

# FLEET FEET TIMES



## Editor's bit

Dear Fleet Feeters,

Firstly, I must apologise for my lack of presence at training recently. However, laziness has only played a small part in this (honestly). I've been busy buying a house and then worrying about how to furnish it. Copies of Runner's World have been replaced with Home Beautiful - 100 top tips on how to blow all your cash on nice furniture. However, the bricks and mortar have been purchased and I now have no plausible excuse not to go to Doug's swim session on Thursday, so I'm sure I'll see you all there...

Anyway, back to more relevant club news. The 2006 membership form is now available, and there is a copy in this month's newsletter. There has been no increase in fees, with a year's membership still retailing at the bargain price of £10 for seniors and £3 for juniors. However, as many of you are aware, being a Fleet Feet member does not give you any insurance cover. If you are cycling regularly, it is worth thinking about joining the Scottish Triathlon Association, or even the British Cycling Federation to get cover. Also included in this month's issue is, for those who didn't read about it first in the Deeside Piper, a recent report about Bella Comerford's victory in the Florida triathlon.

Cheers,  
Catherine

## Chairman's chat

Dear All

Not much to report from the committee since the last newsletter. We have had one committee meeting since the AGM and a number of initiatives were discussed.

The most pressing items were the race calendar for next year and membership details for 2006. We had discussed raising the cost of club membership with the carrot of offering a refund to those joining triathlonscotland. This was in response to concerns over insurance. Unfortunately it appears that triathlonscotland insurance does not cover those training in a non-triathlonscotland training session, and so membership for 2006 will once again cost £10 for seniors, an absolute bargain I'm sure most would agree.

I'll be travelling down to triathlonscotland's race organiser's conference in Strathclyde November 28<sup>th</sup>. Fleet Feet will be proposing race dates for various races. Assuming we get the race dates we want then we will be OK for at least three races for next year (four including the Kids triathlon which Glenn Beck is organising).

Mike Brock has kindly offered to organise the Aboyne Duathlon, Karl and Nikki Lebedis will take on our premier race, the Knockburn standard, while Bruce Bricknell has offered his services for a summer short distance event. This still leaves us short of an organiser for the Deeside event, and we still need an organiser for a second short distance triathlon in Stonehaven and a short distance race from Hazelhead.

Please don't feel daunted about stepping forward to volunteer your services; plenty of support will be given. Leading an initiative, Steve Boyd has offered to chair a race organisers meeting. This will be open to everyone, those having organised in the past, those organising in 2006 and those thinking about helping out in the future. This should prove to be an extremely valuable exercise.

Several other initiatives are in the pipeline, but most have been put on temporary hold. This time of year seems to be very busy for everybody. I'm just back from Texas where I did my best to eat a herd or two, and we'll soon be into Christmas Party season, including our very own at St Leonard's on December 3.

In the coming months we'll be working on details for a possible club championship, establishing a race-training course for members, and of course we'll be looking at club kit. In the meantime train sensibly, it's slippy out there.

Bish

## BELLA BACK TO HER BEST

DEESIDE'S own iron girl Bella Comerford has become the officially ranked world Number 1 after winning the Florida triathlon for the third time in four years.

Bella, whose family lives in Tarland, has consistently risen through the ranks of the the world's best triathletes since moving to Boulder, Colorado, in the United States two years ago.

For the 27-year professional triathlete, winning the prestigious Florida Ironman event has been the highlight of her 2005 season.

She is now number one woman in the International Triathlon Union's rankings for long distance events.

Bella finished with an overall time of 9:33:09 hours, the fifth fastest women's time ever recorded on the Ironman Florida course. She finished second at the 2004 Panama City Beach event to Michellie Jones after claiming consecutive titles in 2002 and 2003.

Despite that runner up finish last year, Bella felt Saturday's race was an opportunity to get over a "bad patch" she'd experienced in her racing over the last year after she failed to finish at last year's Ironman World Championship in Hawaii.

"It was very tough," explained Bella, "I was nervous to start with, but at the same time I was very excited. I've won here twice before, and I really wanted this one."

"I didn't have a great start," she continued. "I really need to learn how to swim. On the bike I really put the hammer down, and then on the run I have to put my head down. I know if I'm going to make my race, that's where I have to do it."

"I obviously had it today, but Sybille Matter kept me working hard today," Bella said. "I was hearing that Sybille was right on my heels, so I had to keep it together."

Switzerland's Matter finished second with an overall time of 9:36:45.

Matter competed with Comerford for the first half of the run but was unable to close the gap at the end.

# Fleet Feet Triathletes Membership 2006



Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Day Tel No. \_\_\_\_\_ Eve Tel No. \_\_\_\_\_

Mob Tel No. \_\_\_\_\_ D.O.B. \_\_\_\_\_

Male/Female \_\_\_\_\_ Senior / Junior \_\_\_\_\_

Occupation \_\_\_\_\_ TS No. \_\_\_\_\_

Do you wish to join the club email list?    yes/no                      See notes below

Email \_\_\_\_\_

**Print very very clearly in capitals!!**

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.

## Marshalling

An integral part of Fleet Feet Triathletes is the organisation and running of local races. Race marshals are an essential part of that process and we are dependent on the club membership to help us on a voluntary basis. We would ask everyone as club members to support race organisers by helping out at one race throughout the year.

Please tick the box if you are happy to support your club by marshalling at an event.

## Membership Fees

Senior membership fees = £10

Junior membership fees (Age 19 or under on 31/12/06) = £3

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

**FFT Membership; Nikki Lebedis; 29 Brunswick Place; Aberdeen AB11 7TF**

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

## 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.

## ADVERTISEMENTS

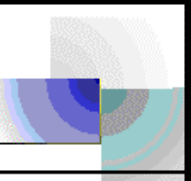

### **Linda Duncan and Rosemary A Clark & Associates**

*Chartered and State Registered Physiotherapists*

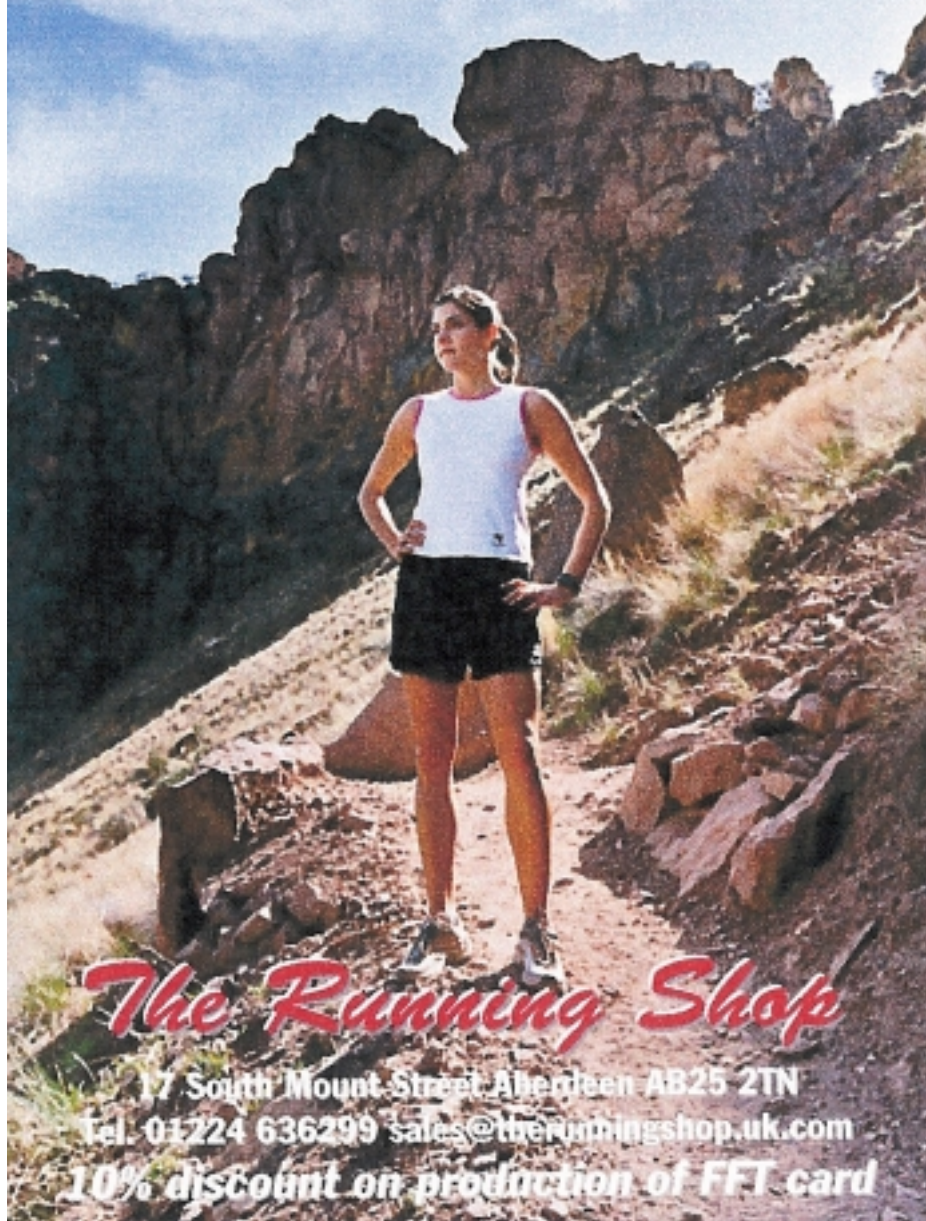
FFT subscribes to the Aberdeen Physiotherapy Affiliation Scheme. This allows members to receive physiotherapy treatment at the reduced rate of £22 per session instead of £32. Members will also be given a priority appointment - within 24 hrs provided they contact Aberdeen Physiotherapy before 12 noon. 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><b>Physiotherapy Clinic</b></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"><li>• Sports injuries - acute and chronic</li><li>• Back and neck problems</li><li>• Joint pain</li><li>• Arthritic changes</li><li>• Muscular tension</li><li>• Stroke rehabilitation</li></ul>													
<p>The treatments offered include:</p> <ul style="list-style-type: none"><li>• Massage</li><li>• Ultrasound</li><li>• Spinal manipulation</li><li>• Manipulation of joints</li><li>• Gym routines and exercise plans for rehabilitation following injury</li><li>• Reduction of tone and retraining of movement patterns</li></ul>	<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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[www.therunningshop.uk.com](http://www.therunningshop.uk.com)



*The Running Shop*

17 South Mount Street Aberdeen AB25 2TN

Tel. 01224 636299 [sales@therunningshop.uk.com](mailto: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](http://www.firstdrivecars.co.uk)

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