

Finish Line

Meet the characters that make British age-group racing so colourful...



Caroline Toshack, 36, lives in Edinburgh. She works as an endurance coach and is married to Kenny. She describes herself as "a complete non-exerciser till I

hit my 20s when, for some reason, I decided to start running. By the time I could run a mile I'd found my passion".

I did my first duathlon in 2001. It took me another five years to do a triathlon as I couldn't swim.

My best results were at the European Duathlon Championships in 2007 and 2008, where I won age-group gold at both. 2007 was on home turf so it was amazing. But in 2008 I only took gold in the last 300 metres, which made it even sweeter.

I have an eclectic mix of training tunes. *Don't Stop Me Now* by Queen is a particular fave.

A good race always deserves a caramel machiatto and cake.

I used to be against drafting but I now think that the potential for team strategy and tactics in certain races makes drafting

interesting. I'd hate to see drafting becoming the norm in all multisport, though.

I'm pretty good at multisport but I'm bad at being tidy. It's a source of continual frustration for my incredibly tidy husband!

My sporting hero is the endurance swimmer, Lewis Gordon Pugh. I admire the fact that he has found a way to fuse his two passions in life – sport and the environment.

In another life I would have been an actuary since that was what I studied to be before I discovered running.

My ideal day would be wintry but sunny. I'd go for a run around Arthur's Seat followed by a swim. Then I'd meet my husband for a leisurely lunch before we took off down to Glentress to mountain bike. In the evening we'd snuggle up and watch DVDs.

The trait I most deplore in myself is my incredible ability to lose my house keys on a daily basis.

The trait I most deplore in others is apathy.

My favourite food is mashed potato. Goes with everything and you can even have it in a sandwich. Trust me on that one!

My favourite word is clavicles. Random question, but bizarre that I actually have an answer for it.

I'd like to think that Audrey Hepburn would play me in the film of my life. But I can't really imagine her in sweaty sports kit! (And, of course, she sadly passed away in 1993.)

The worst job I've had was my paper round as a kid. I reckon that was when I decided that having a job purely to make money didn't sit well with me.



Caroline winning the F35-39 age group at the 2008 European Duathlon Champs

Treasured Tri Possession

I'm not usually a gadget girl! but I have to admit that my Garmin Forerunner is the bees' knees! It keeps me on track during training and gives me loads of data from races. Even on days when I don't want to analyse my session, it's still on my wrist because it's easy to see the time if I decide to find out afterwards. How did I manage without it?



"Mashed potato goes with everything and you can even have it in a sandwich. Trust me on that one!"

My greatest achievement is beating anorexia and bulimia. I was anorexic in my teens and bulimic through my 20s. I vowed that they wouldn't plague my 30s so I worked really hard at finding out who I am and learning how to live in my skin. Getting myself mentally healthy has made me a much stronger person in every aspect of my life.

If I wasn't talking to you right now I'd be outside doing the run I've planned for later.

My greatest fear is that I waste the time that I have on this earth.

A common misperception of me is that I'm a tomboy. I'm really girly when I get the chance to get out of sports gear. **220**