

# Finish Line

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



**Penny Rother, 51, is a GP from Edinburgh. Married with two grown-up children, she has been running since she was 14 and doing triathlon for the last 12 years.**

**My best tri result** was finishing first female in my age group (45-49) at the World Age Group Champs, Hawaii, in 2005.

**To balance work, training and family,** plan ahead! And then if plans go wrong, try not to worry about it.

**One thing guaranteed to put me off training** is wind, rain or snow.

**My reward for a good race/training session** is beans on toast with cheese, and/or chocolate.

**The best music to train to** is anything by The Killers, Razorlight, The Fratellis or KT Tunstall (we actually went to the same school... just not at the same time).

**I have two sporting heroes** – Grete Waitz and Ingrid Kristiansen: two Norwegians who were quite good runners.

**My most embarrassing multisport moment** was being done for drafting at the World Champs in Cancun in 2002.

**My partner's reaction to seeing me in a wetsuit** was similar to when he saw me when I was pregnant: "You're a very funny shape."



## Treasured Tri Possession

I bought a new bike last year – a Scott Plasma Contessa. Owing to injury I haven't raced a triathlon on it yet but I have done a couple of time trials. I plan for it to become a treasured tri possession this year.

**My favourite place to race** is at any world champs – you can't beat the atmosphere.

**I always go for a one-piece tri-suit.** At my age, the more flesh that's covered, the better!

**I celebrate a win** with a drink and something tasty to eat. Oh, and by poring over the results to see where I might be able to improve next time!

**I'll give any sport a try.** I'll do golf when I'm 60 and bowls when I'm 80.

**If I won £10million** I'd buy new houses with gyms and pools in Spain, the USA and Australia.

**My luxury item on a desert island** would be a clean toilet and a decent supply of toilet paper.

**In the event of a house fire** I'd salvage my passport, racing bike and training bike.

**My worst trait** is not doing things that I said I would do.

**My pet peeve** is people who don't do things that they said they would do!

**In another life** I would have been able to sing.

**My favourite word** is borborygmi. Look it up!

**One of my greatest fears** is something bad happening to my kids.

**My earliest memory** is pony trekking. I was three years old.

**If I could time travel** I'd go back 100 years to see just how far we have come.

**My fancy dress costume of choice** would be Batman – I'm married to a Robin.

**The things that keep me awake at night** are all the things I haven't done which I said I would do.



Scottish doctor Penny would like to settle down for dinner with Bond, Branson and Buder

**“My luxury item on a desert island would be a clean toilet and a decent supply of toilet paper”**

**My dream dinner party guests** would be Richard Branson, Sister Madonna Buder (30-plus Ironman finishes) and Daniel Craig.

**If I wasn't talking to you right now** I'd be doing the ironing.

**A common misperception of me** is that I'm confident and organised.

**The most surprising thing to happen to me** is finding a sport I love and then to keep doing it for another 30-plus years.

**A phrase I use too often** is, 'Have you seen my mobile phone?'

**My philosophy** is, 'Treat others as you would like to be treated yourself.' **220**