



Hobbies

Here's something you didn't know about me...

Name: Paul Black **Age:** 39

Hobby: Cyclist

Occupation: Student, studying HNC Sports Coaching at Moray College

Previous Occupation: Head Greenkeeper at Gogarburn GC (1990-2006)

How and when did you get into cycling?

"I've been competing since 1991. I got into it by accident through a fellow greenkeeper. I used to bike to work each day on my mountain bike until my colleague gave me his old racing bike - I decided to look up what was involved. When I was out cycling I saw a race taking place, I found out the details and began racing for Edinburgh Road Club."



What is it about cycle racing that appeals to you?

"Cycling used to be just a way of commuting to work but the more

I did it the more I enjoyed it. I find it peaceful, I love going fast, although I was never a boy racer, but when you're balancing on 23mm of rubber hitting speeds of 53mph it's thrilling.

"Through completing my studies I'm hoping to help other people improve upon their abilities and encourage children that it's a great way to get fit."

"I cycle about 1000 miles a month while training and racing."

Which races have you competed in?

"The Club Time Trials riding for East of Scotland. I've competed at Scottish and National Level - 10, 25, 50 and 100 mile races. I've done Mass Road Races with 50-60 other riders travelling 95 miles with an average speed of 25-30 mph. I've got five Scottish Championship Medals and eight East of Scotland Gold Medals for various distances. I'm the Edinburgh Road Club Time Trial Champion, and have been undefeated for 10 years."

How many bikes have you got?

"Seven in total. There are two main bikes that I use, one cost £2,500 and other cost nearer £4000. I have to prepare two bikes if I go away for weekend races."

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