



# MANCHESTER TRIATHLON CLUB

NEWSLETTER ISSUE 158 OCTOBER 2002

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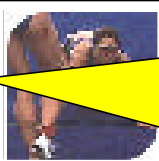
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## PERRY STORMS TO 10<sup>th</sup> Overall in First Ironman & Asks What's the Fuss



### IRONMAN – WHAT'S THE FUSS?

Do you know any Ironmen and women that have only done just the one? If you do they are probably already preparing for or at least thinking about the next one. So, it must be good.

After some olympic distances I was looking for new challenges. Having trained for these shorter races all year. I started toying with the idea of going "long". Thoughts fuelled by recent successes of the Iron Crew that travelled to Austria might have played a part as well.

For me, there would only be one race where I was going to be making my debut. Almere. Not only is this race in my home country and the oldest long course race in Europe. But I also grew up watching this race in the late eighties and early nineties.

The only problem was that it was only 7 weeks away and I had not done any specific long distance training whatsoever! Fortunately, our very own Ironman-Guru Nick, assured me that, although it would be tight, it could be done.

Lets skip the next 7 weeks are they just comprised long hours on the bike and associated messing about to obtain a "relaxed but aero" position.

The race itself has a history of being fast & flat and not so fast, but still flat. The trend in the last few years was going back to the not so fast, but still flat version.

**Annual General Meeting!!!**  
Our club annual meeting will be held on  
Wednesday 13<sup>th</sup> November at 8pm  
upstairs in the Bar at Longford Park  
Track.

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



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Just for info, the race record is 7:56 with sub 4:30 bike splits.

Why was this race not so fast? There is only one answer, WIND. Yes, Holland is flat and yes, the road surface is far better than we are used to here in the UK. But because of it's flatness there is always wind. Especially on the exposed "not so fast" course.

The week running up to the race the weather was lovely, however, on Friday the clouds came in and the wind came up. On the morning the wind was a stiff force 4 and big nice swell on the water.

It couldn't bring down my excitement though. This was it, my first long course. I tell you what, let's call it Ironman. It had been years that I was so excited for any sort of race.

The start is in the marina of Almere. On exiting the marina you hit the big open water surrounding the Flevopolder. The swim was going to be the least of my worries and with a water temperature of 17,5 degrees not at all cold. The swell made it a tough, slow swim but exiting the water in the group with all the favourites was pleasing.

During the swim it had actually started raining (typical) and the first half hour or so on the bike was a bit chilly. I was trying not to get carried away in these first few miles and tried to pace myself. This is hard to do as some of these other guys go off like yoghurt in the sun.

Needless to say that feeding on the bike is one of your main priorities and I managed to keep to my schedule. My time schedule was a bit more difficult to keep and after about 120k the wind was getting to me a bit. If not onto my nerves. Later I found out that I did rather well on the bike and

that bike splits were a lot slower in general due to the weather.

After 5 and a bit on the bike I was happy to change into my running kit and started the run in good spirits. But 42k is a long way after 6hrs of swimming and cycling. What was waiting out there? I wouldn't know, I had never even run a marathon before.

In training it had gone well so it would probably be best to go at the pace that I ran during training. This worked well, although I got a little bit over optimistic on the first lap.

It is difficult appreciating how tired your legs are at that time and the quadriceps get some pounding throughout the day.

Anyway, before the race I had promised Carine not to kill myself and try to enjoy the experience of my first Ironman. And that's what I did. I finished the run the way I started it, in good spirits. And I certainly enjoyed the run into the finishing stadium.

The day ended with 10<sup>th</sup> overall and a 6<sup>th</sup> in the Dutch national long course championship. Total Time 9:25:29.

I now know what the fuss is about and I want more of it.

## Message From The Chair

Dear Club Member,



An impressive start to the month with a huge turnout for the UK half ironman in Llanberis. Carine van Schie was eighth woman overall, beaten by no non-pro athlete. Other great efforts were put in by Mark Russell, Nick Thomas (yes, I know its only two weeks to Hawaii), Phil



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Fox, Damian Thacker, Paul (happy to do any bike repairs for hopeless females en route) Davies, Cathy (rapidly turning into a scary speed-machine, though hopeless mechanic) Atkinson, Steve (master of intensive pre-race training?) Clayton, Pete Hopkins, Ryan Bowd and Martin Webb.

At last now it is time to taper, chill out and plan for Crimbles. Any top ideas for the Xmas do would be gratefully received. Simon is once again preparing to excel in the social sec department.

The AGM is going to be held after training at Longford Park on Wednesday 13th November at 8pm. We would really appreciate peoples input at this, and volunteers for the numerous jobs that help make this club run soooo smoothly. The bar will be open, so please come along and give us your input / feedback / gossip.

See you there

Cheers,  
Cliona

## **The British and European Police Triathlon Championships in Guernsey**

After a mad dash to Eddies to collect my bike box I thought, 'Girl you've got loads of time – chill out, how hard is it to put a bike into a large case?' Friday 20<sup>th</sup> September 2002 and in possession with a very small travel bag (feeling very proud for packing the bare minimum) I set off to Macclesfield to collect my bike and 'put it in the box'. I had three hours until my teammate Chris was expecting me. Bags of time (or so I thought!)

Two hours later, with my bike in millions of pieces, I frantically called everyone listed in my mobile telephone. 'Just undo this, hit that and hey the headset should move.' 'Give it a good old smack.' 'Mind you don't

buckle the wheels when trying to twist it round'. The advice was endless.

Arhhhhh.....would the thing move?..... not even an inch.....and yes, buckled wheels are great to race on! After realising (well actually being informed!) that maybe the reason the headset wouldn't move could be due to the fact that it had never been touched in the last four years! 'Hummmmm' I thought...big bike...small box...take drastic action as time is fast running out.

So with fifteen minutes to spare, my dismantled bike was tightly packed in the box – I had to saw through the frame and fold it in half (not really!) I stood back and looked at myself - its going to be one of those trips, I thought, I looked like a car mechanic who'd just done an oil change, there was more grease on me than on the bike!

I arrived at Chris' house, bang on schedule and burst his bubble of being totally relaxed and stressed free – 'oh my god, she's here! Don't touch a thing!' I could tell he'd been chilling out all morning, pottering around and enjoying the sunshine.

After paying an extra £25.00 per bike for the privilege of taking it on board the plane we finally arrived in Guernsey and then had the task of transporting the bikes on an epic journey, 2 minutes up the road!

Saturday. We met two other triathlete chicks at breakfast and they happened to have a car – fantastic! Registered for the race, then the moment of truth – Chris fell about laughing when I opened my bike box. 'Chris, I know exactly where every single little piece goes – honest!'

In the afternoon we cycled the bike course and chilled out in the sun at the local teashop. Chris, starving and expecting a



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'triathlon size sandwich' was beside himself



Marie and Chris. Hard At Work

when the tuna sandwich arrived, two slices of cheep no frills bread and dry tuna. (I guess you had to be there to see the funny side). After my idea of 'lets walk to the pasta party via the coastal paths' we set off – 2 hours later and starving we were very grateful to the driver for stopping when hitching a lift!

Pasta party – really an opportunity to check out the competition! I spent the whole night psyching out the other girls – thought give them a Karen Elly stare!

Sunday 6am. Someone please turn the lights on. The four of us sat round the breakfast table trying to crack jokes and I stared at my gag bics (soggy cereal) trying to force feed myself.

By 7am I was stood in transition, feeling very confident and wanting to 'show these girls how to race down hill and speed round corners!' 'Start to worry girls 'cause when I'm out the water .....etc etc. I was in Maz world, chatting away to myself, picturing myself running past all the women and taking first place! Then to my horror, Mark (rival competitor from another force) insisted on tightening up my

headset. Regardless of rank, I pleaded with him not to touch it and armed with spanners he took no notice – I guess that's the advantage of being a Chief Superintendent!

I wanted to hit him but he assured me it was for the best and that on the fast downhill sections and tight corners that I wanted to achieve I could now have full confidence in my machine and its ability to deliver. 'Marie, the handle bars and front wheel will now work together and not in different directions – trust

me'. I thanked him and jokingly accused him of sabotage!

In no time at all I found myself on the beach, wished Chris all the best and ran into the sea. It was never in my race plan to start at the front but I guess for a split second I actually thought I was Karen and wanted to experience full race aggression! What an experience! For err lets see, ten seconds, I thought 'I'm leading the swim! So this is how it feels!' then reality hit me in the face (quite literally) - I got kicked, punched, swam over and half drowned! 'Where are the buoys?' The swim was sooooo long!

But hey, in no time at all I was on my bike and loved every minute. I had such a buzz going down hill, I let myself go and speeding past them thought, 'move over girls, take a look, this is how you ride a bike!' It wasn't long before transition came into view and like a flash I set out on the run course. By this time I knew I was in third place.

3 laps – 3 hills – everyone had talked about this nightmare hill – 'where I



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thought? This is a mere bump compared to Llamberis! Lapped courses – I love them. 'Just keeping eating up that pack!' With 2k to go I had her in my sight – 'humm, do I sit back and wait for the sprint finish or dig in, relax and glide past her?'

'Dig in girl, run strong and don't look back – it's a sign of weakness!'

2<sup>nd</sup> place, 1<sup>st</sup> Police lady! What a perfect day. Well, winter swim training here I

come - watch this space, Karen its time to worry! (err, that's a joke!) Chris came in 18<sup>th</sup> overall, 17<sup>5th</sup> Policeman. The rest of the day was then spent soaking up the sun - what a great way to spend your weekend.

Prize in hand - a bike rack, (for 3 bikes!) I'll be off mountain biking at Coed-y-Brenin for those who want to join me!

## Race Results

Final position	swim place	swim split	cycle place	cycle split	run place	run split	total
1 <sup>st</sup> male Karl Webster.	(5 <sup>th</sup> )	27.18	(1 <sup>st</sup> )	1.10:10 (1 <sup>st</sup> )	39.28	2.16:56	
18 <sup>th</sup> Chris Evans	(38 <sup>th</sup> )	31.52	(20 <sup>th</sup> )	1.12:22 (18 <sup>th</sup> )	41.38	2.25:53	
1 <sup>st</sup> lady Gail Merrien	(19 <sup>th</sup> )	29.54	(30 <sup>th</sup> )	1.16:30 (30 <sup>th</sup> )	44.09	2.30:34	
2 <sup>nd</sup> Marie McDonald	(62 <sup>nd</sup> )	34.42	(48 <sup>th</sup> )	1.16:56 (37 <sup>th</sup> )	43.50	2.35:28	

## WOW WHAT A SEASON

Wow! What a season! I'm currently at home watching GMTV feeling incredibly bored and sorry for myself. The reason? well, I've swum so far this year that I've managed to completely trash my shoulder to the point I can't work for a few days. More importantly, I can't swim!!! and those closest to me know exactly how I feel about that one.



This year I have managed to come second in almost every race I've swum in. Not a bad feat really, but incredibly frustrating. One of my major races was an 8-mile sea swim in Torbay. Scared to death was an understatement. With temperatures in the low 50's it was blood awful. I was sick during the swim by swallowing so much salt water and someone turned on the rinse cycle while I was in there so my normally beautiful stroke (!! ) went to pot completely. As we all know I only got half way, but before you take the mick, could you swim for 4.5 miles in the seal with no wetsuit; Huh? I admit I deserve the piss taking! I promise it won't happy again.

In August a few of us went to Lake Coniston to give that a shot. The weather was gorgeous and the water was like a bath. Albeit a cold bath! All three of us (Steve Clayton, Dave Harper and me) completed the



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distance we went for. Dave and Steve did the one-way and I did the two-way. Well, I can't have people thinking anybody's as mad as me, can I? Other than losing my head on the return trip I managed to drop only two minutes on the way back to finish in 5.22.

Just over two weeks later, Perry, Marie and me ventured to Lake Windermere, getting up at 5.30 with it pissing down with rain and to sit on a ferry for an hour and a half. To then strip to a swimsuit and swim in a petrol covered lake for 5 hours it not something I dream about often. In fact, I would rather have my toenails pulled out!! Everything was going fine for about an hour and then my shoulder went and the next four hours were agonising. A couple of times I let the tears well up but after some harsh words from the 'bad cop' in my head I soon just got on with it. And unlike last year when my language became extremely fruity, I only swore at Perry twice (I think). In my defence, teasing me with the water bottle wasn't very fair. My revenge was that they had to sit in a rowing boat in the wind and rain for 5 hours with no toilet!! hee hee. I finished seventh overall and fourth woman with a personal best 49 minutes quicker than last year and no signs of the cramps I suffered then. From there we went straight to Llanberis to watch the half Ironman. Thank God I didn't have to do that!!

The plans for next year are 8.5 miles Torbay, 14 mile 2-way Ullswater and 21 miles 2-way Windermere. Just can't get enough of the sensation of swimming in a freezing cold washing machine and drinking watered down petrol! Don't ask me why I do it, I don't have a clue!

Tanks to everyone for their support, especially Marie, Dave and Perry, without you, I would have been at home in my nice warm bed!! and who would want that?

## HIMUK RACE REPORT – A VIEW FROM THE BACK



Ironman UK –  
A view from  
the back! by  
Martin Webb

Having entered Ironman UK 2001 and registering a DNS due to severe lack of motivation, training and fitness I was determined to enter and complete the race this year. I entered the race in February with grand plans for a series of good races at Ellesmere, Chester and Ripon followed by Llanberis itself. I always find myself short of bike miles following the winter but my running was going well in training. However a calf problem just before Ellesmere disrupted my run training and I never really got going again. Then my old enemy time crept up on me again leaving me short of training time. A badly timed family holiday (in terms of the race, not the family!) left me with essentially a 4-week taper and carbo-loading programme. Not ideal preparation and I also came back from holiday with a bad back!

That's all the excuses out of the way now for the positives. Having completed Ironbridge1997 (6:52) and the Longest Day 2000 (12:12) I was hopeful that I had gained some sort of experience that would see me through in a reasonable time. My expectation was to finish in around 6:15 although I was obviously hoping to be faster.

After the race briefing and pasta party, excellently hosted by Ryan, I had a quick drive around the bike course before returning to the Travelodge near Bangor where I'd left Toni, Elliot and Rebecca.

Race day arrived with a 4.30am start and arriving at transition at 5.30. Whilst visiting one of the portoloos the heavens opened



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and I was very much tempted to stay inside except for the fact that my wetsuit etc. was outside getting wet. I then joined the majority of the other competitors huddled in the change tent getting changed – I nearly said dry – but the rain had found it's way inside. This was the point where I began to wonder what I was doing here and wished for a Middle or Long Distance race in a sunnier climate.

As 7 o'clock approached the first wave made their way down to the lake. I was off at 7.15 so had a few minutes grace. The water was apparently some 3.5 degrees warmer than last year at 16 degrees. On entering the water I was pleasantly surprised as the water was actually quite warm and it was at this point I convinced myself that I made a good decision not to race last year – 12 degrees sounds quite cold!

Unfortunately Wave 2 started with a number of people still entering the water and with myself probably 50-100 metres from the start line. However the advantage of this was clear water! A nice steady swim ensued and my main concern of 600 people all swimming over each other never materialised. I'd entered the water desperate for a pee but once the race started I couldn't seem to go. I spent the last ten minutes of the swim trying to go to save time in transition (I'm not sure you needed to know that bit!)

Anyway having exited the swim and removed my wetsuit (which gets tighter with every race!) I was handed my bag and entered the changing tent which was full of bodies and steam.

As it turns out I spent rather a long time in T1, over 9 minutes! I'm not really sure why I took so long; the norm seemed to be around 5. The bike course had been described to me as tough and my plan was to cycle conservatively so I had something

left for the run. Even with this plan I found myself overtaking quite a few people so much so that I actually discovered I was enjoying myself! There were a number of small inclines in early part of the course, which was really only an introduction to the major climb, which lasted for around 2.5-3 miles. I found this climb relatively easier in my 39/25 gear and again found myself overtaking a number of people. Most of the hills were followed by long stretches of slight downhill, which made for a fast course.

I cycled past the Travelodge where we had been staying expecting to see Toni, Elliot and Rebecca – however it turns out they were having breakfast! I still felt good at this point and only began to struggle during the last 5 miles.

I arrived back at transition and then embarked on the run. I was quite surprised that I was actually able to do having suffered from cramp in my quadriceps at Chester and Ripon this year. After about 15 minutes of steady progress I started to suffer a little and made it to the first aid station and walked through it. The rest of the first half of the run was a steady uphill and I recall desperately looking for the white house on the hill. This was the turnaround point. I eventually saw it but unfortunately I also saw the long winding, uphill road full of runners making their way slowly to the top. By this time I was mostly walking and didn't really start running again until the turnaround point. Although this was now downhill I still didn't find it easy. I convinced myself that I couldn't walk the downhills and only walked some of the flat and uphill bits on the way back. I eventually reached Llanberis in 6hrs but then had to run past the finish and back up the high street. I knew I had to do this but it hadn't really hit me how far it was. It took me 16 minutes with me still having to walk some of it. I finished in 6 hrs 16 minutes, which



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based on my training I can only be happy with.

However I'm still disappointed that I don't think I have yet reached my full potential so it has motivated me to be more focused next year and make better use of my available time. I've yet review my training diary in detail but I reckon I must have averaged about 5 hours a week with the long run and long bike the first to be dropped – hardly ideal preparation. I'm hoping to do another Ironman next year so would be interested if there was a club trip somewhere.

Congratulations to everyone else who raced - there seemed to be some excellent performances and I can only look at their results with envy!

The main reason I have written this is to demonstrate to anybody considering a Middle or Long Distance triathlon you can complete the race with limited ability and training. Obviously the more quality training you do the better you are likely to do and the less likely you are to suffer after the race!

I entered the sport in 1994 with no swim/cycling/running background and my only regret is that it took me until 2000 to attempt my first Ironman. If you are thinking about one yourself plan for it now. The last two years have seen a group of MTC members race at Ironman Germany and Austria respectively. This offers a number of potential training partners for the longer stuff, which increases motivation and reduces any potential boredom.

## Coaches Corner

### Annual General Meeting

It is the time of annual general meetings. Our club annual meeting will be held on Wednesday 13<sup>th</sup> November at 8pm upstairs in the Bar at Longford Park. Please all

attend to discuss important issues in YOUR Club!! Agenda includes: election of officers (fancy being a bit more involved with running the club?), 2003 membership fees, club kit issues, club training and programme, and any other business. If anyone would like to add anything to the agenda, please contact Cliona Kirwan or Carine van Schie.

The BTA annual general meeting will be held on Sunday 24<sup>th</sup> November at Loughborough University. The Saturday before the meeting the BTA is organising several conferences that may be of interest to MTC members. Anyone interested in event organising should go to the Event organiser's conference, there is also a club development conference for any club officers or coaches or other members interested in getting a bit more involved with the running of our club. There is also a cycle performance-training day, which is a one-day training course for age group triathletes wishing to improve their cycling. If you haven't received any information about this, please contact Carine or any other MTC member with BTA membership. These conferences are all day (9.30-17.00), and are followed by the Annual Awards Dinner. This all needs booking before 15<sup>th</sup> November. It would be great if we could go down with couple of MTC members, in order to work on our club development, and of course to have good weekend out!!

### Bits and pieces

Swimmer: Limited subscription for club members. Swimmer is the official magazine of Swimfit, an new initiative by the ASA, and is UK's only health and fitness magazine dedicated to swimming. Swimmer will be packed with regular features on fitness, technique, land training, nutrition, health and beauty, personality profiles and real-life case studies. To celebrate the launch they offer MTC club members a limited half price subscription offer of six FREE issues. I



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have a couple of subscription leaflets, but you can also subscribe on line at [www.swimmermagazine.com](http://www.swimmermagazine.com)

Swimproducts.co.uk: Check [www.swimproducts.co.uk](http://www.swimproducts.co.uk) for good deals on swimming costumes, goggles etc.

Cycle storage at home: Tusk, cycle racks, workstands, security anchors: visit website at [www.tuskstore.com](http://www.tuskstore.com). Ask Carine for brochure if any interest.

Meningitis trust: is looking for 'high flyers'. Raise money for this charity by doing a sponsored parachute jump ([www.meningitis-trust.org.uk](http://www.meningitis-trust.org.uk)). More information from Carine.

## COACHING FOCUS

Finally the end of season is in sight. Although not for all of us, as some MTC members are still training hard for their 'race of the season'. Good luck to Nick Thomas who is racing in the Hawaii Ironman on the 18<sup>th</sup> October and good luck to Damian Thacker, Pete Hopkins, and (probably) Marie McDonald who will be racing in the age group world championships in Cancun on the 9<sup>th</sup> November. (I am not aware of any other MTC members racing in the world championships, apologies if I forgot anyone).

As it is the end of the season, this means time to 'REST', 'RECOVER' from the past



Manchester Tri's Super Cycling Girls

racing season and to 'EVALUATE' the past racing season. Make sure to learn from mistakes, and from good experiences. Try not to repeat next season what went wrong this year, but try to build on good experiences and to increase your performance and enjoyment in racing and training. This is really the time to speak to coaches for advice for next year, or for help with analysis and evaluation of the past racing season. Start thinking about next season, what do you want to achieve and how do you think you are going to do it? Try to write down for yourself what you would like to achieve not only next year, but in the next couple of years, and see how you can work towards your 'goal'. I will be available for anyone that needs help or advice planning and/or evaluating the season. Thus, please don't hesitate contacting me if you need any help or have any questions.

Cheshire Masters Swimming competition  
See the fantastic results of MTC swimmers in the Cheshire Masters Swimming competition in the results section. Only 4 MTC members ended up competing, however since we have brought back so many gold medals I am sure next year we will be going to this event with a much larger club representation. The race was very well organised, there was a very friendly atmosphere. Most (almost) importantly, we all raced in heats against swimmers of our own standard. Therefore, this kind of racing is suitable for anyone that can complete a 1,5 hour swim session with Dave Quartermain, thus next year no excuses!!

**Evaluation Coaching Team:** The coaching team should get together sometime in the near future to evaluate the season, and to discuss how to proceed forwards. I will be contacting you all soon about when and where to meet.



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**Mountain bike rides or walks:** Is anyone interested in organising a mountain bike ride or walk in the Peak or Lake District? If so, please advertise in the next newsletter!! Any other organisers of 'non-triathlon' related activities are welcome!!

'Girls' cycling group: We have been talking a bit about organising a girls cycling day, to discuss bike maintenance issues, but That is it for me for this month! A bit short, but hopefully next month I will have a summary of what has been discussed at the coaching evaluation meeting. I should also have more information for you on when we start cycling again on Sunday mornings and when we start again with our 'group cycling sessions' (spinning) sessions at Sale Leisure Centre. If anyone has any feedback for me about what they thought of last years Spinning sessions, or whether they would be interested in doing

also about being a bit more serious about our cycling training. I am quite (very) interested in doing some more cycling races next season, and wonder if any other female MTC member would also be interested. I have also spoken to a few of you, but it would be great if we could get ourselves a bit more organised and plan our 'activities'. Any suggestions are welcome!

this session this year, please let me know. Any other feedback on training issues is greatly appreciated!! Have fun 'resting' from and 'evaluating' your season.

Carine van Schie  
0161 432 2931  
07811 263 498  
carine.vanschie@btinternet.com



## RACE RESULTS

### RACE RESULTS

#### 25 mile Time Trial, Seamons Cycling Club, 17th August 2002; J2/9 course

1 Paul Dotchin	54.42	
31 Carine van Schie	1.04.36	
42 Steve Daintith	1.06.50	
48 Malcolm Flannery	1.08.49	
59 Marie McDonald	1.14.17	(Birthday girl!)

#### Horwich RMI Triathlon (750/42k/12k), 25th August

1 Ed Nichol	2.06.57	
3 Mark Russell	2.11.12	(3rd M)
20 Sue Jones	2.26.01	(1st F)
26 Carine van Schie	2.32.01	(2nd F)
55 Cathy Atkinson	2.49.52	(7th F)
61 David Waterhouse	2.55.37	



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## Perry's first Ironman!

### Almere Ironman, Holland, Open Dutch Championships, 31 August

1 Gerrit Schellens (BEL)	8.28.02	55.47	4.49.50	2.42.25	
4 Bert Flier	8.53.57	56.06	4.55.00	3.02.51	(Dutch Champion)
10 Perry Huizer	9.25.29	56.28	5.11.03	3.17.58	(6th Dutch finisher)

### Llanbaris, Half Ironman, 8 September 2002

1 Richard Jones	4.04.33				
25 Annie Emmerson	4.23.46				
57 Mike Little	4.31.38				
64 Mark Russell	4.39.38				
79 Nick Thomas	4.42.51				
92 Phil Fox	4.44.29				
150 Carine van Schie	4.56.46	(9th F)			
158 Gavin Rogers	4.58.26				
228 Damian Thacker	5.07.49				
274 Paul Davies	5.12.40				
510 Pete Hopkins	5.35.29				
524 Steve Clayton	5.36.52				
542 Cathy Atkinson	5.38.00				
658 Ryan Bowd	5.51.11				(after very few hours sleep and many hours of work) {THANKS CARINE, for making excuses for me, I go with that story!}
826 Martin Webb	6.15.41				

### Cheshire Masters Competition, Macclesfield, 14 September

4x25 Individual Medley		position	age category
Rob Arnold	1.13.89	3	M40/45
Rachel Ramsay	1.19.28	1	F25/29
50 Butterfly			
Rob Arnold	31.71	3	M40/45
Carine van Schie	39.80	1	F30/34
50 Freestyle			
Rachel Ramsay	32.48	1	F25/29
Carine van Schie	34.15	1	F30/34
Mike Wakefield	35.15	3	M35/39
400 Freestyle			
Rob Arnold	4.59.92	2	M40/45
Rachel Ramsay	5.17.10	1	F25/29
Carine van Schie	5.36.37	1	F30/34
Mike Wakefield	6.09.57	1	M35/39



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## 25 mile Time Trial, Rockingham CC, 21 September; 025/10 course

1 Julian Ramsbottom	50.31	
40 Perry Huizer	55.36	
91 Carine van Schie	59.50	(New Club record, age 30-34!)

## Lancashire Flyer Duathlon (5k/32k/5k), 21 September

1 Ed Nicoll	1.24.28
8 Mike Palmer	1.32.51
28 David Melvin	1.53.41

## Bala Triathlon, Olympic Distance, 22 September

1 Richard Jones	2.01.15
67 Tim Johns	2.23.09
127 Steve Clayton	2.32.22
146 Mark Abbott	2.34.39
158 William Millard	2.37.03
174 Rob Williams	2.39.22
238 Patricia Williams	2.50.05
270 David Waterhouse	3.02.09

Cathy Atkinson                      DNF (Bike Accident)

## Nice ITU World Championships Long Course; 22 September

### Elite Male

1 Cyril Neveu	6.19.45
12 Luc van Lierde	6.32.27

### Category senior 1

1 Dani Hofstetter	6.57.57
26 Ryan Bowd	9.03.18

### Category senior 2

1 Christian Billau	6.45.48
50 Phil Fox	8.43.01      (50th in category Senior 2)

## Fryer Tuck, Cheshire, 29 September

1 Chris Malpass (team)	57.24
2 Doug Hart	58.04
13 Rob Arnold	1.01.39
42 Rob Williams	1.06.32
59 Mike Wakefield	1.08.43
111 Chris Storey	1.12.59
113 Kevin Egerton	1.13.02
117 Darren Riley	1.13.20
130 Pat Williams	1.14.06



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143 Jonathan Shaw	1.15.01
152 Chris Brown	1.16.11
159 David Melvin	1.16.53

Sorry if we have missed one of your races, if so, please send Carine ([carine.vanschie@btinternet.com](mailto:carine.vanschie@btinternet.com)) your race results, and it will be in the next newsletter!

Also apologies for no split times, due to back problems I couldn't spend too much time typing this all up!! (Carine)

## EVENTS CALENDAR

6 October Blackburn Duathlon

18 October Hawaii Ironman

**3 November Kendale Duathlon (2.5m/12m/2.5m)**

**\*\*Events in Bold: entry forms available from Carine van Schie**

## Did You Know???

### Urgent Message to Boundary Breeze 2002 Volunteers

Re: Boundary Breeze T-shirts

Boundary Breeze volunteers who did not get a race t-shirt, could you please contact Perry or Carine at 0161 432 2931 (we have a few extra t-shirts!!)

**Marie Macdonald's** current email address ([marie@mantri.freemove.co.uk](mailto:marie@mantri.freemove.co.uk)) will be out of action until further notice (about 3 months). Its best to contact her one of the following telephone numbers:

home: 0161 368 6491  
mobile: 07946 545817.

## 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 8pm.

### 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, Saturday mornings from 8 - 9.30am and Thursday morning from 6.30-8am. Open water swim training (May to September) is on Thursday evenings at 7pm at Salford Quays (aim to arrive 6.45pm at the latest).

**BIKE:** Sunday morning rides at 10am from Didsbury clock tower run from mid-October to mid-May. There are different ability level groups, each with a designated leader. When there is a training Duathlon at Chelford the bike ride starts there afterwards. 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. Spin and circuit sessions at Sale Leisure Centre, Thursdays 6.30-8pm.

**RUN:** There is an MTC track session at Longford Park, Ryebank Road, Stretford on Wednesdays from 6.45pm - 8pm and a group run is usually organised after Saturday morning swimming at various venues



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**JUNIOR SECTION:** Run and bike training for 8-16 year olds is based at Longford Park athletics track on Wednesday evenings 6.45pm - 8pm. Swim training at the Aquatics Centre Sundays 7.30am.

For further information go to [www.man-tri-club.org](http://www.man-tri-club.org)

## Junior Section

### Summer's over, so what now?

JUST BECAUSE THE SEASON IS DRAWING TO A CLOSE IT DOESN'T MEAN THAT TRAINING SHOULD STOP, IN FACT IT IS OVER THE AUTUMN AND WINTER THAT THE FOUNDATION FOR NEXT YEARS RACING SEASON IS LAID. GOOD SOLID TRAINING THAT FOCUSES UPON DISTANCE RATHER THAN SPEED IS THE KEY TO GOOD RACING IN THE NEXT SEASON.

THE END OF THE SEASON IS USUALLY A GOOD TIME TO TRY SOMETHING NEW AND HAVE A BIT OF FUN AND FOR THOSE OF YOU WHO STILL WANT TO A BIT OF COMPETITION THERE ARE A VARIETY OF CHOICES THAT WILL ALL HELP TO IMPROVE YOUR TRIATHLON FITNESS. THIS MONTH WE'LL FOCUS UPON A SPORT CALLED CYCLOCROSS, IF YOU DON'T KNOW WHAT THAT IS THEN READ ON....

The following is some information taken from the BCF's website

( [www.britishcycling.org.uk](http://www.britishcycling.org.uk))

This is Cyclo-Cross!

Muddy marvellous! Thin tyres, thick mud and some of the most exciting yet safe racing you will ever come across – that's Cyclo-Cross.

Cyclo-Cross is an almost exclusively winter sport. Short courses (often less than a mile long) on grass, generally in public parks or on playing fields, are tackled on machines which look very similar to Road bikes. Thin tyres have a knobbled tread and powerful brakes and low gears make Cyclo-Cross bikes easy to handle on the rough. (All local races will allow you to enter on a mountain bike – PD)

Massed starts make for fast races, which are usually no more than an hour in length – shorter for juniors, women and Veterans. Tactically, it's best to get to the front early and stay there. In practice, the better riders are often as good at running with

their bikes as they are riding them. With ice, tree-roots and even man-made obstacles in their way, they are extremely agile at mounting and dismounting whilst keeping forward momentum. Many include running in their training. (Perfect training for triathlon! – PD)

If that all sounds like hard work, then don't forget that Cyclo-Cross is also one of the most accessible forms of cycle-sport. Races have a relaxed, informal atmosphere and entries are usually accepted on the day. There are categories for younger riders, usually with a reduced entry fee. The short lap length means that the better riders often lap some of the slower competitors, but that's not the end of the race – you can still submerge yourself in the action, enjoy your own private battles and forget whether you are first or a hundred and first.

#### Cyclo-Cross Facts

- Mountain bikes are welcome at most domestic races
- The World Championships are held in late January or early February

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



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each year. Crowds of 20 to 30,000 are not uncommon, especially when held in the cyclo-cross heartlands of Belgium or Holland.

The world's top riders are dedicated cyclo-cross specialists, feted as stars in their home countries, and the speed of these top level races is spectacularly high – whether over mud, sand, ice or snow.

- The "Three Peaks" Cyclo-Cross race takes place every September and involves climbing three of Yorkshire's most famous mountains, Whernside, Pen-y-gent and Ingleborough – all over 2000 feet high – some riders have

recorded over thirty successful finishes in the race.

## Local Races

The following are races that form part of the North Cyclocross League. Most of these races are either free to enter or have a reduced entry fee for Juniors (under 12s are usually free and 12-16s are £5 or less). Races for under 12s usually last about 10 minutes, for 12-16s races last about 30 minutes. Over 16s are included in the adult field with races lasting about one hour. Prizes are given for each age category. Races can be entered on mountain bikes and are usually enter on the day. For more details of each race contact the race organiser.

Date	Event	Venue	Contact Telephone
Sunday, Oct 13 <sup>th</sup>	Centreville cross	Bowlee Country Park, Bowlee. (off A6045, from junct 19 M60)	John Burstton 0161 761 4141
Sunday, October 20 <sup>th</sup>	Spectacles Cross	South Park, off Park Lane. Macclesfield	Stephen Townsend 01625 263 501
Saturday, October 26 <sup>th</sup>	East Liverpool Wheelers Cross	Otterspool Park, Aigburth, Liverpool	John Gilmore 0151 724 6403
Saturday, November 9 <sup>th</sup>	Liverpool Century Cross	Otterspool Park, Aigburth, Liverpool	Mike Morgan 0151 737 1816
Sunday, November 10 <sup>th</sup>	The Queen's Cross	Queens Park, Bolton	Dave Layland 01204 417 574
Sunday, November 24 <sup>th</sup>	Sherdley Cross	Sherdley Park, Sutton. St Helens	Roy Tinsley 01744 756 147
Friday, December 27 <sup>th</sup>	Horwich Supacross	Queens Park, Bolton	Dave Layland 01204 417 574
Saturday, December 29 <sup>th</sup>	Macclesfield Supacross	South Park, off Park Lane. Macclesfield	Peter McGuckian 01625 423 386



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## My Near Miss for Stardom!!

ONE EVENING I WAS WATCHING NEWSROUND ON BB1 WHEN THE PRESENTER STARTED TALKING ABOUT A COMPETITION TO REPORT ON THE COMMONWEALTH GAMES. ALL YOU HAD TO DO WAS WRITE ABOUT YOUR FAVOURITE SPORT IN 100 WORDS OR LESS SO I DECIDED TO ENTER IT AND WRITE ABOUT ... TRIATHLONS OF COURSE! I WROTE THE PIECE AND THEN SENT IT IN. I HEARD NOTHING FOR SEVERAL DAYS AND SO I THOUGHT I HAD NOT WON. THE NEXT DAY I GOT A PHONE CALL TELLING ME THAT I WAS ON THE SHORTLIST. I WAS VERY SURPRISED. DURING THE PHONE CALL SHE ASKED ME WHAT I LIKED DOING AND WHO WAS MY FAVOURITE ATHLETE. (I SAID DARREN CAMPBELL). SHE ASKED ME SOME MORE QUESTIONS AND THEN THE PHONE CALL ENDED. AFTER TWO DAYS SHE PHONED ME AGAIN AND

TOLD ME THAT I HAD NOT WON. OH WELL I THOUGHT, MAYBE NEXT TIME!

## My Favourite Sport And Why!

My favourite sport is triathlon because it's three different sports combined together, as watching swimming or cycling or running on it's own is really quite boring. To my surprise on my first triathlon I came in third and collected a trophy. I got into triathlons when I saw an entry form in my local library. After my first triathlon I decided I would like to do more and my good result inspired me too. I also gained free membership to Manchester Triathlon Club

By Nina Elizabeth McArthur

## Farewell to Mark

You set up the junior section  
And showed us the right direction  
To become a sports star  
Whoever we are.

You helped us with our running  
And cycling too  
You've made the junior section  
What will we do without you?

You are a great coach  
One of the best  
I am sure  
That you beat the rest.

FAREWELL MARK

BY NINA McARTHUR



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## Monthly Meeting Minutes

Club Meeting  
4th September 2002

Select few attending:

Cliona Kirwan

Paul Davies

Cathy Atkinson

Steve Clayton

Perry Huizer upstairs having massage, mentally with us he claims!!

1. Club Kit

Sounds promising, awaiting samples. Perry on the case.

2. Club inventory

Steve still to itemise all kit belonging to club

3. Spin sessions

Want to keep these going. General consensus that they were not advertised well enough last year, hence low numbers and poor attendance. Need to get across importance of this as a cycling - skills session, excellent for speed work.

4. Meeting time/location:

People today felt Wednesday/ Tuesday are best options as does not take up whole extra evening - anyone got anything to add to this??

## Message From The Editor

### WOW WHAT A SEASON TWO: BAD RESULTS GREAT EXPERIENCE!!!

**Jo's article this month has definitely inspired me, not to reflect on my great results** (those of you who have seen this year can definitely vouch for that) (though hats off to her for a fantastic PB) **but to reflect on the sport I (we) love. It has given me a chance to really think about why we do this sport. Not to build ones palmares, but for the pure joy of achieving that indescribable feeling one gets when they cross the finish line. You know that feeling, so might I suggest next time your having a bad race, month or season that you just think about that feeling and hopefully it will help put the whole thing in perspective.**



**NOVEMBER NEWSLETTER  
SUBMISSION DEADLINE OCTOBER  
30<sup>th</sup> ...NO EXCEPTIONS!!!**