



# MANCHESTER TRIATHLON CLUB

NEWSLETTER ISSUE 152 APRIL 2002

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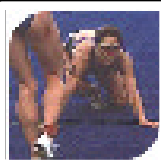
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## SO WHAT'S YOUR FAVOURITE RACE

**I (CARINE) HAVE ASKED A COUPLE OF PEOPLE TO WRITE ABOUT THEIR FAVOURITE RACE. ALTHOUGH FAR FROM COMPLETE THE FIRST COUPLE OF 'FAVOURITE' EVENTS ARE DESCRIBED BELOW. IF ANYONE ELSE WOULD LIKE TO SEND ME A SHORT REPORT ON HIS OR HER FAVOURITE RACE, I WILL MAKE SURE IT WILL BE PUBLISHED IN THE NEXT NEWSLETTER!**

### **Pip Fitzpatrick writes about the Friar Truck Triathlon:**

I did 3 triathlons last year: Chester, Salford Quays and Friar Tuck. Two of these are not being held this year, which leaves only one to talk about:

Friar Tuck, Runcorn – 600m/17K/3K

I entered this triathlon at the end of the season as a kind of afterthought after missing two of my chosen races due to injury. It's based at Runcorn Leisure Centre and begins with a 600m (only 24 lengths) pool swim. After thrashing it out in open water swims and putting in a fair few of Dave Q's arduous swim sessions, this seemed delightfully, and welcomingly so, easy and undaunting. From the pool the bike course of 17K is reasonably flat, though not particularly inspiring scenery wise, but there were a few roundabouts to negotiate and a slight detour, in my case, due to a missing marshal, which caused a bit of confusion! I'm sure it will be fine this year though. The 3K run was quite nice to top it all off involving a bit of a meander through some woodland along a trail path.

I'd recommend this event to people new to triathlon as the pool swim makes it a heck of a lot less scary and takes up a lot less energy too. Also, because of the pool swim, the start is staggered in groups of 5 or 6 dependent on anticipated swim time. Therefore, whilst out on the course it's not quite as competitive and you're not put off by the fast folk speeding off and leaving you for dust. It's a good way of doing your own thing, racing against the clock and then seeing how you did compared to your compatriots from the comfort of your arm-chair later when you read the results.

The Friar Tuck triathlon is on 29<sup>th</sup> September.

Details as follows:

Phillip Macdonald, 7 Whinfell Grove, Beechwood West, Runcorn, Cheshire  
WA7 2RS, 01928 561569/01928 570722, [philmac@talk21.com](mailto:philmac@talk21.com)

### **Mark Russell writes about Shropshire, Olympic Distance:**

When asked what your favourite race of 2001 was, the race you had your best result in springs to mind, but there are more to races than just the result; organisation, the course, atmosphere are a few of the more important points which decide a good race. With this in mind I think two of the best UK contenders would be Shropshire and Windsor. If I was recommending a race to a newcomer at Olympic distance and had to choose just one then Shropshire would get my vote.



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Being within driving distance for a day return trip it makes it a lot easier (and cheaper) than Windsor with the long drive and hotel accommodation being a hassle you can do without on a race weekend. Also due to the massive number of competitors at Windsor it means a very early start with some people kicking off at 6.30. Shropshire on the other hand manages to allow a later start even with a good 600 entries, registration is hassle free, and there is free parking all within a compact event area.

The course is recognized as being one of the most accurate around so you can really get a good idea of your true race time. The SWIM is a single lap in a clean lake which is only on average ten feet deep and you can see the bottom, a comfort to a newbie and the more nervous swimmers and is also well covered by canoe marshalls, the wave size's are reasonable and with such a wide course you can always find some clear water. The BIKE is all on relatively traffic free country roads with some undulating sections making it a bit more interesting, it is well marshalled so you can't go wrong. The RUN is on a closed country lane, again slightly undulating but making a relatively fast run leg, it is an out and back 'T' shaped course so you wont have to worry about counting laps.

**THIS YEAR THE RACE IS HOSTING THE NATIONAL OLYMPIC DISTANCE CHAMPIONSHIPS, WHICH WILL ADD TO THE ATMOSPHERE, AND ALSO THE NUMBER OF ENTRIES SO IT WILL BE A GOOD IDEA TO ENTER EARLY. INCLUDED IN THE ENTRY ARE A T-SHIRT AND A DECENT MEAL VOUCHER.**

The only thing that has not been guaranteed the last few years is the weather, but I suppose if it was easy everybody would do it. Enjoy the season.

## Time Johns writes: A Triathlon Novice

'Get to the first hurdle first, think speed between the hurdles, snap the trailing leg through and sprint off it, dip at the finishing line!' This is what my coach drilled into me and in little more than 14 seconds the race was over. And that was last time I entered a race, as a high school kid (many years ago now!), my best event being the 100m hurdles, sprinting over 10 flights of hurdles all 3 feet high. I always wanted to try Decathlon but my wimpy arms meant I couldn't throw the discus or javelin very far! So for me taking up Triathlon last year was the next best thing. Only I have had to improve my endurance from 14 seconds to something over 2 hours and learn how to swim more than 2 lengths of crawl!

Last year I competed in 2 triathlons – the Salford Quays sprint and the Horwich 'Hilly' (nr. Bolton). Both totally different in terms of terrain, needless to say the Horwich required a run up Rivington Pike, not an easy feat after the swim/ bike. With the help of Dave Q's medley sets at Moss Side pool, Carine's track repetitions at Longford Park and biking to work from Sale to St Peters' Square every day, I think my endurance is improving.

For me the open water swim is a labour of love, so although the Horwich 'Hilly' involved lots of hills on the bike/run, we had the luxury of a pool for the swim and it was only 750m. Whereas the Salford Quays race involved a freezing swim at 7.30am in Huron Basin & after that it rained for the rest of the race. Not the most scenic of courses, speeding down the A56 into Manchester and back, followed by run a down Trafford Wharf Road past the Imperial War Museum and the 'Theatre of Dreams' but no-one out to support us!? I got a huge stitch at the start of the run but managed to run it off. By 9am I was



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enjoying breakfast in the Lowry with my only 2 loyal supporters – my parents! Lots of friends said they would come down to watch but where were they when I needed them at 7.30 in the morning! And what a way to spend your 30 something birthday!

I enjoyed the Horwich 'Hilly' more, it was a sunny August morning, a small event – the transition area resembled something like a cow shed! We were also told that there would be limited marshalling on the run!

'Just aim for the top of the hill', they said 'and follow the small piles of sawdust marking the route', we were told. Having survived the swim, shared a lane with 3 others, including a 'fish' that took half the time I took to complete 750m, I sped into the distance on my touring bike over the West Pennine Moors. A beautiful route in the sun but had I left enough energy for the fell run? As soon as I started running I got a stitch, which worried me as it was all uphill for the first half of the race. People starting passing me but fortunately after about 5 minutes the stitch eased off. I made it to the top of Rivvy Pike and then faced the hardest part of the run. The downhill stretch along a stony track – not good for the ankles. I made it home OK and waited to see what time Dan, a pal of mine, would finish. A very close call! I managed to get the nod by 30 seconds, on a course that nearly took 2 ½ hours! Makes for lively banter!

So I've not been put off by triathlons and hope to do quite a few more in 2002!

Cathy Atkinson writes about: National Relays - Nottingham

Having only been a member of the tri club for a few months, I was very surprised... honoured.... petrified... to be asked to join a team competing in the National Relays competition in Holmes Pierpoint in Nottingham.

The team event, which took place on the Saturday, comprised a 500m swim around the purpose built 2km long regatta lake, followed a 15km bike (3 laps of the lake's perimeter) and a 5km run (1 lap). Our team: Fiona R, Clio, Pat W and myself followed a 'team trial' format, which meant each of us individually undertaking the swim, then bike and finally the run.

Holmes Pierpoint provided an impressive backdrop to what appeared to be a high profile and prestigious event. None of the other competitors seemed to be wearing a wind surfing wet suit like mine and I became aware of a smattering of triathlon celebrities around me.

Fiona got us off to a fabulous start in the swim! Having thought (as fourth swimmer) that I could rest on my laurels for a bit, I was a bit taken aback by the speed at which subsequently Clio and Pat emerged from the murky depths... then it was my turn!

Having got through the initial discipline without drowning, I began to really enjoy the race. Being part of a team provided a real buzz and the race circuit layout of the Nottingham course lent itself wonderfully to cheering on teammates as well as our 'A' team of Carine, Jo H, Jo W and Marie M.

The breaks between disciplines allowed for plenty of camaraderie and my pre race anxieties disappeared with all the support and advice I received from other club members. Having said this, the run was still to come.....

Running the so-called 'anchor' leg had seemed like a slightly glamorous proposal at the time, but any illusions of grandeur were soon shattered. After about 16 minutes on the (by this time rather deserted) course I could clearly see the



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finish line in sight. Not quite been able to believe my brilliance, I soon realised that actually the finish line didn't seem to be getting any closer. In fact five minutes later it seem didn't - like the proverbial mirage in the desert!!!

Having said that, finally crossing the line was unbelievable. The enthusiastic crowd appeared to roar as I crossed the line seconds in front of a super fit looking chap clad in lycra (who had probably made up about 6 minutes on me, but had just run out of time in the chase!!).

After the morning's excitements, the afternoon was spent cheering on our men's elite team (Joshua, Mark T, Perry and Nick T) whose chances were sadly rather scuppered by a burst tyre, after a fabulous start!

As the day concluded, we were able to retire to the nearby campsite and later to nearby hostleries for refuelling. Several of us ventured into Nottingham and found ourselves in the not easily forgotten Rock City, where our tracksuit bottoms and sandals complimented the standard "Rocky Horror" dress code beautifully!

After a return to the lake to cheer on Rob W in the sprint event the next day, it was time to head back home. I returned to Manchester feeling that I had had a wonderful weekend, coupled with a gleam of personal satisfaction.

## **Dave Leak writes about the Jersey Olympic Distance:**

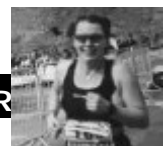
Jersey Olympic Distance in September is a brilliant race. It's small, friendly and informal, plus the location and scenery are great. Rani and I went on impulse (Rani's!) last year - we got a cheap flight from London City Airport, or you can get the ferry. The race site is a couple of miles from the capital (St. Helier) and there are

plenty of good B&Bs about. We made so many friends in that weekend that we've got invites to stay this year.

The swim is in the bay, which can still be quite rough! The bike is pretty fast, following the coast road and then turning off (up the one steep hill) on to a circuit to make up the distance before returning on the coast road. Police co-operation is good with traffic control where it's needed. The run goes along the seafront, through a lovely little town with a quaint harbour and then on a wooded trail which rises gently to the turn so it's downhill all the way back. Total field was under 60 I think, mainly locals but including some stars like James Amy (who should be at the CG) and Paul Clements.

Rani got lost on the bike but finished anyway so they still awarded her 1st vet; I finished 2nd vet I think, after catching the guy I thought was the leading vet in the last mile (yes, honestly - I had a good run).

There is a meal and presentation at the Jersey Rugby Club in the afternoon (bar of course) and then everyone goes to St. Helier for a piss-up, with a coach laid on to take you down. All in a fantastic weekend!



## **MESSAGE FROM THE CHAIR**

**W**hat a fantastic month – sunshine (and in my case sunburn) for most of it.

It was an impressive turnout from MTC at the Wilmslow half marathon – feels like ages ago. Quite a few PBs!

It seems like with the improvement in the weather, training has become a bit serious and intensive. I guess racing season is only just around the corner. I must admit



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I'm beginning to get a bit nervous about my forthcoming events. Am I alone in thinking I can't wait until race season is over so that I can look back on races with fond memories, rather than look forward with dread, fear and a very nervous tummy?

Well done to those who did the London Marathon – a fantastic effort. Cathy Atkinson did it in 4:08, despite only three weeks before thinking she would have to pull out with a dodgy knee!

Hopefully my next message will be from somewhere near the top of Everest – have a good month, and keep your fingers crossed that I don't fall off or have an argument with a Yeti.

Cheers  
Cliona

## LETTER FROM SURBITON

Things in Surbiton are great. So great in fact that Rani now wears an engagement ring, and my bike will be sporting an engraved engagement (chain)ring as soon as Sigma Sport can get one of the fancy new Dura Ace rings with 56 teeth.

Excuse me if I bang on about myself now, but it's what I know best; all those potential Ironmen and women will have the big event constantly in mind and I'm no exception, so here's some more Ironman thoughts.

My Ironman training is going well, not least because I have so far been untroubled by injuries: last year I had several problems which only the skilful hands of Mike Callaghan, the physiotherapist at the velodrome, could sort out. I've also had knee problems caused by tight IT bands which have given me problems for the last twenty years or

so whenever I try to build up the running mileage. In 1988, when I first did Ironman, I could only get about 15k before having to walk. Last year, in preparation, I managed a longest run of 2.15, although things started to get worse after that. On the run at Roth I was jogging to 19k without too much pain, thanks to a fistful of painkillers.

This year I tried an experiment - I threw away my orthotics. Amazingly (touch wood) since then all my running has been pain-free and, without the rigid orthotics in my shoes, more comfortable. I've also experimented with different shoes. In the past I've got the shoes which offered the most motion control, which in theory is what I need because of my over-pronation, but motion control comes at the expense of cushioning and the harsh ride was knacker my ageing legs! So now I've got shoes with more cushioning, which seems to stop my legs from getting quite so shot on the long runs. In case you're interested I've changed from Saucony 2060's to Nike Air Structure and Air Kantara.

My longest run has also been 2.15 and around 16 miles, which was yesterday (April 27<sup>th</sup>). And today, despite tired legs, I managed to run five miles or so in reasonable form, after a 45 mile bike ride. That, I put down to my revised approach to training this year.

In my last article I talked about my theories for Ironman training. I said endurance is not enough, because if you get off the bike with tired legs you won't be able to put that endurance to use unless you also have the strength to run on tired legs. The difference for me between 1988, when I did my first Ironman, and 2001 was running off the bike. The swim and run splits were almost identical, but the run was over an hour slower. Part of that must be age. At



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Ironman Austria this year I'll be 49. But I'm sure part of it is to do with preparation and strategy. So, I've been doing some quality work, including hill reps., and I've been running off the bike as often as I could face it. And it seems to be getting easier (well, less hard anyway). My longest bike so far was an 80 mile ride at an easy pace which I followed with a 65 minute run. The last twenty minutes were a nightmare, but I'm still pretty pleased with being able to do it. Whether this will translate into a better run at Klagenfurt only time will tell.

As you may know I am not a 'natural' runner, so I have to work extra hard at it. Watching the Marathon runners on TV fills me with envy – they look so relaxed at such ridiculous speeds. But I see plenty of runners about who look so economical and relaxed that you believe they could run all day, while for me every step seems an effort. This was brought home to me when Rani and I tried an experiment with our heart rate monitors. Afterwards we went for a run (spot Dave's joke). At a steady pace, which I maintained for my long run (Rani wimped out after an hour and a half!) her heart was beating 10 to 20 beats slower than mine. And her max is much higher than mine. She just trots along and looks like she could go forever. If it wasn't for injuries she'd be brilliant at long distances. By contrast, when we're cycling together, my heart rate will be about 20 beats lower than hers. So there!

Swimming, on the other hand, has been badly neglected, with swims at the local pool being a bit iffy. I'm hoping to try training with Kingisher TC next week, but their sessions are at 9pm on Mondays and Tuesdays. How I miss Dave Q's sessions. You don't know how lucky you are. Appreciate the man.

I'm thinking of doing the Half Ironman at Weymouth on June 9<sup>th</sup>. Will anyone be

joining me? How's everyone in Manchester? Rani and I met up with Cathy Atkinson after her excellent 4.08 run at London Marathon, for a few post-marathon sherbets round Leicester Square. Cathy was in good form! I know Ryan ran 3.04 or so. Did anyone else run? Send me news at [davidleak@netscapeonline.co.uk](mailto:davidleak@netscapeonline.co.uk).

**Did you read** Ken McLaren's column in the latest '220'? It's about the way in which people are welcomed (or not welcomed) into clubs. He contrasts the difference between cycling clubs and triathlon clubs, and what he says is so true. And I say that coming from a cycling background. When you go to a cycling club no-one talks to you or tries to make you feel welcome. Inexperience is often seen as a cause for mirth rather than an opportunity to provide guidance and advice. You only get their respect by beating them, like Charles McCulloch, then they're falling over themselves to get you into their club!

Of course, that's an exaggeration: there are some very warm, friendly bikies about and things are probably different now compared to twenty years ago, but cycling clubs still haven't quite cottoned on to the boom in recreational sport and don't seem to have made it matter of policy to welcome newcomers. My old cycling club, from my teenage years in London, was the South Western Road Club, which I left in 1971. They're holding a 'randonnee', locally in a couple of weeks and we're thinking of going along. I've made contact with an old schoolfriend who also used to be a member, and he's going to get back on his bike and attempt the 40 mile option. Should be fun – I wonder if there'll still be anyone I know. They do say that old cyclist never die!

I have even noticed a difference between MTC and Rani's club, Thames Turbo, in that I can turn up at a session here and

[www.man-tri-club.org](http://www.man-tri-club.org)



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no-one will talk to me (Rani says it's a southern thing). I would like to think that that wouldn't happen at our club. It's easy to get complacent when you know everybody, but put yourself in the position of someone who's a stranger to the club as well as the sport. The reception you get on day one can make all the difference to whether you stay with the club and with the sport. And it would be a shame if anyone missed out on the opportunity to be part of such a great club!

Missing you all,  
Dave Leak.

## FISHY BUSINESS

### Swimmers!

Loads of fun stuff happening recently.

We had a bunch of swimmers triumph in the recent One Hour Postal Swim organised by the British Long Distance Swimming Association.

Well done to all who took part and especially big respect to the following fishes who were placed in their age groups; Pete Hopkins (3<sup>rd</sup>), Nick Thomas (1<sup>st</sup>), Jo Weeden (1<sup>st</sup>), Rachel Ramsey (1<sup>st</sup>), Freesia Day (3<sup>rd</sup>) and Karen Elly (1<sup>st</sup>). In winning her event Karen also set a new World record!

Man Tri are beginning to shake up the swimming and triathlon world!

We're still waiting for the SWIMATHON results (out on May 1<sup>st</sup>) and I'm expecting some good news.

Watch this space or log onto SWIMATHON.ORG for the low down on Man Tri members latest swimming exploits.

### The Ideal Swimmer's Body

Do you have a body that can help make you an outstanding swimmer? Until genetic engineering can supply you with gills and fins, you'll have to work with the physical

characteristics that can contribute to swimming success.

It's pretty hard to miss. Turn on the TV to watch the Olympics, World Championships or any major swim meet and you'll notice that the winners tend to look alike: long, lean and supple. That's especially true of sprinters: world record holder Alex Popov is 6-7, as is former world record holder Matt Biondi. Gary Hall, Jr. and Pieter van den Hoogenband, the Dutch Olympic Champion.

It tends to be true of middle-distance and distance swimmers as well: Aussie sensations Grant Hackett and Ian Thorpe are 6-6 and 6-5, respectively.

The top women also fit this profile: Amy Van Dyken, a quadruple gold medalist at the Atlanta Games, and Inge DeBruijn, the world's fastest sprinter the last two years, are both about 6 feet. Kristy Kowal, the American record holder in the 100 and 200 yard breaststroke, is 6-1.

At the Masters level, we tend to see the same thing: the long, lean sprinting machines among us—of whatever age—often wind up atop the victory stand...at least for the freestyle and backstroke sprints.

One of the most dominant breaststrokers of any age is 53-year-old, 5-10, Bob Strand; Nancy Rideout, the top sprinter in the women's 55-59 division, is barely pushing 5-2. So factors other than height and leanness can contribute to swimming success.

Research at the U.S. Olympic Training Center in Colorado Springs has identified several of these factors: center of mass, body density (DEN) and strength profile. Two other factors are also significant, especially for Masters swimmers: flexibility



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and percent body fat. Let's look at each of these.

## Center of Mass (COM)

Every athlete has a balancing point in the water. The closer the COM in the body is to the center of flotation (the lungs), the easier it is for the body to float horizontally with little or no effort on the part of the athlete. The opposite puts the athlete at a serious disadvantage since they will have to work hard at balancing the body and offset the torque created by the legs as they naturally want to sink to the bottom of the pool.

## Body Density (DEN)

This is a combination effect of the lung capacity, and the muscle and bone density of the athlete. Some athletes float easily on top of the water, while some sink like a rock.

## Strength Profile

Some athletes are born with natural strength, while others have to work very hard to achieve the same level of strength. Elite swimmers with natural strength are able to work hard in the weight room with little effect on in-water training, and can reduce weights three to six weeks out of their major meet while maintaining their strength and power.

Master swimmers / triathletes should try experimenting with differing lengths of rest before a major competition, to see how long you should continue lifting. In general, athletes with less natural strength would probably be better off gearing their training toward cardiovascular fitness.

## Other Factors

Two other important factors are flexibility and percent body fat. The best swimmers are extremely flexible—Mark Spitz used to touch his elbows to the ground without bending his knees—and work hard at becoming even more flexible. As people age, they tend to become stiffer and less supple. One of the best guarantees for your success in Masters swimming is to maintain or increase your flexibility through stretching exercises.

If you carry extra body fat, swimming is more forgiving than land-based sports. But to enhance your swimming potential, it's important to maintain a low percentage of body fat: no more than 15 percent for men and 22 percent for women, regardless of age. So, having the right genetic makeup—tall, long limbs, big hands and feet, low density, high center of mass, and natural strength—can give you a head start on becoming an outstanding swimmer.

Fortunately, anatomy is not necessarily density—especially at the Masters level. You can improve your balance, fine-tune your cardiovascular system, increase your strength (particularly leg strength), work on stroke technique, enhance your feel for the water and stay lean and supple as you get older.

You can't choose your body, but you can work with your natural endowments.

## I Km Time Trials

**SUPERLATIVES** are running out as I try to describe the **OUTSTANDING** results at the recent trials!

See below the latest **ASTONISHING** results for the trial swum on 6<sup>th</sup> April. Fourteen swimmers out of twenty set terrific new personal best times at the trials and six swam a trial for the first time ( I expect PB's next time!).



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## SWIM STARS!

Karen, Rachel, Saul, Jo, Five Dynamic Dave's - Harper, Preece, Radcliffe, Deaville, Moon - Paul Davies, Tim, Cathy, Andy and Rosie.

## Time trial dates;

Saturdays 2002  
11<sup>th</sup> May, 22<sup>nd</sup> June

**IMPORTANT  
DATE**

## 1 K.m Results

6<sup>th</sup> April 2002

	Time	Previous P.B
Pete Hopkins	12.51	
Karen Elly	12.53	13.01
Rachel Ramsay	13.23	13.39
Saul Elly	14.05	14.23
Jo Weeden	14.13	14.25
Edwin Lace	14.32	14.25
Paul Savage	14.33	14.33

Dave Harper	15.02	15.23
Damien Thacker	15.31	
Claire Whittake	16.19	
Steve Clayton	16.23	16.10
Paul Davies	16.49	16.51
Mick McNamara	17.09	17.01
Dave Preece	17.09	17.16
Dave Radcliffe	17.11	17.26
Martin Webb	17.14	17.11
Ryan Bowd	17.34	
Tim Johns	17.42	17.43
Andy Nurney	18.01	17.34
Cathy Atkinson	18.07	18.21
Andy Woodwar	18.22	18.51
Dave Deaville	19.14	19.34
David Moon	21.47	22.45
Nicole Joseph	21.56	
Dean Frost	22.44	
Rosie Cousins	25.04	25.31

## ONE HOUR POSTAL SWIM 2002 RESULTS

### MALE

Gents 20-24 years  
Record distance: 5610 Metres. Gary Brinkman, S. Illinois University, USA, 1986

Pos	Name	Age	Club	Mtrs
1	CARL PHILLIPS	21	NEWARK EARLYBIRDS	4540
2	IAN MAGNESS	22	ERITH & DISTRICT SC	4338
3	PETER HOPKINS	22	MANCHESTER TRIATHLON Club	4325
7	JAMES ENDICOTT	22	MANCHESTER TRIATHLON Club	3750
10	MATT HAMMERTON	23	MANCHESTER TRIATHLON Club	3360
11	RYAN BOWD	23	MANCHESTER TRIATHLON Club	3205
23	GARY BARNES	20	HALLIWICK PENGUINS SC	666

Gents 25-29 years  
Record distance: 5000 Metres. Tony Day, Darlington Dolphins, 1991

1	GRANT COOPER	26	ERITH & DISTRICT SC	4341
4	DAMIEN THACKER	28	MANCHESTER TRIATHLON Club	3655
8	ANDY NURNEY	27	MANCHESTER TRIATHLON Club	3160
2				
3	MEHUL SHAH	26	HARROW KINGFISHER SC	400



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Gents 30-34 years  
Record distance: 4862 Metres. Martyn Price, Andover SC, 1996

1	NICK THOMAS	31	MANCHESTER TRIATHLON Club	3780
2	RICHARD MARCO	32	ROEHAMPTON	3600
3	IAN ATKINSON	32	TROUTBECK BRIDGE ASC	3532
4	STEVE CLAYTON	34	MANCHESTER TRIATHLON Club	3500
5	DAVE PREECE	30	MANCHESTER TRIATHLON Club	3415
6	DAVID RATCLIFFE	33	MANCHESTER TRIATHLON Club	3225
17	ANDREW THROUGOOD	32	LEWISHAM SEALS	125

Gents 35-39 years  
Record distance: 4855 Metres. Alexander Knibbs, Camp Hill Edwardian, 1998

1	JOHN RHODES	39	LAUNCESTON MASTERS	4285
16	RICHARD CLARKE	39	MANCHESTER TRIATHLON CLUB	3300
39	DAVID AVERY	37	WYCOMBE & DISTRICT SAD	125

Gents 40-44 years  
Record distance: 4780 Metres. Alexander Knibbs, City of Birmingham, 2000

1	BILL IRELAND	42	CALIFORNIA AQUATICS (USA)	4430
8	EDWIN LACE	42	MANCHESTER TRIATHLON Club	4040
33	JEFF McGINTY	41	MANCHESTER TRIATHLON Club	2900
37	DAVID DEAVILLE	41	MANCHESTER TRIATHLON Club	2800
45	DEAN FROST	43	MANCHESTER TRIATHLON Club	2375
54	ANDREW WESTON	41	LEWISHAM SEALS	250

Gents 45-49 years  
Record distance: 4725 Metres. D. Uytengoggart, AZC Masters, 1994

1	NEVILLE BARTON	47	ROCHDALE AQUABEARS	4275
12	ROB FERGUSON	47	MANCHESTER TRIATHLON Club	3225
27	DAVID MOON	48	MANCHESTER TRIATHLON Club	2450
37	ROBERT GILHAM	46	LEWISHAM SEALS	500

Gents 50-54 years  
Record distance: 4540 Metres. Tegze Haraszti, Huntingdon Beach SC, USA, 1994

1	GRAHAM PADGETT	54	WARRINGTON DOLPHINS	4202
5	MICKY McNAMARA	53	MANCHESTER TRIATHLON Club	3440
25	CHRIS BURGESS	54	DACORUM DOLPHINS SC	800



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## FEMALE

Ladies 20-24 years  
Record Distance: 4986 Metres Lynne Brooks, Rotherham Metro, 1986

1	JO WEEDEN	22	MANCHESTER TRIATHLON Club	3970
9	ANNE COUZENS	22	OPTIMISTS	2195

Ladies 25-29 years  
Record Distance: 4905 Metres Lynne Lee, City of Sheffield, 1993

1	RACHEL RAMSEY	27	MANCHESTER TRIATHLON Club	3990
2	LORRAINE STEPHENS	26	ERITH & DISTRICT SC	3637
3	FREESIA DAY	29	MANCHESTER TRIATHLON Club	2695
8	CLAIRE REYNOLDS	25	SWINTON & WORSLEY G'WAY	1000

Ladies 30-34 years  
Record Distance: 4555 Metres Sally Dearden, Andover S & WPC, 2000

1	SALLY PRIOR	33	ANDOVER S & WPC	4445
10	CLIONA KIRWAN	31	MANCHESTER TRIATHLON Club	3110
29	LIZZY STONE	32	LEWISHAM SEALS	200

Ladies 35-39 years  
Record Distance: 4390 Metres Angela Wilson, Maidenhead Marlins, 2001

1	FREDA GARDNER	35	ERITH & DISTRICT SC	4366
18	STEPH HOLDEN	36	MANCHESTER TRIATHLON Club	2600
33	CATHRIN WHITE	38	LEWISHAM SEALS	375

Ladies 40-44 years  
Record Distance: 4138 Metres Tracy Grilli, New England Masters, (USA), 1999

1	KAREN ELLY	40	MANCHESTER TRIATHLON Club	4325
38	JANET ANDREWS	40	LEWISHAM SEALS	275

Log on to ; [www.postalswim.com](http://www.postalswim.com) for further information..



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## Swimathon Times!

Man Tri used this annual 5km swimfest held on March 23rd as a training swim and in the process raise our (already high!) profile and lots of charity £'s. Official results are on-line from May 1<sup>st</sup>.

Karen Elly 1.08:19  
Perry Huizer 1.12:56  
Edwin Lace 1.13:24  
Jason Pickford 1.15:57  
Dave Harper 1.19:47  
Bill Roberts 1.21:27  
Nick Thomas 1.21:58  
Mick McNamara 1.30:00  
Dave Leak 1.30:49  
Graham Bayliss 1.31:15  
Dave Preece 1.32:30  
Andy Nurney 1.35:10  
Andy Woodward 1.39:42  
Seamus Dunne 1.40:05

## COACHES CORNER

### Sunday Swim

Please note that the Sunday morning swim is now open to all club members. We swim from 7.15 to 8.45 at the Aquatics Centre in the Diving Pool (25 meter pool). See you all there!

### Open water swimming

Open water swimming will most likely start on Thursday 6<sup>th</sup> June (7-8pm), however date needs to be confirmed.

### Womens Velodrome session

I am organising a women's Velodrome session on the Saturday 25<sup>th</sup> May. As it says it is only for women! Thus hopefully this will make it a bit less intimidating to join in and hopefully therefore attract more beginners. This session is open to anyone in the Region, does not have to be a MTC member, thus any friends are welcome to

join in!! Please contact me to secure your space, I need to know ASAP, thus let me know if you are interested ASAP!!!!

### MTC's Favourite race list

Please find the first few favourite race reports in this newsletter! If you want to tell everyone about your favourite (or least favourite) race, please email it to [carine.vanschie@btinternet.com](mailto:carine.vanschie@btinternet.com) or give it to me at training or send to my home address.

### Training programme

Please find the May to mid-June training programme in this newsletter. Please note that the month May is an extremely important training month. Training intensity should go up and volume down. You should be doing more 'faster' and threshold or race pace training in order to make yourself 'faster' and to get used to race pace. It would be ideal to do a couple of cycling time trials to prepare yourself optimally for the bike section. Also, start doing brick (combined bike and run) sessions, if you haven't don't already. Please check the programme for details. The (important) races start in June, thus from then onwards training will be very much dependent on your racing schedule. Try to taper for your major races, but not for your 'preparation' races. Taper by taking the volume down by about 50%, but keep doing intensity work (just not as much). You need some intensity work in the days leading up to your (main) event, in order to keep your body 'sharp'. By doing nothing your body rests, but loses its sharpness, which you need really to perform optimally.

### Sunday Bike rides:

Will be continuing at least until the race season. From June onwards it cannot be guaranteed that there will be cyclist going out. Please contact me if you are not sure. Thursday spin at Sale Leisure Centre:



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The spinning sessions will continue until the end of May (since we will start open water swimming in June). The session starts at 6.30 (45 minute spin and 45 minute Circuit). Sale Leisure Centre is on Broad Road in the Centre of Sale. Take junction 7 or 8 from the M60 and are signs to Sale Leisure Centre.

## **Time trial:**

There are 25-mile time trials on Saturday 11<sup>th</sup> and Sunday 19<sup>th</sup> May. Please note that you need to enter these events 10 days in advance!!

Details 19<sup>th</sup> May: 25 mile TT organised by Congleton CC. Send form and cheque (£4.50) to R. Waghorn, The Querns, Congleton Edge Road, Congleton, Cheshire, CW12 3NB, Tel 01260 271258 Please ask me for entry forms if you haven't any. I can send them to you by email as well!

## **Coaches benefits:**

Coaches, please make sure to keep your coaching up to date if you want the club to pay for your BTA and NCF membership and MTC membership if you have coached more than 30 hrs.

## **RACE RESULTS WANTED!!!!**

If you want race results to be published in the newsletter, please make sure to send a copy of the race results to Perry and Carine at 225 Errwood Road, Burnage, Manchester, M19 1JB.

## **Regional Championships**

We always like to see a good representation of MTC members at the Regional Championships, thus please try to fit these races in with your racing diary. Not all races are confirmed yet, but will be

soon. Please contact me if you have further questions.

The Regional Duathlon Championships are on 6<sup>th</sup> October at the Blackburn Duathlon. The Olympic Distance Championships have not been finally confirmed but will either be the Chester (30 June) or Ripon (13 July).

The Sprint Distance Championships: also not confirmed yet, but likely to be Crewe and Nantwich Triathlon.

## **National Relays 10 August 2002**

Last year MTC did extremely well with entering two women's teams and two veterans, two seniors and one elite male team. I hope to improve the number of teams this season by at least increasing the number of women's teams to 3, if possible 4!! The race is a lot of fun (read Cathy Atkinson's favourite race report!) and good for team building/spirit. Please note that you need to be a BTA member to be able to enter this race. We usually stay over for the weekend, camping near the race site (across the road), and have a BBQ after the race. If you fancy to join in please let me know as I plan to get the teams organised early this year!! (well, earlier than last year)

## **Finally**

Please make sure to contact me if you have any questions about training or other triathlon related subjects.

Carine

(H) 0161 432 2931

(M) 07811 263 498

[Cvanschie@man.ac.uk](mailto:Cvanschie@man.ac.uk)

[Carine.vanschie@btinternet.com](mailto:Carine.vanschie@btinternet.com)



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## TRAINING SCHEDULE

		Discipline	Work	Intensity	Rest
Saturday	am	Swim*			
	pm	Run	endurance/slow run 30-75 minutes	between easy run, talking pace	
Sunday		Bike*	Long ride (2-3 hrs)	Hills or flat (depending on weather and ability)	
Monday		Bike (Turbo)	see sessions below		
Tuesday		Swim*			
Wednesday		Run* (Track)	see sessions below		
Thursday	am	Swim			
	pm	Bike* (Spin/Circuit)	45min spinning: interval work min circuit: strength	45 Working at race pace during variable intervals	
Friday		REST			

\* = Club sessions

### Running sessions:

Running	1/May	Track	6-8 x 1000	Threshold pace	45 seconds
Running	8/May		drills 3x3x400 technique focus	(easy week)	200 jog
Running	15/May		4-6 x 1600	Threshold pace	45 seconds
Running	22/May		4-6 x (400, 800)	Intensity pace	30, 45 seconds
Running	29/May		3-5 x 2000	Threshold pace	60 seconds
Running	5/Jun		16-24 x 400	Intensity pace	30 seconds
Running	12/Jun		3 x 2 x 400 technique focus	(easy/taper week)	200 jog

Intensities used for track running sessions are calculated as follows:

Threshold pace (T) is calculated from 5km test time: 4 or 5 seconds slower per 400 meter than your 5km time

Intensity pace is calculated from 5km test time: 2 or 3 seconds faster per 400 meter than your 5km time

### Brick sessions

- Brick sessions
- 1) Do a short run (15-30 minutes) after your long bike ride
  - 2) Do a short run (15-30 minutes) after a turbo session
  - 3) Do 3 times 10 minute Turbo, 5 minute run (race pace)
  - 4) Do a short-ish (30-45 minute) hard turbo, followed by 30 minute run at race pace

Turbo sessions: 20 min warm up and 10 min cool down

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

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

- Examples: Bike:
- 1) Spinning session on Thursday strongly recommended!
  - 2) Turbo session: 35 to 45 minutes of easy spinning turbo (Heart Rate should stay



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under 130/140; or should still be able to talk)

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

\*Do one-legged pedaling in first 10 minutes (try 3x30 secs per leg, take other leg of pedal)

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

Run: 30-45 minute run, at talking pace

\*Try to add some accelerations (5 - 8 times), for example to next corner or bus-stop (100/200 meters)

Extra sessions for intermediate advanced level:

- Running:
- 1) Add one or two easy runs (at talking pace) between 30 and 60 min whenever it fits in with your own schedule.
  - 2) Threshold session: 3 x 10 minutes at your threshold (just below 10 km race pace), a few minutes jog in between
  - 3) Threshold session: As above, try to expand 10 minutes to a 20-25 minute continuous run.

Cycling: turbo sessions

- 1) 45-60 minute session with 30-60-90-120-90-60-30 sec/1 min both legs one legged biking, alternate L+R
- 2) 4-5 x 5 min 'hard' / 1 min easy (front big chain ring during working hard, small chain ring when easy)
- 3) 20 minutes Heart Rate at 140 (=warm up), 10 min HR 150, 10 min HR 155, 5 min HR 160, 5 min HR 165 (change Heart Rate levels appropriately to your own levels)
- 4) Time Trials!!

Any queries regarding training and/or schedules, please contact Carine (0161-432 2931 or [carine.vanschie@btinternet.com](mailto:carine.vanschie@btinternet.com))

## RACE RESULTS

### Salford 10k

29<sup>th</sup> March 2002

1.	David Norman	Altincham + Dist AC	30.45
18.	Mark Russel		34.31
22.	Perry Huizer		34.43
33.	Kevan Garner	Belle Vue Racers	35.30
77.	Tricia Sloan (2 <sup>nd</sup> woman)	Salford Harriers	37.10
88.	Tim Woods		37.46
127.	Daniel Mathers		39.44
189.	Paul Davies		42.25
192.	Chris Urwin		42.34
216.	Carine van Schie		43.46
259.	David Marshall		46.10
260.	Shaun Pearson		46.10
285.	Rachel Ramsay		48.03
326.	Karen McCrackle		51.35
349.	Andy Nurney		54.57

**Manchester Triathlon Club:** 6<sup>th</sup> Male Team (Russell, Huizer, Woods)



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## Bolton 10K 14<sup>th</sup> April 2002

Men

1. A Parker 31.08  
4. Adrian Selby 32.39

Ladies

1. Anne Powell 36.14  
13. Pip Fitzpatrick 45.57

## Colne Duathlon 24 March 2002

1. Neil Mercer	19.13	54.59	20.16	1.34.28
2. Jason Broadley	18.46	56.21	20.27	1.35.34
5. Mark Laidlow	18.37	57.34	22.27	1.38.38
24. Dave Green	18.43	1.15.25	18.55	1.53.03
39. David Melvin	25.04	1.12.32	29.48	2.07.24

## Crown Point Duathlon 14<sup>th</sup> April 2002

1. Neil Mercer	18.08	1.01.31	20.13	1.40.50
2. Mark Laidlow	18.55	1.02.12	20.23	1.41.30
10. Steve Rimmer	19.38	1.09.45	21.22	1.50.45
49. David Melvin	26.12	1.25.09	29.48	2.21.09

## London Marathon 14<sup>th</sup> April 2002

1. Khalid Khannouchi 2:05:38 (WR)  
1410. Ryan Bowd 3:04:05

## Salford Aqualathon

### NOVICES

#### MALE

1	Charlie	Rose	0:03:43
2	Reece	Charlton	0:03:50
3	Nicholas	Bridgford	0:03:51

#### FEMALE

1	Rachel	Brooks	0:03:49
2	Daniella	Heaton	0:04:43
3	Annapurna	Mellor	0:04:58

### AGEGROUP

7/8

1	Tom	Higgins	0:03:57
2	Luke	Taylor	0:04:45
3	James	Collier	0:05:45

1	Emily	Grandfield	0:04:29
2	Harriet	Grandfield	0:04:34
3	Jessica	Chadwick	0:04:41

9/10

1	James	Leigh	0:10:27
2	Sam	Higgins	0:10:31
3	James	Cooper	0:11:46

1	Michelle	Wiblin	0:10:28
2	Aimee	Backhouse	0:10:51
3	Annie	Jeffries	0:11:32



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11/12	1	Jonathon	Brownlee	0:12:06
	2	Saul	Elly	0:12:55
	3	Michael	Kipling	0:13:24

1	Rachel	Cooper	0:13:05	
	2	Georgina	Grandfield	0:13:10
	3	Ella	Jeffries	0:13:59

13/14	1	James	Jeffries	0:18:47
	2	Robert	Flack	0:19:50
	3	Peter	Leigh	0:21:10

1	Sally	Hickman	0:19:37	
	2	Charlotte	Grandfield	0:20:11
	3	Paula	Morton	0:21:37

15/16	1	Michael	Ashton	0:17:26
	2	Linford	Baxter	0:19:26
	3	Will	Sheaff	0:19:41

1	Heather	Jackson	0:20:02	
	2	Victoria	Jarvis	0:21:15
	3	Vikki	Knott	0:21:17

JUN	1	Tom	Hatfield	0:29:22

1	Eleanor	Dunne	0:33:11

SEN	1	Garrie	Prosser	0:29:26
	2	Craig	Sutcliffe	0:30:51
	3	Mark	Molloy	0:33:07

1	Claire	Swift	0:32:36	
	2	Suzanne	Patterson	0:35:06
	3	Rachael	Mellor	0:35:13

VET	1	Nigel	Clementson	0:29:01
	2	Stephen	Rimmer	0:29:38
	3	Mark	Evans	0:31:32

1	Alison	Shepherd	0:36:09	
	2	Terrie	Diskin	0:41:48

SVET	1	Neil	Croasdell	0:33:54

1	Pauline	Busby	0:55:18

Sorry if I have forgotten anyone!!

*Please send race results to Carine van Schie or Ryan Bowd if you want it to be published in the newsletter!!!*

## EVENTS CALENDAR

**NO CALENDAR THIS MONTH, SORRY GUYS**

FOR EXPLANATION SEE MESSAGE FROM THE EDITOR  
ED



# MANCHESTER TRIATHLON CLUB

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## DID YOU KNOW

### **THERES A NEW TRIATHLON DEVELOPMENT OFFICER IN TOWN!!**

As of Wednesday 1<sup>st</sup> May 2002, I will be your new Regional Triathlon Development Officer for the North West and West Midlands. When I first saw the area that I will be looking after it scared me a little and for those who know me, I'm not the best with an A to Z!! But I love a challenge! I started life within Salford Sports Development Team in September last year as the "Chief" administrator and quickly picked up on the skills that I will need to become a successful Development Officer (BIG thanks to Mark Tweedie) Coming from an athletics background, some of you will know me (and my loud whistle!!) from the session that I coach on a Monday night at Cleavleys track, and some from those VERY EARLY swimming sessions on a Saturday morning! So from the 1<sup>st</sup> of May if you need to contact me please call 0161 873 7538 and you can be assured that I will "Tri" my best to help.

**Natalie Woodford**

## JUNIOR SECTION

### Profile of the Month

#### North West Triathlon Series 'Youths

(15-16 years) 02

(3 from 5 Events to Count)

***No pre entry for the series required, all competitors who enter will be included in the series provided they are a member of a BTA registered North West Club or if resident in the North West.***

May 12th  
June 29th

Salford Tristars,  
Wirral

Youths  
Tristars, & Youths

My name is Saul Elly I am 11 years old and live in Gee Cross, Hyde Cheshire.

I swim for Stockport Metro where I attend 5 sessions per week.

I go to St Catherine's Preparatory School, and I am in my last year.

I enjoy cross-country running and I am the cross-country champion.

I play rugby for Marple and cricket for Werneth Low, providing they don't clash with swimming galas or triathlons. I am a member of Romiley Golf Club and I mostly play during the summer holidays also play the piano.

I am interested in Triathlons as my Mum (Karen) used to do them.

Last year I received a trophy for the North West Series. I have recently run a 2400m time trial and I came second to Krystal Hoath. I beat my previous personal best time by 1 min 30 sec's, my time was 10 min 17 sec's. I have also done a 1km timed swim at Moss Side with a time of 14 min and 05 sec's again beating my previous personal best time of 14 min 23 sec's.

I occasionally go on mountain bike rides with my Dad and his friends, it is really tough, and I go running with my Mum.



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July 14th	Boundary Breeze (OWS)	Youths & seniors
August 17th	TBC Bolton	Tristars, & Youths
Sept 14th	Rochdale	Tristars, & Youths
October 20th	TBC Kirkham Super Sprint (P/S)	Youths & seniors

## MINUTES CLUB MEETING

### 3 APRIL 2002

- Ryan Bowd**
- New template for Newsletter: Everyone thinks the new newsletter looks great
  - Ryan is happy to continue as editor of the newsletter
- Dave Marshall**
- Organiser of the Swim-Run 13<sup>th</sup> April: 110 competitors
  - Running IMP has agreed to provide drink bottles with MTC logo for competitors
- Mark Tweedie**
- Although the 13<sup>th</sup> April Aquathlon is a "Salford Tri Club" event, MTC helps out to benefit Salford Tri Club, which should benefit the sport in general.
  - MTC Handbook – Can't be send out with children's addresses (child protection policy). Ryan to send handbook file to Perry, and Perry to print out at work and send out with newsletter.
  - Meeting on Sunday 7<sup>th</sup> April – is to establish a team of people for helping out with the Salford Children's race (12<sup>th</sup> May), the Aquathlon (April 13) and the Irlam children's training day (14 April)
  - Open water swimming session:
    - Responsibility + ownership to Salford Water Sport Centre
    - Proposed start date June 6<sup>th</sup> (finish late August)
    - Coach? First confirm session, then organise coach. To discuss next time with Jeff.
  - Mark is not a triathlon development officer any more. A new triathlon officer has been appointed: Nathalie Woodford will start 1<sup>st</sup> May.
  - Regional meeting: 26<sup>th</sup> May 5pm for Regional Committee. The meeting coincides with the potential squad training weekend; Paul Buxton (BTA) will be at the meeting to discuss talent identification
  - Meeting with Total fitness – to create links with the club (Carine and Dave Q go for meeting to see what is possible; to use their facilities, to benefit seniors.
- Carine van Schie**
- 20<sup>th</sup> April Novice training day (Minimum number = 6)  
Propose one to one coaching if not enough participants. Everyone to spread the word about training day.
  - Training weekend : Youth Hostel/accommodation booklet (get from Mark Tweedie). Check "Active People" to go abroad? Majorca? Carine to sort out



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-Nutrition advice from Anna Robines: Workshops, Sunday evening was suggested, Mark offered using the Water Sports Centre for this.

## Marie McDonald

-Racing kit update: Marie showed a 2-piece ladies outfit. (Sports Bra) available from same company to fit under top  
Different kits available  
2-piece – (unisex shorts) short top women/long top men  
Swimming costume  
Tri-suit (one-piece)

Prices will be emailed through tomorrow + hopefully dates to order?  
-Cycle shirts: were ordered in January, not heard anything yet. Andy Fowles to chase up.

-Perry to get a comparative quote for Club T-shirts and Race T-shirts.

## Perry Huizer

Boundary Breeze:  
-Bike Racking is ordered and will be set up for us (by same company as Crewe and Nantwich)  
-New Position for race personnel: Safety Officer – Marie McDonald agreed to take this on  
- 'Official' Boundary Breeze Meeting to be held at a later date.  
-Perry to contact all personnel for update of progress for race.

## MESSAGE FROM THE EDITOR

Well its now four issues into my tenure as editor and I believe 9you make think otherwise) things are starting to run a little more smoothly, than the first and very late February issue, *for which I'm sorry*, especially to those people who received their training schedules late. It took a little time for myself and the other people, who make up the core newsletter production and distribution team, to get into swing of things. After the departure of Dave to that other main city of Britain in the south, you know the one...

However since then, we have put in place a new look format, which we are continually aiming to improve and are refining all the time, made the newsletter available in PDF format on the internet so you can download it with all the images and entry form included, without paying

BT a fortune as before. Changes we hope you approve of, and would love to hear your feedback on. If you have feedback or suggestions please email them to me at [r.bowd@mmu.ac.uk](mailto:r.bowd@mmu.ac.uk)

**Speaking of improvements**, the next improvement we are aiming to make is to the Race Calendar, as it previous format was a nightmare (technically) so unfortunately it has been cut from this issue, but will be back better than ever in the next issue. In the mean time if people can email details for any local events, or national events it would be very much appreciated.

Thanks,

Ryan

IF YOU HAVE ANY  
**STORIES, RESULTS,  
CLASSIFIEDS OR RACE  
LISTINGS** TO CONTRIBUTE  
EMAIL THEM IN WORD  
FORMAT TO  
R.BOWD@mmu.ac.uk

**JUNE NEWSLETTER SUBMISSION DEADLINE**  
**MAY 15<sup>th</sup> –Due to Editor At Lanzarote Ironman**  
**NO EXCEPTIONS, SORRY**

ub.org



# MANCHESTER TRIATHLON CLUB

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## Rochdale and District Duathlon

**ENTRY FORM** (If a team entry, please return all team members entry forms in 1 envelope)

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_ Male  Female

DOB: \_\_\_/\_\_\_/\_\_\_\_ Age: \_\_\_ (on 31<sup>st</sup> Dec 2002)

BTA Member: (please circle) Yes / No BTA Number: \_\_\_\_\_ (if applicable)

Address: \_\_\_\_\_ Address 1: \_\_\_\_\_

Postal Town: \_\_\_\_\_ County: \_\_\_\_\_ Post Code: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_

Mobile No: (\_\_\_\_) \_\_\_\_\_ Work Ext.: \_\_\_\_\_

Email: \_\_\_\_\_ (If applicable)

School Name: \_\_\_\_\_

Club Name: \_\_\_\_\_ (If any). Teams please enclose 2 or 3 separate entry forms, 1 for each competitor. (please tick)

Team Name: \_\_\_\_\_ Company  Pub  Sports  School

Please Enter me for the: JNR Event  SNR Event  (tick appropriate boxes)

Please Enter me for the: TEAM EVENT £15  27<sup>th</sup> APRIL [ ] 15<sup>th</sup> JUNE [ ]

JUNIORS £5  SENIORS £7.50  12<sup>th</sup> OCT [ ] 7<sup>th</sup> DEC [ ]

Note TEAM ENTRY: A TEAM may consist of 3 individual entries from the main event. Whoever has the fastest time in each discipline, irrespective of the competitor, counts towards the overall time. Teams may also be made up of 2 or 3 competitors.

Please enclose cheque to the full value made payable to **Graham Stephens**

Send to: **295 Middleton Rd, Blackley, Manchester. M8 4LY.**

You must also enclose two sae envelopes for final instructions and results.

**Disclaimer/Declaration:** I declare that the above named is both healthy and well and is able to undertake this event. I understand that they participate entirely at their own risk and relieve the race referee, the race organisers/personnel, of any responsibility for injury, loss or damage, sustained to either their person or property as a result of participation howsoever caused. I also declare that the above named person's cycle is in a roadworthy condition. I/They also agree to abide by the rules of the BTA and event organisers.

Banked cheques confirm entry. I enclose a total payment of £ \_\_\_\_\_

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

Parent/Guardian signature. (please circle appropriately if applicable)

DATES IN THE SERIES CHAMPIONSHIP

APRIL 27<sup>th</sup> JUNE 15<sup>th</sup> OCTOBER 12<sup>th</sup> DECEMBER 7<sup>th</sup>

## NOVICE DUATHLON for JUNIORS AND SENIORS

Rochdale and District

**Triathlon Club**  
**RUN / BIKE / RUN**  
 Jnrs from 200m/800m/400  
 Snrs 1600m/ 6.5K/ 2400m

Mountain Bike  
 BMX or Hybrid

HEYWOOD LEISURE  
 CENTRE

Junior Distance from 200m run - 800m cycle - 400m run (Aged 7-8 yrs)

Saturday 27<sup>th</sup> April 2002

1st Wave at 11.00hrs



Sponsored by **ON TARGET TOTAL FITNESS**

NUTRITION & REST - MENTAL & PHYSICAL ENERGY - MEDICAL FITNESS

**CYCLE & RUN:** All competitors will compete over an almost flat cross-country course in the grounds of Heywood's Leisure Centre. Details will be posted to you in the final instructions. Distances are approx, provisional and use grassed surfaces.

EVENT DISTANCES			
Group/Age	Run	Cycle	Run
NOVICE*Event 9-11&12-16yrs.	200m	800m (1 lap)	400m (1 Lap)
8** yrs Tristar Start	200m	800m (1 lap)	400m (1 Lap)
9 / 10 yrs Tristar 1	800m	1300m (1 laps)	400m (1 Laps)
11 / 12 yrs Tristar 2	800m	3900m (3 laps)	1600m (2 Laps)
13 / 14 yrs Tristar 3	1600	5200m (4 laps)	1600m (2 Laps)
YOUTH Event 15-16yrs	1600	5200m (4 laps)	2400m (3 Laps)
SENIOR NOVICE EVENT	1600	6500m (5 laps)	2400m (3 Laps)

\* Ideal for introducing youngsters who do not feel they have the fitness to compete well.  
 \*\* The competition for those aged 8 yrs and is none competitive, this is a taster event.

Return your completed Entry forms to: **295 Middleton Rd, Blackley, Manchester. M8 4LY**  
 The SENIOR age groups are as follows  
 17-39 / 40-49 / 50+

### WELCOME - Rochdale and District Duathlon 27/4/02

Heywood leisure welcomes you to this event. All the events are primarily for novices to duathlon. It may be that you have one good discipline, for example the run, but you have never put together a multi-discipline sport such as a duathlon and would like to give it a go. Great attention to detail has been made for the best event possible. The run, bike and run venue is near perfect with the leisure complex at its centre. A slightly tough (in wet conditions) but scenic cycle course makes this an event not to be missed.

### Race Format: Wave Starts with the first wave away at 11.00hrs

All transitions take place a short distance from the swimming pool and are surrounded by good spectator points. All cycle and run routes lead competitors onto an open grassed circuit. This will be both marshalled and sign posted.

Time	EVENT	WAVE	AGE	RUN 1 (laps)	BIKE	RUN 2	Gender
11.00	Novice	(W1)	9-11yrs	400m (1)	800m (1 lap)	200m (1/2 lap)	B & G
11.15	Novice	(W2/3)	12-16yrs	400m (1)	800m (1 lap)	400m (1 laps)	G+ 2min
11.30	Tristar Start	(W4)	8yrs	400m (1)	800m (1 lap)	200m (1/2 lap)	B & G
11.45	Tristar 1	(W5/6)	9-10	800m (1)	1.3 Km (1 lap)	800m (1 laps)	G+ 4min
12.15	Tristar 2	(W7/8)	11-12	800m (1)	3.9 Km (3 laps)	1600m (2 laps)	G+ 4min
12.45	Tristar 3	(W9/10)	13-14	800m (1)	5.2 Km (4 laps)	1600m (2 laps)	G+ 4min
13.30	Youth	(W11/12)	15-16	1600m (2)	5.2 Km (4 laps)	2400m (3 laps)	G+ 4min
14.30	Seniors	(A) & (B)	17-39	1600m (2)	5.2 Km (4 laps)	2400m (3 laps)	G+ 4min
15.00	Seniors	(C) & (D)	40+	1600m (2)	6.5 Km (5 laps)	2400m (3 laps)	G+ 4min

Should the cycle and run courses be wet then reduced distances may be invoked.

**Race Location and Facilities:** The venue is located close to Heywood town centre. Race details and map will be included in the final instructions. The start/finish and transition areas are co-located on one site, which are next to the pool. Toilet facilities and showers are available. No lockers will be available.

**Registration/Briefing:** This will be located in the sports hall. Juniors may register only between 10.00 and 10.35 Saturday 27th April 2002. A race briefing will take place at 10.45 and all junior competitors must attend. Senior novice competitors may register between 13.30 and 14.10. A race briefing for all senior novice competitors will take place at 14.15 in the sports hall.

**Start Times:** Final start times for all events will be given in the final instructions. These will be posted to you 5 days before the event.

**Closing date, Final Instructions & refunds:** Closing date for entries if maximum reached will be Friday 19<sup>th</sup> April 2002. If the event remains under subscribed then entries will be accepted on the day between 10.15 and 10.45am with a handling charge of £2. Final Instructions will be posted by Monday 22<sup>nd</sup> April 2002. Should the event be cancelled for any reason a full refund will be given.

**Enquires and race information:** To Graham Stephens 07970 416861.

## Rochdale & District Jnr and Novice Duathlon

A British Triathlon Association Event

### TRAINING/EVENT GUIDELINES

(copy this information if you wish before returning the entry form over the page)

- GENERAL**
1. Arrive in good time and do warm up properly.
  2. Your last light meal should be two to three hours before starting.
  3. Have a drink and something to eat soon after the event.

**SWIMMING** N/A

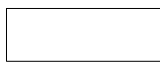
**TRANSITION** 1. The clock starts at the beginning of the 1<sup>st</sup> run and does not stop until you have finished the 2<sup>nd</sup> run, so quick changeovers

important. 2. Put a little talcum powder in your footwear to help your damp feet enter them. If possible practice changeovers before

3. Make sure your laces are loose enough to slip your feet in. Consider using elastic laces or lace locks, often found on anoraks and rucksacks.

- CYCLING**
1. Make sure your bike is in a gear suitable for the start.
  2. Stay seated as long as possible (use your gears) until more of your blood has arrived in your legs!
  3. **Pace Yourself** you still have the 2<sup>nd</sup> run to complete!

- RUNS**
1. Don't use new kit, stick to what you are familiar with.
  2. Try to keep running, even jogging is a lot faster than walking.
  3. Again **pace yourself** and most of all -



ENJOY YOURSELF.

