10.00
Speedo speedsocket	£14.99
Speedo xenith	£10.00
Speedo mariner-sleak styling	£ 8.00
Speedo Multi- seal lightweight	£13.99
Speedo Aquaview-large lens	£14.99

\*LOTS MORE GOGGLES AVAILABLE-  
PHONEFOR PRICE\*

### **TYR**

Large waterbottle – silver	£ 4.00
Silicone swim cap	£ 5.00
Latex swim cap	£ 2.50
Aquafoil- use for kick+pull training	£17.00
Catalyst Hand Paddle	£15.00
Pull Float	£ 8.50
Latex covered nose clip	£ 3.00
Moulded ear plugs- silicone	£30.00

**MAN3 NEWS****POLAR**

HEART MONITORS 0% PAY OVER 4 MONTHS

F1-Basic Entry level HRM	£37.99
F2-Average,zones,alarms	£49.99
A3-Time,average,zones	£49.99
A5-Time,average,zones,cals	£59.99
M31/M32- Zone,cades,average	£89.99
M61/M62- Zone,memory,index	£104.99
M71 Ti-Titanium cased M31/32	£124.99
M91 Ti-Titanium cased M61/62	£165.00

\*\*\*\*\*

S120-Ideal for running laps	£75.00
S150-Ideal for cycling-speed	£84.00
S410-Index,cals, codes,sonic	£124.99
S520-As 410-Metal-inc,speed	£149.99
S610-As 410-unlimited files	£149.99
S710i-As 610-with cyclefunc	£179.99
S720i-As 710-with metal case	£199.99
S810-Top of the range HRM	£249.99
Power output sensor	£235.00
Interface-serial or USB port	£27.99
Cadence Sensor kit-S-series	£29.99
Speed sensor kit-s series	£29.99
Universal bar mount	£ 5.99

\*\*\*\*\*

T31-Transmitter electrode belt	£29.99
T31-Coded Transmitter belt	£34.99
T61-Coded belt HRM	£39.99
Replaced elastic chest strap	£ 4.99
Triumph Heart bra Black/White	£24.99

**CYCLE SHOES**

Shimano Trl 1-sizes 36/47	£90.00
Carnac MPS Sole TRS 8-36/46	£89.99
Carnac UPS sole TRS 7-36/46	£109.99
*sizes 47+48 £10.00 surcharge*	
Lake CX110 TRI-37-48	£59.99
Lake CX310 TRI-Carbon	£109.99
Sidi RO73 Shoe	£49.99
*lots more shoes available	

**SPEEDPLAY**

X3-Cro-moly-220gm pair	£79.99
X2-stainless-198gm pair	£120.00
X1-Titanium-150gm pair	£169.99
ZERO-Stainless-206gm pair	£129.99
ZERO-Titanium-164gm pair	£179.99
Replacement speedplay cleat	£19.99
Cleat cover for walking	£10.00

**EGGBEATER PEDALS**

Eggbeater chrome-294gm pair	£65.00
Eggbeater stainless-266gm pair	£85.00
Eggbeater Titanium-230gm pair	£129.00
Eggbeater Twin Titanium-210gm	£169.00
Eggbeater Triple Titanium-185gm	£220.00
Replacement Cleat inc pontoons	£15.50

**\*SPECIAL OFFER\***

GIANT TEAM FRAME-Carbon forks  
Plus-Carbon Triangle 2004 model  
Now: £425.00

**\*GIANT BIKES 2004\***

OCR 3:Shimano 3x8 speed	£399.00
OCR 2:Campag Xenon 3x9 speed	£525.00
OCR 1:Shimano Tiagra 3x9 speed	£625.00
OCR ZERO:Campag Mirage	£750.00
TCR 2:Shimano 105 3x9	£999.00
TCR 1:Shimano 600 3x9	£1399.00
TCR ZERO; Dura Ace 3x9	£1799.00
TCR Composite 2:Campag Centaur	£1999.00
TCR Composite 1:Shimano 600 2x9	£2499.00

**QUINTANA ROO**

TRUENO-Tiagra Group, Formula wheels	£950.00
KILO-105 Group,XR-1 Wheels	£1300.00
TEQUILO-Frame,fork and Headset	£700.00
CALIENTE-Frame,fork and Headset	£1000.00
TI-PHOON-Frame,Fork and Headset	£2650.00

**LITESPEED**

\*LITESPEED DEALER PHONE FOR BROCHURE

VELA-Alloy Frame/Carbon-Shim 105	£1399.00
VELA-Frame,Fork and Headset	£800.00
CAPELLA-Frame,Fork and Headset	£800.00
SIRIUS- Frame,Fork and Headset	£800.00

\*Also any Litespeed Titanium Frame can also be ordered.Give us a ring for a good deal,

Many other items sold:

MAVIC/PROFILE/SYNTACE/FRM/TIMEX/  
ITM/3TTTGIRO/MET/CATEYE/ASSOS/ALTURA/  
LUSSO/SAPIMHOPE/ORBEA/ARGON/  
PRINCIPIA/PARKS TOOLS.

# GUEST APPEARANCE **MAN3 NEWS**

## What's all this 'Rev.IM' stuff anyhow? - By Dave Harper

Now then Triers, I have some alarming news for you- so be seated, take a large slurp of the old electrolyte re-balancing fluid and brace yourselves. For some time now I have heard reports from one or two of you that all may not be as it first appears concerning our valiant swim coach Dave Quartermain. Yes, you know who I mean, that deranged swim mentor that thinks a 2K swim is twice as good as 1K, and that a new kick board would be a great birthday present. Yes really, him.

Well, at considerable personal risk, I have made certain investigations, and can now exclusively reveal that whilst masquerading as a coach, DQ is in fact a secret agent in the employ of MI6. The name 'Dave' is purely fictitious, one he has taken to fit in alongside just about everyone else in the club, but in the shadowy underworld of secret intelligence his real name is simply Q. Like all good secret agents Q rarely speaks plain English but communicates instead using code, delivered in his case, as we are all familiar with, via frantic white-board scribblings, which are almost impossible to de-cipher. Take for example one of Q's simpler coded instructions: PAYMEB4UGO. Even after umpteen repeats some Triers fail to understand this one and simply scurry off to the changing rooms fearing they may be mugged. So if you're one of those in the dark, either try taking your sunglasses off before entering the pool or read on.

As you will be aware, MI6 agents are supposed to be able to keep a secret, and when pressed Q refused to be interviewed or make any explanation of his code. Therefore in the best interests of the club I decided I must attempt to decrypt Q code and explain it to all. Over Christmas I set to work armed with my trusty old copy of the 'Cub Scouts Really Useful Information Guide'. Sandwiched between pages on 'Rescuing burnt sausages' and 'How to make a hay bale hide in which to snog your girlfriend without your mum seeing', was a page titled 'Secret Codes for Cubs' from which I now believe Q derived the structure of his coding. Using this I have recently made a breakthrough cracking some Q's codes and can now TELLEM2U.

Lets start with the Q-code 'descend to max'. Quite how you should go *down* to a maximum is beyond me, and many of you are obviously confused too and simply swim round going progressively faster and faster until quite exhausted! The result is mayhem with panting, and all simply because you failed to understand that what Q actually meant was swim to the bottom of the pool. Whilst down there you could do some 'Caterpillar' pick up, 'Caterpillar' being a Q-code euphemism for certain articles sometimes seen lurking on the bottom of Moss Side pool.

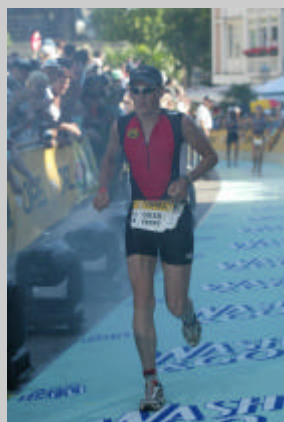
Next up is class of commands that Q often prefixes with the notation 'dr.' Edwin tells me this means drill (i.e. as in the dental type, painful) but Steve Clayton insists 'damn ridiculous' is more like it. For example which of the following would you expect to be the more likely meaning of 'Catch-Up'. Is it- a) swim one arm stroke at a time or b) get your finger out and catch up the person in front ? Then there is the fondly regarded '3,5,7,9' routine, mysterious to some but easy for Steps fans. Of course there's also 'Submarine', as if you could bring one of them along in your kit bag, 'Ripple', everybody's favourite being raspberry, and don't forget the old 'F.Q.S' which is actually Q's advice for how to sink your first pint after training, i.e. four quick slurps. Lastly in the damn ridiculous class is the wonderful '25 Single arm', as if over two dozen of 'em can be a single, and how would you keep them all in synch anyhow. I find stopping two from crashing into each other is hard enough.

Abstract mathematical Triers will recognise another class of Q-codes that concatenate two or more short forms to mean something completely new. A first example 'fly\_back' is a useful retort to the swelling ranks of anti-podes in the club when you hear them crowing on about the land of milk and honey down under. My favourite though is '25 fr.br', a warming thought, even if like fr. lunch you don't come by it too often. Incidentally, there is anecdotal evidence here that Q may be sexist! After all I've never seen him write 'fr.willy', but hey- the lady members all LUVHIM2BITS anyhow.

So, what about that 'Rev.IM' I hear you ask? I'm sure that by now many of you will have cracked it for yourself, but for those not sure I can reveal that this one is advisory, a suggestion for dealing with people who swim on your toes, and literally means 'reverse into morons'. And what if they still don't get the message? Simple, give 'em the '25 fly-kick'.

Well, that's about enough Qcodes for present, but now you're all in the know I'll be looking out for more rational behaviour at Q's swim sessions in future. I've just got space to mention next months issue will feature a response by Q himself. This includes "Why 50\br. is more of workout than 25\br.", plus a detailed explanation of the head-up-doggy drill. (Junior members won't find this at all interesting and will instead be receiving a great alternative page, where they can colour in a drawing of a favourite elite Triathlete.) And meanwhile don't forget, if your suspicions are raised concerning any other club coaches or officials just let me know and I'll investigate further.....

# Final Word From The Editor



## Message From The Editor:

2nd attempt and not quite perfect yet. But then again neither was my second Ironman.

Had a choice of building up my new bike or finishing the newsletter. Choose for the newsletter as that was infinitely more appealing than getting chain grease on my hands and if you believe that you will probably also believe that Santa Clause is real and the Easter Bunny is on it's way.

Please note the request on the front page. Time is extremely limited during the week and if I do not have your contributions by the deadline I set (remember Friday closest to the 10th of each month) then it will be a week later before I can do the newsletter.

Next months deadline is Friday, 12th March, 2004.

Perry

## Notes for Contributors

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 excepted electronically in JPEG, TIF or GIF format.

Send contribution to [perry.huizer@btinternet.com](mailto:perry.huizer@btinternet.com)

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

## JUST WHAT THE DOCTOR ORDERED - By Dr. Radcliffe

Well, in this column there is no contribution yet for the simple reason that we need help from you to start it up.

**HAS NOBODY GOT ANY QUESTIONS? IF NOT DAVE WILL ATTACK MY CONTINUEING PROBLEM OF FUNGAL GROWTH BETWEEN THE TOES AND IT AINT GOING TO BE PRETTY.**

Did you know that the club has a large number of Doctors amongst it's members. Last count I believe it was 6. And that is the number of MD's. I have no idea how many PhD's or nearly PhD's we have.

Anyway, Dr. David Radcliffe, or Dr Dave as some refer to him has taken it upon him to assist in bringing clarity to some mysteries and phenomenons.

If you have any medical problem that you are stuggling with or just something you always anted to know. Then you can mail your queries to the editor.

Now, obviously David's comments and advice will be to the best of his knowledge, which is considerable since he has years of experience as a GP and as a consultant I the A&E department at Hope Hospital, not to mention his recent finish in the Ironman Germany. HOWEVER, Manchester TC, the editor and David cannot accept any responsibility with regards to the advise given since this is done on a voluntary basis and does not comprise a detailed and professional assessment of each individuals situation.

Whilst we compile a suitable disclaimer for the next newsletter, please feel free to ask any question by sending them to the following e-mail [perry.huizer@btinternet.com](mailto:perry.huizer@btinternet.com).