



# THE TRANSITION TIMES

*The Tri-Anglia Triathlon Club Tri-News Bulletin*

NOVEMBER 2004

## AQUATHLON

The event was a great success. A big thank you to all those who organised it and one big thank you to those who helped marshal the event. Over seventy juniors took part. Many had travelled from the south of the region to take part. Congratulations to the Tri-Anglia juniors who did so well. Well done to all the adults who took part in the novice event. Check out the results on the Tri-Anglia website. There will be an Aquathlon next year, 18<sup>th</sup> September 2005 <sup>put</sup> it in your dairy for next year.

## CAN'T SWIM/ WON'T SWIM

Is now going ahead. Starting on Monday November 1<sup>st</sup> at a cost of £25 This is a seven week training programme for novice and beginners who can already swim. Held in Norwich, the training sessions are designed for those who feel they lack technique or cannot swim freestyle at all. The development will provide you with the basic techniques of front crawl. This will give you confidence to use this knowledge to successfully Complete or improve in a triathlon or multi-sport event in 2005. On completion, should you so wish, there will be opportunities for further development in all of the triathlon disciplines starting in the New Year. Interested? Contact Phill Howitt. 01603 440204

## QUIZ & CHIPS

The Quiz & Chip evening is to be held in late November/early December. We just need a venue. Once again this is subsidise a coaching session with a high level BTA coach planned for early next year.

## X-COUNTRY

Apparently there is a league somewhere in Norfolk on Wednesdays, does anyone know anymore?

## COACHING

Is anyone interested in becoming a level 1 BTA coach? This is with a view to start coaching adults or juniors in Norwich and Lowestoft. Please let Phill Howitt know so that you can be put forward.

## AGM

There is an AGM at the White Horse 29<sup>th</sup> November 2004 at 7.30pm. We are having it at the end of the season so we can close 2004 and recognise those who performed this season rather wait until February next year. This allows us to focus on the new season ahead and inform everyone of all the projects in the pipeline. Please forward any items for the AGM agenda to Nikki Hawkes.

## COMMITTEE MEETING

The next meeting is Friday 12<sup>th</sup> November. Any items you would like to be discussed, please contact Nikki Hawkes.

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