

# .. FLEET FEET TIMES ..

Volume 4 Issue 7

AUGUST 2001

## THE EDITORS BIT

Well there are no excuses now. Every member of Fleet Feet is back on the paper copy mailing list. It was felt that there were some people on email that were not getting the newsletter for one reason or another and I was frequently hearing comments of "Oh I didn't know about that." Well now you all will. So please read it, even if you only manage the front page as I will attempt to cover bits that are included.

Firstly all eyes right and read the bit on this page about the Aberfeldy weekend. The club has taken a fair amount of flack over the past few years at being bad at organising social events. So here you are. A social and training weekend. Please come as I have stuck my neck out and organised it. If you can't come that weekend then there is a good disco in Stoney ( see later).

More on the social side, dare I mention Christmas? Mary Birse and Caroline Beck are organising a combined Fleet Feet and Splash and Dash Christmas do (see ditty) Read on to find info on the return of the Glen Clova 1/2marathon and also the last few races of the season. Please as many of you as possible come to the standard at Huntly. It is a ranked event and it would be good to see as many club members out there racing as possible.

Also included is the new winter training programme. Please make sure you look carefully at the dates.

The club is hoping to start a library of triathlon, running, swimming, fitness books and videos for members to borrow. If you have any relevant books or videos lying around that you no longer use please pass them on to a member of the committee.



The club funds are still healthy and the committee is still looking for ideas for was to spend some of the funds to benefit the members. If anyone has any ideas on how they would like the money to be spent please contact Jim Stark.

A circuit session for juniors interested in Triathlon is now being run on a Friday from 6PM -7PM at the Green Hut. Anyone interested should come along, but they must be over 12 years old. Carol is still needing spotters to help when winter circuits restart in October.

Carol is hoping that a band of volunteers will come forward. It is hoped that on a rota basis people will help Carol to ensure that everyone is doing the weights correctly. If you can help please contact Carol on Tel: 01569 763924 or at the Stonehaven Leisure Centre. Please can we have some willing volunteers. The more people offering the fewer times you will have to help.

Lindsay Young wants company for a trip to the Triathlon at Granton on Spey on the 2<sup>nd</sup> September. It is a very short event. Lindsay (Ironman ) Young can be contacted on

[Lindsay.Young@Halliburton.com](mailto:Lindsay.Young@Halliburton.com)

Our congratulations have to go to Lindsay who completed Ironman

## ABERFELDY WEEKEND

The training weekend at Aberfeldy on the weekend of September 29<sup>th</sup> and 30<sup>th</sup> is now up and running. There are still places available so don't delay. This would be a fairly laid back weekend, the idea being to have some fun and socialize with other club members. We will be travelling over on the Friday evening and travel back Sunday afternoon.

Accommodation will be basic in nearby Dunolly House, youth hostel type facilities with dorms and family rooms. It is hoped that everybody would have an hour each day in the pool and some cycling and running, catering for all levels whether competitive or not.

A full itinerary will be sent out at to anyone interested and at the moment the cost is about £30 for accommodation and use of the leisure centre. On top of this you will need food and beer money.

Families are welcome but we cannot provide any crèche or childminding facilities.

This is self catering weekend and anyone coming will have to provide breakfast food. Lunch will be arranged at the recreation centre and there will be the option of eating out or cooking your own grub on Friday and Saturday nights.

Please contact Mo Howard if you are interested asap as it is proving to be popular.

Email : [DrDHoward@aol.com](mailto:DrDHoward@aol.com)

Tel: 01569 767190

Denmark at the beginning of August. We look forward to hearing about it in the next newsletter.

I have also included a couple of interesting articles that I have unearthed.

A couple of race reports are included and I have been promised more for the next edition. Until next time  
*Mo*

## **FLEET FEET TRIATHLETES**

### **COMMITTEE MEMBERS – Year 2001**

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## **FFT TRAINING SESSIONS**

### **Monday:**

Swim session 7AM-8AM Stonehaven Leisure Centre. Cost £ 1.70

Circuit Training Green Hut 7 PM. Run & circuits. Coach: Carol McLaren Cost £ 1.50 members, £ 3 non members.

### **Tuesday:**

Run Session with S&D, 7PM, coached by Carol, cost £ 3(includes swim) or £ 1.70 run only

Coached swim session with Carol 8.15PM, cost £ 2.10 Stonehaven Leisure Centre.

**Wednesday:** Cycle session from Leisure Centre car park in groups from 6.30PM

### **Thursday:**

Run session, Leisure Centre, cost £ 3, includes swim or £ 1.70 run only Coach Carol.

**Friday:** Cycle session. Phone around and see who is going.

### **Saturday:**

Run session, Fetteresso Woods, off road 3m+, 9AM sharp.

### **Sunday:**

Cycle, Stonehaven Square, 9 AM sharp.

If you have any queries about the sessions or your training please speak to the coaches at the sessions. They are happy to speak to you at others mutually convenient times. However a charge maybe made for this.

## **WINTER TRAINING**

**CIRCUITS:** Will restart on Monday 1<sup>st</sup> October at 7PM sharp. Anyone taking part will have to take part in an induction evening on the 1<sup>st</sup> October or be prepared to sign a disclaimer. The induction evening has been introduced to ensure that all newcomers and those old timers who wish are competent at doing the exercises correctly. Normal circuits will resume on the 5<sup>th</sup> October and thereafter inductions will only be held on Fridays. Cost is £ 1.50 for members and £ 3 for non members.

**TURBO:** Sarah will be back on the 26<sup>th</sup> September to resume the winter sessions of pain and suffering. If you have never given turbo a go then come along. It is absolute hell, but brilliant fun !! Sessions start at 7PM prompt in the Green hut. A few Turbos are available for members to borrow. Cost £ 1.50 members or £ 3 for non members

## **Club Equipment To Hire & Borrow**

The club has the following items that maybe borrowed free of charge: Bike Stand, Aqua Jogger, Tool Kit

Bike bags and boxes are also available for hire at a cost of £ 10/week, £ 5/4 days, and £ 2/day.

Contact : Jim Stark

Tel: 01569 764675

Club members are asked to note that Club Members on International Duties 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.

The FFT Committee has taken this decision.

**FLEET FEET WEB SITE:** [www.fleet-feet.com](http://www.fleet-feet.com)

[www.nelly.free4all.co.uk](http://www.nelly.free4all.co.uk)

## USEFUL WEBSITES:

### Triathlon:

TPT: <http://home.petronett.com/3peakstriathletes>

STA: [www.tri-scotland.org](http://www.tri-scotland.org)

<http://triathlonlive.com/>

Adventure Racing: [www.arauki.co.uk/](http://www.arauki.co.uk/)

Joe Beers website: [www.ergogenesis.com](http://www.ergogenesis.com)

Extreme, long distance events: [www.xtri.com](http://www.xtri.com)

[www.transitiontimes.com](http://www.transitiontimes.com) If you give your e-mail address they will send you a password that enables you to take part in discussions. Also you can ask questions and also get heaps of workouts, swim, bike, run specific. These are written by top coaches and you can ask these coaches questions about your own workouts.

### **Swimming**

[www.h2oustonswims.org/](http://www.h2oustonswims.org/) website of THE Emmett Hennes.....big guy, bigger ego, but sound advice...

[www.totalimmersion.net/](http://www.totalimmersion.net/) fishy website

<http://www.xtri.com/2000/10/09-swim.asp> pull and glide your way to faster times, check out:

[http://www.nbcolympics.com/?/features/sw/2000/09/sw\\_feat\\_resultanal/index](http://www.nbcolympics.com/?/features/sw/2000/09/sw_feat_resultanal/index) More hints that it's not just about how fast you can make your arms go around!

### **Cycling**

Ythan Cycle Club : <http://www.ythancc.org.uk/> Deeside Thistle Cycle Club : [www.scozzie.freemove.co.uk](http://www.scozzie.freemove.co.uk)

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### Magazines:

220 magazine: [www.220magazine.com](http://www.220magazine.com) Runners World: [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

**Running Fitness: [www.onrunning.com/runningfitness](http://www.onrunning.com/runningfitness)**

**Ultrafit: [www.ultra-fitmagazine.com](http://www.ultra-fitmagazine.com)**

## Aberdeen Standard 2001

If around 3.30 on the afternoon of Sunday 5<sup>th</sup> August you heard an almighty sigh of relief coming from the direction of Hazlehead Park it was me and it heralded the end of my first try as an event organiser!

The experience exposed what a lousy manager I am and if asked to give one piece of advice to any aspiring organiser it would have to be – “don’t try to do it all yourself”. Outwith the pre-event organisation of booking the pool, STA sanctioning, police permission, etc., get a generous number of trusty lieutenants and let them do the grafting on the day.

As it was I started the day at around 7 in the morning putting out cycle and run route signposts and if Bert (McIntosh) and Jim (Stark) hadn’t arrived early and got mucked in I would still have been putting-up bike racks when the first swim heat was due to go off. After my big sigh of relief - at the end - those same cycle and run route signposts still had to be taken down! So bribe or bully as many dedicated helpers as you can to carry out tasks on the day.

Now for some statistics:

- We had 62 entries of which 2 withdrew before the day;
- Of the remaining 60, 55 started and 51 finished;
- All race categories were represented except for Female Junior and Male and Female Vintage;
- 28 Entries were from the Aberdeen area; there were 2 English entries and the remainder from most parts of Scotland. Moray, Fife and Edinburgh were particularly well represented;
- Fleet Feet managed 10 entries.

The race went well. There was only one accident, fortunately not serious, when one guy came off his bike and only one competitor punctured. Timing was an experience with 5 stopwatches on the go to give splits and transitions and there was only one hiccup when a male senior got his number mixed up between 14/41/40! We never quite managed to resolve that one.

The overall winner was Mike Cunningham from Edinburgh Triathletes in 01:05:47 and he was followed in by two Fleet Feeters – take a bow Charles Milne and Neil Anderson. First Female was Wendy Morgan a senior from Edinburgh Road Club in 02:27:34. Second was another senior, Kerry Gardiner from Glasgow Tri Club and third female was Fleet Feet’s Margaret Anderson.

The only down side of the day was the ever present problem of lack of marshals. I ended up with a total of 17 of which only 7 were Fleet Feet members. The remainder were friends or relatives of either myself or competitors. We are a club of around 150 members. Take away the 10 club entries and the 7 club marshals and that leaves 133 members who might have been able to help on the day.

To all those who marshalled I say a big thank you. To those well kent few who regularly marshal but for good reason couldn’t make it on the day I also say thank you for all your past efforts. To those reading this who don’t marshal - have a long hard think. It goes without saying that **without marshals there would be no triathlons for you to take part in!**

So, that’s my report, completed probably within minutes of the editor hassling me about deadlines. On reflection I enjoyed the experience and would do it again. Thanks to all the competitors for taking part – I hope you enjoyed it - and again a big thank you to all who assisted.

Bill Roney

### NOTICEBOARD

Private adverts welcome free of charge. Business adverts £5 ¼ page , £7.50 for ½ page. Contact: The Ed. Tel: 01569 767190

# **FUN TEAM DUATHLON 2001**

## **Stonehaven Splash n Dash Making Dreams Come True and Raising funds for the Open Air Pool**

Saturday 8<sup>th</sup> of September is the day that Stonehaven Town plays host to a fund raising venture led by Splash n Dash running club. At 11am their annual FUN TEAM DUATHLON takes place over an 8-mile route round the beautiful Fettereso Forest, Swanley Road (the nine mile mark in the old 1/2 marathon route) Teams will consist of two people of any age and a mountain bike.

The even is taking place much later this year in order to boost entries due to the past date clashing with holiday times and a packed athletics and triathlon calendar.

As the teams make their way round the course one person shall cycle as the other runs, then change positions every two miles.

If you are interested in participating in this event where the emphasis is on fun and not competition, then give Carol a call for details on 01569 763924 evenings or day times on 01569 763162. The cost is only £5 per person and £2.50 for children. The Running Shop, Royal Hotel, McIntosh Plant Hire are this years principal and have kindly sponsored this events prizes who will be providing each competitor with a goody bag/lunch. There are prizes for first male team, female team, and mixed team and along with some spot prizes.

Entries will be taken on the day whereby you can either pay the fee above or a donation will be fine. If you wish to enter on the day please arrive early, as parking is limited. The race briefing will take place at 10.50am

As the charities name suggests, Dreams Comes True endeavours to bring some laughter and happiness into the lives of the seriously and terminally children all over Great Britain. Quite literally, it aims to make their most cherished dreams come true, whether it be a visit from an Aberdeen Football Player or a trip to Disney World.

For many of these youngsters, life can sometimes seem little more than a constant round of periods in hospital and courses of painful treatment. The exciting prospect of their treasured dream actually come true can greatly boost their moral as they face gruelling schedules of drugs and surgery, giving them a special goal to look forward to and fight for.

In those tragic cases where a child has a very limited time left with us, the experience can succeed in enhancing their quality of life in the months or weeks remaining. For them and their families, a moment of joy can be brought into an otherwise bleak situation, yielding precious memories for years to come.

The other charity who will take a share of the funds raised will be for the friends of the open air pool who work hard year in and year out to keep this wonderful local facility open to the public year after year.

All those that take part in the fun duathlon can be assured that all their funds are going to a worthy cause.

If any one would like to make a donation to the charity no matter how large or small, donations can be handed into any Royal Bank of Scotland payable into account no. 00151132 sort code 83-27-10.

Application forms are available at the leisure centre

## **LOCAL RACES STILL TO COME:**

### **TRIATHLONS:**

Sept 2nd Peterhead Sprint

Sept 16th Huntly standard (R) and sprint

Oct 21st Skene Sprint / Novice / Kids

### **ROAD RACES: born2run Old Fettercairn 10k Sunday 7 October 2001**

Entries limited to 350. Entries will be taken on day but only if limit not reached. Best advice- register now to avoid disappointment.

"Old Fettercairn", 10 year old single Highland malt, is to sponsor the second annual Fettercairn 10k road race which, in 2000, attracted 350 runners. The event is being organised this year by born2run which is planning a series of road races throughout the UK. The race is on Sunday 7 October at 11am and follows a fast, fast scenic route around the historic village of Fettercairn, half way between Aberdeen and Dundee. Ideal for PBs and a great day out for all the family. Lots of prizes including t-shirts and a miniature of "Old Fettercairn" for all finishers over 18. Entry fee £7 for members of Scottish Athletics ; £9 for non-members. Entries taken on day. born2run

### **Glen Clova Half Marathon Saturday 10 November 2001. Entries limited to 400. STRICTLY NO ENTRIES ON DAY.**

The Glen Clova Half Marathon is to return to the Angus Glen after an absence of two years. It'll be held on Saturday 10 November 2001 at 12 noon. Starting and finishing at the Glen Clova Hotel, who're sponsoring the event, it'll follow the same route as in previous years with runners heading out the west road to Gella Bridge before turning and following the east road back to the finish. There are parking facilities and toilets but regrettably we have not yet been able to arrange changing accommodation. There are prizes for leading runners, free stovies for all competitors and t-shirts for all finishers. Entry fee: £8 for members of Scottish Athletics; £10 for non members. The course is accurately measured and the event has a Scottish Athletics permit.

The Splash & Dash/Fleet Feet Christmas 'bring a party to a party' is to be held on Saturday 1st December at the St Leonards Hotel. It is a 4/5 course dinner followed by dancing to Bobby Jackson on his accordion and a disco. 80 places have been reserved, the cost has not been set yet but £20 +. I know it is early but I just want to let you know so that date can be marked on your calendars. Places can be booked by contacting Mary Birse on: [mary@mbirse.fsnet.co.uk](mailto:mary@mbirse.fsnet.co.uk) (Mary) or speak to her at circuits or Splash n Dash.

# Abdominal Pain in Runners

Abdominal pain in runners is a very frequent problem. The two most common areas involved are,

- the abdominal wall muscles ("stitch") and
- the gastrointestinal system.

In the former, cramps occur as a result of very vigorous breathing and are thought to be related to decreased oxygen supply to these muscles. Usually, slowing down and grabbing or massaging the affected muscle will alleviate the pain. Triathletes have the added burden of having to exercise in 3 different body positions. The change from one sport to another can put sudden demands on a muscle group that may not have been as extensively used in the preceding sport.

Gastrointestinal (GI) complaints take a variety of forms -- eructation (belching), flatulence, nausea, vomiting, diarrhea, bloating, intestinal cramps, and stomachache. Running causes more GI complaints than swimming and cycling. In some studies on marathon runners and triathletes, up to 40 - 50% experienced some form of GI complaint. While not everything is understood about why this happens several concepts have emerged from the literature. **Dehydration contributes significantly to GI disturbances**, especially when >4% of body weight has been lost), and the **pre-race diet is very important**.

**A few points about dehydration.** The maximum rate of gastric emptying, and thus absorption, during exercise is approximately 800 ml per hour. The maximum sweat rate can average close to 2 liters per hour. Thus even if you hydrate as much as possible during a race you still can't match losses. Hyperhydration (drinking 400 - 600 ml of cold water 10 - 20 minutes before exercise) can help delay dehydration. Cold liquids are emptied from the stomach at a faster rate than fluids at body temperature. The greater the volume in the stomach the faster the rate of emptying -- up to a point. This is reason behind the recommendation to drink every 10 - 15 minutes. But one should avoid having too much volume in the stomach since this gives the uncomfortable sensation of a "full stomach". Another important point is that gastric emptying is delayed by simple sugars -- a 10% glucose solution can decrease the rate by 50%. The delay appears to be due to osmolality. Since most sports drinks contain less than 10%, osmolality is not a big concern. Linking the glucose molecules into larger chains decreases the osmolality may improve gastric emptying. This is the reason so many sports drinks have maltodextrins and other long chain polymerized carbohydrates. Studies have demonstrated that many of these commercial products have nearly equal hydrating properties to water. Also, drinks containing less than 10% glucose (or other simple sugars) are very well absorbed -- being nearly equal to water.

Iso- and hypotonic liquids are good for hydration. **Athletes should definitely avoid hypertonic beverages.** With respect to pre-race diet, a 1992 analysis during a 1/2 Ironman revealed some interesting features related to GI complaints. All of the triathletes who had eaten within 30 minutes of the start vomited while swimming. If the pre-race meal (eaten anytime) had a higher fat or protein content, vomiting was more common. Hypertonic beverages caused more severe GI symptoms during the race. All of the triathletes who experienced intestinal cramps had eaten fiber-rich foods in the pre-race meal.

Another study looked at carbo loading in the days prior to exercise. One group ate the traditional pasta and rice diet, while another group ate less, but substituted the difference with a maltodextrin drink (supplement). Both groups had similar muscle glycogen concentrations (as determined by muscle biopsy) and treadmill times until exhaustion, but the supplement group had less GI complaints.

**Minimize residue in the upper digestive tract** - this may benefit some who suffer during a race. Athletes may accomplish this by supplementing with a high carbo beverage, and decreasing their intake of fiber and "heavy" foods the day before, and the morning of, a race. It is important that caloric needs not be compromised.

A final point to consider is that most athletes adapt and have less GI complaints as their training progresses. There certainly is no one right answer for everyone, but hopefully as you learn more and experiment with your diet and hydration, the symptoms will lessen.

Severe, progressive GI symptoms may be signs of a more serious problem and athletes are advised to consult their doctor.

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## THE HIGHLAND CROSS 2001

I don't know why I can't help going back to do this race every year – my ninth and changed days from my first: I remember Murray Leiper telling me “he wouldn't give me a paper round” on the bike I had then and the dextrose tablets I'd dutifully forced down during the cycle section were still identifiable when I deposited them on the road just over the finish line.

A great day this year – sunny and only a slight breeze – I've decided it doesn't make a big difference to your overall performance and you can enjoy the scenery more on a nice day. I always spend the whole cycle battling against cramp anyway! There is a good FFT representation as ever (fifteen I believe) and lots of other well kent faces chatting and stuffing down isotonic and bananas on the swaying double- decker bus journey from Beauly to the start at Morvich, near Kintail.

Excited chit chat fades at the countdown to the shotgun blast that sets you off on the 4 mile stretch of rough landrover track up Glen Licht. Holding yourself back here is all important (as I rediscovered) so that there's some umph left for the steep footpath that follows for the next couple of miles, taking you to about 1,000 ft. above sea level. It's common here to see seasoned athletes walking, grown men crying and the occasional person feigning serious injury in order to hitch a ride home in a helicopter. Kept going by copious amounts of water and juice you thrash along undulating footpaths (stopping occasionally to take in the stunning views of the Five Sisters of Kintail on your right and Ben Atow on the left) to the Aultbeath Youth Hostel at the 10 mile mark. I kept expecting Neil Anderson to overtake me at any time which helped keep me on my toes! From here the glen opens out and the landrover track resumes – pebbly, ankle-breaking territory- for another 4 miles. The good news here is the welcome you get from the Fire Ladies but the bad news is you have to drag yourself past sandwiches, scones and tea and face the start of the Yellow Brick Road! It's advisable to collar another gibbering idiot (apologies Angus!) staggering at your pace, for this 6 mile section of hard-surfaced forestry track to grunt at occasionally – I've run this section with “Angus” three or four times now and all I know about him is his name. The last mile of the 20mile run is on Tarmac and it's a killer.

So you leap on your bike raring to go and it's head down for 30 miles, luckily with a fair bit of descent, but this year with a fair bit of a headwind too. This is the bit I enjoy even when my legs are trying hard to cramp up. I usually manage to pick off a few of the faster runners but there are a few fast walkers in there too (they get a two hour start) so you can never be sure til you cross the line what your actual position is. One of the fastest runners and a Highland Cross newcomer this year was Keith Varney (Cosmics) and I was looking for him in the faint hope of catching him on the bike section. As I never did catch him I was surprised to hear I'd beaten him as he'd unfortunately turned the wrong direction half a mile from the finish. The cheers from the crowds at the finish make it all worthwhile for me and to be in Fourth place and first over 40 was fantastic.

Fantastic also were the performances of fellow FFT members: – Neil Anderson (11<sup>th</sup>) in 4:01:58, Dave Morrison (23<sup>rd</sup>) 4:15:04, Kevin Adam (26<sup>th</sup>) 4:19:32, Tor Ellis (42<sup>nd</sup>) in 4:26:48, Margaret Anderson (1<sup>st</sup>. lady over 40) 4:31:20, Mairi McIvor 4:38:28, Gary Gutteridge 4:54:19, Colin Mackie 4:57:46, Pat Robertson 5:02:31, Elaine Stewart 5:12:38 and Bert McIntosh 5:25:08. Colin Watt and Isobel Ord : times unknown – apologies but I forgot to order my copy of The Courier.

Team Prizes: Dave M./ Kevin / Dave H. : First Open Male Team

Margaret A. / Mary-Rose Croft / Mairi M. : Third OPEN Team Prize

Elaine Stewart & team mates : An Other Important Team Prize (sorry!)

No doubt I'll be there again next year!

Dave Howard.

# THE RETURN OF DISCO RONALDO

STATION HOTEL STONEHAVEN  
FRIDAY 28TH SEPTEMBER 2001  
TICKETS £3  
ALL PROCEEDS TO SHELTER  
FURTHER INFO AND TICKETS FROM  
SARAH AND RONALD TEL: 01569 763268

## Doctor Dave`s Diverticulum.

A few years ago I attended a series of talks on Sports Medicine organised by Prof. Ron Maugham at Aberdeen University. The most interesting fact I gleaned about improving my stamina and long distance performance was that you should forget all your food supplements, creatine and ginseng and go for improving muscle oxygen uptake. (Keep the Ginseng for special occasions.) You can do this by going to live in a very high place to do your training – but that has to be higher than the Cairn Mon Earn – impractical for all but the Everest Base Camp Triathlon Club. You can use EPO but it`s hard to get hold of (...unless you just happen to know a House Officer on the Renal Ward whose name and address could be supplied for a fee) and they can test for it now. But don`t despair – try Resisted Breathing – it apparently works improving aerobic capacity by 10-15%. How do you do that ? I don`t know!

I thought I`d improvise : on that occasional `easy` 5 mile run day I would really slow down and run without allowing myself to open my mouth – breathing only through my nose. It`s really hard! Your lungs are working overtime and you can become quite dizzy - obviously not the thing to do in a remote area in case you pass out and lie undiscovered until after the next Sprint, thus losing the club valuable points Richard. I practised the technique religiously twice. Normally Mo and I have a different `easy` pace but, like this, we could run together in harmony I thought, until I remembered that the conversation would be even more one sided than usual. Probably the most amazing thing was that it seemed to make no difference at all to my endurance.

You certainly need the correct gadgets in Triathlon and I spotted them in Runners World Magazine. Have you noticed the small ads picture of that gas-mask-type device with ergonomically designed thick rubber retaining straps to go round the back of your head and a low profile if huge and cumbersome proboscis. They are the future for all you would – be Spencer Smiths and Tim Dons (I`ll need to grow my hair tho`). This is the way to attract new and young athletes to our sport. I suggest we spend some of the club`s massive reserves and invest in the future so that we can all sit on our Turbos on a Wednesday night with BreathEasys on, so that we can run the uptown warm-up race before circuits uniformly kitted out in lycra and resisted –breathing aparatus and lead the Scottish Triathlon scene into .....well maybe not!