

---

# FLEET FEET TIMES

---

*July 2004*

---

## The Editor's Bit

The big event is almost upon us. August 7 is the date for the Fleet Feet 21<sup>st</sup> anniversary celebration and BBQ. The fun starts from 12:00 at Knockburn loch. This will be a most enjoyable occasion, so don't miss out, get yourself down to the loch and have a great time.

Contributors to this edition of Fleet Feet Times include from Liz and Ian Brown, Alistair Macfarlane and Bella Comerford. Liz reports on the Swiss IronMan, and more importantly has announced her engagement to Ian. Alistair has given us a good insight in to racing in the Netherlands while Bella continues to impress on the international long distance circuit.

I have not received any race reports for July and so I have trawled the Internet and picked out a few highlights. Particularly eye catching was the finish time for Paul Mackie at the Stonehaven half marathon. Paul is probably best known as a mountain biker and also for fixing cars. As he has done many good jobs for me in the past, and because he beat 1hr 30, I reckon he deserves some publicity. For all your motoring needs, go to First Drive Cars. Try the website [www.firstdrivecars.co.uk](http://www.firstdrivecars.co.uk) or give Paul a call. You never know, if you flash your Fleet Feet membership card, he may even give you a discount.

Aberfeldy Sprint is always a popular race, and it was a bit of a surprise that so few Fleet Feeters took part. Creditable performances were returned by Alistair Macfarlane and Neil Robertson. There was a better turnout at the Bannf Sprint with Scott Neyedli, Kevin Adam, Philip Rhind, Alan Petrie, Susie McKay, Nicola Rhind, Bert McIntosh and Mary Birse all doing Fleet Feet proud. Normal apologies for all those I may have missed out. If you feel you deserve a mention please drop me a note for the next newsletter.

In my short stint as editor of the Fleet Feet Times I have so far failed to abuse the position. So now is the time to rectify the situation. I am struggling for time at the moment, and not just because I have started training again. We are short staffed at work and in desperate need of someone to join us to report on the supply vessel market. So, if you fancy a career change why not slip me a CV at the BBQ at the weekend.

And finally, Reuters has reported that South African Philip Rabinowitz has become the world's fastest 100-year-old, slashing more than five seconds off the record for the 100-metre sprint for centenarians. "Oh I feel wonderful now, absolutely wonderful," Rabinowitz said after finishing in a time of 30.86 seconds. "I don't know how long it is going to be like this. Every time I go, I break my own record. I get younger and younger," Rabinowitz said as his coach checked his pulse.

Happy ageing,  
*Bish*



# 2004 COMMITTEE

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

## TRAINING SESSIONS

### Monday

Run/swim: Run/mountain bike session starting at Durriss car park at 6pm and followed by a swim at Knockburn lock.

### Tuesday

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

### Wednesday

Turbo - Green Hut - 7pm. Now finished, will return winter 2004

### Thursday

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

Swim Session: Leisure Centre 8.30pm - 10pm

### Friday

### 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, 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.

## 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 remaining race for 2004 is the **Standard Distance** – September 12. This will be a 1,500-metre open water swim, 40-kilometre bike followed by a 10-kilometre run.

The entry form is now available on-line, as are full race details. Please assist the race organisers by getting your entries in as soon as possible.

For those not able or willing to compete, why not just turn up for a good day out? Knockburn Loch is going to be a fantastic location for a triathlon so please join in with the fun and turn up on the day to give some vocal support (if you haven't already volunteered to marshal).

### **21<sup>st</sup> Anniversary BBQ** – August 7.

As announced some time back, the club is having a BBQ at Knockburn Loch on Saturday 7th August 2004 from midday onwards. It is open to **all** club members **and family**, so please just turn up. There will be water activities in the loch and there are plenty of areas for kids (young and old) to safely run about and cycle. There will be some food and drink provided by the club, but please bring some favourites along to make sure there is enough to go round.

This is the location for the clubs standard distance triathlon on 12th September, so come along and check out the site, and even go round the swim, run or bike course to work up a hunger and thirst.

For those of you not familiar with the location, directions are available on the website at the Knockburn Tri race course map

[http://www.fleet-feet.com/Races\\_Results/Races\\_2004/Knockburn\\_tri.pdf](http://www.fleet-feet.com/Races_Results/Races_2004/Knockburn_tri.pdf).

## Letters page

Bella Comerford has once again been kind enough to send us an update on her season....

Dear Fleet Feet Times,

I have just raced the ITU World Long Course Championships in Sweden. (4km Swim, 120km Bike, 30km Run)

I finished 4th. I am both happy and frustrated with my result. I was happy because I made no mistakes during the race. Also, I had a strain in my achilles for three weeks end May/ beginning June so only had only two good weeks of running before racing Sweden. I wasn't even sure if I would be able to race in Sweden.

I am frustrated because I was only 2 minutes and 47 seconds from the 1st place girl. I was catching those final three girls fast. All I needed was another 2km on the run and I am positive it would have been my day.

I have left Sweden with happy memories. The atmosphere in the British Team was very happy and positive. I had the most amazing and up-lifting British support during the race. That really helped me.

Now I am home in Scotland for 5 days to visit my family. Then, back to Boulder where I will get back to my routine of training, training, training...with all my focus on a top 10 result at Hawaii in October.

Bella

| TOP FEMALE ATHLETES |                                      |     |          |          |          |          |         |
|---------------------|--------------------------------------|-----|----------|----------|----------|----------|---------|
| PL                  | NAME                                 | NAT | SWIM     | BIKE     | RUN      | TOTAL    | DIFF.   |
| 1                   | <a href="#">TAMARA KOZULINA</a>      | UKR | 01:10:00 | 03:23:58 | 02:04:41 | 06:41:29 | -       |
| 2                   | <a href="#">LISBETH KRISTENSEN</a>   | DAN | 00:59:30 | 03:27:55 | 02:12:37 | 06:42:12 | 0:00:43 |
| 3                   | <a href="#">SIONE JONGSTRA</a>       | NED | 01:03:42 | 03:27:35 | 02:10:03 | 06:43:30 | 0:02:01 |
| 4                   | <a href="#">BELLA COMERFORD</a>      | GBR | 01:08:40 | 03:27:40 | 02:06:04 | 06:44:16 | 0:02:47 |
| 5                   | <a href="#">TIINA BOMAN</a>          | FIN | 01:05:12 | 03:30:51 | 02:08:27 | 06:46:44 | 0:05:15 |
| 6                   | <a href="#">SARA GROSS</a>           | GBR | 01:05:16 | 03:37:46 | 02:05:27 | 06:50:27 | 0:08:58 |
| 7                   | <a href="#">CRISTINA AZANZA</a>      | ESP | 01:03:25 | 03:34:53 | 02:13:18 | 06:53:31 | 0:12:02 |
| 8                   | <a href="#">EDITH NIEDERFRINIGER</a> | ITA | 01:00:01 | 03:44:06 | 02:09:42 | 06:56:03 | 0:14:34 |
| 9                   | <a href="#">ESTELLE PATOU</a>        | FRA | 01:03:21 | 03:31:33 | 02:22:47 | 06:59:53 | 0:18:24 |
| 10                  | <a href="#">EVA NOVÁKOVÁ</a>         | CZE | 00:59:27 | 03:38:44 | 02:19:58 | 07:00:19 | 0:18:50 |

Dear Andy (Redman),

A quick note to thank you for the summer series which as usual was seamless throughout. I had a great time and even enjoyed the long bike ride at the end. Just one note for next time, can we ban all under 18's?? It might give me a better chance of winning!

Mike Brock

## Going Dutch by Alistair Macfarlane

Some of you may have noticed that I've been around the local race circuit a little less this year as I've moved to the Netherlands with my work. I've not however given up on Triathlon as there is still plenty of scope for improvement and I've been managing to get quite a few visits back to Aberdeen that coincide with some of local races. This has however left me a wee bit short on the race front so I decided to brave the language barrier, the cycling on the wrong side of the road and the wind and tackle one of the few standard distance races that take place in the Netherlands last month.

The event was the Noordwijkerhout triathlon which had a really good website (in Dutch) and a number of different distances that could be tackled. I went for the competition race which although standard distance consisted of a 1km open water swim, 42Km cycle and 10km run. Those of you who know me will remember my preference for open water tri's as I get to wear a wetsuit to hold by legs up instead of the pull boy which is surgically attached whenever I go in a swimming pool to train. A pet hate I also have is cycling up hills, in the wind and over bumpy roads (when your a big lad it all takes a toll on your backside). So I told myself it's wetsuit, it's Holland, couldn't be flatter and bonus there are cycling lanes everywhere so unlike Aberfeldy last weekend I can't get stuck behind any silly tourists in their cars, should be a piece of cake.

So as in the title of an old Madonna song I approached my first foreign race with a mixture of excitement and trepidation and a few butterflies in my stomach. First thing I had to do when I got to Noordwijkerhout was find one of the organisers to summarise the race info in English for me as my Dutch still leaves a lot to be desired. Fortunately everyone was very helpful and I managed to get to the start line at a lake some distance away from swimming pool where the recreatie (supposedly less serious) and sprint tri's were taking place.

As I said the swim was a 1km straight out and back affair and went reasonably well considering how little swimming I've been doing recently, I just love wetsuits. I hit the bike with a fair amount of enthusiasm for a 4-lap circuit. The first half lap was great and I was really flying along the flat smooth cycle lane, turning back towards the swimming pool which was at the centre of the cycle and run loops was another matter entirely. One of the disadvantages of Holland being so flat is it's also pretty windy and exposed. Although the route had more trees than Shetland it was a near thing and the wind was blowing almost as bad as the FFT 2 race this summer. Given my earlier pet hate you can imagine I was less than pleased.

Another little known fact of Holland is their passion for constructing their cycles lanes like lock block drives and in the few places where there is smooth tarmac breaking it up every few hundred yards with strips of cobbles or speed ramps. And then there are the canals, no there were bridges but the two I remember crossing 4 times each were real hunchback jobs which felt like Everest on the way up and didn't seem to have a down to them. So the cycle was a wee bit tougher than I was expecting and I was a bit ragged on the bike by the time the 4th lap came and went.

There was one other surprise on the cycle. I don't think I mentioned that there are only four standard distance races as far as I'm aware in the Netherlands and the Noordwijkerhout race was one of their championship races. The bonus of this was it was exceptionally well organised and marshalled, the downside was the number of motorbikes going round with us to either draught bust or film us for broadcast on TV that night. I've a vague recollection on the 4th lap of the camera motorbike pulling alongside and spending a bit of time filming me before accelerating to 10mph and leaving me behind. I've no idea if I made it onto local tele as I stumbled across the coverage at night while flicking (I've no idea what is on local tv and when it's on normally) but I'd be surprised if I didn't end up on the cutting room floor as I don't think I would have been an encouraging sight for anyone considering doing a triathlon.

Finally the run came and this I was looking forward to, as my running is the only discipline I don't think I've weakened on in the last six months. And it was quite good, nice and flat and I caught quite a few people which I was pleased with as the Dutch are generally pretty enthusiastic and good runners.

So after 2 hrs and 30 mins I staggered up a huge ramp to the finish line on a stage kind of thing to be presented with my bouquet of flowers. Unfortunately I was so tired I can't remember if it was an attractive model/assistant doing the presentation or even if it was a female but it was a nice bunch of flowers which I duly handed to my wife as quickly as possible. Not very manly to walk around with your own bunch of flowers is it.

So that was my first experience of racing in foreign climes. Overall, despite my moaning, pretty enjoyable and a race I'd recommend to anyone who fancies it and I know of a good B&B not too far away as well.

### **IronMan Switzerland by Liz Chellingsworth and Ian Brown**

Ian and I had a midsummer break in Switzerland last week, taking in Ironman Switzerland in Zurich along the way.

On our first day there we made a bee-line for Lake Verzasca, south of the Alps, where the opening scenes of the James Bond film "Goldeneye" were filmed. Lake Verzasca is dammed by a 200m high dam separating a wide valley from a narrow gorge. It is a breath-taking view and not one for those suffering from vertigo. In the centre of the walkway a rig of scaffolding has been assembled for bungee jumping. Just watching intrepid souls plunge over the edge tethered only by a thin piece of elastic cord was enough excitement for us. A few miles south of Lake Verzasca lies Locarno on the northern shores of Lago Maggiore which Switzerland shares with Italy. Ever-prepared, we had brought our swimming kit. The water was beautifully warm and clear, the wetsuits were set aside and we plunged in watched by a swarm of marauding sea gulls.

On the drive back we avoided the motorway and instead headed up some hairy hairpins and potholed B-roads up to the San Gottard pass. The pass stands at 2114m and looks down onto the town of Airolo, the last village before the San Gottard tunnel, a 17-km motorway tunnel running right through the heart of the Alps. Without doubt this is the scenic route back to Zurich and one that is well worth taking.

Our next tourist trip was out west to Bern. We drove through some strangely flat countryside to Bern, the capital of Switzerland. The city was built in 1191 and is famous for its bear pits. The name Bern itself means "bears" and everywhere you look there are statues of bears: on the fountains, on the façades of halls and clocktowers. They have even crept into the mouldings of the city's Minster. The city's favourite pastime seems to be chess. In the parks and avenues chessboards are marked out on the ground and wooden chess pieces are provided by the city council. Law and order in Switzerland seems to be such that they don't get nicked by the local scallywags.

On the Sunday we swapped our tourist hats for our Ironman Supporter hat. Paul's brother and his mate were competing. We had met up with them on Friday and promised them some kerbside support. Ian headed down to the start at 7am to watch the triathletes dive into the lake while I was curled up in my nest. We had checked out the bike route the day before and had spotted a good hill to watch the Ironmen go by. The hill had been nicknamed the Heartbreak Hill, a sod of a climb made even harder by the heat of the summer sun. Our next stop was Lake Zurich itself for a splash in the water, just what was needed after the efforts of supporting the cyclists. The run route went along the top of the lake and back several times – four laps was enough to make even the elite a bit dizzy. We strolled along the route for several miles supporting runners and taking in other sights of Zurich along the way. It was great to see people

finishing their epic – each competitor is given a rousing greeting on the finish runway. It was all inspiring stuff and we've come away from the holiday suitably motivated.

PS. We got engaged a few weeks ago! Ian proposed to me at the viewpoint over Corgarff Castle just coming down off the Lecht after a weekend's training in Grantown-On-Spey.

## IronMan Switzerland

A helicopter pilot laughing at the funny looking fish



A nice cool dip on the bike...

## SPORT PSYCHOLOGY: What is it, and can it help me improve as a triathlete? By Simon Houghton

### Concentration

When participating in sport, it is widely accepted that in order to produce the best possible performance, concentration is key. An athlete, rugby player, snooker player or triathlete simply cannot afford to be thinking about random thoughts, or distractions that will result in a sub-optimal performance. Distractions take the form of being either *internal* or *external*. Examples could include:

*Internal* distractions in a triathlon:

- Thinking of next transition
- Thinking about previous error
- Concerned whether injured knee will influence performance

*External* distractions in a triathlon:

- Noise of crowd
- Clicking of cameras

The goal of any concentration improvement programme is to minimise the impact of these external and internal distractions and to maximise the focus on the relevant critical cues.

Questions to consider:

- What are the critical moments in a triathlon?
- What are the critical cues on which you must focus on in order to perform with excellence during these moments?
- How good are you at focusing on these cues and blocking out everything else, which may act as a distraction?
- When does your concentration have a tendency to break down?

### **Identifying the problem – tennis example**

In order to intervene, the attentional problem needs to be explicitly identified.

|                                 |  |
|---------------------------------|--|
| <b>Problem situation</b>        | Winning the first set against an opponent ranked higher than me  |
| <b>Physical Feelings</b>        | 1. Increased muscle tension in neck<br>2. Breathing more rapidly and up in the chest   |
| <b>Attentional Focus</b>        | 1. In terms of thoughts, saying things such as 'hang on', 'don't miss'<br>2. Mentally, feeling rushed – not being ready when facing opponents serve  |
| <b>Performance Consequences</b> | 1. Becoming less aggressive, playing more from the baseline.<br>2. More conservative on all his shots, and hit many off the back foot. Often, he would let balls go, hoping they would be out. |

Can you identify situations that occur in a triathlon that cause you to lose your concentration? What did you feel, what was your attentional focus, and what happened to your performance as a result?

***When things go wrong with our performance, it takes a lot of effort to keep our confidence up to ensure that we can continue to stay focused and on top of our game. After all, we are only human, and when things go wrong, very often our behaviour is to 'ease off the gas'.***

From now on, whenever you lack confidence during a competition due to a problem situation, you must focus your attention on something else. You must become 'process'-focused, rather than 'outcome'-focused.

To be thinking about how important the outcome of a contest is or about what one can win or lose during the actual competition typically generates additional physical and attentional changes that interfere with your performance. One of the biggest contributors to 'choking' is thinking about the outcome of the importance of a contest whilst still involved in it. If you must analyse your performance, do it at the end of the race!

Process cues are related to the process of **performing** as opposed to the **outcome**, and we have covered this with a previous article on goal setting. For example, swimmers may attend to some technical aspect of their stroke, or the feeling of their body moving through the water – often focusing on generating a rhythm. Over time, people learn that if they maintain this type of focus, the outcome will take care of itself.

Another helpful technique can be of using self-talk. This involves using key phrases or words that mean something to you, and help you to focus on the task at hand. Examples may include 'What's my job?' (cue to return to the present), or 'Strong and long' (for swimming technique). Invent cues for the different problem situations you regularly encounter, and practice these. Then, when they happen for real, the self-talk and process goal confidence strategies are automatically initiated, and you return to full concentration.

## Stonehaven half marathon

### Selected results

| <u>Overall Position</u> | <u>Name</u> | Time            | <u>Category</u> | Cat<br>Position | Sex Position - Is this relevant? |
|-------------------------|-------------|-----------------|-----------------|-----------------|----------------------------------|
| Paul Mackie             | 1:28:45     | Male 17 to 39   | 18              | 29              | Stonehaven Splash & Dash         |
| Julie Giles             | 1:29:06     | Female 17 to 34 | 3               | 4               | Splash and Dash                  |
| Jim Craig               | 1:30:04     | Male 50 to 54   | 3               | 31              | Splash and Dash                  |
| Margaret<br>Anderson    | 1:32:19     | Female 45 to 49 | 1               | 7               | Stonehaven Splash & Dash         |
| Ian Sinclair            | 1:35:19     | Male 45 to 49   | 10              | 74              | Fleet Feet Triathletes           |
| Gillian Bitta           | 1:36:45     | Female 40 to 44 | 2               | 9               | Fleet Feet Triathletes           |
| Gillian Pyper           | 1:43:07     | Female 35 to 39 | 2               | 19              | Splash and Dash                  |
| Rob Fisher              | 1:44:18     | Male 17 to 39   | 63              | 129             | Fleet Feet Triathletes           |
| William Tulloch         | 1:44:40     | Male 17 to 39   | 66              | 133             | Fleet Feet                       |
| David Anderson          | 1:45:43     | Male 45 to 49   | 21              | 138             | Fleet Feet                       |
| Colin Sim               | 1:45:44     | Male 40 to 44   | 26              | 139             | Fleet Feet Triathletes           |
| Catherine Pitt          | 1:57:57     | Female 17 to 34 | 14              | 36              | Fleet Feet Triathletes           |
| Linda Sim               | 2:04:58     | Female 40 to 44 | 11              | 48              | Splash and Dash                  |
| Juju Grieve             | 2:05:22     | Male 45 to 49   | 30              | 185             | Splash & Dash                    |

### Selected photos

The Start



The finish



Was it raining?



# Knockburn Triathlon

Sunday 12<sup>th</sup> September 2004

Knockburn Loch, By Banchory

1.5k loch swim / 42k bike / 10k run  
triathlonscotland Grand Prix Event



Full race details, maps and results will be posted on the [www.fleet-feet.com](http://www.fleet-feet.com) website.

**Entry:** £20 triathlonscotland / BTA member **Or** £28 Non-affiliated. Cheques payable to "FFT"

Entry Deadline Sat 4<sup>th</sup> September. No entries on the day.

Late entries £5 surcharge and at Organisers discretion.

Please enter early as numbers will be limited

**Entries to:** "Knockburn Tri", c/o Boyd, 6 Kirk Brae Mews, Cults, Aberdeen, Scotland, AB15 9QF

**Queries:** Steve Boyd - 01224 862835 (Evenings) OR Nelly Shand – 01330 811030 (Evenings)

**E-Mail:** knockburn@fleet-feet.com

**Note :** All details will be sent electronically unless two 9" x 6" SAE'S are enclosed with signed entry.

## Entry Form

**Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_/\_\_\_/\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_ **Post Code:** \_\_\_\_\_

**Club:** \_\_\_\_\_ **STA/BTA/ No.:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

(PLEASE PRINT VERY CLEARLY)

**Day Tel No:** \_\_\_\_\_ **Eve Tel No:** \_\_\_\_\_ **Mob No:** \_\_\_\_\_

**Swim Time : 1500m Open Water :** \_\_\_\_\_ (There will be a 50minute cut off time.)

| CATEGORY – PLEASE TICK BOXES (age as at 31/12/2004) |        |                    |                  |                   |                    |                |
|---|--------|--------------------|------------------|-------------------|--------------------|----------------|
| MALE  | FEMALE | JUNIOR 2 17-19 yrs | Senior 20-39 yrs | Veteran 40-49 yrs | Supervet 50-59 yrs | Vintage 60+yrs |
|   |        |                    |                  |                   |                    |                |

**WETSUITS COMPULSORY : NO HELMET - NO RACE**

**DECLARATION:** All athletes competing in triathlonscotland sanctioned events are held to have read and understood the rules governing the sport and to be in full agreement with the following declaration.

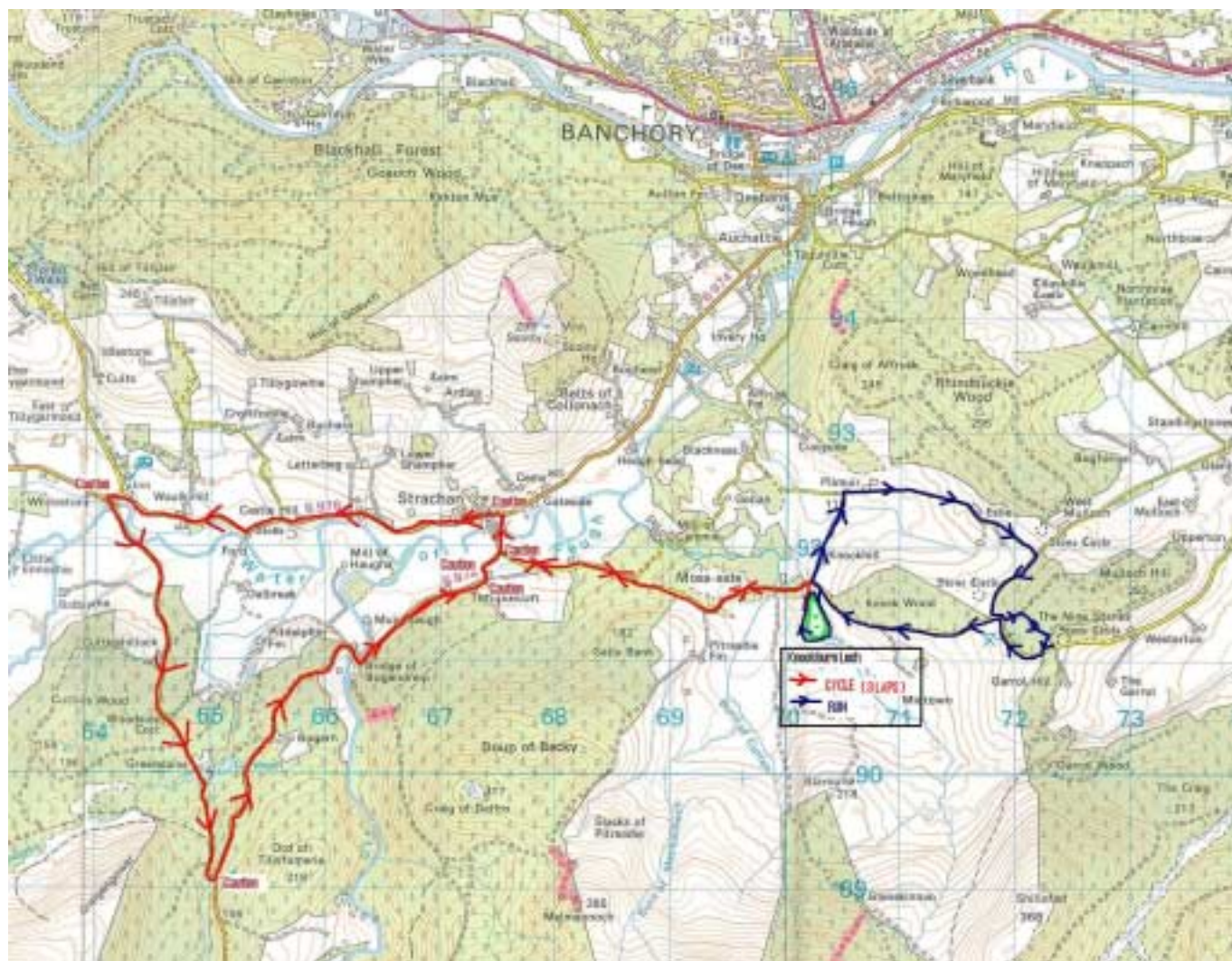
I am medically fit to run in the above race and understand that I enter at my own risk, and the organisers will be in no way responsible for any injury, loss or illness incurred to my person during or as a result of the event or for any loss of property. I have no objection to the information contained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

**I have read, understand and agree with the declaration.**

**Signed:** \_\_\_\_\_ (Parent/Guardian if under 18years)

**Signed:** \_\_\_\_\_ (Competitor)

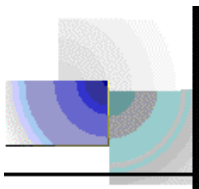
Here's a map, but be warned, the roads will not be colour coded on the day



## 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



Michael Levack BSc (hons) Physiotherapy  
**Physiotherapy Clinic**  
Phone: 01 569 766307  
Mobile: 07709438610  
Levackmichael@hotmail.com



Chartered physiotherapist Michael Levack, running Levack Physiotherapy is now working from the Mackie Academy rugby club pavilion.

Diagnosing and treating conditions such as:

- Sports injuries - acute and chronic
- Back and neck problems
- Joint pain
- Arthritic changes
- Muscular tension
- Stroke rehabilitation

The treatments offered include:

- Massage
- Ultrasound
- Spinal manipulation
- Manipulation of joints
- Gym routines and exercise plans for rehabilitation following injury
- Reduction of tone and retraining of movement patterns

|                                 |     |  |
|---------------------------------|-----|--|
| 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<br>Home visit where available +£5 |

**DISCLAIMER:** Fleet Feet make no warranty of any kind with respect to the subject matter included herein or the completeness or accuracy of the newsletter. Consideration should be made to the fact that the current Editor is on medication. Opinions expressed by the Editor, or others are intended to be informative and entertaining and no offence is meant or implied. Contributor's names may be changed to protect the innocent and the not so innocent. But probably not.

## NEW summer products



### TERROC™ 330

Trail running shoe with high levels of comfort and performance. Ideal for hard surface tracks and trails and some road use if required.

**TRAIL** April 2004 Best Trail Running Shoe



**POLAR**<sup>®</sup>  
heart rate monitors



**AQUA  
SPHERE  
KAIMAN  
GOGGLES**

**SQUEEZY**  
Fruit Gums



### S625X

The ultimate running tool  
Accurate speed, distance  
and pace per mile.  
Plus cycle compatible!



# The Running Shop

17 South Mount Street Aberdeen AB25 2TN

Tel. (01224) 636299 Email. [therunningshop@btconnect.com](mailto:therunningshop@btconnect.com)

**10% FFT discount on production of card**

| Event Name  | Location         | Day                                    | Date | Description | Contact   |
|---|------------------|--|------|-------------|---|
| Aboyne Highland Games   | HR               | Aboyne                                 | Sat  | 07-Aug-04   |   |
| Haddington Half Marathon  |                  | Neilson Park, Haddington               | Sat  | 07-Aug-04   | 13.1M R 01620 824023  |
| Edzell Fun Run  |                  | Edzell Town Hall                       | Sat  | 07-Aug-04   | 4.2M R  |
| Glasgow Strathendrick Duathlon                                  | Ranking          | Fintry Sports & Leisure, Stirlingshire |      | 08-Aug-04   | R5K/B31K/R5K <a href="mailto:brian.skinner@ntlworld.com">brian.skinner@ntlworld.com</a> 0141 5779406 <a href="http://www.glasgowtriathlonclub.net">www.glasgowtriathlonclub.net</a>             |
| Wick Sprint Tri.  |                  | Wick                                   | Sun  | 08-Aug-04   | 750mS/20KB/5K R Katie Farmer 01955 604170   |
| 10 TT Garlogie  | Novices          | (Deeside Thistle Cycling Club)         | Tues | 10-Aug-04   | Anne Brown 01467 641587 <a href="mailto:AnnePRBrown@aol.com">AnnePRBrown@aol.com</a>  |
| Inverurie Kids Aquathon   |                  | Inverurie Swimming Centre              | Tues | 10-Aug-04   | For distances see contact Andrew Miller 01467 628127 FAX 01888 563156. <a href="mailto:leisureland@aberdeenshire.gov.uk">leisureland@aberdeenshire.gov.uk</a>                                   |
| Tap o' Noth Hill Race   |                  | Rhynie                                 | Sat  | 14-Aug-04   | 6M + 1,220 Ft. climb. HR 01464 861387   |
| Gullane Beach Standard & GP                                     | Ranking          | Gullane Bents, Gullane + relay         | Sat  | 14-Aug-04   | S1.5K(OW)/B42K/R10K Deborah Moutat 0131 5388113. <a href="mailto:gullane@edinburghtri.org.uk">gullane@edinburghtri.org.uk</a> <a href="http://www.entrycentral.net">www.entrycentral.net</a>    |
| Great Stonehaven Bike Ride                                      |                  | Scout Hut, Stonehaven                  | Sun  | 15-Aug-04   | 11M B or 25M B Charity ride in aid of the Blind + 10% PARCS. Mary Lindsay 763440. <a href="mailto:derekrstewart@lineone.net">derekrstewart@lineone.net</a>                                      |
| Kelso Sprint Tri.   |                  | Kelso                                  | Sun  | 15-Aug-04   | Graham Eason 01573 460202   |
| 5 TT Garlogie   | Outward          | (Deeside Thistle Cycling Club)         | Tues | 17-Aug-04   | Anne Brown 01467 641587 <a href="mailto:AnnePRBrown@aol.com">AnnePRBrown@aol.com</a>  |
| Aberfeldy Middle Dist & (GP                                     | Ranking)         | and Scot. Long Distance Championship   | Sat  | 21-Aug-04   | OW 1.2MS/56MB/13.1MR Richard Pearson 01887 820922. <a href="mailto:rwpearson@pkc.gov.uk">rwpearson@pkc.gov.uk</a>   |
| Bennachie' Duathlon + Novice                                    |                  | Back of Bennachie car park, Oyne B9002 | Sun  | 22-Aug-04   | 5K OR/37K B/3K OR +BBQ Murray Bryce 01651 806548 Mob 07763 590992 OR <a href="mailto:dthomson@ifb.co.uk">dthomson@ifb.co.uk</a> 01651 806230.   |
| Forfar Roadrunners 10K  | R                | Market Muir, Forfar                    | Sun  | 22-Aug-04   | 10K R Ron Milne 01307 468293 <a href="http://www.forfarroadrunners.com">www.forfarroadrunners.com</a>   |
| Helensburgh Sprint Tri (Ranking) & Aqua                         |                  | Helensburgh. + Jr. Aquathon            | Sun  | 22-Aug-04   | Sprint = S750m/B20K/R5K Malcolm Minto 01389 758392. <a href="mailto:mminto_98@yahoo.com">mminto_98@yahoo.com</a>  |
| Two Inches 10K  |                  | North Inch, Perth                      | Sun  | 22-Aug-04   | 10K R 01738 477900  |
| Lonach Gathering Hill Run                                       |                  | Bellabeg, Strathdon                    | Sat  | 28-Aug-04   | 4.5 M OR 001975 6 51233   |
| The Scottish Tri. Champs. The Firth of Forth Tri. Standard & GP | Ranking          | Edinburgh                              | Sat  | 28-Aug-04   | 300 max Bruce Kidd 0131 6574716 <a href="mailto:bruce@kidd65.freeserve.co.uk">bruce@kidd65.freeserve.co.uk</a> <a href="http://www.edinburghracingcoop.co.uk">www.edinburghracingcoop.co.uk</a> |
| Peterhead Tri. Sprint   | Ranking          | Peterhead Acad.                        | Sun  | 29-Aug-04   | S750m/B20K/R5K Henry Trotter 01467 625088 <a href="mailto:triathlon.multisport@aberdeenshire.gov.uk">triathlon.multisport@aberdeenshire.gov.uk</a>  |
| Nairn Triathlon   | 70 Max.          | Individual or team entry               | Sun  | 29-Aug-04   | S500m/B18K/R6K Helen Guy, Rhuallan, Cawdor Road, Nairn, IV12 5ED 01667 452746   |
| Moray Mara. / Half Mara./ 10K N Champ                           |                  | Cooper Park Elgin/Gordonstoun/Lossie   | Sun  | 29-Aug-04   | Mar/Half Mar/10K11.00hR 01343 543736. Buses @ ? <a href="mailto:nicola.nash@moray.gov.uk">nicola.nash@moray.gov.uk</a> <a href="http://www.moraymarathon.co.uk">www.moraymarathon.co.uk</a>     |
| Dundee H.H. 10K   |                  | Hawkhill Harriers                      | Sun  | 29-Aug-04   | 10K R 01307 465274  |
| SA Marathon Championships                                       |                  | An Aird Fort William                   | Sun  | 29-Aug-04   | 01343 543736  |
| Charity Fun Team Duathlon                                       |                  | Fetteresso Forest Car Pk.(Swanley Rd)  | Sat  | 04-Sep-04   | Teams of 2. 8M MTB/OR Carol McLaren 01569 763924 (E). <a href="mailto:carol.coach@tesco.net">carol.coach@tesco.net</a>  |
| Annan Duathlon  | Ranking          | Everholme Sports Complex, Annan        | Sat  | 04-Sep-04   | £16Team? R5K/B30K/R5K Calum Graham 01461 207046 <a href="http://www.annansportstrust.co.uk">www.annansportstrust.co.uk</a>  |
| Loch Leven Half Marathon  |                  | Kinross                                | Sat  | 04-Sep-04   | 13.1M R 01577 840519  |
| Ben Nevis Race  | H                | New Town Park, Fort William            | Sat  | 04-Sep-04   | 01397 706133 <a href="mailto:mcphersons1@btconnect.com">mcphersons1@btconnect.com</a> <a href="http://www.bennevisrace.com">www.bennevisrace.com</a>  |
| Alford Bike Run and free kids event                             |                  | Haughton Park, Alford                  | Sat  | 04-Sep-04   | <b>For Charity</b> B27M Phil Stratford 019755 63926 <a href="http://www.alfordbikerun.co.uk">www.alfordbikerun.co.uk</a>  |
| Haddington Sprint & Standard                                    |                  | Haddington                             | Sun  | 05-Sep-04   | Sprint S750m/B20K/R5K Sue Broadway 0131 6533003. <a href="mailto:sue@eastlothian.gov.uk">sue@eastlothian.gov.uk</a>   |
| Grantown Try Tri Sprint   |                  | Grantown on Spey.(Teams of 3 = £10.50) | Sun  | 05-Sep-04   | 300mS/14.5KB/4.2KR Rebecca Bird 01479 872824. <a href="mailto:aprima.donna@virgin.net">aprima.donna@virgin.net</a>  |
| Peterhead 10K   |                  | Dales Park, Peterhead                  | Sun  | 05-Sep-04   | 10K R and CC 01779 475841   |
| Lomond Standard & GP both                                       | Ranking          | Inc UK Fire Service Champs             | Sun  | 05-Sep-04   | S1500m OW/B40K/R10K Malcolm Minto 01389 758392. <a href="mailto:mminto_98@yahoo.com">mminto_98@yahoo.com</a>  |
| Great Scottish Run Half Mara. + Jr.                             |                  | Glasgow Green (Scot. Champs.)          | Sun  | 05-Sep-04   | 13.1M R 0141 2489909  |
| Cairn William Hill Race   |                  | Monymusk Village Hall                  | Sat  | 11-Sep-04   | 01467 651532  |
| FFT Standard & GP   | Ranking          | Knockburn Loch, by Banchory            | Sun  | 12-Sep-04   | S1500m O.W./B42K/R10K Steve Boyd 01224-862835 (H) <a href="mailto:steve.boyd4@virgin.net">steve.boyd4@virgin.net</a> <a href="http://www.fleet-feet.com">www.fleet-feet.com</a>                 |
| Capital City Challenge/SA 10K Champs                            |                  | Meadowbank, Edinburgh                  | Sun  | 12-Sep-04   | 10K R & 1.5K Fun 0131 5297990   |
| Aberfeldy Half Marathon   |                  | Aberfeldy Recreation Centre            | Sun  | 12-Sep-04   | 13.1M R 01887 820922  |
| Morven Hill Race  |                  | Groddie, North of Dinnet, by Aboyne.   | Sat  | 18-Sep-04   | 5M + 2100 Ft. climb. HR 01339 885385 SAL Permit + Club entry. Prizes @ Loch Kinord Hotel 3pm. <a href="mailto:m60_jam@hotmail.com">m60_jam@hotmail.com</a>                                      |
| Buckie 10K and Fun Run  |                  | Buckie Community High School           | Sun  | 19-Sep-04   | 10K R and CC 07967 635722   |
| Eyemouth Sprint Tri   |                  | Eyemouth                               | Sun  | 19-Sep-04   | Ian Learmonth 01890 750557. FAX 01890 751734 <a href="mailto:henrygray@bslt4.fsnet.co.uk">henrygray@bslt4.fsnet.co.uk</a>   |
| Bruce Bollock Buster Mini Mt. Tri.                              |                  | Lochore Meadows, Fife                  | Sun  | 26-Sep-04   | C4.5K/MtB12K/R4.5K HR Clive Waghorn 01383 872215 <a href="mailto:chw@globalnet.co.uk">chw@globalnet.co.uk</a>   |
| Dyke 10K  | R                | Dyke, near Forres                      | Sun  | 26-Sep-04   | 10K R and CC 01309 676853 <a href="mailto:douglas_cowie@hotmail.com">douglas_cowie@hotmail.com</a> <a href="http://www.forresharriers.fsnet.co.uk">www.forresharriers.fsnet.co.uk</a>           |
| Great North Run   | R                | Newcastle                              | Sun  | 26-Sep-04   | 13.1M <a href="http://www.greatrun.org">www.greatrun.org</a>  |
| Proms 3K  | Series 1 of 6. R | North of Beach Ballroom, Aberdeen      | Fri  | 01-Oct-04   | 3K R Metro. Duncan Wood 01224 868546. <a href="mailto:jackie.stewart@cnrinternational.com">jackie.stewart@cnrinternational.com</a>  |
| Bennachie Hill Race & Jr. relay                                 |                  | Back o Bennachie, Oyne. Aberdeenshire  | Sun  | 03-Oct-04   | R8mHR 01467 672342 <a href="mailto:subsea@virgin.net">subsea@virgin.net</a> <a href="http://www.gariochrr.freeuk.com">www.gariochrr.freeuk.com</a>  |
| Huntly Tri. Sprint & Standard-Ranking                           |                  | Huntly Gordon Schools                  | Sun  | 03-Oct-04   | S1500m O.W./B37K/R10K Henry Trotter 01467 625088 <a href="mailto:triathlon.multisport@aberdeenshire.gov.uk">triathlon.multisport@aberdeenshire.gov.uk</a> Max of 80 in Standard.                |

|                                       |  |     |                         |                            |   |
|---------------------------------------|--|-----|-------------------------|----------------------------|---|
| Loch Ness Mara. (Charity) +10K + 5K R | Near Fort Augustus - Inverness             | Sun | 03-Oct-04               | 26.2M R                    | Malcolm Sutherland. 0131 524 0360 <a href="http://www.lochnessmarathon.com">http://www.lochnessmarathon.com</a> Pasta Party.  |
| Reebok CC Series (1) Scotland         | Falkirk (See National + International tab) | Sat | 16-Oct-04               |                            | 01242 528548 <a href="http://www.ActiveEurope.com">www.ActiveEurope.com</a>   |
| Stirling Duathlon Ranking             | Stirling                                   | Sun | 17-Oct-04               | R5K/B20K/R5K               | John Smith 01786 833297 <a href="mailto:andrewgturnbull@hotmail.com">andrewgturnbull@hotmail.com</a> <a href="http://www.stirling-tri.demon.co.uk">www.stirling-tri.demon.co.uk</a> |
| Off Beat Bikes Sprint Triathlon       | Lochaber Leisure Centre, Fort William      | Sun | 17-Oct-04               | 400mS/10M B/3.5M R OR      | Damian Forster 01397 704008. <a href="mailto:Info@offbeatbikes.co.uk">Info@offbeatbikes.co.uk</a>   |
| Methlick Duathlon                     | Methlick Bowling Club                      | Sun | 31-Oct-04               | 5K OR/18K B/3K OR          | 3 Peaks Triathletes. Donald Thomson 01651 806230. <a href="mailto:dthomson@ifb.co.uk">dthomson@ifb.co.uk</a>  |
| Hydrasun CC Races                     | Balgownie, Aberdeen                        | Sun | 31-Oct-04               | 13.1M R                    | 01224 485850  |
| Lochaber Half Marathon R              | An Aird, Fort William                      | Sun | 31-Oct-04               | 26.2M R                    | 01855 841276 Dugie MacDonald  |
| Proms 3K Series 2 of 6. R             | North of Beach Ballroom, Aberdeen          | Fri | 05-Nov-04               | 3K R                       | Metro. Duncan Wood 01224 868546. <a href="mailto:jackie.stewart@cnrinternational.com">jackie.stewart@cnrinternational.com</a>   |
| Glen Clova Hotel Half Marathon        | Glen Clova Hotel, Angus Max 300            | Sat | 06-Nov-04               | Full length 13.1 M R       | <a href="http://www.forfarroadrunners.com/Clova/Entry_Form/Clova_Entry_From.htm">www.forfarroadrunners.com/Clova/Entry_Form/Clova_Entry_From.htm</a>                                |
| Angus Biathlons/Duathlons Series 1    | Monikie Country Park (Incl'g Jr. Cat.)     | Sun | 07-Nov-04               | 4K OR / 20K B              | <a href="mailto:johnbremner@btinternet.com">johnbremner@btinternet.com</a> 01241 876674 <a href="http://www.eventfull.biz/duathlon.html">www.eventfull.biz/duathlon.html</a>        |
| Aberdeenshire / MTM Ltd CC Series (1) | Haddo House Country Park, Methlick         | Sun | 07-Nov-04               | Men 10K @13.30h CC         | Race administration 01467 628283 <a href="mailto:alastairsimpson@hotmail.com">alastairsimpson@hotmail.com</a>   |
| Aberdeen AAC 6M                       | Bridge of Don                              | Sun | 07-Nov-04               | 6M R                       | Members / Guests? 01224 314703  |
| Dundee 10M R Champ.                   | Templeton Woods, Dundee                    | Sun | 07-Nov-04               | Reg./Change@ Univ.10MR     | 01307 818053 <a href="mailto:d.kempton@tiscali.co.uk">d.kempton@tiscali.co.uk</a> Entry on day at Univ. if allowed.   |
| King's Aquathon Swim / Run            | Kings College, Aberdeen                    | Sat | 13-Nov-04               | S400m/R5K or S800m/R10K    | <a href="http://www.fleet-feet.com/odds_and_sods/Kings_winteraquathon_entry03.pdf">www.fleet-feet.com/odds_and_sods/Kings_winteraquathon_entry03.pdf</a>                            |
| Elrick 8's Relays                     | Tyrebagger, Aberdeen - Sculpture Park      | Sat | 13-Nov-04               | 3.5 M + 650' Climb HR      | 01224 326541 <b>CANCELLED !</b>   |
| Railway Relay                         | Dinnet, Deeside                            | Sat | 13-Nov-04               | Teams= 12.8Km OR           |   |
| Fraserburgh Half Marathon             | James Ramsay Park, Fraserburgh             | Sun | 14-Nov-04               | 13.1M CC                   | 01346 510311  |
| Gauldry Gallup                        | Gauldry, Fife                              | Sat | 20-Nov-04               |                            | 01337 830306 <a href="mailto:frank@scanbs.co.uk">frank@scanbs.co.uk</a>   |
| Round the Castles Series #1           | Crathes Castle, Deeside                    | Sun | 21-Nov-04               | M=13.15h W=13.55h 6MCC     | 01224 636299 The Running Shop <a href="mailto:runningshop@talk21.com">runningshop@talk21.com</a>  |
| SA North District CC Champs.          | Elgin                                      | Sat | 27-Nov-04               |                            | 0131 4767321  |
| Gordon Way Run                        |  | Sun | 28-Nov-04               | OR                         |   |
| Proms 3K Series 3 of 6. R             | North of Beach Ballroom, Aberdeen          | Fri | 03-Dec-04               | 3K R                       | Metro. Duncan Wood 01224 868546. <a href="mailto:jackie.stewart@cnrinternational.com">jackie.stewart@cnrinternational.com</a>   |
| Angus Biathlons/Duathlons Series 2    | Monikie Country Park (Incl'g Jr. Cat.)     | Sun | 05-Dec-04               | 4KOR/20KB/4KOR             | <a href="mailto:johnbremner@btinternet.com">johnbremner@btinternet.com</a> 01241 876674 <a href="http://www.eventfull.biz/duathlon.html">www.eventfull.biz/duathlon.html</a>        |
| RAF Lossiemouth / ASDA Turkey Trot    | North 10M Champs.                          | Sun | 12-Dec-04               | 10M R                      | 01343 812121 x 7633 <a href="mailto:dboygreen@hotmail.com">dboygreen@hotmail.com</a>  |
| Aberdeen AAC Skol 6                   | Hazelhead Park, Aberdeen.                  | Sun | 12-Dec-04               | Reg.@ Parking @ café. 6M   | 01224 208525 <a href="mailto:neil.murdock@btopenworld.com">neil.murdock@btopenworld.com</a>   |
| Banchory Fun Run                      | Banchory - George VI Park, Guide Hut       | Sun | 26-Dec-04               | 3.5M R                     | Banchory & Stone. A. Club. No times or prizes but soup and juice after.   |
| White Cow Wood Runs 10K and 5K        | by Mintlaw                                 | Sun | 26-Dec-04               | 10K & 5K                   | Tri - Buchan (£5 entry donated Seaman's Mission)  |
| Fun Run (Handicap)                    | Stonehaven Beach Pavilion (Green Hut)      | Sun | 26-Dec-04               | Guess time for prize. 5K R | J Robson, 22 Riverside Dr., Stonehaven. AB39 2GP.   |
| Beach Bum Race                        | Aberdeen Beach @ Fittie end of beach       | Sun | 26-Dec-04               | Beach 4M OR + 58 barriers  | Ewen Rennie. Bring & get a present  |
| Peterhead to Fraserburgh Beach Run    | Peterhead Golf Club Car Park               | Sun | 26-Dec-04               | App 16m OR                 | S Hastie 01779 479927 or I Duguid 01779 478553. 9.15 for 9.30 start.  |
| <b>NOTES: 1. ?=Date not verified</b>  | <b>2. CC= Cross Country. R= Road Run</b>   |     | <b>OR= Off Road Run</b> | <b>S=Swim</b>              | <b>B = Bike C = Canoe +£2 OD = Pay extra £2 on the day.</b>   |