
◆ FLEET FEET TIMES ◆

Volume 4 Issue 3

JANUARY 2001

The Editors Bit

A Happy New Year to you all. Training sessions at Fleet Feet are now well under way and Turbo had a record 40 + attending on the second Wednesday back. It was my first experience of a Wednesday night session. In the past I have been on bedtime story duty. Well what can I say. It was really rather hard but far better than doing the sessions on my own. Looking at everyone suffering makes 1hr fly past!!

Swimming sessions are also being well attended and Carols sessions are well structured and are geared for all, so give them a go. Fleet Feet have recently purchased flipper which we are sometimes allowed to use. Tip: always use a blue pair, then they are camouflaged by the water and spectators think you are a brilliant swimmer !!

Included in the Newsletter is the Winter Series Application form. You are asked to note that this year there is a closing date of the 19th February for series entries and the 23rd April for the Aboyne Duathlon. Late entries will have a surcharge of £3. If you plan to enter please do so asap to help Chrissie and the Race



Organisers with huge admin. Task that goes along with organising the series. Marshalls (yes that word appears again !) We need you. If you are racing that gets you off the hook, but there are a lot of you who won't be so please offer your services. Your club members will be ever grateful and if you marshall now it gets you off the hook for the rest of the year. Dave Howard is Race Organiser for the first race and will be waiting for your calls for help on : Tel : 01569 767190 or Email: DrDHoward@aol.com We are also very grateful to the Bervie Chipper for sponsoring the series. Speaking of sponsorship what has happened to all the offers of help. We need someone to take over looking for sponsorship and to organise club kit. As I have now rejoined the work force

FLEET FEET WEB SITE

www.fleet-feet.com
www.fleet-feet.co.uk
www.fleetfeet-tri.co.uk

we are looking for someone to help with part or all of this. We have a huge membership and once again volunteers are rather slow at coming forward. So a couple or volunteers please.

A reminder of The Girls Cycle Day on Saturday 10th Feb. (See article in newsletter) and also the Edwards /Clyne Running Day on 27th January. More participants are needed to ensure this goes ahead.

STA memberships are now up for renewal. All those who are members will get their reminder shortly or a membership form can be obtained from: Jackie Dunlop, Tel: 01875 811344. This year you can join for £16 and a race licence will cost you £10 (this gives you reduced cost on entry fees of about £5 race)

Until next time and Happy training and racing .

Mo

FLEET FEET TRIATHLETES

COMMITTEE MEMBERS – Year 2001

<u>Chairman</u>	Jim Stark Fetteresso Lodge 9 Bath Street Stonehaven AB39 2DH	Tel: (01224) 248455 [day] (01569) 764675 [eve] Fax: (01224) 248454 [day] (01569) 764675 [eve] E-mail: nscompac@netcomuk.co.uk
<u>Vice Chair</u>	Bill Roney 7 Castle Street Stonehaven AB39 2PA	Tel: (01569) 763439 [eve] E-mail: bill.roney@smit-scotland.com
<u>Secretary</u>	Glen Beck 13 Bernham Cres. Stonehaven AB39 2WQ	Tel: (01569) 765313 [eve] (01224) 647770 [day] E-mail: glennb@p1-ltd.com
<u>Treasurer</u>	Chris Milton Drumeltie Cottage Auchenblae Aberdeenshire AB30 1TZ	Tel: (01561) 320310 [eve] (01224) 741400 [day] E-mail: cmilton@brovig-rds.com
<u>Membership Secretary</u>	Graeme James 54 Binghill Cres. Milltimber Aberdeen AB13 0HP	Tel: (01224) 733095 [eve] (01224) 744044 [day] E-mail: catbeam@jameshqfreeserve.co.uk
<u>Events Co-ordinator</u>	Chrissie Gutteridge 21 School Road Stonehaven AB39 2FB	Tel: (01569) 766384 [eve]
<u>Coach</u>	Carol McLaren 74 High Street Stonehaven AB39 2JQ	Tel: (01569) 763924 [eve] (01330) 824870 [day] E-mail: cmclaren.lr@aberdeenshire.gov.uk
<u>Newsletter/ Sponsorship</u>	Mo Howard 12 Queens Road Stonehaven AB39 2HQ	Tel: (01569) 767190 [eve] E-mail: DrDHoward@aol.com
<u>Equipment</u>	Bert McIntosh Morven View Banchory AB31 4HD	Tel: (01330) 844633 [eve] (01330) 860751 [day] E-mail: bert@mphltd.co.uk

FFT TRAINING SESSIONS

Monday:

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

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

Tuesday:

Run Session with S&D, 7PM, coached by Carol, cost £2.90(includes swim)

Coached swim session with Carol 8.15PM, cost £1.90.Stonehaven Leisure Centre.

Wednesday:

Turbo Training, 7PM, Green Hut, Stonehaven. Coach: Sarah Phillips.

Cost £1.50 members. £3 non members

Thursday:

Run session, Leisure Centre, cost £2.90, includes swim. Coach Carol.

Friday: Circuits; Green Hut, 7PM , as Monday

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.

NOTICEBOARD

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

For sale

Giant Once replica bike, Medium frame, campag components....more details on request. Will sell for £450 (cost £800 new)

Cannondale Multisport 1000, 56cm frame, Shimano Ultegra 18sp - cost £1500 new, excellent condition (I bought it only 3 months ago) will accept offers around £1100 (includes Flight Deck and Airstryke tribars).

Corina Cramer,

e-mail: Corina_Cramer@uk.ibm.com

Phone: 01764 684154 (home)

FOR SALE

Team Linda McCartney PRINCIPIA REX

Team Linda McCartney PRINCIPIA REX
9 sp D/Ace.One is 54cm[c-t] 54cm Principia
£1,200 o.v.n.o
Owner will take 3 monthly payments.

Contact Rolly on 01224 641396
Or mobile 0402 338158
OR email rolyman@madasafish.com

Titanium Frame for sale

<p>Raleigh Special Products Division Titanium Frame (54cm) 8speed Ultegra STI New tyres, Selle Turbomatic saddle (no pedals) £450 ono</p>	<p>Contact: Richard Burton Tel: 01569 766828</p>
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Road Bike for Sale Scott Road Bike 1999

Shimano 105 group set, with shimano pedals.
7005 aluminium frame, DBT aero tubing. 55cm
Blue/black. Bladed forks, red mavic CXP21 rims.
Excellent condition. Less than 1year old.

£650.

Contact: Fraser Cartmell Tel: 01343 542499

Quintana Roo Wetsuit

<p>Quintana Roo Wetsuit Mens Small, good nick! £60 OVNO</p>	<p>Contact Rolly on 01569 767732 Or mobile 0402 338158 OR email rolly@free4all.co.uk</p>
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1996 Snugg Kick Pro Wetsuit

<p>1996 Snugg Kick Pro Wetsuit 1996 model, probably only had about 3 or 4 races in it per year and the odd play session in the sea measure suit, but would probably fit anyone of my rough build £60 - negotiable</p>	<p>Contact :- Ashley Ramsey Phone - 653247 Email - aramsay@cc.ernsty.co.uk</p>
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Club Equipment To Hire & Borrow

The club has the following items that maybe borrowed free of charge: Bike Stand, Aqua Jogger, Tool Kit and Medium size Female Wet suit.

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 28days in advance. This booking will then take priority over any booking previously made.
The FFT Committee has taken this decision.

FLEET FEET TRIATHLETES
CALENDAR OF EVENTS – YEAR 2001

Winter Series

Race 1 - Stonehaven	Dave Howard	Sunday 25 th February
Race 2 - Stonehaven	Neil Kininmonth	Sunday 25 th March
Race 3 - Aboyne (Duathlon)	Pat Robertson	Sunday 29 th April

Deeside Triathlon/Duathlon Graham James Saturday 12th May

Summer Series

Race 1 - Stonehaven	Chris Milton	Thursday 7 th June
Race 2 - Stonehaven	Sharon Burton	Thursday 21 st June
Race 3 - Stonehaven	Helen Mackie	Thursday 5 th July

Kids Triathlon - Mackie Academy MoHoward Sunday 10th June

Aberdeen Standard Triathlon BillRoney Sunday 5th August
(to avoid Ballater 10 mile race)

Aboyne Half Ironman Triathlon Glenn Beck Sunday 19th August

The Magic Monikie Races

In excellent Springtime weather on Sunday 7th January was the first event of 2001 for those that over feasted to regain their fitness level, of the 75 competitors there was 15 FFT members, of which our Junior Charles Milne was in the top 3 again with a time of 1:09:56.

Other FFT best times were:	MS	Bob Sheridan	1:15:18
	MV	Ian Edward	1:15:56
	MSV	Allan Elkington	1:20:42
	FV	Margaret Anderson	1:22:18

Missing was our 2000 flyer Richard Burton who is now recovering after a non related alcoholic illness over Christmas. The last event on 4th February, this time 4kr, 40kb and 4kr will be tough, however, this will not deter the faithful FFT team, new entries can be taken on the day.

Beach Bums Aberdeen

The 50 competitors enjoyed a relatively easy race in calm conditions and with many groins well sanded over or disappeared of the 3 FFT members Gary Gutteridge again in the top 10 did a 32:28, with others Bert McIntosh and Helen Mackie on a 38min run.

Helen's handicap of 10mins did not compensate her other handicap of her natural being her short build and suggests next year steps should be provided or a willing helper to leg her over - any takers??

Bert

Edwards / Clyne FASTtrac Session
Sponsored by McIntosh Plant Hire
and Royal Hotel, Stonehaven
27th January 2001

Royal Hotel, Stonehaven
on Saturday 27th January 2001
9.30am – 3pm

9.30am Doors open – coffee / tea and mini
yums

10.00am Introduction – over to Mel / Fraser

12.00pm – 1.00pm Outdoor session

LUNCH Soup and Sandwiches –
coffee / tea / light drinks

1.45pm – 3.00pm Further talks / tips
followed by ½ hour questions

Programme for the day covers: -

Training ideas and methods
Getting the correct balance in training
Benefits of motivation
Maximising performance
Question and Answer session

Cost now £3.00 per person – Juniors FREE

Maximum of 70 people.

This will be a good day so don't miss out –
Book early.

Contact: Bert McIntosh
Tel.: (01330) 860751 (day)
Tel.: (01330) 844633 (night)
Fax: (01330) 860749
email: bert@mphltd.co.uk

FASTtrac Running Day
For Saturday 27th January 2001, there are
approx. 20 entries booked to date
we need more,

WOMEN ON WHEELS
CYCLING SEMINARS

Supported by
McIntosh Plant Hire
Sports Match
Activ 8

Aberdeenshire Council

Saturday 10th February

Stonehaven Scout Hall
10AM -4PM

This session will be similar to the one held in December but hopefully with some fitter riders (isn't January 2nd the day everyone starts being healthier and fitter?). In the morning there will be a choice of road ride or turbo session (both will be happening – so choose to suit yourself) again to suit the individual and allowing for the weather to throw at us what it likes. This time a talk will be given (in the afternoon) to help you plan some fun and enjoyable rides for the summer season in the form of training, leisure or racing. This will give the individual a chance to ask how to seek the most enjoyment and satisfaction from such a wonderful sport. Help will be available to advise on proper hydration and nutrition for both on and off the bike. It is your chance to ask how to appropriately fuel the body for the type and duration of exercise to be undertaken.

This year we are fortunate enough to have Dr Auriel Forrester (Senior Lecturer of Sports and Exercise Science, Luton University) return to share some of her wealth of knowledge with us. She will cover nutrition whilst considering the necessary needs for women in training.

It is guaranteed that you will learn plenty and will be receiving advice from one of the leaders in the field of nutrition for the female athlete. The advice you will receive has been tried and tested with the evidence coming from Auriel's excellent cycling results at World Championship level.

There are still places available (cost £5) so if you are keen or know of someone else who might be (women only), then please contact Andrew Miller at the following address.

Aberdeenshire Council
Education and Recreation
Gordon House
Blackhall Road
INVERURIE
AB51 3WA
Tel : 01467 628127

Thank you

To everyone for all the kind messages, cards and offers

of help received while I was ill and in hospital over the holiday period.

Thankfully I seem to be on the road to recovery.

We would like to wish all a Happy New Year and the very best for the coming year.

Looking forward to seeing everyone back at training.

Race well and prosper

Richard & Sharon

New Sessions

Hi folks Coach here.

For a wee while I've been talking about changing circuits to become more beneficial especially for those who compete for the club. It was a proposal that I put to the committee.

However the feedback I have been given is that the majority like the present format. I therefor have to go with your wishes as it is your club.

I would however like to introduce a bit more variety into our way of fitness participation by giving you the opportunity to experiment with some new short classes of around 30 – 40 mins. by using physio balls, skipping ropes and shuttle runs.

Both the club and myself have purchased some equipment to get us started. There will only be places for a maximum of 10 – 12 people as I would like to keep the sessions small due to the size of the hall and equipment restrictions.

As well as these classes adding a bit of variety into our week to week exercise routines, we will learn about pace judgements, co-ordination and timing and core strength.

I need to gather names of those who maybe interested so I can book halls etc. There will be a small fee to cover hall charges and to recoup some of the cost of the equipment.

If you are interested please fill out the attatched tear off slip and return to Carol.

Name:

Phone no:

Email:

Yes

No

Have you: Skipped before
 Used a physio ball
 Done core strength work
 Done shuttle runs

In order of choice when could you attend: (please put choice 1-4)

Saturday afternoon

Sunday afternoon

Sunday early evening

Wednesday 6 – 6.30 PM

FFT WINTER SERIES 2001

NOVICE TRIATHLON

3 mile run; 8 mile cycle; 400m swim

Venue: STONEHAVEN LEISURE CENTRE

Sunday 25th February

Sunday 25th March

DUATHLON

3 mile run; 19 mile cycle; 3 mile run

Venue: ABOYNE COMMUNITY CENTRE

Sunday 29th April (closing date 23rd April)



TRIATHLETES

SPONSORED BY
BERVIE CHIPPER,
STONEHAVEN

Entry Fees

Per Event £9.00 STA members £9.00 non-members Juniors (16 and over only).£3.50

Per Series £21.00 STA members £21.00 non-members Juniors (16 and over only).£7.00

Series Entries close on Monday 19th Feb any entries after this date incur a £3.00 late entry fee.

Entries to: Chrissie Gutteridge, 21 School Road, Stonehaven, AB39 2FB, 01569 766384

Payable to 'FFT' : Please send two 9" x 6" SAE'S or E-Mail Address and 1 SAE

Results from: FFT Website: <http://www.fleetfeet-tri.co.uk>

 STA website: <http://www.tri-scotland.org>

FFT WINTER SERIES 2001

Events (please tick)

RACE 1	RACE 2	RACE 3	ALL
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Please complete **all** boxes as accurately as possible.

Swim time (400m)	Cycle time (8 miles)	Run time (4 miles)
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NAME DOB

ADDRESS..... STA number.....

.....
.....
.....

Tel No.

E-mail
Please print
very neatly
.....

Club

Signed

Fee Paid

CATEGORY	
MALE	
FEMALE	
JUNIOR 16 - 19 yrs	
SENIOR 20 - 39 yrs	
VETERAN 40 + yrs	
SUPERVET. 50+ yrs	
VINTAGE. 60+ yrs	

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.