



Training Times:

- Monday
Swim – Porty
7pm
- Tuesday
Run – Meadows 7pm

Swim – Dalry 8.30pm
- Wednesday
Swim – Drumbrae
8pm
- Thursday
Run – Meadows 7pm
**Edinburgh Athletics
Club Session**
- Friday
Swim – Porty
7pm Uncoached
- Saturday
Cycle – RCP 9.30am

Run – 9.30am
Hollyrood park (Jan
& Feb only)
- parkrun – 9.30am
Cramond (5km
timed run– public
event)
- Cycle – Inch Park
2pm (juniors)
- Sunday
Cycle – Gilmerton x-
roads 9.20am

Circuits – Napier
University Sighthill
4pm

Why Start Triathlon after 40?

Despite living through several decades, gathering on the way wisdom and maturity (I hope), I sometimes assume that life has little left to surprise me. So I interviewed 2 fellow ERC Tri Squaders (Ian Johnston and Richard Clayton) and also gave my own answers to demonstrate that it is still possible to stumble into uncharted waters in the prime of life (ie 40 +) and to learn new tricks. Article by Jenny Matthews-Puyrigaud (JMP).

What attracted you to triathlon?

- **IJ:** A personal challenge between myself, Ron Nolan and Reid Cunningham. I never really caught the triathlon bug until I discovered open water swimming.
- **RC:** My 2 children gave up competitive swimming a few years ago but wanted to get back into regular swimming. We came across the ERC Tri Squad sessions and to my delight found there was a place for all standards. So after years of taking them swimming morning and night and not having a lane to swim myself, I was now able to join in. I also recently gave up tennis as it killed my lower back and I wanted something to fill the gap.
- **JMP:** Nothing! A friend suggested the ERC Tri Squad swim sessions as a way to learn the crawl. When she added that I might try a triathlon I gasped in horror, but 12 hours later I had warmed to the idea.

When did you compete in your first triathlon? Which was it?

- **IJ:** My first triathlon was in 2005 at the Edinburgh New Year's Day triathlon.
- **RC:** My first triathlon was in Mombasa Kenya where we lived before coming to Edinburgh. The hot sun and clear water was rather different from my first Scottish event at Bishopbriggs in May this year.
- **JMP:** East Fife Novice in 2010 was my first (ever sporting competition).

What do you gain personally from triathlon?

- **IJ:** Every triathlon is an opportunity to test myself mentally and physically. It has also given me the pleasure to meet some really nice and genuine people.
- **RC:** I thoroughly enjoy the training; I've got into road biking and best of all I can eat pretty much what I like without gaining weight.
- **JMP:** A good level of fitness.... and instead of noticing a decline in my fitness as I get older, my late start means that as I get older I get fitter: long may it last!

How do you think taking up this demanding sport at your age differs from how it would have been for you 20 years ago?

- **IJ:** I would probably have had to cycle on a Raleigh Chopper 20 years ago! I might not be as fast as I was 20 years ago but have more stamina now. I think it's a tough sport at any age.
- **RC:** I'd have been faster 20 years ago but then again I'd just got married and we were living in Guyana where the notion of triathlon never entered my head! There were zero facilities where we lived, dangerous roads and the muddiest sea water you've ever seen.
- **JMP:** I don't think I would have had the confidence to try it. I suspect I would have picked up technical skills and new movements more quickly (sorry coaches)! Living in Indonesia, traffic and heat precluded cycling or running but my breast stroke wasn't bad.

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What can you recommend about triathlon?

- **IJ:** Triathlon gives you the chance to keep fit, challenge yourself and meet interesting people.
- **RC:** I've found everything to do with triathlon to date exceptionally friendly: a supportive environment at training, excellent coaches and a great relaxed but encouraging spirit at competitions. Also I'm pretty sure that with a little training anyone can successfully complete a sprint event without it taking a great physical toll on the body. So: ideal for the older/balder/greyer generation.
- **JMP:** The wide spectrum of ages training and competing together.

What is your training regime and how do you fit it in with your other commitments?

IJ: I've been competing in long distance races for the past 3 years so my training regime can be pretty tough at times. Luckily all my kids are members of my local athletics club, which makes my run training a bit easier to fit in.

- **RC:** I wish I could boast a training "regime" but in addition to swimming a couple of sessions per week all I usually manage is a run and/or a cycle at weekends interspersed with drinking red wine and eating cheese.
- **JMP:** I aim to exercise 6 times a week. This could be cycling to Tesco (compromise), or running in the Pentlands (no compromise)! A trainer in the garage saves time. Being self-employed and working from home is an advantage, having 2 children (15 and 10) at home from 4pm isn't.

How do your friends/family react to your new interest?

- **IJ:** I've done athletics since I was 8 years old so my long suffering wife is used to me competing in races. Some friends think I'm a nutter for what we do but secretly they think triathlon is pretty cool.
- **RC:** The universal reaction seems to be "I couldn't do that", which of course is patently not the case, but I do try to refrain from disabusing the notion that you need to be an athletic legend to compete in triathlon.
- **JMP:** With humour: I am accused of showing off in my ERC kit.

Have you any random pieces of information to complete the picture of you as a triathlete?

- **IJ:** I'm just your average age grouper who enjoys the competitive and social side of triathlon. My main aim in any race is to enjoy myself. Triathlon may be a growing sport but we're still a minority, so be proud of your achievements no matter where you may finish in a race.
- **RC:** My goals for the coming year are to get into a wetsuit and try open water swimming, do more events and step up from sprints (possibly). Oh, and try to rotate properly when I swim....
- **JMP:** Red has no place in my wardrobe, except on ERC kit.



ERC Tri section meeting

We shall hold a general meeting in January – everyone welcome. Date and venue TBC.

If you have any issues you would like to put on the agenda, please contact Peter Ness: ness.peter@yahoo.co.uk

Additional Sessions

There is a brick session on 7th January. Please contact Martin Gore, for further details and to book your place.

Adam will take a run session on Saturday mornings at 9.30am Hollywood Park in January and February. Suitable for all abilities.

Events Organising

We are looking to expand the race organising group in order to improve on the successes of events in recent years.

If you would like to be involved, please get in touch with Jim Leach: Jim.Leach@selexgalileo.com

Keep in touch

Sign up to the yahoo groups list by sending an e-mail to erctrisquad-subscribe@yahogroups.com Keep an eye on the website at: <http://www.edinburghrc.co.uk/triathlon>. Also, see the Facebook page: <http://www.facebook.com/erctrisquad>

If you have any ideas for the tri-squad or this newsletter then please drop Berit an e-mail on blinkster@doctors.org.uk.