



TRIATHLON
SCOTLAND

2019
ANNUAL REPORT

WHAT'S INSIDE...

Featured articles



CLUB OF THE YEAR



OUR EVENTS



ANNUAL AWARDS



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INTRODUCTION

A year of change

Jane Moncrieff
Chief Executive Officer



Welcome to our 2019 annual report, once again it has been a busy year for the sport, which began with the development and launch of a new four year strategic plan. I would like to extend a big thank you to **sportscotland** who continue to support what we do and even increased our funding which is definitely a positive sign that we are going in the right direction. Also thanks to the National Lottery and those who support it as we celebrated 25 years of lottery support in sport this year.



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Following a significant review, in partnership with British Triathlon and the Home Nations we launched new membership packages with benefits to better serve our members, with the main change being the introduction of a three tier option, the Essential membership (aimed at those training but not racing), Core membership, being similar to what existed before, and the Ultimate membership primarily aimed at coaches, those racing abroad and age group athletes.

Ultimate membership sales have been really encouraging, and better than predicted, with 10% of our total membership signed up, but in general our membership growth has slowed from 12% to a modest 3.6% this year. We will continue to look at how we make our membership options relevant for people and your feedback on this is always welcomed.

Event development and support remains an important part of what we do and in 2019 we were sad to lose quite a few big events notably IRONMAN 70.3 Edinburgh, Craggy Island and the Cairngorm Adventure Tri. However, we welcomed a host of new events such as Foxlake Triathlon which was featured on the BBC's Adventure Show, The Beltie Standard and Middle Distance, the Duke Standard and two summer series festivals from Live Life Aberdeenshire and Highlife Highland.

Events for 2020 look exciting and broad ranging and so a huge thanks to all our event organisers, new and existing, who put in such a great effort to give everyone a fun filled day out. The challenges of putting on races don't get any easier and making them financially viable is getting harder. Keeping it simple, making them safe and fun and doing something a bit different is the order of the day!

We have had quite a few staff changes this year which is inevitable in a small team. It was the end of an era for Events & Marketing Manager Gemma Simpson after almost 9 years in post who left us in October, and both Crawford Whyte (Academy Coach) and Susie Benson (Coach Development Manager) also moved onto pastures new.

We welcomed Sean Martin as Communications Officer, Victoria Park as Development Officer, Mark Turner as Lead Performance Coach,

Jack Peasgood as Academy Coach, and most recently Craigie-Lee Paterson returned as Administrator.

We also re-structured our development team this year with less of a focus on geographic split and more on roles and responsibilities. Elise Methven is undertaking more responsibility around development of young people in the sport and the changing lives agenda, with Victoria looking at adult pathways and GO TRI. Calum Reid will continue to oversee safeguarding and club development.

As ever our staff are our most important asset and so a big thanks to all of them once again for going above and beyond to get things done, particularly when we are short staffed.

Our board also had some changes, with our Welfare Director, Jill McIntyre, stepping down alongside Director of Performance Tony Stanger. Massive thanks for



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NEW STRATEGIC PLAN**





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all of their commitment to the role and for their support across some fairly large projects and staff recruitment.

Rob Mitchell, Commercial Director, joined us last year and has played a very valuable role working with the BTF Commercial team, ensuring Scotland is on the radar as well as



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making some warm and ongoing relationships for Triathlon Scotland which hopefully will reap some rewards over the coming months. We also welcomed Louise Wright as our new Director of Performance and Rebecca Trengove as our new Wellbeing Director.

Our work would not be as interesting

as it is without valued sponsors and partners and so I would like to say a big thank you to Bert McIntosh of MPH Ltd and Knockburn Sports Loch for supporting our Skills School series, You Can Sport our new sponsors of the You Can Sport Ranking Series, Gallagher UK and Lomo Watersports who both

joined us as a partner for our annual awards. We also continue to be grateful for our partnerships with the University of Stirling, Winning Students, ImacImages Photography and Yonda.

I'd like to finish with a massive final thank you to all our members, clubs, coaches, volunteers, athletes and

parents who make triathlon such a great sport. We look forward to celebrating 2020 with an Olympic year of sport!

Jane Moncrieff

Chief Executive Officer



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Most Welcoming CLUB OF THE YEAR

Montrose Triathlon Club

Image Credit: AB21



Montrose Triathlon Club

Montrose Triathlon Club was established in October 2014 after the huge success of Tri Angus Montrose Triathlon 2014. The club has grown from a few keen triathletes to approximately 60 members, all of varying abilities.

The club is based in Montrose with members from around the Angus area benefitting from the excellent local sports centre and surrounding countryside.

At the very heart of the club is the emphasis on quality coaching in a friendly, encouraging environment catering for athletes of all abilities aged 15 and over. The club currently has 6 Triathlon Scotland qualified coaches and a host of volunteers making the club friendly and welcoming.

The club regularly supports the Tri Angus Montrose and Forfar Triathlons and this year also launched their own open water event, the Montrose

Standard Triathlon which unfortunately due to water conditions, successfully, ran as a duathlon.

The club was nominated for the most welcoming club of the year because of the experience of a person new to triathlon who was recommended by a friend.

“Everyone at the club has been very welcoming, and regardless of age, ability, experience, you are welcome. The training sessions are friendly and personally I’ve learnt so much already.

“I’m usually near the back in the cycle sessions, but the club coach always holds back and rides with the slowest, but is full of encouragement and tips.

Swim sessions, pool and the new open water ones, are great, and suitable for all levels of experience. Everything is pitched at various levels so not too difficult for anyone. It’s been such a great experience so far.”

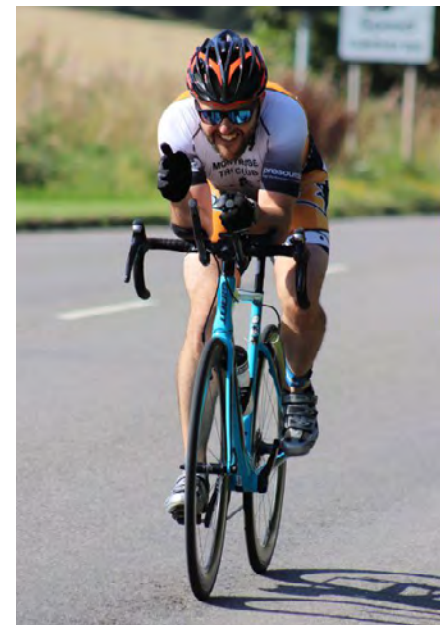


Image Credit: AB21

Image Credit: AB21



Image Credit: AB21



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MONTROSE
TRIATHLON CLUB



CLUB OF THE YEAR: Montrose Triathlon Club

CLUB COMMITTEE MEMBERS

Chair.....	Mike Talbot
Secretary & Wellbeing.....	Jessica Carter
Events & Social.....	Grace Gordon
Coaching.....	Oliver Carter

ONLINE / SOCIAL MEDIA

Facebook (Closed Group) @montrosetriclub

montrosetriathlonclub@outlook.com www.montrosetriathlonclub.co.uk



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2019 HALL OF FAME

Age Group

NIAL BAXTER (55-59)

Edinburgh RC

3rd 2019 Pontevedra ITU Cross World Championships

GEORGE BLACK (80-84)

2nd 2019 Pontevedra ITU Sprint Duathlon World Championships

HANNAH CAMPBELL (16-19)

Stirling Triathlon Club

3rd 2019 Târgu Mures ETU Aquathlon European Championships

GORDON CRAWFORD (55-59)

Stirling Triathlon Club

2nd 2019 Pontevedra ITU Aquathlon World Championships

ALICE DAVIES (20-24)

Lincoln Tri

3rd 2019 Târgu Mures ETU Middle Distance Triathlon European Championships

LIAM GOLDIE (40-44)

West Lothian Triathlon Club

1st 2019 Târgu Mures ETU Aquathlon European Championships

ROBERT HARRISON (45-49)

Monifieth Triathlon Club

1st 2019 Târgu Mures ETU Middle Distance Triathlon European Championships

Continued on Page 18





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2019 HALL OF FAME

Age Group

ARLENE LEWIS (45-49)

Glasgow Triathlon Club

2nd 2019 Pontevedra ITU Aquathlon World Championships

DAVID REEVES (35-39)

East Fife Triathlon Club

1st 2019 Târgu Mures ETU Aquabike European Championships

AMY RITCHIE (20-24)

Glasgow Triathlon Club

1st 2019 Pontevedra ITU Aquathlon World Championships

PENNY ROTHER (60-64)

Edinburgh RC

3rd 2019 Weert ETU Triathlon European Championships

STEPHEN SHARPE (45-49)

Moray Firth Triathlon Club

2nd 2019 Târgu Mures ETU Middle Distance Triathlon European Championships

DAVE SMITH (50-54)

Edinburgh #3

3rd 2019 Târgu Mures ETU Middle Distance Triathlon European Championships

ERIC WARDLE (55-59)

Stirling Triathlon Club

3rd 2019 Târgu Mures ETU Aquathlon European Championships





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BROOMHOUSE

Girls Project



The Broomhouse girls project participants

Being physically active has a wide range of positive health benefits, including improved heart, muscle, bone, blood, immune and nervous system health, as well as improved self-perception, mood and sleep quality.

With regards to women and girls in sport, female sports participation is linked to wider social benefits such as improved self-esteem, social inclusion, better academic

performance and development of leadership skills so it is crucial that we understand the reasons preventing so many women and girls from participating fully in sport.

We know from the latest research that girls in Scotland are most active at ages 5-7 with 81% doing at least 60 minutes of activity per day; sadly this figure drops to 49% by the time they are 13-15. This downward pattern in girls' physical

activity begins at ages 11-12 and continues to fall sharply as they reach their teenage years. Therefore, the experiences they get in primary school are critical to changing this pattern.

We know that poor experiences of physical education at school; a lack of self esteem and body confidence; poor changing facilities and the influence of family and peers have been cited as barriers to sports

participation for girls and so when we were approached by Edinburgh Active Schools to be involved with a piece of work involving primary 6 and 7 girls at Broomhouse Primary School, we gladly undertook the challenge.

Broomhouse School is located in an area that is designated 3 on the Scottish Index of Multiple Deprivation with 43% of children qualifying for free school meals (the Edinburgh average is 20%). Pupil attendance is well below the national average and annual pupil turnover is 33% of the school role.

Over the course of five weeks a group of female coaches – two from Pentland Triathletes, one from Edinburgh#3 and one from Triathlon Scotland worked with a group of 27 P6 and P7 girls on all things triathlon – swimming, biking, running – culminating in a mini event.



We wanted to create an atmosphere of inclusion where the girls could participate without judgement and one which would facilitate a non-competitive environment for those less enthusiastic



Having an all-female coaching team was critical to the success of this initiative as we know that many females prefer to be coached by female coaches. A female led team also made sense in that we hoped the project might spark an interest in triathlon for some of the participants, and having coaches from the local triathlon clubs on hand would ensure all questions could be answered. Moreover, should they choose to go on to visit a local club, a friendly, familiar face would be on hand to meet them.

We wanted to create an atmosphere of inclusion where the girls could participate without judgement and one which would facilitate a non-competitive environment for those less enthusiastic about sport in general. Having coaches involved who were positive female role models for the girls was also



Broomhouse Girls Learning Bike Skills

> an essential aspect of this initiative. As female coaches they are aware of the myriad of obstacles for girls and women in sport – these become heightened when we consider females in coaching and leadership positions and by having them there to direct and shape the work we hope that the participants will now view coaching as something achievable for them.

Every week the coaches were challenged in different ways and were able to skilfully adapt their session plans and behaviours so that the participants could have the most meaningful experience. As triathlon coaches we are told it is not our job to teach children ‘how to’ do something but rather we are there to coach them so that they might improve skills and behaviours and ultimately become better triathletes. If we had stuck to those guidelines, we would not have made much of an impact as over 55% of the girls could

not swim and around 40% could not ride a bike. However, by the end of 5 weeks every single girl participating in the initiative felt confident enough to take place in the final event.

This is testament to the coaches’ belief in the initiative and the reason WHY they became involved in the first place. It was critical to the coaches that every girl involved with this project learned new skills and had fun during the process. There needed to be opportunities for challenge and in order for these challenges to be accomplished the coaches created a supportive environment so that everyone felt they could, for example, fall off their bike and want to get back on it.

Most of our sessions took place at the primary school itself using tarmac playgrounds and grass for cycling and running whilst we used the local secondary school facilities for our swim sessions and final event of an aquathlon (swim, run) with all

participants achieving a medal for participation on coming over the finish line.

Many thanks must go to the coaches from Pentland Triathletes and Edinburgh#3 without whom this initiative would not have flown. Their commitment and dedication to changing the lives of these girls through triathlon was inspirational and their desire to continue the work is much appreciated. Special mention must also go to two of the Junior section members from Pentland Triathletes, Hannah and Emily who helped out at the swim sessions and at the final event.

OUTCOMES

- Local triathlon clubs now have an ongoing relationship with Broomhouse Primary School and its pupils;
- An after school club (triathlon) is now planned for Forrester High School – the secondary school that the majority of the participants will attend – this will be led by a young woman from Edinburgh#3 who is currently undertaking her UKCC level 1 Triathlon Coaching qualification in order to lead on this;
- Young women from Pentland Triathletes and Edinburgh#3 will be offered the opportunity to undertake their British Triathlon Young Activator Award should they wish to be involved with the work at Broomhouse/Forrester

The most important outcomes. Twenty seven girls from Broomhouse Primary were able to have fun with their peers, become more physically active for 60 minutes each week, learn new skills like swimming and cycling and challenge themselves to achieve something that at the start of the 5 weeks would not have been possible. All through a little bit of swim, bike, run.



27 GIRLS

from Broomhouse Primary were able to have fun with their peers, become more physically active for 60 minutes each week, learn new skills like swimming and cycling and challenge themselves to achieve something



Sports participation increases self-esteem and academic performance



Project coaches Natalie Stewart and Elise Methven

COACHING CONFERENCE

Development, networking & collaboration



Triathlon Scotland's annual coaching conference is a fantastic opportunity for coaches to share their experiences and practice from the world of triathlon coaching. In 2019 we welcomed coaches to develop their understanding across swim, bike, and run.

Elise Methven and Natalie Stewart supported coaches in developing their understanding of open water swimming in a safe (and warm) pool environment. Coaches were tasked with delivering sessions to participants that were designed to develop skills, technique and tactics in open water.

Evan Oliphant led on the delivery of a cycling session which was structured to help coaches better understand the demands of racing versus training when on the bike. Using real-life race and training data directly from athletes, Evan worked through the details of how to interpret power and cadence

data in relation to efforts throughout training and racing. Coaches then had the opportunity to directly support athletes in developing their skills on the bike outside and identify areas for improvement on their technique to assist them when it comes to race time.

Chris Bramah's run session took our coaches through the current research into running economy and the factors that affect this. Coaches were challenged in their thinking and perception around run form and technique and then delegates went to the running track to put this knowledge into practice.

 Quite simply the most useful CPD activity I have attended at any conference, it was excellent.



TOTAL NUMBER OF COACHES:

- Level 1 - 287
- Level 2 - 128
- Level 2 Dip - 10
- Level 3 - 37

TOTAL - 462

% OF WORKFORCE THAT ARE FEMALE

- Level 1 - 37%
- Level 2 - 27%
- Level 2 Dip - 30%
- Level 3 - 27%

TOTAL - 33%





> In 'Unleashing the potential of athletes and coaches', Adrienne Hunter explored the idea of Secure Base Coaches and how we can effectively communicate with those in and around a coaching environment. This session was designed to help coaches think about how their actions impact on others and how they can develop their mentoring skills using the 4 P's tool.



“ I enjoyed how the presenter had us get involved with the session.”



Fiona Lothian helped coaches develop their understanding of planning and periodisation in a club environment with the aim of stripping the subject back to basics and thinking about taking a group of athletes from A to B. 'Effective planning and periodisation' focused

on how we can best support our athletes through the whole season of training with specific focus areas.

Stephen Leckey led on the delivery of 'Committed Action: Coaching and training from a values base' and took our coaches through a session designed to develop understanding of mindfulness within a performance enhancement context. Stephen also explored how we can identify our values as coaches and that of our athletes to maximise our effectiveness in our sessions.



“ A very thought out session and motivating in all aspects.”



The day culminated with Josh Williamson exploring stroke analysis and providing additional methods of analysing the stroke of your athlete in front of you. Josh demonstrated the process that he would use to identify

areas for improvement in a swimmer's stroke and our coaches put these into practice with videos of three international level swimmers.



“ This was my first time at the conference and it was a great experience with loads of like-minded people learning more about coaching and triathlon which I can use at my club and in my own training.”



OUR COACHING CONFERENCE DELIVERY TEAM

- Chris Bramah
- Adrienne Hunter
- Stephen Leckey
- Fiona Lothian
- Elise Methven
- Evan Oliphant
- Natalie Stewart
- Josh Williamson



TO READ THE
COACHING
CONFERENCE
DELEGATE NOTES,
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WATCH THE FULL
VIDEO FROM THE
CONFERENCE!



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SCOTTISH CHAMPIONSHIPS





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OF THE
ACTION?**

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OUR 2019 CHAMPIONS



THE SCOTTISH NATIONAL DUATHLON CHAMPIONSHIPS

Hosted by Stirling Triathlon Club at the University of Stirling (21/04/2019)

Overall Male: EWAN BROWN (Unattached)

Overall Female: ALISON MACKENZIE (Fusion Triathlon Club)

[Full Results](#) | [Report](#)

THE SCOTTISH NATIONAL SCHOOLS AQUATHLON CHAMPIONSHIPS

Hosted by Triathlon Scotland at the Michael Woods Centre, Glenrothes (26/04/2019)

S1/S2 Male: FERGUS CURRIE (The High School of Glasgow)

S1/S2 Female: ISLA THOMS (Bell Baxter High School)

S3/S4 Male: DANIEL SAUNDERS (George Watsons College)

S3/S4 Female: AURELIA TIFFONEY (The High School of Glasgow)

S5/S6 Male: ANDREW ROLLAND (Erskine Stewarts Melville School)

S5/S6 Female: CLARE WALLACE (Eastwood High School)

Mixed Team Relay: THE HIGH SCHOOL OF GLASGOW

[Full Results](#) | [Report](#)

THE SCOTTISH NATIONAL YOUTH TRIATHLON CHAMPIONSHIPS

Hosted by Fusion Triathlon Club at Bellahouston Park (23/06/2019)

TriStar Start Male (8): CHARLIE LYNE (Fusion Triathlon Club)

TriStar Start Female (8): OLIVIA LYNE (Fusion Triathlon Club)

TriStar 1 Male (9-10): DANIEL HENDRY (Fusion Triathlon Club)

TriStar 1 Female (9-10): EMILY LANGDON (Fusion Triathlon Club)

TriStar 2 Male (11-12): ISRAEL NOBLE (Broasch Asc)

TriStar 2 Female (11-12): MIRREN STEWART (Glasgow Triathlon Club)

TriStar 3 Male (13-14): FERGUS CURRIE (Fusion Triathlon Club)

TriStar 3 Female (13-14): JOHANNA MACKENZIE (Unattached)

Youth Male: DANIEL SAUNDERS (H3O Racing)

Youth Female: ANNA HEDLEY (Unattached)

[Full Results](#) | [Report](#)

THE SCOTTISH NATIONAL MIXED TEAM RELAY CHAMPIONSHIPS

Hosted by Monifieth Triathlon Club at Monikie Country Park (13/07/2019)

Winners: EDINBROS (Edinburgh University Triathlon Club)

[Full Results](#) | [Report](#)

Continued on Page 34

OUR 2019 CHAMPIONS



THE SCOTTISH NATIONAL SPRINT TRIATHLON CHAMPIONSHIPS

Hosted by Monifieth Triathlon Club at Monikie Country Park (14/07/2019)

Overall Male: LUCA FANOTTOLI (Stirling University Triathlon Club)

Overall Female: NATALIE STEWART (Pentland Triathletes)

[Full Results](#) | [Report](#)

THE SCOTTISH NATIONAL AQUATHLON CHAMPIONSHIPS

Hosted by Lomond Masters Swimming & Triathlon Club at Loch Lomond (27/07/2019)

Overall Male: LUKE HOWARD (Stirling University Triathlon Club)

Overall Female: KARA TAIT (Edinburgh Triathletes)

[Full Results](#) | [Report](#)

THE SCOTTISH NATIONAL MIDDLE DISTANCE TRIATHLON CHAMPIONSHIPS

Hosted by Triathlon Edinburgh Ltd at Kenmore (18/08/2019)

Overall Male: DOUGLAS ROBERTS (G72 Tri)

Overall Female: ALISON MACKENZIE (Fusion Triathlon Club)

[Full Results](#) | [Report](#)

THE SCOTTISH NATIONAL CROSS TRIATHLON CHAMPIONSHIPS

Hosted by Dirty Events at Aviemore (25/08/2019)

Overall Male: SCOTT ANDERSON (SC Bayer 05 Uerdingen)

Overall Female: CAROLINE WALLACE (Borders Triathletes)

[Full Results](#) | [Report](#)

THE SCOTTISH NATIONAL STANDARD TRIATHLON CHAMPIONSHIPS

Hosted by Fleet Feet Triathletes at Knockburn Loch (01/09/2019)

Overall Male: LUKE HOWARD (Stirling University Triathlon Club)

Overall Female: ANNE EWING (META Tri Division)

[Full Results](#) | [Report](#)



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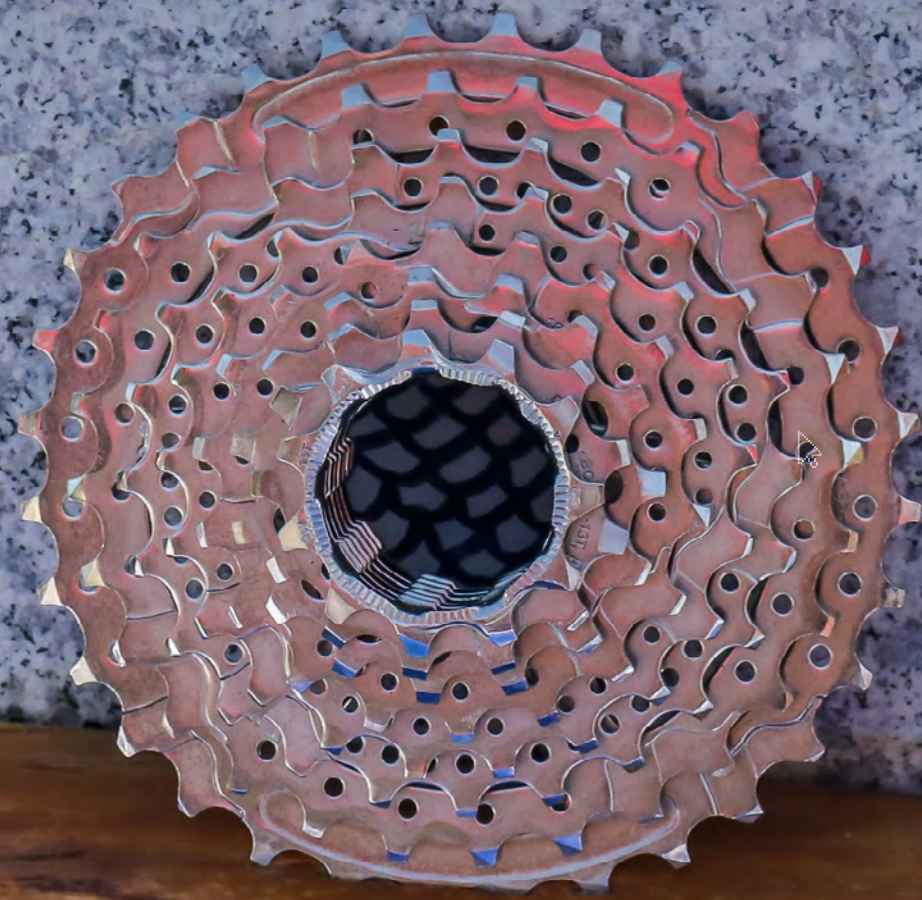
TRIATHLON
SCOTLAND

Male
Champion



triathlonscotland
Scottish Cross Triathlon
Championships

Female
Champion



triathlonscotland
Scottish Cross Triathlon
Championships

OFFICIALS

Keeping your sport safe and fair

Our volunteer Technical and Motorcycle Officials play a key role in ensuring events are safe and fair, whilst also being a friendly face to offer help and advice. Supporting and developing our volunteer official workforce is vital for the continued growth and development of our vibrant and modern sport.



PROGRESS BEING MADE

2019 was a great year for official growth. In January, we welcomed thirteen new trainees, with many now fully qualified as Local Technical Officials heading in to next year. It was also acknowledged that there was a need to grow our Motorcycle Official team, with a particular aim to attract some female riders. Following a successful targeted campaign, we recruited eight new riders, including two women. Having almost doubled in numbers, we will be able to provide Motorcycle Officials to more events, where they play a key role in participant safety on the bike course, while preventing drafting and dangerous riding. In addition, three of our qualified Local Technical Officials took the next step on the pathway and completed their Regional Technical Official training, making them available to officiate at open water events from 2020. We also saw our senior officials form part of the

officiating team at seven international competitions. We end 2019 with 53 officials on the pathway, a 140% increase than when we started our last strategic cycle in 2015.

LOOKING AHEAD

When we published our new strategy earlier this year, there were three clear goals for officiating:

1. Grow the number of volunteer officials to be able to provide an allocated Technical Official to more of our permitted events
2. Provide support and development opportunities for existing volunteers so they can continue to progress along the officiating pathway
3. Have Scottish Technical Official representatives at Major Events including the Olympics and Commonwealth Games



With an eventual goal of providing a Technical Official to every permitted event in Scotland, we will continue to work to identify geographical gaps and do focused recruitment in these areas. By improving the visibility of officials at events, highlighting the role and increasing recognition, we hope to inspire others to take up officiating.



Triathlon Scotland will continue to support volunteers in gaining the knowledge and experience they require to progress along the pathway. Continuing to support a vibrant Scottish Championships series and the bringing of British Major Events and Qualifiers to Scotland is key to providing exposure to this level of competition.

We believe our volunteers are the best in the world, and so we want them to be representing us on the World Stage. We are delighted that four of our officials will progress along the ITU officiating pathway in 2020, with two officials (Drew Matheson and Lynne Lauder) currently completing their Continental Technical Official training and a further two selected for the next National Technical Official course early in the year, James Streetley and Robert Myler.

We are also delighted that Scottish Official Maisie Bancewicz has been selected as part of the officiating team for the Tokyo 2020 Paralympic Games. Maisie has previously officiated at London 2012, Glasgow 2014 and Gold Coast 2018, showing what is possible for our volunteers to achieve.



TRIATHLON
SCOTLAND



WE HAD SCOTTISH OFFICIALS AT THE INTERNATIONAL EVENTS BELOW:



[CLICK HERE FOR
MORE DETAILS ABOUT
OUR TECHNICAL
OFFICIAL PATHWAY](#)



[FOR FURTHER
INFORMATION
ABOUT MOTORCYCLE
OFFICIALS TRAINING,
CLICK HERE](#)



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[HEAR FROM OUR
2019 OFFICIAL OF
THE YEAR KATARZYNA
SKRZYNIARZ](#)





> 2018 VOLUNTEER SURVEY RESULTS

57%

of triathlon events were covered by an Official in 2018.
Up 11% from 2017.



93%

of open water events were covered by a Technical Official.
Up 21% from 2017.



18

new officials joined the Triathlon Scotland team.
Growing the team by 46%.



92%

of officials are satisfied with their overall experience volunteering.



1224

hours of volunteering in 2018.
Up 43% from 2017.



8

Scottish Officials attended major international events (ETU/ITU) as part of the officials team.



LIVE LIFE ABERDEENSHIRE

Outstanding contribution to the sport



Great locations
for all LLA events

Live Life Aberdeenshire have supported triathlon since their very first event back in November 1988 in Alford. The race organiser, Andrew Miller was persuaded to host it by Andrew Manwell (University of Aberdeen and former Scottish Triathlon Association President). The event had 28 entries and it snowed the night before so for safety was postponed to the following week!

From that first event in Alford, Ellon was added in 1989 and then the race series grew to an average of 3 events per year in the early years. It then grew to about 5 in the early 1990's and then to 7 by 1998, all still organised by Andrew who introduced split times with manual results, then came the STA "Beaver" results system (pre-database and xls) – which Andrew described as a headache, literally! But we are sure the competitors appreciated the efforts very much.

Over the years it is estimated that Live Life Aberdeenshire have collectively hosted 159 events, thanks to the dedication of the event delivery team which has moved from Andrew to Steve Smith (founder of Three Peaks Triathletes) in 1999 to Henry Trotter in 2003. Henry was the driving force behind the inception of chip timing in 2007, and Henry can still be found at events with his company Thistle Timing. In 2013 Steven Barrett took



The Live Life Aberdeenshire team with Grant Sheldon and event sponsor, Bert McIntosh

the reins from Henry and apparently loves organising triathlons, duathlons, aquathlons and aquabikes very much, as he is now in charge of 17 of them each year!

Live Life Aberdeenshire have also benefitted from local sponsorship, credited with keeping the series alive over the years. Gold Crest Ltd were sponsors for six years and then McIntoshPlantHire Ltd took over as headline sponsor, aiding in keeping entry costs low and funding the purchase of timing equipment. Moreover, Bert McIntosh's personal passion and enthusiasm for the sport has been invaluable over the years, and has led to Scotland having their very own premier purpose built triathlon venue in Aberdeenshire, Knockburn Loch, that Live Life Aberdeenshire, and all triathletes can benefit from.

Customer satisfaction is at its highest levels, with 100% of events noted for

promoting positive mental health. Our nominator added that the choice of local events are excellent, making good use of council pools and great cycle routes and run laps. They added

"There is a lot of humour, support and encouragement. It got me started in triathlon, as well as 100s of others".



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HEAR FROM SOME
OF THE PEOPLE
INVOLVED OVER
THE YEARS





TRIATHLON
SCOTLAND



LEADING THE WAY

A new performance coaching team

Our Head of Performance, Fiona Lothian, has welcomed three new staff members to the Performance team in 2019 following the departure of Bex Milnes (now Lead Paratriathlon Coach at British Triathlon), and Crawford White (now focussing on his own coaching business, Project3).

Joining Triathlon Scotland as Lead Performance Coach was Mark Turner, all the way from Australia,



and joining as Academy Coach was Jack Peasgood, all the way from England. We also welcomed Craigie-Lee Paterson as a new Performance Administrator to support the coaching team, and athletes.

MARK TURNER

Mark served 13 years in the Queensland Police Service including 5 years as a Physical Education Instructor at the Police Academy before leaving and following his passion of coaching. Initially he built and developed his own swim school and coaching program for babies right through to adults. After selling that business he started his own triathlon coaching business where, along with his wife Suz, they developed a very successful squad in Brisbane.

What have you learned about our athletes so far? “It’s the same type of people all over, they want to challenge themselves and push

themselves to be better, the Scots do have a certain type of toughness to go get it. The top athletes are very similar with their mindset but currently there is a lot more depth in the Junior and U23’s in the UK compared to back home. There is a good Academy system in place here too.”

How is triathlon different in Scotland than Australia? “In Scotland the partnership Triathlon Scotland has with the University of Stirling is something that really appealed to me coming over here. There is no set up like that in Australia with the governing body working with universities. It’s great that the athletes are getting an education as well as high performance coaching.”

Keep learning and developing, find mentors, go out and collaborate and work with other coaches. With



Jack (left) and Mark (right)

both your personal and athletes’ development take the longer view and make sure the basics are right as it helps long term progression. Especially with the athletes, it’s really important to get the basics right because when the talent level is all the same, that is where they can find the edge.

What are the goals you have set for yourself? “My main goal is that every athlete in the system is improving day to day, month to month because with the improvement the better results will come. I also want to build a team ethos within the squad and celebrate everyone’s success. I would also love to see the Scottish Team through the 2022 Birmingham Commonwealth Games”

What are you looking forward to most going forward? “I am really looking forward to a good

winter to evolve the programme and implement things without the pressure of racing the next week. As I came in to the role halfway through the season I didn’t want to change too much but this winter gives us the opportunity to put some new things in place that the athletes have not tried before. It’s a great opportunity to build new habits and routines that we can take with us into race season and beyond.”

JACK PEASGOOD

Jack competed as part of the Great Britain Age Group team for several years, but it was supporting his brother George at the European Championships in 2013 that he was first exposed to Paratriathlon. Jack got into guiding for Visually Impaired (VI) athletes from there and realised racing as part of a team was way more fun than solo racing.

This led to him training and

competing with several of the male VI athletes at international competitions. When the male VI category was not included in the Paralympic games, Jack was employed by British Triathlon to support the team with massage and logistics and went out to the Rio Paralympic Games in 2016 where Paratriathlon made its debut.

Although he still does the odd bit of guiding and some individual races, he now concentrates his time on coaching having moved to Scotland in 2018. Alongside his Academy Coach role, Jack works with Glasgow Junior Triathlon Club as well as organising Skills School sessions for the West and South West areas of Scotland.

In his free time, he can be seen riding tandems fast with his wife Alison Peasgood (2016 Paralympic silver medallist).

➤ **What is the main thing you are excited to do in the role?**

"I am looking forward to sharing my experiences with athletes in the programme as well as helping them to progress in their triathlon journey. I am also excited to take the Academy athletes around Scotland to new places where they can train and enjoy the sport."

What are your goals for next season?

"To have successful camps for the athletes and for me that would mean that they work hard, enjoy themselves and go away enthused. I would like the camps to add value to the athletes day to day training by sharing ideas and showing new ways they can do things."

"I would also like to raise awareness of the Paratriathlon team, the opportunities it provides and the pathway that you can follow, be it as an athlete or as a guide."

Give us your top pointers for working with younger athletes?

"Keep it fun because if it is not fun they will not come back, especially when there are so many other sports they can do. You can make almost any drill into a game so do as much of them as you can in your sessions."



/triathlonscotlandtv

WE ASKED THE COACHES TO DO A SPECIAL BIKE HELMET CHALLENGE:

ENGLAND v AUSTRALIA
WHO DO YOU THINK WILL WIN? [CLICK HERE](#)

2019 Riga ETU Triathlon Junior European

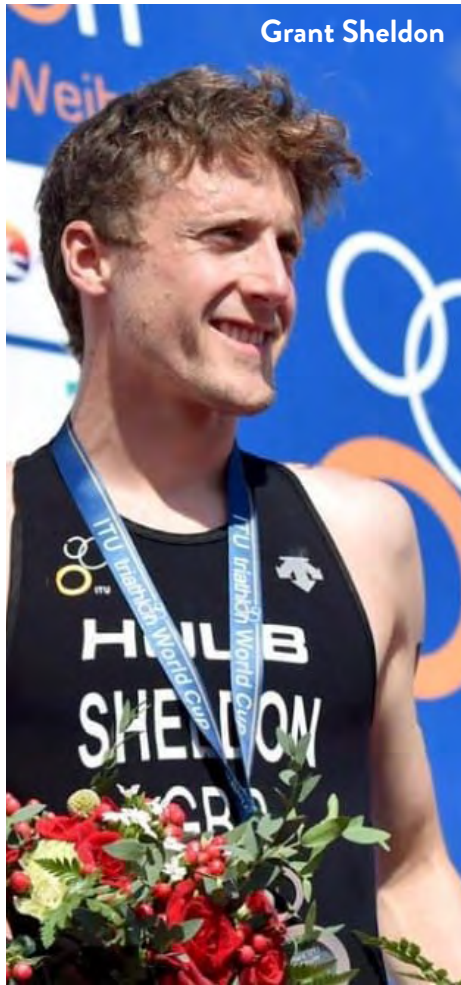


TRIATHLON
SCOTLAND



SQUADS

Supported athletes



Grant Sheldon

PARATRIATHLON

ALISON PEASGOOD
(West Lothian Triathlon Club)

WORLD CLASS PODIUM-POTENTIAL

MARC AUSTIN
(Fusion Triathlon Club)

GRANT SHELDON
(Unattached)

DEVELOPMENT SQUAD

GUY EVANS-HAGGERTY
(Fusion Triathlon Club)

KATE GALLAGHER
(Stirling Triathlon Club)

SOPHIA GREEN
(Moray Firth Triathlon Club)

CAMERON HARRIS
(Stirling Triathlon Club)

CAMERON MAIN
(Moray Firth Triathlon Club)

IONA MILLER
(Fusion Triathlon Club)

BETH POTTER
(Unattached)

CALUM YOUNG
(Unattached)

Beth Potter



WANT TO
KNOW MORE?

READ ABOUT THE
ATHLETES [HERE](#)



CONFIRMATION SQUAD

HAMISH ARMITT
(Fusion Triathlon Club)

HEATHER BARNES
(Unattached)

ANDREW ROLLAND
(Edinburgh#3)

KATE RICHARDSON
(Fusion Triathlon Club)

DANIEL SAUNDERS
(Unattached)

WILLIAM TAYLOR
(Fusion Triathlon Club)



ACADEMY SQUAD

CARRIE BANKS
(Stirling Triathlon Club)

OLLIE DE BEAUX
(Millfield Triathlon Club)

STRUAN BENNET
(Unattached)

CALLUM BYRNE
(Fusion Triathlon Club)

FERGUS CURRIE
(Fusion Triathlon Club)

KYRA GIBB
(Stirling Triathlon Club)

SAM GLASS
(Edinburgh#3)

ANNA HEDLEY
(Unattached)

ISLA HEDLEY
(Unattached)

CAMERON KERR
(Stirling Triathlon Club)

MOLLY KIDD
(Edinburgh RC)

REUBEN MACDONALD
(Unattached)

JOHANNA MACKENZIE
(Unattached)

ANYA MACLEAN
(Fusion Triathlon Club)

CAMERON MACMILLAN
(Stirling Triathlon Club)

RUBY METHVEN
(East Fife Triathlon Club)

CALLUM MILLER
(Glasgow Triathlon Club)

RORY MUNN
(Edinburgh#3)

MARTHA REEVES
(East Fife Triathlon Club)

JESSICA TURNBULL
(Fusion Triathlon Club)

CIARA ROULSTON
(Unattached)

AURELLA TIFFONEY
(Unattached)



WANT TO KNOW MORE?

READ ABOUT THE ATHLETES [HERE](#)

DEVELOPMENT TEAM

Focus on Fantastic Clubs



Our new strategic plan puts a network of Fantastic Clubs at the heart of our vision 'To inspire great experiences through swim, bike and run'. In order to improve the way we support these Fantastic Clubs we have made some changes to the structure of the development team and welcomed Victoria Park.

The main change that clubs will notice going forward is that our Development Officers will no longer work regionally but will provide support to clubs nationally based on their needs. Elise Methven, will continue to provide support to clubs across the country in all areas of development but will also lead on youth participation, development and leadership opportunities including work with schools. Victoria will lead on the development of adult participation opportunities

including growing participation and working with new audiences. Calum Reid will continue to head up the development team as Development Manager and lead on the support to clubs in the areas of wellbeing and protection, network opportunities and club structures and governance.

We were delighted to receive additional funding of £11,700 to realise a new GO TRI project, aimed at increasing the participation of women and girls in our sport. Our proposal was one of fifteen projects chosen to share in £300,000 of investment from the Scottish Government's Women and Girls fund and will focus on helping women and girls to feel safe and confident swimming in open water, so that they can fully enjoy our sport.

The project had an impact as soon as East Fife and Glasgow Triathlon



swim-bike-run is best enjoyed with friends

Clubs kicked off their first blocks of session in August. Participants reported an increase in confidence and skills with many going on to take part in open water events and some even managing to fit in a triathlon. Most importantly they've had a lot of fun along the way.

Edinburgh University Triathlon Club launched their programme in September at their Sport and Fitness Fair to encourage new students to

try Open Water Swimming and sign up to the Tri club. Their first block of sessions was popular and demand for their second block of sessions was sky high!

These clubs will each be delivering another block of sessions during the spring of 2020 when we will also welcome a second group of clubs to the project, widening the impact across the country.

Over the coming months we will be launching our Fantastic Club Framework which will support clubs by offering a range of resources and tools based around 6 key principles each with specific areas of development. The Fantastic Club Framework has been developed based on club feedback and learning from **sportscotland** and other Scottish Governing Bodies of sport. The introduction



of the framework will allow the Development Officers to work on a club by club basis to create development plans and review processes that will encourage sustainability and growth within clubs and strengthen overall participation of triathlon in Scotland.

The development team will also be launching Regional Networks for clubs. This will allow clubs to share best practice, work together and share ideas and resources. Basecamp (an online resource) will allow continuous interaction while a series of club roadshows will provide face to face support and increased communication between clubs and Triathlon Scotland.



/triathlonscotlandtv

**CLICK HERE TO LEARN
MORE ABOUT THE
WOMEN AND GIRLS
GO TRI PROJECT**



Skills School

Carluke Leisure Centre
10th November 2019

Sponsored By:





**TRIATHLON
SCOTLAND**

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SEASON HIGHLIGHTS

ELITE ATHLETES

ALISON PEASGOOD

- 1st 2019 Milan ITU World Paratriathlon Series
- 2nd 2019 Groupe Copley World Paratriathlon Series Montreal
- 3rd 2019 Alanya ITU Paratriathlon World Cup

GRANT SHELDON

- 3rd 2019 Karlovy Vary ITU Triathlon World Cup
- 3rd 2019 Weihai ITU Triathlon World Cup

BETH POTTER

- 1st 2019 Weert ETU Triathlon European Championships
- 8th 2019 Karlovy Vary ITU Triathlon World Cup

ERIN WALLACE

- 5th 2019 Weert ETU Triathlon European Championships
- 2nd 2019 Weert ETU Triathlon European Championships (Junior Mixed Relay)
- 5th 2019 ITU World Triathlon Grand Final Lausanne

SOPHIA GREEN

- 2nd 2019 Riga ETU Triathlon Junior European Cup
- 3rd 2019 Super League Jersey Junior Enduro
- 1st 2019 Parc Bryn Bach (World Junior Championships Trial Race)

IONA MILLER

- 6th 2019 British Sprint Triathlon National Championships

CAMERON HARRIS

- 5th 2019 British Sprint Triathlon National Championships
- 2nd 2019 British Triathlon Super Series – Overall Senior Men
- 4th Parc Bryn Bach (World Junior Championships Trial Race)

CAMERON MAIN

- 3rd 2019 British Sprint Triathlon National Championships
- 3rd 2019 British Triathlon Super Series – Overall Senior Men
- 7th Parc Bryn Bach (World Junior Championships Trial Race)

OTHER ELITE ATHLETES

OLIVER MAKINSON (University of Stirling Performance Squad)

- 3rd British Triathlon Super Series – Overall Junior Men

Continued on Page 64





TRIATHLON
SCOTLAND

CONFIRMATION SQUAD

ANDREW ROLLAND

8th 2019 Super League Malta
6th 2019 British Triathlon Super Series – Overall Junior Men

CALUM YOUNG

2nd 2019 Weert ETU Triathlon European Championships - Junior Mixed Relay

KATE RICHARDSON

10th 2019 British Triathlon Super Series – Overall Youth B Female

ACADEMY SQUAD

ANNA HEDLEY (East Fife Triathlon Club)

5th 2019 Super League Malta
2nd 2019 British Triathlon Super Series – Overall Youth A Female
2nd 2019 Youth School Games

ANYA MACLEAN (Fusion Triathlon Club)

6th 2019 British Triathlon Super Series – Overall Youth A Female

OTHER (ELITE) ATHLETES

GEORGE GOODWIN

3rd 2019 IRONMAN 70.3 Barcelona
1st 2019 IRONMAN 70.3 Staffordshire (current course record)
6th 2019 IRONMAN 70.3 European Championship Elsinore, Denmark
1st 2019 IRONMAN 70.3 Weymouth

LESLEY PATERSON

2nd 2019 XTERRA World Championships, Hawaii
2nd 2019 XTERRA East Championships, Pelham, Alabama
5th 2019 ITU Cross-Triathlon World Championship (Pontevedra, Spain)
1st 2019 XTERRA Greece (Athens, Greece)

DAVID McNAMEE

2nd 2019 IRONMAN 70.3 Vichy | 5th 2019 Challenge Roth

ALICE HECTOR

3rd 2019 Viborg ETU Powerman Middle Distance Duathlon European Championships

NIKKI BARTLETT

2nd 2019 Gérardmer XL | 1st 2019 IRONMAN 70.3 Dun Laoghaire
1st 2019 IRONMAN Lanzarote | 2nd 2019 IRONMAN 70.3 Pays d'Aix

Continued on Page 66



2019
YEAR IN NUMBERS



2

WORLD
PARATRIATHLON
SERIES PODIUMS

3

WORLD CUP PODIUMS

2

EUROPEAN
CHAMPIONSHIP
PODIUMS

7

IRONMAN PODIUMS

3

XTERRA PODIUMS

4

BRITISH SUPER SERIES
OVERALL PODIUMS





TRIATHLON
SCOTLAND



EVENTS

A year of highs and lows

Inspirational triathlon events are at the heart of our sport. By providing athletes with great experiences through swim bike and run, we hope to retain participants within the sport so that they can have lifelong enjoyment and continue to support local domestic races. While exciting new events and formats are key to keeping the sport interesting and attractive to participants both current and new,

we want our existing events to continue to thrive. We are seeing more often that participants are entering events later and while most see entries ramp up in the final weeks, we know this is of little comfort to event organisers who are trying to plan based on expected numbers. In a climate where a lack of entries can mean events do not go ahead, we are turning our focus to promoting and filling existing events, while still providing advice and assistance to new events.

We were excited to welcome a number of new events on to our calendar in 2019, including a new cross triathlon at Lochore and the Beltie Triathlon Festival in Dumfries and Galloway, which hosted open water standard and middle distance triathlons as well as a youth triathlon, GO TRI and aquabike event. In July, we were also delighted to have the

sport showcased on The Adventure Show, as the Foxlake Triathlon was broadcast live on BBC Scotland. Taking place at Foxlake Adventures in Dunbar, over 130 triathletes from across the country took part in the fun and challenging cross triathlon organised by Dirty Events.



**THE ADVENTURE
SHOW**

**CLICK [HERE](#) TO
WATCH FOXLAKE
TRIATHLON ON
BBC iPLAYER**



We also continued to work with local authority event partners. 2019 saw the Live Life Aberdeenshire Aquathlon Series added to our portfolio of permitted events, in addition to their popular duathlon and triathlon series. These fun mid-week aquathlons take place across the area throughout the summer and are great for triathletes seeking some friendly local racing. We also worked with High Life Highland to permit their Junior Triathlon Series. These GO TRI events introduced children of all ages across the Highlands & Islands region to triathlon, with over 500 taking part across ten locations.

Despite these positive developments, participation numbers have fallen slightly this year to 20076 race starts. With over 2300 participants combined between IRONMAN 70.3 Edinburgh and the Glasgow 2018 European Championships,

not having these large events on the calendar in 2019 was always going to have an impact. The loss of a number of other key events such as the Craggy Island Triathlon and the Ayr Three Castles Duathlon, which didn't go ahead this year, further contributed to a reduction in race starts. Facility refurbishments also had an impact, putting the popular Isle of Bute Triathlon on hold for a year and limiting Stirling Triathlon Club's duathlon and triathlon events to smaller adult-only events.

While we have faced these challenges, we have seen the beginner and participation end of the sport thrive, with inclusive formats such as aquabike and GO TRI being an area of great growth. Aquabike (swim then bike) events allow participants to enjoy multisport without the need to run, making them attractive to those who have retired from running or

are nursing a running injury. Having been a fairly unknown format when they first entered our calendar, it was great to see 125 participants across Scotland enjoying aquabike events in 2019. Similarly, GO TRI events have become a frequent addition to event schedules as well as standalone events, with 725 participants taking part over 22 events in 2019, a 450% increase since they were first launched in Scotland in 2017.



► IN FOCUS: EVENTS GIVING BACK

Social enterprise Tri Angus Limited, organiser of the popular Montrose and Forfar triathlons, was set up with the goal of encouraging local participation, improving local skills, developing and supporting local clubs and providing volunteer opportunities, all to promote community development, quality of life and good citizenship across the Angus region.

For the past three years, Tri Angus' charity partner has been Tayside Mountain Rescue, and the events have been a huge financial support to this local charity. Entrants were able to raise money through sponsorship, donate at the point of entry or donate in return for a post-race massage courtesy of local massage therapists Sattva Wellness. In its third year of partnership, the 2019 Montrose and Forfar Triathlons raised over £6,000 for the charity, bringing their total over the three years to over £13,300.

194
EVENTS

134
ADULT EVENTS

37
YOUTH EVENTS

23
GO TRI EVENTS



**TRIATHLON
SCOTLAND**

All Weather. All Terrain. All Hour



**BANK OF
SCOTLAND**

12 November 2019

Pay Tayside Mountain Rescue

or Order

Six Thousand Pounds only

£6000.00

Tri Angus Ltd.

www.taysidemr

MEMBERSHIP DEVELOPMENT

Explore our new Ultimate, Core, and Essential memberships

March 2019 saw the introduction of tiered membership packages which allows members to choose a membership that is right for them regardless of where they are in their swim, bike, run journey. The Essential membership provides the key basics for those that are training and want the reassurance of being insured. Core membership caters for the majority of triathletes by providing a race licence as well as all-important

insurance for training and racing in the UK. For those wanting to take their swim, bike, run journey to the next level the Ultimate membership gives members all the benefits of the Core membership plus additional insurance, such as training and racing abroad and physio.

The Ultimate membership has been more popular than we expected with around 10% of our members opting to purchase this. 3% of our members have chosen the Essential membership, leaving 87% of members choosing Core membership.

This year we added four new membership benefits. The Volvo Affinity Programme offers discounts across the Volvo range making big savings for anyone buying a new Volvo. Another new benefit is the free Zwift RunPod when members sign up to Zwift. Members now get

20% off all Limar UK products when purchasing through the Limar UK website. The final new benefit is 20% off all products across the 4iiii Innovations UK website.

To help reduce Triathlon Scotland's carbon footprint we introduced an opt-in for members to receive a plastic membership card. This was well received by the membership with 69% of members opting not to have a plastic card in 2019.



2019
MEMBERSHIP HAS
INCREASED BY
3.6%

MALE : FEMALE
GENDER SPLIT (%)

ADULTS
67:33

JUNIORS
49:51

YOUTH
51:49



AYRODYNAMIC TRIATHLON CLUB

30 years of swim-bike-run and fun!

On Sunday 11 November 2019 members of Ayrodynamic Triathlon Club celebrated the club's 30th Anniversary. They did it in the usual style by having a day of swim bike run. Scottish Commonwealth Games athletes Marc Austin and Beth Potter were there to join in the fun and also talked to the members about the insight into the life of an elite athlete.



/triathlonscotlandtv

WATCH THE CLUB TALKING ABOUT LESTER HAINING

Although Ayrodynamic Triathlon Club was officially formed in 1989, its roots can be traced back to 1985 when Ayr Turtles, a long distance swim club organised the first Ayr Triathlon. Amongst them was Lester Haining who would later become one of the driving forces behind Ayrodynamic in its early years. Lester was recognised in 2018 for his outstanding contribution to triathlon.



Beth Potter and Marc Austin joined in the 30th birthday celebrations!



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HEAR FROM LESTER



> The first Ayr Turtles race was held in October, with a half mile swim, in the sea, without wetsuits! Thereafter, a 27-mile bike leg circuit took the competitors around the Pennyglen circuit before a 5 mile run out towards Longhill Avenue. The race winner was none other than Graeme Obree who would go on to break the World one hour bike record 8 years later. The triathlon continued for the next few years, including a swim in the harbour when the sea was too rough.

In early 1989 ahead of the race that year, two students living in Ayr at the time called a meeting to discuss the formation of a triathlon club. This was held in the Wallace Tower and attracted 17 people. Ayrodynamic Triathlon Club was born. By the time the triathlon arrived in June, the two students had departed the scene, leaving the club in the capable hands of Bob Dickie, Alan and Lesley Gough, Eva Campbell, and of course Lester and Joyce Haining.

One of their first jobs was to try and offload the surplus t-shirts from the race to try and raise some club funds. Nowadays, Bob is enjoying his retirement in Lanzarote. Alan, Lesley and Eva are no longer involved in the sport, however Lester and Joyce have been ever present for the past 25+ years. Many members of the club have gone on to win Scottish and British titles as well as bringing back silverware from abroad. The club has also supported the Scottish race calendar over the years with the 3 Castles Duathlon, bi-annual Ayr aquathlons, and most recently the Irvine Triathlon and Shewalton Aquathlon (which will be the 2020 Scottish Aquathlon Championships).

The club is welcoming to all and a role model for new clubs emerging in Scotland.



TO FIND OUT
MORE ABOUT THE
AYRODYNAMIC
TRIATHLON CLUB,
[CLICK HERE](#)

MEMBER SUCCESSES

- **DAVID McNAMEE** a former club member and two times bronze medallist at the 2017 and 2018 IRONMAN World Championships
- **MARK McNULTY** qualified for Age Group racing at the IRONMAN World Championships
- **DAVID AUCHIE** earned an Age Group bronze at the European Triathlon Championship
- **GRANT YOUNG** won Age Group Gold at the European Aquabike Championship
- **MANDY STEWART** won a silver Age Group medal at the European Sprint Duathlon
- **KEVIN CLARK** represented Scotland in Triathlon at the 2002 Commonwealth Games



TRIATHLON
SCOTLAND



SOCIAL GROWTH

Showcasing triathlon online

To get more people involved in triathlon we are always trying new ways to reach our audience. Showcasing our sport across multiple channels, sharing stories from triathlon and engaging with our members has been a key focus for Triathlon Scotland.

One of the ways we continue to promote triathlon is through our popular National Championship videos being widely shared across

our social media platforms. Again each of our Championship events had a highlights video along with photographs taken. These were then published on the website and posted on our five social media channels, with our most popular Championship video getting over 3,900 views. In total our 2019 videos had over 73,500 views on Facebook alone.

Another way triathlon has reached

new eyes this year was through a live stream of an event. In July Dirty Events Foxlake Triathlon was, for the first time, shown live on the BBC Scotland's Adventure Show bringing the sport to a whole new audience. With fantastic feedback from all stakeholders, we are in discussions for events to be broadcast in 2020.

In July, Triathlon Scotland has co-hosted **sportscotland's** #sporthour



/triathlonscotlandtv

**VISIT THE OFFICIAL
YOU TUBE CHANNEL
OF TRIATHLON
SCOTLAND**



Outdoor sports are enjoyable for all the family

#sporthour

on Twitter for the first time with the theme being outdoor sports. Engaging with the conversations 34,000 people saw our sports hour related tweets. Alongside this we have also worked hard to get our members' stories shared within the Scottish sporting community through **sportscotland's** Sport First newsletter, with four articles being included in the monthly newsletter.

Providing up-to-date content on the website has been another communications priority for Triathlon Scotland. There were over 128 news articles published throughout the year and, as in previous years, events are a main focus of the sport and we saw an increase in the visits to the events section of the website with over 72,000 page views in 2019.

In our communications with members we have increased



/scottishtri

**NUMBER OF FACEBOOK
LIKES UP 13%**



@scottishtri

**NUMBER OF TWITTER
FOLLOWERS UP 7%**



@scottishtri

**NUMBER OF INSTAGRAM
FOLLOWERS UP 26%**



/company/863958

**NUMBER OF LINKEDIN
FOLLOWERS UP 52%**

the number of newsletters that members receive. This year we rebranded Tri Tales as T3 and gave it a brand new look. Members now receive a monthly newsletter throughout the year with the new TM3 edition bringing six more newsletters exclusively for members.

In 2020 we will continue to invest in our social media by using advertising to promote our courses, events and our membership packages. You can help us grow and to reach more people by following, liking, commenting on, sharing, tagging and retweeting our content.



ANNUAL AWARDS

Our 2019 winners



Ruby Methven receiving her award from Beth Potter

Exchange is our end of year celebration combining our Presidents Gathering, Annual General Meeting and Awards ceremony and in 2019 we moved to a new venue – the Carnegie Conference Centre in Dunfermline.

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 this year features video footage and filmed interviews for all award winners, bringing their stories to life. We were also fortunate to have Beth Potter and Grant Sheldon present prizes to our winners.

The You Can Sport Ranking Series prizes were also awarded by Craig Coull, co-director and founder of You Can Sport, the series sponsor. Congratulations to all of our Award winners and to all of our You Can Sport Ranking Series victors.





TRIATHLON
SCOTLAND

**PRESENTED BY BETH POTTER AND GRANT SHELDON,
OUR 2019 WINNERS WERE:**

YOUNG VOLUNTEER OF THE YEAR

Miriam Veenhuizen, Edinburgh University Triathlon Club

OPPORTUNITY MAKER OF THE YEAR

John Tonner, M3 Monifieth Triathlon Club

OFFICIAL OF THE YEAR

Kat Skrzyniarz

CLUB COACH OF THE YEAR

Brian Devlin, Head Coach, Lomond Swimming & Triathlon Club

COACH DEVELOPMENT AWARD

Andrew Woodroffe, Performance Coach, University of Stirling

ENJOYABLE EVENT OF THE YEAR

The TriAngus Montrose Triathlon

ELITE PERFORMANCE OF THE YEAR

Beth Potter

PERFORMANCE OF THE YEAR

Robert Harrison, Monifieth Triathlon Club

INSPIRATIONAL PERFORMANCE OF THE YEAR

Ember-Leigh Ellis

MOST WELCOMING CLUB OF THE YEAR

Montrose Triathlon Club

INSPIRATIONAL EVENT OF THE YEAR

The Glen Affric Duathlon

OUTSTANDING CONTRIBUTION TO THE SPORT

Live Life Aberdeenshire



/triathlonscotlandtv

**WATCH ALL THE
VIDEOS FROM
EXCHANGE 2019**



TRIATHLON
SCOTLAND

FINANCIAL REVIEW

Principal activities

The financial position of the company remains strong with reserves of £141,412. The Directors have reviewed the reserve policy and have agreed that the reserves should be between £100,000 and £150,000.

sportscotland continue to support Triathlon Scotland representing 65% of its turnover for 1st April 2018 – 31st March 2019.

Going forward the board appreciate that additional sources of finance are required to develop further Triathlon Scotland's activities and objectives and will endeavour to seek new and alternative income streams to ensure that Triathlon Scotland is sustainable going forward.

DIRECTORS

The directors who held office during the year and up to the date of

signature of the financial statements were as follows:

- Mr Anthony Stanger
- Dr Justine Allen
- Ms Lynne Lauder
- Mr Gavin Calder
- Ms Jill McIntyre
- Mr Duncan Macrae
- Dr Penny Rother
- Mr Douglas Hutton Cameron



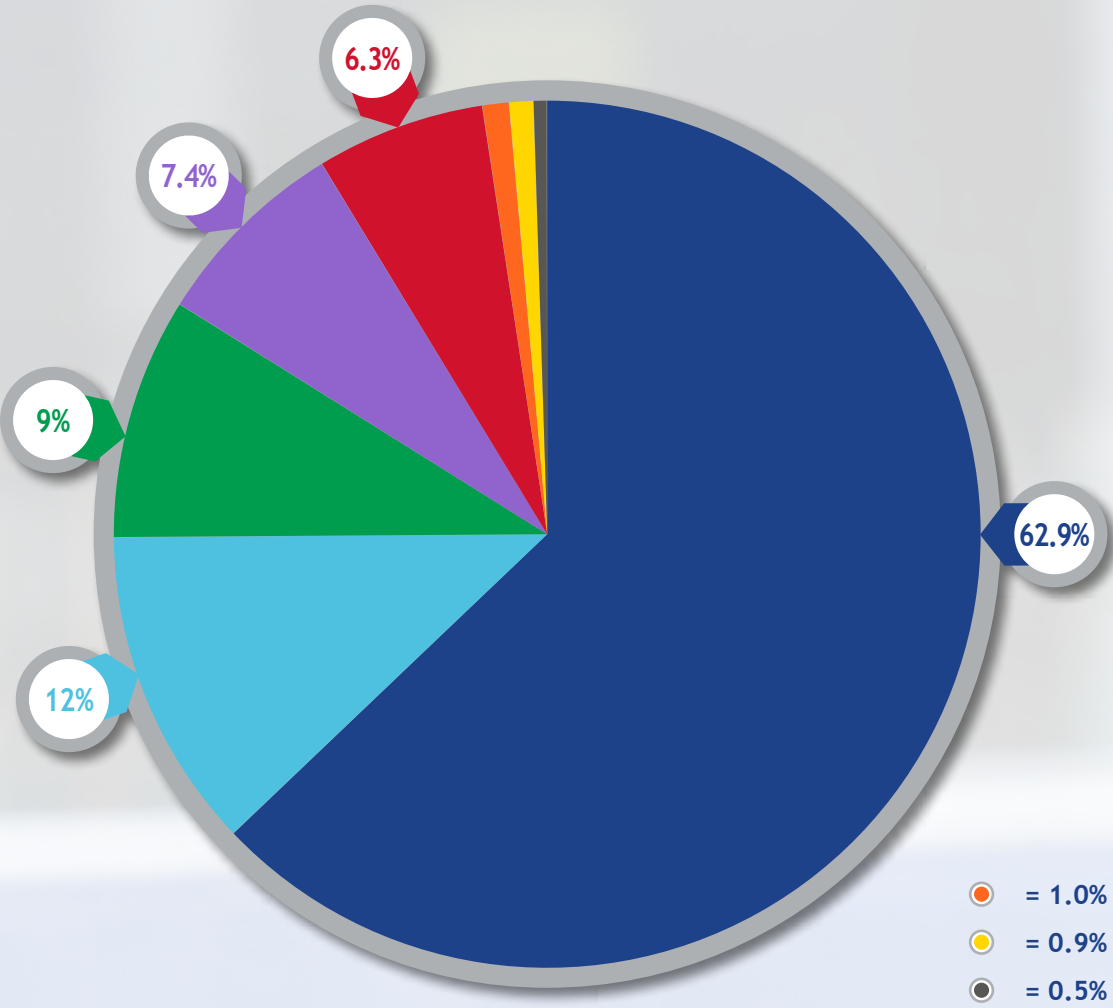
GOING FORWARD

CLICK [HERE](#) TO READ OUR
NEW STRATEGIC PLAN



INCOME

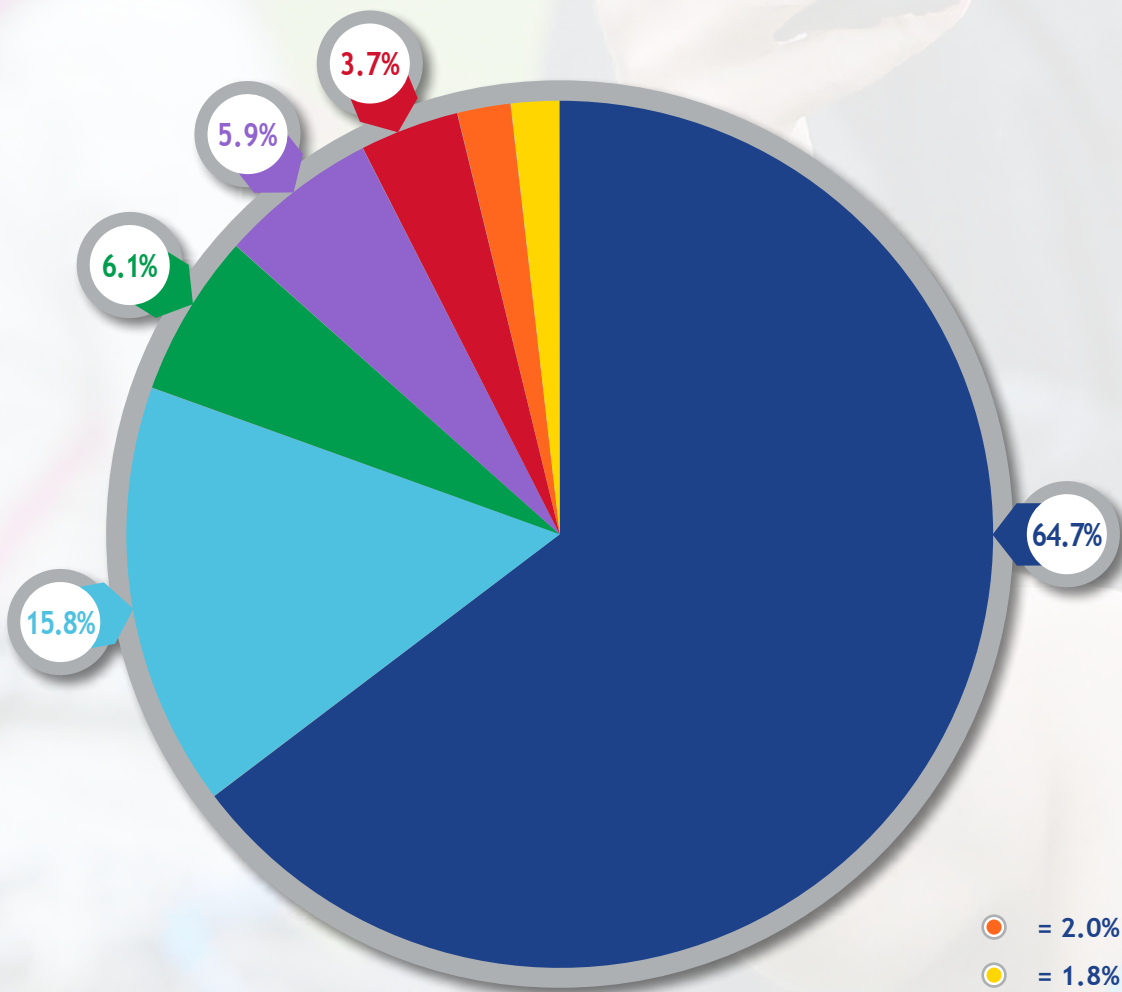
DESCRIPTION	REF.	2018/19	2017/18
sportscotland Investment	●	£466,912	£524,802
Membership Income	●	£89,125	£85,184
Event Income	●	£67,377	£55,792
Athletes Contributions	●	£55,137	£56,759
Coach Education Income	●	£46,600	£31,740
Volunteer Income	●	£7,086	£9,841
Sponsorship	●	£6,500	£4,500
Development Income	●	£3,442	£10,513
TOTAL		£742,179	£779,131



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 2019 Triathlon Scotland annual accounts, please click [HERE](#)

EXPENDITURE

DESCRIPTION	REF.	2018/19	2017/18
Administrative Costs	●	£480,164	£419,897
Performance Costs	●	£117,213	£135,867
Membership Costs	●	£45,330	£40,868
Coaching Costs	●	£43,618	£40,273
Events Expenditure	●	£28,039	£18,085
Development Costs	●	£14,822	£31,658
Volunteering Expenditure	●	£13,402	£12,576
TOTAL		£742,588	£773,144



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 2019 Triathlon Scotland annual accounts, please click [HERE](#)



THE NEXT 3 YEARS

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

- We support & challenge each other
- We are customer focused
- We create communities
- We care about everyone's wellbeing

We are Ambitious

- 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

- We are for everyone
- We connect people & communities
- We have fun and enjoy our sport

We Do What's Right

- We are honest and respectful
- We practice clean sport
- We are accountable
- We care about the environment

Our Strategic Goals by 2023

MORE PARTICIPANTS

We will support brilliant people to grow the sport through innovative and inclusive programmes

FANTASTIC CLUBS

We will support clubs to provide members and new participants with a great experience

ENGAGED MEMBERSHIP

We will focus on our customers to grow membership through the provision of relevant products and services

SUCCESSFUL ATHLETES

We will work to ensure that Scottish athletes are supported and nurtured through their pathway journey

Here's to the next 3 years.
Cheers!



Our Enablers:

GREAT PEOPLE & PARTNERS

We will continue our commitment to develop a robust triathlon workforce & and build strong long lasting relationships with key partners

INSPIRATIONAL EVENTS

We will support and deliver events that provide participants with an enjoyable experience every time

EXCELLENT ORGANISATION

We will operate to the highest standards of governance to maintain a robust and sustainable organisation

RAISED AWARENESS

We will raise the profile of swim, bike, run to accelerate the development of our sport on the national, international and world stage

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



WANT TO FIND OUT MORE? [CLICK HERE](#) TO READ OUR NEW STRATEGIC PLAN



TRIATHLON
SCOTLAND

OUR PARTNERS

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



Adventures
Sir Garth Morrison



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.



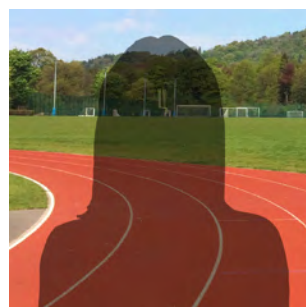
Pamela Sneddon
Operations Manager

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.



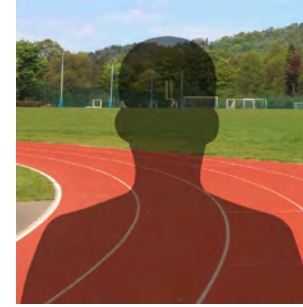
Calum Reid
Development Manager

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.



Events & Marketing Manager
Position Vacant

Our Events & Marketing Manager 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.



Coach Development Manager
Position Vacant

Our Coach Development Manager 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.



Craigie-Lee Paterson
Administrator

Craigie-Lee originally joined Triathlon Scotland in 2017 in a Glasgow 2018 funded post to develop GO TRI as part of the Glasgow 2018 celebrations. She left in 2018 when the funding ended but has returned in 2019 as part of our Administration team, supporting the Performance Team.



Elise Methven
Development Officer

Elise joined us in 2016 and has a national remit, working closely with Triathlon Scotland affiliated clubs to provide support for the development of youth and student participation.



Victoria Park
Development Officer

Victoria joined us in 2019 and has a national remit, working closely with Triathlon Scotland affiliated clubs to provide support for adult pathways and GO TRI participation.



Morven Bruce
Event & Volunteer Officer

Morven joined us in 2017 and is responsible for event development, including support to new event organisers and event permitting. Morven also leads on the development of Technical Officials, Moto Officials, and sport volunteers.



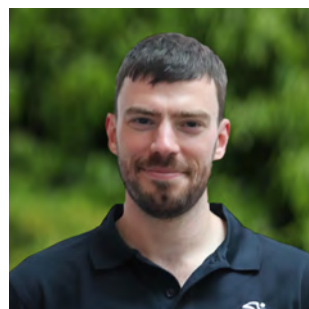
Sean Martin
Communications Officer

Sean joined us in 2019 and is responsible for promoting the sport in order to generate awareness of our opportunities to participate, coach or volunteer in Scotland. Sean leads on the production of our member publications, as well as social media content.



Mark Turner
Lead Performance Coach

Mark joined us in 2019 and is responsible for leading the triathlon program for the high performance athletes. He delivers sessions in Stirling but also works closely with other Scottish athletes and their coaches who are based throughout Britain.



Jack Peasgood
Academy Coach

Jack joined us in 2019 and 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: to inspire great experiences through swim, bike and run.

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



Jane Moncrieff
Chief Executive Officer,
Triathlon Scotland



[CLICK HERE TO WATCH
THE ADVENTURE SHOW](#)

FOXLAKE



As part of the broad Sport offering on the new BBC Scotland Channel, we were delighted that *The Adventure Show* and *Durty Events* in partnership with Triathlon Scotland were able to bring the Foxlake event to our audience in July.

The challenges around coverage of triathlon are well documented, but for *Durty Events* to arrange an event to fill a specific broadcast duration on a Friday night deserves enormous credit.

The short course event, with the broad range of ages and experience, generated numerous positive contacts from those who either watched the programme live, or later via the BBC iPlayer.

Hopefully the programme will have inspired some of those watching to find out more, and realise that such events can be more than just the sum total of going for a swim, a bike ride or a run.



GRIGOR STIRLING,
COMMISSIONING EXECUTIVE



BBC Scotland

