

EUTri Alumni Newsletter



EUTRI GOING STRONG

The University of Edinburgh Triathlon club is celebrating its 20 year anniversary, having been founded in 1999! In the year 2018/19 we had 85 paid members and great attendance at our 6-8 weekly training sessions. We sent teams to all six BUCS and SSS races among others and had 3 successful trips away this year.

Next year we plan to be bigger, faster, stronger and even more friendly for our 20th anniversary year!

WE WANT TO KEEP IN TOUCH WITH YOU (OUR ALUMNI)

This year, we are hoping to put together a newsletter to keep you updated as often as we can! A whole years worth of news has been too much to fit in to these few pages.

We would like to invite you to more events, encourage you to get in contact more and generally hope you will get involved in any way you would like to be. So please like us on facebook, send us emails, follow us on Instagram and check out our website (see right panel).

We hope you enjoy this newsletter and if you have any ideas for improvements , drop us an email.

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GET IN TOUCH



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PERFORMANCE SQUAD UPDATE

In September, our performance coaches Linda and (ex- club member and alumni) Dechlan ran performance trials for around 20 people with 10 athletes selected (probably blissfully unaware of 6am twice a week that were to follow...). The main goal to get ready for BUCS Duathlon in the winter and BUCS Standard and Sprint in summer as well as race for EUTri at Scottish Student Sport Championships (SSS).

The 'winter race season' started well with Ollie Tenan taking his first SSS Championship title at SSS Aquathlon Champs (in Stirling) closely followed by new recruit Lewis Khan taking 3rd. Eilidh Thomson came home in 2nd in the female race and both Edinburgh male and female teams finished on top of the podium.

On to the summer season and the squad were wanting to show off those winter #gainz prior to BUCS Standard and Sprint. First up SSS Triathlon Champs at East Fife. Eilidh and Nick took the wins in their respective student races with Ollie and Rebecca Lodge both finishing in the top 5.

The following week came SSS duathlon at Stirling, with some of our athletes opting to race the Scottish Duathlon Championships. In the student race, Ollie,

Lewis and Rian came home in 5th, 6th and 9th respectively. Eilidh took the win with Louisa Middleditch closely behind in 6th. Nick raced the Championship race finishing in 2nd. As this was the season finale, Eilidh and Ollie were crowned series winners and Edinburgh took the overall series title.

Next up, BUCS Standard and Sprint, just with the minor issue of exams to get through first (apparently some do actually go to uni...). Rian and Nick had a close battle on the run, resulting in Rian coming out on top, finishing 19th with Nick closely behind in 20th. Ollie and Lewis also had great races both finishing in the top 40. Eilidh finished 16th and although suffering from an injury Hanna had a storming swim and bike leg.

BUCS Sprint was held in the depths of Wales and was set to be another great day of racing. Nick finished 22nd and Ollie, although suffering some mechanical issues finished 58th. Becky was the first Scot home finishing 17th with Eilidh and Hanna hot on her heels.

Overall, a great season and looking forward to next year!



“Push yourself, because no one else is going to do it for you”

BLUES AWARDS

Congratulations to our athletes who were awarded blues for their performance whilst representing the university and their dedication to EUTri!



Paul Kerr—Blue



Eilidh Thomson—Blue



Nicholas Allen—Half Blue

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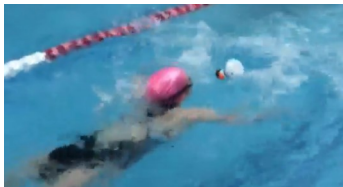
TRAINING HIGHLIGHTS



- 1) Yoga sessions organised for mental health and wellbeing week were so good we organised several more!



- 2) When a dog came along to Monday night running



- 3) Relay races at swimming



- 4) Training trips



- 5) Moona's headlight order arrived and our runs became much safer



- 6) Festive run for Christmas



Pictures from Lanzarote Winter Sun Training Camp

LANZAROTE TRAINING CAMP (JAN 2019)

14 EUTri members swapped Edinburgh's winter January weather for a week's training trip to Lanzarote. The trip was organised by new member Phil Humphrey (Architecture masters student) with the help of his family friend and enthusiastic travel agent Caroline.

Under Phil's organisation, the transport passed with only a few small hiccups "Can Mr Chapman please return to WHSmith".

Half of the group stayed in a large hotel complete with buffet style meals for breakfast and dinner. The other half opted for self catered flats a short distance away.

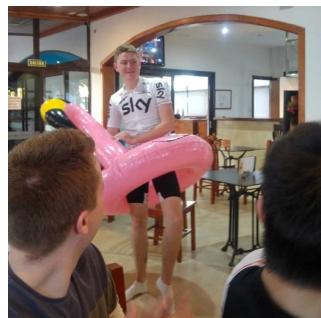
The hotel boasted a beautiful outdoor 50m pool which we shared with the Spanish national swimming team. Their poolside warmups were both inspiring and a source of entertainment during our swim sessions coached by Oscar Chapman (2nd year Maths Student and staunch duathlete).

Daily long cycles were a must in order to soak up as much sunshine as possible and make the most of the beautifully tarmacked Spanish roads. Occasional sightings of pro cyclists and triathletes—including Lucy Charles—spurred us on during training. One thing the pro's and amateurs alike were in Lanzarote to do was to try out its best climb...

"Day 2 of the pre-season training camp featured the infamous Tabayesco climb, part of the ironman Lanzarote bike course. 10.5km in length averaging 5.5%, not overly steep but certainly a long one. The gradient is fairly constant for the majority of the climb, but the 6 hairpins and a strong head wind towards the top added that little bit more pain. The view over the top is spectacular!" - Harold Ki Cycle Captain 2018/19

Just as important was the evenings entertainment, provided by an unlikely new friend made in the hotel lobby. We refer to him now by the inventive stage name we came up with 'The Magician'. Each night he was back, to dazzle us with more tricks that he had learnt during the day. We also took advantage of the happy hour at a local bar for Phil's birthday, leaving some struggling to get up for the next mornings 8am swimming session.

Looking ahead to next January, we have plans to spend another week in the canary islands and conquer the largest mountain in Spain—Mt Teide.



BUCS LEAGUE

The BUCS league consists of 3 races per year. BUCS Duathlon, Sprint and Standard distance.

1	Leeds Beckett University	112
2	University of Bath	111
3	University of Stirling	74
4	Loughborough University	73
5	Cardiff Metropolitan University	57
6	University of Leeds	39
7	University of Edinburgh	20
8	University of Nottingham	16
9	University of Birmingham	15
10	University of Bristol	12
11	Oxford University	7
12	Cardiff University	5
12	Durham University	5
14	St Mary's University	4
15	Newcastle University	1

SSS LEAGUE

The Scottish Student Sport league is made up of points from Aquathlon, Duathlon and Sprint Triathlon races.

1	University of Edinburgh	156
2	University of St Andrews	106
3	University of Glasgow	73
4	University of Stirling	72
5	University of Strathclyde	49
6	University of Dundee	36
7	Edinburgh Napier University	28
8	University of Aberdeen	11
9	Heriot Watt University	3

Eilidh Thomson and Ollie Teenan were also SSS individual champions

WHERE ARE THEY NOW?

HAZEL DONALDSON



**Race organiser
2015/16 Cycle Cap-
tain 2016/2017 Pres-
ident 2017/18**

After graduating from Edinburgh just over a year ago I moved to Perth to start a job in Sports Development, something my previous experience in EUTri has

been very helpful with. I've also joined Perth Triathlon Club where I'm a coach and have helped out organising club races. I've (very very nearly) completed my level 2 diploma triathlon coaching qualification that will allow me to start doing individual 1-2-1 coaching! Fav EUTri moment: ah so many to choose from! Our trip to Peebles and competing the glentress half marathon along with lots of other club members was so much fun (kind of). East fife triathlon every year was also amazing with so many members competing. And of course I can't forget the moment we got a full refund for the awful trisuits! Organising Tranent was memorable but not sure it was my fav moment...



DECHLAN WILSON

Swim Captain 2011

Treasurer 2012

Race Organiser 2013

Head Coach 2011-12

I am living in Edinburgh and have been since university. I am working at Edinburgh airport as an air traffic controller. I am coaching the university performance triathletes a few times a week which is good fun and nice to keep up to date with how the club is progressing. I train with Edinburgh Triathletes when I can but shift work makes this hard at times and is probably the key factor in me not making it to Tokyo for 2020. My favourite EUTri moment is probably when we used to go to races like East Fife or Dalkeith and have a good number of us racing. It was always good fun having lots of team mates around at the race and there were always people who could cheer you on which was nice.

TRIATHLETES INVITED TO CYCLING BALL

The cycling club fought against all of their cycling instincts and decided to invite us to their ball.

The evening began with a 3 course meal where we sat at our own triathletes table. However, it soon moved on to some dancing which encouraged us to mingle.

We had a great night and it encouraged us to start thinking about planning our own ball—watch this space!



"Well I see no reason why you can't go, if you get all your work done . And if you can find something suitable to wear." - Lady Tremaine (Cinderella)

PUB GOLF SOCIAL BEGAN WITH REAL GOLFING SUCCESS!

When members of EUTri heard of The Student Triathlon, hosted by The Golf Tavern in Edinburgh they were intrigued. When they heard that there was £500 prize money up for grabs they signed up right then and there.

However, there was a catch (of course). The three "sports" involved were Golf, Draughts and a Quiz...

That didn't stop a killer team of Patrick Schrempf (EngD Computer Science + pro golfer), Miriam Veenhuizen (Medicine + pro draughts player) and Gus Cassie (Vetinary Medicine + pro quizzer) coming top and winning the prize money! Everyone else arrived just in time to witness the nail biting elimination round in the quiz and the prize giving. We then set off on our annual pub golf social organised this year by Mary Macintosh (Sports Science).

The prize money was used to subsidise an order of tri suits to get as many people as possible wearing EUTri colours.



EUTRI STUDENT COACHES

The number of student coaches within the club is something we are really proud of. In partnership with Triathlon Scotland, this year we organised a level 1 triathlon coaching course using Edinburgh University facilities. This made the course affordable and convenient for the six of our members who completed it.

In addition to our 6 new coaches we also supported the following current student members to complete their coaching qualification :

Rachel Webb (level 2)

Mary Macintosh (level 1)

Eilidh Thomson (level 1)

Nicholas Allen (level 1)



From Left to Right—Harold Ki, Miriam Veenhuizen, Max Phillips, Paul Kerr, Patrick Schrempf, Tamsin Carpenter

AWARD SURPRISE FOR EILIDH

Eilidh Thomson (3rd year Biomedical Sciences) was awarded Scottish Student Triathlete of the year 2018/19. This new accolade was created by the Scottish Student Triathlon Chair to recognise a student triathlete who performed outstandingly throughout the year. Not only has Eilidh been a dedicated member of the performance squad this year and achieved some brilliant results in the racing calendar but she has also been a member of the committee and a friendly face for new members to approach.

Paul Duffy (Sports Union president 2018/19) and Craig Bathgate (SST Chair) along with EUTri committee members secretly co-ordinated in order to hold a surprise Award Ceremony outside the Pleasance gym. After the award ceremony, we all hopped into the minibuses and began the long drive to BUCS Sprint in South Wales (new location for this year)!



“Don’t challenge your limits, limit your challenges” - Phil

TRANENT SPRINT TRIATHLON

Tranent Sprint Triathlon 2019 was held on April 7th. Moving the race to later in the year was something hotly debated but perhaps essential to prevent another weather related cancellation.

The race took place at the Loch centre leisure centre in Tranent. With a 750m swim, grassy transition, new cycle route avoiding as many traffic lights as possible and a 2 lap run course mainly along a path in a residential area.



Our race organiser was Kirsty Vass Payne (2nd year Politics), new to the committee but eager to step up to the role. Her highlights of Tranent organising included: completely organising the race organiser inbox, creating an automatic signature for race organiser emails and getting walkie talkies!

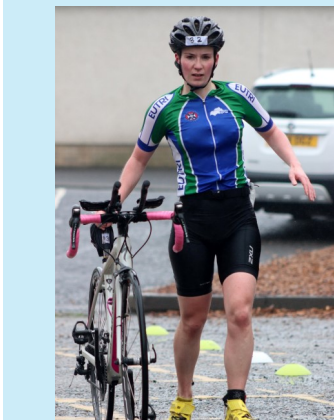
This year also was the first time we’ve added in a GOTri Aquathlon, a 400m swim and a 2.5k run.

On the day, it was great to see so many EU-Tri members helping out (see photo on the right) and some familiar faces back to race (see Hazel Donaldson rocking EUTri kit during the race on the right). 104 competitors finished the sprint race and 6 in the GOTri event.

Congratulations to our overall winners:

1st Craig Dale 1st Rosemary Haddock
2nd Niku Dhillon 2nd Catherine Garner
3rd Alexander Clark 3rd Francesca Vidler

For race results visit www.stuweb.co.uk.



EUTRI ALUMNI

LOTTERY

We are hoping to start an exciting new Lottery to keep alumni in contact with and engaged with the club! Pick your favourite triathlete's name to represent you and pay £2 a month for the chance to win (see below for an example list of names, feel free to add someone).

Every month we will pick a winner out of a hat to receive a special prize!

1st months prize will be some EUTri cycling socks —> featured on the right.

To get involved, send us an email and we will reply with more details!

LIST OF TRIATHLETES

Alister Brownlee
Jonathan Brownlee
Vicky Holland
Helen Jenkins
Jess Learmonth
Non Stanford
Marc Austin
Lucy Charles
Jan Frodeno
Patrick Lange
Flora Duffy
Javier Gomez Noya
Henri Schoeman
Kristian Blummenfelt
Daniela Ryf
Richard Murray
Georgia Taylor-Brown
Katie Zaferes
Vincent Luis
Mario Mola

KIT RANGE



CYCLING GILET



ENDURANCE TRI SUIT



TRI SUIT



CYCLING ARM WARMERS



CYCLING SHORTS



BOBBLE HAT



SWIM BRIEFS



JAMMERS



SWIMMING COSTUME



CYCLING SOCKS

If you are interested in purchasing any EUTri kit get in contact with us at triathlon@ed.ac.uk.

