



## Training Times:

- Monday  
Swim – Porty  
7pm
- Tuesday  
Swim – Dalry 8.30pm
- Wednesday  
Run – Meadows  
6.30pm  
Swim – Drumbrae  
8pm
- Thursday  
Run – Meadows 7pm  
**Edinburgh Athletics  
Club Session**
- Friday  
Swim – Porty  
7pm Uncoached
- Saturday  
Cycle – RCP 9.30am  
  
Cycle – Inch Park  
2pm (juniors)
- Sunday  
Cycle – Gilmerton x-  
roads 9.20am

*The season is well and truly under way, and many members have already been benefiting from those early training sessions in Majorca and Aberfeldy with superb performances at Tranent, Cupar and Galashiels – Well done all!*

## Volunteers Needed!

The club organises a number of events over the year (Midlothian, Lochore, Edinburgh swim festival, Portobello Aquathon). This is not possible without volunteers from the club for each event. While we encourage members to compete at these events, it is expected that each member volunteers for one club event per year. If you are able to help at Lochore, or any of the other events, please contact Bruce Kidd, Elise Acheson or Oonagh O'Brien asap. Remember that if you volunteer during the year, you will qualify for reduced swim fees the following year.

## Majorca 2011 – some feedback from the field...

It was a week of ups and downs at ERC's annual cycle trip to Majorca this year. For me, it was my first time, and I wondered exactly what I had signed up for as I waited nervously on Waverly Bridge at 2 am for the bus to Newcastle airport.

It was great arriving early on Friday, giving us the whole day to get orientated. Many people took their own bikes, but I decided to hire. The shop was excellent and my bike was waiting for me and set up perfectly from the measurements I had emailed.

The training plan for the week (or 2 weeks for those who stayed for the whole time) had been mailed out in advance. It was great having so many people around who had trained there year after year to organise and lead the rides.

Majorca is a lovely place to cycle with fantastic roads and scenery, and massive amounts of coffee and cakes! My personal highlights were Sa Calobra (google it!) which was a spectacular cycle on a windy road down to the coast (and back up) which included a loop the loop! The 100mile trip across the length of the mountains was incredible.

Other notable events included the 4-up time trial which saw the male triathlete team take 3<sup>rd</sup> place and win the most consistent cycle - Don, Nick, Tom and Mungo well done! Evening entertainment included a quiz, but no-one has any idea who won/lost, maybe Marek will let us know once he goes through his notes one more time!

St Patrick's Day was celebrated in style on our final night, leaving many of us unable to muster much strength for anything other than cakes on Friday!

Most of the triathletes went for swims and runs throughout the week too – notably Ali and Mitch managed a 20 mile run in preparation for their upcoming marathons. Well done Ali for achieving sub three hours, and good luck Mitch for the same challenge.

Overall a great week's holiday, I would definitely recommend it to anyone wanting to boost their cycle early in the season. There were a few bad points this year – a tummy bug, the hotel food, occasional rain and a broken collar bone (not mine), but nothing which stopped me wanting to go back next year!

Berit

# ERC Tri Squad Newsletter

## Open water swimming



It's that time of year again when the sun is out, the days are long and the open water calls. While the club does not organise open water sessions, many members swim outdoors at Portobello and elsewhere – just ask around to find out when people are intending to

meet. The Tri Centre also holds an open water session at Threipmuir Reservoir on a Wednesday evening; see their website for details: [www.thetricentre.com](http://www.thetricentre.com)

We want our members to enjoy the unique experience of swimming

outdoors, and this means staying safe. Please read our new guidelines for outdoor swimming, available on the website shortly. Please note if you shower at Portobello Baths after a sea swim **you must pay**, even if it is during or before an ERC swim session.

## Get to know your committee member...Chris Godfree

*Role:* Training weekend and Wednesday run session organiser.  
*Favourite triathlon:* Selkirk Olympic (fast pool and hilly bike) but there are lots I want to do which will hopefully be even better  
*First triathlon:* strictly speaking it was at Club la Santa in January 2000 when I really couldn't swim (and we're talking just about not drowning....). First one when I could swim was New Years Day in 2003.  
*Words of advice:* Proper Planning Prevents Pi\$\$ Poor Performance

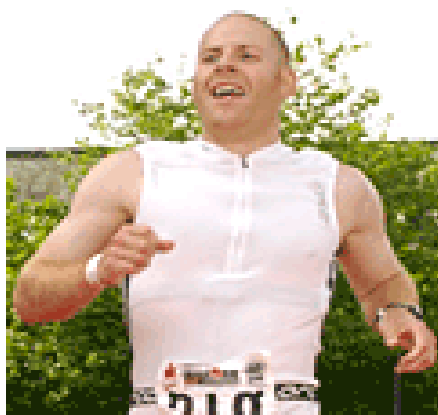
*Your triathlon dream:* Hawaii, a sub-10 Ironman and races in interesting locations

*Favourite training session* long, hard, hilly ride or run in the sunshine with a couple of good mates or on my own

*Best Triathlon experience:* IMUK 2009 - a couple of minutes into the swim I was smiling away to myself at the fact that I was actually doing an Ironman and I then had fun on the bike passing ~500 people, hitting 30mph on the speed sign each loop and wondering

if the Police with the speed gun had got me!! It got a bit harder after that.....

*Worst Triathlon experience:* Aberfeldy Middle Distance 2008 - didn't manage to eat or drink enough on the bike, couldn't stomach anything but water on the run and, not surprisingly, hit the wall in a big way at 10 miles and struggled through the last few miles walking and jogging. The bridge back into Aberfeldy almost killed me and I was caught on film....



## Finally ...

### Race incentives

Remember if you join the club, buy a TS race licence (<http://www.triathlonscotland.org/join>) and commit to doing three Scottish races (novices excluded) then you can claim a club branded transition towel and water bottle. E-mail [hazellbrown@hotmail.com](mailto:hazellbrown@hotmail.com)

### New Wednesday Run

Three of our members

(Alister Russell, Elise Acheson and Chris Godfree) have started a new run session at the Meadows on a Wednesday night. This session is suitable for all abilities. The programme will vary and shall include hill sets, fartlek, race pace and drills.

### Tri Kit

We have a limited amount of ERC tri kit in stock. Email

[louisesmith99@gmail.com](mailto:louisesmith99@gmail.com) for details.

### Keeping in Touch

Sign up to the yahoo groups list by sending an e-mail to [erctrissquad-subscribe@yahoogroups.com](mailto:erctrissquad-subscribe@yahoogroups.com) and keep an eye on the website at <http://www.edinburghrc.co.uk/triathlon>. Also, see the new page on Facebook [www.facebook.com/erctrissquad](http://www.facebook.com/erctrissquad)



If you have any ideas for the tri-squad or this newsletter then please drop Berit an e-mail on [binkster@doctors.org.uk](mailto:binkster@doctors.org.uk).