

20 Questions Paul Dughan

Triathlon Club



Paul joined the Barracudas last year after a 19 year gap between his first and second triathlons! We find out what other unusual facts Paul has to share with us.

How did you get into triathlon?

When I was about 16, a friend of mine Chris Elletson had done one and suggested doing another one together so I went along and did the Ilkley Moor triathlon in 1990 and it was great. But it wasn't until 2009, and after I'd finished with my military life, that I did my next one – the Humber sprint. So there was a bit of a gap!

What do you normally eat before an event?

I always start the morning with porridge, then graze on fruit. A couple of hours before the race I eat a small carb meal, a couple of bananas and then after that I move onto my gels.

What's a normal week's training like?

Quite ad hoc at present but normally I try to get in about an hour before starting work everyday, but it depends on how much work I've got.

Why do you have to travel to Stockport and back each day?

I work for Adidas, and the new job I've got is Manager of the Technical team, so I'm in charge of the guys who go out to specialist running shops. I do their training and development.

...when I go into the event, I'll go into race, not just exist...

What extra thing would you like to see the Barracuda club do?

I think there's lots of things that the Barracudas actually do, but I think that because it's such a wide spread area, it would be nice to have more get togethers, social events. As you start to know people, it starts to generate that team ethic by building up a rapport.

Have you ever cried watching a film?

Yes, The Champ. It was years and years ago, but it was about a boxer who wanted to prove to his little lad that he could still be a winner but got knocked out at the end of his final bout and ends up laid out dying with his boy shouting 'Don't leave me champ', so even to this day, whenever I hear that, I have

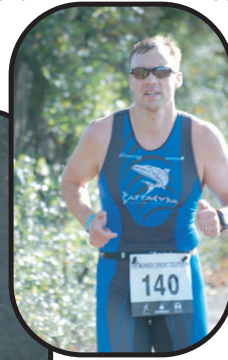
to go away and make a cup of tea!

Do you encourage your family to get involved in your triathlon?

I encourage them to stay fit and healthy. One of my lads is very good at fencing while the other one is into martial arts.

Do you envy those people doing the Outlaw in August?

I've set a plan for 2012 to do the Barcelona Ironman. I've set it there because I know that when I go into the event I'll go into race, not just to exist, not just tick a box but something I can be proud of. I think I would be able to finish one now, but I want to go into it confident that I'd not just be hanging on by the skin of my teeth at the end.



How do you taper for an event?

I don't! I've always been the sort of person who doesn't

feel they've done themselves justice at the end of a run if they're not throwing up. I must admit that I'm now starting to become a lot more aware of the physiology of my body, so I have actually started training more with the heart rate monitor.

How have you managed to improve your swimming?

Sadly, just going on the Internet and looking at things like Total Immersion on You Tube and studying. Even when I go swimming, if I see someone who's shifting in the water, I'll stop and watch. I'm not sure if people think I'm weird looking under the water at them, but I'm a real stickler for looking at technique and seeing how much it can improve you.

How important to you is setting up your bike right?

It's important but because I don't know exactly how to do it yet, so as long as it feels comfortable that's alright, but I'm sure in the future it will be something I do more.

Have you achieved the goals you set yourself for this season's triathlons?

My goal at The Yorkshireman was achieved but over the last month I've really stopped off due to work, so my goal now is Tatton

Park Olympic race near Manchester, to get a time I'm comfortable with, a good sub 2.30, down to 2.20 potentially.

How important to you is having a strategy when going into a race?

It's important to have one, but I tend to get what's called 'the eye of the tiger' which means I just go for it.

How did you find out about the Barracuda club?

I knew about the Barracudas when I did my first race in 1990 and I was going to join, but then I started skydiving and many other things came in the way, but it probably never left my mind.

How social do you like training to be?

I train with a guy from the Royal Navy, Steve Maden, who lives down in Bristol and comes back at the weekends. It's nice to have him as a training partner as I'm always pushing him and he's always taking the mickey out of me for looking at all the stats.

Have you got a favourite event distance?

Well, having only done Sprint and Olympic, it has to be Sprint!

After work, family, triathlon, ironing, what do you do with your time?

Work more! Seriously though, I like to sit down and relax with the missus, but I rarely get the chance.

Where was your best ever holiday?

This is really sad, but for my honeymoon, we went to Glencoe, ridge walking, and stayed in a caravan, which my wife still hasn't forgiven me for, but it was the start of our life as a family so it was probably the best.

What do you miss about Army life?

Just the crack with the boys, the constant slagging each other off, the element of camaraderie which you just don't get anywhere in the civilian world.

What's the hardest physical thing you've ever done?

I would say one of the military courses I did, the final physical exercise was a 65 km walk over the Brecon Beacons with 50lb weight, after a week solid of walking. It took 20 hours and it was an absolute killer.