



MANCHESTER TRIATHLON CLUB



MAN 3

Issue 170 March 2004

NEWS



In this issue

- Established contributors
- New columns
- New editor

!!

This month on the cover page some photographs of last months training duathlon and the Preston Arena training day.

For next month, I will need all contribution in on or before Friday 9th April. 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.

Inside this issue:

Message from the Chair - By: Jason Pickford	3
The year ahead - A prospective study by Jo Weeden	3
Junior Section - By: Nina McArthur	5
Club GP Series - By: cathy Atkinson	5
Dave's Jottings, Column - By: Dave Leak	6
Coaching Focus - By: Carine Van Schie	9
Club Members Info	14
Just what the Doctor ordered - By: Dr. Ratcliffe	18
Message from the Editor	20
And more	

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)

MAN3 NEWS is published by the Manchester Triathlon Club, 185 Acomb Street, Manchester M14 4DY

Editor- Perry huizer
Tel: 0161-42 2931

Man. Triathlon Club Executives:

Chair - Jason Pickford

Vice-chair - Cliona Kirwan

Treasurer - Jeff Sherrin

Secretary - Freesia Day

Membership Secretary - Dave Deaville

Press/PR - Ryan Bowd

Club Kit Co-ordinator - Damian Thacker

Youth Development - Karen Elly

Coaching Officer - Carine Van Schie

Club Welfare Officer - Shirley Holland

Newsletter Editor - Perry Huizer

Webmaster - Martin Webb

Executive Member - Richard Munn

Executive Member - Steve Birkett

©All rights reserved. Material may not be reproduced without the written permission of the Manchester Triathlon Club.

The opinions expressed in this publication do not necessarily represent the views and policies of the editorial team or the Manchester Triathlon Club.

On the Cover: Impression of how hard some were working at the training events

COULD HAVE ADDED STYLE TO YOUR CYCLING

HOW?

COULD HAVE ORDERED YOUR SUMMER TRAINING KIT BEFORE FEB 27

Which means you've had your chance, it's too late now

However, it is not too late to get hold of some of that excellent De Soto racing kit.

This kit is of the highest quality and although it might seem a bit more expensive than some of the other items of clothing that are available out there. In the long term it is very comfortable and just lasts a lot longer.

A full list will be published next month by our Club Kit Co-ordinator Damian Thacker, who will be taking orders.

Please note, it is likely he will place only one order at the start of the season to keep it manageable. Full details next month.

MESSAGE FROM THE CHAIR

MAN3 NEWS

Dear Clubmember,

By the time you have read this newsletter you may have already competed in the Pimbo Duathlon and the Tri season will be with us before we know it so I would briefly like to look at a couple of training issues.

Preston Training Day – Sunday 9th May – Carine continually puts serious time into coaching for MTC and has managed to get Dave Green to coach the above day.

Dave coaches Rachel Jones, World Duathlon age-group Champion and, rumour has it, has helped Perry, Carine and Mark Tweedie who between them could fill a cabinet or two with Tri medals.

The session is on a closed circuit with no traffic but in order for it to work and further events to be considered MTC needs your support, so please put the date in your diary and

for further info speak to Carine.

Ladies Cycling Sessions – Thanks to Carine, these have now got underway, it would be great to see these supported by the ladies as much as the Swim and Running sessions. Please see Carine's coaching slot in this newsletter for dates – there are plenty over the next few months.

MTC Training Weekend – 23rd to 25th April – it's brill, ask anyone who's been!

Please keep the newsletter buzzing and keep submitting your articles to Perry (in "word") – thanks especially to Dave Mad-Dog Harper for his superb article last month on Special Agent Q. (How Mad-Dog dares take the p*ss with those yellow socks is quite beyond belief).

See you soon.
JP

The Year Ahead - A prospective study by Jo Weeden

As most of you will know, I plan to swim to France this year (get seasick on the ferry, and don't fancy the tunnel). All 21 miles of it! Joy! Anyway, I thought I'd tell you all (if you weren't already bored by the stories) of how it came about.

It all started 3 yrs ago when DQ mentioned doing a Loch Ness relay swim. That didn't go too well (It was NEVER 66°F, and swimming INTO a force 6 gale is NEVER a good idea).

Maybe I should have realised then that DQ was not very trustworthy. The rest of the team seemed to realise that and dispersed pretty fast. Myles buggered off to New Zealand, and Roger has since become a dad. It has taken Steve Clayton two years to overcome the experience in order to go solo in Windermere (good luck! – I'll be thinking of you while at home in my nice warm flat – HA!)

It was after that that DQ convinced me that I could swim Windermere in a solo attempt. So I did – eventually. It was only due to DQ shouting at me until I cried though (yes, he can be THAT cruel!).

After that, he said "why not go for the Channel?". God knows why I didn't stop there.

I don't know if anyone else realises this, but DQ has an uncanny way of conning you into doing things you really don't want to do (1hr swims, 5km timed swims – get the picture?). I guess I must be more impressionable than most (or just stupid). Since then it has progressed to a stupid level!

Two years ago I managed to swim Windermere a second time but with tendonitis in my right shoulder. I would recommend that nobody repeat this feat. I may have got a PB but my boss was none too happy about me taking a week off work sick because I couldn't move my arm!!

Now, I realise that many people may have quit during that swim (and to be fair Perry did offer me the chance to get

out – sorry about the "F" words!), but I'm not one to learn my lesson the easy way. So, I carried on, in tears. I tend to cry a lot whilst swimming (and throw up, but that's a different story).

Then the stakes were upped a little. I had to do a two-way Windermere swim at night. All I can say is BORING! Nothing to do, look at, and no one to talk to (which most of you will know is hell for me!) for eleven and a half hours. AAAAAHHHHHH!!!!!! Talk about rather having your toenails pulled out. And, yes, I cried yet again. It always seems to be in Windermere! And, yes, I threw up – LOTS! It takes a lot of practice to get the puke out between breaths. But I have to say, very proudly I might add, that I never lost my rhythm!

I vowed during that swim that it was the end of my career, and then ten minutes later found myself asking about what pilot I should book for the Big One. WHAT IS WRONG WITH ME? WHEN WILL I LEARN MY LESSON?! Maybe I should write into Dave Radcliffe. Although, he can talk!

Saying that I'm dead excited. Mostly because I can stop bloody swimming! Only kidding. Should be a good laugh. A bit like that caving trip wasn't (another one of DQ's ideas – and I cried then too!).

Anyway, this is where YOU come in. Basically, I'm in desperate need for sponsorship.

The swim is in aid of the New Heart New Start Appeal which funds the heart and lung transplant centre at Wythenshawe Hospital.

I would be every so grateful for any help, be it, ideas, money, or any help raising funds. If you can help, please come and talk to me. I might be weird, but I'm nice really! I can normally be found in lane 5, or if I'm having a good day, lane 6. Feel free to stop me! You can also call me on 0161 434 0809 or 07808 767329. Thankyou, Thankyou!!

JUNIOR SECTION

MAN3 NEWS

Junior Section—February— By Nina McArthur

On the 15th February there was a Training day at Salt Ayre Leisure Centre in Lancaster. From Man Tri, there was me, Saul and Krystal who would be on-hand throughout the day for people to ask questions. In the morning, we did a running session. We did a warm-up and then did some drills that help with your technique. After that we did a 1500m (3¾laps) time trial. Saul got 5.13 (P.B. 5.36) and I got 5.43 (P.B. 5.42). After we'd recovered from that, we practiced running over really small hurdles and also running in between the rungs on a ladder. It was really good!!

After that we had lunch and then did the cycle. It was on a 1500m cycle track although we didn't use all of it! We did some hard drills on the bike like riding holding each other round the shoulders. Saul and Krystal managed to hold each other handle bars! I don't know how they did it (no-one else could!) We then practiced cycling round discs (substitutes for cones) and after that we cycled round for a few laps. That was really good aswell.

We then had a break and then did some conditioning exercises. We then got ready for the swim. In the swim, we did a long slow warm-up and then did the time trial of 200m Front crawl. I thought I did really well in it!! After that we did some pyramids in the water where everyone was around you and people's feet were in your face. It was like open water swimming.

Our day ended at 5 o'clock when Steve (the coach) told us how we had gone on.

SPORT PROFILE – Rebecca Cooke

Rebecca Cooke is a World Championship bronze medalist in the 800m Free. She learnt to swim when she was 4 years old as her parents wanted her to for safety. Although her best event is the 800m Free her favourite event is the 200m medley. She has won 10 medals since she started her Senior International career and her best moment in swimming is when she won bronze at the World Championships in Barcelona. Her sporting ambition is to swim to her full potential in every event that she enters.

The thing that makes her so good at her sport is that she's hard working and dedicated and she never misses a training session. Her ideal job apart from swimming would be a sports presenter or a newsreader on Sky Sports.

Her advice to up-and-coming athletes is to work hard, persevere and enjoy it!

Have you ever wondered why.....

- You have to click on Start to stop Windows 98
- Apartments are called that because they are all stuck together
- Doctors call what they do Practice
- Lemon Juice is made with artificial flavour and dishwashing liquid I made with real lemons

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

Club Grand-Prix Series – By Cathy Atkinson

For 2004 there will be a separate Mens and Womens series.

Mens GP series

- Training Duathlon Series
- Pimbo Duathlon (Club Championships)
- Shropshire Triathlon
- Cheshire Triathlon
- Chester Triathlon (Club Championships)
- Nantwich Triathlon
- Salford Triathlon
- Denbigh Triathlon
- Bala Triathlon (Olympic)

Womens's GP series

- Training Duathlon Series
- Pimbo Duathlon (Club Championships)
- Harlech Triathlon
- Cheshire Triathlon
- Chester Triathlon (Diva's wave only)
- Nantwich Triathlon
- Salford Triathlon

The points system will be as per the previous years, with a few exceptions.

Because of the separate series there will be no extra 10% in points available for women. I would also propose to up the points for half and full Ironman distance events to 100 and 125 respectively (previously 75 and 100)

Leaders in Sports Nutrition

GO Gels
GO-Gels provide 25g of isotonic energy in a convenient and handy sachet.
There's enough carbohydrate in each sachet to carry you through 20 - 30 minutes at marathon pace.

REGO
TOTAL RECOVERY
A carbohydrate and protein mix that helps speed up recovery from intense exercise and allows you to get the most out of each day's training. Ideal for those who have training sessions close together.

GO Electrolyte
GO Electrolyte provides fast rehydration, sustained energy and is ideal for use during or after exercise.
It helps to put back what you sweat out.

sis
SCIENCE IN SPORT

leaders in sports nutrition

www.scienceinsport.com

30 (Science in Sport) Limited, Ashwood Laboratories, Rockliffe Village, Bockham, Birk 588
Tel 01254 246060 Fax 01254 246061

PODIUM SPORT

Product		RRP	MTC
GO	Black-currant, Lemon& Lime Watermelon, Tropical		
	500g	£6.99	£5.94
	1.6kg	£16.99	£14.44
PSP22	Orange, Black-currant, Lemon		
	1.6kg	£16.99	£14.44
	2.7kg	£24.99	£21.24
	Original		
	1.6kg	£16.99	£14.44
	2.7kg	£19.99	£16.99
REGO	Strawberry, Chocolate, Banana		
	500g	£7.50	£6.38
	1.6kg	£21.99	£18.69
PSP11	Neutral		
	2.7kg	£14.99	£12.74
Go Bar	Apple&Black-currant, Chocolate&Orange Cherry&Vanilla, Chewy Banana, Tropical		
		£0.99	£0.84
	Box of 24, can be mixed	£20.00	£20.00
Go Gel	Orange, Black-currant, Tropical	£0.99	£0.84
	Box of 30, can be mixed	£25.00	£25.00

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

DAVE'S JOTTINGS

MAN3 NEWS

Rani and I went along to the AGM of our adopted southern club – Z Tri Club – just to show willing really, plus we were promised a short meeting followed by a trip to the pub. I was enjoying the feeling, after fourteen years of being MTC Secretary, BTA(NW) Secretary and race organiser, of not having any official jobs. I was, therefore, determined not to volunteer for anything. I must have been miles away when someone said “Anyone who wants to be Press Officer take one step forward. I think what happened was that everyone else took one step back. Just for good measure Rani thrust my hand into the air and I was elected. Oh well!

Rani’s starting to get anxious about the impending World Championships in Madeira, not least because she has a persistent back and hip problem which affects her when running and particularly when climbing on the bike. Living just round the corner from John Lunt has its advantages. Most Friday nights we end up in the local pub, and hear all the latest gossip from the world of triathlon. John recently went to Madeira, not officially but for a holiday. While he was there he met with the race organiser and looked at the course. He told us that the bike course uses one side of a dual carriageway which will be coned into two lanes. This road goes steeply uphill for three miles, turns, and comes back down the hill. The bottom section takes in some wheel-wrecking cobbles (not the nice flat ones like in Manchester) before heading back up the hill again. You go up and down the hill three times. John said it would be dangerous, with weaker riders (and there will probably be some in the 80+ category) weaving uphill, maybe overtaking several abreast, while riders are coming back the other way at up to 50mph. John wrote an unofficial report on the course, couched in fairly diplomatic terms, which went to a few people in the UK. Somehow it found its way onto the BTA website, and from there onto the Canadian site (or was it New Zealand). Anyway, this had to be hastily withdrawn because John’s involvement had been unofficial – he didn’t want to be seen to be meddling in ITU affairs.

Shortly thereafter (and, it seems to me, ridiculously close to the race date) ITU officials went to see the course and said it was too dangerous. The organiser had to petition the Governor of the Island to get permission to shut down the motorway, which will now be used for a single, out-and-back course. It will still, however, be very hilly and I’m glad I’m only on the reserve list.

So, eager to get some racing in we entered an aquathlon in Littlehampton. The longer distance (1k/10k) was full so we had to opt for 400m/5k. I, for one, was not disappointed. With thirty-five years in the sport between us Rani and I can pretty much rely on knowing someone at any race these days, and this was no exception. There was Daph Belt, the irrepressible Allan Lawrence who, at nearly sixty still wears a pony tail and multi-coloured trousers, Richard Downey (who is Andrew John’s manager) and his wife Beatrice Massey-Taylor. Nigel Burnett, who worked with us on the Commonwealth Games, has been made redundant and has retrained as a masseur. He was there with his massage table. He gave my legs a going over and said I was lucky to be able to stand up, with the state of my calves. Actually he didn’t say that, but I could imagine him sucking in like a plumber looking under your sink before he says “This is going to cost yer mate”.

Anyway, we had a good race and tomorrow morning at 7.30am I’m off to Prague. When I come back there’s a month or so before our cycling trip to Italy. From the ten people initially eager to go on the trip we now have six – Rani and me, Dave Harper and his son Jack, Rob Arnold and Marie MacDonald. The latter two are faced with sharing a room unless we can find some singles, although both seem remarkable sanguine at the prospect – is there something we should know guys?

All the best from down south. If anyone else fancies some fantastic cycling in Italy it may not be too late. Email me at daveleak@blueyonder.co.uk.

PRESS RELEASE MAN3 NEWS

1X SB

TRIATHLON: SALFORD CAN PROVIDE OLYMPIC

A Quay event

SPORTS Minister, Richard Caborn MP has given the government seal of approval to Salford's spectacular international triathlon.

The 2004 event on July 25 has again received World Cup status from the International Triathlon Union following the success of last summer's race.

But this year's Quays race will be even more significant, as Mr Caborn explained exclusively to M.E.N. Sport, the official newspaper sponsor of the event.

For many top triathletes, including 2003 men's champion Andrew Johns, it will be their last competitive outing before the Olympic Games in Athens just three weeks later.

Mr Caborn said: "In July 2005, the decision will be taken on the host city for the 2012 Olympic Games. We hope that city is London.

Olympics

"So, with events like the Salford World Cup triathlon, we can show to international governing bodies that England is a country that can host major sporting events. Manchester demonstrated that fact with the 2002 Commonwealth Games, and so the Salford race can play its own small part in bringing the Olympics back to Britain."

The Salford triathlon, inaugurated in 2000, doesn't just host competitors of an international calibre.

BY TREVOR BAXTER

There is a strong emphasis on mass participation, with triathletes of all ages and abilities able to take part. This year is no exception, and Mr Caborn adds: "The government has a big health issue to tackle.

"The Chief Medical Officer has identified problems of obesity and inactivity among children, and triathlon is one of 26 sports we have earmarked to help us.

"The governing body will be working with schools so that youngsters who want to take up the sport know where they can get coaching."

Defending champion Johns, currently training in Australia, is at the peak of his powers.

He is one of Britain's best hopes of a medal in Greece and has already signed up for the Salford event, to be held on virtually the same course as 12 months ago.

Up to 150 of the world's best triathletes will be chasing valuable World Cup points, while thousands more will take part in a series of support races.

The main event features a 1500 metres swim, a 40 kilometres bike race topped off by a 10 kilometres run. This will be the fifth triathlon held at Salford Quays, including the 2001 National Championships and the Commonwealth Games triathlon won by Simon Whitfield and Canadian compatriot Carol Montgomery.

Pip Taylor, of Australia, was the women's winner of the 2003 Salford World Cup race.



Picture: JON SUPER

■ ON YOUR MARKS . . . Triathletes Rachel Davies, Paul Davies and Mark Kilner check out the course in Salford

MTC TRAINING DUATHLONS

MAN3 NEWS

MTC TRAINING DUATHLON, 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 ***

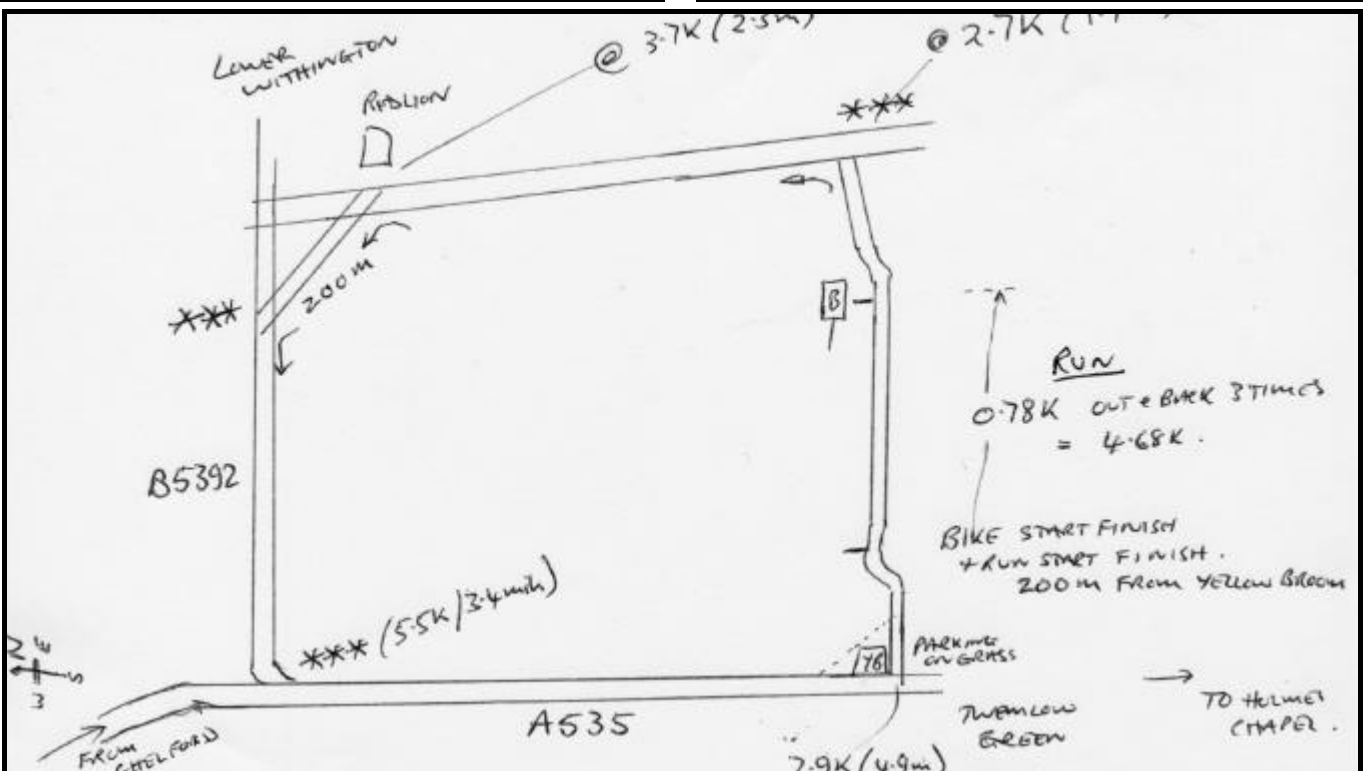
@ 7.9k/4.9 miles, Turn Off A535 at Yellow Broom Junction.

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

National Aquathlon Championships

The National Aquathlon Championships will be held the day before the Salford World Cup Triathlon in the Salford Quays. Manchester Triathlon Club is officially part of the organisation of the National Aquathlon, although most of the hard work (i.e. taking entries etc) will be done by the BTA and the Salford Watersport Centre. Of course anyone (MTC member) is more than encouraged to race in this exciting event, however, we are asking for help in this event from anyone that is not interested in racing this day. At this time I am not sure exactly what MTC's role is in the organisation, however, please make a note of this date in your diary, and I will keep you posted!

Team Captains Wanted!!

The National Team Relays will be once again held in the first weekend of August in Nottingham. Last year we entered with 7 teams (including two female and one mixed team), let's try again this year to increase the number of teams participating in this very popular event. I am looking for volunteers to take up the responsibility of organising/entering teams for this year. Team captains are also responsible for registration of the team(s) on Saturday morning (including collecting of BTA membership cards of your team members). Please contact Carine if you are interested. I would like to get our teams organised as soon as possible so that we can enter in time instead of organising it all last minute!

Karl Pallas International Youth Duathlon

MTC is officially part of this exciting international development of a Youth Series of Training Camps and Duathlon races. The first event is taking place this year from Wednesday 21st April to Monday 26th April.

Several teams from different European countries are participating in this programme, which is aimed at training and racing by young people, cultural issues and development related to international racing etc.

Three young stars from MTC will be racing in Venray, The Netherlands on Sunday 25th April in an international event, which is a combined event with the Powerman Holland (this is the European Duathlon Championships for long distance Duathlon –i.e. Powerman-).

Good luck to Saul Elly, Krystal Hoath and Cloe Holland, who will be lining up against the other European athletes. Saul, Krystal and Cloe will be joined by 3 Tri Team Wigan athletes and by Coach Dave and Cathy Green.

5km Test Run results: 3 March 2004

Here we should have had the results of the latest 5km test at Longford Park. However, Publisher is playing up and there is no time left as we are leaving for the airport to go to Holland for a week. It will now be in the next newsletter.

For those who did the 5km, will have received their revised target times and will possibly already have done a session on those times.

COACHING FOCUS **MAN3 NEWS**

Preston Arena Training Days

Preston Arena Training Day: 9 May 2004 from 11am to 3pm

There is another training day at Preston Arena for MTC members, with the cycling track/circuit and running track booked from 11am to 3pm for seniors and 12 to 3pm for juniors.

Senior athletes, please aim to arrive at 10.30am, so that you will be ready to start the cycling session promptly at 11am!

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 to let me know (or ring me on 0161 432 2931 or 07811 263 498).

The fees for the sessions are free for Gold MTC members, £2 for Silver MTC members and £3.50 for Bronze or non-members. Please ensure to bring cycling kit and running kit, as the day will also include transition skills and running training.

Girls Curry Club

Girls Curry Club

The next Girls Curry Club has been postponed from Tuesday 14th March to a date later in April. If anyone has suggestions for dates, times in April and/or a good curry house or other place to eat, please contact Carine or Cathy.

Girls Cycling Club

Girls Cycling Club: Group Leaders Needed!!!

Please find below the sessions for the Girls Cycling Club. Please note that I will also be using the Girls email group to update you on the group leaders and if possible the cycling route.

Although we have two confirmed group leaders (Jason Pickford and Paul Davies) we would welcome more people volunteering to help out with leading a group out on one Sunday morning. Any potentially interested group leaders please email Carine on Carine.vanschie@btinternet.com. Any female member feeling left out because she is not on the email list, please contact Carine so that I can add you to the list!

Sunday 21 March 9:30 am; meet at Holmes Place, Didsbury
Group leader: Jason Pickford

Sunday 28 March MTC Training Duathlon

Sunday 4 April 9:30 am; meet at Holmes Place, Didsbury
Group leader: TBC

Sunday 11 April 9:30 am; meet at Holmes Place, Didsbury
Group leader: Paul Davies

Sunday 18 April 9:30 am; meet at Holmes Place, Didsbury
Group leader: TBC

Sunday 25 April MTC Training weekend

Saturday 1 May 10 Mile Time Trial
£5.50 Club: M&DLCA (Ladies Association)
Entries to: Mrs K Jackson, 7 Burford Crescent, Wilmslow, Cheshire, SK9 6BL, Tel: 01625 537401

Sunday 2 May 9:45 am; meet at Holmes Place, Didsbury
Group leader: TBC

Sunday 9 May Preston Arena Training Day

COACHING FOCUS

MAN3 NEWS

Club Training Programme

Like previous two months I have given some example training sessions below.

The sessions will show a minimum and maximum number of repetitions. Please adjust the number of repetitions regarding your training status; i.e. go for easier or fewer repetitions if you are not so fit (yet) and go for the harder and higher number of repetitions if you have a good level of basic fitness.

Please make up your own training programme, and try not to forget that you should spend more time on training your weakest discipline and not your strongest! Also don't underestimate your cycling training, as this makes up the largest chunk of a triathlon event it is worth spending more time on cycling training!

And finally, please do not forget to plan rest weeks in your training diary! I have heard too many people in the last week complaining for being too tired to finish the training session. If this is the case, then you might as well stay at home and do nothing else but recover from previous training sessions, or do an easy recovery turbo session (see below). If you have any questions about the sessions, please do not hesitate to ring or email me! 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: 2x 300m FC (30 sec rest)
 1) 2x(75 FC, 25BK)
 2) 100m breath every 2, 100m breath every 3, 100m breath every 4 strokes

Drill set: 6x100 as (25 drill, 50 swim, 25 kick) (30 sec rest) drills: single arm, catch up, ripple

IM set: 4 x 100 (30 sec rest)
 25 Fly, 75 FC
 50 BK, 50 FC
 50 BR, 50 FC
 25 Fly, BK, BR, FC

Main set: 4 x 50m FC (1-4 increase speed)
 4 x 100m FC (1-4 increase speed)
 2 x 200m FC (1-2 increase speed)
 4 x 100m FC (1-4 increase speed)
 4 x 50m FC (1-4 increase speed)

Kick set: 4 x 25 kick

Cool down: 6 x 50m Choice

Bike Sessions:

1) Long Bike Ride on the road: 2 hours or longer (at talking pace) (max 3 hours for standard distance)
 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

- Recovery set: 30-40 min easy spinning (>90 rpm), with 3 or 4 times 30 seconds sprint (is very good for your leg speed!)
- Main set 1) 8-12 x 2min/1min (alternate 2min on big front chain ring with 1 min on small front chain ring).
- Main set 2a) 8-12 x 3min/1min (as above)
- Main set 2b) 1-2-3-4-5-5-4-3-2-1 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) 4-7 x 5min/1min (5min at threshold on big chain ring, 1min easy on small chain ring)

(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). Include a few short sprints at end of the run.
 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:
 17/03 6-10 x 800 at mixed pace, 1 min rest
 24/03 6-10 x 800 at T pace, alternating 15 and 45 sec rest
 31/03 6-8 x 1000 at mixed pace
 07/04 5-7 x 1200 at mixed pace, 1 min rest
 14/04 2-3 x 1600 and 4 x 800 at mixed pace, 1 or 2 min rest
 21/04 NEXT 5km test
 28/04 6-8 x 1000 at T pace

Have fun Training!

RACE RESULTS

MAN3 NEWS

MANCHESTER TRIATHLON CLUB TRAINING DUATHLON

Manchester Tri Club DUATHLON

#	NAME	TOTAL TIME MIN	TOT POS	BIKE TIME MIN	BIKE POS	TRAN TIME SEC	TR POS	RUN TIME MIN	RUN POS
16	DAMIAN THACKER	42.43	1	25.52	1	38	8	16.13	3
8	MIKE SHACKCLOTH	42.54	2	27.29	3	23	2	15.02	1
15	MARK TWEEDIE	43.40	3	27.30	4	24	3	15.46	2
21	PERRY HUIZER	44.46	4	27.22	2	70	16	16.14	4
13	PAUL SKIPPER	44.50	5	28.15	6	19	1	16.16	5
10	ROB JONES	46.46	6	28.14	5	51	13	17.41	8
7	PHIL STANNARD	48.09	7	30.14	8	46	10	17.09	7
12	DAVE BOLTON	49.04	8	31.56	13	35	6	16.33	6
3	ADAM GOOD	50.13	9	31.16	12	51	13	18.06	9
19	CATHY ATKINSON	51.11	10	30.18	9	37	7	20.16	14
17	STEVE COLLINS	51.38	11	32.40	16	26	4	18.32	10
21	CARINE VAN SCHIE	52.18	12	30.36	10	94	17	20.08	12
22	STEVE CLAYTON	53.18	13	32.03	15	54	15	20.21	15
5	CRAIG LOWTHER	54.02	14	33.05	17	42	9	20.15	13
2	AMY CHESHIRE	55.01	15	34.50	20	50	12	19.21	11
14	SAUL ELLY	58.02	16	34.27	19	47	11	22.48	17
4	BRENDAN OWENS	60.56	17	36.46	21	105	18	22.25	16
18	PAUL SAVAGE	BIKE ONLY		29.37	7				
9	BRADLEY MURPHY	BIKE ONLY		30.39	11	33	5		
22	ROB ARNOLD	BIKE ONLY		31.59	14				
6	ALEX SCHOLAR	BIKE ONLY		33.25	18				
11	MATT BOND	BIKE ONLY		42.14	22				

Congratulations to Damian whose dominance on the bike decided the result of the “not-a-race”, although Mike’s excellent run & transition closed the gap to 11 secs.

No surprise to see Mark Tweedie back from retirement, since the Sunday Bike Group spotted him doing some secret training.

Perry is obviously timing his peak for the racing season. *(Not one to keep all the cards, only some of them, close to the chest. Check who improved most compared to the first event, both done on the training bike without aerobars. Ed.)*

Cathy and Carine were fairly close on the bike and the run, so the ladies race was arguably decided in transition.

Thanks to Tim Johns, Tony Jolly & Karen Elly for running this event.

Next (and last) event will be on Sun March 28, same time (10-00), same place (Twemlow Gn).

Jeff Sherrin

TRAINING WEEKEND MAN3 NEWS

MTC Training Weekend 23-25 April 2004

ONLY 7 PLACES LEFT

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.

In next month's newsletter I will provide more information on the weekend, directions (i'll get them right this year!) (*yeah right. Ed*), what to bring etc.

If you want one of the last remaining seven places, please call Rachel Davies on 0161 962 9107 or 07786 176 219 to book your place.

Then send Rachel a cheque made out to MTC to 7 Fraser Avenue, Sale, Cheshire, M33 2TF for the mere sum of £18.

For those who have verbally expressed an interest, please confirm by sending a cheque.

Many thanks.

Rachel

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, 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/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

Club 10 Mile Time Trials 2004

For these rides you can just turn up and pay £1 at the line

The first two events are two-up Time Trails, so you ride as a team

For all 10's and 25's meet at Bollington Lane.

Date	Distance	Course	Start Time	Run by	Notes
13th April	10m	J2/1	1900	Cheshire Roads Club	2up TT
20th April	10m	J2/1	1900	Cheshire Roads Club	2up TT
21st April	10m	J2/1	1900	Westmead 88	
28th April	10m	J2/1	1900	Westmead 88	
5th May	10m	J2/1	1915	Westmead 88	
18th May	10m	J2/1	1930	Cheshire Roads Club	
19th May	10m	J2/1	1930	Westmead 88	
25th May	10m	J2/1	1930	Cheshire Roads Club	
26th May	10m	J2/1	1930	Westmead 88	
1st June	25m	JC24	1930	Congleton CC	
2nd June	10m	J2/1	1930	Westmead 88	
9th June	10m	J2/1	1930	Westmead 88	
15th June	HC 1.25m	J9/8	1930	Cheshire Roads Club	Hill Climb
16th June	HC	Cat and Fiddle	1930	Westmead 88	Hill Climb
22nd June	10m	J2/1	1930	Cheshire Roads Club	
23rd June	10m	J2/1	1930	Westmead 88	
29th June	10m	J2/1	1930	Cheshire Roads Club	
30th June	HC	Brickworks	1930	Westmead 88	Hill Climb
6th July	HC 1.25m	J9/8	1930	Cheshire Roads Club	Hill Climb
7th July	10m	J2/1	1930	Westmead 88	
10th July	10m	J2/1	1800	Westmead 88	
14th July	10m	J2/1	1930	Westmead 88	
20th Jult	10m	J2/1	1930	Cheshire Roads Club	
21st July	10m	J2/1	1930	Westmead 88	
27th July	25m	JC24	1930	Congleton CC	
3rd Aug	10m	J2/1	1930	Cheshire Roads Club	
4th Aug	10m	J2/1	1915	Westmead 88	
10th Aug	10m	J2/1	1915	Cheshire Roads Club	
11th Aug	10m	J2/1	1915	Westmead 88	
18th Aug	10m	J2/1	1900	Westmead 88	
25th Aug	10m	J2/1	1900	Westmead 88	

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

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.

JUST WHAT THE DOCTOR ORDERED

MAN3 NEWS

JUST WHAT THE DOCTOR ORDERED - By Dr. Radcliffe

Perry has been pestering me to write something for this medical bit, but as half of the club seem to work in health-care and all of you look very healthy I am unsure as to the need. I thought I would write a few notes about general health and exercise focusing on problems I have experienced in general practice, at the club and in the emergency department.

People who do large amounts of exercise often seem to get more viral illness than those who exercise more moderately. This is often seen in the press with the middle and long distance runners crying off races with 'viral' illness. The reasons for this are to do with a combinations of 'white cell washout', nutritional imbalance, emotional stress, travel and not obeying the '10 minute / below the neck' rule.

After a long period of increased blood flow through vessels (most people believe >40 minutes) the immune cells that stick to the side of vessels become washed off. They are still active but are not as good at scavenging nasty bugs until they stick back on, this usually takes 15-20 minutes after exercise. It is for this reason that some endurance runners isolate themselves after exercise.

Nutritional needs of the immune system are only slightly understood. We understand the building blocks needed (proteins, magnesium, zinc,etc) but we do not yet fully understand when these should be used related to exercise and in what form they should be taken.

It has been shown that natural folate supplementation in the diet enhances mood almost as well as some psychiatric drugs, but does not work as well when taken as a pill.

Types and timing of food is vital to athletes for energy during exercise, for building tissues to enable improvement, for maintaining mood, for refreshing sleep and for healthy immune systems. As we lead busy lives and then fit in exercise there is little time for preparing varied fresh food.

The variety in a modern diet is often lacking, we may eat a healthy meal each day but is often from a narrow selection of favourite foods, we have such easy availability of food that seasonal eating is no longer necessary. Increased oily fish, dark green veggies and mixed nuts are all important. Preparation also matters, vitamins ADEK are all fat soluble so fried food may lack these, but vitamins B and C are water soluble with boiling converting the potential chip with more vitamin C than an orange into a boiled potato with none.

Antioxidants are crucial to mop up nasties and seem to have to come from food too, examples of these are beta-carotene, vitamins ACE, selenium, zinc and magnesium. We know that eating lots of carrots seems to protect people from cancer so a study was done with a large group of smokers and another large group of non-smokers, adding large beta-carotene supplements to their diets (as pills).

The non smokers had less tumours than a control group, but the smokers had more than a control group of smokers, difficult to explain but further proof that supplements are not better than varied food.

A final comment about food is the glycaemic index/ glycaemic load, a marker of the speed of absorption/release of energy from food. An example of this would be the difference between a 100 calorie meal of brown rice and 100 calories of mars bar, both have the same energy but the second hits the blood stream fast and promotes a high sudden insulin release followed by a rapid sugar fall and a feeling of needing to doze, the first is slow release and provide a more sustained gradual change in blood sugar. Slow release foods being better for health generally.

The glycaemic index and load of foods is very important in the control of diabetes but also important to those doing sport, we know to eat lots of carbs but the type and timing is equally important. Useful food lists and information can be found at <http://diabetes.about.com/library/mendosagi/ngilists.htm> and <http://oztrack.com/gi.htm>.

Emotional stress and travel disturb the bodies natural steroid circadian rhythms. Just before we wake each morning the body produces a raise in natural steroids so that we feel like getting up and doing stuff, when I was working long shifts through 3 days and nights it was always amazing to be feeling nearly dead at 4am and fine again by 9am without any sleep, this was due to the steroid boost at 7am that my body naturally gave to me.

These rhythms are different for different people and can be disturbed by travel (jet lag) and mood (depression causing a spike at 3am and resultant poor sleep), exercise at the right time in the steroid cycle is easier.

By the editor - We'll cut the column short here and will continue next month, hopefully. At the beginning of this basic but informative piece David mentioned that he wasn't sure about the need. Well, I'm sure there is a need.

We all need educating with regards to many every day problems and situations. Eating is a very important issue not only for top performance but also just to stay healthy. Read and learn.

Disclaimer:

Manchester TC, the editor and David cannot accept any responsibility with regards to the advice given since this is done on a voluntary basis and does not comprise a detailed



Altitude Malta
i've been 2Altitude®

TRAINING CAMPS IN MALTA

Are you bored of the British weather, has winter finally got you down. Then why not think about finishing off your preparation for the season in Malta.

This friendly little island is situated in the middle of the Mediterranean sea some 90km South East of Sicily. Surrounded by crystal clear water and with the sort of weather most Triathletes would give their right arm to train in, Malta is the perfect venue to put those final touches to your pre-season training.

FACILITIES

Although Malta has always had the perfect weather for training it has in the past lacked some of the facilities required by today's knowledgeable Triathlete's.

With this in mind the new Altitude Malta training venue has opened.

This new training center offers the Triathlete everything they need to get the best from their training.

The center offers accommodation for up to five Triathlete's on a self catering basis and aims to provide a home away from home where people can train in a friendly and yet very professional atmosphere.

At the Triathlete's disposal in the center you will find a 4 man Go2Altitude hypoxicator. This is one of the latest and

most effective forms of Altitude training and is used by Athletes from all over the world. You can check it out on www.go2altitude.com

Two Computrainers, using this cutting edge technology the center is able to provide various tests from power to anaerobic threshold as well as Conconi and ramp testing. On request this fantastic piece of equipment can also be used to set your cycling position, in order to obtain your optimum cycling performance. Both computrainers are also available for general cycling sessions.

Available in the center as well are stretch cords, swim bench, massage, internet, nutritional advice and body composition testing (skin fold fat measurement).

Other facilities available in close proximity to the center are 50m swimming pool, fully equipped modern gym and 400m running track.

SERVICES

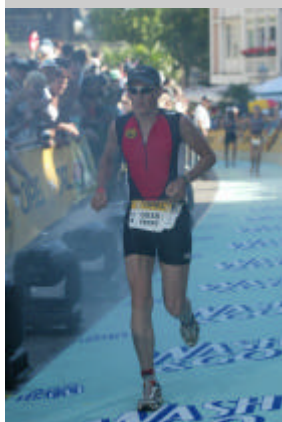
The center is run by Andy Colbourn who is a BTA level 2 coach as well as ASA swimming coach. Andy has been involved in coaching for 20yrs and can help with any of your coaching needs. He specializes in swimming technique including video analysis.

For more information and prices contact Andy by e-mail: andy@nextgen.net.mt

AIR MALTA



Final Word From The Editor



Message From The Editor:

3rd one and only a few days late. I'll have to blame the bad weather for this one.

Bit short on contributions this month. Then again after last months excellent guest appearances it might just be perception.

We are in the middle of March and the season is getting ever so close. Unfortunately the weather is not co-operating yet.

For those who are BTA members, you will have received their handbook by now and I cannot resist to ventilate a few thoughts.

Apart from that the obvious photo's of elite athletes seem a bit misplaced in the age-group section, it also appears the BTA could do with an event co-ordinator.

I have not gone through the whole list but planning two out of the very few (4?) middle distance races in the country on the same date is not really good planning. The race in Wales is also classed as "Long Course Championship". Now, I ask you, since when falls "Middle Distance" under the banner "Long Course". Those who have done long course will know the difference. Why don't they just call it middle distance championship.

Another one would be to plan two of the biggest races in the country on the same date, namely HIMUK and Boundary Breeze.

And the Midlands are going to be gridlock on the 18th July. There's Ironbridge in Telford, The Longest Day in a large part of the Midlands and the National Age Group champs around the NEC. Don't travel unless you necessarily have to (going to one of those races, for example).

One more last one. The calendar is packed as you can see with every weekend at least quadruple booked, except for the weekend of the 1st August. You can check for your self which race is that weekend.

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, 9th April, 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

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