

AGM Special Issue!

Special Issue!

Constitution Special
Issue!

et
edinburgh
triathletes

TRiBull

December 2012



Cav and Wiggo, with Anna Henly's Dad

The Editor Says

Phil Parr-Burman



Now - to make my last issue extra special I bring you not one, but three formal club documents. Are you not entertained!

This is my last Tribull everybody! I am moving on to be Club Kit Waller and Mr Daniel G Bradley will be doing this job from now. You will henceforth be able to send in your articles in Japanese, should the mood strike you.

So thank you for all the excellent articles you have provided over the last three years. It has been a pleasure.

Club Championship 2013

Andrew McMenigall



As you turn your mind to start planning for 2013, we would ask you to help do your bit to get Edinburgh Triathletes back to where we should be, as Scottish Champions.

How do we do this? I hear you ask. Simple, its all about us getting out there and competing for ET (so long as you're a member of Triathlon Scotland). With this in mind, we have, as in other years designated a number of target races, where we will be looking to flood the field in purple. Please find below the target races for 2013:

◆ Spring Into Duathlon, Strathclyde	10/3
◆ Tranent	23/3
◆ Midlothian	12/5
◆ Lochore	16/6
◆ Knockburn	4/8
◆ Aberfeldy	17/8
◆ Porty Aquathlon	29/9

The only event that is open for entries so far is Tranent, where we already have 12 ET's signed up, with still half the places available. Tranent is

the first sprint of the season, and an ideal event to do for those novices amongst us.

Each event will be being championed by a member of the committee, who can be the focal point if anybody needs advice or help in the lead up to the race. You will be hearing from each of the race champions as each race becomes available to sign up for.

The target races consist of one duathlon, 3 sprints, one standard, one middle distance and an aquathlon. Please try and make an effort to do your bit. It literally is the more the merrier

And these races will decide who will be awarded the coveted Club Championship. The rules are simple:

- ◆ You have to be a member of Triathlon Scotland
- ◆ 10 points for each race completed
- ◆ 1 extra point for every et you beat (2 for the ladies).
- ◆ Your best 4 events to count

As well as the trophy, for the last two years the winner has also received a full physio check up from Nicky Smith of Active Physio.

Club Kit

Phil Parr-Burman

As those who attended the AGM will know I am now your club kit co-ordinator guy.

Right now there are not a great many items of kit in stock. You can see them on the next two pag-

es. As you can see there are some classic items among them. The page opposite has the stuff that dates from a while back so they're being offered at a reduced price. Over the page are the more current items, all of them excellent quality. You'd have to pay considerably more to get the same quality in the shops, and of course none of them would have the fabulous et purple or the cheeky et logo. If you want any of them just send me an email—
phil.pb1960@gmail.com..

<p>Crop tri vest. The retro way to do triathlon. Elasticated at the bottom.</p> <p>Stock: Only 1 small, 1 medium</p>		<p>£5</p> <p>A bargain!</p>
<p>Tri shorts to go with them, or to use as cycling shorts for the summer. Or to swim in (David Forrester used a pair at the et swim gala)</p> <p>Stock: 11 large,</p>		<p>Were £20, on sale at £5</p>
<p>Tri top, can also go with the shorts, equally retro</p> <p>Stock: 1 small, 4 medium, 12 large</p>		<p>Were £20, on sale at £5</p>

<p>Tri suit</p> <p>Stock: 1 medium, 1 small, 2 extra small</p>		<p>£60</p>
<p>Bib Shorts, Stock: 2 small</p>		<p>£25</p>
<p>Non bib shorts, female cut, or for the adventurous men amongst you (Scott Balfour wears them).</p> <p>Stock: 2 small, 1 medium,</p>		<p>£22</p>
<p>Bib longs, for those winter rides—ie most of the year.</p> <p>Stock: 1 small, 6 medium</p>		<p>£55</p>

Strava: How to be even more competitive with yourself and the whole world

Liz Richardson



STRAVA: How to be even more competitive with yourself and the whole world

From what I can tell, triathletes are generally never ones to shy away from a bit of competition. I've seen ample evidence of this at a multitude of races, but also in treasure hunts, quizzes, and colouring competitions. So here is another fantastic way to introduce even more competition into your life: Strava.

Strava was developed by athletes who were training alone much of the time, but found that they missed the friendly competition of training with others. They developed a virtual way of competing with others: logging their training using GPS devices or smartphones, and then sharing and comparing this data online. They say "Strava makes fitness a social experience, providing motivation and camaraderie even if you're exercising alone". And they're spot on.

So how does it work? You need either a GPS-enabled iPhone or Android phone or a Garmin GPS. Phone users need to download a free

app, but then you're good to go. You then log your run or ride, and when you're done you simply upload it to your account on Strava.com. For phone users the upload happens automatically over Wi-Fi, so it couldn't be easier. (If you've used MapMyRun.com before Strava is so much better).

For example, Figure 1 shows a run up Arthur's Seat that I logged recently. It was my first time running this route, and you can see I got four Strava 'trophies'.

As well as giving you information about your distance, time, elevation and pace Strava will compare this with all your other rides/runs to tell you how you compare over set distances. For example, in Figure 2 you can see that I logged my 2nd fastest 1 km and 3rd fastest 0.5 mile during the Arthur's Seat run (i.e., two Strava trophies).

So that's pretty helpful in terms of gauging your own progress, but the genius bit is Strava's use of 'segments'. Segments are route sections that can be created and made public by any Strava user, and there are loads already established in and around Edinburgh (or you can set up your own). If your run or ride has covered any public segments you'll be able to see how you compare with everyone else who has ever logged that

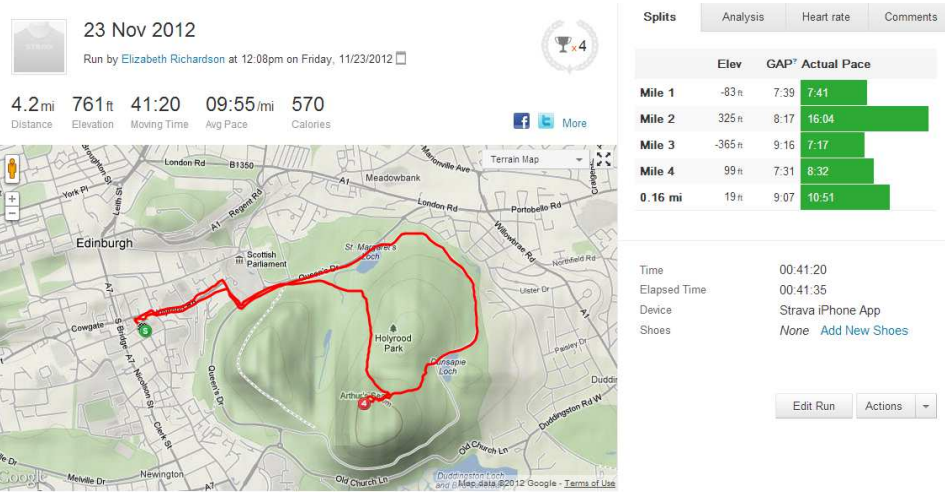


Figure 1

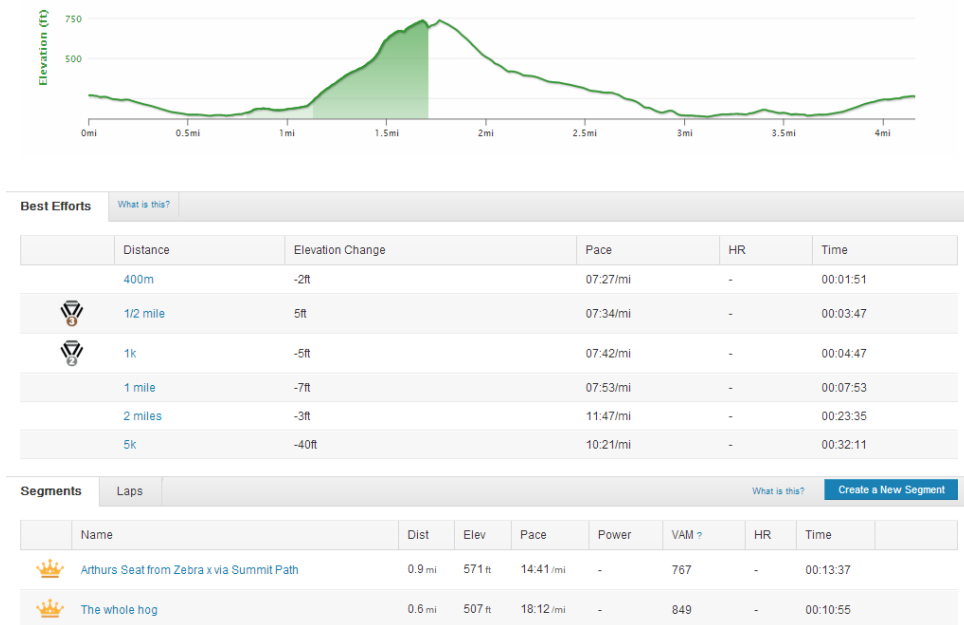


Figure 2

segment (using Strava), and you'll be added to the leaderboard. This is all checked automatically: you needn't have known that you were running/riding a segment at the time. As an example, the bottom part of Figure 2 shows that I unwittingly got the female course record for two segments during this run (another two trophies)! I like to take a moment to savour such accolades, because when I start investigating just how wonderful my performance actually was, I tend to discover that I'm the only female that has Strava'd it.

Figure 3 shows one of these segments. It's called 'The Whole Hog', and is an ascent of Arthur's Seat from around the ruins near St Margaret's Loch. Figure 4 shows where I stand in the leaderboard (men and women, though it can be restricted to just the two women who had run it: myself and 'TC'). Looking at this I discovered that a friend of mine, Dave Mateer, had also run this segment, though I didn't know he was on Strava. So we've now 'followed' each other (like

befriending on Facebook) and I've got a new mission to whittle down the 45 second gap between us. On the cycling front I find myself competing with complete strangers who stand between me and the QOM (those little crowns make me so very happy).

Richard Foxley has set up an ET team on Strava, and there are currently 14 members (4 female). It's a great way of seeing what everyone else has been up to, finding people to compete with, and reassuring yourself that others are getting out and braving the elements too. Strava has been an amazingly motivational discovery for me: thanks to Richard for introducing me to it in the first place. I hope this article might encourage more people to join up and join in the fun.

The Strava mantra is "Go hard, be safe, and have fun". Which I had to remind myself of when I found myself drafting a car down the Queen's Drive descent to try to shave three seconds off my time and get QOM. It has the

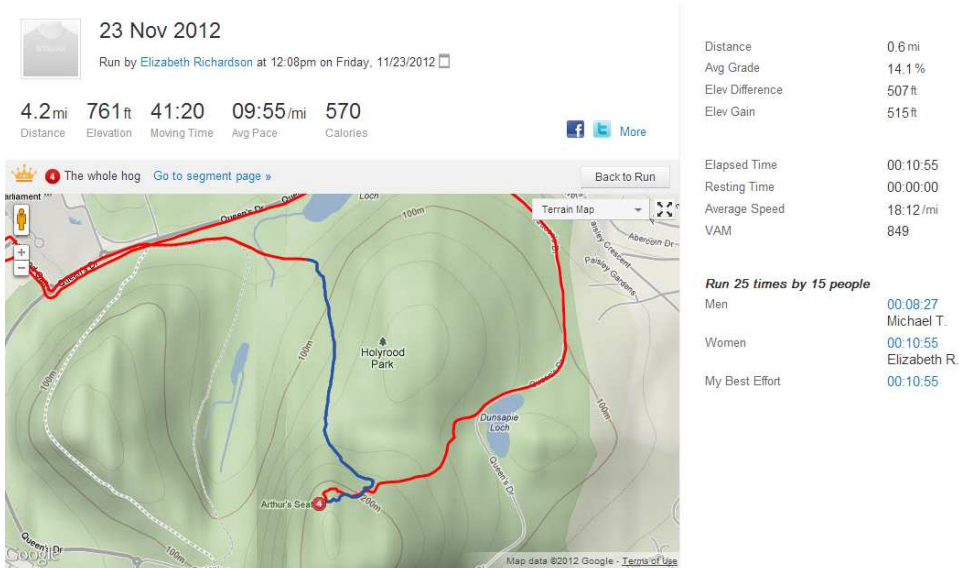


Figure 3

potential to make even the least competitive of us into trophy-hungry maniacs. So, in summary, my name is Liz and I'm a Strava-holic.

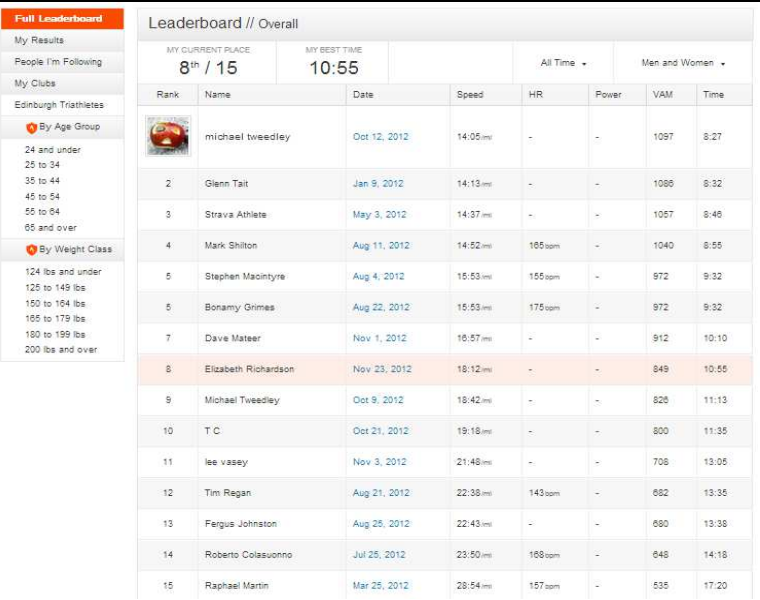


Figure 4

The Meadows Intervals

Scott Balfour



The Meadows Intervals are held on Tuesdays 19: 55

This session started there in 1979. I know. I was there! A motley crew of us orienteers had been training there for a few weeks allegedly training our map reading skills and navigation at speed. By the third week we just about totally familiar with every detail on the ground. A glance at the map and we could run to the control without even thinking! Then Martin Hyman arrived. He is a top orienteering and running coach and suggested doing long intervals off 6 mins. This type of session had been used successfully for years in Southampton. It worked a treat and is simple. If busy, runners start in waves 5 secs apart, the fastest in the first wave. Runners choose the distance to suit their current ability. 1 km returning on Boys Brigade Walk is popular, some do

800m or 660 or 440. There is even a 1250m loop using Middle Meadow Walk. A runner chooses the appropriate distance to get about 2 mins rest or more. There are 5 intervals. Some folk do less, perhaps running first third and the last giving them extra rest and developing real speed. Some folk go early and do extra, then join in at 7:55pm to get pulled along when tired.

It soon attracted fell runners, track athletes, road runners and just folk who wanted to be active. I and others did John's track session on the Monday and then the long intervals on the Tuesday night – not the best scheduling but we did get faster if we used good pacing. When I gave up the day job, I found it easier at first to do a similar session in the daylight. But now regret cannot seem to make myself do them!!

I intend to return in 2013! Great session to develop pace to sustain strong 5k and 10k splits. Like the Park Run it is all inclusive and free.

Aberfeldy Training Weekend

David Forrester



Seems like quite a while ago now that 11 of us ventured up to the Moness resort for some intensive training courtesy of the coaching team. Numbers were perhaps a little light but that only served to increase the amount of personalised training we received.

No Friday night sessions, but it was good to catch up with people you may only see briefly before or after a normal club session. I did however learn an important lesson in "nutrition selection": never let a veggie pick the team pizzas!!!

Saturday morning the team went out for a brief run, there was just time to wolf down a bit of breakfast when it was off to the pool. We had a

good session using those beeper thingies you hide up your swim cap, I for one have asked Santa to bring me one this Christmas. I've been a good boy this year, mostly, so I have high hopes that he'll deliver the goods. I'd never really paid cadence much attention in the pool, but we each got some useful feedback on what our optimum stroke rate was and how to use that going forward. Next Richard did his best Spielberg impression with the underwater camera. This was a highly illuminating experience for me for two reasons: (1) I thought my stroke was pretty decent (it isn't), (2) I thought I had my stomach pulled in fully for the camera (if I had it certainly didn't look that way). We were all filmed individually and as for the beep test, we all got individual feedback on our technique and even got to keep the footage for posterity.

After lunch we had a great ride in the surrounding countryside. We had the roads pretty much to ourselves apart from one heart-stopping mo-

ment when a particular ride leader decided to play "direction chicken" with us on the A9... We had a good mix of flat and hilly terrain, the weather was dry and bright and if that wasn't enough we were getting some excellent technical training from Francesca on cornering and posture.

Aberfeldy had previously been described as a "culinary desert" so dinner at the Café d'Amour was a pleasant surprise and again a good opportunity to meet some of the recent joiners to the club. Our social secretary did however express some disappointment on realizing that everyone was heading off to bed immediately after dinner.

The next morning we were in the pool again first thing. All the swim sessions we had were heavily technique orientated which was ideal. At that

time of the season when most people have very few, if any, races left it's an excellent opportunity to break things down into their constituent parts and review the basics. We rounded the weekend off with another ride although some of us opted instead for a nutrition session in the form of tea and cake in the village.

This was my first club weekend and I'll certainly aim to go again. It was great to be able to spend more time focussing on technique than we would otherwise manage during regular club sessions. If you have never been along to one (in fact, even if you have) I'd strongly recommend signing up for the next one. Big thanks to Kirsten for organising, Richard for leading and to Francesca and Andrew for their coaching too.

Annual General Meeting

TUESDAY 13 NOVEMBER 2012, THE EDINBURGH MINTO HOTEL, 1930 - 2130

Apologies and attendance

Present: Kirsten Sinclair, Gavin Calder, Steve Law, Phil Parr-Burman, Francesca Osowska, Greg McDowall, Andrew McMenigall, John Whittaker, Mandy Whittaker, David Harrison, Fiona Milligan, Karl Zeiner, Laura Forrester, Nicola Murphy, Dan Bradley, Mike Brown, Lynn Hanley, Anna Henly, Nicola Dudley, Liz Sim, Fiona O'Hanlon, Richard Foxley, Lisa Ellerbrock, Liz Richardson, Sarah Bryson, Tony Rose.

Apologies: Howard Glynn, David Forrester, James Gibson, Callum Hendry, Jim McGoldrick.

Minutes of last year's AGM

The minutes of last year's AGM (held Monday 7 November 2011) were agreed.

President's Address

Kirsten Sinclair, Club President, highlighted the achievements of the club and its athletes during 2012:

Congratulations to Keira Murray who won gold in her age group the European Triathlon Championships. Also to Scott Balfour who had won bronze in his age group in the World Ironman Championships in Hawaii.

In the Edinburgh Triathletes club championships, congratulations were given to the club champions. The results were:

The achievements of everyone in the club were recognised: from sprint distance to double-ironman. In addition, many club members had taken part in their first triathlons this year: very well done to them.

	<u>Male</u>	<u>Female</u>
1 st	Gavin Calder	Liz Richardson
2 nd	Mike Allan	Keira Murray
3 rd	Phil Parr-Burman	Francesca Osowska

Kirsten thanked everyone: those attending training; those racing; members who'd helped at races; supporters; and everyone who had contributed to the sport of triathlon.

In the TriathlonScotland championships, Edinburgh Triathletes had finished ninth, a disappointing result by recent standards. Kirsten urged members to participate in as many ranking races as possible next season.

In terms of the training sessions, the notable addition this year was swimming at the Commonwealth Pool and this had been well attended. However, the cost of maintaining five swim sessions per week would need further consideration.

An autumn training weekend had been held in Aberfeldy. Although the attendance had not been as good as anticipated, it was a well-coached and enjoyable weekend.

A particular thanks to all the coaches who supported the club, not just for attending sessions, but also their work behind the scenes in planning the programme for season. In addition, Richard Foxley has been asked by TriathlonScotland to be part of their coaching team for the development squad. Richard has also been involved with British Cycling coaching and with the University of Edinburgh's performance swimming programme.

Edinburgh Triathletes had yet again held highly successful races. Thanks to David Harrison for a superb Gullane Beach Triathlon, Greg McDowall for organising another excellent children's aquathlon and Mandy Whittaker for organising another popular women only triathlon. Thanks too to all those on race committees and those who marshalled at the events.

Liz Richardson, social convenor, had organised a number of brilliant social activities, including club barbecue, skittles night and was in the process of organising the Christmas night out. Many thanks to Liz.

As Kirsten was stepping down as Club President after the AGM, the committee proposed a vote of thanks to Kirsten. In addition, all committee members, both current and retiring were thanked for all their work for the club.

Kirsten closed by wishing everyone a good 2013 season.

Membership report

Andrew McMenigall, membership secretary, reported that there were 129 members in 2012 so far compared to 133 for the whole 2011. This could be disaggregated as follows:

47 females and 82 males;

36 bronze members, 42 silver members and 52 gold members;

45 new members; 30 who had been members between 1 and 2 years; 21 between 3 and 5 years; and 33 for more than 5 years;

Oldest member is 78 and the youngest is 18.

In order to keep membership costs low, it was again proposed that the new member packs would be low cost.

Andrew also noted that after four years of being membership secretary, he would be stepping down.

Treasurer's Report (including setting of fees)

Greg McDowall, club treasurer, presented the club accounts (will be placed on club website). The following points were noted:

The club had made a loss (not the first, but the first for a number of years).

Key cost items were swimming fees and the cost of storage (needed for bulky items of race equipment).

The Gullane and women only races had made healthy profits. The children's aquathlon also made a small profit.

There was discussion about the number of swimming sessions given that these were a major contributor to the costs. It was noted that the committee would keep these under review and there would be the possibility of moving from five sessions per week to four. The message to members was "use them or lose them". Members thought that the Stewart Melville session was too late (20:45 start) but it was understood that Stewart Melville would not agree to an earlier session. It was also felt that moving the early morning sessions to Warrender from Leith Victoria would improve attendance.

Greg recommended that the fees in 2013 should remain at 2012's level, i.e. £100 for gold, £65 for silver and £25 for bronze membership. The membership endorsed this decision. This would be the fourth year in a row that fees would be held at the same level.

Race reports

David Harrison, Gullane race director for the first year, gave an overview of the Gullane 2012 race. David thanked the race committee and marshals, and in particular Jim McGoldrick for his management of the run course. David noted that next year the race would be held on 14 September 2013 because of The Open.

Greg McDowall, aquathlon director, thanked all those who had supported this race.

Mandy Whittaker, women-only race director, thanked her committee and all those who had volunteered to help. Mandy would be standing down as the women only race director this year and would be looking for someone to replace her in due course.

John Whittaker was reinstating the New Year's Day Triathlon on 1 January 2013. In order to ensure a profit for the club, the race had to sell out (450 places) by 17 December 2012. Race cost was £50. Members were urged to spread the word to ensure that the race was a success. John would also be looking for marshals.

The Tri Centre were thanked for their support of Edinburgh Triathletes' races.

Election of Office Bearers

The new Committee was elected as below.

On behalf of the committee, the new President, Gavin Calder, welcomed the new committee members, Mike Brown and Tony Rose, and thanked those standing down: Kirsten Sinclair, Clare Halpenny, Mandy Whittaker and Steve Law.

Approval of New Club Constitution

The constitution was approved with the addition of webmaster to the committee posts.

Findings of Club Survey

Phil Parr-Burman set out the findings of the club survey. In general, this showed that:

People generally happy with what the club offered;

Members generally intended to attend more sessions than they did;

Swim sessions were the most popular of the sessions that were offered;

There was some support for a re-introduction of a track (running) session;

There was also support for some additional social activities;

Having a generally too busy life was the main reason cited for not attending training or social sessions.

In discussion, the following points were made:

Communication could improve, not all members were aware of the sessions. On this note, it was suggested that all members should be automatically subscribed to the yahoo group.

It was noted that the website was in need of an update and the webmaster confirmed that this was being done.

It was requested that Tribull moved to the open area of the site.

President	Gavin Calder
Vice-president	Andrew McMenigall
Secretary	Francesca Osowska
Membership Secretary	Mike Brown
Treasurer	Greg McDowall
Welfare officer (optional attendee at committee meetings)	Andrew McMenigall
Club events coordinator	John Whittaker
Coaching coordinator	Tony Rose
Communications coordinator (includes Tribull editor)	Dan Bradley
Webmaster	Richard Kirby
Equipment coordinator (optional attendee at committee meetings)	Phil Parr-Burman
Club kit organiser (optional attendee at committee meetings)	Phil Parr-Burman
Social convenor	Liz Richardson

There was a request for more information on cycling, including deals for buying a bike.

There were suggestions on how to ensure more people attended the Saturday cycling.

It was suggested that there were specific target races for new members and that training plans were tailored to the Edinburgh Triathletes club championship races.

It was agreed that the new Committee would consider all of these points.

AOB

Liz Richardson gave an update on the Christmas festivities planned for 15 December which were:

Swim gala at Dalkeith on afternoon of 15 December;

Christmas meal at Pizza Express, Holyrood Road, on the evening of 15 December.

Close

The Club President closed the meeting and thanked all for their participation and attendance.

Club Constitution

EDINBURGH TRIATHLETES: CONSTITUTION

Name

The club will be called Edinburgh Triathletes and will be affiliated to triathlonscotland: The National Governing Body for Triathlon in Scotland.

Aims and objectives

The aims and objectives of the club will be:

To offer coaching and competitive racing opportunities in triathlon, duathlon and aquathlon;

To promote the club within the local community and triathlon community;

To ensure a duty of care to all members of the club;

To provide all its services in a way that is fair to everyone and in line with our equity policy and that of triathlonscotland;

To ensure that all present and future members receive fair and equal treatment.

Membership

Membership should consist of officers and members of the club all of whom are individually affiliated members.

All members will be subject to the regulations of the constitution and by joining the club will be deemed to accept these regulations and codes of conduct that the club has adopted.

Members will be enrolled in one of the following categories:

Gold member (unlimited coached swim sessions);

Silver member (one weekly coached swim);

Bronze member (non swimming membership).

The club will actively promote individual membership to triathlonscotland and will work with the Governing Body to grow the sport in Scotland.

Edinburgh Triathletes does not have a junior section.

Membership fees

Membership fees will be set annually. These will be recommended by the committee and determined at the Annual General Meeting (AGM). Fees will be paid annually.

Club Committee

The Management of the club shall be vested in a committee that shall consist of:

President;

Vice-president;

Secretary;

Treasurer;

Membership secretary

Welfare officer (optional attendee at committee meetings);

Coaching coordinator;

Club events coordinator;

Communications coordinator (includes Tribull editor);

Webmaster

Social convenor;

Equipment coordinator (optional attendee at committee meetings);

Club kit organiser (optional attendee at committee meetings).

Descriptions of each of these roles are attached as an appendix and appear in the members' handbook.

The Committee shall have power to fill vacancies in its number should they occur, or to co-opt members on to the Committee. Subject to this provision, Officials and members shall be elected at the AGM.

The Committee shall have power to set up sub-committees to consider any matter(s) relating to the Club's business, as it considers fit. These will include committees for race organisation and for the coaching team.

Each sub-committee shall have a member of the committee as a member.

Recommendations or decisions made by any sub-committee must be ratified by the Committee before they become competent.

Any Committee member wishing to resign shall give notice in writing to the Secretary.

All officers will retire each year but will be eligible for re-appointment

The club will be managed through the Committee consisting of the posts listed above (with the exception of the equipment coordinator and club kit organiser). Only these posts will have the right to vote at meetings of the Committee.

The Committee will be convened by the Secretary of the club and held at least five times per year.

The quorum required for business to be agreed at Committee.

Committee meetings will be held at least five times per year. Coaches' meetings will be held at least four times per year.

The Committee will be responsible for adopting new policies, codes of conduct and rules that affect the organisation of the club.

The Committee will be responsible for disciplinary hearings of members who infringe the club rules/regulations/constitution. The Committee will be responsible for taking any action of suspension or discipline following such hearings.

Finance

All club monies will be banked in an account held in the name of the club.

The Club Treasurer will be responsible for the finances of the club.

The financial year of the club will end within a month of the holding of the AGM.

The Treasurer will present a statement of annual accounts at the AGM.

Any cheques drawn against club funds should hold the signature of the Treasurer.

The income and property of the club will be applied solely towards the promotion of the club's aims and objectives.

Annual general meetings

The Secretary will give notice of the AGM not less than 21 clear days' notice will be given to all members via e-mail.

The AGM will receive a report from officers of the Committee and a statement of the audited accounts.

Nominations for officers of the Committee will be sent to the Secretary prior to the AGM.

Elections of officers are to take place at the AGM.

All members have the right to vote at the AGM.

The quorum for AGMs will be 15% of the membership.

The Committee has the right to call Extraordinary General Meetings (EGMs) outside the

AGM. Procedures for EGMs will be the same as for the AGM.

Discipline and appeals

All complaints regarding the behaviour of members should be submitted in writing to the Secretary.

The sub-committee including the president, vice president and one other committee member will meet to hear complaints within 28 days of a complaint being lodged. The committee has the power to take appropriate disciplinary action including the termination of membership.

The outcome of a disciplinary hearing should be notified in writing to the person who lodged the complaint and the member against whom the complaint was made within four days of the hearing.

There will be the right of appeal to the full Committee following disciplinary action being announced. The committee should consider the appeal within 14 days of the Secretary receiving the appeal.

Dissolution

A resolution to dissolve the club can only be passed at an AGM or EGM through a majority vote of the membership.

In the event of dissolution, any assets of the club that remain will become the property of triath-

lonscotland or another club with similar aims and objectives to those of Edinburgh Triathletes.

Amendments to the constitution

The constitution will only be changed through agreement by majority vote at an AGM or EGM.

Declaration

Edinburgh Triathletes hereby adopts and accepts this constitution as a current operating guide regulating the actions of members.

SIGNED:

DATE:

NAME:

POSITION: President

SIGNED: DATE: 13 NOVEMBER 2012

NAME: FRANCESCA OSOWSKA

POSITION: Secretary

Annex to the Club Consitution

COMMITTEE ROLES

Represent the Club as required with external agencies, e.g. triathlonscotland.

Vice President

Assist the President in all of the above and deputise as required. Members elected to the committee at the AGM will deal with the affairs of the club. All committee posts will be confirmed by a vote at the AGM. The following posts will form the Club Committee, and shall carry the following responsibilities:

President

To set the strategy and direction for the Club.

Coordinate the production of the annual plan.

Direct other Committee members in their roles.

Chair all formal Club meetings.

In the normal course of events the Vice-President would succeed the President at the end of their term of office.

Secretary

Notify members of formal meetings, including the AGM and any EGMs.

Produce the agenda, take minutes and circulate these as required, for the above and Committee meetings.

Maintain any agreed Action Grids.

Receive and circulate information as required from outside agencies, e.g., triathlonscotland and *ad hoc* enquiries.

Treasurer

Maintain the accounts of the Club and report on these to the formal meetings of the Club as required.

Arrange for the auditing of accounts for presentation at the A.G.M.

Receive and make payments as required.

Contribute to strategy development through forecasting revenue and expenditure.

To monitor profitable and loss making activities and provide information on these to the Committee.

Membership Secretary

Responsible for activities related to persons

joining the Club, providing them with membership cards and packs.

Updating the Committee on membership information.

Sending renewal reminders etc.

Welfare Officer (optional attendee at committee meetings)

Ensuring that relevant Club members (e.g. coaches, event organisers and volunteers) understand what they have to do with regard to child and vulnerable adult welfare, in the context of the Club's activities.

Attending relevant training.

Being a member of a triathlonscotland welfare e-group to keep up-to-date and provide feedback to triathlonscotland.

Encouraging good practice.

Making and maintaining contact with other relevant agencies.

Coaching Coordinator

Contribute to the formulation of Club strategy, and from this formulate an annual coaching plan in conjunction with the Club's coaches via bi-monthly meetings

Liaise with coaches to establish an appropriate rota of coaches and cycle leaders for duties.

Encourage the development of coaches, by having development plans (not necessarily specific to individuals) and encouraging coaching training and progression to higher levels.

To organise structured training weekends and events.

Club events coordinator

Contribute to the formulation of Club strategy, and from this formulate an annual plan for competitive closed to Club and open events.

Liaise closely with the Coaching Coordinator to coordinate the development of closed to club events.

Liaise closely with the Race Directors of open events and receive updating reports from them pre and post events.

Arrange timekeeper rotas etc. for club events

(such as Silverknowes time trial).

Communications Coordinator

Producing Tribull.

Promoting the Club through other internal and external communications as required.

Webmaster

Maintaining and developing the Club's website.

Social Convenor

Arrange social activities informed by views of membership.

Arrange Christmas night out.

Equipment coordinator (optional attendee at committee meetings)

Inventorising Club equipment.

Reviewing the requirements for further equipment as demand and resources permit.

Review the serviceability of equipment and make proposals for replacing damaged or obsolete equipment.

Liaising with those who physically store equipment.

Club kit organiser (optional attendee at committee meetings)

Ensure stock of club training and racing kit in club colours.

Maintain inventory of kit.

Sell kit to club members and maintain appropriate records.

Ensure value for money from kit suppliers.

The President may co-opt other members to join the committee as they see fit, or to attend committee meetings. The committee will meet at least five times a year and minutes of the meetings will be maintained, with summary information distributed at regular intervals to members.

ET Swim Gala 2012

Phil Parr-Burman



The annual gala was held on the 15th and was fought over by 8 boys and 4 girls. There's not enough space for all the results, but I must mention the relays. There were 3 squads: Chicks, Guys and Dudes over a gruelling 5 races. With the last race to go it looked odds on for the Dudes who had a clear 7 point lead, and 9 points clear of the Chicks, but with the last race (the T shirt event) counting double it all suddenly changed. The Guys lost 2 points with a faulty change, the Dudes lost 4 points for stretching Scott's T shirt and the Chicks, with some particularly elegant T shirt changing, picked up an extra 6 points making them the Relay Champions.

So for the official swim championship:

Boys: 1st Gavin Calder; 2nd David Forrester; 3rd Neil Chisholm; 4th Andrew McMenigall; 5th Steve Law; 6th Paul Lynch; 7th Al Stanton; 8th Mike Brown

Girls: 1st Keira Murray, 2nd Laura Forrester; 3rd Liz Richardson; 4th Nicola Dudley.

Special thanks to Scott for being our compere and to Kirsten, Liz Sim, Family Stanton for time-keeping.

You Gotta Do This

Scott Balfour



Determination brings the strength to continue, the steadiness to succeed, and the wisdom to slip past difficulties undisturbed." Ayeh! Right! I should have read that 15 years ago.....

I have a postcard on the wall. It was sent to me by two lovely ladies who went on a round world trip before they settled down. Celina and Cathy returned and would later marry two of the founders of ET, Duncan and Derek. On their travels they had stopped off in Hawaii and were volunteers at the Ironman World Championships in Hawaii. They sent me a picture of the swim start in Kona – the sea foaming as the triathletes head off on their big day in paradise! The words on the postcard :“YOU GOTTA DO THIS”

I plotted and planned and trained. In 1997 full of confidence I headed over to Roth in Germany in the camper to try and qualify. Years earlier one could just pay yer money and roll up. But now the event was proving attractive and was over subscribed. There were no Ironman events in the UK so you had to travel. A long journey got us to southern Germany. Weather was nice. It was hot and long and tiring and I was fifth. The world ironman record had been broken . My time still remains as my best time. But my wife Cathy and two of the daughters Kirsty and Rachel “banned” me from ever doing another as “I was in such a state” afterwards.....Anyway the family came to the big hall with all the folk wanting to go to Hawaii and we lined up in the queue. I was relieved really when I did not get a slot in the roll-down.....

The years rolled by, and on 1/1/2000 I made a resolution. I went back to fell running....In 2001 Ironman put on their first event in Wales – a half Ironman :0) Perhaps a chance to live that dream? I had a good race, got the runs on the run, and was 2nd by 4mins. In 2002 Whittaker led a motley crew of ET to support the big entry from the club in Llanberis, still a halfIM. Perfect run from me up the pass and return – however despite

training specifically for this, I got severe ham cramp as soon as I started the descent. Limped. Bang. Stopped to watch the world cruise by but then managed to hobble and eventually run again. Second again I thought- but why were all the ET smiling? I had done it – off to Hawaii 2003. And Jen Lang qualified too.

And so it came to pass that I was there, in the pacific ,clear blue sea with tropical fish swimming below – I had made it. I was gonna do it – I was ready, well prepared and the fittest I had ever been in my life. The cannon boomed and I was part of that iconic scene that I had looked at above my desk. Competent swim. But I could not handle the heat – the wind and the sun burned the moisture out, severe cramps in legs and lower back. Pulled off the bike unable to move in T2 – limped to change and the threat of “if he’s still here in 5minutes, the medical tent!” I had to walk the first mile with an icepack on my back and then decided to try running and did a 3:45 marathon to get up to tenth In the world in the age group.

The years rolled by and I qualified and di the Champs in 2004,2005, 2007,2008,2009,2010. Although first brit in AG 2011, I did not get MY slot. But somehow I got my act together and prepared for Hawaii 2012 by doing the Celtman – best event I’ve ever done. All the better as eldest daughter Gail was my minder on the mountain and wife Cathy support driver. And it made me do a long bike! This helped me have a reasonable bike and to run my way past the AG leader at Bolton, and qualify for Kona for #8.



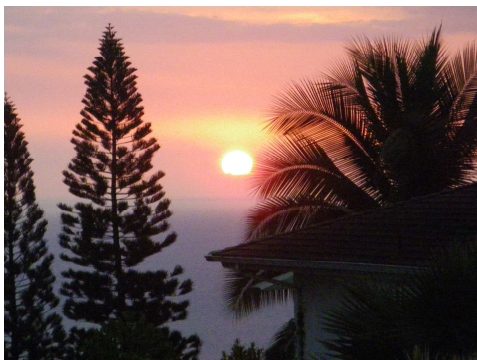
As I treaded water at the pier in Kona, I was grateful and felt blessed to have had this chance – could I manage the course without all the problems encountered in previous years. I had decided not to use my wristwatch and just go by feel , using the speedo on bike to ensure I never went too fast! For the first time ever I got past the cemetery at mile 100 without cramping up – wow would it happen later. I was smiling when I got to T2 – first time ever without being reduced to rolling.... In the run I just kept backing off and had one of my slower ironmen marathons, walking the aid stations as always, and plodded on. I finished third, 9 secs behind the second guy in AG – if only I had known he was there! But my first competent race in paradise and on the podium – got my Umeke – a water container carved from hardwood – like our quaiqh an honourable prize and one worth waiting for. Water being necessary for all life.



Will I do any more ironmen – I have done 19 which seems somewhat unfinished. My friends in Hawaii were so proud and pleased – they insist I qualify again! I have many other things on my bucket list! And having three grandchildren is a lot of fun :0) But New Years Day Triathlon looms to herald in 2013. And a kids duathlon to organise.



Two famous folk and me! Fireman does the run in complete fire uniform and wearing helmet! Scott Rigsby was first ever double amputee to complete Hawaii



Bike Boxes for Hire

Phil Parr-Burman



If you fly with your bike you need something to protect it. A number of places, including the Tri Centre will hire out bike boxes, but the deal is not as good as you get with ET.

Its £25 for a rental, which can be up to two weeks.

For that you get to use an Evoc bike box/bag hybrid. We have a blue one, like this, and a



black one, like this.



I've used a rigid type before and I've seen how some baggage handlers deal with them. I think that your bike is actually safer in this type of bag, that doesn't get thrown around, and does get kept upright in the plane.

And your bike is well and truly cossetted in any case.



There are rigidising poles at key points, the frame is securely velcroed in place with a block under the bottom bracket and excellent protection for the wheels as well.



Bookings currently being taken for 2013—just email me—phil.pb1960@gmail.com.



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Looking for coaching advice?

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