
FLEET FEET TIMES

January 2004

The Editor's Bit

A big thank you to Sandra Holmes for the report on her first sprint distance triathlon. Having only previously competed in the winter series, to successfully complete an open water sprint race is a fine achievement. Good job Sandra!

My preference is always for open water events but they must be approached differently to pool based events. If you were to blindfold someone and put them in the desert, and ask them to walk in a straight line, eventually they would walk a complete circle. Open water swimming is much the same, but wetter. And with less sand. And most competitors prefer goggles to blindfolds.

The good news is that swimming in the desired direction is possible through practice. From early May a group of us try to meet one lunchtime a week to swim from Aberdeen beach.

Last year Aboyne loch was used for open water training. All that is required is a sense of adventure, and a wet suit of course.

Feedback from the last newsletter suggested that information that can be found on the Fleet Feet website need not appear in the Fleet Feet Times. As a compromise I have reduced the committee and training schedule section – for full details please go to www.fleet-feet.com. The bit of space I have saved I have more than made up for by adding adverts, but they are for good causes.

One even has my favourite fruit as its logo, which is reason enough to join the Banana Army. Bananas are a good source of vitamin C, potassium and dietary fibre. Bananas have no fat, cholesterol or sodium. Bananas can be consumed before, during and after training as they replenish necessary carbohydrates, glycogen and body fluids burned during exercise. All fairly obvious stuff to you fitness fiends out there, but did you know there is no such thing as a banana tree?

A number of members from 2003 have yet to send in their 2004 membership forms. Could you please do this as soon as possible as it will help reduce some of the workload of our membership secretary. More importantly, as we increase the size of our membership the club gets more clout, giving us the opportunity to negotiate better club deals.

And finally, I have been asked to explain what I meant by smorgasbord last month. Well, the easy answer is gallimaufry. I hope that helps. Please continue to send comments and suggestions to newsletter@fleet-feet.com.

Bish

2004 COMMITTEE

Chairman	Richard Burton	Tel: 01569 766828
Vice Chair	Paul Kefford	Tel: 01224 582088
Secretary	Philip Rhind	Tel: 01569 762808
Treasurer	Gary Gutteridge	Tel: 01569 765234
Membership	Glen Beck	Tel: 01569 765313
Coach	Carol Maclaren	Tel: 01569 763924
Equipment	Colin Sim	Tel: 01569 766671
Newsletter	David Bichard	Tel: 01224 319957

TRAINING SESSIONS

Monday

Circuit Training: Green Hut 7pm - run followed by circuits.

Tuesday

Splash 'n' Dash Running Club: Leisure Centre 7pm

Swim Session: Leisure Centre 8.30pm - 10pm

Wednesday

Turbo - Green Hut - 7pm.

Thursday

Splash 'n' Dash Running Club: Leisure Centre 7.30pm

Friday

Circuits Training: Green Hut 7pm - 8.30pm

Saturday

Run Session: Fetteresso Woods, off road - 9am sharp

Sunday

Cycling: Stonehaven Square - fast group - 9am sharp

Mackie Academy - medium group - 8.30am sharp

Mackie Academy - slow group - 9am - sharp

CLUB EQUIPMENT TO HIRE AND BORROW

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

Bike stand, aqua jogger, 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.

Clumber Park Sprint Classic, 23rd August 2003 by Sandra Holmes

If someone had told me this time last year that I'd be competing in an 'international' (well, English... almost the same thing!) sporting event I'd have laughed heartily! So how did I end up featuring in October's '220' magazine?! (See picture on next page) Well.....

Winter Series 2003 was my first triathlon experience – done purely in rise to a challenge by my boyfriend, Paul (“Go on, I dare you” I believe were his exact words!). No Summer Series for me, due to university exams, so with the luxury of summer holidays I was keen to either run 6K or “do a sprint” before September. In the end the decision was purely logistical.... We were breaking a long car journey in Nottingham and it just so happened that “there’s this wee race going on in the local area.....” Coincidence? I think not, we just happened to have bikes and wetsuits packed! It was a great day, packed full of “first” experiences (unfortunately none of them positions!) which I would recommend to anyone considering it.

SWIM: 750m ‘fresh’ water, wetsuits optional

The swim is usually my least favourite part of triathlon – so it is perhaps understandable when I found myself at the back of the field, struggling to keep my head in the water I began to wonder if they needed more marshals! This was **my first open water swim**, so I have nothing to compare it to; suffice to say it was easily the worst swim of my life! The baking summer sun gave the murky water what could only be described as an “alien” glow to it, incredibly disorientating, impossible to keep a straight line, fingers scraping through the silty bottom (well, I hope it was silt!). By the time I reached the exit all I could think was “thank heavens Richard (Burton; FFT swim coach) wasn’t here to see that – he’d be mortified!” (sorry Richard, I’ll try harder next time, promise!)

BIKE: 24K, 2 laps Clumber Park & local road

Relieved to be out of the water, whilst desperately trying to get into my bike kit it dawned on me: this was **my first swim-bike transition**. Ah! This is what it’s normally like!.....and that’s my reason for having to sit down! The cycle was a really enjoyable ride, despite now being passed by a lot of the male veterans who had started 15 mins after me! A combination of the glorious weather and beautiful scenery made it much more enjoyable than battling up the Netherly Road in close to gale force winds!

RUN: 5K, 3 laps inside Clumber Park

Cycle-leg flew by and all too soon my bike was re-racked and I was running on the grass route taped out through the park. **Ah, my first race on grass!** The ground was rock hard thanks to the good summer, so it felt just as hard as the Cowie route. Maybe that’s why some poor chap was hobbling towards the finish line muttering something about having ducked his back ???!

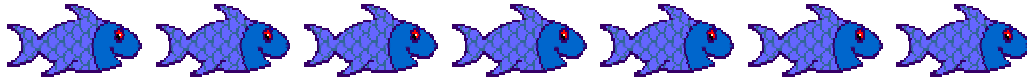
Relieved to see the finish line at last! **My first Sprint Triathlon** completed, another T-shirt for the collection. Total time: 1hr 47mins. Not record breaking, but I’m proud of it!

REFLECTION

It was a fantastic day and a really enjoyable start to, what is for me, the next distance in triathlon. The weather and the scenery really made it. But how did it compare to Scottish races? Well, to be honest, despite the field of approximately 300 competitors – most of whom passed me at some point (some of them twice!) - only two strangers gave any encouragement to the lassie who was quite clearly near the back of the field. In my experience this is a stark contrast to the Winter Series and, more recently, Granton, where plentiful good wishes are gratefully received from spectators, marshals and competitors alike. With our windy hill and friendly faces who could complain about our local triathlon circuit?! So why not give it a go. Go on, I dare you! After all, like so many other things, if you can do it in the North-East of Scotland, surely you can do it anywhere?!

Spot the Sandra competition. Sorry, no prizes for the winner





Ever wanted to swim like a fish? Well, now's your chance

Fleet Feet has a club swim session on Tuesday evenings from 20:30 hrs to 22:00 hrs. This swim session has always been fantastic, but unbelievably it has got even better under the watchful eye of Doug Smith.

Not so long ago Doug was a top class international triathlete and also an excellent swimmer. He was kind enough to retire from triathlon so that others could pick up some hardware. As a way of putting something back in to the sport Doug has very generously offered to do some swim coaching. So, if you want to knock seconds, or possibly minutes off you best swim times, get down to Stonehaven pool on a Tuesday night.



Important Announcement

Following a FFT Committee meeting on Wednesday night 07/01/04 we have confirmed the need to raise entry fees to all FFT Training sessions. This has become necessary for a number of reasons:

Club purchase of additional exercise mats and weights for Circuits: Club purchase of replacement Turbos and Heart Rate Monitors for the Wednesday night training sessions and a periodic review of fees paid to all our coaches.

The following fees became effective from Wednesday 07/01/04:

Monday, Wednesday & Friday night training is now £2.00 per head for senior FFT members

Monday, Wednesday & Friday night training is now £4.00 per head for senior non-FFT members

Monday, Wednesday & Friday night training remains £0.50 per head for juniors FFT members

Monday, Wednesday & Friday night training is now £1.00 per head for juniors non FFT members

A junior is defined as under 19 at 31/12/04

Turbo hire is £1.00 per Wednesday training night

HRM hire is £0.50 per Wednesday training night

FFT Membership remains at £10.00 per head for seniors for 2004

FFT Membership remains at £3.00 per head for Juniors for 2004

Dates for the diary

Fleet Feet hosts a large number of races each year, far more than any other club. As such it is important for all members to support as many races as possible. This can be done by competing, marshalling, turning up and cheering or generally spreading the word.

The race dates for 2004 are:

Winter Series – February 29, March 28 and April 25. First two events will be novice/short distance consisting of three-mile run, eight-mile bike and 400-metre swim. Third event will be the Aboyne duathlon consisting of a five-kilometre run, 30-kilometre cycle followed by another five-kilometre run.

Deeside Duathlon – May 9. Can be entered as either a triathlon or duathlon. Triathlon consists of a 35-mile cycle, 10-mile run and 15-mile canoe. The Duathlon is a 35-mile cycle, 10-mile run followed by a 13-mile cycle. Can be entered as a team.

Summer Series – June 10, June 24 and July 1. First two races will be Novice/short distance but in the more traditional manner of swim/bike/run. Third event will be a Sprint distance of 750-metre swim, 20-kilometre cycle followed by a 5-kilometre run. Ideal for those wanting to step up from the shorter distance.

Standard Distance – September 11. This will be a 1,500-metre open water swim, 40-kilometre bike followed by a 10-kilometre run. Fantastic. Everyone will be mad for this one having gradually built up distance and stamina throughout the summer.

But what about the kids, you may ask. And rightly so. Date is set for June 20. Details to follow.

Miscellaneous races given an honourable mention by Fleet Feeters

Grantown Tri - Sunday 5th September

BUPA, Balmoral - Saturday 8th May

Inverness half marathon March 14. Is filling up fast. This is always a very popular race so best get your entries in sharpish



Looking for that special valentine?

Splash 'n' Dash is holding a fundraising Ceilidh on 14th February in Stonehaven Town Hall at 20:00. There will be a top Ceilidh band, Chilli, licensed bar and raffle with top prizes. Prize for best decorated Valentine table. Tickets cost £10.00 and are available from Carol McLaren. Monies raised to be divided between Splash 'n' Dash, Open Air Pool and Dreams Come True. Come along and support these worthwhile causes.

Member request. Alistair Douglas is looking to either join an existing team or find two others in order to form a new team for the Highland Cross. I imagine all places have gone for the 2004 event but if anyone is looking for a team member please contact Alistair on tel. 01224 253638 (day), 01330 844661 (eve) or e mail to alistair.douglas@amec.com

The triathlonscotland race calendar for 2004 has been finalised. For full details please go to the website <http://www.tri-scotland.org/>. The races listed on the website are too numerous to mention here, but I have taken the liberty of listing the ranking races for 2004.

For those of you unfamiliar with the ranking system I'll try to explain. For it to really make any sense you may want to read the triathlonscotland handbook. Here goes. It is possible to get a national ranking for each race distance. In 2003 to get a sprint ranking you needed to complete four ranking sprint events (if you only did three you would have fewer points). For a standard ranking, duathlon or grand prix (open water) only three events were required. If you do more than the required number of ranking events the highest three places will be counted. The points you get for a ranking event are worked out by weird science. The Beagle could probably have explained the formula, but unfortunately he got lost on Mars. But, what you do need to know is your race time is only compared to triathlonscotland members. This means that you need to become a member of triathlonscotland. If you do this prior to April 13 Fleet Feet will receive £4, so get those forms filled in now before you forget.

Why compete in ranking events? Kudos is one reason. I am listed at number seven in the 2003 handbook (based on 2002 results) for the standard distance in what was my last year as a senior. Despite some mediocre performances I still made it in to the top ten, so just think what you talented bunch could achieve. I must say though I'm not looking forward to the listing in the 2004 handbook. Now that I am out of warranty, and racing with faulty bits, it's a certainty that my dire performances at the back end of 2003 will drop me down a bit. But, that doesn't matter. Another good reason for doing the ranking events is that most are fantastic races. Particular favourites of mine in 2003 were Stirling, Gullane and Loch Lomond.

If you are just starting out and want to try a few sprint distances, or fancy stepping up to a standard or beyond, why not persuade, bully or coerce fellow Fleet Feet members in to making a road trip. A grand day out is almost guaranteed. Hopefully we can organise at least one trip where we travel en masse and dominate the event. As well as individual rankings, there is also a club ranking. I have no idea how this works (but if anyone shows an interest I will try and find out) but I do know that Fleet Feet in 2002 was ranked at number 2 (2003 rankings not yet out). A long way in front was Edinburgh Triathletes. So, let's get to the races and put Fleet Feet in its rightful place at number one!

TriathlonScotland Ranking Races 2004				
<u>Sprint</u>	<u>Standard</u>	<u>Grand Prix</u>	<u>Championship</u>	<u>Duathlon</u>
East Fife	Orkney	Bruce Open	Edinburgh Duathlon	Lossiemouth
Erskine	Monikie	Water Sprint	Bruce Open Water	Ayr
Turiff	Gullane	Monikie	Sprint	Aboyne
Midlothian	Firth of Forth	Gullane	Aberfeldy Middle	Edinburgh
Stirling	Lomond	Portobello	Distance	Annan
Skene	Fleetfeet	Aberfeldy Long	Firth of Forth Triathlon	Stirling
Ayr	Huntly	Distance		
Fleetfeet		The Firth of Forth		
Bruce				
Portobello				
Aberfeldy				
Peterhead				
Helensborough				

"BERVIE CHIPPER"

FFT WINTER SERIES 2004

Race 1 - Stonehaven Novice Triathlon ~ 29/02/04
3 mile run; 8 mile cycle; 400m swim

Race 2 - Stonehaven Novice Triathlon ~ 28/03/04
3 mile run; 8 mile cycle; 400m swim

Race 3 - Aboyne Ranking Duathlon ~ 25/04/04
5K run; 30K cycle; 5K run



www.fleet-feet.com

The "Bervie Chipper / Fleet Feet Triathletes Winter Series" is open to all athletes of all fitness levels and abilities. Novice athletes who wish to try out the sport for the first time are particularly welcome for all 3 races. The swims will be held indoors and take place after the run and cycle stages. Cycle helmets are compulsory. Race maps and other details will be sent out upon receipt of entry form. Registration is 10:00, with 11:00 start for each race. Check website for late breaking news and results.

Entry Fees Normal Entry closes the Monday midnight prior to each race. £3.00 surcharge fee for late entries

	Junior (16-19 yrs inclusive)	Senior STA / BTA Member	Senior Non Member
Race 1 Only	£4	£8	£10
Race 2 Only	£4	£8	£10
Race 3 Only	£4	£8	£13
All 3 Races on 1 form	£10	£20	£29

Entries to: Gary Gutteridge, 46 Bernham Avenue, Stonehaven, Scotland, AB39 2WD
E-Mail: ggutteridge@oceanengineering.com Telephone: (W) 01224 797207 (H) 01569 765234
Cheques Payable to 'FFT' : Please send two 9" x 6" SAE'S for race instructions and results

NOTE -- No SAE's required if email address included, as all instructions will be sent electronically
Please note details & results will be posted on www.fleet-feet.com and emailed to everyone providing a legible email address.

Entry Form

Events (please tick)

RACE 1	RACE 2	RACE 3	All 3 RACES	Fee Paid £
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Please complete **all** boxes as accurately as possible. (minutes & seconds)

Run time (3 miles)	Cycle time (8 miles)	Swim time (400m)
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CATEGORY – PLEASE TICK BOXES

MALE	FEMALE	Junior 16-19 yrs	Senior 20-39 yrs	Veteran 40-49 yrs	Supervet 50-59 yrs	Vintage 60+yrs

Name: _____ Date of Birth: _____
Address: _____
Club: _____ Post Code: _____
Email Address: .. _____ STA/BTA/ No.: _____
(PLEASE PRINT VERY CLEARLY)

DECLARATION: I am medically fit to run in the above race and understand that I enter at my own risk, and the organisers will be in no way responsible for any injury, loss or illness incurred to my person during or as a result of the event or for any loss of property. I have no objection to the information contained on this application being entered on a computer for the purpose of race administration only.

Signed: _____

FLEET FEET TRIATHLETES
MEMBERSHIP 2004

(Note: Due from 1st November 2003)



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 31/12/04) = £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 subscribe to the Aberdeen Physiotherapy Affiliation Scheme. This allows members to receive physiotherapy treatment at the reduced rate of £20 per session instead of £30. 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

MORE PAIN.... MORE GAIN!



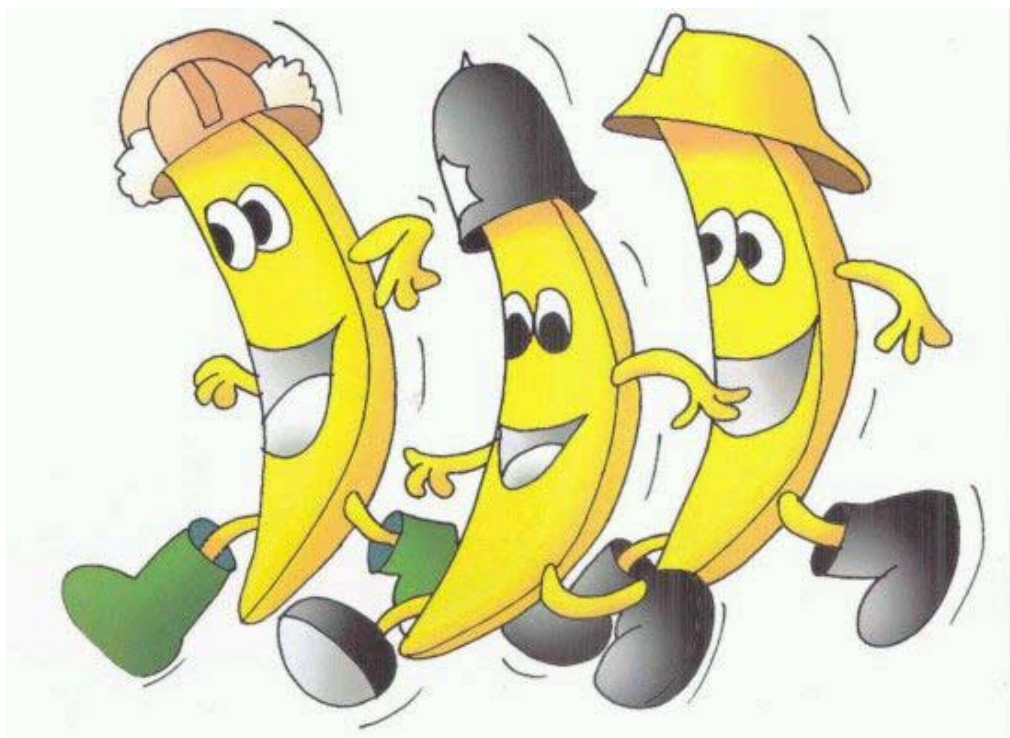
Join Alastair Campbell in the London Triathlon 2004 and help raise life-saving funds for Leukaemia Research. Enter as an individual or a relay team over the sprint or olympic distance.

Contact John Hooper for further details



T: 020 7269 9096
E: jhooper@lrf.org.uk
W: www.lrf.org.uk

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Kindly forwarded by Tom Flynn, who unfortunately just misses out on the age limit.....

BBC Television are looking for people to take part in a major new series...

AND WE WANT YOU!

We are currently inviting applications for a new series which will mark the 60th anniversary of D-Day. If you are male, aged 18-24 and consider yourself to be strong and relatively fit, then we want to hear from you.

We are looking for volunteers to take part in a physically and mentally challenging 4 week rapid training exercise, based on the training that the D-Day forces undertook 60 years ago. This will be filmed and shown as part of the BBC's range of television and radio events commemorating the D-Day landings.

Of the applications we receive we will invite 200 to join us for a selection weekend on 14th/15th February. You will be put through physical and mental tests which will separate the men from the boys – this is not for the faint hearted.

From there 24 recruits will be chosen to take part in the programme. If selected you will be taken straight to a training camp somewhere in Britain where from 16th February - 14th March you will be put through four weeks of physically and mentally challenging training by the Army and the Royal Navy including the Royal Marines.

Veterans from the D-Day landings will be at our present-day training camps to offer an insight into what it was like to train for and take part in the Normandy invasion. Through the training exercises, you will experience some of the physical and emotional tests they endured 60 years ago. The difference is that you will not have to risk your life and take part in any real military conflict. During the four weeks you will live on a military base and will have food and accommodation provided by us.

NB. Please only apply if you are available from 14th Feb – 14th March 2004.

If you are interested and available please contact Ben Crichton on 020 87527554 or ben.crichton@bbc.co.uk by Friday 6th Feb for an application form. The deadline for forms to be returned is Wednesday 11th Feb.



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17 South Mount Street, Aberdeen AB25 2TN
Tel: 01224 636299 Email: runningshop@talk21.com

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Event Name	Location	Day	Date	Time	Cost	Description	Contact
Aberdeenshire / MTM Ltd CC Series (2)	Haddo House Country Park, Methlick	Sun	01-Feb-04	11.30h +	£4 Aff/£6	W=12.30, M=13.30h 10KCC	Race administration 01467 628283 alastairsimpson@hotmail.com
Proms 3K Series 5 of 6. R	North of Beach Ballroom, Aberdeen	Fri	06-Feb-04	13.00h	£1	3K R	Metro. Jackie Stewart. Jackie.Stewart@cnrinternational.com
Angus Biathlons/Duaths. Series 4 Final	Monikie Country Park (Incl'g Jr. Cat.)	Sun	08-Feb-04	11.00h	£8/£30 Series	Reg 9.30- 4KR / 40KB/4KR	johnbremner@btinternet.com 01241 876674 www.eventfull.biz/duathlon.html
Round the Castles Series #3	House of Dun, by Montrose	Sun	08-Feb-04	12.30h +	£4/£10 series	M=13.15h W=13.55h 6MCC	01224 636299 The Running Shop. Runningshop@talk21.com
RAF Kinloss to RAF Lossie. Half Mara.	North Champs.	Sun	15-Feb-04	? 11.00h	£8/£10 Pre	Enter at Lossie. By 09.30h	01343 812121 x 7633 dboygreen@hotmail.com
Scottish National CC Champs	Perth	Sat	21-Feb-04				0131 4767321
Cupar 5 mile road race	Cupar, Fife	Sat	28-Feb-04			5M R	01337 830306 frank@scanbs.co.uk
Proms 3K Series 6 of 6. R	North of Beach Ballroom, Aberdeen	Fri	05-Mar-04	13.00h	£1	3K R	Metro. Jackie Stewart. Jackie.Stewart@cnrinternational.com
SA National Masters CC Champs.	Cupar, Fife	Sat	06-Mar-04				0131 4767321
Nairn 10 K and Fun Run	Nairn	Sun	07-Mar-04	14.00h		10K R	nairnroadrunners@supanet.com
Arbroath Smokie Ladies 10M R	Arbroath Sports Centre	Sun	02-Mar-03	11.00h		Sexist 10M R	01674 672985 ruairidh@campb18.freemove.co.uk
Inverness Half Marathon + Fun Run	Inverness Sports Centre (1200 max)	Sun	14-Mar-04	13.00h	£9Aff./£11 by 1/3	13.1 M R + 3M Fun Run	Roy McDonald inverness.half@grebes.fsnet.co.uk 01463 221971
Moray Road Runners 10K	Cooper Park, Elgin	Sun	28-Mar-04	14.00h	£5/£7 Pre by 24/3	10K R	01343 549379 carol.lawrie1@btopenworld.com
Flora London Marathon & UK Champs.	London	Sun	18-Apr-04			26.2M R	
NOTES: 1. ?=Date not verified			OR= Off Road Run		HR=Hill Race	S=Swim	B = Bike C = Canoe +£2 OD = Pay extra £2 on the day.