

◆ FLEET FEET TIMES ◆

Volume 4 Issue 6

JUNE 2001

THE EDITORS BIT

Summer is here apparently. Anyone who was down at the first Summer series two weeks ago or who has run, swum or cycled in a swimsuit in the past three weeks would have been totally justified in trying to prove the above statement as very wrong.

Well done, well done to anyone who ventured out in the first summer series race. It was blowing a gale, the swimming pool was almost overflowing so much water fell in such a short period of time and most of the competitors managed to keep smiling. As I write the sun is shining, although the wind is still howling so maybe tonight will be a bit better.

Helen Mackie is still looking for offers of help for the last race in the series on the 5th July 2001.

Forms are now available for the Aberdeen Standard (on the web or enclosed if you get a paper copy of the newsletter) Bill will need lots of willing helpers for the day so if you are not racing and can help please let him know.

Almost a week later: the weather was better, but the wind was just as strong at the summer series. The race went well, despite the slightly later start. Thanks have to go to Sharon for such a well organized race and also to our sponsors: The Bervie Chipper, Asda and Sainsburys who provided the goodies for the goodie bags.

Other bits of club news:

Laura Stark has had a wee baby boy So many congratulations to her and Phil.

Congratulations to Coach Carl who was selected as Team manager for the British Junior Tri Team to the Chez Republic last week. Well done, another feather in your cap Carol

We are well into the racing season now and there has been some good performances from club members.



Thank you to all those who have contributed race reports and holiday info. We will hopefully have a Highland Cross report next issue. The race had a great number of FFT members and once again they all did us proud, but you can wait until next time to find out. If I can persuade Chris there maybe one on the Windsor Tri. He competed and finished the race. Well done Chris! I am not sure that I would be brave enough to take on those south of the border.

Our Charles is off to Europe for the European Duathlon Champs. Go well Charles. Sorry I can't really give you any tips!

Please give me some feed back on the newsletter. Do you want anything different, do you like getting it off the web etc.? Please let me know. Even if you think it is rubbish.

Have a good summer and hope to see lots of you out there racing.

Mo

Fleet Feet Races

5th July 2001

Summer series:

Helen Mackie Tel: 01569 760342

5th August 2001

Aberdeen Standard :

Bill Roney Tel: 01569 763439

19th August 2001

½ Ironman

Glen Beck Tel: 01569 765313

ABERFELDY WEEKEND

Just to let you know that we are looking at the possibility of running a training weekend at Aberfeldy on the weekend of September 29th and 30th. This would be a fairly laid back weekend, the idea being to have some fun and socialize with other club members. We would travel 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.

At the moment though we are just trying to get a feel for the interest level to take part on the weekend as numbers would probably be limited to about thirty due to the pool size but there is accommodation for more than thirty.

A full itinerary will be worked out at a later date along with costs (which will be kept as low as possible).

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

This is self catering accommodation but we will endeavour to supply a basic breakfast option of toast cereals etc. and there may be a light snack at lunchtime in the sports centre.

Please contact Mo Howard if you are interested asap as it could be popular.

Email : DrDHoward@aol.com

Tel: 01569 767190

HELP NEEDED AT CIRCUITS

Carol is hoping that a band of volunteers will come forward to act as spotters at circuits. 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 by the end of July. The more people offering the fewer times you will have to help.

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
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<u>Events Co-ordinator</u>	Chrissie Gutteridge 21 School Road Stonehaven AB39 2FB	Tel: (01569) 766384 [eve]
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<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. 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.

NOTICEBOARD

Private adverts welcome free of charge. Business adverts £5 $\frac{1}{4}$ page ,
£7.50 for $\frac{1}{2}$ page. Contact: The Ed. Tel: 01569 767190

For Sale

Quintana Roo Wet Suit

Full length, long sleeved. XS.

Very good condition

£100 ono.

Tel: Gill 01569 766936

FOR SALE

Profile aerolite tribars.

New cost: £79

Sell £45

Neil Tel: 01561 378891

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.

Trophy Monsters Go Rolling, Rolling, Rolling...

Having never competed in a standard triathlon or visited Orkney before, this weekend was always going to be just a bit different. I was not disappointed.

After five hours of driving - during which we ate an alarming amount of food and sang very badly along to the Blues Brothers - we arrived in Scrabster. Last October I was violently ill on a small yacht in the Firth of Clyde in a force eight, so it was with a little apprehension that I boarded the ferry. It turned out I had nothing to fear as the weather and sea conditions were very far removed from the hell I had experienced last Autumn. I even felt well enough to join the others for yet more functional eating, given that it was a whole 90 minutes since our last feed.

The allocation of bodies to rooms at the B&B was interesting. Charles and myself in a twin downstairs and upstairs, Richard with his ladies – Sharon, Mo and Carol. Richard was smiling all weekend. But it must have all been a bit too exciting for the old boy as stories emerged of Richard becoming ‘disorientated’ at night after a trip to the loo and having to find his own bed again through a process of trial and error.

Race day dawned, and with it a stream of soul searching questions eg. Why am I about to do something that 99.99% of the population regard as pure insanity? Why not feign illness, buy a Sunday paper and settle into a pub for the day? But a look out the window revealed very settled weather and with meal number 14 in me I was feeling a shade more positive.

The couple of hours leading up to the race were spent getting nervous, sizing up the opposition, sizing up the opposition’s kit, and subsequently becoming more nervous.

Then the race. I was in the same lane as Mo but drawn last, which suited me fine. I quite happily slogged back and forth behind the others until it was time to haul ourselves out of the pool. The less said about my transition the better. I use the word ‘transition’ in the loosest sense of the word – more of a holiday really. Being more of a cyclist than anything else, my spirits lifted once I got on my bike. On the way out I was slowly making my way back up the tail end of the race and as I approached the turn-around the on-coming race leader appeared over the brow of hill. Surprisingly, it wasn’t Charles, but he wasn’t far behind. Then, amongst others, followed Richard, Mo and Carol amidst shouts of encouragement between us all.

The run was never going to be enjoyable but my worst fears were more than realised when a near-catastrophic bout of cramp hit my legs two minutes into the run. Writhing around on the grass like a landed fish I had a vision of ‘DNF’ entered beside my name in the results. So, starting with a slow jog, I got back into my rhythm and with encouragement from Richard and Charles on the last lap got to the finish where I collapsed into Carol’s arms. I wasn’t last and was comfortably under three hours: mission accomplished.

Many congratulations to Charles (overall winner), Mo (fastest female), Carol (second fastest female) and Richard (fastest MSV). Another clear-up job by FFT.

Having now completed a triathlon of a respectable distance I'm well and truly bitten and look forward to many years of killing myself in events across the length and breadth of the land. Oh yeah, if anyone wants tips on how to improve their transition times, I'm your man.

Ken Davies

Note from the ed.

Congratulations really have to go to Ken who committed himself to a weekend away with 5 people he hardly knew although he knows us know! Congratulations Ken on your first Standard. Ken is moving away shortly to take up a new job in Aberfeldy. (Very handy for all of us on training weekends). Well done Ken we will miss you. Work on that transition and you can show us all up next year.

Banff Triathlon

By Kevin Adam

The third of the Macintosh Plant Hire / GoldCrest / Aberdeenshire Council sponsored triathlons took place on the 17th of June, and FFT had the usual hard core racers there, Bert Macintosh, Richard Burton, Morag Howard, Dave Whitcome and myself, plus newer contenders, Andy Redman, Shaun Harden and Alistair MacFarlane.

As I have said before, we are dead lucky to have such a series here on our doorsteps. I spend some time in the London area with my work. Races tend to be few and far between and restricted to the 'biggies', the Windsor and London triathlons and such like. Good as they are, our own local series is better organised, more fun, more personal, could not be better really. The standards and ages go right across the board. Do yourself and the series a favour by taking part next time. Eight isn't bad compared to some of the other clubs, but a triathlon club our size should really have four or five times that entry for local event, if only to show appreciation of the efforts of the organisers and sponsors. The number of competitors at Banff was only 36. Enough for a good race, but could have been more. In fairness, the popular Stirling tri was on the same day, so hardly any of the many regulars who come up from the event starved central belt made the trip, which of course left more good prizes for the rest of us (in theory).

Regular racers like myself, who don't have a chance of winning the event, have always got a peer group that they try and beat. The purpose of the training and hard work, apart from the inconsequential side effect in my case of looking and feeling fifteen years younger than you really are, is to beat these people in the race. I don't know why that is, it just is that way for competitive people. Amateur psychologists amongst you can publish their theories as to why this need is there. I am sure it is probably something quite sad, but who cares? Not me. A race is a race. You try your hardest and you try to get round as fast as you can, and in my case if that means I beat Richard, Mo, Shaun and Andy in the process then so much the better. Much better. Yes, yes I know, it probably is something very sad.

In the races over the years, you can easily see when an individual has been training hard in a particular discipline. Mo for example was always a good cyclist, but her running has come on leaps and bounds recently. Not without serious efforts and the correct training. You can always see the effects of serious training, right down the field.

And the race itself? Andy was racing in a so-called slower heat, so I could forget him. Dave Whitcome is so fast, I could forget him too, and as it turned out he was too fast for his bike and he fell off and didn't finish. Hard luck Dave, hope it wasn't too sore. I was in a swim lane with Mo. I thought that if I could leave the pool at the same time as her, and stay with her on the bike, I could drop her on the run. A cunning plan. As it turned out we did leave the pool together, I was through transition before her, but she passed me going up the first hill, and throughout the bike bit, continued to pull away. I was not a happy bunny. Soon she was out of sight, despite lots of huffing and puffing from me, then I lost concentration with no one to chase, losing more time. As I came in on the bike, I could see Mo already running, and Richard was well in front of Mo. 'Oh dear', I thought to myself, 'not really how I had planned it at all', or something like that. I passed a few people on the run, but never saw Mo at all, but in the distance I could see Richard Burton, and he was obviously struggling. His running style reminded me of Michael from Ryan's Daughter, and I tried to disguise the evil glint in my eye. I managed to catch him with only fifty metres to go, beating him by about ten seconds. Funny enough, Richard had lent me a tri suit just before the race, which meant I didn't have to take the eleven seconds I would have needed to pull on a top. A true sporting gesture, which he says will not be repeated.

So as always after a race, even though I got beaten by almost everyone I wanted to beat so badly, I am about as happy as it is almost possible to be, and am determined to go and do some proper training and get them next time. And I will. Well I might.

Andy Redman, in his first year in Triathlon, finished third overall, a great performance. He was also third vet, which does make you wonder about the future of the human race. Mo has come on a lot over the last two years and was fifth overall, first woman by a country mile or two. Shaun was sixth and I was seventh. Alistair and Bert were twenty-ninth and thirtieth and had an equally good battle with their peers and each other. It was all good fun, and you should do it too. Yes you.

Race Results [Click Here](#)

Alford sprint is next in the series, on the 26th August. Call Elaine or Fiona at Aberdeenshire Council on 01467 628283 to enter, or get a form from me. This event also has a team category, so if you don't fancy the whole thing, get a group of three together. There is also a novice race, if you fancy paying the same money for less time in the pool.

Boys on Tour Majorca 2001

With all the planning completed at a pre trip meeting at Graham Gauld's house where he set the tone with a fantastic Indian meal, Graham, Neil, Dave, Glen, Kevin, Jeff and myself headed for Glasgow airport with Paul doing his own thing from Luton.

With the foot and mouth crisis still ongoing we were prepared for the worst, as advised by our travel agent, only to get a friendly check in girl who was moving to Alford and didn't seem to mind.

We were delayed a couple of hours and the first photo shoots of the pitchers of lager would set the tone for the week.

After getting the best seats on the flight at the emergency exit, we were waiting for our luggage and bikes only to get Kevin's bike delivered open via the carousel. The white powder inside the case proved to be washing powder as opposed to any performance enhancing substance. After we got our kit and an extra female passenger who was attracted to Grahams charm, which he utilised to it's full extent on his last week prior to his 40th birthday, off we went to Porto Pollensa.

On arrival with Paul in poll position, the draw was made for sleeping on the camp bed and double bed with Dave and Neil ending up with the pleasure. Bikes were made up and off to bed at around 01:30 with all feeling knackered. Dave had some mods to his stead via spares from Paul's kit.

Sunday: Arta and Manacor

With the sun hiding behind a veil of cloud we departed after repairing a puncture on Glen's bike. So much for last years record going before we even moved from the villa. The peleton engines, Dave and Jeff, tried to keep our friend from Bedford at bay but to no avail he stretched us out on the first bump, only to return when he saw the next mole hill. We headed back realising that Paul's measurement of the mileage was so far out it became a topic for discussion almost daily in the peleton. On returning to find we had Eurosport on the TV and the Giro d' Italia on, we split our time between the pool and TV. The meal that night was at the "R" bar after reading a recommendation in the villa. We all enjoyed the food and Kevin's choice of Rioja wine that he seems to have a fine taste for.

Monday: Lluc Monestra—Sa Calobra

With the prospect of our first climb we headed out with the tops of the mountains shrouded in cloud. At the first sign of the climb to Lluc, Paul was off, only to be begged back by the rest some 3 miles up the hill. He then played the white man and stayed with the group. After we had regrouped and proceeded to the top of the Sa Calobra, only to find we had to climb further to get down the 6-mile descent. At the bottom was a

series of Cafés and a roundabout. The only way out was back up the climb or with the ferry that calls. We only had one option, cycle up the hill. After 45 minutes climbing we all got out safely and in good shape.

On return to the villa, the cooks set to it and produced a great series of dishes to fill the boys. With a dishwasher, which worked, it seemed never to be off with 8 starving bodies always eating.

Tuesday: San Salvador Monastery.

With the peleton in good form and the weather just perfect off we set on a 70-mile trip. Almost 90 later we get back after reaching the top of the hill to find the restaurant closed. Another visit around Manacor to find a suitable place to eat after the Peleton engines and Paul had decided that the 10m before lunch was a time trial. Never mind, I had plenty to say.... With an easier day ahead tomorrow, a few beers were sank whilst out for our meal.

Wednesday: Cap Formentor or Cala Rajada

Splitting into two groups, one going to Formentor and another to Cala Rajada, the day was relatively easy with a reminder that tomorrow was the 3 "hills" and all available energy and power would be required. Kev showed us his real talent in the kitchen by cooking some refried beans which had been fermenting for 2 days. The effect would be felt tomorrow.

Thursday: Orient- Soller- Pig of Majorca (Puig Major) – Lluc.

With a feeling of trepidation hanging around, off we set on our big one, 3 big climbs and 86 miles. After getting up the first 2 successfully, our Kevin decides to test the skills of our resident medical team and mechanic. He fell off on the descent of Soller after slowing down. The bike was checked and found to be OK but his body had parted with skin from his arms, and hip. I time honoured tradition he continued as the only other way home was a taxi and we didn't have enough Pesetas' on us. Paul looked after Glen on the 1-hour climb up the Pig of Majorca. He survived to tell the tale to his kids and anyone else who wanted to know. We were joined on the last climb firstly by a friendly Scot and then by a not so friendly speed wise group which ripped the legs off some of us. charm
With that over we headed out to watch the football only for Graham`s charm to attract another two women in the Irish Bar. We later found out it was relations of his wife.

Friday: Porto Cristo

With a steady run there and a great spot for lunch we headed back reluctantly as our Speedos were telling us that the "70m" was going to be around 90m. Our peleton manager is getting a scale rule for Christmas to readdress this.

With the afternoon set aside to celebrate Grahams pending 40th we packed up the bikes and headed to the Chinese after finishing the beer in the fridge. We couldn't waste them. After the meal it was into town and the Irish pub where time passed rather quickly and our injured member was showing the patrons his rather sore hip. Just a pity he had no knickers on. After getting shown the door at around 2 am. the group moved to the local hot spot. The disco dancing troupe came to the fore with Neil showing some new moves to the party.

On return in the early hours to the villa, some shuteye was obtained before we had to get up and complete our trip home. Some of us went for a run which was as slow as it gets.

With all on board and a great week had by all, we got home to Glasgow and decided to stop at Stirling where I cut a corner too sharply. The less said the better.

Roll on 2002 and the Alps, Dolomites or wherever, lookout.



ABERDEEN STANDARD

STA RANKING EVENT **SUNDAY 5TH AUGUST 2001**

VENUE : Hazlehead Swimming Pool, Groats Road, Hazlehead, Aberdeen

DISTANCE : Standard Distance - 1500 metre Swim

40 kilometre Cycle

10 kilometre Run

ENTRY FEE : £12 STA/BTA Members, £18 Non-STA/BTA, £10 Juniors (17-20 Years)

AGE GROUPS : Male 17-20, 21-39, 40-49, 50-59, 60+ Years

Female 17-20, 21-39, 40-49, 50-59, 60+ Years

REGISTRATION : 9 am to 9.45 am

TIME OF FIRST HEAT : 10 am

Please send this form and a cheque made out to FFT together with two

9 x 6 SAE's

or E-Mail address and one SAE to :-

Bill Roney, Race Organiser, 7 Castle Street, Stonehaven, AB39 2PA

Results from : FFT Website www.fleet-feet.com

STA Website www.tri-scotland.org

ENTRY FORM – ABERDEEN STANDARD

Name : _____

Sex : ____

Date of

Birth : _____

Address : _____

Age at 31st Dec 2001 : _____

Swim Time : _____ mins _____ secs

Cycle Time : _____ mins _____ secs

Post Code : _____ Run Time : _____ mins _____ secs

Phone No : _____

Club: _____

E-Mail Address : _____

STA/BTA No : _____

Fee Paid : £ _____

Declaration : I am medically fit to take part in the above race and understand that I enter at my own risk and that 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 the race administration only.

Signed : _____