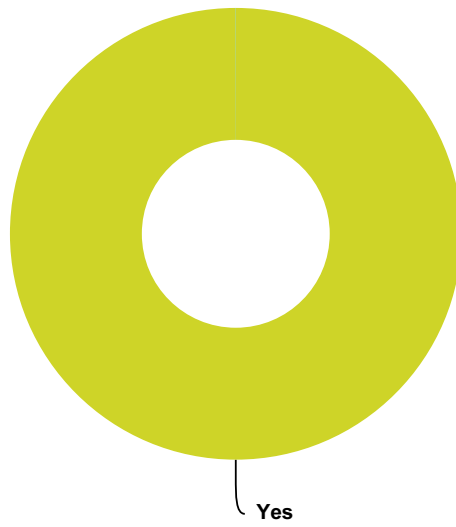


### Q1 Are you a current member of Edinburgh Triathletes?

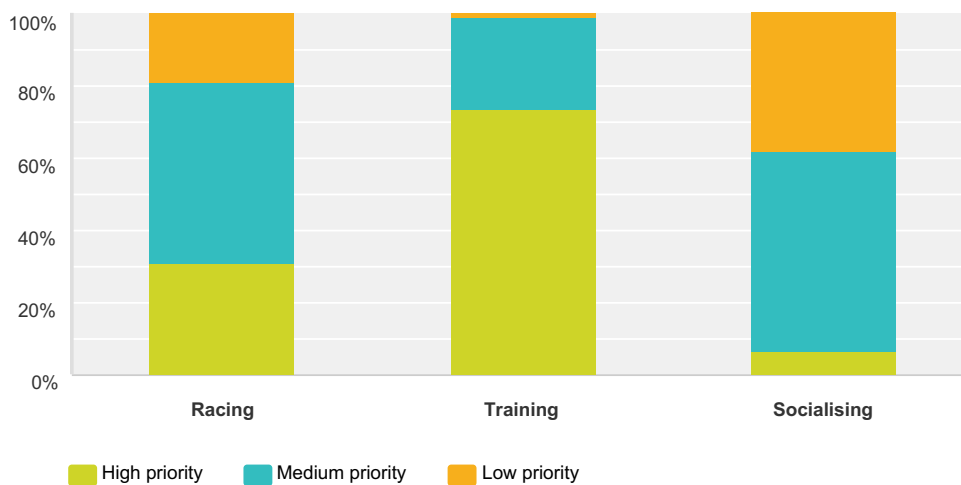
Answered: 89 Skipped: 2



Answer Choices	Responses	
Yes	100.00%	89
No	0.00%	0
<b>Total</b>		<b>89</b>

### Q2 If you are a member of Edinburgh Triathletes, what are your priorities?

Answered: 91 Skipped: 0

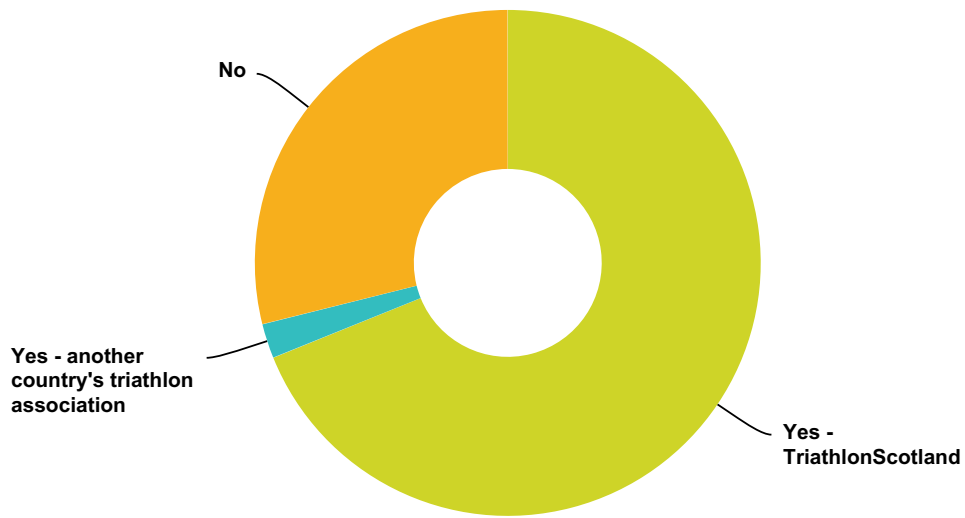


	High priority	Medium priority	Low priority	Total	Weighted Average
Racing	31.11% 28	50.00% 45	18.89% 17	90	1.88
Training	73.63% 67	25.27% 23	1.10% 1	91	1.27
Socialising	6.74% 6	55.06% 49	38.20% 34	89	2.31

#	Other (please specify)	Date
1	Sadly I'm a founder member of ET's southern wing (Wiltshire) so can't participate as much as I used to!	9/25/2016 7:32 PM
2	To have fun	9/17/2016 2:16 PM
3	Trying to get my mojo back	9/17/2016 11:07 AM

### Q3 Are you a member of a triathlon association?

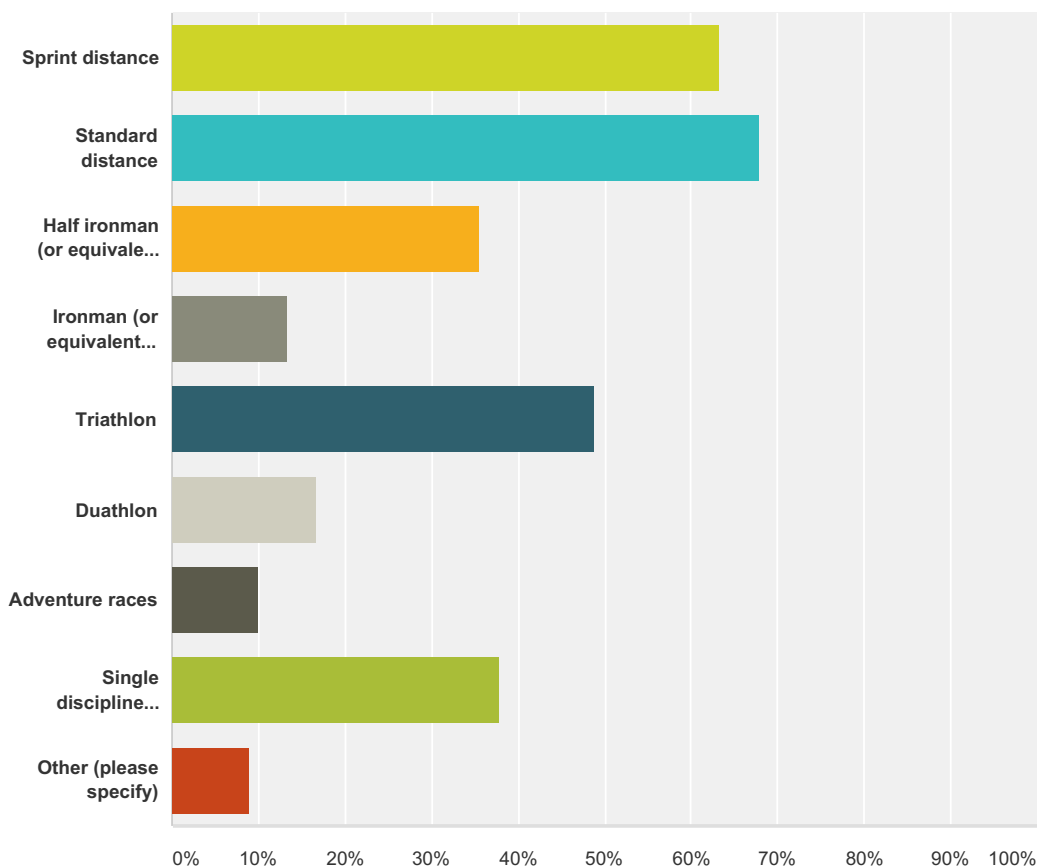
Answered: 90 Skipped: 1



Answer Choices	Responses	
Yes - TriathlonScotland	68.89%	62
Yes - another country's triathlon association	2.22%	2
No	28.89%	26
<b>Total</b>		<b>90</b>

### Q4 What events do you focus on? Select all that are relevant:

Answered: 90 Skipped: 1



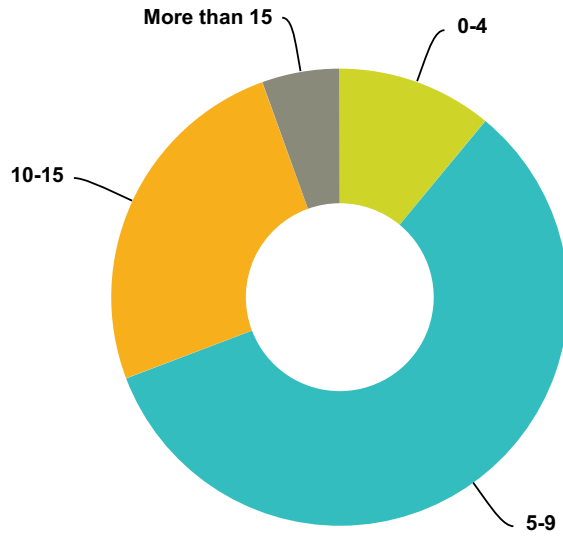
Answer Choices	Responses
Sprint distance	63.33% 57
Standard distance	67.78% 61
Half ironman (or equivalent distance)	35.56% 32
Ironman (or equivalent distance)	13.33% 12
Triathlon	48.89% 44
Duathlon	16.67% 15
Adventure races	10.00% 9
Single discipline races	37.78% 34
Other (please specify)	8.89% 8
<b>Total Respondents: 90</b>	

#	Other (please specify)	Date
1	Swimrun	9/24/2016 4:32 PM
2	Swimming only.	9/24/2016 1:07 PM
3	Various. I would prefer to be doing more triathlons but calf injuries prevent me.	9/18/2016 9:33 AM
4	Off road tri	9/17/2016 8:31 PM

5	Uiiuii	9/17/2016 1:27 PM
6	Open water swimming	9/17/2016 11:27 AM
7	Trying to get my mojo back	9/17/2016 11:07 AM
8	Swimrun	9/17/2016 10:54 AM

### Q5 On average, how many hours training do you do per week?

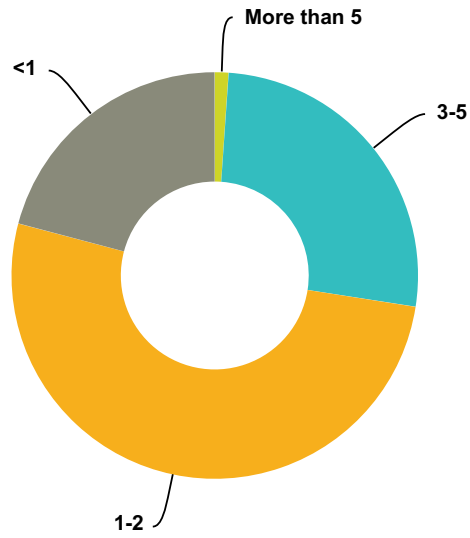
Answered: 91 Skipped: 0



Answer Choices	Responses	
0-4	10.99%	10
5-9	58.24%	53
10-15	25.27%	23
More than 15	5.49%	5
<b>Total</b>		<b>91</b>

### Q6 On average, how many club training sessions do you attend per week?

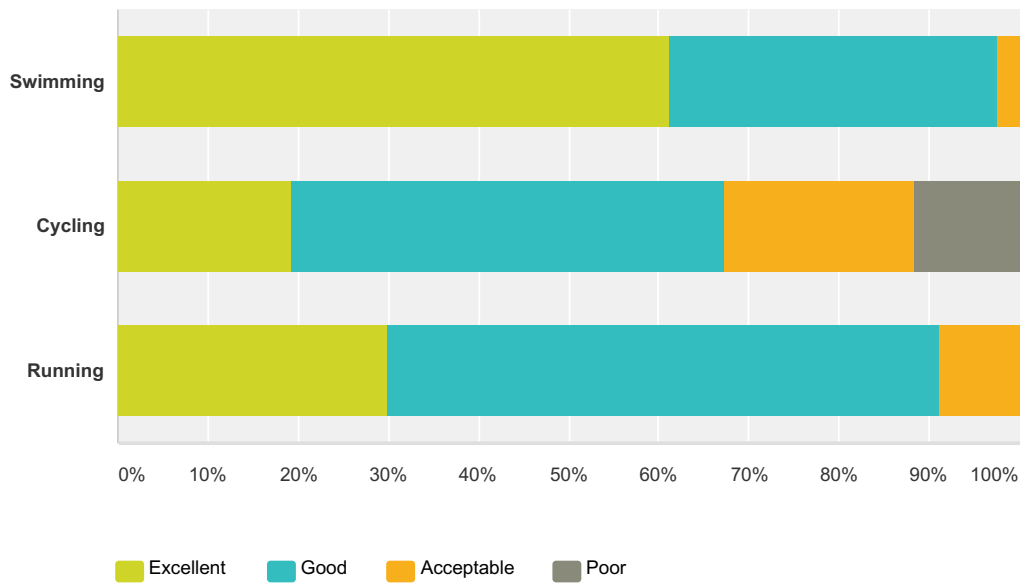
Answered: 91 Skipped: 0



Answer Choices	Responses	
More than 5	1.10%	1
3-5	26.37%	24
1-2	51.65%	47
<1	20.88%	19
<b>Total</b>		<b>91</b>

### Q7 If you attended club training sessions, overall how well did the sessions meet your expectations?

Answered: 85 Skipped: 6

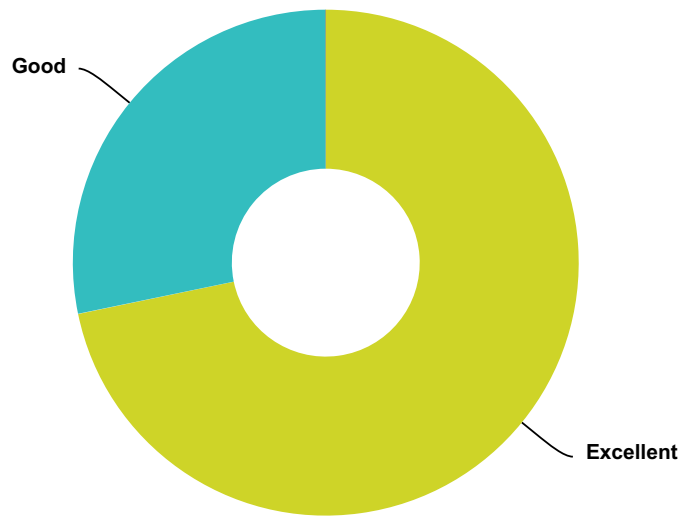


	Excellent	Good	Acceptable	Poor	Total
Swimming	61.18% 52	36.47% 31	2.35% 2	0.00% 0	85
Cycling	19.23% 10	48.08% 25	21.15% 11	11.54% 6	52
Running	29.82% 17	61.40% 35	8.77% 5	0.00% 0	57



### Q8 If you attended club training sessions, how approachable and accessible were the coaches?

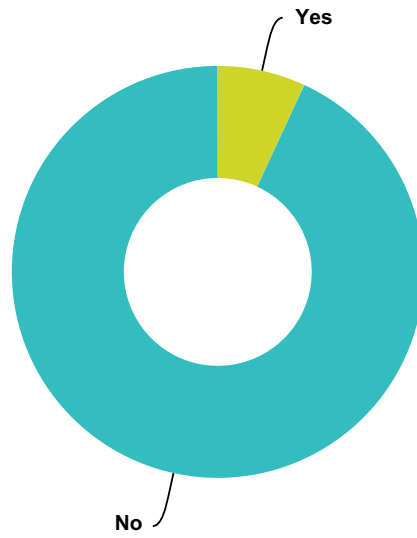
Answered: 85 Skipped: 6



Answer Choices	Responses	
Excellent	71.76%	61
Good	28.24%	24
Acceptable	0.00%	0
Poor	0.00%	0
I have never approached a coach directly	0.00%	0
<b>Total</b>		<b>85</b>

### Q9 Have you ever been concerned about safety at a club training session?

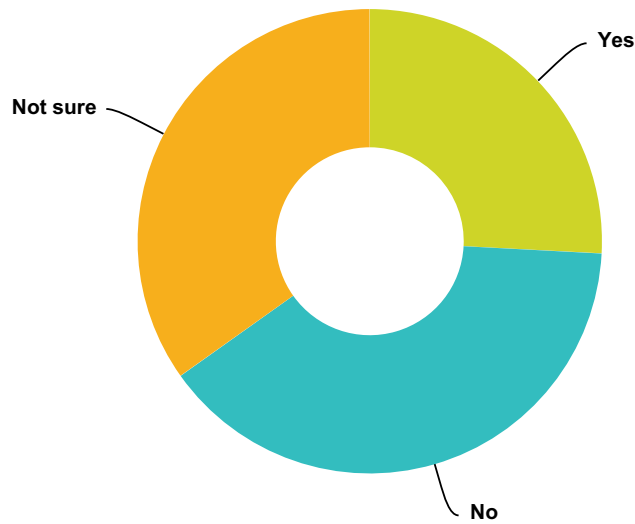
Answered: 87 Skipped: 4



Answer Choices	Responses
Yes	6.90% 6
No	93.10% 81
<b>Total</b>	<b>87</b>

**Q10 Would you support the club adopting more stringent procedures to manage safety, such as requiring accreditation of cycling skills prior to joining group bike rides?**

Answered: 89 Skipped: 2



Answer Choices	Responses	
Yes	25.84%	23
No	39.33%	35
Not sure	34.83%	31
<b>Total</b>		<b>89</b>

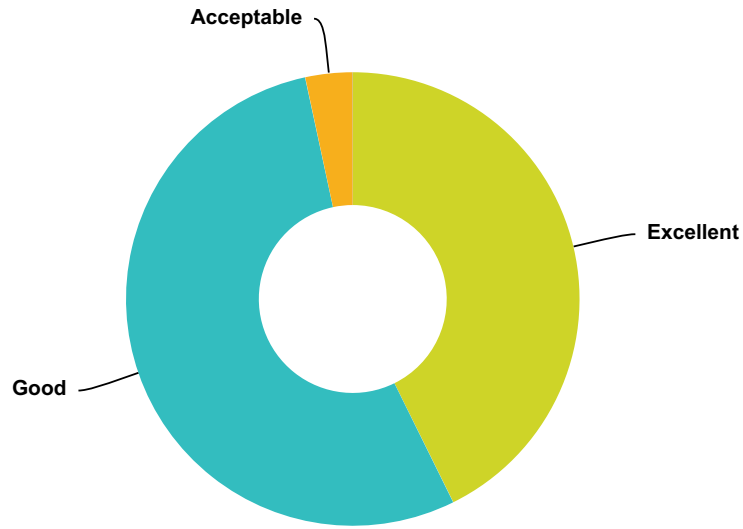
## Q11 What safety improvements would you like to see introduced at club training sessions?

Answered: 26 Skipped: 65

#	Responses	Date
1	No concerns re safety.	10/3/2016 9:04 AM
2	I'm happy with the safety	9/29/2016 8:59 PM
3	Not required	9/29/2016 8:09 PM
4	Logging names and emergency contact details at the start of a session may be an idea. On many occasions the group will not know each others details or who to contact if there is an incident. Could an online check-in system be used for this that all participants have access to?	9/27/2016 7:00 AM
5	I think some training in peloton riding would be beneficial with agreed signals, calls and riding etiquette so that people from different backgrounds can ride safely together.	9/25/2016 7:32 PM
6	Road crossings rules	9/25/2016 6:21 PM
7	N/a	9/25/2016 3:53 PM
8	I have not had any issues with safety at sessions I have attended .	9/24/2016 5:42 PM
9	None	9/24/2016 2:34 PM
10	For open water training it would be good to have a kayaker and designated first aid person.	9/24/2016 1:07 PM
11	I think they're fine	9/24/2016 7:25 AM
12	I only attend saturday swim and have no safety concerns about this session.	9/23/2016 2:39 PM
13	First aid kits	9/19/2016 8:09 AM
14	Nil	9/18/2016 9:23 PM
15	Usually all is fine. Only times I've not felt safe is cycling is a big group of mixed abilities that wasn't clearly led.	9/18/2016 8:54 PM
16	I would be more likely to cycle with Edinburgh Triathletes if the groups were bigger: more likely to be able to find a group of my ability; and if group riding skills were better.	9/18/2016 3:04 PM
17	Don't see 'safety' as a ET concern beyond what is inherent to each discipline (i.e. cycling in the roads)	9/18/2016 1:39 PM
18	None. Just stick to common sense. Avoid main roads.	9/18/2016 9:33 AM
19	Having cycling accreditation would put me off joining the club	9/18/2016 6:47 AM
20	None. I don't believe there are any safety issues.	9/17/2016 11:39 PM
21	I think it's fine as far as safety is concerned.	9/17/2016 10:37 PM
22	none	9/17/2016 7:51 PM
23	Cycling personal visibility.	9/17/2016 6:02 PM
24	I don't think swimming or running is an issue. Cycling is. I think the problem relates to some of the leaders and most often some of the regular participants who want to go faster than all members of the group on the day and/or not marshalling the groups very well.	9/17/2016 2:16 PM
25	n/a	9/17/2016 10:15 AM
26	None	9/17/2016 10:06 AM

### Q12 Overall, how do you rate the facilities used for club training sessions?

Answered: 89 Skipped: 2



Answer Choices	Responses	
Excellent	42.70%	38
Good	53.93%	48
Acceptable	3.37%	3
Poor	0.00%	0
<b>Total</b>		<b>89</b>

## Q13 Please let us know about any specific changes you would like to see made to club training.

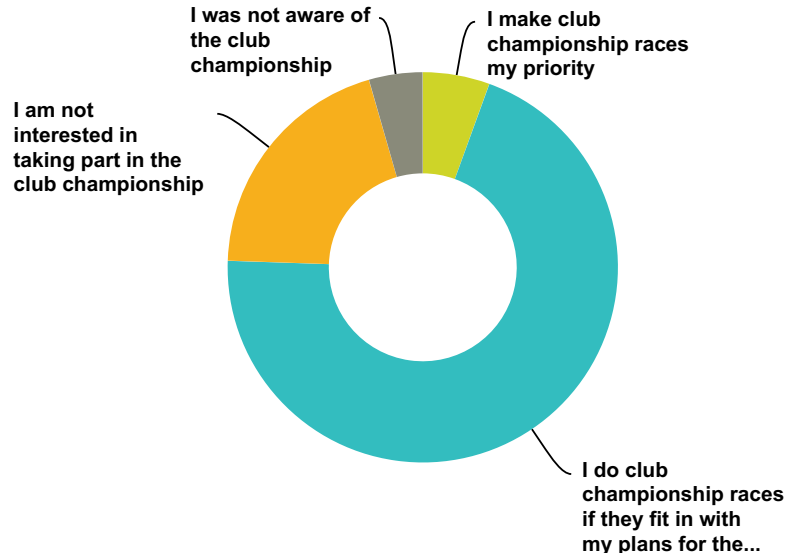
Answered: 38 Skipped: 53

#	Responses	Date
1	More cycling session e.g. Weekly chaingang over summer.	10/3/2016 9:04 AM
2	I like to see more bike and running sessions (although running is covered more than bike!	10/3/2016 8:03 AM
3	Maybe longer running sessions	9/29/2016 8:59 PM
4	I think the club training is excellent and the coaches are incredible. A couple of ideas: Trip(s) to the veldrome in Glasgow could be fun. Mountain biking sessions over the winter maybe.	9/27/2016 7:00 AM
5	None - it is a fine club!	9/25/2016 7:32 PM
6	Introduce body conditioning sessions More use of the Pentlands playground like trail running MTB Monthly or quarterly TT in all 3 disciplines	9/25/2016 6:21 PM
7	More of an effort to encourage those who haven't been at club training to attend. Introductory sessions. Introductory groups at swim, run and bike sessions	9/25/2016 2:05 PM
8	Need a club vision. Too much swimming. Its clear that lots of members use the club for cheap swimming. Not good. Its a triathlon club, need to focus on that. Transition training. Strength training. Race strategy. Etc	9/24/2016 2:34 PM
9	Dalkeith pool changing room pretty dirty, toilet in women's bit is always blocked	9/24/2016 1:38 PM
10	I only participate in swimming and that is very well catered for.	9/24/2016 1:07 PM
11	None	9/24/2016 7:25 AM
12	The session I attend is great.	9/23/2016 2:39 PM
13	Track evenings part of club membership fee.	9/21/2016 7:33 AM
14	Proper lane ropes at Dalkeith! Wishful thinking though! This is the only session I usually go to.	9/18/2016 8:54 PM
15	I'd like to see more cycling sessions including bike handling skills and TTs	9/18/2016 4:25 PM
16	It is very difficult for Edinburgh Triathletes to change this, but the changing rooms at Dalkeith Community Campus are pretty dirty, toilet always blocked etc. And, if we're paying for a hire, we should have proper lane dividers.	9/18/2016 3:04 PM
17	More cycling sessions? We only have one (Saturday morning). If not run by the Club, I miss getting info on potential rides outs by club members i.e. Sundays	9/18/2016 1:39 PM
18	None. Maybe something on a Thursday. Encourage more safe open water swimming.... Some people don't realise what they are missing.	9/18/2016 9:33 AM
19	More info on what each training session involves. For example on the weekly email explain that the Monday swim will focus on speed / technique / endurance etc or even specify what the main set will be if known.	9/17/2016 11:39 PM
20	Add some mountain biking for variety. Swim video analysis. Short hill/sprint bike sessions.	9/17/2016 11:15 PM
21	It's a good idea to have more swimming drills in autumn. E.g. drills in the 1st part of the session followed by some steady/tempo sets to complete the workout. Monthly cycling TT in Silverknowes was great, but the King of the Mountain in Dalkeith did not work well this year. It's not always convenient to come on Tuesday evening to Dalkeith and the course has quite busy traffic and too many right turns. Would be great to find another course if possible.	9/17/2016 10:37 PM
22	Know in advance what's planned for sessions week in advance to be able to know what sessions I will attend. Plus Sessions aimed at key races - endurance for long course and speed for short course.	9/17/2016 10:16 PM
23	actual cycle training rather than just cycling. This has started recently and has been good.	9/17/2016 7:51 PM
24	any possibility of early morning sessions further south? Dalry or Gracemount?	9/17/2016 6:26 PM
25	Include strength training. Recommended training kit for all disciplines.	9/17/2016 6:02 PM
26	It would be nice if there was a way to have a free track interval session or if these could be part of the club membership just as the swim sessions are. I would be more likely to attend these in that case. It might also be nice to have an uncoached swim session where one could just swim laps with other ET members, perhaps at the Royal Commonwealth were the lanes are large.	9/17/2016 5:41 PM
27	Transition practice Brick sessions	9/17/2016 5:22 PM

28	More personal feedback by coaches at the Monday Commie swim sessions.	9/17/2016 3:08 PM
29	More swim sessions in the commie pool, so that the number of swimmers per lane is less. It's often too crowded.	9/17/2016 2:41 PM
30	Maybe just look at the cycling group leadership practices and group briefing	9/17/2016 2:16 PM
31	More opportunities for running and cycling. There are 5 swimming sessions and only 2 runs and 1 cycling session.	9/17/2016 1:50 PM
32	I would like the seasons to be more beginner friendly, currently only one beginner cycle season which I am unable to make.	9/17/2016 1:27 PM
33	The Wednesday night swim session is very late, even 15 minutes earlier would be great.	9/17/2016 12:01 PM
34	Better lane discipline in the pool	9/17/2016 11:27 AM
35	I'm not sure how many people are at the slower end of the scale but wondered if there could be monthly running for tortoises session? but on the other hand other organisations eg jogscotland might be more appropriate for us slow people so I'm not sure. Generally I'm happy to do my own thing with running but occasionally feel would be good to join the group but am too slow!	9/17/2016 11:15 AM
36	More cycling and less swimming training	9/17/2016 11:08 AM
37	I think the club is too scattered. I think to have a proper functioning club you should set up base in one location, for example the commie pool in my eyes is an ideal location to base a club. I think the club should base their swimming sessions there and their bike sessions should go from there too. I think there should be a bit more interaction with other clubs such as Edinburgh RC, maybe join up on their Saturday rides would be a good way to bring the standard of the clubs cycling up. I think the club needs a fixed base where the majority of the training is centered. I usually just swim on Monday nights and I enjoy the session but I sometimes feel the coaches are making it up as they go along, I think it is important to know exactly what we are doing, and possibly this should be communicated prior to the Monday swim, I do find the coaches excellent though and always happy to help. So again, have a central base where the majority of activities go from I think is vital. I think as a starting point Monday swims at commie should be happening at least on two other nights, or mornings whatever there is demand for, possibly both or even have non coached sessions available.	9/17/2016 10:15 AM
38	More cycling	9/17/2016 9:59 AM

### Q14 The club holds a club championship each year. How important is the club championship to you?

Answered: 90 Skipped: 1

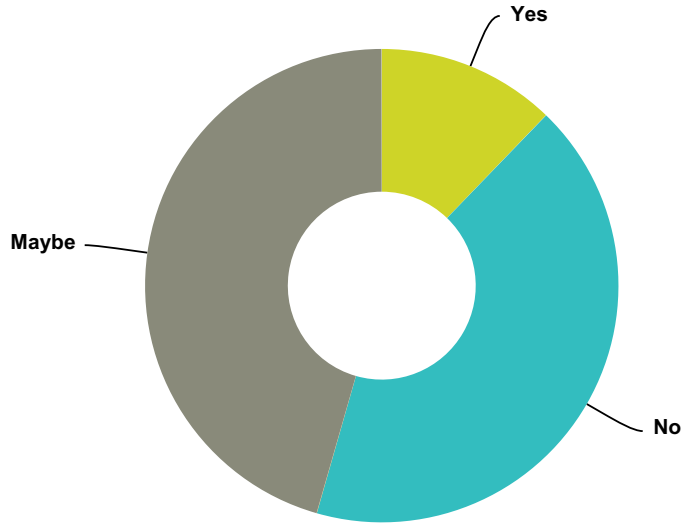


Answer Choices	Responses
I make club championship races my priority	5.56% 5
I do club championship races if they fit in with my plans for the year	70.00% 63
I am not interested in taking part in the club championship	20.00% 18
I was not aware of the club championship	4.44% 4
<b>Total</b>	<b>90</b>



### Q15 Would you be more likely to take part in more club championship races if different events were chosen or the rules were changed?

Answered: 90 Skipped: 1



Answer Choices	Responses	
Yes	12.22%	11
No	42.22%	38
Not sure	0.00%	0
Maybe	45.56%	41
<b>Total</b>		<b>90</b>

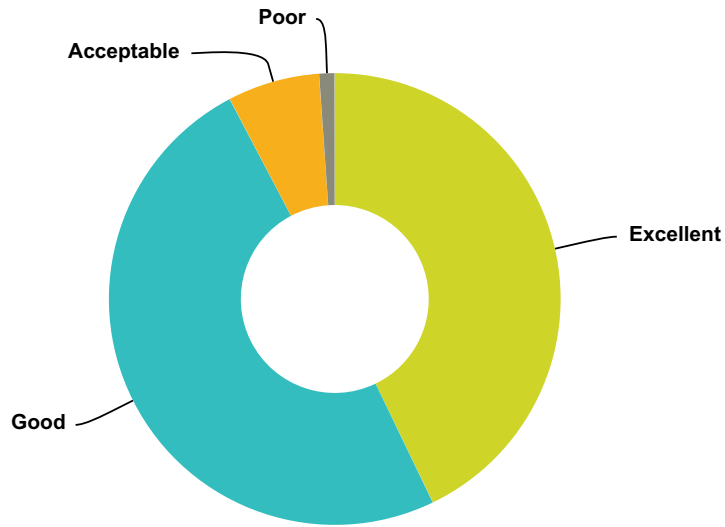
## Q16 Please let us know about any specific changes which would improve the club championship for you.

Answered: 24 Skipped: 67

#	Responses	Date
1	The rules seem clear and mainly fair, perhaps limit the additional points available for long distance or championship races to a single race per person? Could also include points for most improved results at TTs for all 3 sports over a defined course. i.e 400m swim TT (run at each swim session once a month), current bike and run TTs (Silverknowes/Carberry & Wed night. Posting an effort on Strava on the same day over the same course could also be accepted.	9/27/2016 7:00 AM
2	Recognising 'other' events that people take part in.	9/26/2016 11:13 AM
3	Cannot participate as not an Edinburgh based member boo-hoo!	9/25/2016 7:32 PM
4	Points for non specific races but maybe on some other system ie ironman events, British champs, other races aboard or south of border so a chance to earn points some other way	9/24/2016 5:25 PM
5	Make it more competitive. Split it into 5 or 10 year age categories which makes it relevant for internationals then too.	9/24/2016 2:34 PM
6	It's more to do with what I'm free/able to do rather than whether they are championship races or not	9/24/2016 1:38 PM
7	Id include single discipline events in the races that count towards the championships	9/24/2016 1:12 PM
8	None that I can think of.	9/24/2016 1:07 PM
9	It's absolutely perfect	9/24/2016 7:25 AM
10	More events included so they suit more people. And top 4 events point taken so there is a minimum number of events but no maximum as only the top 4 events count.	9/21/2016 7:33 AM
11	I think it is important that the Scottish championship races remain part of club championships	9/18/2016 8:54 PM
12	Haddington sprint triathlon should be included.	9/18/2016 8:22 PM
13	NA	9/18/2016 1:39 PM
14	None	9/18/2016 9:33 AM
15	Improve prizes. E.g give vouchers or a gift as well as trophy.	9/17/2016 11:39 PM
16	Instead of picking specific races give athletes the opportunity to upload their best finishing positions and use an age category point system.	9/17/2016 8:31 PM
17	earn points for every competition entered whether they are on the club list or not	9/17/2016 7:51 PM
18	I don't think there's any way you could make the club championship for me - I do the races I want to do regardless of the club championship.	9/17/2016 7:02 PM
19	joined too late in the year for it to make sense to take part	9/17/2016 6:26 PM
20	List should already be published.	9/17/2016 6:02 PM
21	Include more cross triathlons (e.g. Durty Events or High Terrain Events).	9/17/2016 2:41 PM
22	More than four races taken into account	9/17/2016 11:08 AM
23	More club championship races, particularly standard distance.	9/17/2016 10:54 AM
24	as above.	9/17/2016 10:15 AM

### Q17 How good is the communication between you and the club?

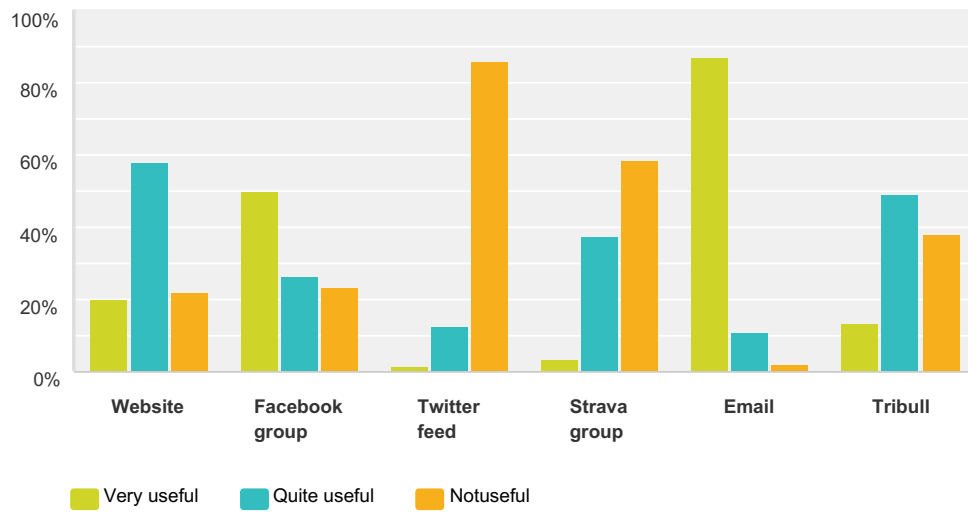
Answered: 91 Skipped: 0



Answer Choices	Responses	
Excellent	42.86%	39
Good	49.45%	45
Acceptable	6.59%	6
Poor	1.10%	1
<b>Total</b>		<b>91</b>

### Q18 The club uses the following media to communicate with members. How useful is each to you?

Answered: 91 Skipped: 0



	Very useful	Quite useful	Notuseful	Total	Weighted Average
Website	20.00% 18	57.78% 52	22.22% 20	90	2.02
Facebook group	50.00% 43	26.74% 23	23.26% 20	86	1.73
Twitter feed	1.27% 1	12.66% 10	86.08% 68	79	2.85
Strava group	3.75% 3	37.50% 30	58.75% 47	80	2.55
Email	86.81% 79	10.99% 10	2.20% 2	91	1.15
Tribull	13.41% 11	48.78% 40	37.80% 31	82	2.24

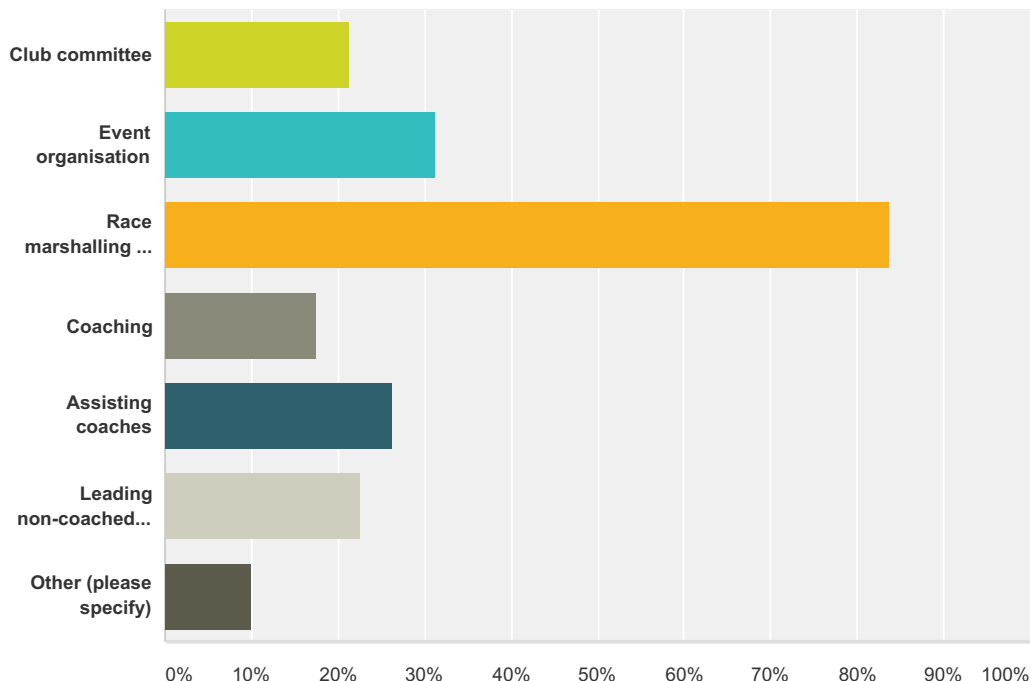
## Q19 What could the club do to improve communication and engagement with its Members?

Answered: 26 Skipped: 65

#	Responses	Date
1	Communication is really good	9/29/2016 8:59 PM
2	I think email and Facebook communication works well. Tribull is good and Laura's trumpets are excellent to see what other ETs are up to.	9/27/2016 7:00 AM
3	Get tribull working again.	9/26/2016 11:13 AM
4	The coaches should be a big part of communication. Some do this very well, others much less so.	9/26/2016 6:43 AM
5	Nothing - I get the info I need	9/25/2016 7:32 PM
6	I think it needs to be more interactive and less based around email.	9/25/2016 3:53 PM
7	E-mails outdated. Lets move into the 21st century. The website is terrible	9/24/2016 2:34 PM
8	I think that this is well catered for.	9/24/2016 1:07 PM
9	Communication seems to be going well. What is the uptake of this survey?	9/23/2016 2:39 PM
10	Maybe update the website as part are very out of date. Maybe include a chat forum for topics where knowledge and experiences can be shared.	9/21/2016 7:33 AM
11	The website could be so much better and used for loads more organising & communication within the club	9/19/2016 8:09 AM
12	Tribull seems to have died a death?	9/18/2016 8:22 PM
13	I don't do Facebook, and probably I should, as I know from others that seems to work well. I rely on email and it's pretty easy to delete the ones that aren't relevant so I'd rather have too many than too few.	9/18/2016 3:04 PM
14	Have more fun events and training instead of the relentless pursuit of shaving a couple of seconds from a time.	9/18/2016 9:33 AM
15	Think it's ok as is	9/18/2016 6:47 AM
16	Communication seems fine.	9/17/2016 11:39 PM
17	Not a suggestion, but a note: ET Trumpet re-introduced by Laura works really well, it's good to know on a regularly basis how your clubmates are doing and also is a good source for inspiration for selecting your own future races.	9/17/2016 10:37 PM
18	Only seen one copy of Tribull during my time as a member.	9/17/2016 10:16 PM
19	Not much - the email in particular is very useful.	9/17/2016 7:02 PM
20	update twitter more regularly - last tweet from January 2015	9/17/2016 6:26 PM
21	I actually think it would be nice to receive fewer e-mails during the week. One at the beginning of the week with the training schedule for the week is nice. I think things like the ET trumpet announcing wins, etc. would be better to get through Facebook. It seems like the Facebook group is not used much, but maybe that is just me.	9/17/2016 5:41 PM
22	More use of Facebook and emails	9/17/2016 1:50 PM
23	Have an up-to-date fb page. Stop sending out as many emails and use FB instead. If deciding to send a trumpit email do this accuratly and make sure everyone who has raced is included, even those that have paricipated, but not nessasarily done well in terms of winning. It seems like only those who have acheived in terms of race position are acknowledged. If this is not able to be completed accuratly then stop sending an inaccurate trumpit email that misses of ET members who have worked hard to complete events.	9/17/2016 1:27 PM
24	Wasn't aware of twitter feed or Tribull	9/17/2016 11:27 AM
25	I think it does well	9/17/2016 11:15 AM
26	fine	9/17/2016 10:15 AM

**Q20 The club relies on volunteers to operate. Please select from the options below any areas where you could commit to getting involved:**

Answered: 80 Skipped: 11

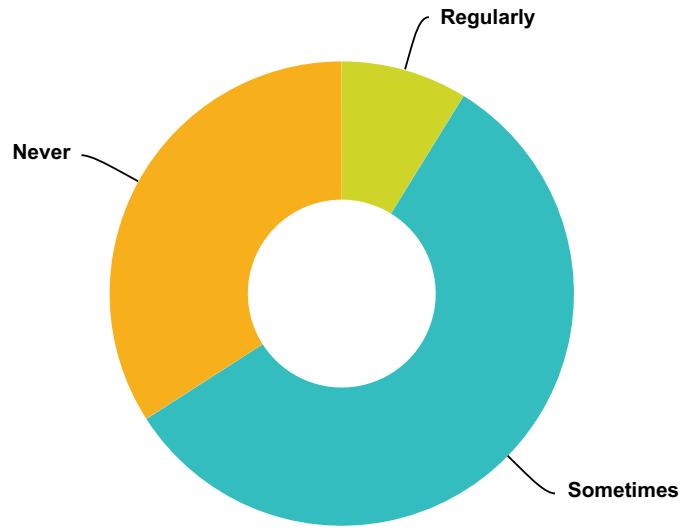


Answer Choices	Responses
Club committee	21.25% 17
Event organisation	31.25% 25
Race marshalling / support	83.75% 67
Coaching	17.50% 14
Assisting coaches	26.25% 21
Leading non-coached training sessions	22.50% 18
Other (please specify)	10.00% 8
<b>Total Respondents: 80</b>	

#	Other (please specify)	Date
1	Medical cover	9/29/2016 8:35 PM
2	Already on the committee	9/29/2016 8:09 PM
3	Unfortunately I travel a lot for work and have a young family which makes it difficult to commit to anything at the moment. I'm hoping to give more back to the club in the coming years as things change!	9/27/2016 7:00 AM
4	Arranging a weekend away to face the Sassanachs!	9/25/2016 7:32 PM
5	Assuring with safety at open water training.	9/24/2016 1:07 PM
6	Supporting social media (i.e. Twitter)	9/18/2016 1:39 PM
7	I could teach a yoga class perhaps, tailored for Triathletes.	9/17/2016 5:46 PM
8	Difficult currently to help much beyond race marshalling support. Hopefully that may change over time.	9/17/2016 2:16 PM

### Q21 I attend Edinburgh Triathletes social events:

Answered: 91 Skipped: 0



Answer Choices	Responses	
Regularly	8.79%	8
Sometimes	57.14%	52
Never	34.07%	31
<b>Total</b>		<b>91</b>

## Q22 What could the club do to make social events more relevant and/or enjoyable?

Answered: 24 Skipped: 67

#	Responses	Date
1	Maybe have an event in the spring	10/3/2016 8:03 AM
2	I rarely attend social events due to home commitments but they look like fun.	9/27/2016 7:00 AM
3	Hold some down south...	9/25/2016 7:32 PM
4	Go karting, bowling etc other than pub	9/25/2016 6:21 PM
5	Stop trying to sell tickets by sending out numerous emails.	9/25/2016 3:53 PM
6	More events..... Don't need to be big More focus on getting groups from club to races eg m3 have a load of athletes all Racing ironman Barcelona. It doesn't need to be an ironman but many clubs get groups of people going to events. Our club is not good At this - perhaps we can choose some races uk or abroad that encourages a group?	9/24/2016 5:25 PM
7	Where do our fees go? I hope they are not sitting in an account somewhere. If they are, maybe part fund a social event.	9/24/2016 2:34 PM
8	Not sure.	9/24/2016 1:07 PM
9	Can't make club socials due to the demands of small children, Saturday swim is my club social.	9/23/2016 2:39 PM
10	More evenings and advance notice.	9/21/2016 7:33 AM
11	I don't attend social events as time is already restricted with family commitments	9/20/2016 10:05 PM
12	I have a busy active social life outside Edinburgh Triathletes so its difficult to free up time to attend social events within the club, sadly.	9/18/2016 8:22 PM
13	have them more often.	9/18/2016 4:25 PM
14	Pass. I don't understand why turn out is low.	9/18/2016 9:33 AM
15	Persuade more people to come along!	9/17/2016 7:02 PM
16	More notice.	9/17/2016 6:02 PM
17	An annual ceilidh in the autumn. Last year's was great fun. Thank you for organising.	9/17/2016 5:46 PM
18	I think I would be more likely to attend the Monday night socials, but I am usually too tired after a swim session. Perhaps if they started a bit earlier. A social organized around something like a bike maintenance lesson might be more relevant.	9/17/2016 5:41 PM
19	Family day or similar could be interesting, juggling kids and socialising not always easy!	9/17/2016 5:36 PM
20	Advertise these on FB, discuss these at training, give plenty notice	9/17/2016 1:27 PM
21	I now live 60 miles away and tend to train and socialise with a more local Tri.run/bike clubs.	9/17/2016 12:40 PM
22	Think a bit of encouragement / more proactive invite from more established members to the newbies to things. For example, I've seen the note in the email about meeting in the pub after Monday night training but no one has ever mentioned it at the end of training or vocally encouraged people to come along. As a new member, I'm only getting to know a few names and faces and haven't felt comfortable to just wander along not knowing anyone.	9/17/2016 11:27 AM
23	Include partners?	9/17/2016 10:54 AM
24	I'm a new member	9/17/2016 10:15 AM



## Q23 Do you have any other comments or suggestions to improve the club?

Answered: 27 Skipped: 64

#	Responses	Date
1	Recently some of the swim sets have not covered enough distance. Also some organised pentland runs/ headtorch runs would be good! Keep the track sessions going.	10/3/2016 8:03 AM
2	Keep doing what you're doing, the changes and improvements over the past couple of years have been good.	9/27/2016 7:00 AM
3	ETs is a great club and I have loved being a member for the past 3/4 years. Sometimes it feels like the training offers individual training for each of the sports rather than actually preparing people to take part in multisport. You have to be able to put it all together on the day so the training could be improved if there was greater specificity. For example I struggle to understand why every swim set finishes with 8 50s! Very few people do brick sessions off the back of ET coaching yet this is what they're preparing to do in races so a greater emphasis on this would be great. We are also very heavy in favour of swimming yet this is usually the shortest section of the race so if we want to improve the offering to our members we need to look at ways of enhancing bike and run abilities. My last comment is that we focus a lot on 'training' rather than 'practice' which leads to lots of fairly fit people with very poor skill execution. Triathletes don't think a session is valuable unless they are broken by the end of it, yet they would actually be better off spending time getting technical aspects right rather than getting a bit fitter. But these are just my opinions and overall the club does a terrific job!	9/26/2016 11:13 AM
4	The coaching is variable. The established coaches are generally excellent but some of the newer ones do not give the same feeling of confidence.	9/26/2016 6:43 AM
5	Just keep the warm weather camps going, keep me informed, and come to an event down south!	9/25/2016 7:32 PM
6	Great club keep up the good work!	9/25/2016 6:21 PM
7	Encourage more athlete led sessions and use training sessions to sell social interaction activities.	9/25/2016 3:53 PM
8	Use fees to promote racing. Bike boxes. Wetsuits. Wheels. Helmets. Bike racks for practice. More brick sessions. Lets focus on triathlon racing as that's what it should be all about.	9/24/2016 2:34 PM
9	I don't attend due to too many other commitments taking up my time, not because they are not good quality	9/24/2016 1:38 PM
10	First aid training?	9/24/2016 1:07 PM
11	As I live so far away I cannot participate in all that ET offers??But when I am able I thoroughly enjoy the training sessions and especially the training weekends. Thanks to the coaches and all the committee who take on their various rolls thus building a fantastic club	9/24/2016 12:19 PM
12	No club seems to be doing fine.	9/23/2016 2:39 PM
13	Be nice to train in club kit, so maybe a free t shirt or swim cap as gift. Also highlights club. Maybe enforce kit certain kit for training! I.e. Must use et swim hats, must have swim toys etc.	9/21/2016 7:33 AM
14	No club is very enjoyable and well run.	9/18/2016 8:22 PM
15	Overall, i think the club is fantastic value for money with some great coaching - its really helped me improve both technique and fitness levels	9/18/2016 4:25 PM
16	Don't change it too much. It has been a fantastic formula for a lot of years. Get the price of spin cycling down a bit. Increase outdoor swimming. Run out of town adventure routes. Offer some non tri events. Partner with other clubs. Merge ERC into ET	9/18/2016 9:33 AM
17	Improving the cycling during the summer months As far as I am aware, during the week, there are only TTs once a month What about a regular weekly TT one night and a chain gang another night?	9/18/2016 6:47 AM
18	None	9/17/2016 7:02 PM
19	Hold junior & disability race.	9/17/2016 6:02 PM
20	No. Appreciate the work done by committee and coaches!	9/17/2016 5:36 PM
21	No	9/17/2016 5:22 PM
22	I really don't like having to sign in for swimming. It's the kind of thing I do swimming to forget about!	9/17/2016 2:16 PM
23	Improve the social aspect	9/17/2016 1:27 PM
24	Been a member for a few months and loving it. Keep up the good work!	9/17/2016 11:27 AM

25	I think it is very good with lots of opportunities to especially improve swimming. I'm very impressed. I also feel the club is very friendly and encouraging	9/17/2016 11:15 AM
26	These past 2-3 years I have not done any triathlons or training with the club, but I enjoy feeling part of the club, and I try and contribute through notionally managing the website (although Paul does the day to day handling), and helping out at our events. I want to do more, but just struggling with motivation and time as lots of other things going on in real life at the moment!	9/17/2016 11:07 AM
27	more sessions, centralised base i think is vital.	9/17/2016 10:15 AM