



Training Times:

- Monday
Swim – Porty
7pm
- Tuesday
Swim – Dalry 8.30pm

Run – Meadows 7pm
- Wednesday
Swim – Drumbrae
8pm
- Thursday
Run – Meadows 7pm
**Edinburgh Athletics
Club Session**
- Saturday
Cycle – RCP 9.30am

Cycle – Inch Park
2pm (juniors)
- Sunday
Cycle – Gilmerton x-
roads 9.20am

Chris Godfree's 5 hour battle at Aberfeldy

This was my second big race of the year and I had the lofty aim of cracking 5 hours. Unfortunately, training had not been going too well in recent weeks – a couple of niggly injuries had stopped me running much but I had been biking well.

The forecast looked good for the day, but it was drizzling when I arrived and the midges were out in force. The wind had been up earlier causing a bit of white water on the loch! The water was as cold as ever as we got in and we were soon off. Not much to say about the swim, slow as ever for me and not too many kicks in the face at the start and round the buoys. The wind picked up in the second loop and things got a bit wavy and most people commented on how much of Loch Tay they drank!!

Onto the bike and passed my first puncture victim after less than 100 metres.... I started to pass people quickly and all too soon hit the bottom of Schiehallion. I rode the climb hard but controlled, even letting a couple of guys overtake and ride away from me. Over the top and we started to ride into a headwind – good news as that meant a tailwind from the halfway point all the way back to T2. Whilst normally being a slightly cautious descender, I managed to overtake and ride away from a few guys with only a couple of buttock clenching moments (wind and damp roads on deep carbon rims with TT bike brakes is never a good combination).

The first feed station was at the bottom of the descent and it turned into an Ali Smith style comedy of errors: I was handed a bottle of water, put it in my cage and the top promptly fell off. I hit my brakes and turned round to get another one. I put the second bottle in my cage, turned round and set off again at which point the top fell off!! I hit the brakes again (and swore a bit), turned round and politely as I could shouted for a bottle “with the top on!!”. Third time lucky I managed to get going successfully and set about passing half a dozen guys for the second time. The rest of the ride out was uneventful (thankfully) and the headwind didn't seem too bad. I was still passing people but they were much more

spaced out by now. Round the end of the loch and I went through the second feed station a lot more successfully! The speed then picked up with the tailwind which continued back down the loch to the climb back over Schiehallion. Apart from a bit of a grind up the steeper sections it didn't seem too bad – probably helped by the tailwind again! Another fast descent was helped by seeing and following the lines of a guy I was catching. The final wind assisted drag strip back at Aberfeldy passed very quickly and a few screams from Linda at Weem saw me into T2 with a 2.45 bike split – just what I was aiming for.

A very quick (for me) T2 and I was out on the run with 3.27.xx on the clock – sub-5 was still on if I could pull out a great run. After getting over the nasty uphill then downhill start I settled into the necessary pace (the wonders of a GPS watch!!) I managed to hold this pace for 5km but then the speed sapping undulations started and I wasn't quite able to maintain it. I kept on doing the maths in my head and I kept on needing to run faster. I decided to get through the undulations and then try to pick up the pace in the last 5km. I gave it everything I could but it just wasn't happening. Some final 'encouragement' from Linda and the joys of first Wades Bridge (a nasty little climb which almost killed me 3 years ago and was captured on film by Mark – just been back to look at it and it still looks as bad as it felt!!) followed by another nasty drag up to the finish. Over the line in 5.01.50 so I missed my 5 hour target but I gave it my best shot and given recent training I couldn't have expected more on the run.

The sun had come out at some point so it was good to sit around and wait for everyone else to finish and hear about their races. Mike must have lost 20 minutes of his race somewhere as he thought I was only a few minutes behind the winner – I wish!!

Results:

<http://results.racetiming.com/Results.aspx?CId=33&RId=185&EId=1>

ERC Tri Squad Newsletter

Autumn Training Weekend - 21st to 23rd October

That's right, the event we've been waiting for all year has arrived! It's nearly time for the autumn training weekend. This year it's being held in Callander, where we will have the full use of a 30 bed bikers youth hostel.

The extremely low cost (£60) includes 2 nights accommodation, breakfasts, lunches, and dinner on Saturday night, as well as coached swimming, biking and running...and all sorts of other nonsense!

Places are limited to 30, so sign up fast to ensure you don't miss out. The weekend is ideal for new members to get to know everyone, and learn some inside secrets to triathlon success. Just email Chris: chris.godfree@tiscali.co.uk

Get to know your coach...Penny 'The Rother' Rother

How long have you been involved in triathlon: Did first race in 1996. Midlothian sprint which was in Loanhead at that time. Wore trainers to cycle in and got laces caught in chain ring on the way up the Auchendinny hill. Beat my friend by having faster transition times and decided that any sport where success depended on how fast you can get dressed and undressed was the sport for me

Why did you start: So I could retire gracefully from hill running

Why did you get involved

in coaching: Having been coached for 7 years I decided it was time to get even

Fave triathlon: I love any big event. The 'buzz' of loud music, running commentary and blue transition carpet do it for me every time.

Best tri experience: Winning age group at 'worlds' in Honolulu in 2005

Worst tri experience: Cancun 2002- 41 degrees, high humidity and done for drafting. Not my finest hour!

Triathlon dream: To qualify and complete world

ironman champs at Kona (as I can only run 5 k at present this may be a long way off)

Fave piece of kit: Anything red and black with ERC written on it!

Who inspires you: Sister Madonna Buder- American nun who at the age of 79 completed IM Canada (2009) in 16.54.30. Oldest woman ever to complete an ironman

Any words of advice: Work on your weaknesses but enjoy your training and racing....oh and don't get your laces caught in your chain ring.

Finally ...

ERC run session now Tuesday

The ERC run session will now be held on Tuesday night at 7pm. The meeting place remains the same at the south-east corner of the Meadows. The session is for all abilities, and will include race-pace, fartlek, hill, and descending sessions.

Do your bit

The clubs success depends on people

spending their time coaching, organising events, and organising the club through being in the committee. We are always on the lookout for new talent in these areas! At the moment the committee is short of a tri squad manager, and a kit secretary. Contact Peter Ness if you would like to help on the committee ness.peter@yahoo.co.uk More coaches are always required to maintain current training sessions, and to add additional ones. Contact Martin Gore if you

would like to be trained as a coach mpgore@hotmail.com Please don't be shy!

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.edinburghhrc.co.uk/triathlon>. Also, see the new page on Facebook: <http://www.facebook.com/erctrissquad>

If you would like to write an article or report for the newsletter, please drop Berit an e-mail on binkster@doctors.org.uk