

## Hello!

Welcome to the first edition of 'Transitions' the occasional newsletter of Pentland Triathletes and a round-up of everything that's been happening in the club. It's been a great year for many members, but there's always ways to improve; so, to help you prepare for the year ahead, there's a round-up of the training on offer - if you've not been to something before, make this season the year you come along and give it a go!

Lastly, an important date for diaries - Sunday, 21st November. It's our Annual General Meeting and we're trying something different: a small amount of time on Club and Committee issues, followed by a pub quiz, so come along for the cric and a few drinks (partners are welcome!)

Happy training,  
Mark.

### Race Report

#### Club 'Try-A-Tri' on Nov 6<sup>th</sup>

We had another great 'Try-A-Tri' event at Balerno High School on Saturday 6<sup>th</sup>, Nov (400m in the pool; 10k cycle round Balerno; 5k run along Lymphoy/Water of Leith near the village). Good to see some new faces come along and have a go - as usual, it was an informal event to let people have a go at Triathlon without the pressure of a formal competition. Everyone seemed to enjoy it, so we'll probably run another again next year. A great team effort made it a success, so a big thank you to all who helped.



### Your club needs YOU !

**Pint and pub quiz** - hopefully that got your attention - this year's AGM is in the Grey Horse pub in Balerno on Sunday 21<sup>st</sup>, November at 7.30pm. Please come!! It's your chance to meet other members and share your thoughts and ideas for the club in a very relaxed atmosphere.



### Swimming

[Saturdays (term time) 07.30 - 08.30 Balerno High School]

We have a new coach - Anna Myatt - Anna provided great coaching during our winter turbo sessions last year and is now helping us on Saturday swims after Neil emigrated.



### Cycling

[Thursdays, coached by Anna]  
New this season! Spin sessions at Ratho Indoor Climbing Centre ([eica-ratho.com](http://eica-ratho.com)), every Thursday. You need to book in advance so email: [Bev@christy.plus.com](mailto:Bev@christy.plus.com) for more information.



### Been a while since you trained or don't want to do a Triathlon ?

Not a problem! Lots of members have no intention of doing a triathlon and just want to get fit. Many others are only just starting so a perfect time to come and join us! The club has a real variety of members from never-tried-a-tri, novice triathletes all the way to half-ironman and women



We're always looking for new members and rely on you spreading the word to friends, colleagues and family - if they need convincing or want to find our more just get in touch with any member of the committee (website has contact details)



### Running

Some members have been using the weekly Saturday 5k Park Run at Crammond to help them their running. It's also free! Register on their website before attending so you can receive your time afterwards.  
[parkrun.org.uk/edinburgh](http://parkrun.org.uk/edinburgh)

Feedback, thoughts or ideas about this newsletter? Email: [mail@pentlandtriathletes.co.uk](mailto:mail@pentlandtriathletes.co.uk)



## ***Want to get faster ?!***

You train when you can, but how do you know if you're getting any better? It's good to work on technique, but is it making a difference? With these questions in mind, we're going to try something new. In keeping with the ethos of the club, it is entirely **voluntary** but open for everyone to try.

### ***What's the idea?***

Once a term we're going to offer a timed trial, so you can time yourself against the clock for a set distance: for example, setting aside part of the time on Saturday morning for people to time themselves for 100 metres or 200 metres in the pool (if you don't want to take part we'll still have lanes for just swimming in as usual). We'll send emails round to the swimming and cycling distribution lists to tell you when it's happening. In the meantime, some members have started attending the Park Run ([parkrun.org.uk/edinburgh](http://parkrun.org.uk/edinburgh)) 09.30 on Saturday mornings at Crammond) where you can get a time trial over 5k for free and our sister club, Harmer Pentland Runners also run time trial sessions ([pentlandrunners.org.uk](http://pentlandrunners.org.uk)). To make things easier we'll also accept self-declared times - you time yourself and let us know - we'll take you on your word !

### ***What do you do with the results?***

We wanted to avoid creating a results table based on who is the fastest, to make it fairer to those who are just starting out and to find a way of motivating everyone regardless of ability or fitness. So, the first time you do a time trial provides your baseline time, and the second timing is used to create the results table, ie: results are ranked in order of most improved. If you can't make the sessions when we're going to run a timed trial, you just self-declare and tell us your timing for the same distance - email Mark for more information.



Got something to include or an idea to use in the newsletter? Email: [mail@pentlandtriathletes.co.uk](mailto:mail@pentlandtriathletes.co.uk)

