



Tri - Anglia

www.tri-anglia.co.uk



Membership 2008

What do you get from membership to Norfolk and Suffolk's largest tri club?

Four coached pool based swim sessions a week, only £2.50 using swim vouchers, £3 on the door – this is the cheapest coached swimming in the City!

Coached turbo sessions £2.50

Monthly training sessions for Juniors

Free coached running session (efforts)

Two open water swim session a week during the summer, with safety boat and spotter

Not to mention:

Regular newsletter to keep you up to date with news, training guidance and triathlon info... Bike Maintenance courses... Club 10k races... Duathlon Training sessions... Novice specific training sessions... Post training tea and cake... British Triathlon Federation or Amateur Swimming Association Coaches/Teachers ... Option for UKA association so you can run attached to "Tri-Anglia" and pay lower running race entry fees... Talks from leading International Triathletes (Leanda Cave in 2007)... Eastern Region Cross Country Championship Membership... Cycling Time Trials affiliation... 250+ other local triathletes to provide you with training and race buddies... Group cycle rides... Annual club awards evening... Event volunteer points incentives ... Tri-anglia team entry into Round Norfolk Relay and other running relays... "Virtual Clubhouse"... Tri-anglia website and forum... Information and advice... Access into members only area of forum... Event and social reports... Listing of local competitive events... 10% discount at TriSports of Letchworth both at the shop and online, Kudos Bikes and other outlets... **All this and more for just £15!**

2008 exclusive - £10 discount off Club Kit for every member*!

But don't forget – your Club needs your help as well. These benefits are only achievable through the hard work of volunteers – did you know that the minimum number of Race Day Volunteers for our smallest events is 40 people? And that it will take the main organiser 50 hours of their own time to plan, organise and run an event? Thank you for all your hard work in 2007 - the Club has pledged to use 50% of its 2007 event profits to subsidise members' training opportunities in 2008 and intends to do this every year, improving training sessions and opportunities year on year. This will only be possible if you continue to support the Club by volunteering to marshal and help out whenever you can as the training sessions highlighted above are subsidised and could not run without event income.