

20 Questions Kevin Dean

Triathlon Club



Whether it's collecting money at Albert Avenue or setting the pace on the Sunday morning bike rides, Barracuda treasurer Kevin Dean is one of the club's most committed members. Here we find out what makes him tick.

How did you get into triathlon?

In the pub, one Sunday afternoon November 2005 Bruce Marr said he had a challenge for us all, 'Let's do the London Triathlon!' So about 5 of us ended up joining Barracudas at that point, and in January 2006 we all headed off for Albert Avenue and that was the start for us, we all got hooked from there.

Do you have a special diet?

No, I just eat everything!

What does a normal week's training look like?

It's mainly on a weekend, Saturday at present is a long distance run because I'm training for the Rotterdam Marathon, but usually it's biking, doing reasonable distances, 50 or 60 miles, Easter Saturday we're aiming at 100. On Sunday morning it's the club bike ride, so we go anywhere between 30 and 50 miles. During the week it's a mixture of gym work and indoor swimming, whilst in the summer it's getting out to do whatever I can do, mainly the club duathlons and the club's open water swimming.

...the John O Groats to Lands End bike ride. It'll be the toughest thing I've ever done.

What's the day job?

I'm the Divisional Director of Finance at Arco.

What's the single most important thing you would say to someone starting out in the sport?

Just enjoy it – don't set your horizons too high and you'll find your own level.

Do you have a favorite piece of kit?

My bike – it's a 2006 Specialized Works Comp, a competition bike, about 4 years old, and the first racing bike I've owned from new. I'll be looking to change it soon, but it's been good to me.

What's your favourite time of day?

Morning – I like training in the morning, getting up in the morning, seeing the sun rise.

Do you have a strategy going into a race?

Just finish it!

What does the Barracuda club mean to you?



opened new avenues for training. It's just become a way of life really.

What does a work-life-triathlon balance mean to you?

It's a good get out clause for me. I work quite long hours here and so triathlon is a good antidote to work. I've always played sport so my wife accepts that I'll be away a lot at weekends!

Have you got a favourite event?

I've always enjoyed Windsor where there's a really good atmosphere, but I also really enjoyed my first Ironman in Austria which was fantastic.

What other hobbies do you have?

I don't really have any more now. Just training and events fills up my time.

What's the worst thing that's ever happened to you in a race?

Transition every time, I'm terrible at



transition! But I remember at my first London Triathlon, I'd just completed the swim and was coming on to the bike leg, the cycle in front of me got tangled up with his pedals, swerved across in front of me and sent me flying off. I wasn't pleased but got on my bike and finished it.

What's your favourite film?

The Commitments – it's just funny.

What are you most looking forward to this triathlon season?

The biggest event I'm doing is the John O Groats to Lands End bike ride. It's a nine-day event part organized by James Cracknell. There's about 500 people doing it and it's 1080 miles in 9 days, average 120 miles a day. It'll be the toughest thing I've ever done. There's a team of 8 of us, half of whom are Barracudas.

What's the oddest thing that's ever happened to you either training or racing?

Many of our training runs we've somehow found ourselves surrounded by water which has meant we either turn around and go back a few miles or just get stuck in the water and across the river. That seems to happen quite often, normally when I'm being accompanied by Alan Dale and Steve Gerkin.

Is your body a temple?

Definitely not!

What's the best tip that anyone has ever given you?

Probably just to enjoy it, but remember that the bike leg is the longest so if you want to get a fast time, then this is where you can pick some time up.

Would you ever share a family holiday with a triathlon event?

Not yet – my wife's not really into sport and I think I'd be pushing it!

When do alcohol and exercise mix?

Every weekend!