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Vive la France !
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Le Journal du Triathlon

The International Triathlon club of Paris

Monkey But-ter

Never leave home without it

Best team results EVER

Highest placed English speaking team

Expats turn up the heat

International competitor team climbs 18 places

Since the creation of the International Triathlon team of Paris in 2007, the "expaTRIés" team has continually grown in both size and popularity, and now it seems their results are beginning to reflect their notoriety !

Initially set-up by English and American friends, the club has expanded to offer training, advice and above all friendship to any and all athletes looking to run, swim, cycle or do all three. In 2010 simply due to the number of expaTRIés competitors in the Triathlon of Paris (the clubs Trophy event) the team came 46 (out of 60) in the Ile de France Triathlon league.

Enthused by this they decided to put a team together and compete in the 5 other events in the league calender for 2011, and they didn't disappoint - scoring points in each of the events they turned up to (although its true, just turning up gives points).

The final count put the expaTRIés in 28th place – their best placement ever, with best male coming in at 59th place in the Veteran league (out of 897) and best female at 62nd Senior out of 197. Only one question remains – can they do better in 2012 ??

INDOOR RIDING IN RED LIGHT DISTRICT

Amsterdam: Early this morning Dutch police raided a brothel after complaints of disturbance from neighbours. They found a cyclist handcuffed to a turbo trainer dressed in a leather gimp suit suffering from severe dehydration and exhaustion. The victim refused to give his name but in his dazed state continually muttered "allez les bleus"– c'est qui ce mec chabal?!' as he was led away. The Police say it is an open and closed case of dehydration by misadventure.

MOTHILS: THE NEW MAMILS

London: Move over MAMILS (middle aged men in lycra) it is now all about MOTHILS (Men over the hill in lycra). The club has been formed in the last 5/6 years and to qualify you need to be 50 + years old. High profile members include Paul Betts, Laurent Benezech, Jon Ashcroft and the recently elected James Machlachlan. Rorie Henderson's application is currently being considered.

expaTRIés: Welcome to iTri

LEARN WITH BETTSY! Secrecy is the key to mind games

Paul Betts gives readers advice on some of the golden rules of successful competitive Triathlon. This week he covers 'mind games' in cycling competition. Paul is our record holder being our 'most bald' cyclist.

1. Only tell your competition about the easier training you have undertaken. Let them think you are unprepared.
2. Ride the same sportifs as your rivals – it is a great opportunity to pick out their weaknesses. Let them win – it lulls them into a false sense of security.
3. Never provide any information on your domestic position which a rival could exploit. (I have two young children that their grandparents don't know about)
4. Diet – eat nuts/dried fruit in front of rivals – Big Macs and chips behind closed doors.
5. Never over commit in a team environment – let the others tough it out and benefit from their sweat and toil.
6. Deal with wheelhuggers with VENOM ! Chuck the anchors on and give them a Lance stare and then burn off.

Baby Announcements

As well as running around all over the country and abroad a few team members have also had time to indulge in a 4th discipline which (generally) remains in the bedroom – Congratulations to the new recruits…

Robert and Celine Tweedie – Wee Jeemie
Mandy Smith and Mervyn Fat -

Nigel Havers
Playing with Fire
My autobiography

"I'm so loved up – 50 really is the new 40"

The old smoothie has not lost any of his legendary charm as he talks about his first 50 years

David Sullivan
Playing with Fire
My autobiography

Salut!
L'équipe

From the Editor

A pretty cracking year for all concerned, for a few of us it started waaay back in March, with a ridiculous triathlon in Abu Dhabi, and hasn't really stopped since. When 'Le Journal' went to press the team had knocked up a staggering 111 appearances in competitions all over the world, in everything from small, easy 10km runs (Pauls speciality) to full distance Ironman triathlons (only for the brave).

Obviously the focus for the team this year was the Ile de France league, we managed to put together a team for 5 of the 6 events - Etampes, Enghien, Paris, Boucles de la Seine and Sartrouville only missing the "Tri Vert" of Jahlines which the need for a VTT put most of us off.

As this was my year for going nuts on competitions I put in a pretty strong performance, although my body is paying the price for that now! But its worth highlighting a few other heroes we have in the team, for example Kristina in the Semi marathon of Paris and the Boston marathon, Ada and Magda with their Eco run / walk for charity. Charlotte's first ever triathlon in Versailles and Laurent's obsession with long hilly courses that are obviously gonna really hurt a big guy like him.

The stand-out events were the Ile de France league team events though, with a great spirit of camaraderie in the team, as is tradition after each team event we put together a short(ish) blog which is available online, but below we have put together some concise versions with a little info on each course too – happy memories for those in the team – perhaps next year for those that weren't ??

Etampes - Sprint Triathlon

It was a sunny but brisk Sunday morning when 2 of the Expatries girls leapt into the water. For Taliya her first Triathlon in France had begun with the bemusing revelation that bib numbers must be secured at 3 points – as it turns out this was a revelation for the majority of other competitors too!! Despite this Taliya put in a great effort leaving the water gaining places on the bike and the run to finish 7th in her category – just missing out on the €50 prize for 6th place!!! Kristina is truly a girl with no fear, having started the year barely being able to swim, she has shown outstanding determination to improve, and the rewards begin to show now as this race was her first EVER triathlon. Obviously the swim was tough, but she made it through and her fierce strength on the bike and run resulted in a respectable finish to her - first of many - triathlons.

No debutants in the afternoon boys team though, in fact quite the opposite. The sun was in full force by 15h and the walk to the start left the boys sweating, especially Vincent who began to regret opting for a facial hair cover to add aerodynamic efficiency. They had barely entered the water when the gun went and the mad scrabble for position began. As usual it took several minutes before space was found and competitors could begin swimming properly – if at all (Paul). Suddenly, about 350m into the 750m swim, the water turned black. The pond was not deep and mud and silt was being churned up from the bottom giving the effect of descending into night when you plunged your head underwater. This was the perfect excuse for Paul, who subsequently breast stroked the rest of the way home.

Surprisingly Nick was the first out of the swim, and having struggled with his wetsuit, was just moving off on the bike when Bob and Vincent turned up in close succession (wanted to hold hands in transition). Despite being last out of the water, Paul almost gained a place in transition as Laurent took a little extra time doing his hair before getting onto the bike. The 22km bike ride was intense, with Bob and Vincent exchanging positions (after Bob fell off in transition), Paul also caught Seb up, but then this wasn't surprising, as he had taken it pretty easy in the swim. Encouragingly the ride passed through a little known area called 'Bierville', but the happiness from this signpost was fleeting as 1km later came a tough incline, that although wasn't long, certainly made us danse(use). Good times for all on the bike between 41-48mins.

The transition to run was uneventful, and it was here the Expatries boys shined. The star of the running show was undoubtedly Paul, who, having saved up all the energy he didn't use in the swim, gained 28 places running the 5km in the team's fastest time of the day. But he still finished 4th in the team, 8mins behind Nick, followed by Bob, then Vincent, Seb finished a few minutes after Paul, closely followed by Laurent. A good effort made by all, and a thoroughly satisfying start to the race season and debut in the Ile de France Triathlon league.

Name	Swim 750m	Bike 22.5k	Run 5k	Total
Taliya	0:14:57	0:48:11	0:24:07	**1:27:16**
Kristina	0:17:06	0:50:37	0:23:45	**1:31:29**
Nick	0:11:57	0:41:07	0:20:22	**1:13:26**
Bob	0:12:58	0:42:42	0:21:08	**1:16:48**
Vincent	0:13:15	0:44:53	0:22:17	**1:20:24**
Paul	0:16:16	0:45:15	0:20:17	**1:21:49**
Sébastien	0:15:23	0:48:50	0:23:19	**1:27:32**
Laurent	0:14:46	0:48:56	0:24:09	**1:27:51**

Enghien - Olympic Triathlon

It costs €3 to travel to Enghien on train from Gare du Nord, I don't know why we don't go more often. The lake is 5mins downhill from the station, and as it was a hot and sunny day it was no surprise to see the 451 triathletes slapping on the lotion before the wetsuit.

Enghien is unofficially the start of the Ile de France triathlon season, so there was a certain buzz in the air, as everyone excitedly slipped into the lac and swam over to the start line. Paul tried to use a rubber dinghy, but was disallowed, happily he had his back-up pink armbands which kept him afbat as he splashed his way round.

The swim was tough, lots of jumping and pulling. Surprisingly Nick was out of the water first, although slightly dazed, Conor was into transition second, last time we saw him Paul was clinging onto a canoe.

Then came the ride, we knew there was a hill, on the webpage it didn't seem too bad, Never trust a webpage. First a nice little rise, it was tempting to stand up and sprint it, then a flat, then another little rise – all seemed fine. Then it started to climb again, around another corner rise again, the timing mats, still up, another corner still up, it just didn't seem to end. People were crying as we finally reached the summit, we had been warned it was a red card offence to use tri bars on the downhill, now we found out why – incredibly bad quality of road made high speeds painful. It was then that we realised that we had this nasty up down loop another 2 time!!

As usual Paul was last out of the swim, but as he had not put in any effort was able to catch up Seb on the ride, Nick was out of transistion and onto the run first, with Conor hot on his heals and 3kms in conor took over the lead, and never looked back. The run was out and back twice so lots of time for everyone to see their relative positions, and shout at each other as they passed.

Turning the final corner, a devilish twist - the finish line 200m in the distance was in fact semi-false, those brave souls who tried to sprint to the line found themselves continuing their sprint through it, 100m past it, before turning back and crossing the line in the opposite direction!!

Conor was first round for the team in 2:35:33, with Nick behind by a minute or two. A very cross looking Laurent passed the line 3rd having clearly put a lot of effort in on this one, after all he had managed to keep well ahead of Paul, who wasn't able to catch him even on the run. Having done the medium distance Triathlon du Sud 2 weeks before, nobody expected Seb to even turn up, so there was loud applause as seb valiantly crossed the line a few minutes after Paul.

Name	Swim 1500 m	Bike 40k	Run 10k	Total
Conor	0:31:01	1:21:22	0:43:10	**2:35:33**
Nick	0:29:29	1:20:52	0:48:37	**2:38:58**
Laurent	0:34:11	1:24:13	0:54:15	**2:52:39**
Paul	0:41:48	1:26:29	0:45:34	**2:53:51**
Sébastien	0:35:41	1:30:33	0:52:57	**2:59:11**

Boucles de la Seine - Team Sprint Triathlon

History was made on June 12, 2011 with expaTRIés' first ever team event at the Boucles de la Seine sprint triathlon. The team, composed of Taliya, Richard, Henry, Rob Ross & Bob, came in 6th place in their category in a fantastic time of 1h22.

Cheered on by Mrs Henry & kids & Mrs Tweedie & kids, the team took to the water as a team and swam together for 750m. Henry & Richard soon took the lead for the first 50m before deciding to swim completely off track! Richard (completing his first triathlon!) probably followed Henry, despite Bob's words of wisdom about sighting just before entering the water ("see that tree behind the buoy, head for that"!). Each team started at 45-second intervals and we were over taken by a couple of teams who zoomed past us as though we were treading water.

Bob was first out of the water, followed closely by Henry, Richard, Taliya then Rob. We ran the short 50m to the bike park and got kitted up to ride 18km. Taliya's experience in transitions spoke volumes as she was first out on the bike. The rest of the team got held up by the referee for at least a minute as we had to wait for our final team member. Wondering what the hell Rob was doing, we looked back and noticed that he seemed to be reading a book (guide to transitions??), checking his email and drying his hair. After complaining to the referee he eventually let us go. By this point Taliya was a good minute ahead of the boys and struggling against the wind by herself with no team to draft with. Henry, Richard & Bob caught her after about 10km only to find her with a 14-year old drafting behind her the whole time! Taliya joined the expaTRIés speed train, and then proceeded to set a pace that was too fast for the others. She sped into T3 a good 20s ahead of Henry, Bob then Richard and Rob. The team's overall placing was dependent on the first 3 across the line, so the 5km run was going to determine our final position. Taliya set a fast pace that was tough to follow and she ran a great run to cross the finish line first ahead of Henry & Bob. Richard finished a minute or two later, ahead of Rob Ross who crossed the line with his trademark smile and impeccable hair.

All sporting the new team suits, we were proud to have completed a great event, in a very pretty part of the Parisian countryside. Our overall 77th place out of 83 was a great result against some experienced teams.

The ambulance is standing by…hair-dryers can be dangerous.

Fains - Olympic Triathlon

One of the most startling things I have ever seen was Laurent taking off his swim cap before getting into the water at the Triathlon of Fains. It was a vey hot day, at some points getting up to 33° and as such the 200 or so competitors were all waiting in the shade for the race briefing and walk to the start line, at 13:30. Everyone else had only pulled the wetsuit up to the waist – indeed some had decided not to put it on at all, but Laurent decided to fully zip his up, and to put his swim cap on. This proved to be an error of judgement on his part. It was about halfway through the race briefing in the hot afternoon sun when he decided to remove the cap, and it was like someone had smashed full water balloon over his head. Somehow all the water from his body had decided to secrete through his head and rest in the space between head and swim cap, he was drenched, and it was hilarious.

Still in good spirits having seen that, the boys marched over to the lake, there was a choice to either swim or walk round to the start line. Bravely Laurent, Nick and Richard dived straight in, Paul walked round – apparently the water looked a 'little chilly' for him. The swim was beautiful though, twice around a clean fresh water lake, sometimes the water was warm other times cold, Paul liked it a bit too much though as he spent 39mins to do his 1.5km, apparently his backstroke is improving now though.

Nick was first onto the bike, with Laurent just a minute ahead of Richard. The bike was 2 laps with a little hill in the middle through a forest, then downhill through lovely countryside before going through the village to start the next lap. Paul managed to make up a few places on the ride and as he got into transition neck and neck with Richard, but was still 12 minutes behind Laurent.

The run held one last surprise though, after the first flat km out of the town it hit a nasty hill, most people were walking it – nearly a kilometre at 8% gradient – in the hot afternoon sun - happily there were loads of water stations, especially for Laurent who was losing water through his head at a rate of 1 litre per Km!

As hard as he tried Paul could not catch Laurent on the run though, although he finished only 3mins behind (so made up 8+ mins on the run), Richard gave a gallant effort on his first Olympic distance and even though clearly tired gave a sprint at the end to cross the line to a cheering crowd (Paul's family).

Final results Nick first to cross in 2:44, followed by Laurent in 3:06, Paul in 3:10 and Richard in 3:21, with the hills and sun it was quite a tough triathlon, so it will make Paris Tri feel real easy ;-)

Name	Swim 1500 m	Bike 40k	Run 10k	Total
Nick	0:26:01	1:27:33	0:49:16	**2:44:06**
Laurent	0:31:40	1:34:19	1:00:50	**3:06:49**
Paul	0:39:40	1:38:08	0:52:11	**3:09:59**
Richard	0:31:57	1:45:52	1:03:51	**3:21:40**

Sartrouville - Sprint Triathlon

Given the option of what to do on a wet Sunday afternoon – jumping in the Seine, having water sprayed in your face by the bike in front of you and running in squelchy trainers - is not likely to be very high on many people's list. However, 8 expaTRIés showed their love of the sport on Sunday competing in the Sartrouville Triathlon.

The usual pre–race banter covered the usual topics - could Paul actually swim against the current? Would Amy get Hepatitis from the Seine in her first ever tri? Had Rob found a socket in transition for his hair-dryer? Etc etc.

Bob the Dolphin resplendent in his new wetsuit was first out of the warm and reasonably tasting Seine with a swim split of 13:53. The Bike course was 'urban' and seemed to make use of all the corners available in Sartrouville, the rain was at its heaviest and gave everyone a few 'moments'. The bike covered 3 laps which at least meant everyone was in the right gear for the nasty little hill on the second lap. Rob expended similar amounts of energy swearing his way up the hill as he did pedalling. Rich claimed to have 2 punctures on the bike leg which meant he only did the hill twice mmmmmm!!

The weather for the run was better and the 'There and Back' loop allowed everyone to see each other and gauge the opportunity to catch up – this spurred Vincent on who was visibly panicking when he spotted the vastly superior runner named Betts giving chase. Rich regrouped and ran the course with Amy who finished her first tri with a smile and interesting hair!

Post race everyone plus supporters – thanks Famille Tweedie-abused the Betts Family hospitality by drinking all of my beer and wine whilst dissecting the performances which are shown below.

Name	Swim 750m	Bike 20k	Run 5k	Total
Bob	0:13:53	0:38:30	0:24:08	**1:16:31**
Matt	0:15:25	0:39:06	0:24:32	**1:19:03**
Vincent	0:15:48	0:38:44	0:25:58	**1:20:30**
Paul	0:18:39	0:39:26	0:23:30	**1:21:35**
J-P	0:18:29	0:40:07	0:23:55	**1:22:31**
Rob	0:16:32	0:42:24	0:29:42	**1:28:38**
Richard	0:15:27	0:50:27	0:29:29	**1:35:23**
Amy	0:20:22	0:45:09	0:29:53	**1:35:24**

Paris Team Trophy Event - Olympic Triathlon

The most popular triathlon in France has much in common with the expaTRIés team, getting bigger and more popular every year. This year we had a record with 15 full members competing and a much larger representation if we include our 'extended family' As always we held a team briefing session the day before to answer questions and scout out the bike course, this serves to do two things: 1) it makes debutants a little less nervous, as mysteries are explained and they realise they are in good hands 2) it makes those wanting to win the club trophy a little more nervous, as people like Conor turn up in full compression kit, embark on miraculous stretching routines and essentially make everyone else feel inadequate.

Vincent organised a 'guess the team winner' competition, smart money was on the bionic Conor for the boys and the much experienced Taliya for the girls, plus Taliya had extra pressure as she had some friends from Oz visiting so was clearly motivated to put in another strong performance (see Boucles de la Seine report) just to prove how tough sheilas from down under really are !

Nobody was much looking forward to the 7am meeting in the transition the next morning, but the morning started well, warm but not too warm, everyone found their bikes and no last minute issues. Comfy disposable white flip flops were donned and a good humoured team leisurely strolled the 1.5km from the transition to the start line. Onto the floating platform, then taking the plunge, water not too cold and a brief 20m to swim up to where all the more eager competitors were waiting for the off.

Now a swim start is always going to be 'fun' when 1500 people all hear 'Go' at the same time, some may like this, and some may not, but the secret is to just put your head down and swim. Within seconds the friendly faces around you morph into arms, legs, elbows and ankles all striving to get ahead of you, "drown or be drowned" is not far from reality, but after a few hundred metres it settled down though and you realise that you are doing something that not many people can say they have done – swum in the Seine in the centre of Paris.

The water quality was…OK but it did deteriorate as the swim went on, it was actually pretty good at the start, but all were happy to hit the shower at the exit. Then up the stairs, some opted to remove wetsuit straight away, others opted to strip halfway, and do the long run to transition with it on, personally I think I look pretty cool with a wetsuit around my waist, many would disagree though.

This year the total transition length was 800m, which actually gives you time to clear your head, although also makes for long transition times, although for Rob the transition times were some of his best, but this was because there was no electrical outlet for his hairdryer. The transition zones were well managed, with no majors blockage, at this stage no-one in the team really knows who is ahead or who is behind them, so everyone is just go go go… with the exception of Pascale who stopped to have a chat with a referee.

Paris tri is an exception for the bike element as drafting is allowed, although many swear about this, it does make for an interesting, different type of bike race, as competitors are obliged to work in pelotons which creates a new dynamic to the ride, and allows people like Pascale to get 'pulled' around the course by the nearest 'hunky guy' (in fact this was her main objective from the start!)

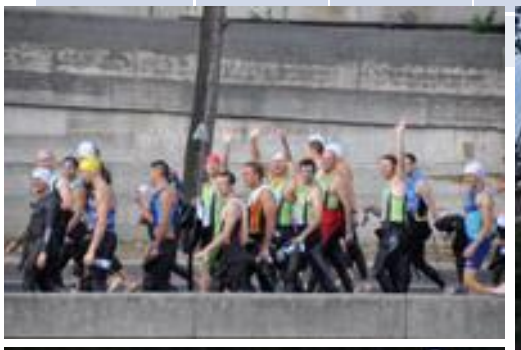
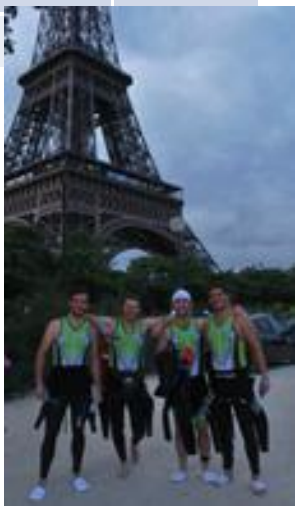
The other benefit to the peloton is that the 40kms pass extremely quickly and the effort is not as great as in other triathlons, this would prove to be the crucial factor for Nick, who generally leads during the bike stage but puts in too much effort and so gets overtaken by Conor in the run (See Enghien report). At the end of the bike stage Conor was only a few minutes behind Nick – so the finish was going to be close. Meanwhile Paul was just finishing the swim, 2 mins ahead of the rubber duck that had floated down of its own accord – a new PB for him then!

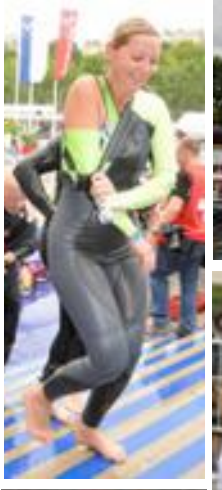
The run itself was pretty easy to plan, get across the river, a cup of water then attack the steep hill – recuperate at the top with another cup of water then power down the hill, then back across the river around on the flat and repeat the loop to finish, lots of people cheering, and quite a lot of expaTRIés support too which was great. Thanks to not spending too much energy on the bike Nick was powering round the 10km, although expecting Conor to overtake at any second. Due to the long transition zone we reckon the run was reduced slightly, as the 10km run times were phenomenal, but probably best not to think about that, lets just stick with the idea that we are all really great strong runners ;-)

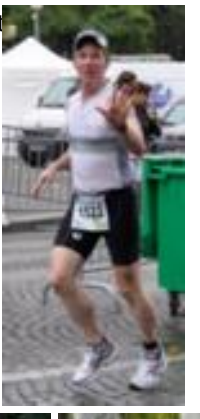
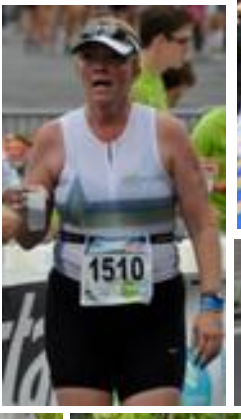
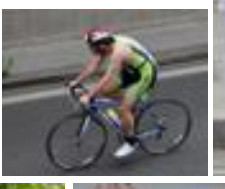
The finish was also well planned, with nice dancing girls and a quick movement through the medal collection area and a large separate recuperation area where the team could regroup and congratulate all the finishers. Nick was across the line first for the team with Conor close behind, for the girls it was Charlotte in her first ever Olympic distance triathlon who made it first across the line – in fact she did so well (22nd female) that they asked her back to ta[illegible] passed)

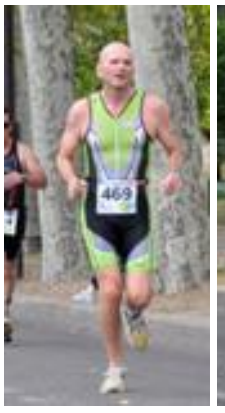
One by one all the team members got across [illegible] f t[illegible] made it over to the food / drink tables. Some ex[illegible] in[illegible]

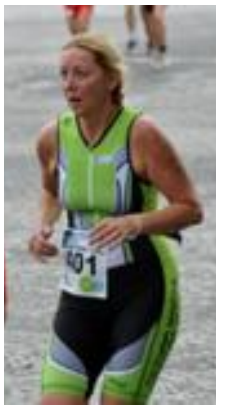
Name	Swim 1500 m	Bike 40k	Run 10k	Total
Nick	0:31:45	1:00:52	0:38:15	2:10:50
Conor	0:33:25	1:02:29	0:39:07	2:15:00
Bob	0:34:52	1:03:00	0:42:37	2:20:28
Vincent	0:35:05	1:02:45	0:42:46	2:20:35
Matt	0:35:11	1:04:41	0:45:03	2:24:53
Charlotte	0:33:58	1:08:43	0:44:17	2:26:56
Roger	0:35:00	1:09:43	0:43:48	2:28:29
Paul	0:41:04	1:08:00	0:40:49	2:29:51
Sébastien	0:37:01	1:10:39	0:46:28	2:34:06
Rob	0:39:39	1:12:28	0:49:43	2:41:48
Taliya	0:41:11	1:13:58	0:48:35	2:43:42







2011 season profiles and team acheivements

Ironman (1)
Regensburg Germany

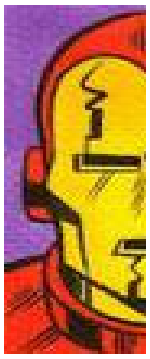
Long Distance (2)
Abu Dhabi
Alpes d'Huez

Nick Lamb — Senior

Last year finished with nick strong on running, but lacking experience in Triathlons, well this year changed all that ! Having competed in every type of competition, with a period of 8 consecutive weeks of competitions and a full Ironman in under 11hrs at the end, good job he has a very understanding boss ! Next year the goal is to radically reduce the number of competitions and improve the performance and placement, oh yeah and go sub 3hrs for the London marathon !

Half Ironman (12)

Mallorca 70.3
Switzerland 70.3
Gerdardmer
Triathlon du Sud



Sebastien Guerin — Senior

This was the training year for Seb, as his main goal is a full distance Ironman next year. But still a great effort for a training year, several half- ironman distances, along with plenty of other finishes. He can't touch his toes and is possibly the most inflexible person I've ever seen, but never seems to have any injuries – next season will be the test though.

Robert Tweedie — Senior

The old Scottish maestro has been busy globe trotting and making / looking after babies this year. But despite that still managed to complete the Triathlon du Sud and placed well in a good number of team events. When asked about this years performance, he replied "did you know I did Roth in 2009" watch out for Bob next year, I feel a come-back !!

Marathons (14)

Paris
Marseilles
Medoc
Brussels
Montenegro
Pisa

Paul Betts — Veteran

Paul takes great pride in his running, happily pointing out to anyone who beats him in a triathlon that 'he was quicker on the run'. This is generally because he doesn't even try to swim. Despite this made it round loads of (short swim distance) triathlon events this season, but the highlight for him was a great time in the Paris marathon. His long term goal is a half Ironman distance triathlon, or course 'long term' is always relative.

Pascale Vernetti — Veteran

What a season for Pascale, after her first time completing the Paris triathlon last year. But she came back fighting this year, breezing through the Paris marathon, and putting in a better time on the Paris Triathlon (despite stopping to eye up the talent) – what will next year hold ?

Vincent Chanron — Senior

Did this years facial hair slow him down ? That is the question everyone will be asking. The only team member to complete a duathlon this year, although it wasn't planned ! Some solid team event performances mean a thoroughly satisfactory performance from chewy this season, always a threat in a race though his wine addiction is his only weak spot – well he is French !!

Laurent Benezech — Veteran

Having nearly drowned from insufficient cranial ventilation in Fains, LB is making the most of his 'second chance at life' perhaps unwisely taking on some huge challenges down in the Alpes, which although are really very pretty can also be very painful after 6hrs+ of riding. Will he have learned for next year ? I doubt it, he's a rugby player afterall.

Conor Beach — Senior

Due to Conors hectic social lifestyle he rarely makes any group training events, which makes him a real dark horse in the competitions.

Olympic Distances
29 appearances

Paris
Chantilly
Liverpool
Fains
Enghien
Corsaires

Sprint Distance
Half Marathons

Etampes
Versailles
Paris
Sartrouville
Boucles
Ice Trail

Ladies Corner

Who would you prefer to date ??....

Boy of 12

Chewbacca

Charlotte Henry

A runner at heart, Charlotte began the year determined to give triathlon a go, and I think its safe to say that she is a Triathlete now ! First ever triathlon was the sprint in Versailes, then winning it for the girls in Paris Olympic, epic season, what will she do next ??

Robert Ross

Rob just loves competing, in fact, if he could compete without doing any training, or in fact exercise at all, then he would. He treats transitions more as a tea break, but is actually a pretty good athlete and a great team member. Can't write this without saying something about the hair though.

Kristina Cotoia

"If it hurts, you just gotta suck it up" is Kristina's motto, a recurring injury has not held her back as she kicks everyones ass in the Boston marathon, and even managed her first Triathlon; Good Job ;-)

Abdou Abdou

First you hear him, then you see him, then you get the hell out of his way. This is most peoples experience of Abdou. A sprinter by trade now a regular runner in the Paris 10km series, his secret weapon is his twin daughters, always on hand to cheer their daddy round ☺

Taliya Cikoya

No-one knows quite what hits them when Talz arrives on the scene. Whether its her unbeatable consistency in the pub discipline or the abuse she hurls in team events, Taliya's presence is unmistakable. Settling in this year she has the talent to 'chick' most of the guys in the team ☺

Richard Yardsley

Having completed his first marathon last year, Rich was looking for a new challenge, his first triathlon was a team event with Taliya – we hoped he would heal quickly. He did and is now putting in stronger and stronger performances. Always looking for new challenges next year will see him going for his first HIM distance.

Matt Billingham

What can we say about matt, rarely on time, never sure on exactly what he is doing, but somehow gets round in great times and always the first man to open the champagne at the finish

David Sullivan

A low key season for David, who is perhaps enjoying his life down by the sea a little too much. Still managed to make it round the Corsaires Triathlon which is no mean feat, and the hair has remained perfectly in place all season – so objective achieved !

Warm up with Winter League

The winter league will focus on events taking place between November 2011 and end February 2012.

The focus will be on cross country running and trails but anything else such as Bike / Run events will be included.

We will select 5 events for double points and focus on trying to get a really high turnout from expatries.

The aim is to have fun, sweat and get dirty with your clothes on.

November		
Sunday 6th	Verneuil Cross	8km
Sunday 13th	Clamart Cross	
Sunday 20th	Montesson Cross	8.3km
Sunday 27th	Chaville Cross	9.25km
December		
Saturday 3rd	St Germain Triathlon (VTT)	500/20/5
Saturday 10th	Corrida St Germain	10km
Sunday 11th	Corrida Issy	10km
Sunday 18th	Corrida HOUILLES	6.3/10KM
January		
Sunday 8th	St Brice Cross	
Sunday 22th	Ice Trail	30km / 15km
Sunday 27th		
February		
Sunday 5th	Virofay Cross	5km/10km
Sunday 12th	Sceaux Cross	
Sunday 19th		
Sunday 26th		

Next Seasons Events…..

Keep your ear to the ground, and your eye on laurent

One of our main objectives for each year is to bring people together for the various competitions they plan for the new year, so far we have the following list of potential competitions for 2012

Triathlon
Tri-star 111 – Deauville 1/100/10
Paris Tri – 8th july - Olympic
Alpe d' Huez – Various distances
Challenge Vichy / Barcelona
Ironman Nice
Paris Olympic
Enghien Olympic
Etampes Sprint
Andressy Olympic
Sartrouville Sprint

Running
Paris Marathon
London Marathon
Corrida de Noel Issy les Moul
Ice Trail

Cycling
Paris – Honfleur
Etape du Tour

TOP TEN USEFUL FRENCH PHRASES

In an effort to ensure the seamless integration of our members into French society, we have compiled a list of phrases that will be useful in everyday life…

A quelle heure on coupe le fromage ?
What time do we cut the cheese?

Y a-t-il une prise dans la zone de transition pour mon sèche-cheveux ?
Is there a plug in transition for my hairdryer

Est-ce que j'ai l'air gros dans ce magnifique ensemble en lycra vert ?
Does my bum look big in this wetsuit?

Il a mis sa potence en carbone dans son tri-fonction ou il est juste heureux de me voir ?
Is that €3000 of carbon between his legs or is he just pleased to see me?

Votre casque est très luisant.
You have a very shiny helmet.

Manger, c'est tricher.
Eating is cheating.

Où est Paul ?
How long was the swim today?

Alléeeezzzz !!!!
I hate you and I hope you fall over and hurt yourself.

J'ai besoin de vin pour mes enfants.
I need wine for my children.

Tu supportes quelle équipe de rugby ?
As a nation we are very bad winners !

Dear Fellow Alcoholics,

Having 2 young children at my place (1 baby) is a difficult task to contend with, for my wife. So you can imagine that very often I have to spend literally moments of my precious time listening to her rant and rave about trivial things like 'feeding' and 'nappy changing'

That is enough to drive any man to drink, but not a Scotsman, no, we don't need any such excuse to get on the drinking train and not in need of any encouragement. What is an eternal struggle for us of course is how to drive down the cost of getting drunk – so I wanted to share with you my most important money saving tip.

Make friends with the French, these guys really don't drink much, and after they have had a couple of glasses of wine they will believe practically anything you tell them, at this point you can use the classic Scottish phrase "its your round, mines a double whiskey" and there, you are set for the rest of the night.

Amuse toi bien with that, Bobby ;-) xxx

SCOTLAND'S
WHISKEY OF THE WEEK