

FLEET FEET TIMES



Editor's bit

Dear Fleet Feeters,

The first piece of news I should probably bring your attention to is that as a result of the recent AGM, you have a new editor. Those eagerly awaiting the next instalment from David Bichard in the life and times of Fleet Feet may be surprised to learn that he has upped and left the daily grind of getting the next exclusive for greater and better things, and is now our new chairman. I've volunteered to try and fill his place, so please keep sending your news in. However, those anxious for words of wisdom from Bish can rest assured, he has filed his first chairman's report for this issue.

Getting organised

As many in the club are probably only too aware, there is a serious ongoing problem not only with getting enough marshals for every Fleet Feet race, but also for more people to come forward to help organise races.

This year's races have not yet been decided, but unless more club members come forward to share the responsibility of organising and marshalling races, the number of races that Fleet Feet organise will have to be cut.

Anyone who volunteers to help organise races will not be left on their own - the old hands will be only too willing to give help and advice, and I've also

been assured that somewhere there is a Fleet Feet step by step guide to organising a race. It has been suggested that if anyone is interested in learning how to organise a race, an advice evening could be arranged to talk through any concerns. If you are interested in helping your club, contact a committee member.

Racing ahead...

With Halloween fast approaching, October is traditionally the month of frights, but perhaps the scariest thing about this time of year is getting back into winter training. Perhaps I'm the only one who had a few weeks off, but the thought of long winter bike rides, Doug's Thursday pool sessions (already I think I've committed most known crimes against swimming) and runs in the dark and rain only make me want to huddle under the duvet with a nice cup of tea. However, this is the time of year when the hard work has to be done, and there are a few up and coming races to keep everyone going.

The Methlick duathlon - 5km run/18km bike/5km takes place on October 30, contact Three Peaks Triathletes for further info. For those with an aversion to bikes, the King's Aquathon takes place at Aberdeen University on November 5, with a 400m swim and 5km run, and there are no excuses for not entering as the entry form is attached to this newsletter. If you are superfit and feeling particularly diligent, then you could also take part in the first round of the Monikie Winter Duathlon Series the next day on November 6, at Monikie Country Park. The race distance is a 4km run and 20km bike. For further details and to enter, go to www.eventfull.biz/monikie.html

And finally...

Nikki Lebedis has contributed an article about her day celebrity spotting (and racing) at the age grouper event before the Salford ITU World Cup. If anyone fancies putting pen to paper for next month's newsletter, just let me know.

Cheers,
Catherine

Chairman's Chat

Dear All,

It's all change on the Fleet Feet Steering Committee. Following the AGM on October 5 a number of stalwarts stood down, but the good news is the replacements outnumbered the departures.

We had 21 attendees at the AGM, with plenty of lively debate and constructive ideas on how to move the club forward. The new committee will do their utmost to implement the suggestions in readiness of the 2006 season.

Philip Rhind is taking a well-deserved rest and has stepped down as chairperson, a role I will do my best to fulfil. Glenn Beck has more than enough to do to occupy his time and has stepped aside with Nikki Lebedis taking on the Membership Secretary Role. Fiona Smith has replaced Paul Kefford as vice chairperson.

Catherine Mckay has taken over as Fleet Feet Times editor, which I'm sure is a great relief to you all, and Steve Boyd and Liz Chellingsworth have agreed to join the committee.

I am particularly pleased that the two most important members of the committee have agreed to stay on. Ian Park will continue his duties as Club Secretary and Gary Gutteridge will continue as Treasurer. Both have done an excellent job in 2005 and will continue their good work in to 2006.

The new look committee has a wealth of experience at both club organisation and competing at triathlon. All are keen to move the club forward, but as ever, the more input we get from club members the better we can serve the club.

I would like to take this opportunity to thank those that have given up their valuable time for the benefit of Fleet Feet Triathletes, and to extend a hearty welcome to the new committee members.

The future is bright, the future is Fleet Feet!

Bish

2005/6 COMMITTEE		
Chairman	David Bichard	01224 319957 dbichard@ods-petrodata.com
Vice Chair	Fiona Smith	01569 762494 07843758655 fismith1@hotmail.com
Secretary	Ian Park	01569 762665 07802 197830 Ian.Park@hunting-intl.com
Treasurer	Gary Gutteridge	01569 765234 ggutteridge@oceanengineering.com
Membership	Nikki Lebedis	01224 291000 nikki@lebedis.fzs.com
Coach	Carol Maclaren	01569 76392
Equipment	Colin Sim	01569 766671 lindaandcolin@tiscali.co.uk
Newsletter	Catherine Mckay	01330 824955 (work) 01224 210476 (home) 07793722459 (mobile) catherinekitt33@hotmail.com
Additional	Liz Chellingworth	01224 312381 libesha@hotmail.com
Additional	Steve Boyd	01224 862835 (home) knockburn@fleet-feet.com

Fleet Feet Goes to the Salford ITU World Cup

Karl and I thought we'd pay a visit to the Salford ITU World Cup and take part in the age grouper race that ran before the big event. What an excellent day out!

We got down to Salford on Friday night, and spent most of Saturday getting registered, racking bikes, eating pasta and shopping extensively at the Lowry Outlet Mall - conveniently located right on site. With it being a major event, there was a bit of a jamboree down at Salford Quay, with some triathlon stores peddling their wares, a big screen, lots of music and even a dodgy burger van. All this combined with Triathlete celeb spotting made for great party atmosphere, think T-in-the Park Does Lycra.

The course was great as we ran exactly the same routes as the elites, complete with closed roads, huge timing boards and even those ITU blue carpets at the finish line! Karl was off first in a huge wave of about 400 swimmers, although I was surprised to see him with his wetsuit still full on after the 250m run to T1. Some toggle problems held him up, then eventually he made it off on the bike and I lined up for my swim. My wave was a somewhat more manageable 42, though still consisted of a bit of a scrum at the start!

After a great swim I made it out to the bike, which was a fantastic course. 4 out and backs of 10K each, with an open turn at one end opposite Manchester town hall and a roundabout at the other on the Quays. My wave had been the last full distance to start, which meant the course thinned out considerably as the race went on. The downside of this was my complete sheep mentality as almost followed a bloke I'd been sparring with through to transition at the end of the first lap - got out of it at the last minute!

I managed to keep a top ten place as I came off the bike, but as many of you know the run is never my strong point. Karl was finishing up as I went out, so it was good to hear some cheers from him and a posse he's rounded up as I came out of transition. First lap went well, and I even managed to pass some stragglers from the men's event. Passing someone? Trust me, this never happens to me on the run!! Buoyed up by this I made the turn and went into my second lap. Flagging a bit this

time, I plodded on and came round for lap 3. I spotted a girl gaining on me who I'd been talking to in transition and was determined to see off, so put a burst of speed in as I rounded the turn for the last lap. This was an error.

Next thing I know I hit the deck like a sack of tatties and immediately become triathlon road kill. Runners are stepping over me, spectators yelling at me to carry on, and Karl utterly confused. One minute I was there, he turned to fix the camera, then I had disappeared behind the barriers. No matter I thought, catching my breath and admiring all the expensive trainers and nicely toned legs passing by, maybe I'll get on the telly coverage as the "plucky amateur".

So, pulled myself up and plodded off on my last lap, somewhat embarrassed, but hey, a big cheer when I set off again. Final lap was grim, but the end was in sight so it could have been worse. As I approached the blue carpets and massive finish line I couldn't have been more pleased, and a big cheer from the crowd again as I crossed the line.

The best bit about the whole race though was that the minute you crossed the line your results and placings came up on a plasma screen - talk about instant gratification! The rest of the day was spent watching the elites competing, getting close enough for the high fives at the finish. Couldn't have asked for more!

All in all a great weekend, thoroughly recommend the journey for a grand day out!

Nikki Lebedis

TRAINING SESSIONS

Monday

Circuit training: From 19:00 with Carol.

Tuesday Splash 'n' Dash Running Club: Leisure Centre 19:00

Wednesday

Club cycle night. Turbo sessions with Sarah

Thursday Splash 'n' Dash Running Club: Leisure Centre 19.30 Swim Session: Leisure Centre 20.30 – 22:00

Friday Rest day!

Saturday

Run Session: Fetteresso Woods, off road - 09:00 sharp – To be confirmed...

Sunday Cycling: Stonehaven Square - fast group – 09:00 sharp. Please check first with Glenn Mackie Academy - slower group - 09:00 sharp. Please check with Mary

CLUB EQUIPMENT TO HIRE AND BORROW

The Club has the following items that may be borrowed free of charge:

Bike stand, tool kit. Bike boxes are also available for hire at a cost of: £10/week, £5/4 days, £2/day

Turbos & heart rate monitors are available for hire for newcomers to turbo sessions - i.e. you are expected to buy your own after a time. Swim Videos and books are also available

**Contact: Colin Sim Tel:
01569 766671**

Club members are asked to note that those on international duty will take priority. It is their duty to ensure that they make their booking 28 days in advance. This booking will then take priority over any booking previously made.

King's Aquathon

Saturday 5th November 2005, 2.00 PM, Kings Sports Pavilion, Aberdeen University, Aberdeen--with the assistance of Sport and Recreation, University of Aberdeen.

400 metre swim **and** 5 kilometre run.

Cost is **£5** or **£4** for students. **NB: Entries on the day incur a surcharge of £2.**

Medals for winners in the categories below:

- JUNIOR Male- M/J Female- F/J 15-18 Years
- SENIOR Male- M/S Female- F/S 19-39 Years
- VETERAN Male- M/V Female- F/V 40-49 Years
- SUPERVET Male- M/SV Female- F/SV 50+ Years
- SCOTTISH UNIVERSITY STUDENT Male-M/SU Female- F/SU

Entry Limit - 60 Competitors

Early entry is encouraged but entries will be accepted on the day- until 1 PM, if the race is not full.

ENTRY FORM

Name.....Category.....

Address.....

.....

.....

Telephone.....E-Mail.....

Club..... STA/BTA number.....

Age..... Date of Birth.....

Male Predicted Swim TimeMins.....secs

Female

Declaration of Disclaimer

Please do not sign this disclaimer without carefully reading and considering the terms overleaf.

Signature..... or signature of parent if entrant is under 16

Entry form with the appropriate fee, cheques payable to **A.U. King's Tri Club**, to be returned to: **A.U. Triathlon Club, Butchart Recreation Centre, University Road, Old Aberdeen, AB9 1FX.**

Event Arrangements

Car parking is available on University Road, at Butchart Recreation Centre and at King's Visitor Centre. Please do not park in the driveways leading to King's Pavilion.

Registration will commence at 12.00pm in the **Gallery in the Butchart Recreation Centre** on University Road. **Briefing will be at 1.30pm in the Gallery.** Competitors should be ready for a 2pm first heat. **PLEASE NOTE THE CHANGE OF VENUE/TIME FOR THE REGISTRATION AND THE BRIEFING!**

At registration you will be given your number to enable identification in the pool, with the same number being allocated for the run.

Changing and shower facilities are available in King's Pavilion.

Competitors should use lockers (20p) for clothing etc. Do not leave valuables lying around.

The organisers will count participant's lengths in the pool, laps on the run course and time both sections, resulting in a cumulative time for the event.

There will be two competitors to a lane in the pool – so stick to your own side and you will have an untroubled swim. Faster swimmers will go in later heats. **NB: King's is a 20yd pool.**

The 5k route will involve 3 laps of a course around King's College campus. The route will be marshalled but it is the responsibility of every competitor to ensure they know the route. There are some minor roads to be crossed and competitors must follow the highway code at all times.

Due to construction works, the run route will slightly differ from the usual route. Maps will be on display at registration. It is the competitor's responsibility to familiarise themselves with the changed route.

Refreshments, declaration of results and presentation of medals will be in the Gallery, Butchart Recreation Centre, at about 4pm.

Declaration of Disclaimer

I ACCEPT that this event is conducted under Scottish Triathlon Association rules and conditions and I agree to acquaint myself and abide by those rules and any organiser's instructions.

I UNDERSTAND that it is the competitor's responsibility to safeguard such clothing and equipment I may use.

I ACKNOWLEDGE that these events are an extreme test of a person's physical and mental fitness and has with it the potential of death or serious injury or property loss. The risks of participation include, but are not restricted to, weather conditions, road traffic, behaviour of other participants, volunteer helpers, officials and spectators in/off the event, dehydration, hypothermia and the behaviour of animals.

I HEREBY, aware of these, assume the risk of participating in these events and on my own behalf and on behalf of my executors, administrators, heirs, next of kin and representatives whomsoever:

- AGREE TO WAIVE any claim and to RELEASE and DISCHARGE from any claim which I or they may have in respect of death, disability, injury, property loss or damage as a result of or while I am participating in this event, the organisers, directors, sponsors, officials, administrators or volunteer helpers.
- AGREE TO INDEMNIFY the persons mentioned above immediately for any or all liabilities or claims made against them as a result of my behaviour in this event. Said WAIVER, RELEASE, DISCHARGE and INDEMNIFY to extend to liability for negligence under common or statute law.

Running The Highlands

**Special Training Weekend
November 11th – 13th 2005**

Hilton Craigendarroch, Ballater

Running The Highlands, a newly formed business based in the Cairngorms and Royal Deeside, offers a wide range of running holidays and associated activities.

We are delighted to announce an event which gives runners of all abilities the chance to go on guided runs in some of the country's most beautiful scenery and at the same time learn from some of the UK's top experts in the field of running and fitness. Stay for the weekend in one of several specially selected B&B's/hotels (including the Hilton Craigendarroch where the event will be based) or attend as a day guest on Saturday 12th. November). Run, relax and learn more!

This is a unique opportunity to train and meet some of the UK's leading speakers on various aspects of running, including:

Professor Ron Maughan - based at Loughborough University, is a world renowned sports and exercise nutritionist. Prof. Maughan is secretary of the Sports Nutrition group established by the IOC Medical Commission in 2002. He also acts as an adviser to UK Athletics, the Irish Sports Council and to various other sporting bodies.

Kenny Herriot – current UK wheelchair marathon record holder. He has recently been selected to represent Great Britain at the IPC Open European Championships in Helsinki in August. Kenny participates in events all over the world and will be joining the weekend fresh from competing in the New York Marathon.

Mel Edwards – former Scottish International athlete and now a well known Level 4 Marathon Coach. Mel recently passed the landmark of running 100,000 miles so far (i.e. equivalent to four times around the world) in his running career.

Other activities during the weekend include:

- Guided runs on some of the best running trails in the country
- Sports massage
- Nutritional advice
- Podiatry + running form advice

Special weekend packages available for the above event. Prices vary from £150 to £300; depending on choice of accommodation and whether you stay full board or breakfast only. Special hotel rates available for non running partners/family members in the Hilton Craigendarroch. Saturday 12th Day Rate = £55.

Please book early – as we expect places to fill up quickly.
Visit our website and/or give us a call for more details:
www.runningthehighlands.com
Email: neil@runningthehighlands.com
Tel: 08451-577422 Mobile: 07768-378012



FLEET FEET TRIATHLETES
MEMBERSHIP 2005



NAME

ADDRESS

POST CODE

Day Tel No.

Eve Tel No.

Mobile Tel No.

Date of Birth

Occupation

E-mail Address

Are you a member of Triathlon Scotland?

YES / NO

Do you wish regular e-mail updates on club business? (see notes)

YES / NO

Are you prepared to marshal at a club race? (see notes)

YES / NO

Delete as applicable

MALE / FEMALE / SENIOR / JUNIOR

Senior membership fees = £10

Junior membership fees (Age 19 or under on 31/12/05) = £3

Cheques should be made payable to **FLEET FEET TRIATHLETES** and sent with this form to the club Membership Secretary:

Glenn Beck, 13 Bernham Crescent, Stonehaven, AB39 2WQ.

E-mail: glenn.beck@pi-automation.com

Tel: 01569 765313

NOTES

The information on this form will be held in a database on a PC. It will be used for FFT Committee information, e-mail distribution of club business, and to generate a basic membership listing available on request to any paid up member of FFT. This listing will contain name, address, phone numbers and e-mail address. Please tick this box if you object to the information being used in this way, or if you wish your details to remain confidential. It should be noted that all club business will be primarily and predominantly by e-mail.

Finding marshals is the hardest part of a race organiser's duty. If you answer YES to the question above you may be contacted and asked to marshal at a club race. If you are unavailable on the race date then no problem. If you don't want to be asked to help then answer NO. This question is intended to give us a list of names as a starting point when a race organiser requires additional marshals.

ADVERTISEMENTS

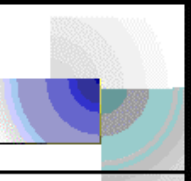

Linda Duncan and Rosemary A Clark & Associates

Chartered and State Registered Physiotherapists

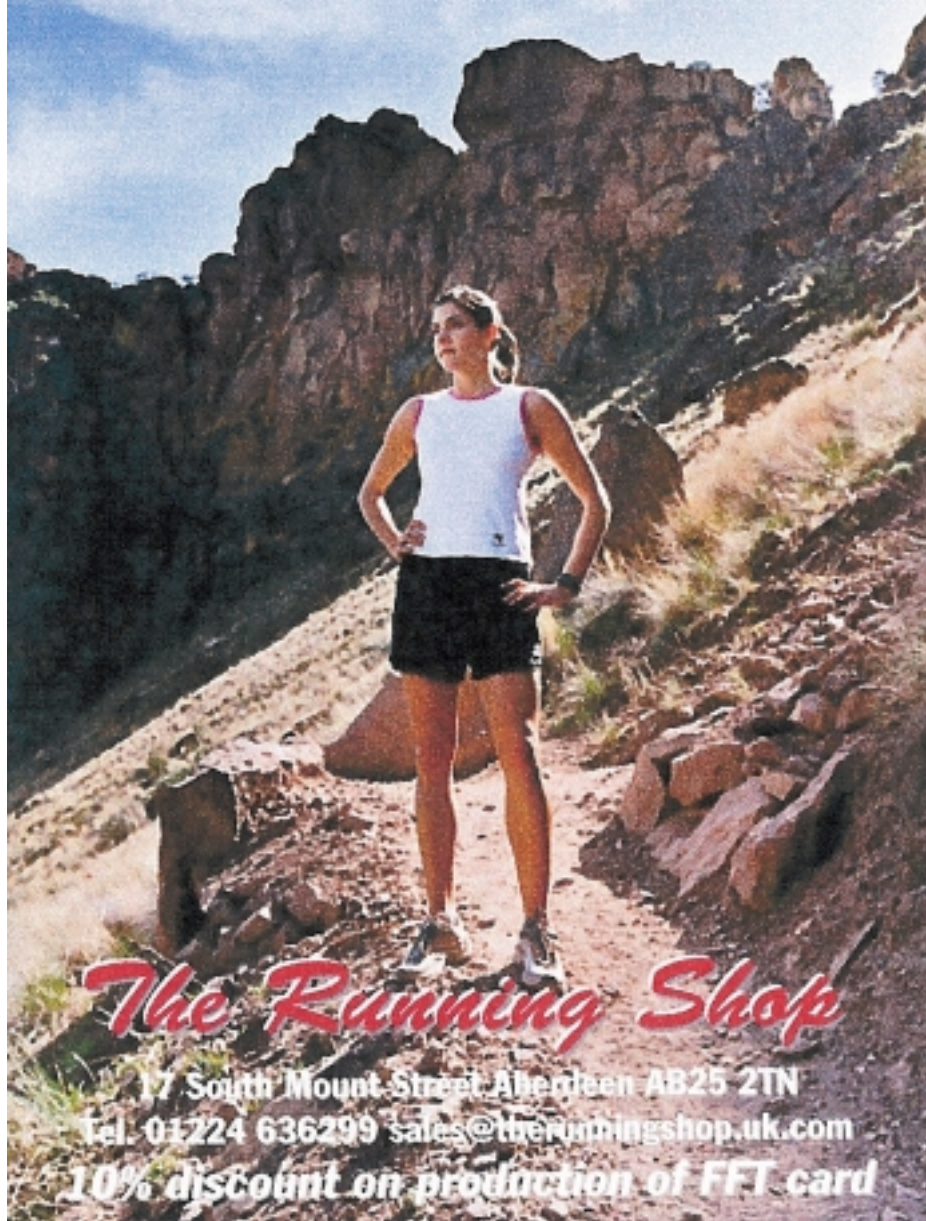
FFT subscribes to the Aberdeen Physiotherapy Affiliation Scheme. This allows members to receive physiotherapy treatment at the reduced rate of £22 per session instead of £32. Members will also be given a priority appointment - within 24 hrs provided they contact Aberdeen Physiotherapy before 12 noon. When making an initial appointment FFT members should advise the receptionist that they are part of the affiliated scheme. At the initial appointment members should show the receptionist their current membership card in order to qualify for the reduced rate.

99 WESTBURN ROAD, ABERDEEN AB25 2SG

TEL: 01224 626266 FAX: 01224 641137

	<p>Michael Levack BSc (hons) Physiotherapy</p> <p>Physiotherapy Clinic</p>	<p>Phone: 01 569 766307 Mobile: 07709438610 Levackmichael@hotmail.com</p>												
	<p>Chartered physiotherapist Michael Levack, running Levack Physiotherapy is now working from the Mackie Academy rugby club pavilion.</p> <p>Diagnosing and treating conditions such as:</p> <ul style="list-style-type: none">• Sports injuries - acute and chronic• Back and neck problems• Joint pain• Arthritic changes• Muscular tension• Stroke rehabilitation													
<p>The treatments offered include:</p> <ul style="list-style-type: none">• Massage• Ultrasound• Spinal manipulation• Manipulation of joints• Gym routines and exercise plans for rehabilitation following injury• Reduction of tone and retraining of movement patterns	<table><tr><td>Initial Assessment</td><td>£20</td><td>(£5 discount with valid fleet feet membership)</td></tr><tr><td>Treatment session</td><td>£15</td><td></td></tr><tr><td>Full Body massage</td><td>£20</td><td></td></tr><tr><td>Head, neck and shoulder Massage</td><td>£15</td><td>Full written case report available at £5 Home visit where available +£5</td></tr></table>	Initial Assessment	£20	(£5 discount with valid fleet feet membership)	Treatment session	£15		Full Body massage	£20		Head, neck and shoulder Massage	£15	Full written case report available at £5 Home visit where available +£5	
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Treatment session	£15													
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www.therunningshop.uk.com



The Running Shop

17 South Mount Street Aberdeen AB25 2TN

Tel. 01224 636299 sales@therunningshop.uk.com

10% discount on production of FFT card

Massage for cyclists

Whatever your level of participation, massage is a therapy that would help improve your performance and hopefully enjoyment of the sport. Regular sessions of massage will:-

- **Improve recovery from training sessions**
 - Improving the supply of blood, oxygen and nutrients to the muscles and remove the waste products, toxins and lactic acid
 - Keeping the muscle nourished and healthy means it will be ready to train again
- **Reduce the chance of strain and injury**
 - Keeping the muscle well nourished and the muscle fibres well stretched, helps relieve any pain and tension and will reduce the chance of that muscle being injured
- **Limit injury time**
 - In the event of injury, massage will encourage soft tissue repair—limiting injury time and help prevent long term damage

Ashley Pearson works as a massage therapist and is an active member of Deeside Thistle. Ashley is based at the Aberdeen Chartered Physiotherapy Centre on Craigton Road in Aberdeen

Remember - It's not just the professionals who benefit from regular sessions of massage

Ashley Pearson Massage Therapy
The Aberdeen Chartered Physiotherapy Centre
25 Craigton Road, Mannofield, Aberdeen
01224 316488

Firstdrive Cars

Need to get to a race on time? Then make sure your vehicle is up to the task and have it serviced by Firstdrive Cars.

For service, repairs, MOT, buying or selling a car then Paul Mackie is your man, give him a call on 01569 766766. As well as being a renowned mountain biker, Paul is a keen splash & dasher. So, let Paul know you are a Fleet Feet or splash & dash member and he'll be sure to give you a good deal. Paul will give discounts on servicing and MOTs, and might even invite you to join him on a cycle, but only of the fat tyred variety.

www.firstdrivecars.co.uk

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