



THE TRANSITION TIMES

The Tri-Anglia Triathlon Club Tri-News Bulletin



JULY 2005

IMPORTANT ISSUES

Please can you inform the committee of your opinions about certain issues that the committee would like to arrange for the club. Ideally these could be put forward for an EGM if you so wish, however the season is in full swing and getting everyone together will be difficult. Therefore it is hoped you can respond and be represented at a committee meeting later this month.

Coaching – it is envisaged quite a lot of people from the club will be going on the latest eastern region coaching course for the BTA level 1 Coaching qualification. The cost for each coach will be £195.00 It has been put forward that the individual puts up the first £100 and the club will initially loan the further £95. In return the individual will then 'repay' the club by coaching for 'free' for a set number of sessions to repay the loan. Thereafter if the person continues coaching club athletes, they will receive expenses for the planned sessions. The club has good financial reserves at the moment and the committee believes this system will provide good foundations for next year and allowing for growth for 2006.

Funds – Investment plan. We have a good financial base now. If any of you are financial wizards, the club are looking to at least put some money in reserve. This depends on what a club account is allowed to do, what is ethical and whether any club member has any objections to this.

South Norfolk has a shortfall in the form of triathlon coaching and training opportunities. It is envisaged that this will be next area to provide triathlon support. If you want to put yourself forward for the next Tri-Anglia project please call Phill Howitt.

Areas for investment - North Walsham - You're next!!

NORWICH OLYMPIC TRI

Brilliant! What a great day out. The weather was fantastic although may be a little oppressive for the run section around the lake later in the day. Well done to Simon Edey for getting the ball rolling and organising this open water triathlon. Well done to the team who put this event together and well done to all the marshals who supported the race. You did yourselves proud. You did the club proud. You did the sport proud. You made it happen! Fantastic.

AQUATHLON MARSHALS

Please can you come forward to support the East Anglian Junior Aquathlon Championships and Norwich Aquathlon on Sept 18th at the UEA Sportspark Norwich. Marshals required by 8.15am Thank you.

OPEN WATER SWIMMING

Please remember to book your space with Simon Edey prior to your swims at Whitlingham Lake. You must be Tri-Anglia members or BTA affiliated club. Also make sure you arrive on time. May I suggest you arrive 15 mins early to sort out your gear and who is your 'buddy' for the swim.

NEW BIKE/RUN SESSION

There is now a new session after the swim session at Whitlingham Lake for those who want to have a go. Start time 6.30pm. Just turn up! There is a parking fee.

SEA SWIMMING

Sea swimming from the prom at Lowestoft at the bottom of Rectory Rd, just past the hotel Victoria going south through Lowestoft. You must be a member of Tri-Anglia to take part. Because of tides and conditions this will not be a regular weekly training session. Contact Jim Keeble or Mark Newnham for availability.

NORWICH AQUATHLON

The Norwich Aquathlon will be open to Novice adults again for 2005. Distance 400m Swim – 3000m Run. There is also a fun Splash and Dash relay race consisting of one junior and one adult. It is hoped that some of the youngsters in the junior aquathlon can encourage their elders to have a go for a bit of fun. Distances to be confirmed (It will literally be a short sprint!)

FOR SALE

Dawes Super Galaxy Tandem. High quality machine. Superb Condition 21/19 Frame size. Drag brake and rear rack inc. £475.00 Contact Phill Howitt 01603 440204.

FOR SALE

Puegot Race Bike. Carbon G-Force Forks. Campagnolo Veloce Groupset throughout. Open Pro CD rims. Very fast and light. Great Bike (Same frame as Glen Nelsons bike) - £350.00 Contact Phill Howitt 01603 440204.

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