



TRIATHLON
SCOTLAND

2017-2018
ANNUAL REPORT

WHAT'S INSIDE...

Featured articles



SOCIAL GROWTH



OUR NATIONAL CHAMPIONSHIPS



WELLBEING FOR ALL



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INTRODUCTION

Another fantastic year in triathlon

Welcome to our 2017 – 2018 Annual Report. This year we are aligning our annual report so that in the future it covers our triathlon season rather than the previous year. It is a slightly longer addition as a result but hopefully you will enjoy reading about what we have been up to.

It's not just been a fantastic year for Triathlon but this report also brings us to the end of our four-year Commonwealth Games funding cycle. It seems like no time at all since we looked forward to Rio 2016 and Gold Coast 2018 and of course all of our other activities to grow the sport, as we embarked on our journey post Glasgow 2014.

We are so proud of the strides we have made and the achievements and highlights that have taken place over the last four years. To highlight just a few; our membership has increased by

36%, we have increased the number of coaches we have in our workforce by 80%, we have enjoyed launching GO



Triathlon's first ever Commonwealth Games medal was won in spectacular fashion by Marc Austin, beating both Brownlees whilst doing so!



TRI in Scotland and reaching out to a whole new audience of people beginning their triathlon journey.

Commonwealth Games 2018 provided an early season opener with the first Team Scotland medal and triathlon's first ever Commonwealth Games medal being won in spectacular fashion by Marc Austin, beating both Brownlees whilst doing so! It certainly paved the way for a successful season for many of our young athletes at various levels of the pathway with notable podium success at both National and International levels.

Our ongoing partnership with the University of Stirling has this year culminated in the successful creation of a full time performance coach working closely with Triathlon Scotland to provide a high quality performance Centre that supports our future performance triathletes. We are delighted that our Apprentice Coach Andrew Woodroffe has secured this position and will start with the University in January 2019.

As ever, staff are key to our success but inevitably, having gained a great

experience with ourselves move on to pastures new. Bex Milnes, Lead Performance Coach moved to work with the British Paratriathlon programme in Loughborough earlier in the year and whilst we were sad to see her go she continues to work with our programme and some of our athletes.



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2017 VIDEO**

We were delighted to bring on board Craigie-Lee Paterson in 2017 as part of our European Championships legacy funding to develop participation activity in the lead up to our largest GO TRI beginners event to date, TRI in the Park, part of the 2018 European Championships. We are hopeful that

by securing other external funding we can continue the work she has started and look forward to Tri in the Park becoming an annual fixture.

Moreover, we did not just see the best of the European Elite compete in sunny Strathclyde Park once again, but alongside we provided our vibrant age group community the opportunity to strive for European titles as they raced over the finish line on the iconic blue carpet. Read all about the European Championships in our review to follow.

Morven Bruce also joined the team in 2017 and has provided much needed support to the development of our Technical and Moto officials and volunteers, helping us achieve our overall 4 year target. We were also delighted to second Morven to the European Championships to support delivery of all of the events, a fantastic opportunity to learn skills in international event delivery.

Much work was put into reviewing



#becausewelovetriathlon



Jane Moncrieff
Chief Executive Officer

> our child protection and wellbeing practices and policies over 2017-18 and we are delighted to have launched our refreshed webpage which provides our clubs, volunteers, coaches, parents and children with the resources they require to ensure that we have a sport that is safe for everyone to enjoy and take part in. Thanks to Calum Reid for managing this launch and to Lindsey Booth for her support.

The summer was as hectic as ever with a varied and busy calendar with events providing opportunities for a wide variety of members, participants and those discovering the sport for the first time.

Ironman 70.3 Edinburgh had its inaugural event in 2017 where athletes were put through their paces on a tough shortened swim and a windy challenging bike but many smiling faces crossed the finish line. 2018 saw a calmer day with a full 70.3 race taking place. Alongside, the event introduced IRONKIDS and around 1000 children had the opportunity to participate in a short fun run in East and Mid Lothian and Edinburgh providing a family element to the whole event.

It was another first for Triathlon as our sport was included in the UK School games at Loughborough in August this year. The School Games, supported by National Lottery funding from Sport England and delivered by the Youth Sport Trust, is a major multi-sport event for the most talented young athletes across the UK. Our Scottish team of 5 performed really well and all came back having had a great experience and a number of solid results. School Games will be a bi-annual event so we look forward to its return in 2020.

Welcoming people with a disability to triathlon is important to us and a partnership with Grampian Disability sport led to a Tea, Talk and Tri event where a number of plucky youngsters took part in a short fun triathlon at Aberdeen sports village. Thanks to funding from the Get Out Get Active programme and our own CashBack for Facilities funding, we provided adapted bikes, tandems, and scooters, which ensured everyone could give the sport a go.



A massive than you to all our members, clubs, coaches, volunteers, athletes and parents who make triathlon such a great sport ... the future is very bright!



Skills school took place last year with sessions for 11-15 year olds across Scotland. After two years of delivering skills school thanks to Awards for All lottery funding, it was time to review it. Whilst the aim of the programme will stay the same (to offer a fun, creative and inspiring skill-learning process at the centre of

young triathlete development) delivery will change slightly based on the feedback we received from participants and parents. We are delighted to announce a new sponsorship with MPH Ltd and Knockburn Sporting Loch who have very kindly agreed to support skills school for the next two years.

As the season draws to a close what better way to finish the season than to witness David McNamee break his own record from last year as he came across the line again in 3rd place and the 3rd fastest man at Kona ever! What a great moment for him and a proud moment for Scotland once again!

So it's upwards and onwards as we look to our next four years and what our vision and aspirations are for the sport in Scotland. We have included a summary in this review and welcome any comments and feedback you might have.

In the meantime thanks to **sportscotland**, our sponsors and partners for their invaluable support which without them we could not have achieved what we have.

A massive than you to all our members, clubs, coaches, volunteers, athletes and parents who make triathlon such a great sport. We look forward to our next four-year journey and feel sure the future is very bright!

Thank you for reading this and enjoy the 'off' season!

Jane Moneriet

Chief Executive Officer



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**WATCH OUR
2018 VIDEO**



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CLUB OF THE YEAR

M3 Monifieth Triathlon Club

Our 2017 Club of the Year formed in 2010 and has steadily grown from a small group of 'would be triathletes' to a busy and diverse club that caters for all abilities and hosts an award-winning event!



At the heart of much of what the club does are partnerships, and they enjoy working with local groups and businesses to help support and develop an active community. In 2017, M3 worked with a local gym to organise a sell out Tri-a-Tri event, which not only got people moving, but also benefitted a local housing charity, gaining local press coverage for the club along the way.

Working with the same gym, the club was then able to offer gym members, as well as club members access to triathlon specific indoor cycle sessions, and by engaging a local junior league football team, the club has also been able to add a weekly coached gym session to its offering.

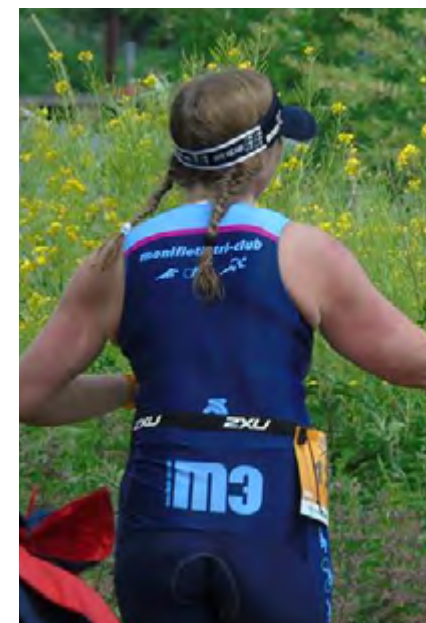
The club's keynote event, the M3 Sprint Triathlon, is both a friendly introduction to open water swimming, and Scottish National Championship. This is testament to

the small team of club members who pull together to organise, marshal, cheer, BBQ and bake!

Partnerships again play a key role, with no less than ten organisations involved in the event, which has won both Triathlon Scotland awards 'Most Enjoyable' and 'Event of the Year', in recent years. The club are proud to have plans to develop the event in 2018 to include a mixed team relay event, and a TriStars closed road open water event creating a fantastic new festival for all in the sport to enjoy.

The club, with their distinctive navy and pink kit and an active membership can be seen proudly at events all over the country and further afield. A number of club members qualified for and competed with the Great Britain Age Group team, but it is more common to find experienced members on the finish straight cheering on novices to the finish of their first race!

M3 Monifieth Triathlon Club:
M3 worked with a local gym to organise a sell out Tri-a-Tri event.





m3



CLUB OF THE YEAR: M3 Monifieth Triathlon Club

CLUB COMMITTEE MEMBERS

Club President.....	David Stewart
Secretary.....	Steven Robbie
Treasurer.....	Eric Blyth
Welfare.....	Kathy Robertson
Events.....	Mark Hopkins
Coaching.....	Kenneth Ramsay
Communication.....	Lewis Bruce

ONLINE / SOCIAL MEDIA

Facebook Group: Search 'M3 – Monifieth Triathlon Club'

contactM3tri@gmail.com

Visit the Club Website



TRIATHLON
SCOTLAND



2017 HALL OF FAME

Age Group

JANE ASKEY (75-79)

- 1st - 2017 Dusseldorf ETU Sprint Distance Triathlon European Championships
- 3rd - 2017 Rotterdam ITU Sprint Distance Triathlon World Championships (Draft Legal)

KATIE BAIN (20-24)

- 2nd - 2017 Penticton ITU Standard Distance Duathlon Championships

HELEN BATESON (35-39)

- 2nd - 2017 Sankt Wendel Powerman Long Distance Duathlon European Championships

GEORGE BURNS (55-59)

- 3rd - 2017 Almere-Amsterdam ETU Challenge Long Distance Triathlon European Championships

CRAIG DALE (30-34)

- 1st - 2017 Rotterdam ITU Sprint Distance Triathlon World Championships (Draft Legal)
- 1st - 2017 Dusseldorf ETU Sprint Distance Triathlon European Championships

FIONA GIBSON (20-24)

- 2nd - 2017 Rotterdam ITU Sprint Distance Triathlon World Championships (Draft Legal)

ALICE JENKINS (25-29)

- 1st - 2017 Herning ETU Challenge Middle Distance Triathlon European Championships

JOYCE MARK (55-59)

- 1st - 2017 Dusseldorf ETU Sprint Distance Triathlon European Championships

BRIAN McLELLAN (35-39)

- 3rd - 2017 Soria ETU Standard Distance Duathlon European Championships

Continued on Page 18





2017 HALL OF FAME

Age Group

JAMES ODENDAAL (16-19)

2nd - 2017 Kitzbuhel ETU Standard Dis

SELWYN PARKER (75-79)

2nd - 2017 Kitzbuhel ETU Standard Distance Triathlon European Championships

3rd - 2017 Rotterdam ITU Standard Distance Triathlon World Championships

PENNY ROTHER (55-59)

2nd - 2017 Rotterdam ITU Sprint Distance Triathlon World Championships (Draft Legal)

URSULA RYDER (55-59)

3rd - 2017 Bratislava ETU Aquathlon European Championships

KIRSTI SHARRATT (45-49)

2nd - 2017 Sankt Wendel Powerman Long Distance Duathlon European Championships

DAVE SMITH (50-54)

3rd - 2017 Soria ETU Standard Distance Duathlon European Championships

MANDY STEWART (30-34)

3rd - 2017 Soria ETU Sprint Distance Duathlon European Championships

DOUGLAS WOOD (70-74)

3rd - 2017 Bratislava ETU Aquathlon European Championships

EILIDH YATES (30-34)

2nd - 2017 Sankt Wendel Powerman Long Distance Duathlon European Championships

2018 Hall of Fame entries - Page 22



TRIATHLON
SCOTLAND



2018 HALL OF FAME

Age Group

IAN ANDERSON (50-54)

2nd - 2018 Etna ETU Winter Triathlon European Championships

JANE ASKEY (75-79)

2nd - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

DAVID AUCHIE (55-59)

3rd - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

ALAN BREMNER (55-59)

2nd - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

JOANNE CLARK (40-44)

3rd - 2018 Vejle ETU Powerman Middle Distance Duathlon European Championships

DEBORAH DICKINSON (35-39)

3rd - 2018 Madrid ETU Long Distance Triathlon European Championships

BROOKE GILLIES (20-24)

2nd - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

KEIRA GORE (30-34)

2nd - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

TOM GRAHAM-MARR (16-19)

1st - 2018 Ibiza ETU Aquathlon European Championships

ROSEMARY HADDOCK (30-34)

1st - 2018 Ibiza ETU Middle Distance Triathlon European Championships

ROBERT HARRISON (45-49)

2nd - 2018 Ibiza ETU Middle Distance Triathlon European Championships

JULIA HECTOR (65-69)

2nd - 2018 Fyn ITU Aquathlon World Championships

3rd - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

1st - 2018 Ibiza ETU Aquathlon European Championships

SANDY HOLL (16-19)

3rd - 2018 Fyn ITU Sprint Distance Duathlon World Championships (Draft Legal)

2nd - 2018 Ibiza ETU Sprint Distance Duathlon European Championships

Continued on Page 24





2018 HALL OF FAME

Age Group

DAVID HORNE (45-49)

1st - 2018 Ibiza ETU Sprint Distance Duathlon European Championships

FORBES JACKSON (16-19)

2nd - 2018 Tartu ETU Standard Distance Triathlon European Championships

JONATHAN JACKSON (16-19)

1st - 2018 Tartu ETU Standard Distance Triathlon European Championships

ARNOTT KIDD (80-84)

1st - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

SARAH LEAKEY (35-39)

1st - 2018 Madrid ETU Long Distance Triathlon European Championships

ALISON M^AC^KENZIE (30-34)

1st - 2018 Tartu ETU Standard Distance Triathlon European Championships

LARA M^AC^LEAN (45-49)

1st - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

SCOTT M^CDERMOTT (40-44)

1st - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

KIRSTY O'BRIEN (35-39)

2nd - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

LAURA OUDNEY (30-34)

2nd - 2018 Fyn ITU Standard Distance Duathlon World Championships

DAVID REEVES (35-39)

3rd - 2018 Ibiza ETU Aqua Bike European Championships

MIRIAM RENNET (55-59)

2nd - 2018 Ibiza ETU Aqua Bike European Championships

Continued on Page 26

2018 HALL OF FAME

Age Group

PENNY ROTHER (60-64)

- 1st - 2018 Gold Coast ITU Sprint Distance Triathlon World Championships (Draft legal)
- 1st - 2018 Tartu ETU Standard Distance Triathlon European Championships
- 2nd - 2018 Gold Coast ITU Standard Distance Triathlon World Championships
- 2nd - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

DAVE SMITH (50-54)

- 3rd - 2018 Ibiza ETU Standard Distance Duathlon European Championships

LEWIS STRACHAN (20-24)

- 3rd - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

JACQUI THOMSON (55-59)

- 3rd - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

RUBEN VILLALAIN (30-34)

- 3rd - 2018 Fyn ITU Cross Triathlon World Championships
- 3rd - 2018 Ibiza ETU Cross Triathlon European Championships

ERIC WARDLE (55-59)

- 3rd - 2018 Ibiza ETU Aquathlon European Championships

ALEXANDER GRAHAM WHYTE (60-64)

- 3rd - 2018 Glasgow ETU Sprint Distance Triathlon European Championships
- 3rd - 2018 Tartu ETU Standard Distance Triathlon European Championships

DOUGLAS WOOD (70-74)

- 2nd - 2018 Fyn ITU Aquathlon World Championships

SAMUEL WOODS (25-29)

- 2nd - 2018 Glasgow ETU Sprint Distance Triathlon European Championships

GRANT YOUNG (65-69)

- 1st - 2018 Ibiza ETU Aqua Bike European Championships





TRIATHLON
SCOTLAND



OUR 2017 CHAMPIONS

Our annual National Championship series runs from March to August and is a much loved part of the race calendar.

In 2017, in conjunction with host partners, we hosted nine championship events.



THE SCOTTISH NATIONAL DUATHLON CHAMPIONSHIPS

Hosted by Stirling Triathlon Club at the University of Stirling, Stirling (26/03/17)

Overall Male: GEORGE GOODWIN

Overall Female: ALICE JENKINS

THE SCOTTISH NATIONAL STUDENT TRIATHLON CHAMPIONSHIPS

Hosted by East Fife Triathlon Club at East Sands Leisure Centre, Cupar (09/04/17)

Overall Male: NICOLAS ALLEN

Overall Female: PHOEBE LLOYD-EVANS

THE SCOTTISH NATIONAL SCHOOLS AQUATHLON CHAMPIONSHIPS

Hosted by Triathlon Scotland and Beaconsfield School at the University of Stirling (21/04/17)

S1/S2 Male: DANIEL SAUNDERS (George Watsons College)

S1/S2 Female: ISLA BRITTON (Balfron High School)

S3/S4 Male: CALUM YOUNG (Williamwood High School)

S3/S4 Female: HEATHER BARNES (Mearns Castle High School)

S5/S6 Male: JOSH HENDRY (St Columba's School)

S5/S6 Female: IONA MILLER (St Columba's School)

Mixed Team Relay: ERSKINE STEWART'S MELVILLE SCHOOLS

THE SCOTTISH NATIONAL MIXED TEAM RELAY CHAMPIONSHIPS

Hosted by Dirty Events at Strathclyde Park, Hamilton (27/05/17)

Winners: FUSION TRIATHLON CLUB

THE SCOTTISH NATIONAL AQUATHLON CHAMPIONSHIPS

Hosted by Lomond Masters Swimming & Triathlon Club at Loch Lomond (29/05/17)

Overall Male: DOUGLAS ROBERTS

Overall Female: NATALIE MILNE

Continued on Page 32



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**MISSED ANY
OF THE
ACTION?**

CATCH UP [HERE](#)

OUR 2017 CHAMPIONS

(CONTINUED)



THE SCOTTISH NATIONAL YOUTH TRIATHLON CHAMPIONSHIPS

Hosted by Fusion Triathlon Club at Bellahouston Park, Glasgow

TriStar Start Male (8): HARRIS HOLMES

TriStar Start Female (8): GRACE POPPLEWELL

TriStar 1 Male (9-10): INNES MCDONALD

TriStar 1 Female (9-10): MIRREN STEWART

TriStar 2 Male (11-12): CAMERON MACMILLAN

TriStar 2 Female (11-12): MELISSA TURNBULL

TriStar 3 Male (13-14): DANIEL SAUNDERS

TriStar 3 Female (13-14): LILY JANE EVANS-HAGGERTY

Youth Male: ANDREW ROLLAND

Youth Female: KATE RICHARDSON

THE SCOTTISH NATIONAL SPRINT TRIATHLON CHAMPIONSHIPS

Hosted by Monifieth Triathlon Club at Monikie Country Park, Angus (09/07/17)

Overall Male: DOUGLAS ROBERTS

Overall Female: DEBBIE MOORE

THE SCOTTISH NATIONAL CROSS TRIATHLON CHAMPIONSHIPS

Hosted by Dirty Events at Badaguish Outdoor Centre, Aviemore (06/08/17)

Overall Male: FERGUS ROBERTS

Overall Female: CAROLINE WALLACE

THE SCOTTISH NATIONAL STANDARD TRIATHLON CHAMPIONSHIPS

Hosted by Fleet Feet Triathletes at Knockburn Loch (10/09/17)

Overall Male: DOUGLAS ROBERTS

Overall Female: DEBBIE MOORE



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TRIATHLON
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OUR 2018 CHAMPIONS

Our annual National Championship series runs from March to August and is a much loved part of the race calendar.

In 2017, in conjunction with host partners, we hosted nine championship events.



THE SCOTTISH NATIONAL DUATHLON CHAMPIONSHIPS

Hosted by Stirling Triathlon Club at the University of Stirling (25/03/18)

Overall Male: GEORGE GOODWIN

Overall Female: DEBBIE GREIG

THE SCOTTISH NATIONAL SCHOOLS AQUATHLON CHAMPIONSHIPS

Hosted by Triathlon Scotland and Beaconsfield School at the University of Stirling (20/04/18)

S1/S2 Male: STRUAN BENNET, Kinross High School

S1/S2 Female: ANYA MACLEAN, The High School of Glasgow

S3/S4 Male: JOE EWING, Erskine Stewart's Melville School

S3/S4 Female: CLARE WALLACE, Eastwood High School

S5/S6 Male: ANDREW ROLLAND, Erskine Stewart's Melville School

S5/S6 Female: SOPHIA GREEN, Beaconsfield School

Mixed Team Relay: BEACONSFIELD SCHOOL

THE SCOTTISH NATIONAL MIXED TEAM RELAY CHAMPIONSHIPS

Hosted by Monifieth Triathlon Club at Monikie Country Park (08/07/18)

Winners: MONIFIETH M3 TRIATHLON CLUB

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OUR 2018 CHAMPIONS

(CONTINUED)



THE SCOTTISH NATIONAL YOUTH TRIATHLON CHAMPIONSHIPS

- Hosted by Fusion Triathlon Club at Bellahouston Park (16/16/18)
- TriStar Start Male (8): RORY MACMILLAN (Stirling Triathlon Club)
- TriStar Start Female (8): FERRYIN STEWART (Grangemouth Triathlon Club)
- TriStar 1 Male (9-10): DEAN FEARN (Lathallan School)
- TriStar 1 Female (9-10): JOSCELYN KENNEDY (Clydesdale Colts)
- TriStar 2 Male (11-12): ALEX ROBIN (Fusion Triathlon Club)
- TriStar 2 Female (11-12): MELISSA TURNBULL (Fusion Triathlon Club)
- TriStar 3 Male (13-14): STRUAN BENNET (Unattached), 28:38
- TriStar 3 Female (13-14): ANNA HEDLEY (East Fife Triathlon Club)
- Youth Male: HAMISH ARMITT (G72 Tri)
- Youth Female: ISLA BRITTON (Fusion Triathlon Club)

THE SCOTTISH NATIONAL SPRINT TRIATHLON CHAMPIONSHIPS

- Hosted by Monifieth Triathlon Club at Monikie Country Park (08/07/18)
- Overall Male: FERGUS ROBERTS
- Overall Female: DEBBIE GREIG

THE SCOTTISH NATIONAL AQUATHLON CHAMPIONSHIPS

- Hosted by Lomond Masters Swimming & Triathlon Club at Loch Lomond (28/17/18)
- Overall Male: LUCA FANOTTOLI
- Overall Female: SOPHIA GREEN

THE SCOTTISH NATIONAL MIDDLE DISTANCE TRIATHLON CHAMPIONSHIPS

- Hosted by Triathlon Edinburgh Ltd at Kenmore (19/08/18)
- Overall Male: FRASER CARTMELL
- Overall Female: DEBBIE GREIG

THE SCOTTISH NATIONAL STANDARD TRIATHLON CHAMPIONSHIPS

- Hosted by Fleet Feet Triathletes at Knockburn Loch (09/09/18)
- Overall Male: FRASER CARTMELL
- Overall Female: KIRSTY O'BRIEN

THE SCOTTISH NATIONAL CROSS TRIATHLON CHAMPIONSHIPS

- Hosted by Dirty Events at Craggy Island [Kerrera] (06/10/18)
- Overall Male: FERGUS ROBERTS
- Overall Female: KIRSTY O'BRIEN



TRIATHLON
SCOTLAND



Alison Patrick - 2nd Place World Paratriathlon Championships 2018



GOLD COAST

2018 Commonwealth Games

Marc Austin secured his place in the history books as the first athlete to win a Triathlon medal for Scotland at a Commonwealth Games; and the nation's first of the Gold Coast 2018 after winning bronze in the Men's Individual event.

In April 2018 Grant Sheldon (14th in 2014) and Austin (22nd in 2014) were joined by Beth Potter, Erin Wallace, Karen Darke on the Gold Coast to represent Scotland in the XXI Commonwealth Games.

Potter, a previous Commonwealth Games participant in track athletics (5,000m and 10,000m at Glasgow 2014) was also making history by being the first Scottish athlete to compete in the Games in two sports (triathlon and the 10,000m event).

Potter with her strength in running made up a number of places to cross the line in the Women's Individual

triathlon race in 12th place. In doing so she took a second spot in the Team Scotland history books with the best women's result since Triathlon joined the Commonwealth Games programme in 2002, one place higher than Catriona Morrison recorded in 2002.

Grant Sheldon raced his way in the individual men's individual event to 17th position but it was Glasgow's Austin who won the hearts of a nation with his bronze medal winning performance, with two-time Olympic champion Alistair Brownlee finishing 10th, and brother Jonny coming home 7th.

Reflecting on his achievement, Marc said,

"In Glasgow I thought I was capable of this but quite quickly showed that I wasn't quite ready. The last four years have been rocky, but my preparation coming into here has been perfect and I'm glad that I've delivered."

"It's great to be a part of Scotland's medal roster and to get the first medal for us here at the Games. It's going to take a while to sink in. I knew I was capable of it, but you're always scared to think that – it's way beyond what I've done before but I knew I could do it."

In the mixed team relay, it was Erin Wallace's chance to compete for Scotland for the first time in Triathlon. Also an accomplished track athlete (Erin won Gold in the 1500m at the 2017 Commonwealth Youth Games), Beth, Marc, Erin and Grant were determined to place higher than 2014 where Scotland finished 7th. Sadly it wasn't to be, with Wales pipping Scotland to 6th place.

For the remarkable Karen Darke, competing in the PTWC (H1) event, it was a race of mixed emotions as she crossed the line in 4th position. Darke was pushed hard by



> Australian athletes Lauren Parker and Emily Tapp but just couldn't close the gap on 3rd place (Tapp). Unstoppable Karen however set off straight from the Gold Coast to hand bike down the route of Western Australia's Murray River thanks to BBC Radio 4 and the Royal Geographical Society's Journey of a Lifetime Award.

Jane Moncrieff, Triathlon Scotland Chief Executive said:

"It has to be said that we are very proud of all of our Gold Coast athletes, with three top ten results, including one bronze medal, we know our athletes gave their all and will take a lot of knowledge and experience forward from the experience as we head into the Birmingham 2022 cycle."



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WATCH

MARC AUSTIN WINS
COMMONWEALTH GAMES
BRONZE



It's great to be a part of Scotland's medal roster and to get the first medal for us here at the Games. It's going to take a while to sink in. I knew I was capable of it, but you're always scared to think that – it's way beyond what I've done before but I knew I could do it.



Marc Austin receiving Traithlon's first ever Commonwealth Games Bronze Medal (Gold Coast 2018)

TIMELINE TO SUCCESS

Marc Austin



Marc as a youngster

Selected onto the Triathlon Scotland Talent Squad (now called the Academy Squad) and in 2009 moved up to the Triathlon Scotland Development Squad (now the Confirmation Squad).

In June Marc competed internationally for Great Britain for the first time at the European Junior Championships in Pontevedra where he finished inside the top 15. In August he

Marc continued to gain international experience with two podiums at ETU Junior Cups, a 6th place at the European Junior Championships and then in New Zealand at the World Junior Championships. During the World Junior Championships Marc exited the swim top 10, and unfortunately punctured towards end of the bike which put paid to his hopes of challenging for a podium, in what we now see as a trademark of Marc. He didn't let this stop him and continued to finish 28th.

The winter of 2012 saw Marc looking at what other athletes were doing and this resulted in another step up in his training.



The year didn't start well with an overtraining injury that hampered training going into the season, however Marc feels he learnt a lot from this and started to understand better where he could push on in training and where to hold back to let niggles settle.

A big step up in racing took Marc to Yokohama to compete in his first WTS where he finished 45th. It was then that he realised he could race at World Senior level and it gave him confidence going into the rest of the season.

At the Glasgow 2014 Commonwealth Games he finished 22nd but it was his break with the Brownlees that defined Marc (up until 2018), demonstrating his determination and more importantly what he was capable of. Being part of



Marc winning U23 Silver

The season was disrupted by illness and injury but there was a Silver at the European U23 Championships and lots of learning around how to cope with and manage disruptions to training.

Marc also graduated from the University of Stirling with a degree in Maths having deferred in 2014 to focus on Glasgow 2014.

2005 - 2008

Selected to the Inter Regional Championships (IRC) team aged 11, having qualified at the Scottish Youth Championships (only his second triathlon, the first one was Stirling). Marc was regularly swimming with City of Glasgow swim club and running with Garscube Harriers Athletics Club (now Kelvin Runners). His first experience of racing for Scotland had him hooked. Selected again in 2006 and was non-travelling reserve in 2008.



Marc at the IRC

2009 2010

Marc finished in the top 10 at the British Youth Championships and was Scottish Triathlon Youth Champion. The winter of 2010 saw him commit fully to training for triathlon and was exposed to training with senior athletes (such as David McNamee) through Triathlon Scotland camps.

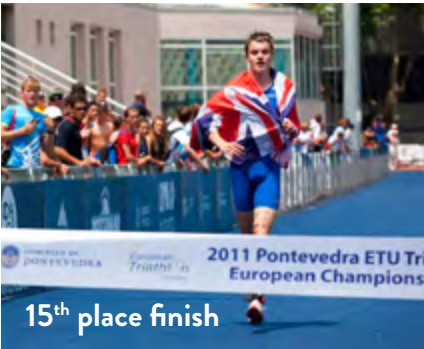


Squad picture

2011

was part of the Great Britain Youth Relay team who topped the podium in France. In September he travelled out to Beijing for the World Junior Championships where he finished 27th.

Marc then moved to Stirling to study Maths at the University of Stirling and be part of the Triathlon Scotland Performance Centre coached by Chris Volley and Blair Cartmell.



15th place finish

2012 2013

The year began well, with Bronze at the Australian Youth Olympic Festival, then in June it was off to Alanya for the European Junior Championships where Marc was on the podium in 3rd with Dorian Conix (FRA) in first. Marc then led the GB team home to 1st in the mixed relay.

Closer to home Marc finished the season with a 2nd place at World Juniors, which was his main focus for the year, a sprint finish with Conix and fellow Scot Grant Sheldon saw 4 seconds covering the podium. A great finish to his Junior career, he had however also had exposure to senior racing with 2 European Senior Cups and 1 World Cup start.

Marc also won three awards - Scotland's Young Sports Person of the Year, Scottish Triathlete and British Elite Junior Male of the Year.

2014

Team Scotland and the whole Glasgow 2014 experience really spurred him on and made him determined to be part of Gold Coast 2018.

A month later he was on the podium at the U23 World Championships in Edmonton taking Silver to round off his first season out of Juniors, a truly awesome season.



Glasgow 2014

2015 2016

Mechanicals, illness, crashes and a resultant injury meant for a frustrating year with any hopes for the Rio 2016 Olympics gone. Marc sat back and reevaluated what he was doing. He moved away from having a coach and decided to go self-coached. In making that decision, he felt it would make him be more accountable to himself.



Marc in action in 2017

2017 >>>

This was the first time Marc was able to race the WTS series with 5 starts. Getting regular starts proved invaluable and Marc learned a huge amount about how to race WTS events, including how to combine travel with preparing for racing. It also identified what he felt he needed to work on for 2018. Marc moved back to Glasgow and combined training groups while at home with time overseas on camps.



Marc with Borobi and his Commonwealth Games Bronze Medal

2018 >>>

Winter of 2017 and going into 2018 Marc simplified his training and focused on key areas of improvement, and having identified that his focus was improving his bike he fitted all his other training around his bike programme. This meant that he was not going into key bike sessions tired and had to hold back in run sessions to allow him to do this. Two months out from the 2018 Commonwealth Games he went back to a more balanced triathlon programme.

Before the Games, Marc travelled to Noosa for a two-week camp week camp supported by British Triathlon then he transitioned into the Team Scotland Camp on Sunshine Coast offering the final preparations in Gold Coast. This afforded Marc the focus he needed to deliver his best performance to date, concluding in a Commonwealth Games bronze medal.



KEY LEARNINGS

- Ask yourself what is the key area that is holding you back – focus on it, but accept you might need to do less of something else
- Learn to read and understand your own body. Not everyone can tolerate the same loads
- There will be blips on the way. It's how you cope and learn from them that matters
- It takes time to learn how to race each time you move up a level



PHOTO CREDIT: PA Images



SUPPORTED ATHELETES

Our National Performance Programme based at the Stirling High Performance Centre helps prepare promising triathletes for success at the highest levels.

During the 2017-2018 season we proudly supported the following athletes:

WORLD CLASS PODIUM-POTENTIAL

MARC AUSTIN

GRANT SHELDON

PARATRIATHLON

ALISON PATRICK

KAREN DARKE

DEVELOPMENT SQUAD

BETH POTTER
(Unattached)

CAMERON MAIN
(Moray Firth Triathlon Club)

IONA MILLER
(Fusion Triathlon Club)

CAMERON HARRIS
(Stirling Triathlon Club)

ERIN WALLACE
(Fusion Triathlon Club)

JULIE NIMMO
(Stirling Triathlon Club)

CONFIRMATION SQUAD

ANDREW ROLLAND
(Edinburgh #3)

JOSH HENDRY
(Fusion Triathlon Club)

SOPHIA GREEN
(Moray Firth Triathlon Club)

GUY EVANS-HAGGERTY
(Fusion Triathlon Club)

KATE GALLAGHER
(Stirling Triathlon Club)

LAURYN TURNBULL
(Fusion Triathlon Club)

ACADEMY SQUAD

BEN MACMILLAN
(Stirling Triathlon Club)

HAMISH ARMITT
(Fusion Triathlon Club)

LILY JANE
EVANS-HAGGERTY
(Fusion Triathlon Club)

CALUM BYRNE
(Fusion Triathlon Club)

HEATHER BARNES
(Unattached)

NEIL HEPBURN
(Edinburgh #3)

CALUM YOUNG
(Unattached)

ISLA BRITTON
(Fusion Triathlon Club)

REBECCA EGGELING
(Fleet Feet Triathletes)

CARRIE BANKS
(Stirling Triathlon Club)

JACK PATTON
(Fusion Triathlon Club)

SAM MACINNES
(Unattached)

CIARA ROULSTON
(Unattached)

JENNIFER MURRAY
(Unattached)

SARAH FYFFE
(Edinburgh #3)

CLARE WALLACE
(Fusion Triathlon Club)

KATE RICHARDSON
(Fusion Triathlon Club)

WILLIAM TAYLOR
(Borders Triathletes)

DANIEL SAUNDERS
(Unattached)

KYLE HOWIE
(Stirling Triathlon Club)

EMMA CALDER
(Fleet Feet Triathletes)

KYRA GIBB
(Stirling Triathlon Club)

Continued on Page 54



Our squads for 2018-2019:

WORLD CLASS PODIUM-POTENTIAL

MARC AUSTIN

GRANT SHELDON

PARATRIATHLON

ALISON PATRICK

DEVELOPMENT SQUAD

BETH POTTER
(Unattached)

CAMERON HARRIS
(Stirling Triathlon Club)

CAMERON MAIN
(Moray Firth Triathlon Club)

ERIN WALLACE
(Fusion Triathlon Club)

IONA MILLER
(Fusion Triathlon Club)

GUY EVANS-HAGGERTY
(Fusion Triathlon Club)

KATE GALLAGHER
(Stirling Triathlon Club)

SOPHIA GREEN
(Moray Firth Triathlon Club)

CONFIRMATION SQUAD

ANDREW ROLLAND
(Edinburgh #3)

CALUM YOUNG
(Unattached)

HAMISH ARMITT
(Fusion Triathlon Club)

KATE RICHARDSON
(Fusion Triathlon Club)

HEATHER BARNES
(Unattached)

ACADEMY SQUAD

ANNA HEDLEY
(East Fife Triathlon Club)

ANYA MACLEAN
(Fusion Triathlon Club)

CALLUM BYRNE
(Fusion Triathlon Club)

CALLUM MILLER
(Glasgow Triathlon Club)

CAMERON KERR
(Stirling Triathlon Club)

CARRIE BANKS
(Stirling Triathlon Club)

CIARA ROULSTON
(Unattached)

DANIEL SAUNDERS
(Unattached)

GREGORY McVICKER
(Unattached)

JACK PATTON
(Fusion Triathlon Club)

JESSICA TURNBULL
(Fusion Triathlon Club)

KYLE HOWIE
(Stirling Triathlon Club)

KYRA GIBB
(Stirling Triathlon Club)

LEWIS ANDERSON
(Project 3)

LILY-JANE
EVANS-HAGGERTY
(Project 3)

SAM GLASS
(Edinburgh #3)

STRUAN BENNET
(Unattached)

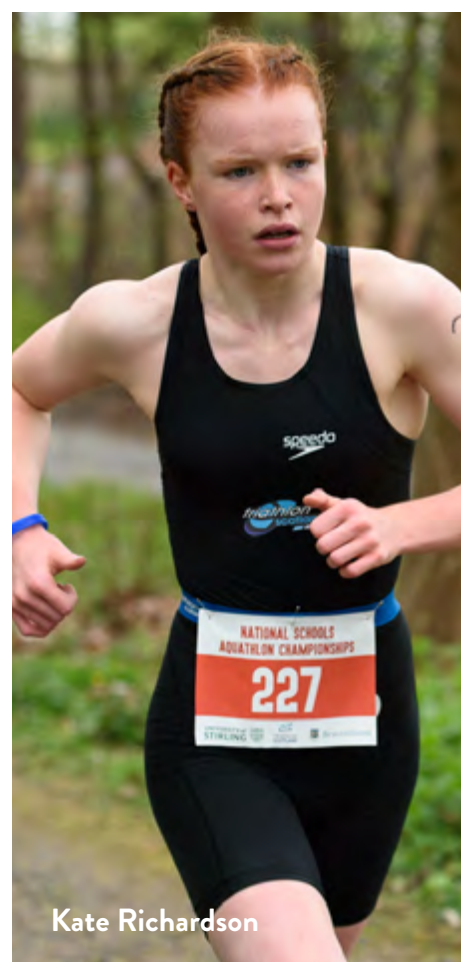
WILLIAM TAYLOR
(Borders Triathletes)

WANT TO KNOW MORE?

READ ABOUT THE ATHLETES [HERE](#)

PERFORMANCE SUCCESS

Our biggest achievements to date



Kate Richardson

It has been an exciting, hectic, challenging and successful 18 months for athletes, coaches, parents and friends/family involved at the performance end of the sport. There have been notable stand out performances across the Pathway; Marc Austin's Bronze at the Gold Coast Commonwealth Games and Erin Wallace's Silver at the World Junior Championships are both achievements to be proud of.

The Scottish Gold Coast Team Scotland triathletes were the most successful triathlon team to race at a Commonwealth Games. Our two male athletes Grant Sheldon and Marc Austin, two female athletes Beth Potter and Erin Wallace and our female paratriathlete Karen Darke did themselves and Scotland proud racing on the other side of the world.

Not wanting to be remembered as 'the guy' who rode at the front with the

Brownlees in Glasgow, Marc Austin delivered the race of his life. Similar to Glasgow 2014 he made the front pack but this time stayed with the group of 6 and with a 26 second lead into T2, Austin ran shoulder to shoulder with the favourites and a medal was now within touching distance, but it would require a fight, Austin gave it his all and finished in 3rd.

Beth Potter, doubling up at the Games in both the 10K and triathlon finished a credible 12th in her first race at this level.

Marc, Grant, Beth and Erin made up the relay quartet where they finished 7th (same position as Glasgow), with both Beth and Erin inexperienced racing at this level it bodes well for Birmingham in 2022, which will again feature individual, relay and paratriathlon.

Erin Wallace also doubled up this year representing GB at the World



The 2018 Academy Squad camp at Glenalmond College

Athletics Championships where she made the 1500m final and then taking the Silver medal at the World Junior Triathlon Championships.

For Youth and Junior athletes, 2018 saw the addition of Youth and Junior Super League races. Isla Britton took Gold in the Elite Youth race, and Erin Wallace Gold in the Elite Junior race. We also saw an increase in Scottish athletes getting podium positions at British Super Series Youth and Junior events, with medals doubling from 7 in 2017 to 15 in 2018. In ETU Cup events, 5 male and 4 female athletes met the criteria for GB race starts, up from 2 male and 4 female in 2017.

Triathlon was introduced into the School Games, after a stand out application from British Triathlon to include the sport within the competition format. The School Games exists to provide talented young athletes with the opportunity

to perform at the highest levels within school, but also hopes to encourage more young people to take part and succeed in sport. Hamish Armitt had an excellent all-round performance to



WANT TO FIND OUT MORE ABOUT OUR SUCCESSFUL ATHLETES?
CONTINUED OVERLEAF

finish 3rd overall and Ciara Roulston took home a Silver medal as part of the Paratriathlon Mixed Team Relay. Finally, Calum Young represented Team GB at the Youth Olympic Games in Buenos Aires, finishing a

credible 10th place and 4th place in the Mixed Relay event.

Athletes who have come through the pathway, and are now focusing on other disciplines include David McNamee who has been breaking British records and achieving back to back podium results in 2017 and 2018 with two 3rd place results at the IRONMAN World Championships and recording the fastest finishing time for a British athlete two years in a row.

Alongside McNamee, Lesley Paterson has also had an incredible year. Having documented her struggles to train to full capacity since contracting the bacterial infection, Lyme disease, Paterson underwent radical treatment back in the UK earlier this year and then went on to win Gold at the Fyn ITU World Cross Triathlon Championships, and Gold again at the XTERRA World Champs in Maui.





2017

YEAR IN NUMBERS



3

TRIATHLETES SELECTED FOR
COMMONWEALTH GAMES
INDIVIDUAL RACES



2

ETU EUROPEAN JUNIOR CUP
PODIUMS



7

BRITISH SUPER SERIES YOUTH
& JUNIOR PODIUMS



1

IRONMAN WORLD
CHAMPIONSHIP PODIUM



MAIN IMAGE: Calum Young

2017 ELITE SEASON HIGHLIGHTS



ALISON PATRICK (PTVI)

1st - Yokohama ITU World Paratriathlon Series
4th - Kitzbühel ETU Triathlon European Championships

MARC AUSTIN

4th - Madrid ITU Triathlon World Cup
13th - ITU World Triathlon Leeds
22nd - ITU World Triathlon Grand Final Rotterdam

GRANT SHELDON

10th - ITU World Triathlon Edmonton
4th - Quateria ETU Triathlon European Cup

BETH POTTER

1st - Funchal ETU Sprint Triathlon European Cup

CAMERON HARRIS

3rd - Holten ETU Triathlon Junior European Cup
5th - Kitzbühel ETU Triathlon European Championships Mixed Junior Relay
20th - 2017 Kitzbühel ETU Junior European Championships

ERIN WALLACE

2nd - Lausanne ETU Triathlon Junior European Cup
2nd - Holten ETU Triathlon Junior European Cup
5th - Kitzbühel ETU Triathlon European Championships Mixed Junior Relay
20th - Kitzbühel ETU Triathlon European Championships

KATE GALLAGHER

26th - Panevezys ETU Triathlon Youth European Championships Festival

DAVID McNAMEE

3rd - Ironman World Championships, Kona

2018 ELITE SEASON HIGHLIGHTS

ALISON PATRICK (PTVI)

2nd - ITU World Triathlon Grand Final Gold Coast | 1st - Tartu ETU Triathlon European Championships

MARC AUSTIN

3rd - Gold Coast Commonwealth Games | 7th - Mixed Relay Gold Coast Commonwealth Games
10th - Antwerp ITU Triathlon World Cup

GRANT SHELDON

17th - Gold Coast Commonwealth Games | 7th - Mixed Relay Gold Coast Commonwealth Games
3rd - Alanya ETU Triathlon European Cup | 7th - Salinas ITU Triathlon World Cup

BETH POTTER

12th - Gold Coast Commonwealth Games
7th - Mixed Relay Gold Coast Commonwealth Games | 2nd - 2018 Antwerp ITU Triathlon World Cup

CAMERON HARRIS

19th - Weert ETU Triathlon European Cup | 20th Funchal ETU Sprint Triathlon European Cup Final

ERIN WALLACE

7th - Mixed Relay Gold Coast Commonwealth Games
2nd - ITU World Triathlon Junior Grand Final Gold Coast
5th - Tartu ETU Triathlon European Championships | 1st - Super League Jersey Junior Elite

IONA MILLER

34th - ITU World Triathlon Junior Grand Final Gold Coast
7th - Quarteira ETU Triathlon Junior European Cup

SOPHIA GREEN

2nd - Riga ETU Triathlon Junior European Cup | 3rd British Junior Championships

GUY-EVANS HAGGERTY

2nd - Alanya ETU Triathlon Junior European Cup | 2nd - British Junior Championships

CAMERON MAIN

2nd - Super League Jersey Junior Elite | 3rd - British Junior Triathlon Championships
4th - Riga ETU Triathlon Junior European Cup

CALUM YOUNG

10th - Youth Olympic Games

ISLA BRITTON

1st - British Youth Championships | 1st - Super League Jersey Youth Elite

LILY JANE EVANS-HAGGERTY

8th - Loutraki ETU Triathlon Youth European Championships Festival

ALICE HECTOR

3th - Ibiza ETU Middle Distance Triathlon European Championships

GEORGE GOODWIN

5th - Ibiza ETU Middle Distance Triathlon European Championships

DAVID McNAMEE

3rd - IRONMAN World Championships, Kona
2nd - IRONMAN 70.3 Barcelona | 1st - IRONMAN 70.3 Marbella

LESLEY PATERSON

1st - Fyn ITU Cross Triathlon World Championships | 1st - XTERRA World Championships, Maui



MAIN IMAGE: Isla Britton



2018

YEAR IN NUMBERS



1

COMMONWEALTH GAMES
PODIUM

1

WORLD JUNIOR
CHAMPIONSHIPS PODIUM

15

BRITISH SUPER SERIES YOUTH
& JUNIOR PODIUMS

2

PARATRIATHLON WORLD &
EUROPEAN CHAMPIONSHIP
PODIUMS

1

XTERRA WORLD CHAMPION
PODIUM

1

IRONMAN WORLD CHAMPION
PODIUM



TRIATHLON
SCOTLAND



ANNUAL AWARDS

Exchange conference



Creating unique drills at Skills School

Exchange is our end of year celebration combining our Annual General Meeting and Awards ceremony.

We are very lucky to have such a great community of volunteers, athletes and supporters and once again had a difficult time deciding on our very worthy winners.

The presentation of awards was mixed with live interviews with the winners, and film shot on location at their club, bringing their stories to life.

The Legends Ranking Series prizes were also awarded by Nick Oswald, owner of the series sponsor, Legends Promotional Products.

Congratulations to all of our Award winners and to all of our Legends Ranking Series victors.



/triathlonscotlandtv

**WATCH ALL THE
VIDEOS FROM
EXCHANGE 2017**

PRESENTED BY TRIATHLON SCOTLAND CHAIR, DOUGIE CAMERON, OUR 2017 WINNERS ARE:

YOUNG VOLUNTEER OF THE YEAR – Robert Sparks, East Fife Triathlon Club

VOLUNTEER OF THE YEAR – Martin Jones, G72 Tri

OFFICIAL OF THE YEAR – Mark Stothart, Peebles Triathlon Club

MOST ENJOYABLE EVENT OF THE YEAR – Inverurie Sprint Triathlon

ATHLETE OF THE YEAR – David McNamee

AGE GROUP ATHLETE MALE – Craig Dale, Hartree JETS

AGE GROUP ATHLETE FEMALE – Alison Rowatt

PARATRIATHLETE OF THE YEAR – Karen Darke

CHILDREN'S COACH OF THE YEAR – Lee Reid, Grangemouth Triathlon Club

PARTICIPATION COACH OF THE YEAR – Helen Winton, Stirling Triathlon Club

PERFORMANCE DEVELOPMENT COACH OF THE YEAR

– Craig Coull, Stirling Triathlon Club

EVENT OF THE YEAR – Balbirnie Duathlon, Glenrothes Triathlon Club

CLUB OF THE YEAR – Monifieth M3 Triathlon Club

OUTSTANDING CONTRIBUTION – Stewart Bailey, Ayrodynamic Triathlon Club

COMMENDATION AWARD – Cameron Main

OUR 2018 WINNERS ARE:

OPPORTUNITY MAKER OF THE YEAR (VOLUNTEER) – Mark Hopkins

VOLUNTEER OF THE YEAR – Isabella Archibald

COACH DEVELOPMENT AWARD – Ailsa MacArthur

CLUB COACH OF THE YEAR – Martin Jones

MOST ENJOYABLE EVENT OF THE YEAR – Duke Triathlon

ELITE PERFORMANCE OF THE YEAR – Marc Austin

AGE GROUP PERFORMANCE OF THE YEAR – Alan Semple

INSPIRATIONAL PERFORMANCE OF THE YEAR – Barbara-Ann Hogarth

OFFICIAL OF THE YEAR – James Streetley

MOST WELCOMING CLUB OF THE YEAR – Triathlon Inverness

INSPIRATIONAL EVENT OF THE YEAR – Mid Argyll Triathlon

OUTSTANDING CONTRIBUTION TO THE SPORT – Lester Haining

COMMENDATION AWARD – Lesley Paterson



/triathlonscotlandtv

**WATCH ALL THE
VIDEOS FROM
EXCHANGE 2018**



TRIATHLON
SCOTLAND



CHILD PROTECTION

Wellbeing for all



Getting it right for every child

We believe that triathlon is a sport for all, offering amazing sporting experiences to everyone who wishes to take part, regardless of their level. Above everything else, it is important to us that triathlon provides a positive, safe and supportive environment.

We recognise, and take exceptionally seriously, our responsibility to promote safe practice and to protect everyone in our sport from harm, abuse, bullying and exploitation. Triathlon Scotland is committed to safeguarding the protection and wellbeing of all children, young people, adults and vulnerable adults involved in our sport.

In July 2017 we asked **Jacqueline Conway**, former Detective Superintendent with Lothian and Borders Police and **Colin Anderson**, former Director of Social Work in

Midlothian, who brought significant strategic and practical experience in child protection, to help us to assess where we were, what gaps we had and how to quality assure what we do in our child protection approach. Since then Colin and Jacqueline have helped us update our policies and procedures and improve how we implement them. Now, with their support, we are pleased to launch our new information and education portal for staff, volunteers and clubs.

The wellbeing of children and young people is now enshrined in law. Our revised approach is consistent with **sportscotland** and Children 1st and focuses on our participant's wellbeing, ensuring that every child is safe, healthy, achieving, nurtured, active, respected, responsible and included.

Having created a world-class framework, it is incumbent upon everyone involved in



> Triathlon in Scotland – our clubs, event organisers, coaches, technical officials, volunteers and athletes – to ensure that we guarantee the protection of children, young people, adults and vulnerable adults involved in our sport.

This has been an important and significant piece of work for Triathlon Scotland, and we are very grateful to **sportscotland** for providing funding for the review, Children First for their ongoing support and to Colin and Jacqueline for helping us to get to this stage in our journey.

Now it is over to you to help make this happen. We have provided resources on our website and our Development Officers will reach out to help you implement best practice. Let's work together to make Triathlon a positive, safe and supportive environment!



**ALL TRIATHLON
SCOTLAND ATHLETE
WELLBEING
INFORMATION CAN
BE ACCESSED [HERE](#)**



TRIATHLON
SCOTLAND

COACH DEVELOPMENT

Level 2 Plus

The L2+ programme was introduced in 2016 after a gap was identified between level two and three in the coaching pathway across a number of sports in Scotland. Triathlon Scotland along with Scottish Swimming, the Royal Yachting Association Scotland, and Scottish Disability Sport joined together with **sports**scotland to help support coaches by providing a development opportunity to bridge this gap, resulting in the L2+ programme being introduced.

The 2017-2018 L2+ programme consisted of a cohort of 20 coaches from across 4 sports - of which 7 coaches were represented from triathlon. The 7 coaches took part in a 12-month journey on the programme that consisted of four cross-sport CPD sessions, 3 triathlon-specific CPD sessions and peer-to-peer mentoring.

The coaches were tasked with developing their technical and softer coaching skills throughout the year to support their all-round development to an athlete centred coaching approach – learning from other sports along the way.

Feedback from the programme has been hugely positive in terms of the continual development of coaching skills: *“I found the L2+ Programme hugely beneficial and rewarding in that it was a chance to work together with other sports and take time to reflect on how to take my coaching to the next level”*.

We are currently in the process of reviewing all feedback from this second pilot cohort and using this to directly influence the delivery of the next programme in 2019 in conjunction with other SGBs.



24%

INCREASE IN TOTAL
NUMBER OF COACHES

20%

INCREASE IN NUMBER OF
FEMALE COACHES

28%

INCREASE IN COACHES
ATTENDING CPD
OPPORTUNITIES



WANT TO FIND
OUT MORE?

CLICK HERE FOR FURTHER
INFORMATION ABOUT
COACHING QUALIFICATIONS

LEVEL 2 PLUS
CANDIDATES



Robert Myler

Rob Welsh

Moira Harkins

Andy Nisbet

David Auchie

John Lund

Stephen Moffat


TRIATHLON
SCOTLAND


Scottish Disability
Sport


RYA
Scotland

COACH DEVELOPMENT

National coaching conference



As part of our continual commitment to developing a strong and skilled coaching workforce, the National Coaching Conference is a fantastic opportunity for coaches from all over the country to come together and share in their development journey as a coach.

In February 2018 we saw 52 coaches from all over the country come together at Tollcross International Swimming Centre for a full day programme of learning and development opportunities.

Keynote speaker Kurt Lindley opened the conference and really tasked our coaches to reflect on what coaching means for them on an individual basis and question their 'why'. Building on this we then focused on developing a variety of technical and practical coaching skills including capturing footage for video analysis, strength and conditioning, transition skills and static cycling.

Feedback from the Conference has been used to further develop our approach, and plans for our 2019 conference, as well as ensuring we continue to meet the development needs of our workforce.



Inspiring, thought provoking, providing ideas to immediately implement to improve athletes experience in the club. A worthwhile day out. The knowledge and experience of presenters were priceless




SKILLS SCHOOL

Where learning is fun

Skills School sets out to embed a fun, creative and inspiring skill-learning process at the centre of young triathlete development. The aim is to create a constructive learning atmosphere focused on developing skills in engaging environments, improving the athlete and coach experience and increasing retention in triathlon.

First trialled during the winter of 2016 there are four Skills Schools in Scotland, with each being open to all athletes in the area aged from 11-16, who can meet the basic competencies of being able to swim, bike and run continuously for five minutes. Skills School sessions challenge athletes to be their BEST by providing them with sessions based on the principles of Guided Challenge and Discovery, requiring athletes to solve challenges provided by both the task and the environment.

 My ambition is to enhance sport for young kids. I want to try and help youngsters to be fit, healthy and to enjoy life and Triathlon Scotland's Skills School is the perfect place to do all that

Bert McIntosh, MPH



/triathlonscotlandtv

WATCH THE VIDEO HERE

Skills School has continued to develop with sessions taking place across Scotland in all sorts of environments, from searching out the fastest way to put on a race belt in a dance studio to improving bike skills and run technique through use of Scotland's fantastic off-road terrain.

Skills School sessions encourage 'whole child' coaching – developing the child and the athlete.

By engaging club coaches in Skills School sessions and letting them develop in a constructive environment supported by the lead coaches these principles can quickly be take back to club sessions and benefit a much larger number of athletes with sessions that are fun, developmentally appropriate and inspire continued engagement with triathlon.

The Skills School programme was launched in Scotland with Lottery Funding support

> through the Awards for All programme, and will continue for another two years thanks to the generous support of McIntosh Plant Hire and Knockburn Sports Loch, who are the principle sponsors of Skills School until 2020.



AREAS:

NORTH SKILLS SCHOOL

Lead Coach - Ewan Stirling

TAYSIDE & FIFE SKILLS SCHOOL

Lead Coach - Craig Coull

EAST & BORDERS

Lead Coach - Kevin MacArthur

WEST & SOUTH WEST

Lead Coach - Crawford Whyte (2016-18)

Lead Coach – Jack Peasgood (Appointed October 2018)



BEST:

BE BETTER

Stay focused and motivated in working towards achieving your best.

EMBRACE MISTAKES

Mistakes mean learning; the more you are prepared to make, the more you can potentially learn.

SEARCH FOR FEEDBACK

Don't wait to be told - be prepared to look and ask for feedback.

TRI, TRI AND TRI AGAIN

Even Olympic Champions had to persist in learning basic skills; through determination and focused effort they found a way to excel.



TRIATHLON
SCOTLAND





CASHBACK FOR COMMUNITIES

Funding with impact

In 2017 we were awarded £14,987 from the Cashback for Communities Facilities Fund for purchase of Triathlon equipment, including a fleet of bikes and scooters, to help deliver high quality triathlon activities across Scotland.

To deliver the triathlon activities, our Regional Development team since 2011 have worked with local authorities, sport and leisure partners and local triathlon clubs to stage mass participation events across Scotland.



 Without this money we simply would not have been able to work with so many communities. It has meant everything to us. As a governing body we are now visibly breaking barriers to participation in an incredible sport 


Elise Methven,
East Regional Development Officer


These events have introduced triathlon to tens of thousands of children and young people, many of whom would

have never had this opportunity had it not been for these events. Triathlon Scotland wanted to extend these opportunities beyond the Central Belt.

We gathered the views from young people at their events and workshops, as well as discussions with a group of care experienced young people, who all said they would not be able to participate without the provision of equipment and opportunities in their area.

Triathlon Scotland started planning events and schools-based taster sessions in areas where they had never previously worked. These were to begin in Northfield, Aberdeen – the area with the highest level of deprivation within the city – and would continue in the localities of Mastrick, Torry, Westburn, and further south in South Lanarkshire, West Lothian and Fife, where they saw similar needs.

There was no significant triathlon activity in these areas; however there were existing triathlon 

 clubs which were willing to help support this initiative. Using the established community sports partnership model, we planned to build on schools participation events with blocks of taster sessions, providing resource packs for teachers and volunteers and developing triathlon clubs within schools and the local communities.

Because local schools, youth groups and triathlon clubs were working together on this initiative, we were also able to put a number of young people through their British Triathlon Youth Leader award, to give young people the tools to help sustain local involvement.

The relationship between clubs, coaches and participants was integral to the success of the project, as once the mass participation events had been delivered, teachers would be able to continue working with their pupils as a result of the schools resource pack.

WHAT DIFFERENCE HAS THIS AWARD MADE?

Beyond the facilities funding to purchase the equipment, we also used our award to develop the skills possible to sustain participation over the longer term. We developed a variant of the British Triathlon Youth Leader award for Scotland, which is now being rolled out across the whole of the UK. We have since worked with over 100 young leaders, skilling them up with the basics that they would need for helping to set up an after school club or sports hub, or to be able to assist other triathlon coaches.



Elise Methven, East Regional Development Officer explained, It's not all about the children being able to coach, but it is the first rung on the ladder of our coaching development pathway. So often youth leader awards are just paper certificates and we really didn't want ours to be that. We have instead developed a participatory learning experience for everyone.

This process has generated stronger partnerships that get young people active over the longer term. Once the young leaders have been trained, we marry them up with local triathlon coaches in the area, and they'll be going into local primary and secondary schools and then eventually that will work up to one main school participation event of around 800 pupils taking part. We're able to make quite a big impact. After that taster session we work together to eventually lead young people into triathlon clubs.

WHAT WILL WE DO NEXT?

We will continue to deliver taster activities within the areas we have previously worked, as a result of the grant funding, and will continue to grow and develop our pool of Triathlon Young Leaders in schools, community sports hubs and clubs across Scotland. We have also been asked to start up similar activities across a number of other regions, which we will do where funding permits.

 **CASH BACK FOR COMMUNITIES**

 By removing the barriers of equipment, facility costs and expense we can address the local issue of financial disadvantage whilst at the same time encouraging the participants to take part in and develop a more positive attitude towards exercise and physical activity 

Calum Reid, Development Manager



TRIATHLON
SCOTLAND



GO TRI

in Scotland

Following three successful seasons in England, GO TRI was piloted in Scotland during 2017-2018.

Originally a Triathlon England initiative launched in 2013 with funding from Sport England, GO TRI is the umbrella name given to any participation activity, which can be anything from GO TRI events to organised group training sessions or activities.

The goal is to provide people with the opportunity to take part in multisport activities with short, manageable distances and minimal cost. The focus is on getting the inactive active, rather than retaining people, and delivering events or activities that could appeal to those where even a novice triathlon event may seem too large a challenge.

GO TRI Events are designed to be 'no-frills' and are about the discovery of the sport. These events and activities will hopefully act as a stepping stone for some participants into the larger sport or a club environment.

GO TRI has three strands:

GO TRI Active

- Triathlon / multisport activities (e.g. training days or blocks)
- Focus on getting people active / introduction to sport

GO TRI Gym

- Leisure centre based programme
- Participants complete pre-prepared training programmes / sessions for treadmill, cycle and swim
- Delivered by GO TRI trained instructors

GO TRI Events

- Events where participants complete a triathlon or multisport activity
- Can be stand alone or alongside existing events

Triathlon Scotland provides the following specific support for organisers of GO TRI events:

STAFF SUPPORT – In October 2017, Triathlon Scotland employed a Participation Officer whose role is to increase participation and raise awareness of triathlon to groups not currently involved in the sport, through GO TRI activity.

BRANDING – Triathlon Scotland purchased a supply of GO TRI branding that is available to Scottish event organisers. This includes swim hats, feather flags, correx signs and branded marshal bibs.



GO TRI participants

> **NO LEVIES** – GO TRI events do not pay any levy fee, keeping the costs down for event organisers to run these events.

WEB SEARCH – The events search function on our website allow people to filter for events by GO TRI, and allows GO TRI events to be listed within existing events.

Throughout 2017 – 2018, a number of trial events took place.

GO TRI Active

Live Borders, one of Triathlon Scotland's existing event partners, ran a series of training sessions in the lead up to two of their Come & Tri (Novice) Events. These sessions were branded GO TRI and were aimed at participants who were completing the event as their first triathlon. Three sessions were delivered in the lead up to each event:

SESSION 1: Swim and Q & A

SESSION 2: Led cycle around the course

SESSION 3: Practice run and transition skills

GO TRI Gym

The first GO TRI Gym training course in Scotland took place in March 2018, with candidates South Lanarkshire Leisure and Culture and North Lanarkshire Leisure. This

will then see them running GO TRI Gym programmes leading up to a planned triathlon participation festival in Strathclyde Country Park as part of the Glasgow 2018 European Championships.

GO TRI Events 2017-2018

There were 15 GO TRI events in Scotland in 2017-2018. The majority of these events were a series of 12 events hosted by the British Triathlon Trust in Dumfries & Galloway. Two other event organisers opted to create a GO TRI wave at their existing events, and there was also an initial pilot event hosted by Triathlon Scotland in partnership with Scottish Swimming.

141 participants took part in total across all events. Of these, only 11% were existing Triathlon Scotland members. While we can't be sure how many of these participants were brand new to triathlon, this suggests these events may be reaching the right audience.

Two club organisers chose to run GO TRI 'waves' as part of larger events. Glenrothes Triathlon Club added a GO TRI 'try-a-tri' event to their bigger triathlon festival which included Super Sprint and Aquabike races. The event was a great success, with over double the amount of entries in the GO TRI wave as the Super Sprint.

After working with Triathlon Scotland's Participation Officer in the lead up to their event, Glasgow University

Triathlon Club added a GO TRI wave to their Aquathlon event, with 9 participants taking part on the day.

The future of GO TRI in Scotland – 2018-2019 and Beyond

Triathlon Scotland is committed to continuing to work with event organisers and partners to deliver similar GO TRI activity again in 2018 and into 2019. There was a big focus on providing GO TRI activities in order to recruit participants for the Glasgow 2018 European Championships supported event, TRI in the Park in August 2018. The event was our official launch of GO TRI in Scotland and was a festival celebration of triathlon, welcoming new people to enjoy short, fun races with friends and family.



TO FIND OUT MORE ABOUT GO TRI

[CLICK HERE](#)

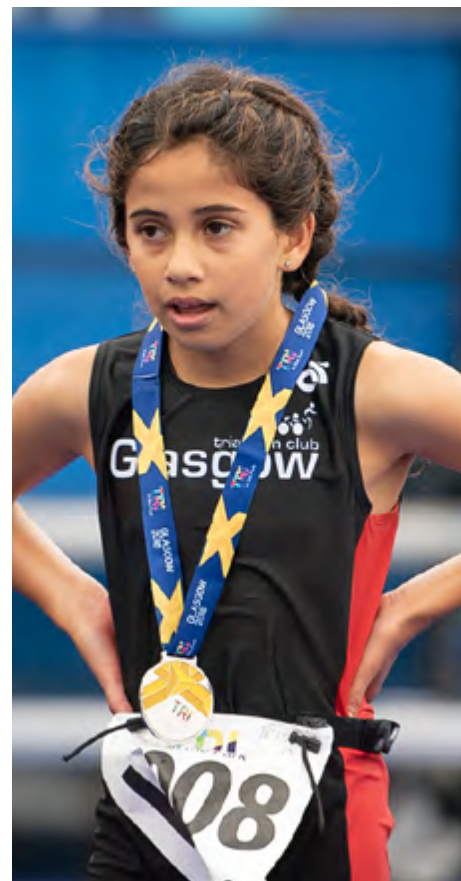
GO TRI





EUROPEAN CHAMPIONSHIPS

The moment is here



Back in 2015 a new concept for hosting European Championship events was announced that would bring together the sports of swimming, athletics, cycling, rowing, gymnastics, golf and triathlon between the 2nd and 12th August 2018, in an exciting new multisport format, hosted by the cities of Berlin and Glasgow.

This innovative new approach would bring together each sport's existing European Championship events in a sustainable format once every four years, in order to build prestige, profile and media exposure. The championships were staged under one new brand using the 'Mark of a Champion' star-like logo and the core tagline 'The Moment'.

As the event took shape, plans for triathlon forged ahead to include alongside the elite standard triathlon and mixed team relay events, a full programme for Age Group competitors who would take part

in a sprint event, with Brits having the chance to qualify for the Championships by racing at the 2017 Strathclyde Park Multisport Festival hosted by Glasgow Triathlon Club and Durty events.

Not stopping there however, in 2017 as the organisation structure grew at the Glasgow 2018 headquarters, and thanks to funding realised by the European Championships Development team led by Jill O'Neill, we were able to progress with our plans to include a participation event for those new to triathlon called TRI in the Park.

In addition to the event, we were able to appoint a Participation Officer to work with local partners to help get more people active in Glasgow, North and South Lanarkshire and prepare them to take part in TRI in the Park. The activities ranged from gym based GO TRI programmes, to supported open water swim sessions at Pinkston Watersports and Lochore Meadows.

TRI in the Park was designed to offer race opportunities for children and adults and included short GO TRI events (triathlon, aquathlon, duathlon, aquabike, relay and family relay) and longer novice and sprint events. With a target of 300 participants across all races, we were delighted to smash this target, achieving 370 registrations.

Before long, The Moment was upon us, and the triathlon races began on the 9th August with the women's individual race. Beth Potter who represented Scotland at the Gold Coast Commonwealth Games was racing for GB in her first standard distance event where she finished 27th. The race was won by Nicola Spirig (Switzerland) and defending Champion Jess Learmonth was 2nd. In 3rd was Cassandre Beaugrand (France).

The next day, the men's event had all eyes on Gold Coast Commonwealth Games bronze medallist Marc Austin who had delivered a stunning

performance against the Brownlee brothers four years earlier at the Glasgow Commonwealth Games. With Alastair Brownlee on the start line, the audience waited with baited breath, but sadly it was not to be, with Austin falling during his fourth lap on the bike. With a determined spirit, Austin got up and completed the race in 35th to huge applause from the home crowd. Pierre Le Corre (France) was the winner, with Fernando Alarza (Spain) in 2nd and Marten Van Riel (Belgium) in 3rd.

The final day of elite racing on 11 August was also the same day as the Age Group competition, featuring 900 competitors (615 British Age Group athletes) and an Elite Mixed Team Relay competition from seventeen nations.

The British Age Group team had some fantastic performances that resulted in a total of 67 medals. Scottish athletes accounted for 15 of those medals, with a total of 23 out of 88 athletes

placing in the top five in their category. The volunteers were also fantastic throughout their eight hour age group shift, cheering on all competitors from start to finish.

In the evening, Britain's mixed relay team was almost unable to compete due to Austin's back injury suffered when he crashed in the individual race and a missing Barclay Izzard, who was ordered to rest after picking up a foot injury. Lestyn Harrett and Gordon Benson were drafted





/triathlonscotlandtv

WATCH THE TRI IN
THE PARK VIDEO [HERE](#)

> in to join Beth Potter and India Lee, gaining the opportunity to experience a Championship event in front of a British crowd, and finishing 12th. France, Switzerland and Belgium graced the podium in the overall results. The final day at Strathclyde Park was a day of celebration and although the previous good weather could not hold out, it did not dampen the spirits of our participants as they achieved their goal of completing a race.

The full impact report of the Championships for Scotland and the individual sports has not yet been released, but with 12 hours of live sport broadcast by the BBC every day, and around 140,000 spectators attending ticketed events across Glasgow, with many more coming to watch at free to view sites including the triathlon events, the overwhelming conclusion is that the event was a huge success.



A clear vision, a well executed plan, impressive team work, great people, tight attention to detail, outstanding officials and volunteers and a strong passion from the top down to deliver a world class event all resulted in the most wonderful 4 days of triathlon that I have ever experienced during my time at Triathlon Scotland



Jane Moncrieff
Chief Executive Officer



> MY FIRST GO TRI WAS AT THE EUROPEAN CHAMPIONSHIPS

I fell into triathlon by accident. I started planning a trip to Motherwell to watch the Mixed Relay at the Glasgow European Championships. This is when I saw that there was a triathlon for beginners taking place on the Sunday.

My husband has been doing triathlons since the 80s and mentioned that he would do it with me. Before I knew it, I had e-mailed the organisers of the TRI in the Park to see if there were any places left. After looking again, I noticed that it was sold out and I was incredibly disappointed. I then got an e-mail saying that although it was sold out on the website, there were a few places available.

I suffer badly with nerves before any event and as I had only booked my place

a few days before, I didn't know what to expect but it didn't really hit me until we were travelling up in the car.

We got to the park around 7:15am for registration and it was raining but this didn't dampen our spirits. Before I knew it, it was 9:50am and we were stood on the pontoon ready to jump in. I got straight into the water and my breath left me, but after a few seconds, my body warmed up and I felt better. I am used to the swimming pool and having rests in between but I managed to complete it and I eased through the bike section that was my strongest point before moving on to the run.

I crossed the finish line holding my husband's hand and it was an experience I will never forget. It was great and the support was fantastic.

GO TRI



FAST FACTS

- Mini tri (86%) and duathlon (84%) were most popular with first-timers
- The gender split was 55% female and 45% male
- 87% would recommend GO TRI to friends and family
- 71% would now like to take part in a longer triathlon
- 90% feel more confident
- 34% have joined a triathlon club
- 98% have a more positive attitude to sport/physical activity after taking part
- 100% felt being more active improves their mental health
- Reasons for signing up, "The location" (41%) was given by most people as their reason for signing up. Next was "aimed at beginners" (24%) then "new challenge" (21%)

INSPIRATIONAL EVENTS

Happy competitors

We love inspirational events and guided by our strategic plan we support our existing event organisers to produce great events, develop and support new events, identify partners to help us realise our ambitions, and ensure great race experiences in Scotland that meet the needs of the participant (from beginner to age group to elite).

Long term events in general are thriving, but are not all at capacity (statistics show that across Scotland, events on average were operating at 70% capacity) and so the Triathlon Scotland events team have made improvements to the search and display functions on the Triathlon Scotland website to ensure that people can easily find, and enter Scottish events.

With investment in additional staff, we have also been able to service

a marked increase in social media posts on Triathlon Scotland channels to promote 'entries open' and to visit more organisers in advance to provide marketing guidance and to attend events to highlight fantastic race locations across Scotland on social media.

Race participation continues to grow, with 167 events and 15,181** race starts in 2017-2018.

Organisers continue to develop exciting new events, including new GO TRI events, Arran Triathlon Club's Island-to-Island race which included a speed boat ride to the race start on Holy Island and Triathlon Edinburgh Ltd's major success in bringing IRONMAN 70.3 to Edinburgh in July! More recently we have added STARMAN a challenging night triathlon to the calendar and friendly



> introduction events such as the Duke Triathlon and Shewalton Aquathlon by Ayrodynamic Triathlon Club.

The number of unique race starts is up, showing that we have continued to support the growth of the number of individual people taking part in our sport. When we first measured this statistic in 2011, unique starts were 3,632 and figures have since grown to 8,204 by March 2018. We also know that members raced 2.3 events on average per year (down from 3.4 events per member in 2016-2017). However repeat participation is encouraged and supported by our Legends Ranking Series at events across the country.

We measure gender split in race starts and compared to other sports, triathlon is fairly balanced (adult female participation in races accounts for 38%, and for youth and junior, 47%) but there is still more work to be done in this area to bridge the gap. Our work integrating GO TRI events across Scotland, which is successful in attracting higher numbers of female participants, should help us to do this.

**TOTAL No. EVENTS
(2017-2018)**

167

**SEE THE NEXT PAGE
FOR OUR KEY EVENT
STATISTICS**



** Our total participation figure for 2017-2018 is 20,428, which includes participation at schools and 'try a tri' events.

IRONMAN 70.3 Edinburgh

NIRVANA

PowerBar

SKECHERS
PERFORMANCE

PowerBar

CRAFT

Scottish
The P

RESPORT®
SESSION TECHNOLOGY

BY
RGH·
H COUNCIL

East Lothian
Council

East Lothian
Council



TOTAL NUMBER
OF ADULT EVENTS

131



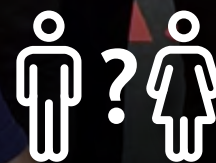
TOTAL NUMBER
OF YOUTH EVENTS

36



TOTAL
STARTS

15,181



AVERAGE No. RACES
PER PERSON

1.9



MALE : FEMALE
RATIO (ADULT)

62:38



MALE : FEMALE
RATIO (YOUTH)

53:47

VIBRANT VOLUNTEERING!

Officiating in Scotland

Triathlon Scotland has been working to grow its Technical Official (TO) workforce and this year was able to deploy Technical and Motorcycle (MOTO) Officials to more than 50% of eligible events. Our longer-term targets are to have 75% of events with an official by 2023 and 100% of events by 2027.

Triathlon Scotland is responsible for the delivery of Local TO and Regional

TO training courses (the first two qualifications on the Technical Official Pathway), and for facilitating and allocating appropriate candidates to National TO courses (the third qualification on the pathway), which are delivered by British Triathlon.

To progress beyond NTO, candidates must be invited by the International Triathlon Union (ITU) to become Continental or International

Technical Officials (qualification levels four and five).

Scotland's Technical Official workforce currently sits at 39, with 31 officials active this year. Triathlon Scotland is endeavouring to grow its official workforce in line with **sportscotland** targets to have 38 qualified officials by March 2019.

An activity review was completed in February 2018 to identify any

inactive officials to ensure records were up to date. A total of 9 officials stepped away from the pathway in 2018, citing various reasons including moving away, health concerns and new work commitments. One Local Technical Official (LTO) Course was held in October 2017, bringing in 7 new trainees.

Currently, the majority of qualified Technical Officials are male, but the majority of trainee officials are female, so this is a positive sign to moving to a more gender-balanced workforce. Currently, there are no female MOTO Officials in Scotland, so this will be a focus in future recruitment campaigns.

Of the 167 events in Scotland, officials were allocated to 53% of events eligible for officials. However, presence at key events (large, long distance or open water) was typically much higher as

QUICK FACTS: OFFICIALS

- 31 Officials
- 78 Events
- 137 deployments
- 822 hours volunteered
- Over 14,000 miles travelled (the equivalent of driving from Land's End to John O' Groats over 17 times!)

these events are prioritised for TO cover. A total of 137 deployments took place throughout the year, averaging over 4 per official. If averaging a conservative 6 hours per event, Scottish officials volunteered 822 hours of their time over the season, an economic value of £6,436 at minimum wage. Our official workforce was also active on 27 out of 41 weekends of racing in Scotland.



Our hard-working Motorcycle (MOTO) Officials in action



> INTERNATIONAL REPRESENTATION

Some of our more experienced technical officials had the opportunity to officiate at major international events in the UK and abroad. Scottish officials represented Great Britain at the following major events in 2017 and we look forward to having Scottish representation at the Commonwealth Games (Gold

- Coast) and the European Championships (Glasgow) in 2018.
- **ITU World Triathlon Leeds** (England)
- **Kitzbühel ETU Triathlon European Championships** (Austria)
- **Iseo - Franciacorta ITU Paratriathlon World Cup** (Italy)
- **Castle Howard Triathlon** (England)
- **The London Triathlon** (England)

- **Velence ETU Triathlon U23 European Championships** (Hungary)
- **Tulcea ETU Triathlon Junior European Cup** (Romania)
- **ITU World Triathlon Grand Final** Rotterdam (Netherlands)

TO FIND OUT MORE ABOUT BECOMING A TECHNICAL OR MOTO OFFICIAL, CLICK [HERE](#)



HERE ARE SOME KEY STATS ON SCOTTISH VOLUNTEERS

(Defined by those who said they lived in Scotland!)

79 COMPLETED THE SURVEY

- **52%** were triathletes and a further 16% were either former triathletes or had done a triathlon
- **95%** are very likely or likely to continue volunteering in triathlon within the next year
- **92%** are likely or very likely to recommend volunteering within triathlon to a friend or family member who would like to undertake some volunteering
- **86%** are very satisfied or satisfied with the support they receive from the Triathlon Scotland
- **100%** are satisfied with their overall experience of volunteering in triathlon 
- “Would recommend it to anyone as you always have a team behind you and it’s so satisfying to see everyone cross the finish line.”
- “It is so rewarding and allows you an opportunity to give something back.”
- “It is enjoyable. I find most athletes very appreciative of the input I give.”





TRIATHLON
SCOTLAND



PHOTO CREDIT: Kenny Girvan Photography

SOCIAL GROWTH

Our online presence

So that we can inspire the next generation of triathletes, young and old, it has been an important focus at Triathlon Scotland to develop and improve how we market our sport to gain more members, as well as communicating stories about our members' experience as widely as possible.

With support of our Director of Communications, Chris Black, Triathlon Scotland developed a new communications strategy and from that we work closely to communication plans across membership, events, coaching, performance, and club development.

We have invested heavily in producing more videos from within the sport, such as our annual year of triathlon video and popular National Championship films produced and edited by Imaclmages Active Lifestyle Photography.

We have also purchased equipment and upskilled staff so that they are able to edit quickly on mobile phones and post interesting content to our audiences almost as it happens.

Like most modern organisations, we also have a vibrant website which is updated daily with all the news from across the sport in Scotland. Our website is the sport's richest resource, and there are many 'how-to' guides as well as human interest stories from across our membership in our 'In Focus' and 'Blog' series.

As an event realised sport, unsurprisingly the most popular place on our website is how to find and enter events, with around 54,000 views alone on our first 'find an event' page. That figure increases to around 120,500 hits when you combine the hits of the first 6 event pages!

One of our most popular news post was also linked to events, with nearly 3,000 hits for the 2017 article announcing IRONMAN 70.3 coming to Edinburgh. Our National Championships' reports and squad announcements are also regularly high on our top hit list.

All of our stories link through to our social medal channels, and you can find us most active on Facebook and Twitter, and when out and about with our performance athletes, or at National Championship events, that is when our Instagram page really comes to life.

In 2019 we will continue to invest in our social media by using paid-for advertising to promote our news, courses and events. You can help us however organically to reach more people by following, liking, sharing and re-tweeting our content.

PLEASE FOLLOW US AT:



FACEBOOK
/scottishtri

40% increase
in Facebook audience
(since April '17)



TWITTER
@scottishtri

19% increase
in Twitter audience
(since April '17)



INSTAGRAM
@triathlonscotland

27% increase
in Instagram audience
(since April '18)



LINKED IN
/company/863958

27% increase
in LinkedIn audience
(since April '18)

#becausewelovetriathlon



TRIATHLON
SCOTLAND

MEMBERSHIP DEVELOPMENT

Bringing you together



One of our many membership benefits, Whole Earth



Membership incorporates support and advice for our Age Group competitors

In response to member feedback, in 2017 we reduced our carbon footprint and stopped producing our members’ handbook. Instead we embarked upon creating a new member benefit in the shape of an exclusive membership training day in November 2017.

The day was an opportunity for Triathlon Scotland members from across the country to come together, train and learn in a social environment.

The training day, delivered in partnership with Stirling based sports company, You Can Sport, gave our loyal members the opportunity to participate in a full day of tailored coaching coupled with specific information sessions about getting the best from winter training.

Our delivery partner, **You Can Sport**’s, mission is to help people to achieve a happier, healthier lifestyle

through participation in sport. The family firm headed up by Graham and Craig Coull, has shown great success in growing participation in triathlon, and their recent work with Scottish Sea Farms Ltd, delivering training programmes for staff culminating in a workplace triathlon was particularly successful.



At the end of March 2018, the time we report to **sportscotland**, we had 2863 members which is a 3% increase on the same time last year. Youth membership increased by 6.4%, which helps bolster our Performance Programme and also the adult triathletes of the future. Our female to male ratio of members remains at a very healthy 35% female to 65% male, but gives us work to do in the future. Of this

our youth female to male ratio is a fantastic 50% female to 50% male. In March this year, we gave our membership package a new look with a refreshed finish and a new credit card style membership card. We also reintroduced the membership gift in the form of a Scottish swim cap. This year our members have also benefited from two new commercial discounts. The first being 20% off kinesiology

tape with SPORTTAPE for those times when your body needs a bit more support and the second an amazing 10% off Velo Tours Spain for holidays and 15% off Age Group Qualifiers for holidays. In 2019 we plan to host another membership day in November, this time focussing on the development of athletes for Great Britain Age Group team participation.



Different membership options are available for individuals and families



TRIATHLON
SCOTLAND

WHO ARE WE?





Jane Moncrieff
Chief Executive Officer

Jane joined us in 2009 and is responsible for leading and developing the strategic aims of Triathlon Scotland, promoting the organisation and developing partnerships with local, regional and national agencies.



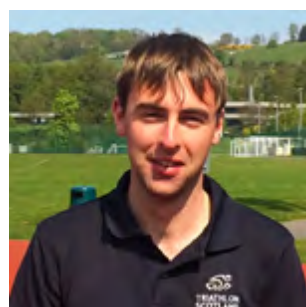
Fiona Lothian
Head of Performance

Fiona joined us in 2015 as our Head of Performance. She is tasked with leading, directing, and managing our High Performance Programme at the University of Stirling High Performance Centre.



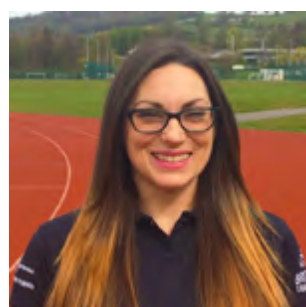
Pamela Sneddon
Operations Manager

Pamela joined us in 2012 and provides support to the Board, Chief Executive and staff to ensure that Triathlon Scotland operates efficiently. Pamela also manages membership services, including recruitment, retention and researching opportunities to improve the membership offer.



Calum Reid
Development Manager

Calum joined us in 2014 as our East Regional Officer and in 2016 became our Development Manager. Calum is responsible for the development of the sport throughout the country including clubs, schools, student and disability participation.



Gemma Simpson
Events & Marketing Manager

Gemma joined us in 2011 as Events & Volunteer Manager and became our Events & Marketing Manager in 2015. Gemma is responsible for providing support to race organisers to help them to deliver great events and is also responsible for promotional strategies including brand awareness, communications and sponsorship.



Susie Benson
Coaching Development Manager

Susie joined us in 2017, and is responsible for the overall development of our coaching workforce by leading on the provision of quality education and development opportunities for all triathlon coaches.



Patsy Craig
Administrator

Patsy joined us in 2015 and provides administration support to ensure the smooth running of the Triathlon Scotland office and also supports individual business areas such as membership, events and performance.



Elise Methven
East Regional Development Officer

Elise joined us in 2016 and is responsible for the development of the sport in the east region (Borders, Lothians, Central and Fife). Elise works closely with Triathlon Scotland affiliated clubs to provide support in all areas including youth and student development.



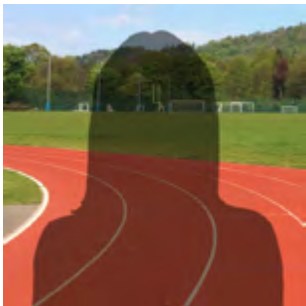
Andy Redman
North Regional Development Officer

Andy joined us in 2016 and is responsible for the development of the sport in the north region (Grampian, and the Highlands and Islands). Andy works closely with Triathlon Scotland affiliated clubs to provide support in all areas including youth development and event support.



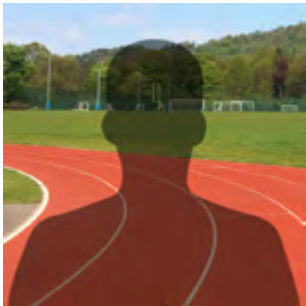
Morven Fountain
Event & Volunteer Officer

Morven joined us in 2017 and is responsible for events administration functions, including event permitting. Morven also leads on the development of Technical Officials, Moto Officials, and sport volunteers.



Position Vacant
Participation Officer

Our Participation Officer is responsible for encouraging non-traditional and inactive groups of people to take part in triathlon through GO TRI events and other partnership initiatives.



Position Vacant
Communications Officer

Our communications officer is responsible for promoting the sport in order to generate awareness of our opportunities to participate, coach or volunteer in Scotland. The Communications Officer leads on our Tri Tales and In Focus publications, as well as social media content.



Andrew Woodroffe
Apprentice Coach

Andrew joined us in 2015 as part of the 2015-18 Coaching Futures cohort, run by sportscotland. Andrew, alongside our Performance Centre coaches, supports the High Performance Programme and Academy Squad.



Crawford Whyte
Academy Coach

Crawford joined us in 2017 as our Academy Coach. Crawford is responsible for leading the Academy programme to create a supportive, challenging and inspiring environment to help aid ‘whole athlete’ development in line with the British Triathlon Athlete Development Framework.



Our Team
#becausewelovetriathlon

Our staff, along with our voluntary board of directors, and complemented by an enthusiastic base of volunteers, all work together to deliver our mission: realising the full potential of a vibrant triathlon community in Scotland.

CONTACT US

If you have any questions or queries please contact us at our central office:

Telephone: 01786 466 921
Email: admin@triathlonscotland.org
Postal Address: Triathlon Scotland
Airthrey Castle
Hermitage Road
University of Stirling
FK9 4LA





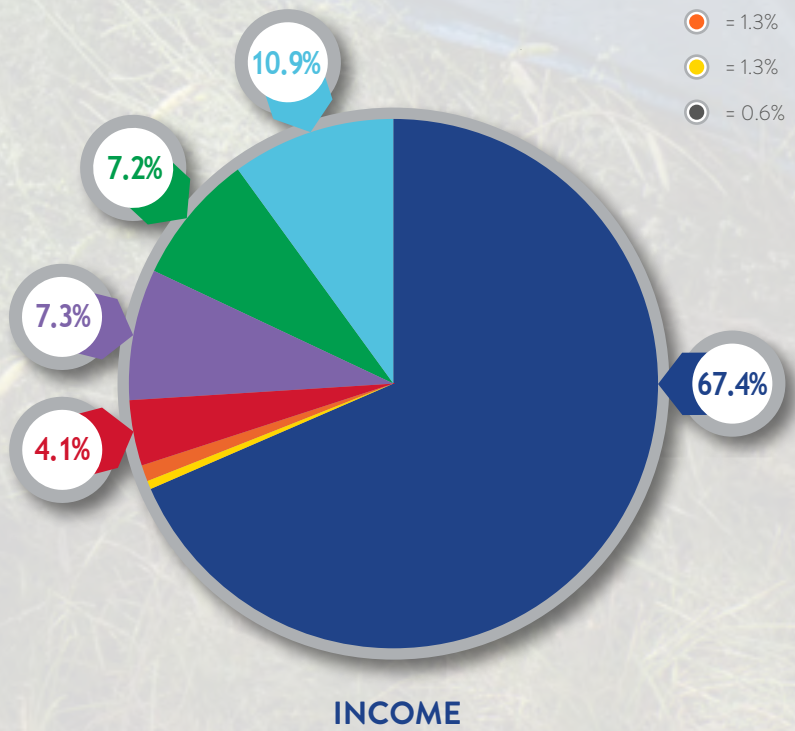
TRIATHLON
SCOTLAND





FINANCIAL INFORMATION

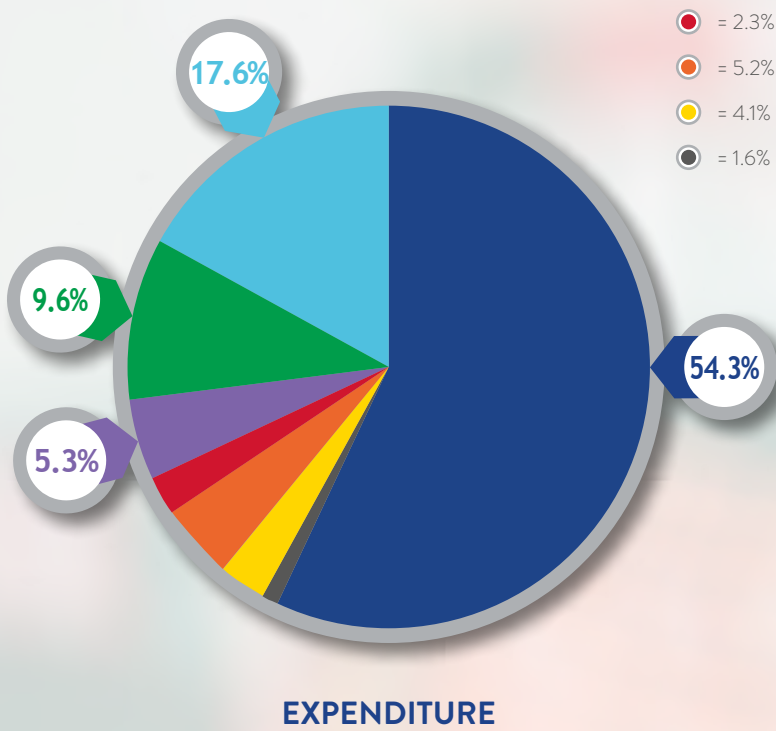
INCOME	REF.	2018*	2017*
Grant Income	●	£524,802	£490,986
Membership Income	●	£85,184	£73,161
Event Income	●	£55,792	£54,448
Performance Development	●	£9,841	£55,741
Coach Education Income	●	£56,759	£28,218
Volunteer Income	●	£31,740	£12,250
Development Income	●	£10,513	£7,832
Sundry Income	●	£4,500	£1,131
TOTAL		£779,131	£723,767



NOTES:
1) * Accounts represent the period 1st April - 31st March per annum.
2) Percentages shown are indicative only
3) For a full breakdown of the 2018 Triathlon Scotland annual accounts, please click [HERE](#)

FINANCIAL INFORMATION

EXPENDITURE	REF.	2018*	2017*
Staff Overhead Costs	●	£419,897	£418,111
Performance Costs	●	£135,867	£124,219
Office Overhead Costs	●	£73,920	£76,536
Membership Costs	●	£40,868	£35,571
Events Expenditure	●	£18,085	£19,915
Coaching Costs	●	£40,273	£21,865
Development Costs	●	£31,658	£18,932
Volunteering Expenditure	●	£12,576	£16,321
TOTAL		£773,144	£731,470



NOTES:
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THE NEXT FOUR YEARS

2019 - 2023

By any measure the last Commonwealth cycle has been a success for Triathlon Scotland. Our annual review pulls out some of our highlights from the last year as well as providing some stats from our last 4 years. We have spent the last 6 months reviewing where we are at and looking forward to the next four years highlighting our vision, mission and key objectives. We have provided a summary of these in this document and we hope you enjoy taking a look.

We are proud of our progress, and all of the people that have come through our system. But that is not enough.

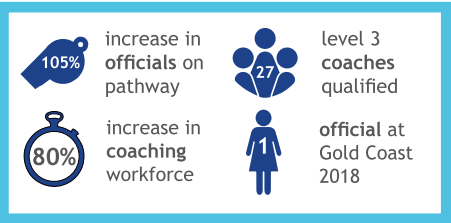
We believe in better.

Our guiding principle remains the same. We want to give people the very best experience in swim, bike and run, wherever they have come

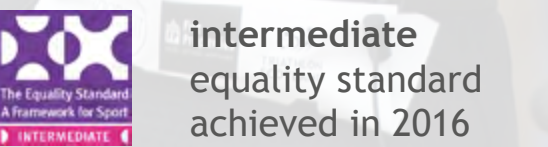
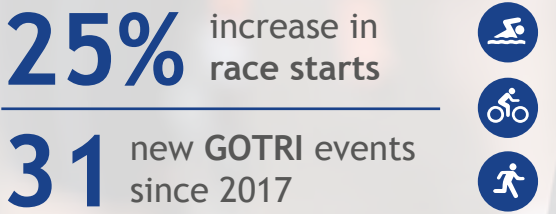
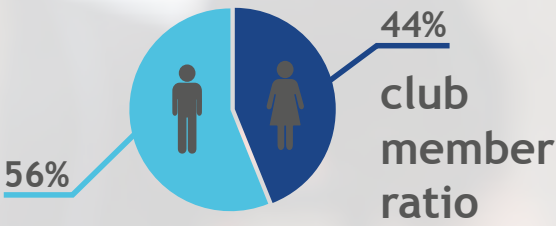
from and wherever they want to get to.

This plan builds on that. Now we want to give even more people that opportunity, we want to make the experiences even better, and we want to strengthen the club network, the coaching and technical workforce and the event organisers who make all that possible.

Our strategy for the next four years builds on our successes and addresses where we have faced challenges. Our passion combined with our professionalism will introduce the less active to our sport, encourage schools participation, support the best event experiences and help deliver the results for our youth, development, age group and elite athletes.



OUR FOUR YEAR JOURNEY 2015-2019





Triathlon Scotland Strategic Plan: 2019-2023

Our Vision

To Inspire Great Experiences through Swim, Bike, Run

Our Mission

To enable our participants to discover, enjoy and achieve through taking part in our sport

Our Values

We love People <ul style="list-style-type: none">• We support & challenge each other• We are customer focused• We create communities• We care about everyone's wellbeing	We are Ambitious <ul style="list-style-type: none">• We are dynamic yet realistic• We are passionate about doing our best• We create positive impact• We celebrate success & we learn from our mistakes	We are Inclusive <ul style="list-style-type: none">• We are for everyone• We connect people & communities• We have fun and enjoy our sport	We Do What's Right <ul style="list-style-type: none">• We are honest and respectful• We practice clean sport• We are accountable• We care about the environment
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Our Strategic Goals by 2023

MORE PARTICIPANTS <p>We will support brilliant people to grow the sport through innovative and inclusive programmes</p>	FANTASTIC CLUBS <p>We will support clubs to provide members and new participants with a great experience</p>
ENGAGED MEMBERSHIP <p>We will focus on our customers to grow membership through the provision of relevant products and services</p>	SUCCESSFUL ATHLETES <p>We will work to ensure that Scottish athletes are supported and nurtured through their pathway journey</p>

Our Enablers:

GREAT PEOPLE & PARTNERS <p>We will continue our commitment to develop a robust triathlon workforce & and build strong long lasting relationships with key partners</p>	INSPIRATIONAL EVENTS <p>We will support and deliver events that provide participants with an enjoyable experience every time</p>
EXCELLENT ORGANISATION <p>We will operate to the highest standards of governance to maintain a robust and sustainable organisation</p>	RAISED AWARENESS <p>We will raise the profile of swim, bike, run to accelerate the development of our sport on the national, international and world stage</p>

How will we do this?

For each strategic goal we will identify and align clear annual objectives and milestone targets

How will we know if we are successful?

Progress against each strategic goal will be measured and reported annually



TRIATHLON
SCOTLAND



OUR PARTNERS

Triathlon Scotland is proud to work alongside the following partners and sponsors:



