



MANCHESTER TRIATHLON CLUB



MAN 3

Issue 168 January 2004

NEWS



In this issue

- Established contributors
- New columns
- New editor

What's New?

This newsletter editing is a lot more work than you think it is. Hats off for Ryan and before him Dave Leak who have both been the only other newsletter editors in MTC history.

I'll try to live up to expectations, but I can't do that without your help. Please keep sending those stories. Photos are always appreciated and you should note that we have a digital camera for exactly this purpose.

Well then, the newsletter? There are a few Dave's doing a regular column. More on those inside. There's the usual Fishy Business and Coaches Corner and a number of other regulars and cover stories. Please read on.

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On the Cover: Dave Waterhouse

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,

Happy New Year! I hope that you all ate and drank too much over the Festive Season and are all that bit heavier so I can wupp... er, sorry, so that you are all looking forward to some serious training for the season ahead.

I have recently taken on the role of Chairman (not sure if that's an honour) so for those who don't know me here's a little intro;

First taste of Triathlon was Crewe and Nantwich Tri, in 1999. Saw an advert on a gym wall and thought "used to swim as a kid, have done a bit of mountain biking and can run ok so this should be a piece of cake". It was sprint distance, it was true; "used to swim", and "bit of biking" became very apparent and sh*t!, my legs didn't work when I started to run. I skilfully acquired a penalty for verbally abusing a marshall (he started it, no one told me I had to run with my helmet on) but still enjoyed the event and thought about doing a "real one" – open water swim Olympic distance.

This took place in my first real season, 2000, and at Gailey Reservoir I learnt an invaluable lesson – try to buy decent gear – it's no fun swimming in Arctic temperatures without a proper wetsuit and as I entered the water my breath exited

me. Managed to continue but result was average at best so thought it was time to join a club and get a bit of "know how" so joined MTC in summer 2000 and results got better from there, I had become a reasonable triathlete.

By 2001 I knew it all (not) and felt ready for an Ironman challenge so spent most of the season preparing for Ironman Europe in Germany which went ok, in 2002 couldn't think of anything better to do so went to Ironman Austria which also only went ok and then got a bit fed up with triathlon and thought about having some time out.

2003 came, I avoided Ironman like the plague, vowed only so do Sprint and Olympic distance, trained a bit less, took myself less seriously and went a lot faster, peaking with a return to my first ever Tri, Crewe and Nantwich and picking up a medal (the nasty marshall wasn't there this time!). So that's me.....on to club, it is stronger than ever, we have some superb triathletes and we also have a good laugh. The committee this year is also strong and has a number of new faces (committee members are listed further into this issue) and I hope you feel you can approach any of us with ideas, views etc. to improve the club. Our aim is to improve on what we already have and I hope to be able to inform you of some developments in the near future.

I wish you all a great season ahead.

Budapest to Istanbul—A bike ride by David Waterhouse

In the year 2000 I cycled in several Eastern European countries and impressed by the scenery, friendliness of people and inexpensive living wanted to do more.

So I found myself last month embarking on a cycle tour from Budapest in Hungary to Istanbul in Turkey. I had been to Budapest before, but would be cycling for the first time in Bulgaria, Romania and Turkey. The flight with Lufthansa took me via Frankfurt, arriving in Budapest at 11.30 pm. on a Sunday night. I waited in the baggage claim for my Dawes Galaxy touring machine to appear. The bicycle doesn't come on the conveyor belt for obvious reasons. It is usually wheeled into the hall from some anonymous side door. I waited a bit longer and wondered if for the first time it would not appear at all. It was at this point that I spotted it in a different area. I checked over the bike and noticed something funny about the rear wheel which was jammed against the rear stay of the frame. At first I thought it was just buckled with some broken spokes, but upon further investigation, it became clear that the whole rear wheel was wrecked and that the machine had been dropped. I contacted the woman on the baggage handling desk who filled in a form and said that I had to phone Lufthansa in the morning. After reading the form in more detail I took on board the fact that I had to keep the damaged item in my possession. This was not going to be practi-

cal on a two week cycle tour. After taking in this information, I decided to concentrate on getting to a hotel in the centre of Budapest, and getting the bike fixed. There was a taxi firm with a desk in the airport still open. The woman on duty spoke english and was very helpful arranging a hotel for me and informing me where a nearby bike shop was located. The hotel was called the Fortuna Boat Hotel which actually turned out being a boat on the River Danube. In the morning I located the bike shop that had been recommended and was disappointed to learn that they did not have the correct size of wheel for my bike. I was relieved to hear that there was another bike shop a hundred yards down the road. This second shop appeared a more serious affair. They had photographs of a recent trip over the Grossglockner pass in the Alps up in the shop. A new wheel and tyre were fitted in about 20 minutes and I was on my way. The next problem was finding my way out of Budapest. This proved to be not too difficult after following the Danube for a while. I cycled about 65 miles that afternoon and found a delightful hotel to stay at a place called Kecsemet. The next day I crossed into Romania and after being asked where I was going was allowed in. After changing some money I looked for a place to stay, but there didn't seem to be any so I kept on riding to the next town. On arriving at the next town I was dismayed to hear that there was no hotel there. I had cycled a hundred miles at

RACE REPORTS

MAN3 NEWS

Budapest to Istanbul—continued

I decided that there was nothing for it but to keep on going. I finally arrived at the next town at 9.20 pm. after doing a 129 mile day. The next few days I continued on through Romania, and found the roads to be of variable quality. The scenery more than compensated for this, and the Carpathian mountains looked beautiful. I was surprised that so many Romanians had chosen to drive a Renault 6. It was only on further inspection that it was their own brand of car called a Dacia which were omnipresent. I only had one bad day in Romanian when I cycled for many miles along a boring straight road in the rain. This eventually took me passed a very long industrial plant which was bellowing smoke, ammonia and other disgusting discharges. It also stained my t-shirt a nasty shade of yellow. I booked into a hotel that day at 3.00 pm. and watched Lance Armstrong being beaten in the first time trial of the Tour de France.

The next day I took a ferry which was the border crossing to Bulgaria. Leaving Romania was straightforward enough. Entering Bulgaria on the other side of the river was not. After queuing up with Turkish truck drivers, I had to get out my map and show the border guards my route. I was then asked to wait. After a while I was told that I would have a police escort to Pleven. I laughed as this was about 50 miles away. I soon found myself cycling up a series of steep hair-pin bends following a police car, it was no time for getting off and walking, but good practice at hill climbing. At the top of the climb, the policeman pointed the way to Pleven and disappeared. This was helpful as the road signs were in cyrillic script and difficult to decipher. I still don't know whether the Bulgarians were just being helpful, or making sure that I went where I said I was going. Anyway, I was relieved to be away from the police car and free on the open road once again. The road surface at first was superb and the road very quiet, apart from a

tractor driver giving me a cheery wave. However, the road did later break up a little and turned into cobbles in the towns, this turned out to be a consistent feature of cycling in Bulgaria. I ventured on into Bulgaria and improved my sprinting skills by being chased by two wild dogs. I had previously been chased by a mad dog in Romania, that hound got up to 24 mph before giving up the chase! Anyway, neither occasion was the time to do a David Millar and have my chain come off.

The literal high point of the tour was the 4000 foot peak of the Sipka pass in Bulgaria. This had a monument on top and was the last place that the Turks were repelled in the Russo-Turkish war and is important to Bulgarians. It took about 12 miles to reach the top, but the descent was well worth it.

Leaving Bulgaria and entering Turkey was quite straightforward, despite the fact that I had read that you had to keep a record of each place you had slept in Bulgaria or risk a fine. The Turkish border appeared to be overmanned, but they were all very friendly. It felt great to finally be in Turkey after 9 days of riding. It took me two further days to reach Istanbul. I was however nearly thwarted on the penultimate day when with just 100 miles to go I was cycling with my head down looking at the speedo. I felt this sudden impact and realised that I had crashed into a stationary car. Unfortunately the driver was sat in it. He got out, gave me a slight look of disgust and then waved me on. After negotiating my way through the horrendous traffic on the outskirts of Istanbul I was there. After 11 days and 900 miles I was there and ready for a few days of sightseeing. Although not attaining high speeds, the trip was certainly good for building up stamina and getting used to being on the bike for long periods of time. The only problem now is to decide where to tour next.

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.

JUNIOR SECTION **MAN3 NEWS**

Junior Section—January— By Nina McArthur

Happy New Year to everyone and as the Winter Series gets underway on January 11, its back to hard training again after this Christmas break. The races in the Winter Series are as follows:

DATE	EVENT	VENUE
11/01/2004	Aquathlon	Ribbey Hall, Preston
08/02/2004	Aquathlon	Christleton School, Chester
07/03/2004	Aquathlon	Bebbington, Merseyside
21/03/2004	Duathlon	Irlam Pool, Salford
28/03/2004	Aquathlon	Dukinfield, Tameside
04/04/2004	Duathlon	Ashton, Tameside

SPORT PROFILE

Tim Don

He was born on the 14th January 1978 in Middlesex, England and has been doing triathlons for 6 years. His hobbies are fishing and cooking and his sports hero is Mark Allen. His proudest moment was when he won the 1998 Junior World Championship. Although he has won many things, he does not come first in absolutely everything. He came 12th in Hamburg, Germany and also he came 21st in Montreal, Canada. He even came 30th in 2002 at Cancun, Mexico. Tim Don is a great athlete who shows that even if you don't win everything, you should keep on trying!

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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 on 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 246 624 to order Science in Sport products at Manchester Tri Club discount prices.

FISHY BUSINESS

MAN3 NEWS

Fishes,

Firstly have a successful, fulfilling and very wet New Year!

From now on each issue i'll be including a swim plan that will let you know in advance what delicious tortures are planned for you all down at Moss Side pool! I've also included an article on mental training for you to absorb at your leisure and then apply in the pool! And loadsa other stuff. Read on!

Why does that swimmer always speed up when I try to overtake them!

Ever experience this?

You are closing in on a swimmer and about to overtake them. Then you start to swim alongside the other person in an attempt to pass and, lo and behold, they choose at that very moment to begin getting more value from their workout by swimming faster. You either have to put in a superhuman effort to finish what you started or you end up swimming side by side all the way to the wall where the whole scenario gets ugly - you're upset because they wouldn't let you pass and they are cheesed off because you cut them up.

When you are about to overtake a swimmer you are, in fact, drafting off that person for a little while (drafting is where you enter, and are carried along by, the stream of water that the swimmer in front of you has already started moving - you benefit from the work that swimmer has already done, you swim faster with less effort). Then you are ready to swim past them.

At this point you swim out of the draft of water the other swimmer was gracious enough to get moving for you and their wake and turbulence. You now are fighting more resistance than ever before. Unless the wake is big enough to body surf on you will find yourself having to work quite a bit harder just to keep from slowing down.

Of course, from your vantage point, it may very well appear as though the other swimmer chose just that moment to speed up. This phenomenon is easy to see from the deck but is often misinterpreted, even by experienced swimmers, in the water.

So, the next time you have trouble passing someone in mid lane be aware that it may not be all their fault. Just realise what extra effort will be required and go for it. Of course if you tap them on the toes before (or as) you pull out to pass, they might have the common decency to hug the lane rope and give you room to swim in. And, if you get lucky, they will realize that it's best to stay to the right as both of you approach the wall so that you won't be cutting across their turn.

Happy swimming!

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 24th
- Breaststroke Workshop – Feb 14th
- Backstroke Workshop – March 27th
- Butterfly Workshop – April 17th
- Race Preparation & Dry Land Training - July 17th

Tues	Aim	Main set	Sat	Aim	Main set
Jan 6	Br body/kick	2.5Km	10	Fr balance/kick/arms/breathing/timing	2.5Km
13	Br body/kick/arms	2.5Km	17	Fr bal/kick	ASA ½ Hr
20	Br body/kick/arms/br/timing	2.5Km	24	Fr bal/kick/arms/br	400/50 TIMED
				*FR MASTERCLASS 10.30-12.00	
27	Fly body/kick	400/50 timed	31	Fr bal/kick/arms/br/timing	2.5Km
Feb 3	Fly body/kick/arms	3 km	Feb 7	Fr bal/kick	3Km
				Video Analysis 10-11.30	

FISHY BUSINESS

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Tues	Aim	Main set	Sat	Aim	Main set
10	Fly body/kick/arms/br/timing	3 km	14	Fr bal/kick/arms *BR MASTERCLASS 10.30-12.00	BLDSA Postal 1 hr
17	Bk body/kick	3 km	21	Fr bal/kick/arms/timing/breathing	3 km
24	Bk body/kick/arms/br	3 km	28	Fr bal/kick	3Km

Weekly ingredients – Basic speed 15-25m sprints + sufficient work /rest ratio 1:2
Fartlek / 200-400 Threshold sets / VO2 Max / overload on 100 repeats (i.e. off 2:00)

2004 ROCKS

2004 rocks!

In order that you swimmers are in the best possible shape come the start of the 2004 season I've selected some events that we will use as training goals. In the interests of your development I recommend that you take part in them, in addition to the time trials of course.

B.L.D.S.A ONE HOUR POSTAL SWIM.

Saturday 14th February

Two swimming waves; Wave One starts @ 7.30a.m. Wave Two @ 8.45a.m.

See Dave Q for info

Organised by the British Long Distance Swimming Association the swim is a global challenge that attracts swimmers who want to swim as far *and as fast* as possible in an hour. The event can be swum by teams of three – same sex – or individuals. M.T.C has a proud record with nine top five finishes last year (see previous results below) so register your interest with Dave Q and get training to join that elite band!

McMillan Swimathon. Saturday 20th March

The only thing you need to know right now is that MTC will be entering in the 10K race this year!

Weeden's World!

This year Jo – Lane 5/6 – will swim the English Channel, all 21 miles+ of it. Over the last three years she's trained hard in places like Lake Windermere, Torbay and Loch Ness. This year her outdoor training starts May 31st and Coach Dave Q will be assembling a small team of people who are prepared to support her. 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.

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	12070 (3 rd)	11730 (4 th)
RICHARD MUNN 4100 DAMIEN THACKER 4025 PHIL WESTMORLAND 3945		
MAN TRI 2	11310 (5 th)	
JIMMY McMAHON 3820 JAMES ENDICOTT 3895 MATT HAMMERTON 3595		
Date	Location	Distance (miles)
May 31	Albert Dock	4
June 7	Budworth Mere	3
14	Coniston One Way	5.5
27	Rivington	4
July 4	Torbay	8
12	Ulswater Two Way	15
25	Llyn Padarn	4
31	Sea Swim	5 hours
August 23	English Channel	21+

FISHY BUSINESS **MAN3 NEWS**

A Swimmer's Guide to Mental Toughness Dr. Alan Goldberg

To maximize your potential as a competitive swimmer and reach the goals you have set for yourself, you must train yourself mentally, as well as physically. To gain the competitive advantage, you must think like a winner consistently.

#1 Keep your swimming fun.

Do not wait until you win before you start having fun. Champions go fast because they are having fun! When you enjoy yourself, you will be physically looser and will swim much faster. Performing too seriously and turning your swimming into all work and no fun will definitely result in performance difficulties and burnout. Fun and speed go together.

#2 Have clear goals.

Success as a swimmer begins with a dream...a goal of how far you would like to go in the sport. The more detailed a picture you can paint of this goal, the better your chance of turning your dream into reality. Try to have your goals broken down from long-term, to intermediate, to short-term goals, so that even on a daily basis you will have specific goals for practice. This will help you stay motivated over the long haul.

#3 Make your practices important; use simulation in practice.

Most swimmers spend the same amount of time practicing weekly. However, only a small fraction of athletes improve to their potential. Too many swimmers go through the motions in practice. You will compete the way you practice. Practice mentally as well as physically. Make your practices important. The more important you can make your practices and the more similar to actual meets, the more likely you are to meet your potential.

#4 Focus on your race one stroke at a time - not on winning or qualifying.

You will swim your best when your concentration is on your race, one stroke at a time. You will choke and swim badly when you get caught up with outcome, or future focus, thoughts (i.e. winning, losing, qualifying time, etc). Swimmers who get distracted with this kind of future focus almost always swim tight and feel heavy. Stay in the now and race and concentrate on what you are doing while you are doing it.

#5 Control your eyes and ears for championship meet performances.

Learn to control what you look at and listen to, both before and during the race. Visually focus only on things that keep you calm, composed and ready to perform well. Similarly, make sure that anything that you "look" at in your mind's eye are positive and confidence enhancing. Control your eyes and ears for mental toughness.

#6 Visualize what you want to see happen, not what you are afraid will happen.

Winners in and out of the pool have learned to use their imagination (mental rehearsal and imagery) to help them reach their goals. Focusing on positive images will keep you calm, raise your confidence and increase your chances of achieving your goals. Practice mental rehearsal 5-10 minutes at a time, preceded by relaxation in an area free from distractions. Imagine your performance as vividly as possible, performing the way you would like to.

#7 Be positive - nothing good comes from negativity.

When you are negative or down on yourself, you sap your energy; drain your confidence; and ensure that you will swim poorly. Practice being positive about yourself, teammates and coaches, NO MATTER WHAT. A positive attitude will help you overcome hardships and setbacks and keep you going. A negative attitude will trick you into giving up too soon. Winners in and out of the pool are positive. "Can't", "Never" and "Impossible" do not exist in the dictionary of their minds.

#8 Reframe adversity.

Learn to look at obstacles and setbacks as a way to get more motivated and to increase your confidence. Many swimmers complain bitterly about pool temperature, lane assignments, rain and fatigue. Great swimmers use any kind of adversity to help them get the competitive advantage over their opponents. You can say to yourself, "everyone in this race has to deal with this pain, and I am mentally tougher to handle it than everyone else".

#9 Learn to relax.

To swim your own race and stay within yourself, you need to have the ability to handle competitive pressure. Probably one of the best relaxation techniques is to learn to slow and deepen your breathing. By taking a few slow, diaphragmatic breaths, you can very quickly calm yourself down pre-race. Practice at home sitting for 5 minutes at a time, inhaling slowly through your nose to a count of 4, and then exhaling to a count of 7-8, and continuing this process for the allotted time. Any time that you drift, practice recognising your loss of focus and bring yourself back.

DAVE'S JOTTINGS

MAN3 NEWS

FISHY BUSINESS—CONTINUED

More info!

I've composed a list of swimming information for those enthusiasts who wanna learn more. First you need to get on the web and access the www.swiminfo.com for the latest news on the World of water. On the site you'll find information on books, videos, equipment etc with links to other sites.

Recommended reading includes:

The Essential Swimmer

"The Essential Swimmer is every swimmer's guide to a successful swimming program. Fitness and competitive swimmers alike will benefit from its concise, practical advice on everything from basic stroke technique to advanced training program." Author: Steve Tarpinian

Swimming Drills For Every Stroke

1998. Designed to give swimmers a competitive edge by teaching key drills for perfect form in all four strokes. 91 drills with illustrations including kicking, sculling, starts, turns, and finishes. Author: Ruben Guzman

Swimming Into the 21st Century

"Colwin, a leading authority on swimming for 45 years provides his experience on the mechanics and principles of swimming, training programs, propulsion, and coaching the feel of the water. A standard for every swimmer's library."

Author: Cecil Colwin

If you're one for a video then have a look at the following.

Aleksandre Popov - What's The Limit

1998. 25 minutes. Popov & his coach Touretski are dedicated to the search for a rhythm, range and relaxation...does the secret lie in greater propulsion or in less better understanding of stroke efficiency...improving technique through drag?

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

DAVE'S JOTTINGS

Life in the last few weeks has been one long, glamorous, globe-trotting merry-go-round, taking in the Gallic delights of northern France, the fleshpots of the Algarve and the magic of Prague.

Rani and I went to France with the Stragglers, our running club, on the 18th/19th of October. Every year a group of (as they put it) 'drinkers with a running problem' invades some poor unsuspecting French town or village which is having a local running race, and run riot. Last year we went to Gravelines, a small seaside town about 20k east of Calais. Rani and I took the mountain bikes on the ferry and made a weekend of it. She did the half marathon and I did the 10k. I wrote a report of that trip for the 'Stragmag', as their newsletter is called, in which I commented, in the style of an anthropologist, on my observations of the sub-species *Homo Stragglus Inebrius* or Pissed-up Straggler, who could be tracked by following the trail of pavement pizza.

Well, this trip (which was to Wimereux, 5k east of Boulogne) went pretty much to form. After the minor inconvenience of a 10k footrace (in which, incidentally, Rani missed out on a prize because she went off course and I managed to sneak under 44 minutes) the hard core hit the town. Being a reformed character it was only at breakfast that I heard the lurid tales of what they'd got up to and who had to clear up the mess. Best you don't know too much detail.

However, this little ditty may give you an idea. I included it in the report I wrote for the Stragmag. It should be sung to the tune of "The Lion Sleeps Tonight":

"See the Stragglers, the pissed-up Stragglers, they can't stand any more
See the Stragglers, the pissed-up Stragglers, they've fallen on the floor

At Wimereux, at Wimereux

On the lino*, the hotel lino, the wino chucks tonight
On the lino, the hotel lino the Straggler's such a sight

At Wimereux, at Wimereux"

(* actually it was a carpet, but that doesn't fit)

On the Sunday we had a lovely day exploring the Old City of Boulogne and enjoying a leisurely lunch before the drive back. En route to the ferry we popped into one of these wine and beer hypermarkets –amazing places. They've got one there called 'Eastenders' which is open 24 hours a day, seven days a week.

.....Continued on page16

MTC TRAINING DUATHLONS

MAN3 NEWS

MTC TRAINING DUATHLONS, Jan 25, 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 ***

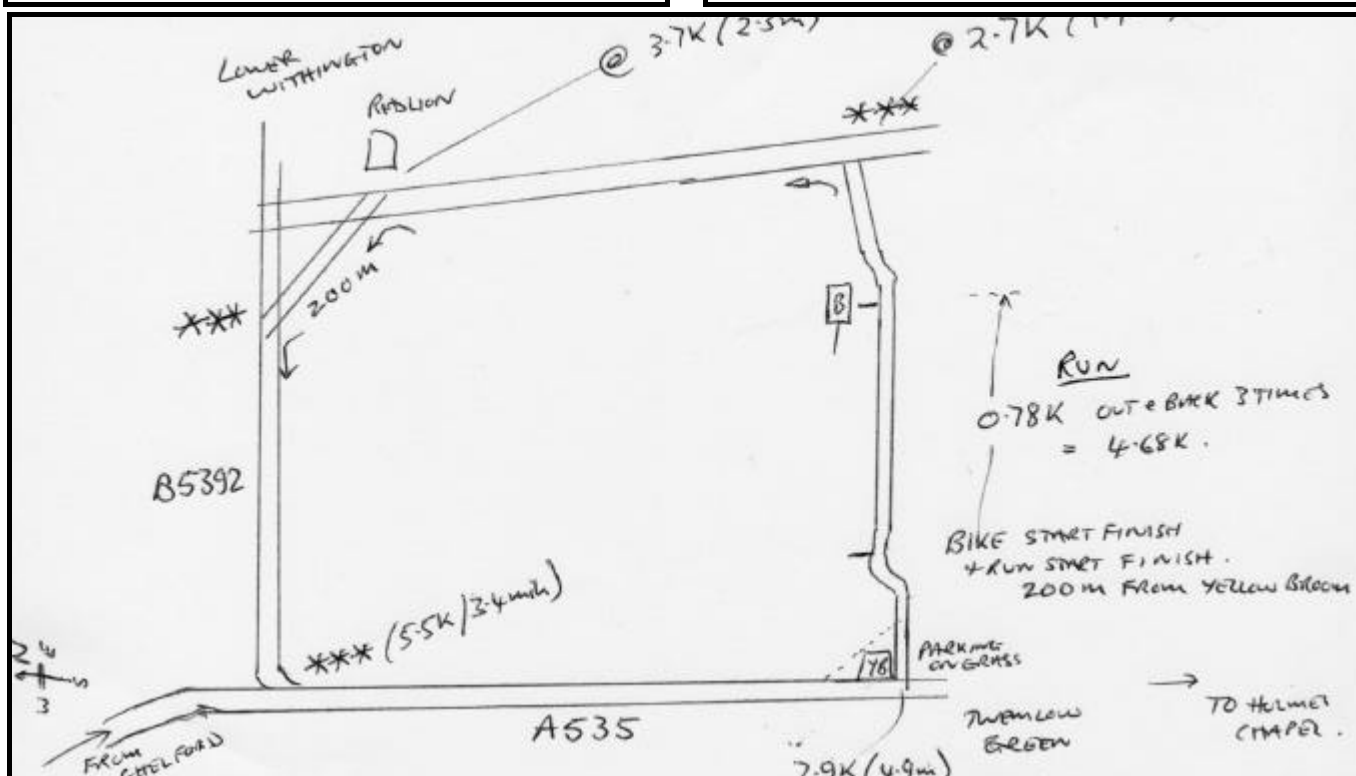
@ 7.9k/4.9 miles, Turn Off A535 at Yellow Broom Junction.

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

“Consistency is the key to productive training”

Track running

Like other years, Threshold pace (for 400 meters) has been worked out from a 5km test run on the track (see results below). Please read below what threshold pace training is and why it is so important to run your workouts on the track at the appropriate pace.

Threshold pace training

It is very important to run threshold workouts at the proper intensity (speed). The correct pace is called Threshold (T) pace. The pace is about 86-88% of your VO2max or 90% of your maximum heart rate. One of the most productive types of training that distance runners can do is Tpace running. It does a great job of helping runners to avoid over-training! It is very important that you do not push yourself over the set intensity (pace). It is important to perform the same workout quite a few times at the same speed before you have attained a higher fitness level and can move on to faster speeds. One of the best ways to monitor how your training is progressing is to see how much more easily you can perform a particular workout as time goes by. If what used to be a tough workout becomes not so tough after several weeks of training, then that is a great sign that your training is paying off in a positive way. At this point you are usually ready to increase your intensity or amount of training.

In contrast, always trying to see if you can go faster in a workout that you have done before (the “always hurt as much as possible” technique) can be very misleading in trying to determine how much progress you are making. With this approach, you always hurt the same (or more), and you never get to experience doing a standard workout with diminishing discomfort. Doubts begin to set in as you ask yourself, “Am I really getting better or just learning to tolerate more pain?” If you often hurt badly in practice, a race won’t be anything special; you should be able to take on more discomfort in a race than you do in daily training.

When a particular workout begins to feel easier, use that feeling to support the idea that you are getting fitter. Then, prove that you are getting better in a race, not in a workout.

Subjectively, T pace is comfortably hard running. The aim of this type of training is to shift the lactate threshold to correspond to a faster running speed. I.e. run faster without getting more tired!!

5 km Test: Wednesday 14th January 2004

<u>Name</u>	<u>5km time</u>	<u>T (400m)</u>
Richard Munn	16.57	1.28
Bradley	17.32	1.30
Ben Connell	17.43	1.31
Damian Thacker	17.55	1.31
Tim Johns	18.20	1.34
Paul Skipper	18.44	1.35
Andy Lloyd	19.42	1.40
Ben Wright	19.48	1.42
Mark Benton	19.50	1.42
Marcus Naylor	19.53	1.42
Dean Frost	19.58	1.42
William Millard	21.04	1.47
Amy Cheshire	21.09	1.47
Ian	21.20	1.49
Rob Turner	21.20	1.49
Mark Wodrow	22.27	1.53
Mike	22.33	1.55
Cathy Atkinson	22.43	1.55
Steve Clayton	23.06	1.57
Caroline Bond	23.10	1.57
Katherine Ronnow	24.41	2.04
Becky	25.59	2.10
Angela	26.01	2.10
Joanne Salmon	27.08	2.16
Clare	27.08	2.16
Kate Williams (10k)	57min	2.23

Coaching focus by
Head Coach:
Carine van Schie

COACHING FOCUS

MAN3 NEWS

MTC Training Schedule

MTC Training Schedule

I have decided for this season not to make a very detailed daily training plan, as I am not sure how valuable and useful these plans have been. Instead, I will give you some ideas for sessions, so that you can make up your own training plan. Below, I have given an example-training week, for an athlete who is pretty fit, and who also got quite some time at hand for training (8 sessions, taking about 10-12 hrs of training per week). This type of training week would for example be what I would be doing if I were still in training for triathlon.

This would also be an example-training week for an athlete with no real weak discipline. However, if you are limited in your training time, it makes sense to spend most of your training time on your weakest discipline (for most people cycling), and not on your strongest (in that case running or swimming).

Example training-week:

Saturday: morning: MTC swim session
afternoon: Long run (75 min at talking pace)

Sunday: morning: MTC bike ride (+/- 3 hrs at talking pace)

Monday: Turbo bike session (see below) or Easy run (45 -60min easy)

Tuesday: MTC swim session

Wednesday: MTC track running session

Thursday: morning: MTC swim session
Evening: Turbo bike session (see below)

Friday: !!Rest!!

In total: 3 swims, 2 or 3 bike sessions, 2 or 3 run sessions: total of 8 sessions per week. Please note the REST day!

Please note, if you don't want or can train this much, just pick out key sessions and possibly alternate different sessions between weeks (alternate main focus on swimming, cycling or running). However, keep in mind that 'consistency is the key to successful training and performance'.

Example training sessions:

Swim: Try to fit in as many MTC swim sessions as possible. If you can't make the sessions, here is an example set (total 3050meters):

Warm-up: 2 x 200m FC (bilateral breathing) :30 rest
2 x 200m as: 2 x (75 FC, 25 Back) :30

Drill set: 6 x 100m: (50 drill*, 50 swim) :30

Speed set: 8 x 50m 2 x (1-3 descend, 4 max) :20

Main set: 2 x 200m FC at steady pace :30

4 x 100m FC at steady pace :20

8 x 50m FC at steady pace :15

Kick set: 6 x 25m Kick 1-3) side-kick, 4-6) with kick board

Cool down: 4 x 75m Choice

*Example drills: Single arm, Catch-up, Zip and head touch or Ripple

CYCLING

Cycling: Try to fit in one session on the road per week and at least one turbo session.

The road session should be relatively easy at talking pace, anywhere between 2 and 3 hours. On the Turbo you mainly need to do base work at this time of the year and I have put a couple of example sessions below (Please note that session 1 to 3 are progressive in nature, thus don't do session 2a and b before having done session 1, etc). Always do a 10 to 20 min warm-up (up to 75% of max HR (HR 140 for me), and a 10 minutes cool-down (easy spin). It is very useful to include some single leg cycling in your warm-up: i.e. 3 x 30 seconds per leg (rest your other foot on a chair while cycling single legged).

Main set 1) 8 - 10 x 2min/1min (alternate 2min on big front chain ring with 1 min on small front chain ring).

Main set 2a) 7-10 x 3min/1min (as above)

Main set 2b) 1min/30sec, 2min/1min, 3min/1min,

4min/1min, 5min/1min and back to 1min intervals (first interval on big chain ring, 2nd 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. (Cycle 15 seconds hard, then 15 seconds easy. You don't have to go up to 9 reps during the first time you do this session; it depends on how you feel and how high the intensity is you have chosen).

(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).

COACHING FOCUS

MAN3 NEWS

RUNNING

Running:

Besides the session on the track it is a must to do at least one other run session, if possible two. These should really only be easy sessions, one longer run for about 60 to 75 minutes. (or 45 - 60 minutes if you only do sprint distance events), and one other easy session which will be a bit shorter than your long run (45-60min easy).

Track sessions for this month are as follows:

21/01 5 x Threshold pace or 6 x 800 Threshold pace, 1 min rest

28/01 3-4 x 1000 at T followed by 2 x 1000 at T - 5sec, 1 min/2 min rest

04/02 4 x 1600 or 4 x 1200 at T pace, 1 min rest

11/02 1200-1600-2000-1600-1200 or 800-1200-1600-1200-800 at T pace, 1 min rest

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 NEXT 5KM TEST

If you have any queries about the above sessions, or you are not sure how to plan your training sessions or not sure whether you are doing the right thing, please contact Carine on evanschie@man.ac.uk or at 07811 263 498 or find me at one of the training sessions.
 Enjoy your training!

CLUB MEMBER OF THE YEAR 2003

The club member the year was announced at the MTC X-mas party on the 21st December 2003. The nominations for the club member of the year (2003) were as follows:

Cathy Atkinson (for her outstanding Ironman performance, commitment to training and the club and not to forget her activities as 'social officer' of the club)

Carine van Schie (not sure why?)

Karen Elly (for being a committed coach and a very successful athlete (1500-meter national swim record))

Krystal Hoath (for being on the Start Performance squad, and winning the North West Junior series)

Damian Thacker (for having a very successful year and being so friendly to all new members!)

Jeff Sherrin (for working very hard behind the scenes, and

his best year ever in Cycling Time Trial performance).

To Cathy's great surprise, she was voted club member of the year. She received the perpetual trophy out of the hands of last year's member of the year; Cliona Kirwan. Cathy was completely astonished and shocked but extremely honoured to have been voted club member of the year!

MTC STARS 2003

CLUB CHAMPIONS 2003

The trophies for the 2003 Club Championships were also announced at the MTC Christmas do. Our 2003 Club Champions are:

Triathlon (Chester Deva Triathlon)

1st Perry Huizer and Cathy Atkinson

2nd Damian Thacker and Alison Sutcliffe

3rd Richard Munn

V40 John Todd

V45 Dean Frost

V50 Dave Leak

Duathlon (Pimbo)

1st Damian Thacker and Rachel Jones

2nd Richard Munn and Cathy Atkinson

3rd Dave Green and Marie McDonald

V45 Dave Green

V55 David Melvin

Club Grand Prix Series:

1st Rob Williams

RACE REPORTS MAN3 NEWS

MTC Training Weekend 23-25 April 2004

We are going back to Bamford in April, since we liked it so much last year! There will be opportunities for lots of cycling, running and swimming and of course lots of fun. Watch this space for more information on the weekend!

To book your place, please send a cheque for £18 to:
Rachel Davies, 7 Fraser Ave, Sale, M33 2TF.

Race report - Stockport 10 mile - 14th December 2003

Shall we say preparation hadn't been ideal. I hadn't trained for 2 weeks because of Plantar Fasciitis, and on the Friday before, I figured I probably wouldn't be racing so went out on the lash. I then ended up in bed all day Saturday with just about the worst hangover of my life – I'm sure the night was worth it, if only drunken amnesia would let me remember where I'd been, and who I'd been talking to!

Still, I'd promised someone a lift, so that got me out of my pit and to the start in plenty of time, I could always marshal – shall couldn't I? Then some sort of time warp occurred. It was 11.00 and I found myself changed and on the start line along with 600 runners all desperate to start before frostbite kicked in. The wind had died down though, and the rain was holding off, so it was bearable. At the start line, several people were talking about "that hill at New Zealand road", but I chose not to pay too much attention.

The start of the race was very pleasant – a lap and a half of the track and then out through Woodbank Park. By the time I'd finished admiring the scenery, I found myself in un-charted territory – in the top 10! It was a bit of a shock, but the thoughts of lofty positions soon disappeared from my mind, as we were directed onto the main road with cars flying past at 40mph. For the next 4 miles, at every parked car, it was a case of "do I take the longer route on the pavement, or do I pass it on the road within 2 feet of a passing lorry" (this would be my one small criticism of the race). Self-preservation usually won, and after negotiating a few hills, you're off road, travelling through a farm, and to the much needed drinks station (I think I was still dehydrated!). Things were going well though, completing the first 5 miles in 28 minutes.

The hills continued around the leafy suburbs of Romiley and Bredbury (fortunately no cars to negotiate this time), and through a maze of roads. The much needed marshalling was spot on here though, which was a relief, but it's funny how they smile more at the bottom of a hill than at

the top. Throughout this time, I'd been slowly moving in the right direction, and at 7 miles found myself in 7th position, about 30-40 metres down on 6th place. Figured I might as well have a crack at getting 6th, upped the pace, and by just after 8 miles, I was on his shoulder. This had taken a bit out of me, so I thought I'd sit there until nearer the end of the race to have a much needed breather. It was just at that point, we turned left, and there it was...."that hill at New Zealand Road". Within about 200m, my legs were jellified, and not only had I lost the ground I'd made up, but someone else had overtaken me. "The hill went on for ever" would be a cliché, but possibly justified at this stage of the race, and once this was finally out of the way, a cursory glance back confirmed the pain levels on other runners faces. There was one final short stretch on the road, before entering Woodbank Park where there were plenty of people providing much needed encouragement.

My usual strong finish was lacking - can't decide whether to blame the lack of training, or the alcohol for this - but either way I gave up any hope of recovering any positions on the last section round the track, and crossed the line in 57-12. Yes, it could have been better, but on the way I achieved my highest ever position, a PB and £20 prize money for my trouble, so I'm not going to grumble too much!

What were my views on the race? Very well organised (apart from the traffic), good marshalling and a friendly atmosphere. Definitely a good race to do for a bit of winter race training, and the 'Stockport 10' is growing in popularity, so this must be a good indication. If you need another incentive, each runner gets entered into a draw for a free Mountain Bike.

Race Results:-

1 st R Burney – Liverpool Harriers	54:10
8 th J Dabbs – Manchester Tri	57:12
210 th A Nurney – Manchester Tri	74:53

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 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.

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 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)	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 1st. 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 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-joining). Membership runs from January 1st to December 31st.

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

SIGNED: _____

DATE(dd/mm/year): _____ / _____ / 2004

NAME: _____

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

ADDRESS: _____

POSTCODE: _____

TEL (home): _____

TEL (work): _____

TEL (mobile): _____

EMAIL: _____

DAVE'S JOTTINGS

MAN3 NEWS

The following weekend was yet another Human Race event, but this time in a more glamorous location than Salford. One of the advantages of John (Lunt's) longevity and good reputation as an organizer is that he now gets approached to organize races by the big hitters (e.g. Commonwealth Games). This time it was Tesco's who wanted to put on a triathlon. This was a huge corporate bonding and charity fundraising exercise – 600 Tesco employees (there are 300,000 worldwide), mainly from the UK but also from Poland, Hungary, Czech Republic and Taiwan, each had to pay an entry fee of £100 to £1000 and then raise a minimum of £1000 in sponsorship. Tesco's then flew them in on charter flights and put them up for the weekend in a five star hotel where a bloody good weekend was had by all.

The Human Race crew got the same deal, which was nice, and it was a relatively easy race to organize because John and Tesco's had managed to get a good deal of help from the Portuguese Triathlon Federation and the local police. They had also hired a few hundred mountain bikes, so only the handful of serious athletes had brought their own bikes. Among these was MTC's very own John Todd, the shaven-headed Scotsman from Winsford, who is now a vet.

We flew out from Stansted on the Friday morning and registered everyone in the afternoon. The weather was lovely. Unfortunately a storm blew up overnight, with thunder and lightning. In the morning the wind was still so strong that a sea swim was not a possibility. With 135 relay teams this was naturally a big disappointment for all those who had come to do the swim legs. The contingency plan involved a short beach run in place of the swim, followed by the bike and run. Once the race got underway everyone soon seemed to forget the problems and enjoy the race, even though the rain was lashing down. We put on a swim gala for the swimmers in the hotel pool in which we managed to set out five lanes. The pool is circular, so the lanes were all different lengths, but no-one seemed to mind.

The last guy on the course was miles behind everyone else and walking almost from the start of the 10k run. As he made his way around the course he acquired a growing entourage of Human Race and Tesco's crew who eventually escorted him, sodden but happy, to the finish line. Once we'd cleared up John (Lunt) and I decided to try a swim. Despite diving under the waves it was impossible – we just kept getting thrown back on the beach like flotsam.

John (Todd) was disappointed that the swim was abandoned as he was up against a guy with a professional cycling license and had hoped to get a bit of a lead out of the water. Although he didn't win he got a prize for the fastest run leg.

The whole weekend was very professionally organized by Tesco's, who has also contracted a management company to co-ordinate things, and the party on the Saturday evening was no exception. They'd managed to get Stuart Storey as race commentator and MC for the evening presentation. Then there

was an excellent five-course dinner and a band. A good time was had by all and, as at Wimereux, there were some sore heads in the morning.

A few days later Rani and I were heading off to Prague for some serious R&R. What a wonderful city. I'm not an architecture buff, but some of the buildings just take your breath away. In the Old Town Square there is a church with twin spires on which the castle in Disney's Magic Kingdom (you know, in the opening credits to Disney films) is based. And St. Vitus' Cathedral, which dominates the complex of Prague Castle, put me in mind of scenes from Batman or Ghostbusters. The effect is enhanced because you have to pass through an archway before you get a proper view. As you pass through, the Cathedral towers above you, and you just look up and up and up and go 'wow'. It's so intricate, Gothic, dark and brooding, with the most amazing gargoyles everywhere.

Then there's the Czech beer. It's ubiquitous, delicious and cheap (around 40p a pint was the cheapest I found). And there are bars everywhere – back street dives, smoky pubs, fancy café bars, coffee shops, something to suit every taste.

The last meal we had before flying home was goulash with potato and bacon dumplings and red cabbage. We were in a place called U Flecku where they have been brewing beer continuously since 1499. There is only one beer, which is dark and deliciously malty, and it only comes in half litres. Everyone sits on long wooden benches and the waiters come round with trays laden with foaming glasses. If your glass is empty they give you another – it's as simple as that.

The main drawback with Prague is the awful service. If you come expecting a cheery smile and 'Have a nice day' you will be bitterly disappointed. Quite often people serving you seem so breathtakingly rude it's funny. There are some exceptions though, particularly among the younger, more worldly, workers in up-market joints. And this notice in our hotel room was, if anything, slightly over the top: "Please be so very kind and would you like to lock your rooms for the safety reasons".

Anyway, that's a snapshot of what we've been up to – only tenuously related to Triathlon. Now we're going to have to get down to some serious work and training (my waistline is expanding so fast I'd swear you can actually see it happening). We're still planning a trip to Riccione in Italy for some serious cycling in April for anyone interested (see my article in the May/June 2003 newsletter). At the moment I only have Rob Arnold, Cathy Atkinson and Steve Clayton on the list of those interested. It's a case of the more the merrier so if you'd like to go send me an email (dave@daveleak.fsnet.co.uk).

After Italy we'll be off to Madeira for the World Championships in early May. At the moment Rani has a place on team GB but I'm only fourth reserve. Still I'm sure it'll be a good trip whether I race or not.

All the best to all my friends at MTC.

Dave Leak

Final Word From The Editor



Message From The Editor:

This was it. The first newsletter from my desk. Hope you enjoyed it. I'm about halfway through "Publisher for Dummies", which I hope to finish by the time the next newsletter comes round. Meantime, please keep sending those contributions to me. It can be anything, race reports, material reviews, shaving tips or a detailed description of the last time you took your cat to the vets. What I mean with the last one is that it doesn't have to be triathlon or even sport related. Stories of interest.

Well, this will have to do for this month. Let the 2004 season begin.

Perry

PS Next time I'll have one of those flashy photo's of me on the bike like Ryan had as soon as my new one comes out of the heat treatment oven.

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

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.

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 wanted 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 in 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.