

TT Rookies taking part at The Great Winter Run

✖ Angela Paterson is not one to let the grass grow under her feet. By day a non-executive director and adviser to small businesses in Scotland, (which you can read more about on her blog) she spends her spare time training hard for a year of exertion ahead in 2011. Angela and the rest of her team are taking part in the Great Winter Run at Holyrood tomorrow.

Angela told The Edinburgh Reporter:-“I did my first marathon (slowly) in 2010 and whilst having a coffee with a friend decided to do a Triathlon in 2011. Buoyed by the caffeine we went a bit mad – decided on the London Triathlon, then embarked on getting a few people to join us! We now have 30 business people – aged 28-50 taking part this July.

We are all rookie triathletes – so the next six and a half months are going to be very challenging. Some of us have to more or less learn to swim! I’ve not been on a bike since I was about 13 on my Raleigh Grifter! And we now have to turn ourselves into athletes – swimming 1.5k, cycling 40 miles and running 10k. hmmm...

Some of us are kicking off the year with the Great Winter Run in Holyrood Park... After the eating and drinking excesses of Xmas and New Year this will not be easy!

Then it is straight into 2 x swim sessions per week, 2 x bike sessions and 2 x runs – then we have to put it all together! On top of that, the alcohol pledge has been signed (only one bottle of vodka per week...) and we will all have to stick to strict nutritional plans. High protein for the best part – with some carb loading just before an event.

If all of that isn’t enough – we are going to raise £20,000 for Breakthrough Breast Cancer – who support one of the UK’s top breast cancer research units in Edinburgh.

❌ Our biggest challenge is how to get 20 bikes to London.
Desperately needing a sponsor for a van!"

You can sponsor the team on their website www.ttrookies.co.uk