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REPORT

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OPINION

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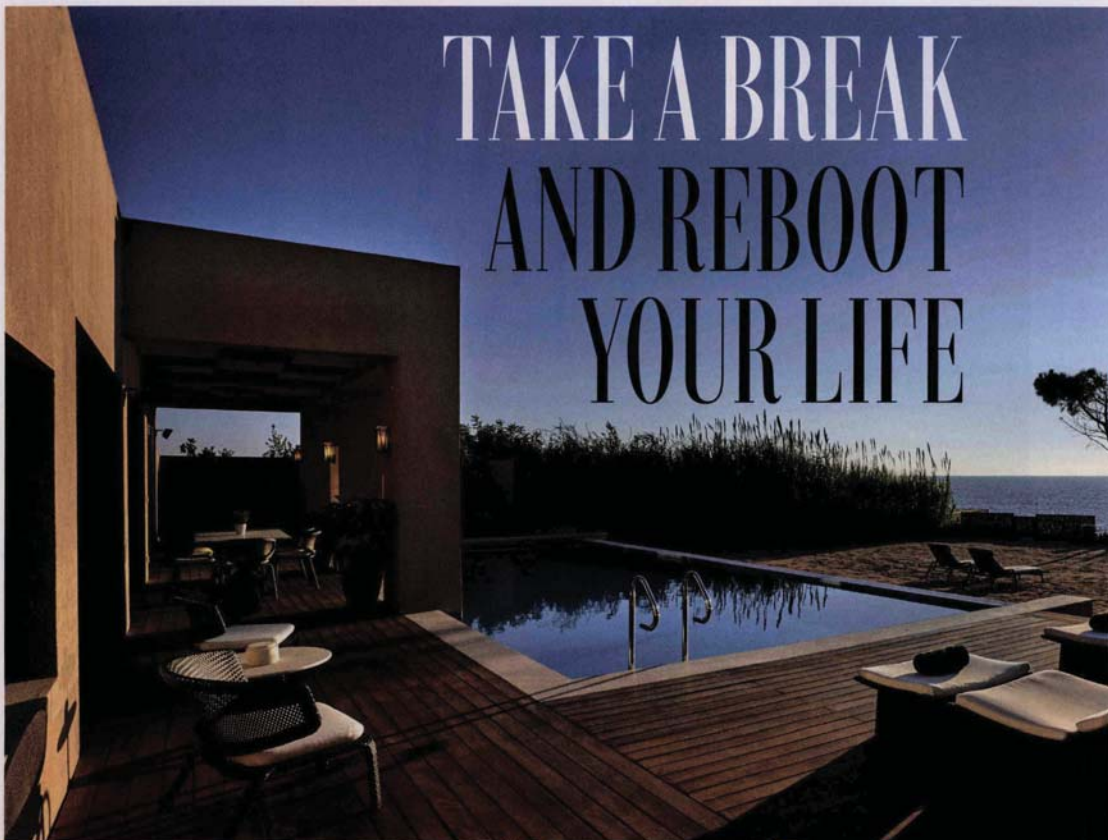


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# TAKE A BREAK AND REBOOT YOUR LIFE

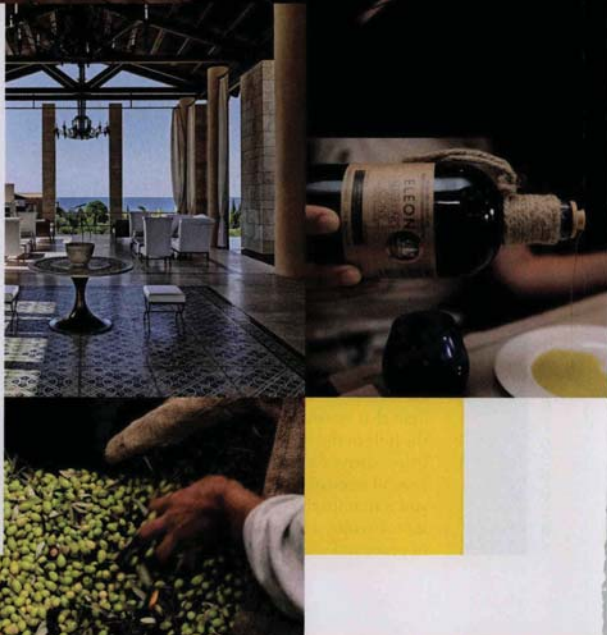


## THE ROMANOS, GREECE

### **BEST FOR...** SEASIDE SERENITY

Three hours from Athens, Costa Navarino covers over 1,000 hectares of lush Messinian olive trees, white sandy beaches including Voidokilia, one of the top 10 most beautiful beaches in the world, and the crystal-clear Ionian Sea. Here you'll find The Romanos, perfect for a break that involves long walks, swimming and chilling. At its enormous spa, enjoy floating pools, an extensive range of light therapies, ice-grotto rooms and herbal saunas. Eat at Barbouni Beach Bar Restaurant, the hippest beach shack imaginable with a well-stocked wine cellar.

**THE LOWDOWN** Five nights in a deluxe garden room B&B, including flights, start from £995 per person; [chilocations.com](http://chilocations.com).



Whether it's sea, sun and a fabulous spa, or something more hard-core, these wellness holidays come with self-care guaranteed

## PLAY LIST



### BUCHINGER- WILHELMI, GERMANY

#### **BEST FOR** A HARD-CORE CLEANSE

Based on more than 100 years of experience, Buchinger-Wilhelmi is all about therapeutic fasting that cleanses the body and rejuvenates the spirit. Located on the shores of Lake Constance, enjoy breathtaking views over the forest-lined shores to the snow-topped peaks of the Alps, and rooms that are modern and restful. A combination of tea- and juice-fasting with an addition of vegetable broth ensures your body is sufficiently provided with vitamins and minerals so you can get on and enjoy the many activities. In addition to daily Nordic walking, there's water gymnastics, yoga, qi gong or tai chi, plus a wide range of treatments. Meditation and contemplation are part of the daily ritual, as well as autogenic training, a relaxation technique that helps calm the mind.

**THE LOWDOWN** Three days from £875 per person, including accommodation, a consultation, daily check-ups, tailored organic food and beverages, and daily activities; [buchinger-wilhelmi.com](http://buchinger-wilhelmi.com). Fly to Zurich with [ba.com](http://ba.com) or [easyjet.com](http://easyjet.com), and then it's an 85-minute drive.

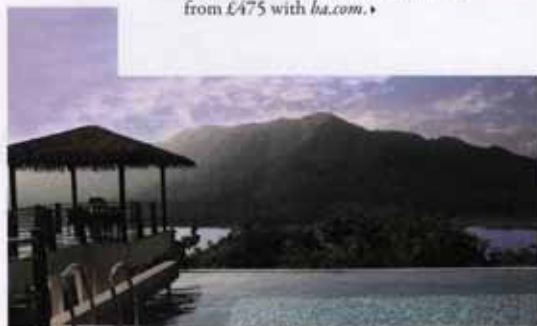


### ATMANTAN WELLNESS CENTRE, INDIA

#### **BEST FOR** HOLISTIC WELLNESS

Built on a natural crystal bed deep in Pune's Sahyadri Hills, Atmantan's 106 luxurious guest rooms and villas are set in a lush valley overlooking Mulshi Lake. A holistic wellness retreat founded on the pillars of atma (soul), mana (mind) and tann (body), common goals include enhanced yoga practice, stress management, better sleep, restored energy levels and weight loss. Each programme includes a wellness consultation on the first day, along with selected therapies, daily fitness and leisure activities. Ayurvedic doshas can also be assessed and, where relevant, a bespoke detox menu prescribed. All the products used in the spa are natural.

**THE LOWDOWN** Five nights from £1,830 per person, including accommodation, meals and the Wellbeing Booster programme, which includes a daily 50-minute massage, one 60-minute private Pilates, yoga or fitness lesson, group activities and unlimited use of the water therapy suites and pool; [wellbeingescapes.com](http://wellbeingescapes.com). Fly to Mumbai from £475 with [ba.com](http://ba.com).





INDIA THE TIMES

# The Times Spa Guide: Atmantan Wellness Centre, Pune, India

Lesley Thomas  
April 20 2019, 12:01am,  
The Times

India



Atmantan Wellness Centre is set in the Sahyadri mountain range

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## In a nutshell

The location is a reason to be here — and considering it's a four-hour drive from Mumbai airport, that's saying something. Just outside Pune, the Atmantan resort is set in the Sahyadri mountain range (older than the Himalayas) overlooking the spectacular lake at Mulshi. The restaurant, gym and most of the rooms have stunning mountain views on the other side of the lake.

So imagine an updated version of a health farm, set in a dreamy location with some of the best trainers, doctors and therapists, with delicious (portion-controlled) food made by award-winning chefs. The energy of the place has a noticeable positive charge — a combination of good vibes from the quartz crystal said to be in the rocks on which it was built and the enthusiasm of the young couple who opened the lush 40-acre site in 2016.



A five-night Wellbeing Booster package includes a private yoga session

## What's it like?

Although it's pretty luxurious, it's definitely a wellness centre and not an uber-fancy spa. The treatments and classes are serious, with top-of-the-range therapists and teachers, but there's no outdoor pool to lounge around (at the moment there's just an indoor one and plans for one in the gardens) nor luxy post-treatment herbal-tea and whale-music chill-out zones.

## Who goes?

The majority of guests now are discerning Indians, many from Mumbai, but the word is spreading to the West and there has been a sprinkling of European guests and some people from the Middle East.

## The treatments

The choice is vast. Every style is ticked, from acupuncture to reflexology and the full range (more than 20) of Ayurvedic treatments. Doctors and therapists from across the country have been drafted in by the husband-and-wife founders Sharmilee Agarwal Kapur and Nikhil Kapur, who wanted to create somewhere that people could come for fitness, yoga, weight loss, stress relief and just to feel healthier and happier. To this end there are packages from five days and upwards. One guest loved the place so much they stayed for nearly two months.

Soylent Meal Replacement Drink, Cacao 4...  
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Many of the treatments are prescribed by the in-house Ayurvedic doctors, whom you'll see at the start of your stay for an assessment of your health and lifestyle. Guests also see a physiotherapist before any treatment programme begins, for a postural analysis and suggestions of the type of exercise they should do during their stay.



Group activities such as yoga, meditation and pranayama breathing are available

I started out with familiar treatments such as acupuncture and a rejuvenating massage (both excellent), but when I dipped my toe into the Ayurvedic world, I was hooked. I booked a karna purana, where warm medicated oil is dripped into your ears — an experience that left me with a feeling of calmness and clarity. Then I tried the circulation-boosting dvarthanam, in which my body was first rubbed down with herbal powders by two therapists. Skin has never felt softer. Soon I was joining in with the Indian guests for morning kriya, where we all stood over sinks pouring warm salted water up our nostrils, gargling at length and bathing our eyes with herb-infused water.

These are traditional start-the-day cleansing practices that even the locals are rediscovering. They worked better for me than caffeine (which is not on the menu here; nor is booze).

## What are the rooms like?

They are simply designed, all with a little garden terrace or a lake-view balcony. I'd file them under functional luxury: not crazily fancy, but they do have the most comfortable mattresses I have slept on, wonderful, natural, locally made toiletries and — praise be — a kettle. (Am I the only person who thinks that room-service tea is insanity?). If you want more privacy or have serious money to spend, there's a villa for two on site with its own small gym and swimming pool.



The restaurant and most of the rooms offer stunning views

## What about the food?

The food here is really something to shout about. How the chefs manage to create such flavourful meals that are low-fat, low-salt, low-sugar, low-dairy and low-calorie is some kind of alchemy. Breakfast parantha stuffed with spiced sweet potato, raw chocolate brownies, tiramisu (a healthy version) and the Atmantan's peerless Bircher muesli will stick in my mind for some time. The portions were small, which meant you could manage three or four courses at every meal, without feeling overwhelmed. A relief to me — I wanted to taste everything. Bring on the cookbook.

## The lowdown

Lesley Thomas was a guest of Atmantan Wellness Resort ([atmantan.com](http://atmantan.com)). A five-night Wellbeing Booster package, booked through Wellbeing Escapes, costs from £1,560pp for single occupancy and from £1,405pp when sharing a room. The price includes full board accommodation, five treatments, one private yoga, Pilates or a personal training session and daily access to group activities such as yoga, meditation and pranayama breathing (020 3735 7555, [wellbeingescapes.com](http://wellbeingescapes.com))

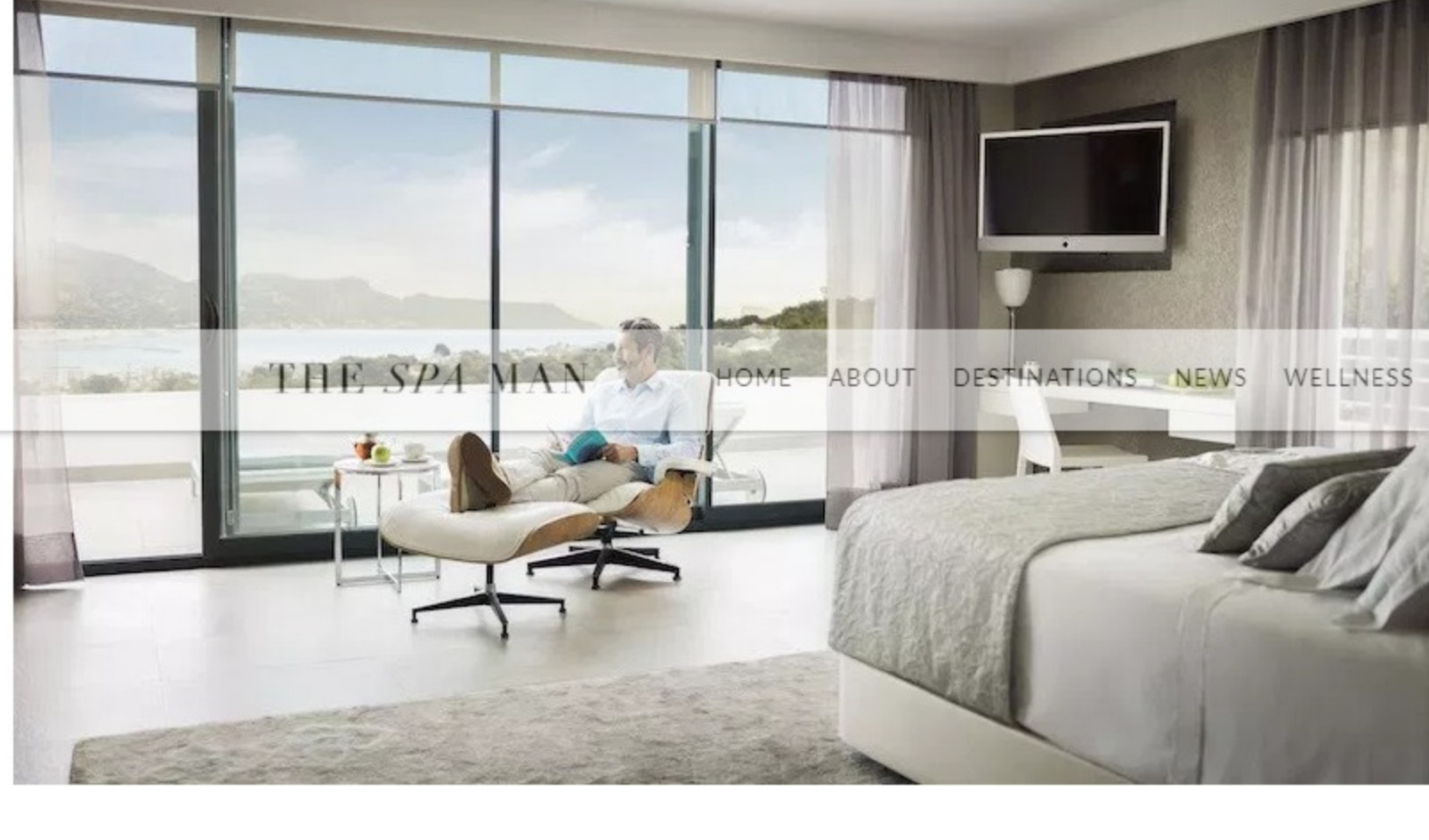
India



## INSPIRATION

PUBLISHED ON 14 APRIL 2019 | LEAVE A COMMENT

## MEN'S WELLNESS HOLIDAY BOOKINGS SURGE 42% HAVE YOU BOOKED YOURS YET?



Now is the best time to book a men's wellness retreat for your next holiday break, because it seems it's on the rise. According to Health and Fitness Travel, bookings have increased 42% since 2010. Paul Joseph, Founder of Health and Fitness Travel, says "Since 2010 we have seen a 42% increase in men booking wellness holidays. Men investing in their well-being and appearance is now so normal, many are living with extreme unprecedented stress due to growing work demands, and we have seen a growing interest from men towards self-care and health awareness. Most retreats and spas are gender neutral and cater equally to both sexes."

So with the help of Health and Fitness Travel I have compiled 8 of the best men's wellness retreats for the health-conscious guy. It's timely as in June it's Men's Health Week and Father's Day. From pulse-raising boot camp fitness in Portugal to holistic weight loss in India, these healthy escapes are the perfect gift for men ready to make a positive change.

### Discover 8 of the best men's wellness retreats for the health-conscious man:



#### For the Zen King: Kamalaya Basic Balance and Revitalise, Thailand

Counteract the stresses of contemporary life and prevent yourself from burning out at the tranquil sanctuary of Kamalaya set on the coast of Koh Samui. A series of wellness consultations help determine your individual health and wellness needs so that a programme can be tailored for maximum effect. Restorative, healing treatments and personal consultations in naturopathy, nutrition and stress management will help you to achieve a more balanced approach to life.

Health and Fitness Travel (0203 397 8891 [healthandfitnesstravel.com](http://healthandfitnesstravel.com)) offers 7 nights at Kamalaya from £2,855pp or £3,235 for single occupancy. Price includes a wellness programme, full board and transfers.



#### For the Adventure Seeker: Paradis Plage Mindful Triathlon, Morocco

Set at the sun-spoiled coast of Agadir, this healthy retreat is for those seeking off-road excursions, surfing, yoga and competitive beach team sports. Its wide range of fitness activities makes it a perfect host where all fresco activities accompany a sensorial hammam, traditional steam treatments and Thai massages. After spending your wellness getaway at this sunny Moroccan paradise, you will feel revitalised and well-balanced.

Health and Fitness Travel (0203 397 8891 [healthandfitnesstravel.com](http://healthandfitnesstravel.com)) offers 7 nights at Paradis Plage from £755pp or £1,080 for single occupancy. Price includes a wellness programme, breakfast and transfers.



#### For the Ocean Lover: BodyHoliday Fusion Fitness, St Lucia

For adventure, thrills, and relaxation all included in one revitalising experience, nothing can beat the luxury destination of BodyHoliday on this paradise island. With a wide range of sports holiday activities available, such as ocean kayaking, boxing and tennis, your experience will know no boundaries with expertly designed programmes to work towards your individual health and fitness goals, whilst having an epic social and evening scene.

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#### For the Island God: Como Shambalaya Rejuvenation, Bali

Reclaim your youth and positive attitude by combining healthy delicious cuisine, and beneficial rejuvenating treatments on the infamous tropical island. Come home with practical and wise knowledge, tools and recipes from the on-site nutritionist team, after in-depth analysis of food intolerances and areas of weakness, and finally get on track towards your health and fitness goals.

Health and Fitness Travel (0203 397 8891 [healthandfitnesstravel.com](http://healthandfitnesstravel.com)) offers 7 nights at Como Shambalaya from £3,920pp or £5,445 for single occupancy. Price includes a wellness programme, full-board and transfers.



#### For the Peaceful Warrior: Atmantan Fusion Fitness, India

With a plethora of fitness activities and Ayurvedic spa treatments, feel transformed and educated in this natural haven, nestled within the stunning Sahyadri mountains.

The certified wellness experts will help you learn how to nourish your mind and body with nutritional advice, functional fitness exercises and harmonising massages to ensure a holistic lifestyle overhaul on your well-being.

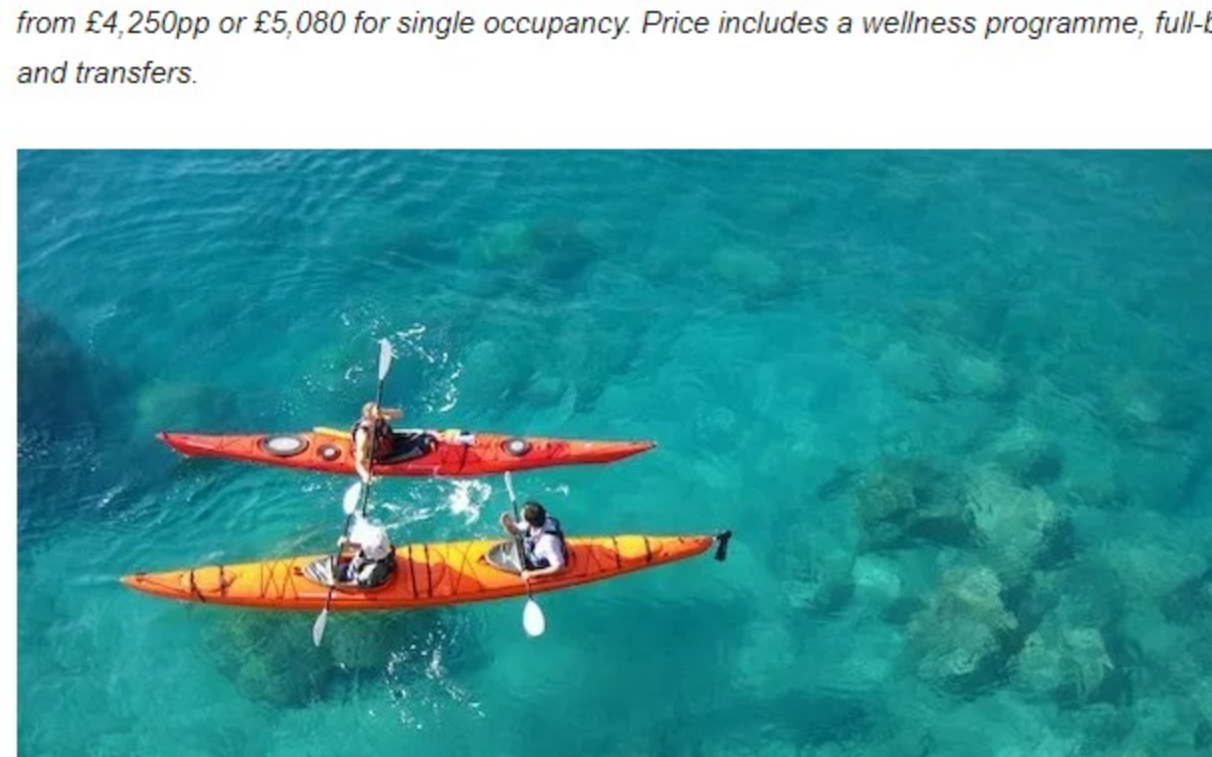
Health and Fitness Travel (0203 397 8891 [healthandfitnesstravel.com](http://healthandfitnesstravel.com)) offers 7 nights at Atmantan from £2,770pp or £3,695 for single occupancy. Price includes a wellness programme, full-board and transfers.



#### For the Luxury Jetsetter: SHA Wellness Clinic Anti-stress, Spain

Don't suffer in silence – chronic stress symptoms are vast, and the fast pace of modern living and inappropriate eating habits are major causes for increased physical and emotional stress. Check in with the experts at this progressive medi-spa and receive a highly personalised plan to reduce stress and improve your well-being. You will leave with the knowledge of how to manage stress, sleep and improve your well-being.

Health and Fitness Travel (0203 397 8891 [healthandfitnesstravel.com](http://healthandfitnesstravel.com)) offers 7 nights at SHA from £4,250pp or £5,080 for single occupancy. Price includes a wellness programme, full-board and transfers.



#### For the Guilt-free Foodie: The Westin Resort Costa Navarino Fusion Fitness, Greece

With a city's worth of restaurant choice available and personalised programmes best designed to suit your needs, achieve your health and fitness goals with cardiovascular fitness, muscle toning and weight-loss, all chosen to re-energise your body and boost your metabolism. Aside from your own crafted programme choose from TRX suspension training, yoga, meditation and spa treatments to complement your stay.

Health and Fitness Travel (0203 397 8891 [healthandfitnesstravel.com](http://healthandfitnesstravel.com)) offers 7 nights at The Westin from £1,115pp or £1,865 for single occupancy. Price includes a wellness programme, breakfast and transfers.



#### For the Brave Enthusiast: Longevity Cegonha Country Club Bootcamp, Portugal

With up to 8 workouts per day, this is the place to shape up and sustain it! An energising Bootcamp holiday set in the sunny Algarve where pulse-raising circuit training, TRX camps and power-hiking will give you the drive, motivation and strength to get body confident. Healthy cuisine complements the rigorous training schedule, while detox and weight loss treatments are sure to boost results.

Health and Fitness Travel (0203 397 8891 [healthandfitnesstravel.com](http://healthandfitnesstravel.com)) offers 7 nights at Longevity Cegonha Country Club from £1,910pp or £2,150 for single occupancy. Price includes a wellness programme, full board and transfers

For advice, guidance and booking visit [www.healthandfitnesstravel.com](http://www.healthandfitnesstravel.com) or call 0203 397 8891.

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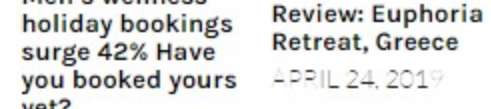
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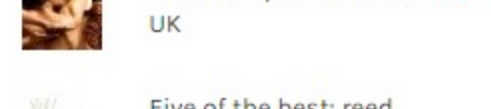


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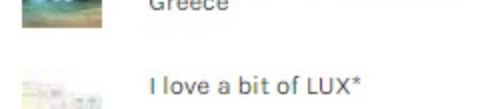
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## ABOUT THE SPA MAN



AUTHOR: MARK SMITH

Welcome to The Spa Man, the spa and male grooming blog that focuses on spa news and treatment reviews plus the latest products launches from the world of spa and male grooming.

Travelling around the world, I report on the best spas and best spa treatments whilst testing out the latest spa products, wellness treatments and best male grooming products from moisturisers and shower gels to shaving products and face masks.

Giving a unique perspective on the world of spa and wellness, I review products on their merits with an honest and frank approach. I visit each spa in the review section, so you can be sure you get the inside story on the best spas around.





WELLBEING

## I LOST 7LBS ON A PANCHAKARMA DETOX RETREAT - AND FOUND MY SANITY

1 day ago / Beatrice Aidin / 0 comment



THE UPSET AND STRESS OF HER FATHER'S ALZHEIMER'S WAS TAKING ITS TOLL ON WRITER BEATRICE AIDIN. COULD AN AYURVEDIC DETOX HELP HER REGAIN HER EMOTIONAL STRENGTH? OIL ENEMAS, HERBAL EYE WASHES AND SALTWATER UP THE NOSE, HERE'S HOW SHE FARED

Saltwater up my nostrils, hair lacquered in oil, I am about to rinse my eyes with herbal water before administering a self-induced enema. It's not yet 7am and I am at Atmantan Wellness Centre near Pune towards the northwest of India, enveloped in a seven-day Ayurveda Panchakarma medical course. For the uninitiated, Ayurvedic medicine - the word comes from the Sanskrit, Ayur meaning life and Veda, science or knowledge - is a way of life for body and mind with balance at its heart, not to mention with a 3000-year-old tradition. While there are other programs such as Holistic Health, Journey Through Yoga and Master Cleanse, with the Indian government investing heavily in Ayurvedic healthcare, I am intrigued.

After a nine-hour flight, Atmantan - which comes from the Sanskrit words for mind, body and soul - is four hours by car from Mumbai. I arrive puffy, pale and down-in-the-mouth, literally and metaphorically. These last 18 months have been very hard. My father is my biggest champion but now he is in a care home with Alzheimer's.

He is in the best care home we could have hoped for him and I visit every fortnight and stay over which involves a bus, train and hire car. It takes organisation and it is stressful. Yet I am so grateful we have him still and that when I leave, sometimes upset, I know he is being looked after with dignity and kindness. There are some moments of humour though; he asks what the soup is for lunch. "Parsnip," I reply evenly. "Arsenic?!" he responds loudly with quite the giggle. But these rare moments are becoming more infrequent.

I have burst into tears on many of my colleagues - luckily journalists are an emotional lot anyway - but I often have no idea when it's going to happen. I have found that not having any control over my emotions quite terrifying. My GP has given me Lorazepam (a benzodiazepine for anxiety). I rarely take it, but it's nice to know it's there. However, I really want to be able to cope from within. I really feel like I need this week not only for that but because I have managed to put on a good lot of weight by just not caring what I eat and drink. I'm just focusing on getting through this painful experience and although I do exercise it's not as regular as it once was. My sleep is fitful, I am distracted and lacking focus. And I do need to earn a living.



Beatrice on arrival

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8 of the best Joe Wicks dessert recipes

READ



## IT'S ANCIENT PANCHAKARMA BROUGHT UP-TO-DATE

A week of Panchakarma is an enticing proposition. It is an evolved yet ancient way of detoxifying. Pancha means five: the five elements, ether, air, fire, water and earth in Sanskrit, with karma meaning 'action.' This is an active week and this I embrace because a week by the beach with a Danielle Steele and a daiquiri might be fun, I find that I am able to relax more if I am busy because my mind will stop whirling as it has been constantly in the two years since dad was diagnosed.

This panchakarma involves the merging of ancient practices with modern fitness. Atmantan's co-founder Nikhal Kapur is an international triathlete with a belief that Ayurveda and contemporary fitness can and should coexist.

On the first morning, I explain the circumstances to my Ayurvedic doctor, Dr Aneesh Manoharan, a gentle soul with an encyclopaedic knowledge of his subject. My previous detoxifying experience at an Austrian spa involved being shamed by a Teutonic Herr Doktor, being weighed, run up mountains and being given only spelt bread and herbal broth what felt like every blue moon at an Austrian spa. The attitude at Atmantan, however, is deliberately positive and therefore encouraging. Sure I could do with losing 8kg but do I need to be humiliated to achieve it? No, and this is an approach I respond to.

Dr Manoharan assesses my 'dosha', the mind-body type that expresses physical, emotional and mental characteristics and is made up of vata (air) pita (fire) or kapha (earth). To do this, he takes my pulse and asks me a series of questions, such as which climates I prefer (warm, thank you), what type of exercise I'm drawn to (spinning), my dietary habits (er, not so bad). Alcohol (\*coughs\*). "Do you sometimes come across as very direct?" he asks. "Yes I do" I reply, surprising myself with my sharpness. Oh. Or rather, "Om!"

He determines I am vata/pita dosha: passionate and driven but sensitive but also someone who can lose focus while physically of average weight – in normal circumstances – with slim hips and er, a lot of hair. All true. Dr Manoharan devises a panchakarma programme based on my dosha. It involves meditation, heavenly treatments, yoga and more modern exercise such as TRX and aqua aerobics. Traditionally, panchakarma is a three-week detox involving a spartan diet of an Indian rice and lentil dish called kitchari and consuming lots of ghee (the idea being that most toxins are fat soluble and like a detergent it the ghee washes them out), internal cleanses and treatments.

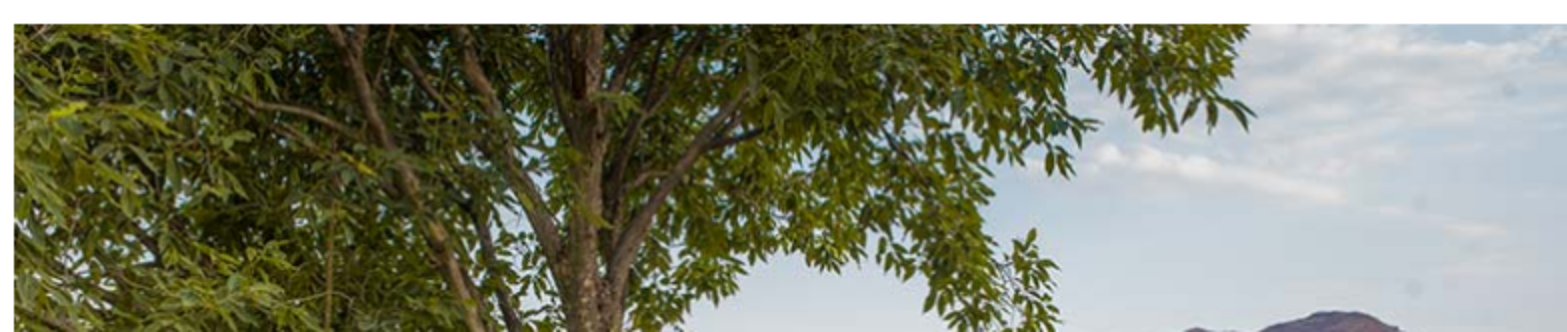


## THE MORNING CLEANSE TAKES ON A WHOLE NEW MEANING

Every day starts early with kriyas, cleansing rituals involving the ablutions of extremities. They take place in a specially designed space which is quite clinical with a dozen sinks, that the guests stand over. It's basic compared to the rest of the resort. I am here with other guests – a mix of men and women, many of them Indian, plus a few Brits and a couple of Americans. We use a neti pot, a small tea-pot type affair with a spout to rinse our nostrils, pouring warm slightly salty purified water in one nostril and allowing it to drain of the other. At first, I pour it mostly down my shirt but by day three I feel like a pro, although it frankly feels very strange. However, the effect means I regain a rather alarming but delightful sense of smell. I start to be able to smell the plants too: there are 80 'Garden Groves' in the 42 acres, 24 'Lake Groves' here.



Then comes the herbal water eye-rinsing, which I love. I wear strong contact lenses and need to stick to glasses for the next half hour after to give my eyes a rest. I muse that although we brush our teeth, clean our face and body we don't ablate our organs of smell and sight so much. Here it's all part of the five sense experience of Panchakarma. It's the perfect way to wake up the body and I feel refreshed and ready to go. An hour of gentle hatha yoga follows at 7.30am outside looking over the mountains. When Atmantan was being built three years ago, it was found that the mountain on which it sits was full of healing crystals. These are placed all around the resort and in bedrooms too.





## Growing demand for men's wellness holidays

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The 10th to the 16th of June marks both Men's Health Week and Father's Day, So whether you're in need of some pre-wed R&R, or if you've got a fitness bootcamp in mind, Health and Fitness Travel, the wellness holiday specialists has you covered.

There's a common association drawn between wellness holidays and girly getaways but looking good and feeling great is not exclusive to women and brides-to-be; taking a break from an overworked, stressful life is of incredible importance to men/grooms' health in the 21st century!

Many men suffer in silence, however, these health retreats will have you hitting the waves, getting more mindful, sweating it out and fighting the sedentary lifestyle that comes with an office job or planning a wedding.

From pulse-raising boot camp fitness in Portugal to holistic weight loss in India, these healthy escapes are the perfect. Paul Joseph, founder of Health and Fitness Travel, says "Since 2010 we have seen a 42% increase in men booking wellness holidays. Men investing in their wellbeing and appearance is now so normal; many are living with extreme unprecedented stress due to growing work demands, and we have seen a growing interest from men towards self-care and health awareness. Most retreats and spas are gender neutral and cater equally to both sexes."

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# How triathlons got popular (and expensive)

Triathlons are pricey, exhausting and more in vogue than ever. Peta Bee compares high-end and budget options



The Times, July 23 2019, 12:01am

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According to the British Triathlon Federation, more than 200,000 people attempted at least one triathlon last year. Some were crossing it off a bucket list of ambitions, but there has also been a significant increase in hardcore competitors in recent years, with membership of national organisations growing by nearly 200 per cent in a decade.

This weekend more than 11,000 participants will arrive at Royal Victoria Dock for the London Triathlon. Months of training will mean that many will be in peak fitness, but the pounds they have lost in the process will be of the financial variety as well as the physical. The triathlon occupies a high tier in the wellness hierarchy, and part of its status is due to how expensive it is.

A report by the Triathlon Industry Association (TIA), published last month, says the UK triathlon market was worth £475 million in 2018 as participants in the swim/bike/run events spend an average of £2,880 a year on their sport. Almost a third of that goes on event entry fees, travel and accommodation, with many also splashing out for coaching and specialist training camps.



A wetsuit can set you back between £90 and £457; a road bike, £560 to £11,000; and running shoes, £60 to £160

The bigger the race, the more substantial the outlay becomes — an Ironman event (2.4-mile swim, 112-mile cycle, 26.2-mile run) can cost up to £12,000 by the time you factor in all the kit and supplies. But can you do it on the cheap?

“Absolutely,” says Will Usher, the London-based triathlon coach for Precision Coaching, who got Gordon Ramsay into shape for the 2013 Ironman in Hawaii. “The appealing thing about triathlons is that you can spend a fortune, but, equally, you can compete in one having splashed out very little cash.” Here’s how.



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## Swim! Cycle! Run!

How to be a triathlon nut

INSIDE TIMES2



**Dr Mark Porter**  
When you need to steer clear of antibiotics

## Put away the duvet: Britain expects hottest night on record

Harry Shukman

A tropical plume of air moving over Britain threatens to disrupt the sleep of millions and break the record for the hottest night ever.

Forecasters are predicting that temperatures will reach 25C in southern England between 8pm tonight and 8am tomorrow, beating the

previous overnight record of 23.9C set on August 3, 1990.

"There is a chance we could be knocking on the door of that record," Nicola Maxey, a Met Office spokeswoman, said. "We have got tropical air coming in from the Atlantic and warm air coming up from the continent."

Other records could also fall this week. The hottest July day was in 2015,

when 36.7C was measured at Heathrow. Britain's hottest day of all was 38.5C, recorded at Kew Gardens, southwest London, in August 2003.

"On Wednesday there is a cool incursion of air coming in from the west but on Thursday we are back to very widespread high temperatures before the end of the week," Ms Maxey said.

The humidity could make the wea-

ther feel several degrees warmer and Public Health England has issued a level three heatwave warning until Friday. Only level four, which is called in an emergency, is more severe.

The agency urged people to check on friends and neighbours who are less able to look after themselves and advised people to stay inside between 11am and 3pm, and keep themselves

hydrated. Experts also said pollen levels could be "extremely hazardous".

Andy Whittamore, the clinical lead at Asthma UK, said: "Plan any outdoor activities for earlier in the day when the air quality tends to be better."

Heatwaves are determined by the Met Office when temperatures in the same area remain high for three days. **Forecast, page 53**

## Watson has to apologise, say victims of abuse lies

Police also criticised by VIPs for backing fantasist

Sean O'Neill Chief Reporter

Police and politicians who promoted lurid claims of an establishment paedophile ring faced condemnation last night after the man behind them was found guilty of making false allegations.

Tom Watson, Labour's deputy leader, was urged to make a full apology to public figures named by the paedophile Carl Beech, who was convicted of 13 charges of perverting the course of justice and fraud.

Scotland Yard, which conducted a £2.5 million investigation into his



**Carl Beech said he had been abused by politicians, military officers and spy chiefs**

Operation Midland investigation into his claim that he had been abused for years by a VIP ring made up of politicians, military officers and spy chiefs.

The former paediatric nurse, NHS manager and NSPCC volunteer faces a lengthy jail term for a determined campaign of lies and deceit which he hoped would lead to people being convicted of crimes that never happened.

The trial had examined the Metropolitan Police's decision in 2014 to regard Beech — then known by the pseudonym "Nick" — as truthful.

Acting under a policy of always believing the victim, Met detectives accepted his stories of being tortured by snake bites, flown abroad on private planes to be abused, having his dog kidnapped by MI5 and witnessing three separate murders of children. The Met publicly described Beech's allegations at the time as "credible and true".

Many of those accused by Beech, including the former prime minister Edward Heath, Greville Janner and Jimmy Savile, were dead. But he also named Lord Bramall, the former home secretary Leon Brittan and the former MP Harvey Proctor, leading to them being questioned and having their homes searched.

Just days after Brittan's death in January 2015, before his name was cleared, Mr Watson wrote in a newspaper that it was "a travesty that [he] will never be asked the truth". The article was deeply upsetting for the former Conservative

Continued on page 2, col 3



**Jo Swinson at an event in central London yesterday where she was revealed as the new Lib Dem leader. She pledged to do whatever is needed to stop Brexit**

## New Lib Dem leader 'could steal votes from Tories'

Steven Swinford Deputy Political Editor

Boris Johnson risks losing millions of Tory voters to the Liberal Democrats under their new leader Jo Swinson because of his no-deal Brexit strategy, a cabinet minister has warned.

David Gauke, the justice secretary who will resign tomorrow, told *The Times* that no-deal will "play into the hands" of the Lib Dems, who now have an "energetic and passionate" leader.

Ms Swinson, 39, yesterday became the first woman to lead the Liberal Democrats as she was elected with nearly two thirds of the votes cast by party members. In a speech she appealed to disaffected Conservative and Labour voters as she said that she would do "whatever it takes" to stop Brexit.

Mr Johnson, the favourite for the Tory leadership, held meetings with cabinet ministers prepared to quit over his "do or die pledge" to leave the EU with or without a deal.

They included Philip Hammond, the chancellor, Rory Stewart, the international development secretary, and Mr Gauke. Mr Stewart said Mr Johnson had asked if he was prepared to serve in his cabinet, while Mr Gauke said he had had a "very friendly" conversation.

Theresa May hosted a farewell reception last night for Tory and DUP MPs in Downing Street. The prime minister urged them to have a break over the parliamentary recess and be loyal to her successor as she warned of the threat posed by Jeremy Corbyn.

Mr Gauke said that Ms Swinson and the resurgent Lib Dems must not be underestimated. He said: "If we were to narrow our support to purely being those in favour of a no-deal Brexit I think we would be significantly out of touch with a lot of people who have traditionally voted Conservative — those who live in London, the home counties, and various other relatively affluent parts of the country."

"It is important the Conservative Party appeals to voters in the centre ground. It's a position that would play

Continued on page 2, col 5



# TIMES 2

July 23 | 2019

On Tuesday

*It was either new Jimmy Choos or a wetsuit*

**You only did a marathon?  
Keep up**

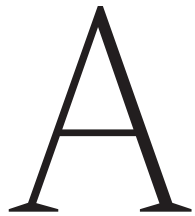
**How triathlons became the new way to burn calories (and cash)**





# Who knew that pain could be so expensive?

## Triathlons are pricey, exhausting and more popular than ever. Peta Bee compares high-end and budget options



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“The appealing thing about triathlons is that you can spend a fortune, but, equally, you can compete in one having splashed out very little cash.” Here’s how.

### The wetsuit

#### High end Yonda Ghost II (£457.50, [yondasports.com](http://yondasports.com))

This British brand produces top-end wetsuits with superbly supple neoprene in areas where it is needed most, such as the shoulders and hips. Described as “lightning fast to take off”, the suit is designed to be used without lubricant on the leg or arm cuffs, and the legs can be made to size. It was voted “best on test” by the bible of triathletes, *220 Triathlon* magazine.

#### Budget Dhb Hydron wetsuit (£90, [wiggles.co.uk](http://wiggles.co.uk))

This suit reduces drag, aids buoyancy and has quick-release stretch calf

panels to help you to get in and out of it more easily. Note: it’s possible to hire suits from companies such as My Wetsuit Hire ([mywetsuithire.co.uk](http://mywetsuithire.co.uk)), which could be a cheaper option if you are doing a one-off event.

### The bike

#### High end Specialized Shiv (£10,999, [specialized.com](http://specialized.com))

Elite triathletes will have their bikes custom-made, but this is the next best thing if your budget will stretch to a bike that is as expensive as a small car.

#### Budget Boardman SLR 8.8 Road Bike (£560, [halfords.com](http://halfords.com))

“If you spend around £500, you will get a decent road bike,” Usher says. This one has a lightweight alloy frame, 18-speed gears and high-return Tektro brakes. However, you can get away with a second-hand bike costing under £100. “The key thing is to make sure you get a mechanic to fully check the gears and condition before racing,” he says. “In sprint events I have seen people line up on bikes with a basket at the front. You really can get away with anything if it works.”

### Running shoes

#### High end Hoka One One Carbon X (£160, [hokaoneone.eu](http://hokaoneone.eu))

Launched this summer, this ultra-lightweight shoe, *left*, is already a hit with the tri brigade. It features a rocker-shaped sole designed to give extra forward propulsion and enough cushioning to hit the roads. “These have a carbon-fibre plate inserted into the midsole, which triathletes love because it is light and assists smooth running,” says Paul Freary, a footwear

expert whose Instagram handle is [@therunningshoeguru](https://www.instagram.com/therunningshoeguru). “And it comes in both a man’s and woman’s fit.”

#### Budget Brooks Launch 6