



# THE TRANSITION TIMES

The Tri-Anglia Triathlon Club Tri-News Bulletin



MARCH 2005

## TRI-ANGLIA NEEDS YOU!

### COMMITTEE POSTS

We are urgently looking for new members to fill three posts on the club committee. The posts are Club Secretary, Norwich Development Officer and Treasurer. Until recently these posts were shared. However we now require one person per role because the club has grown and the other committee posts have required more time and attention. The club membership and activities have expanded at a phenomenal rate and we can now provide a promising future for juniors, novices and experienced athletes alike. If you are a new enthusiastic triathlete or some one who supports their partner/loved ones/family members in the club, please come forward and enquire about these posts. If no one comes forward I believe Tri-Anglia's existing momentum will stop and the club will stay in its current form. Even though we have achieved a great many things and the future looks bright, there are still other important projects that are required to complete 'the job' and provide a structured and balanced club for all its members. If you feel that you would like to influence the direction of the club or even if you like what we are already doing, have a look. Whilst these posts do require time and effort in support of the club, its members and activities, these are not the busiest on the committee. Any person offering would receive help, advice and support. Contact Phill Howitt (Chairman) to express your interest or what each post entails.

### NORWICH DUATHLON

There is a change of date for the Norwich Duathlon. It is now to be held on Sunday April 10<sup>th</sup> 2005. This is only available for club members as a training event. This means that we are all insured. If you want to take part, get your membership now!

### FREESTYLE FROM SCRATCH!

Teaching front crawl from scratch! There are a couple of spaces for those who cannot swim freestyle at all. If some one has mentioned to you about loving to have a go at a tri, but wished they could swim, please tell them about these sessions. The club is lucky to have a separate swimming teacher available to teach freestyle from scratch. One member through their own determination and the coaching, can now swim solidly and is looking forward to the 'Waveney Tri'. Those requiring basic technique, hurry, because we are operating near to maximum numbers. Training is available weekly on Mondays at 8.15 pm at Norwich. £15 for four sessions.

### FURTHER TECHNIQUE

Fridays. Start time 6.30pm. Coaching is aimed at the intermediate level concentrating on further technique. This is a joint training project with the East Anglian Swallow Tails. Other strokes will be coached, however on those particular nights, a freestyle training programme is available. £3 a session. Contact Phill Howitt 01603 440204 for places.

### 50 METRE SWIM TRAINING

There was a trial run of the proposed 50m swim. On Sundays 6<sup>th</sup> & 13<sup>th</sup> March 2005. £3 per athlete. At the moment the Sportspark (UEA) have an irregular available space at this time. In the near future, the club could book this regularly at 6.00pm on Sunday evenings. There has been an interest, but now we need to know how many athletes and lanes to book. This does not mean you have to be there every week, but at least a commitment to most. Available to youth age groups (15-17). Set training programmes available. Contact Phill 01603 440204 for availability.

### EASTER TRAINING CAMP

We have been unable to pursue this venture due to time constraints. Hopefully we would like to arrange a similar event in the future if other interested parties come forward to share the organisation.

### WAVENEY TRI

**Waveney Sprint Tri -Sunday May 15<sup>th</sup>** No spaces left!!!!!!

### RAYLEIGH AQUATHLON

Well done to those who took part this weekend. There were excellent results and outstanding performances all through the day by the Tri-Anglia juniors.

Age 8	Sarah Wright 2 <sup>nd</sup>
Age 9/10	Issy Faulkner 4 <sup>th</sup> Hannah Edwards 10 <sup>th</sup> Clieo Stephenson 11 <sup>th</sup> Isabel Taylor 12 <sup>th</sup>
Age 11/12	Josh Page 3 <sup>rd</sup> Scott Edwards 13 <sup>th</sup>
Age 11/12	Laura Adams 2 <sup>nd</sup> Anna Wasden 4 <sup>th</sup> Jill Wright 9 <sup>th</sup> Alex McKibben 11 <sup>th</sup> Lauren Baker 13 <sup>th</sup>
Age 13/14	Jacob Read 5 <sup>th</sup> Matthew Baker 8 <sup>th</sup> Jack Taylor 9 <sup>th</sup>
Age 15	Rebecca Howitt 2 <sup>nd</sup>

**ABSOLUTELY BRILLIANT!** - Race report next issue.

[www.tri-anglia.co.uk](http://www.tri-anglia.co.uk)