



# MANCHESTER TRIATHLON CLUB

NEWSLETTER ISSUE 157 SEPTEMBER 2002



## GAMES SPECIAL

Dear member

Welcome to this special edition of the MTC Commonwealth Games Special. Five years in the planning, the 10-day 'friendly Games' took Manchester (and the U.K) by storm. Damn, who has ever seen the place looking so clean, safe and full of buses! Arguably the 3rd biggest sports event on the calendar after the Olympics and the World Cup, the Games attracted 3.5 thousand athletes from over 72 nations, welcomed over 300,000 visitors to our fair city, and partied like no other host city had done previously! It's also supposed to have raised over £600 million in investment and created 6000+ jobs which is what the whole thing was about heh?

So – what was that all about? Forgetting that there was 17 different sports on offer ranging from laid back Lawn Bowls to the hernia-inducing Weight Lifting, I want to focus on sports close to our hearts such as Triathlon, Swimming and Cycling. Before I do that, I just wish to talk about some personal memorable moments.

### David Quartermain – Aquatics Events Services Manager

Not the purple shellsuit (now would you believe a collectors item!), not the endless Marathon, not the monsoon or the conspicuous absence of Oasis at the closing ceremony but maybe a memorable moments include being close up to Ian Thorpe, Mark Foster and co, watching the knuckle chewing 4 x 200m womens' freestyle event where the English beat the Aussies for the first time ever, maybe it's the swim by Natalie DuToit in the 800m free, where she was the first disabled athlete ever to compete in an able bodied race. Kinda sums up why these events should be inclusive, maybe it's the tremendous honour of working with 90 volunteers who felt so passionately and performed so brilliantly during the Games. Phew!!!

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COMING 10<sup>TH</sup> in his first IRONMAN  
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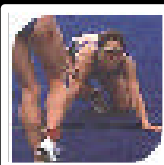
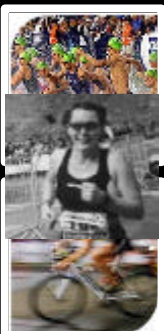
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## Manchester 2002 comes out shining

So after years of preparation and 11 days of competition, the 2002 Commonwealth Games have finally run their course.

Just under 900 medals have been awarded across 17 sports held at 15 venues. And the 3,863 athletes who made the trip to Manchester are on their way home after a surprisingly successful Games.

Why surprising? Well, the Games came just three weeks after the football World Cup and the public's appetite for big showpiece sporting events was thought to be on the wane. Officials had also trumpeted that 5,000 athletes would be travelling over, when in fact more than a thousand of those failed to turn up. Sessions in the athletics were cancelled because of the poor entry lists and the aquatic events were hurriedly re-organised.

To rub salt into Manchester's wounds, the city was told by a senior Olympic official that it would never host the big one. Stories of outstanding sporting achievement were needed fast.

Manchester did not disappoint and the host nation did what host nations usually do... win a truckload of medals. The partisan paying public were only too pleased with that and they did their bit by giving outstanding support to the competitors, particularly in the athletics.

### Edwards and Radcliffe performed heroics

Triple-jumper Jonathan Edwards produced one of the greatest leaps ever seen when he soared to 17.86m to clinch an elusive Commonwealth gold, while Paula Radcliffe narrowly missed out on the 5,000m world record in winning her first major title.

The Bahamas' Debbie Ferguson became queen of the track as the first athlete since Australia's Raelene Boyle in the 1970s to win the 100m, 200m and 4x100m relay.

But perhaps the highlight was Nigeria's Adekunle Adesoji smashing his own world record to win the 100m for blind competitors. The image of guide Darren Scott grimacing while running alongside the smooth, composed Adesoji is something sure to linger in the memories of many.

In the pool, one name dominated - Australia's Ian Thorpe.

Although his attempt to win seven golds failed when he lost to compatriot Matt Welsh in the 100m backstroke, he can scarcely be called a failure. Many expected Thorpedo and his teammates to dominate at the Aquatics centre, but England's swimmers were having none of that. Gold medal performances from the likes of Zoe Baker, Sarah Price, Rebecca Cooke and James Goddard, to name but a few, were world class. You can add Alison Sheppard to that list as she became the first Scottish female swimmer to win Commonwealth gold since 1954. But England's battle with Australia in the swimming was the main event, though few had predicted it would be so exciting.

The inevitable drugs stories surfaced, though four cases is a relatively low number for an event on this scale. The one surrounding 100m champion Kim Collins testing positive for asthma drug salbutamol was the most high-profile and many were surprised when he was allowed to keep his gold medal.

Collins was not stripped of his 100m title

There was also controversy in the women's hockey final when England lodged a protest after India scored an extra-time golden goal. All that aside, the "Friendly Games" have indeed been just that. The thousands of volunteers have rarely been seen without a smile, despite the stormy weather Manchester has endured.

And now the bandwagon rolls on to Melbourne. With the combination of Australian organisation that made the Sydney Olympics such a big hit and the success of Manchester 2002, the 2006 Games should be quite a spectacle.

### Canada Tri-umphs at The Quays

#### Whitfield claims Commonwealth title

Simon Whitfield proved the strongest on the 10km run

Canada's Simon Whitfield added Commonwealth gold to his Olympic title from Sydney in Sunday's men's triathlon in Manchester.

The Olympic champion produced a storming 10 kilometre run to overturn long-time leader Chris McCormack's minute advantage after the



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cycling leg. Whitfield came home in 1:51:57, which left him just ahead of the fast-finishing Australian Miles Stewart and New Zealand's Hamish Carter.

England's former world champion Simon Lessing was just out of the medals in fourth place. "To be the Olympic champion, Commonwealth champion, it's brilliant," said the Canadian.

"When you come off the bike, you never know what's going to happen. "It's a great feeling to win gold. I've been here long enough and trained hard to get here so this is fantastic.

## **England's Simon Lessing missed out on a medal**

"Chris McCormack and Stuart Hayes did a fantastic job in the cycling and they dictated the race.

"But my girlfriend told me a Muhammad Ali quote that 'the work is done long before you dance under the lights' which helped, and that's what's happened here today."

England's Stuart Hayes had been first out of the water after the 1.5km swim in 18:01, but he was quickly followed by a group of around 15 athletes.

Those close to the leader ahead of the 41km bike ride included Hayes' compatriot Lessing, plus Whitfield and Australian Peter Robertson. Initially, the group dithered, apparently in the hope that Australian cycling specialist McCormack would instigate some pace.

Robertson, Stewart and Carter made a break on the second lap of the cycling course but were quickly swallowed up by the chasing group. Hayes attacked on the same lap and was joined at the front by Australian McCormack.

Conditions were becoming treacherous for the cyclists, with rain falling again after troubling the field in the earlier women's event.

McCormack and Hayes had increased their lead to 39 seconds with one circuit of the four-lap cycling course remaining.

The gap was beginning to look extremely significant, with McCormack also a strong runner. The 1997 world champion was timed at 1:19.44 as he began his run, which left him two seconds clear of Hayes.

The chasers - led by New Zealand's Kris Gemmell - were almost exactly a minute in arrears, making McCormack a strong favourite at that stage.

McCormack fades

However, Olympic champion Whitfield made serious inroads into Hayes as the Englishman began to struggle on the run and soon went into second. Such was the Canadian's pace, McCormack's lead was whittled down to 12 seconds by the end of the first running lap. Nearing the end of the second circuit, Whitfield moved past the Australian with Miles Stewart and Hamish Carter chasing hard in third and fourth. Sure enough, long-time leader McCormack did drop out of the medal placings just after the start of the final lap with Carter and Stewart now charging.

England's former world champion Simon Lessing also made a late challenge for a medal. He moved ahead of McCormack midway through the final circuit, but could not catch the leaders.

## **Montgomery takes triathlon gold**

Canada's Carol Montgomery savours the moment of victory

Carol Montgomery of Canada left her rivals behind with a magnificent run to take gold in the women's triathlon.

The 35-year-old finished 20 seconds ahead of Leanda Cave of Wales in a time of 2:03.17, with Australia's Nicole Hackett taking bronze. Pre-race favourites Loretta Harrop of Australia and England's Jodie Swallow saw their hopes disappear during the cycling phase.

Swallow fell off her bike in the wet conditions and could only recover to finish eighth, while Harrop failed to finish after suffering a puncture. That left a leading group of four on the 10km run, and Montgomery broke away to put the nightmare of the Olympics behind her when a broken wrist ended her chances.

"It was really hard," said the Canadian. "I had a little foot injury this morning so they froze it, but I haven't been running for a while. "I didn't think I'd finish the run today but it worked. I kept getting dropped by the pack in the swim as it was so fast.

## **Leanda Cave put in a sprint finish for silver**

"When I got out of the water I realised I was in the first pack and that was why it was so fast.

"I would have been happy with any colour of medal but gold is extra special. "This is the second most exciting race to win behind the Olympics."



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Cave put in a sprint finish to go past Hackett and Heather Evans of New Zealand for the bronze. "I thought I was going to have to settle for fourth but the crowd got behind me and pushed me on," said Cave. "Second was beyond my expectations."

## Party time down at the pool

The Aussie fans have played their part at the Aquatics Centre. Tickets to the swimming have been some of the hottest in town - quite literally. There is the constant promise of home medals, the opportunity to see the one true global star of the Games and a sensational party atmosphere. You can smell the whiff of chlorine from outside the Aquatics Centre, but that is where similarities with your local municipal end. The temperature is sub-tropical, you just know the showers will work properly and the entertainment is not limited to a fat kid "bombing" a grandmother in the slow lane. In stark contrast, entertainment is the buzzword poolside. There is a fast and furious pace both in and out of the pool, with records to the fore. Times are constantly being broken in the water, and a wide selection of vinyls help to create a breathtaking atmosphere in the stands. As do English medals. The musical odyssey from Aretha Franklin to Fatboy Slim is interjected by frequent performances on the playlist of Land of Hope and Glory. Each home medal is greeted by flag-waving pomp and circumstance more readily associated with the last night of the Proms.

## Petria Thomas has taken success in her stride

And the celebratory mood is understandable as England's attempts to make inroads into Australia's dominance in the water, and the fanfare of "Advance Australia Fair" in the stand, are increasingly successful. Australia are the archetypal professionals of the pool. The celebratory mood is consigned to the large contingent from down under in the stands. By the pool, their swimmers possess an intimidating focus - so much so that even when Petria Thomas wins it is hard to see a smile. And the green and gold also have Ian Thorpe -

the biggest star of the Games. If the entertainment alone is not reason enough to go to the swimming, Thorpe is. He is one of the greats of sport - at the age of 19.

The relays have given the crowd plenty to cheer

Taking centre stage dressed in a full-length black suit, he possesses an aura that only adds to the whole occasion as you know all eyes are on him. And as a swimmer it is as if Salvador Dali daubed him with genius.

In a whirl of arms and legs those around him appear to be going backwards as Thorpe, with seemingly less effort, but more grace, pulls away. He is a commercial godsend to the sport and in conjunction with the home haul of medals he has made swimming the place to be at these Games.

## Thorpes Gold rush

At the Sydney Olympics British athlete Jonathan Edwards described his compatriot swimmers as "awful". "They finish their competition and stay in the village and party for the rest of the Games," he declared.

"They are here to have fun - 90% of them can't win medals."

Edwards has high standards and at these Games he became only the third British athlete to hold all four major championship titles and the world record simultaneously. But to disparage fellow athletes and to dismiss their professionalism with such contempt was misguided in the extreme.

British swimmers are winning medals and having fun at the same time - albeit in the second tier of international competition. It is possible to win with a smile and the party at the pool is proof - even though it seems no one has told Petria Thomas.

## Golden times for Aussie cycling

Australia's Evans, O'Grady and Cooke celebrate Stuart O'Grady brought the cycling events to a close just as his Australian team-mates had started it - with gold.

Indeed, that is the way it has been all the way through the last seven days, whether on the track, or on the road, as the Aussies swept all before them. Since opening with a clean sweep in the time-trial, they have bagged 23 medals,



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including 10 golds, and produced a world record in the 4,000m team pursuit. They confirmed their dominance with another 1-2-3 in the final event as Tour de France star O'Grady took the road race title. It was his third Commonwealth Games gold - having won the scratch race and 4,000m individual pursuit in Victoria in 1994 - but this one was particularly sweet. Victory came a matter of days after what O'Grady described as a disappointing Tour, even though he finished third in the points total. And he believes it was proof that Australia would be sending their strongest ever challenge to the world championships later in this year. "It was difficult to persuade our French team to let us come here as they don't realise the significance of the Commonwealth Games (contractual obligations prevented Scotland's David Millar taking part)," he said. "But it means a lot for Australian cycling. For the first time, we will have a hell of a team for the world championships this year." But he had some consoling words for the English, Northern Irish, Scots and Welsh, who have mainly been left trailing in their slipstream. "I wouldn't say we are that far ahead of the British," he said. "England's team pursuit team did well, but they were beaten by a world record. "These things go in cycles and we have a lot of good riders coming through at the moment." Cadel Evans, who added road race silver to his time trial gold, put his country's success down to a long-established coaching system and development programme. But other nations have followed their example and they will be hoping Evans is right in his belief that there will be a much greater challenge for Australia in years to come.

Commonwealth Games finale draws record TV audience

The Commonwealth Games closing ceremony pulled in the biggest TV audience of the whole event. A peak audience of 9.7 million saw stars including Heather Small and Will Young perform at the spectacular closing show in Manchester. The BBC1 coverage exceeded the Games' opening event which had 8.9 million viewers. It is thought to be the biggest audience recorded for the Commonwealth Games. The most popular TV event of the Games was the men's 4x400m relay final on Wednesday,

when 7.5 million watched England grab the gold medal. Paula Radcliffe's 5000m win a week ago was the second biggest hit with seven million watching.

## Final medals table

1. Australia	2 62 62 206
2. England	54 51 60 165
3. India	32 21 19 72
4. Canada	31 41 42 114
5. New Zealand	11 13 21 45

## Highs and lows

**Most photographed athlete** - Australia's Ian Thorpe

### Best moment

Paula Radcliffe finally winning her first major title in the women's 5,000m. She made up for the wait by taking gold in front of her home crowd in fine style.

### Worst moment

Dwain Chambers v Mark Lewis-Francis. The big showdown was a big let-down.

### Most predictable scandal

The shellsuits that Manchester's volunteer crew had to wear around town. What were they thinking of?

### Most unpredictable scandal

A disabled lawn bowler being sent home for sexual harassment. New Zealand's John Dennis was full of remorse.

### Biggest star

Need you ask? Ian Thorpe was the true star of these Games and lived up to his reputation with six golds.

### Rising star

All the greats have a nickname. "The Little Master", "Goldenballs", "The Don", "Thorpedo"... the list goes on. At the age of 16 "Lethal" Leisel Jones has the moniker and two individual golds as well.

### Remarkable star

South Africa's Natalie du Toit who broke swimming world records in both the 50m and 100m for the disabled. She also reached the 800m open final.



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## Best entertainer

Canada's Jonathan Power - squash's answer to John McEnroe. He gives the umpires as he goes as he gets - and all with a smile.

## Biggest faux pas

Where was Chris Walker when he was supposed to be introduced to the Queen on the opening day of action at the squash? Sitting on the loo.

## Most tears

There were a number of trembling lips and watery eyes on podiums in and around Manchester but nobody quite matched Darren Campbell's histrionics after his 200m bronze.

## Most overlooked star

Frankie Fredericks was back from injury and back to his best in the 200m. Blame it on Darren.

## Most noble in defeat

England's women's hockey team after their late and controversial defeat to India in the gold medal match.

*Elias is consoled on his way back from the hairdresser*

## Best hair

Matt Elias takes the honours as he still carried off a ridiculous barnet despite it not turning out how he intended - was it red you wanted sir?

## Most overused four words

"Australia take the gold." But at least it did not happen as much as we expected.

## Best thing about Manchester

The volunteers.

## Worst thing about Manchester

The rain.

## MTC swim session info

"There is no glory in practice, but without practice there is no glory."

Tuesdays; 6.30 - 8.00 p.m.

Thursdays; No swim coach on poolside. Swim schedule provided by Dave Q to be written by swimmer on whiteboard. Cost £1.25 (with Manchester Leisure pass - photo / ID required)

Thursdays; 7.00 – 8.30 p.m. Salford Quays

Open Water training

Saturdays; 8.00-9.30am

Sundays; SUSPENDED UNTIL NOVEMBER – Due to Tri season

Best Regards

Dave Q

## THE COMMONWEALTH GAMES TRIATHLON FROM THE BIKE COURSE DIRECTOR'S POINT OF VIEW

Organising an event like this is unlike any other for a variety of reasons. One of these is the length of the planning process. The Games themselves had been planned years ahead. The Triathlon Technical Committee, of which I was a member, was formed in July 2000 and first met in London in November that year.

Another difference is that there are so many different 'functional areas' in the Games and so many different agencies involved. Functional areas include things like 'Venues', 'Protocol', 'Technology', 'Logistics' 'Presentation', 'Ceremonies' and so – the list is endless. Agencies involved included the ITU (International Triathlon Union), The Commonwealth Games Federation, Greater Manchester Police, the cities of Manchester and Salford, the Borough of Trafford, Sport England and so on.

There were also so many tiers of people working on the event – there were ITOs (International Technical Officials), NTOs (National Technical Officials) like Rani and me, CG employees (these include those responsible for the functional areas as well as, funnily enough, John Lunt as 'Competition Manager'), Volunteers (these included 'Venue Supervisors and Venue Marshals, and Sports Supervisors and Sports Marshals), Showsec Security, Local Authority Stewards, Traffic Management Personnel, Police and so on.

The practical effect of all this is that while, on an event like Boundary Breeze, one person would have overall control of all areas of the race, at the Games almost everything is under someone else's control. For example, all the



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equipment needed for the race, including things like cable ties and plastic bags, had to be ordered about a year beforehand. Someone else took control of closing the roads for *my* course, someone else recruited and trained *my* marshals and was responsible for getting them their on the day, and so on.

In previous years the main problem for me had been maintaining the integrity of the road closures. However, this year that was not a problem – because of the prestige of the event much more had been put into closing the roads in terms of manpower and resources, and everyone in Manchester knew that the roads were going to be closed. The main problem was going to be crowd control and ‘presentation’. Presentation means producing an event that looks good to the public and, most importantly, on TV – lots of branding, marshals in smart uniforms, no-one wandering into shot and so on.

This all left me, effectively, with an important job but with very little power. As the week progressed I came more and more to feel that I would play a relatively small part in getting it right, but would be considered entirely responsible if it all went wrong! What I had been able to do, though, was to recruit the twelve ‘Sports Supervisors’ who took charge of the course on the day. Even then, because as volunteers they were being asked by the CG organization to commit to ten ‘shifts’ across all the road events (cycling events, marathon and walks, as well as the Triathlon) I lost about half of my original crew.

The twelve who saw it through to the Triathlon were crucial to the smooth running of the event on the day. I hope I remembered to thank them all on the day, but I’ll take this opportunity to thank them again. They are:

Brian Field, Carine van Schie, Perry Huizer, Nick Thomas, Tammy Lewington, Paul Davies, Geoff Bury and Mark Titchener (Mersey Tri) on the bike course, and Mark Sanders, Gil Duddy, Samantha Turner and Matthew Edwards (both Chester TC) on the run course. There were also several MTC members and friends working as marshals on the race. These were: Ryan Bowld, Dave Deaville, Dean Frost, Richard Collier (Bone), Alan Kirkham (Mersey Tri) and John

Nuttall (Bolton Metro TC). I apologise if I’ve forgotten anyone.

On the day my main problem seemed to be getting the volunteers in position on time. In the days preceding the race I had two lengthy conversations with the woman who was in charge of volunteers. I thought we’d ironed everything out. We went through the procedure for checking in and briefing the volunteers in detail. I emphasized to her several times that I wanted the bike course volunteers in position by 7am at the latest. For my peace of mind, as well as to facilitate this, I spent a couple of days putting together detailed briefing notes for the Supervisors and the marshals. I also explained that the Supervisors were highly experienced and already fully briefed – by John and by me – and were prepared to brief the marshals, in situ if necessary. She had a few issues she wanted to cover on the morning, such as health and safety matters, and that should have been it.

I was relying on her to get the volunteers fed, registered, briefed and transported to their positions. On the day the check-in for the marshals was chaotic, the laminated maps she’d promised me were given to the Venue Supervisors but not the Sports Supervisors and everything was running behind schedule. Throughout the Games I’d been asking the marshals how things were going, and problems with check-in and transport were the one constant. Lessons didn’t seem to have been learned. In the end I had to get out onto the course and leave them to it, because, amongst other things, the radios weren’t ready.

The buses taking the marshals onto the course were turned back by the police because they had the wrong accreditation and all the volunteers had to get off and get on different buses. When they did eventually get to their positions they still had no radios.

On the course the road closures and barriers were in place in plenty of time but there weren’t enough cones. The cones for Trafford Road (Perry’s sector) had either not all been delivered or some had been taken by someone else. Fortunately, because I’d been worried that there wouldn’t be enough, I’d been looking for an emergency supply and had found some in the compound near the Athletes’ Lounge. I’d



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filled the back of the car first thing in the morning. I used all these but had to go back for a second load, so the marshals were putting them out at the last minute. Because of this I only got back to pick up the wheels for the wheel stops as the women were being introduced, at which point someone appeared with the radios for the bike course marshals. I managed to distribute the radios and wheels and do a final check of the course with about five minutes to spare before the leaders came through – close enough to induce, were it not for a quick diversion down the embankment off Bridgewater Way, an involuntary bowel movement (you probably didn't need to know that!).

Once the race got underway everything seemed to go very smoothly. I parked up at White City and didn't have to move during either race. Crowd control was a bit of an issue at some unbarriered parts of the course, but the Supervisors and marshals did a brilliant job, blowing whistles and giving clear instruction to wayward spectators who, by and large, were well behaved. Ideally the whole course should have been barriered, but again this was out of my hands – 7k of barriers was all we could get!

Hopefully to the watching public the whole thing looked flawless. As is so often the case the problems, and blind panic that they cause, happen behind the scenes! All the comments I've heard from people watching, either on TV or on the course, were positive, and I hope it's fair to say that the whole thing, in the end, was an unqualified success. Once again, my congratulations to everyone involved.

## Message From The Chair

It was an interesting club meeting at the beginning of the month, with several issues raised which we would be grateful for your opinion on. Having failed to get the "rude kids" club kit in time for the National Relays, we have started to have doubts about the quality of the kit in terms of design and fabric/stitching quality - Sheffield Tri were wearing this kit at the Relays - what did you think?(Obviously they aren't as gorgeous as us lot so weren't showing in the same light as us sex kittens/hunks would do!). Marie has been doing sterling work researching and trying to organise this, and has

now suggested getting a recognised brand (eg Ironman -this year red and black) and putting our logo on it - many clubs had this on Speedo and other kit at the relays - any suggestions/strong feelings?

Mark Tweedie has suggested us arranging some in-house aquathons - just casual swim-runs on Thursday nights at the quays, like at Chelford bike-run. Are people keen? He has also suggested the possibility of an end of season training weekend including some mountain biking, and ideally some exercise for our right arms, as evening training in the pub appears to have been a bit slack recently. Let us know!!!

National Relays was a fantastic success!! The girls "A" team did fantastically well, coming 3rd (well done Carine, Rachel, Rachel and Marie), and us "B" team girls were (she says in total modesty) ABSOLUTELY BLOODY FANTASTIC!!! (ie we finished, despite pre race curry, beers and wine - Freesia, Jo, Pat and me). The turnout from the boys was superb - with 5 teams entered. The entertainment value in the afternoon, watching the team trials was hoooooge. With all those fit bodies around even my Mum began to see the advantages of swimming in filthy water, cycling in just knickers and running with wet feet and no socks! A particularly storming effort was made by Damian who, despite wimping out of the sprint race on Sunday(are you a man or a mouse?), took part in every other race going - relays, team trials and even came third in the supersprint!!!

The camping was a top laugh and the Saturday evening in Nottingham was too classy for words - I cant recommend the Irish nightclub enough - a perfect place for after dinner cheese. Cathy A even managed to get some sauce with her cheese- good effort! Man Tri once again shows that the club isn't just about lunatic exercising, but also about fun!!

Cheers,  
Cliona



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## Nottingham Relays

### Man Tri Ladies Win Bronze Medal

The BTA club relays were held on the weekend of 10/11<sup>th</sup> August. MTC had a fair few entries, though some of the men had pulled out with a week to go (jessies). Having joined MTC a little over a year ago, (and missing the relays last year due to other commitments) this was to be my debut as a MTC relay member. From all the stories I had heard of yesteryear, I was looking forward to the laid back, friendly competition, a few beers the night before.....until Carine told me I was in her team!!! No pressure or anything!

Our team consisted of Carine, myself, Marie Macdonald and Rachel Jones (a MTC member who trains in Preston), and by Carine's reckoning we knew we would be in for a shout, gauging the results from last year and the entries this year. Exciting stuff! The day came and the MTC bunch were in good spirits despite a few dropouts and a few substitutions. The relay competition was a good warm up for some of the boys later on in the afternoon in the team time trials.

The race was a good laugh despite the fact that 'sprint' races really are quite hard when you're working flat out! Carine tagged me after her leg of the swim and I dived into the water – yuck! My face was covered in weed (at least I hope it was only that!) and after battling with some flaying arms and legs, I managed to get myself clear. A few minutes later I was tagging Marie and going for a well-earned rest (and change of clothes) before the bike leg. The trouble with doing the race in three stages is that you have to psyche yourself up three times, rather than just the once and than in itself is quite exhausting.... Onto the bike and the looped course meant a ferocious head wind on the downward side, but a pleasant boost on the other.... did someone say that Cathy overtook Mark Tweedie??? (Sorry Mark!) Anyway....the run was obviously next and I knew I had to run my little socks off just to keep our position. With Rachel Jones on the last leg (18 minute 5k!!), Carine, Marie and I donned the very sexy, very fetching MTC cycling tops and went to cheer her on at the finish. With the Army team

and the Optima Pro team only a few minutes ahead of us, I think we did very well to finish in 3<sup>rd</sup> place! It was ace to stand on the podium in the sunshine, proud to be a member of MTC!!

The weekend continued with the team trial later on that afternoon (a spectacular to watch – ask Cliona about her zip 'male talent gauge' on her top!!). Those who were camping that night headed for the city centre and enjoyed a rowdy meal in Ziggi's (the men enjoyed it more than the women as they were surrounded by competing hen parties!). Some of us partied into the early hours and some of us were rudely awoken at the campsite in the early hours!

I would advise anyone to do the relays - it really was great fun with so many of the club members competing. I would also advise everyone to buy a MTC cycling top – they look wicked on the photos eh girls!?

Rachel Ramsay

## Coaches Corner

With the racing season almost coming to an end we are looking back to a fantastic season and still looking forward to some of our biggest races still to come such as the Almere Ironman (Perry), Llanberis (several MTC members) and Hawaii (Nick and Mike Little), not to forget the Cheshire Masters Swimming Championships and the Blackburn Duathlon (I still have forms for anyone interested!!). Thus only a few weeks to go before it is party time again! Time to let your hair down and to celebrate the season (or is it the off-season?). I am sure there will be plenty of opportunity to celebrate to off-season, however, we also need time to reflect on the past season and think about the next season, such as club development issues. As a club we are always looking for people to help out with the running of the club or club events. If you feel you would like to do a bit more than just training with us and would like to give something back to your club please speak to me or Perry, or anyone else from the committee (Cliona, Paul Davies, Jeff Sherrin, Shirley Holland). We would be grateful for any help (no matter how little it may be) you can give us!!



# MANCHESTER TRIATHLON CLUB

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## Commonwealth games:

I can't believe that it is already a month ago that we had the Commonwealth Games. Many MTC members helped out marshalling during the road events and some only helped out with the triathlon race. I have to say that even though the only bit I saw was about 200 meters of the bike course, the triathlon race looked very exciting and I am still dying to see the full race on video. I am sure many of you have got the race taped, thus if you have could you please let me know? Also any cycling or the marathon event would be great to watch (thus if you have it on video let me know!), as being on the road all day to marshal meant that we actually missed out on seeing the race reports on TV (especially since at night very strangely nothing of the road events was shown on TV while these events happened to draw greater crowds than any other event in the games!) (ps, I am not so bothered about the walking events, as I saw plenty of it while marshalling the 50km walk.... It looked very painful!). Anyway, I really enjoyed helping out with the games as a volunteer, even while not everything happened as smoothly as it could have been. There was a great atmosphere, which was brilliant to be part of. However, I have to admit that after helping out with this fantastic great sport event, I am even more proud of our own Boundary Breeze race, as I think we are certainly not doing under compared to this huge event!

## National Relays:

We had a record number of 7 teams racing this year in the national relays, even with one team dropping out a few weeks before the race, and the fact that I almost managed to fill 3 womens' teams..... Oh well, I am sure we manage to increase the number of teams entered for next year, as it is the most exciting race of the year!! It was very exciting and successful for one of the MTC women's team who started the run in 3<sup>rd</sup> position, and managed to extend their lead to the 4<sup>th</sup> and 5<sup>th</sup> team during the run section to finish as 3<sup>rd</sup> female team of the national club relay championships!!! However, not just this team performed great, everyone else did fantastic. We all stayed on in the afternoon to cheer on the elite team in the afternoon. Perry and Damian managed to race both in the morning and in the afternoon, to fill up some empty spaces in one of the teams in the morning's race. About half of us stayed camping after the race and we went out for

food and drinks in Nottingham. Certainly a recommendation for your race calendar next year if you have never done the relays before!! See the results section for the times.

Elite team: Perry Huizer, Damian Thacker, Pete Hopkins, Josh Tompkins (this team raced in the afternoon race in the team trial event)  
Male team M2: Nick Thomas, Chris Clarke, Gavin.?, Paul Savage  
Male team M3: Mark Tweedie, Steve Clayton, Perry Huizer, Damain Thacker  
Male (mixed) team M4: Cathy Atkinson, Dave Moon, Andy Woodward, Mark Newton  
Vets team MV: Rob Arnold, Rob Williams, Dave Leak, Dean Frost  
Womens team F1: Jo Weeden, Cliona Kirwan, Pat Williams, Freesia Day  
Womens team F2: Carine van Schie, Rachel Ramsey, Marie MacDonald, Rachel Jones

## Aitoman triathlon (3.8-180-42km)

I received a letter from Anne Flore Lequeux from Tahiti. She invites MTC members to the Aitoman (Ironman) or ½ Aitoman on the 5<sup>th</sup> October 2002 in French Polynesia. I have got two brochures for anyone interested! You can check their website at [www.tahititriathlon.pf](http://www.tahititriathlon.pf) and email on [tahititri@mail.pf](mailto:tahititri@mail.pf). Sounds like quite an exotic long distance event. A bit late to find out about of this year, but you may be interested in doing this event next year???

**Next meeting of the BTA regional committee: 6 October (after Blackburn Duathlon)** (You don't need to be on the regional committee to attend this meeting!)

## Meeting

Date Sunday October 6th  
Venue The Royal Pub, Abbey Village, Blackburn (immediate proximity to the event)  
Time 1.30pm for a 2pm start  
Refreshments will be available from the bar including meals which you will obviously need particularly if you have raced

## Agenda to include:

- \* Event Sanctioning (currently a major issue which requires urgent discussion/attention)
- \* 2003 Regional Champs (need for a co-ordinator)
- \* Pimbo/Home Nations Duathlon - report &



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discussion of future regional involvement

- \* National Inter Regional Champs Youths and Tristars report
- \* Commonwealth Games report & legacy issues
- \* Regional Development Officer report (to include young persons development & coach & officials training)
- \* AOB

Unfortunately, Peter Knott will be standing

down as Chair at the AGM due to his extensive other commitments. This role along with the role of Secretary are key roles that will need to be filled at the AGM along with the election/re-election of other members as applicable. It is essential that we achieve a good attendance at the AGM and have a broad representation of the regions clubs. We will of course seek to hold the regional AGM before the BTA national AGM.

## RACE RESULTS

### Manchester Triathlon Boundary Breeze 14th July 2002

Pos	Name	Swim	Bike	Run	Total	
1	Colin Hill	10.3	35.16	16.49	1.02.35	
4	Damien Thacker	11.14	34.44	19.36	1.05.34	
8	Paul Savage	11.1	38.46	18.22	1.08.18	
13	Peter Hopkins	11.49	38.31	18.37	1.08.57	
15	Phil Fox	12.15	37.16	19.45	1.09.16	
21	Mike Palmer	13	37.46	19.55	1.10.41	
24	Loretta Sollars	11.57	40.1	19.18	1.11.25	1st F
46	Andrew Quirke	14.34	40.53	20.4	1.16.07	
51	Vikki Sercombe	14.01	43.27	19.1	1.16.38	2nd F
68	Mike Duddy	15.59	40.59	23.25	1.20.23	
28	Darren Riley	19.13	43.1	24.52	1.27.15	
114	Beauties & the Beast	17.35	41.48	28.12	1.27.35	1st team
41	Marie Clare	19.53	49.49	27.06	1.36.48	
143	Andrew Hopward	17.58	49.37	30.21	1.37.56	
148	Sheila Tarpey	20.49	52.25	27.07	1.40.31	
160	Kay Weeden	24.09	53.53	27.58	1.46.00	(Jo's Mum)

### BTA Youth Series, Boundary Breeze

1	Mark Thwaites	7.52	21.35	11.4	41.07	1st M
6	Lauren O'Neill	7.06	23.1	14.25	44.41	1st F

### National Aquathlon Championships - Youths Salford Quays 2nd August 2002

Pos	Name	Swim 300m	Run 2.5km	Overall
1	Gareth Evans	4.23	11.13	15.36
13	Mike Ashton	5.02	12.21	17.23

### National Aquathlon Championships - Juniors

Pos	Name	Swim 600m	Run 5km	Overall
1	Dan Hayes	7.57	21.11	29.08



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17 Josh Tompkins 8.01 25.39 33.4

## Salfod Quays Aquathlon, Seniors (open wave)

Pos	Name	Swim 600m	Run 5km	Overall
1	Ewan Mulhern	8.04	22.05	30.09
15	Mike Palmer	11	25.13	36.13
	Ryan Bowd (TriUK)			
32	Cathy Atkinson	11.58	31.31	43.29

## Gullane Beach Triathlon 17th August 2002

Pos	Name	Swim	Bike	Run	Total
	Stepen Sheldrake	21.12	1.06.33	34.31	2.03.48
	Damien Thacker	25.03	1.06.23	42.17	2.15.47
	Peter Hopkins	24.08	1.17.54	38.52	2.23.14

## National Club Relays Championships, Nottingham 10 August 2002

	Swim	position	Bike	position	Run	position	Total		
1	Sheffield Tri	29.57	1	01.32.05	4	01.10.27	3	03.12.29	
17	Manchester TC M3	33.47	28	01.36.57	26	01.13.34	10	03.24.21	
22	Manchester TC M2	32.16	11	01.34.37	11	01.19.15	38	03.26.08	
42	Optima Racing Team	36.16	52	01.42.11	53	01.17.22	26	03.35.49	1st Female team
52	Manchester TC F2	34.17	35	01.45.16	74	01.23.05	56	03.42.38	3rd Female team
71	Manchester TC	37.31	65	01.44.17	65	01.27.51	85	03.49.39	
109	Manchester TC M4	40.1	88	01.53.46	110	01.35.56	116	04.09.52	
120	Manchester TC F1	41.24	97	01.54.22	112	01.46.56	125	04.22.42	

## Team Time Trial

1	Total Fitness Bath	7.57	2	21.21	1	19.31	1	48.49
7	Manchester TC1	8.21	5	22.12	8	21.18	8	51.51

## TFN Supersprint 11 August 2002

1	Joe Rafferty	7.18	15.18	10.52	33.28
3	Damian Thacker	8.11	14.12	11.32	33.55

## TFN Supersprint 11 August 2002

1	Mark Laidlow	9.22	28.59	19.1	57.31
86	Robert Williams	13.44	34.06	23.33	01.11.23



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## EVENTS CALENDAR

21 September	Lancashire Flyer
22 September	Bala
29 September	Fryer Tuck Sprint Triathlon, near Chester
6 October	Blackburn Duathlon
18 October	Hawaii Ironman

### Childrens events:

18 August Bolton Junior Triathlon

### Running events:

20 August The Sale Sizzler 5K, Whytenshaw Park

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

## Did You Know???

**On Saturday September 7th** in North Wales 4 Junior Manchester Triathletes competed for the North West team, which finished 3<sup>rd</sup> overall, at the GB Inter-Regional Championships. In their respective age groups this how they finished.

Saul Elly 2<sup>nd</sup>  
Samantha Wilson 2<sup>nd</sup>

Krystal Hoath 12<sup>th</sup>  
Michael Ashton 9<sup>th</sup>

**Chris Story** set a new 45-49 club record for a 10 mile time trial of 23:05 beating Dave Leeks old record by 28 sec and setting a new PB by 46 sec. This was on the Levans course (L1015) in the Pendle Forest 10 on 17 Aug 2002.

## Club Meeting

### 7th August 2002

1. Boundary Breeze:  
Race reports distributed  
Main point - need to organise jobs for volunteers better  
Race organisers need 3/12 and 2/52 meeting prior to race, + instructions/course to be sent out early to race directors
2. Club Kit:  
Will not be ready for national relays, as promised.  
Unsure about quality of design/ fabric for price.  
As now no time pressure, to investigate other established makes, eg Ironman + putting our logo on these. Marie to continue researching.
3. Club inventory:  
We possess lots of equipment that we have been generously lending out. Need to do equipment inventory, and set up booking system / charges for hiring stuff. Steve Clayton to organise
4. Club development:  
Need more PR - could have used CGames more!
5. Training weekend +aquathons:  
Mark Tweedie suggested end of season training weekend +/- mountain biking - he will research accommodation. Also suggested in -house aquathons(swim - run) as low key events at Salford quays - similar to chelford bike - runs.



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6. Spin sessions:  
These have run at a loss. Need to make them more financially viable - ?charge more or promote more to increase numbers -suggestions gratefully received - Jeff wants viable business proposal!
7. Meeting time/location:  
To be discussed at National Relays, to encourage more to attend.

## Message From The Editor

**SORRY!!! SORRY!!! SORRY!!! SORRY!!! SORRY!!! SORRY!!! SORRY!!!  
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SORRY!!! SORRY!!! SORRY!!! SORRY!!! SORRY!!! SORRY!!! SORRY!!!  
SORRY!!! MY FAULT THE NEWSLETTER IS LATE, NO EXCUSES**

**PS – WILL THE MEMBER LOOKING FOR THE BOOK DOING THE DECA PLEASE GIVE  
ME A RING ON 07941 363 157**

**OCTOBER NEWSLETTER  
SUBMISSION DEADLINE AUGUST  
29<sup>th</sup> ...NO EXCEPTIONS!!!**