

Name:

Andy Foster

Nickname:

Foster

Occupation:

Landscape gardener

How long have you been a member of LTC?

Approx 20 years!!

How did you get into triathlon?

Read a notice on a board saying can you swim, bike and run? Now I'm not sure!

Favourite Race/why?

Longest Day ironman triathlon in Black Country. Fantastic atmosphere.

What is your best triathlon moment/achievement/result?

Longest day 1995 1st ironman. Had good result 10 hours 20 mins.

What was your worst triathlon moment?

Same event following year. After following lead boat swallowed water/petrol and spent entire run chundering losing 1 stone in 1 day with a finish time of 12 hours 50 minutes.

Best non triathlon moment/achievement?

Marrying Jeanette (according to Jeanette). Bungee jumping in New Zealand (according to me).

Sporting hero?

Dave Scott

Favourite training session?

Depends whether bored with swimming, biking or running and then it's one of the others.

Favourite music?

Eclectic mix including some rock, some punk, some ska.

Favourite food?

Everything apart from meat!

What bike do you ride?

Shogun

What bike would you like to ride?

My new specialized allez when I get the wheels.

What was the last book you read?

Billy Connelly by Pamela Stevenson.

Interesting fact about yourself:

I used to own The Filling Station café on Granby Street.

What is the best piece of advice you have been given?

You can only train and race as well as you rest.