



Training Times:

- Monday
Swim – Porty
7pm
- Tuesday
Swim – Dalry
8.30pm
- Wednesday
Swim – Drumbrae
8pm
- Cycle – Kirky 10
7pm
- Thursday
Run – Meadows
7pm
- Friday
OW Swim – Porty
6.30pm
- Saturday
Cycle – RCP
9.30am
- Cycle – Inch Park
2pm (juniors)
- Sunday
Cycle – Gilmerton
x-roads 9.20am
OR
Porty High School
10am

Border-line Tri-er ...

The titles might be getting worse but the articles themselves aren't! This month David Fraser gives us a run through of his season so far competing in the fantastic Borders Series.

Welcome to my reality TV version of the triathlon world! I'm no super lean racing machine pushing for podium places but I thought you might be interested in a "real" persons view of racing.

For my first full season in triathlon the Borders series looked like a good option, with 6 triathlons and 2 duathlons over the summer - all for the bargain one-off entry fee of £120. Training went well over the winter, with a fair amount of pool time clocked up and the odd run and bike sneaked in. As the first race approached my periodisation plan for the season (read about it somewhere in a tri magazine) seemed to be in tatters, having probably spent more "periods" in the pub rather than working towards peaking for race days.....

Race 1 - Galashiels Sprint Quadrathlon - April 18th

Big ERC turnout for this one which was good for moral support but the weather was truly pants. Swim and bike ok but feet like blocks of ice coming into T2. Then came the run. Lap 1 was fine, enjoying the cross country feel to the route. Lap 2 was a different matter . . . I introduced my 4th discipline. Suffice to say, I didn't think a tri-suit could come down that fast! Luckily the wooded area afforded some cover and I managed to slip back in to the run of things (so to speak) having only dropped (along with a little "weight") a handful of places. 1:23 and 57th out of 91.

Race 2 - Selkirk Standard Distance - 9th May

Fairly uneventful compared to the Gala Quad. Swim seemed to go ok for my first 1,500 in a pool, but I exited towards the end of my wave and it was a lonely old 40k. Great route, with the highlight being the climb up the Swire (aka the swine). By the time the run came, it was getting hot and no one in sight to run down. A hard slog! 2.51 and 53rd out of 86.

Race 3 - Tweedbank Duathlon - 30th May

First run was not bad in under 20mins, but the bike was a demoralising trudge up the A68 to Newtown and back with a procession of

stronger riders passing me. Managed to pick a few places back up on the run. Not a great course overall with the lowlight having to run through Tweedbank Industrial Estate (twice!) which I had recently being involved in letting at work. 1:25 and 23rd out of 39.

Race 4 - Peebles Sprint - 13th June

Huge number of ERC people at Peebles as one of the target races for the season. A theme in my performance seemed to be developing, with an OK swim, numerous places dropped on the bike and picked up some on the run. A nice course along the river, which made up for the wet weather. 1:20 and 70th out of 127.

Race 5 - Hawick Sprint - 4th July

Shocking weather and a small field. Swim was a new experience being in the last wave. Got a great tow for part of it and ended up with my first sub 13 minutes for what seemed like least effort. Unfortunately, being in the wave with the fish, meant being pretty much last out on the bike. At least I wouldn't have to watch too many go by. Can't comment on the course, due to the torrential driving rain. End time 1:24 and 43rd out of 78.

These are thoroughly enjoyable races, with a real club type feel to the organisation compared to bigger events and perfect for novices like me. Highlight should be Eyemouth in September which is open water in the sea. In the meantime, I plan on spending less time in the pub and more time training to improve something called my power to weight ratio - whatever that means - hopefully with a view to improving on my consistent but very average times!

And thanks to everyone in ERC Tri Squad for encouraging me as a new entrant to the sport. While I won't ever frighten the podium chasers the encouragement of everyone when training and racing really does help keep you motivated to get fitter and hopefully improve those times along the way. Galashiels quadrathlon next year anyone????

ERC Tri Squad Newsletter

Tri Partnerships – A New Online Tri Retailer



Our very own Alistair Crawford has set up a new tri retailer – here's what he's got to say.

TriPartnerships is the only purely online triathlon store based in Scotland but with a global reach offering a boutique service.

Our aim is to work with leading niche brands and will be retailing some of the following branded products:

Salomon; Head (swim-wear); TYR (worn by Chrissie Wellington); TPTtherapy; Xlab; SLS3 (full tri kit); and several other leading brands that compliment your training needs.

We will be launching the online business in early September 2010. The website will be www.tripartnerships.com. You can also follow us on facebook and twitter.

We would be keen to hear your views and comments both pre and post launch date at: sales@tripartnerships.com ERC Tri members will get 15% off all products. If there is something you want and we do not stock it why not ask - we may be able to get it!



A Busy Weekend Ahead!

There are still lots of great races left this year but a weekend to put in your diary is 4th and 5th September.

The World Duathlon Champs are being hosted in Edinburgh at Arthurs Seat. On the Saturday many ERC members are racing in the age group champs. And on the Sunday the very best in

the world will take part in the elite races. See www.edinburghduathlon2010.com for more info.

Edinburgh Racing are also putting on a swim festival at Portabello Beach on Sunday 5th September. See www.edinburghracing.co.uk for more info.



What else is going on . . . ?

Your ideas and help please

As we move towards the end of the season please have a think about what you might like to see from the tri squad next year. And more importantly what you might be able to offer the tri squad - coaching, race helping, on the committee, something else? The more ideas and help the better for all of us!

Club Kit

We still have a few pieces of club tri kit left. E-mail louisesmith99@gmail.com for more details.

We also have club caps available – free to members/ race license holders.

Keeping in Touch

Sign up to the yahoo groups list by sending an e-mail to erctrissquad-subscribe@yahoogroups.com and keep an eye on the website at <http://www.edinburghrc.co.uk/triathlon>.

If you have any ideas for the tri-squad or this newsletter then please drop Ali an e-mail on alistairsmith99@hotmail.com.