



TRIATHLON
SCOTLAND



2020
ANNUAL REPORT

WHAT'S INSIDE...

Featured articles







TRIATHLON
SCOTLAND

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INTRODUCTION

A year like no other

This is the year that no-one predicted nor expected. In March 2020, the world was hit by the global pandemic of COVID-19. Little were we aware of the significant, profound, and sustained impact it would have on our daily lives as we were forced to think differently and review our familiar ways of working. Along with the challenges came many opportunities including increased collaboration across the entire triathlon community and innovative ways of working.

As a result of this, Triathlon Scotland's relationship with the British Triathlon Federation, Triathlon England and Welsh Triathlon is now in the strongest position it has ever been. There is a unified commitment to align, deliver consistency and enhance the service we deliver to our membership across the Home Nations. One excellent example of this has been the collective drive to work collaboratively on the COVID-19 Events Guidance which has benefitted the entire triathlon

community and demonstrated our ability to be responsive and responsible to our membership.

At a Scottish level there has been a developing unity and collaboration

 **As we approach the end of 2020, I would like to mention our partners and sponsors who have continued to support us whilst we navigated our way through this difficult period.** 

between the Scottish Sports Governing Bodies that did not exist prior to COVID-19. This has resulted in a more impactful collective voice when working with **sportscotland** and the Scottish

Government. By coming together to share information and ideas, collectively, we will ultimately have an increasingly positive impact on the entire Scottish sporting sector. Triathlon Scotland is positioned alongside other Scottish Sports Governing Bodies in our belief and commitment to the power of sport both in society and the paramount importance in the health of the nation beyond 2020.

When lockdown started in March, unlike many other sports we were fortunate to still be able to participate in bike and run activity. When faced with uncertainty and the associated stress, swim, bike and run have provided the consistency of routine required to navigate through these times as well as an outlet for managing stress and anxiety itself. I am sure many feel grateful to have swim, bike, run as the bedrock of their daily lives and again this demonstrates further evidence of the importance of physical activity and sport for

> both physical health and mental wellbeing.

Our clubs and coaches have demonstrated great agility and adaptability this year with an array of virtual sessions and challenges to keep their members engaged outwith the traditional club settings. This is another area which has seen increased collaboration and delivery with Triathlon Scotland providing guidance to help our clubs and coaches operate sessions for members in as safe an environment as possible. Additionally, increased frequency of Club Gatherings and the development of the Coaching Community has allowed a wealth of idea sharing and collective problem solving which in turn has led to a retention of sessions, virtual or otherwise, amongst our clubs. Thank you to all the club committee members and coaches that participated in these sessions – because of you triathlon in Scotland is alive and well, with a renewed curiosity and resilience that will set us in good stead for the future.

The Triathlon Scotland performance team have worked diligently to enable our athletes to return safely to their daily training environments. We would like to thank our partners, the University of Stirling and **sportscotland**, for their continued collaboration and support to enable this to happen. In line with this, our athletes have demonstrated great ingenuity and flexibility across the pathway to ensure continuity in their training regime. Dealing with the disappointment of a lost season and finding the motivations to carry on are just some of the challenges that have been faced by athletes across the pathway. Scottish athletes have continued to show their ability to deal with these challenges. A special mention to Marc Austin, our most successful Commonwealth Games athlete, who retired this year – we wish Marc all the best for the future. I am delighted to say that Scottish athletes continue to receive high praise from our stakeholders for their contributions, resilience, and professionalism. They are excellent ambassadors for our sport and fantastic

role models for the next generation of triathletes.

The loss of events has had a significant impact on our entire triathlon community, not just participants but also our hardworking volunteers and Technical Officials. However, it is our Event Organisers that have potentially been impacted the hardest as a result of the pandemic. For many of our event organisers, event delivery is their livelihood and they are currently faced with uncertainty of what the future holds. Triathlon Scotland will continue to work with event organisers to ensure event delivery can be delivered as safely as possible as soon as we are able to do so. The impact of COVID-19 has resulted in a major review of event delivery collaboratively with British Triathlon and



[/triathlonscotlandtv](https://www.youtube.com/channel/UCiathlonscotlandtv)

WATCH OUR ANNUAL VIDEO HERE

the Home Nations. We hope that the outcome of this co-delivery will be far greater swim, bike, run experiences for all.

As we approach the end of 2020, I would like to mention our partners and sponsors who have continued to support us whilst we navigated our way through this difficult period. This support has enabled many positive outcomes to be achieved in spite of challenging times. We have a new membership partnership with Big Bobble Hats and have a specially designed Triathlon Scotland hat and beanie, and we look forward to seeing them worn at events going forwards. A special thank you to YONDA for supporting our awards and competitions throughout the year. 2020 has seen our longstanding photography partner Iain MacIntosh stepping away and he was a worthy recipient of our Long Service Award.

Finally, 2020 saw the end of the 10-year leadership with Jane Moncreiff at Triathlon Scotland. I would like to personally thank Jane for all her dedication, hard work and efforts over her tenure. Jane was also a well-deserved recipient of our Long Service Award. Looking forwards, we have new additions to the Triathlon Scotland team with Giles Lomax starting as Coach Developer and Fergus Roberts as Coaching Futures Coach. When Victoria Park returns from maternity leave in 2021 we will be back to a full staff compliment. Internally, Morven Bruce has been promoted to Event Engagement Manager, Jack Peasgood to Pathway Coach and review of roles sees Craigie-Lee Paterson as Events and Performance Coordinator and Patsy Craig as Clubs, Coaching and Membership Coordinator. At board level, I would like to thank Duncan Macrae for his term as Finance Director, and we welcome Jim Lockhart into the role and Penny Rother is re-elected as Age Group Director.

2020 has been a year like no other and as we move towards 2021 we are in a strong position to take the lessons learnt forward with commitment and optimism. I would like to take this opportunity to thank everyone that helps make swim, bike, run possible, from coaches to Race Organisers, volunteers to Technical Officials, your enthusiasm for triathlon continues to ensure the future of the sport in Scotland.

Louise Wright

Interim Chief Executive Officer



CLUB OF THE YEAR

TrYthan

TrYthan is based in the North East of Scotland and is a relatively new club, established in 2016 by a group of friends who enjoyed training and racing together. TrYthan pride themselves on being an inclusive club that supports all abilities, from European Champions and British age-groupers to those wanting the challenge of doing their first swim, bike, run event. Since becoming a Triathlon Scotland affiliated club in June 2019 the club has gone from strength to strength, growing from

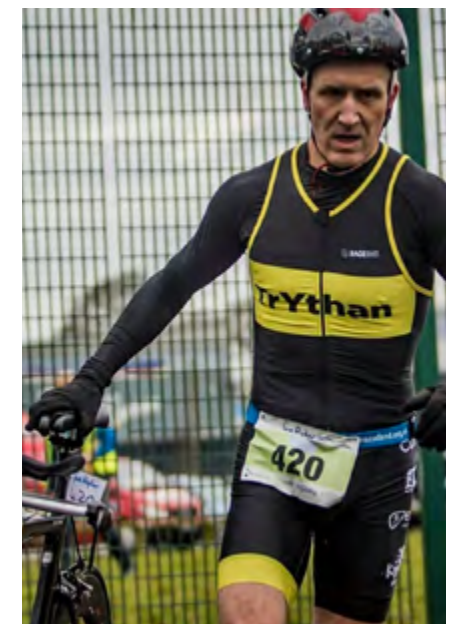
10 adult male members to 71 members including a large female and TriStar contingent, testament to the time and hard work invested by the coaches and committee in providing a first-class club to the community.

Over the past year the club has had three members successfully complete British Triathlon coaching qualifications (2 x Level 1 & 1 x Level 2), with the club now having six qualified coaches to support their growing membership. The club provides a wide range of regular coached sessions for both its adult and TriStar members. Weekly coached adult swim and run sessions tailored for all abilities are provided as well as TriStar bike, run and swim training which has proved so popular that there is now a waiting list to join. The club also meets regularly for a Sunday social bike ride, a bacon roll and a cup of tea.

To help the club set up their junior section and get TriStar coaching off the ground quicker, TrYthan linked up with

another club, Three Peaks Triathletes, to share resources including coaches, equipment and training venues. This has made a huge difference to the success of TrYthan TriStars, allowing more children to attend training. The enthusiasm of the coaches to engage with the young triathletes saw many of them sign up for their first duathlon in the spring, and there was disappointment when it was cancelled due to the COVID-19 lockdown.

To keep members focused, motivated and connected during this time, the club set a number of challenges including a series of children's virtual duathlon races, a cycling distance challenge, a cycling elevation challenge and Strava art challenge. However, perhaps the most exciting challenge was the Hannah Miley loo roll challenge which Hannah set and judged herself. Both TriStars and adults threw themselves into the challenge and loved having an Olympian involved!





TRIATHLON
SCOTLAND



trythan



CLUB OF THE YEAR: Trythan

CLUB COMMITTEE MEMBERS

Chair.....
Treasurer.....
Wellbeing&Protection (Welfare).....
Coaching (Head).....
Coaching (Head Junior).....
Communication.....
Kit Manager.....

David Horne
Marc Moran
Claire Murphy
David Horne
Sean Murphy
Ian Orme
John Hunter

ONLINE / SOCIAL MEDIA

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TO FIND OUT MORE
ABOUT OUR 'CLUB
OF THE YEAR',
CLICK [HERE](#)

2020 HALL OF FAME

Age Group

Adrienne with her Bronze medal



With the emergence of COVID-19 almost all World Triathlon and Europe Triathlon events had to be postponed in 2020. Despite this, a number of our Age Group athletes managed to race in early March where we had two medallists.

DOMINIC SHARKEY (25-29) >>> UNATTACHED

- 3rd 2020 Punta Umbria ETU Duathlon European Championships

<<< ADRIENNE TURNER (55-59) EDINBURGH#3

- 3rd 2020 Punta Umbria ETU Duathlon European Championships



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**VISIT OUR WEBSITE TO FIND OUT MORE
ABOUT AGE GROUP RACING, [CLICK HERE](#)**



Dominic in action at the 2020 Punta Umbria ETU Duathlon European Championships

YOUNG ACTIVATOR

Developing future leaders

While this year has brought a significant amount of Triathlon Scotland organised activity to a halt it has not prevented the development of the future leaders and coaches in our sport. This has been made possible by the adaptation of our popular Triathlon Young Activator course.

The course, which under normal circumstances is delivered over a single day via a mix of classroom and practical activity, has been adapted to be delivered online. This takes place over three two hour sessions with the final session culminating in each of the young people delivering a virtual mini session to their fellow course mates.

The Triathlon Young Activator course has been designed to help young people aged 14 – 17 develop the skills and experience to improve the enjoyment and quality of club and school triathlon sessions, helping to further grow the sport.

The first online course took place over

the course of three weekdays during the October school holidays and was delivered in partnership with Glasgow Triathlon Club's youth section. Twelve of the club's young people successfully completed the course, some of which immediately took their new skills back to the club, helping out by leading warm-ups at running sessions.

Another course saw fourteen young people from across the country come together online over three Saturday mornings in November. Despite having largely not met one another before the course the young people worked well together and delivered some really creative and well thought out mini sessions that many a coach would be delighted to have had the opportunity to steal!

Elise Methven, Triathlon Scotland Development Officer, who delivered the courses said: *"I have really enjoyed facilitating our new online Young Activator courses and it has been*

fantastic to see how creative all the participants have been in their session development."

All young people who have completed the course, whether online or in person develop the skills to:

- Assist a coach with the set up and running of club activities
- Lead sessions under the supervision of a coach or PE teacher. This might involve helping to organise an activity within a session i.e. a transition skills challenge, leading the warm-up/warm down, splitting athletes into groups in preparation for the session
- Assist in wider club or school triathlon activities such as volunteering or helping to organise events or other competitions

While the Young Activator is not a coaching qualification it does provide useful insight into the role of a coach, and might be the first step towards a formal coaching qualification in the future.



COACHING COMMUNITY

Supporting our coaches

Each year Triathlon Scotland provides coaches with a range of learning and development opportunities. In a typical year this would include coach education courses, CPD modules and our annual coaching conference. In March, as we all began to follow the government's advice to 'Stay at Home' it quickly became clear that 2020 was going to require a different approach.

After reviewing the options available, we settled on delivering bite size development opportunities via video conferencing on weekday evenings. Initially there were two streams of opportunities: Coaches Gatherings and Coaches Workshops. These free sessions were open to all British Triathlon Home Nation members.

Coaches Gatherings were an opportunity for coaches to come together to discuss their situation, talk about the challenges they faced



As the summer progressed there was a clear message coming from those regularly attending that these sessions should continue in some form or another long into the future. We listened and the Coach Community is our answer.



**COACH
COMMUNITY**

and share ideas with each other. Early gatherings focused on sharing ways coaches had managed to help athletes stay active and clubs stay connected. As restrictions began to ease this focus shifted to helping coaches to understand what activity could take place and how they could safely deliver it.

Coaches Workshops began with a presentation, before being opened up for questions and a wider discussion. Our first workshop, Small Space Skills, explored how coaches could encourage athletes to use lockdown as a time to develop their triathlon-related skills in the spaces available to them in their homes and gardens.

Other workshops in the initial block included 'Staying Swim Strong' and 'When Your Season Isn't Your Season'. During these sessions, we were able to see that coaches were thriving on the opportunity to spend time discussing these topics with another. This led

COVID-safe coaching



to our third stream of opportunities, Coaches Conversations.

During a Coaches Conversation, coaches came together to have a discussion focused around a general topic. They provided an opportunity for coaches to reflect on their own practice and share ideas with each other. The informal nature of these sessions was popular with discussions often going down unexpected and interesting paths during the course of a session.

As the summer progressed there was a clear message coming from those regularly attending that these sessions should continue in some form or another long into the future. We listened and the Coach Community is our answer.

The Coach Community, which launched in October 2020, is about bringing together curious coaches to learn and develop together. At



the heart of this development will be quality conversations; conversations with experts and conversations with one another.

The Community come together for monthly online sessions which are a mixture of community-led and expert-led conversations. The Community is also able to continue the discussion between sessions via access to a private discussion group. The Community itself decide on the topics to be discussed and there will also be the opportunity for small specific interest groups to form.

The Coach Community operates on an annual subscription basis from October each year at a cost of £30 (FREE to Ultimate Coach Members) and is open to all those who hold a valid British Triathlon Home Nation Coach Membership. Level of experience and qualification does not matter, everyone has something to add to the Community.



WORKSHOP TOPICS:

- Small Space Skills • When Your Season Isn't Your Season
 - Staying Swim Strong
 - A Coaches Journey (Jack Maitland)
 - Yoga for Triathletes
- Balancing Individualisation within Group Sessions
 - Coaching Female Athletes in Triathlon
- Applying the Athlete Development Framework in Clubs – TriStars
- Applying the Athlete Development Framework in Clubs – Youth & Juniors

CONVERSATION TOPICS:

- Quality Remote Feedback • Guided Challenge and Discovery
 - Building Coach–Athlete Relationships
- What does the Performance Pathway mean for Club Coaches
 - Teenage Athlete – The Challenges and Solutions
 - Coaching Cycling for Triathlon
 - Coaching Swimming for Triathlon

A January coached session at the beach



triathlonscotland.org

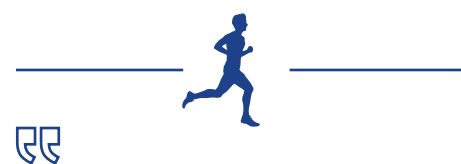
**JOIN THE COACH
COMMUNITY
HERE**

OFFICIALS' EDUCATION

Growing our Technical Official workforce

Growing our Technical Official workforce is key to supporting the delivery of safe and fair multisport events in Scotland. Having supported many new officials onto the pathway over the last few years, focus has now shifted to targeted recruitment in geographic areas where there are gaps in the provision of Officials to events. Aberdeenshire was

identified as somewhere where there were few local Officials to support the large number of events in the area. As a result, we took our annual



As we entered the spring COVID-19 lockdown in March, we wanted to allow Officials to continue to progress along the pathway even though events were paused.



ABOVE: Our annual Local Technical Official (LTO) training (January 2020)

Local Technical Official (LTO) training course to Aberdeen in January, with nine candidates both local and from further afield in attendance.

We also supported two of our most experienced Regional Technical Officials (RTOs), Robert Myler and James Streetley, to complete their National Technical Official (NTO) training in February. The NTO qualification is the first step on the World Triathlon officiating pathway and qualifies them to act as Assistant Officials at International events including Continental Championships and any World Championships taking place in the UK.

In January, we were also delighted to see Lynne Lauder and Drew Matheson qualify as Continental Technical Officials (CTO). Drew and Lynne are both very experienced, having been officiating in triathlon for over six years. Their success has now doubled the number of Scottish

officials who can be a Chief Official at European Triathlon races and assistants at World Championships, Olympic and Paralympic Games. See what they had to say about the course and why it is great to volunteer through officiating here. [>>>]

As we entered the spring COVID-19 lockdown in March, we wanted to allow Officials to continue to progress along the pathway even though events were paused. We worked with British Triathlon and the other Home Nations (Triathlon England and Welsh Triathlon) to adapt our RTO training course to be delivered online. Normally delivered over a half day in a classroom, the course was restructured to be delivered in two online sessions. As part of this, candidates were required to complete a post-course knowledge tester using the British Triathlon Learning Hub, normally used to support candidates completing Coach Education courses.



Officiating at transition



READ MORE ABOUT VOLUNTEERING THROUGH OFFICIATING [HERE](#)

Five small pilot courses took place in June to allow pre-registered Officials from across the UK to complete their training. Seven Scottish candidates took part, allowing them to officiate at open water events following the completion of two shadow training events.

By considering a new way of providing Officials education, we have opened the door to a future of possibilities. One key benefit of the online provision was not limiting Officials by location – all courses were available to anyone across the UK, allowing trainees to meet and learn alongside Officials in other areas of the country. It also meant no travel was required, so if used in the future this will make the course more accessible to Officials in more rural areas, and is also more flexible for volunteers giving their time. It is hoped more courses and CPD will be able to be delivered online in the future.



ABOVE: Our newly qualified Continental Technical Officials (CTO)

PERFORMANCE

Adapting to new environments



Our performance athletes training



Calum Young

Prior to developing a new Performance Plan, that aligns with the post-Tokyo 2020 Olympic and Paralympic Games British Triathlon Strategic Plan, an independent review was carried out on the Triathlon Scotland performance programme and staff between November 2019 and February 2020.

The purpose was to review all aspects of the Triathlon Scotland performance programme and collectively evaluate the status, effectiveness and progress in order to identify the future direction, needs and priorities. The review process involved gathering feedback from a cross section of 25 people currently engaged in the performance programme with various roles and responsibilities.

The review looked at the vision, mission, and values of Triathlon Scotland; the strengths, weaknesses,

opportunities, and threats of the programme; as well as the enablers, people, profile, and places.

The findings of the report will be used in helping to shape the new Triathlon Scotland performance strategy which will be run from September 2021 and will be aligned to the 2021-2032 British Triathlon performance strategy.

The report had ten recommendations and the recommendations that Triathlon Scotland feel need to be addressed first are:

Triathlon Scotland should create an ambitious, long term performance strategy that aligns to the overall strategic direction of the organisation. Clearly articulating the aims, objectives and expectations of the programme. Aligned to a sustainable staff structure to deliver the strategy.

and

Triathlon Scotland should foster an open, transparent relationship with athletes regarding decision making and explore opportunities to include athlete representation in the process. Decision making processes should be clear and visible to athletes, understood and agreed by all where possible.

A significant amount of work has already been done on both of the above. Examples are:

- Contributing to both the Olympic and Paralympic Pathway submissions that form part of the British Triathlon World Class submission and relate directly to the Pathway at Home Nations and Academy level. This has also involved looking at squad restructuring for 2021

- Consultation process for the Birmingham 2022 Commonwealth Games Selection Policy which involved three opportunities for athletes and coaches to provide their thoughts and feedback on the policy and how it would be applied
- Two athlete representatives sit on the Performance Management Group and are comfortable asking difficult questions and are contributing to decisions

This year the majority of the Development and Confirmation Squads returned from a two-week camp in Portugal towards the end February which for most could not have gone better, the mood was buoyant and all were excited by the season ahead.

However, the global pandemic meant a complete change of direction with athletes



Johanna Mackenzie



> travelling home for the first lockdown. The focus initially was supporting athletes to stay safe and to set up a daily training environment in which they could maintain training consistency.

For the Academy Squad over the summer this meant virtual camps with athletes coming together for online sessions which have included Q&A sessions with older athletes, turbo sessions, and virtual challenges. In September we were able to run two Intelligent Race Days (at Knockburn Sports Loch and Willowgate Activity Centre) which allowed both current Academy and applicants to practise

their race skills. Delivery to this group has now moved to a regional level to



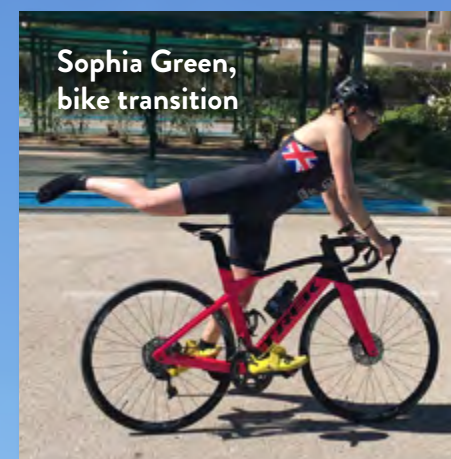
The positive mindset that they have been able to maintain and the ‘what can we still do’ attitude has meant that athletes are seeing improvements across the board.



ensure there is still some contact with Academy Support Coaches.

Anyone who applied for the Academy has been involved in the virtual and regional sessions. Both Development Squad and Confirmation Squad athletes have had their place in the squad extended by twelve months.

A huge thanks to our partners the University of Stirling and sportscotland who we have worked closely with on the Scottish Government guidance for Return to Training for Performance Sport, this enabled World Class Performance Programme athlete Alison Peasgood to be back in the pool from the middle



Sophia Green,
bike transition

of August and the Development and Confirmation Squad athletes from late September. This has allowed the University of Stirling Performance Centre to operate fully since then, with University of Stirling High Performance Centre Coach Andrew Woodroffe providing coaching support.

Another change this year is to pilot the Glasgow Performance Hub which has meant that a group of Development and Confirmation squad athletes at University level have had more support in terms of access to sessions in Glasgow, with coaching provided by Crawford Whyte.

Jack Peasgood, previously Triathlon Scotland Academy Coach, was appointed in October 2020 as the new Triathlon Scotland Pathway Coach with responsibility for the Academy, Confirmation and Paratriathlon Squads plus supporting delivery of the University of Stirling Performance Centre.

Fergus Roberts has been appointed in November 2020 as the Coaching Futures Coach, this is an apprentice coach programme which is fully supported by sportscotland and is

designed to support Performance athletes make the transition from athlete to coach.

It has been testimony to all Scottish World Class Podium-Potential, Development, Confirmation and Academy Squad athletes that they all without exception ‘cracked on’ since lockdown making the most of the opportunities that opened up for them.

The positive mindset that they have been able to maintain and the ‘what can we still do’ attitude has meant that athletes are seeing improvements across the board, not only in swim, bike and run but also in their abilities to manage and feedback on their training.

Yes, we have missed racing, but that has not stopped us heading closer to our goals.



Performance athletes finishing their swim training in the Atlantic (February)

PERFORMANCE HIGHLIGHTS

Season 2020

PATHWAY ATHLETES

BETH POTTER

- 2nd 2020 Punta Umbria ETU Duathlon European Championships
- 2nd 2020 Arzachena ITU Triathlon World Cup
- 1st 2020 Valencia ITU Triathlon World Cup

OTHER ELITE ATHLETES

GEORGE GOODWIN

- 2nd Helvellyn Triathlon 2020
 - 1st Outlaw X
- 3rd PTO World Championships at Challenge Daytona

NIKKI BARTLETT

- 1st Helvellyn Triathlon 2020
 - 2nd Outlaw X



PERFORMANCE ATHLETES



BRITISH TRIATHLON WORLD CLASS PERFORMANCE PROGRAMME

ALISON PEASGOOD
Paratriathlon, WCPP Podium

GRANT SHELDON
WCPP Podium-Potential

MARC AUSTIN
WCPP Podium-Potential

DEVELOPMENT SQUAD

BETH POTTER
CAMERON HARRIS
CAMERON MAIN

IONA MILLER
GUY EVANS-HAGGERTY
SOPHIA GREEN

CALUM YOUNG

CONFIRMATION SQUAD

ANDREW ROLLAND
DANIEL SAUNDERS

HAMISH ARMITT
WILLIAM TAYLOR

KATE RICHARDSON
HEATHER BARNES

ACADEMY SQUAD

CALLUM BYRNE
CIARA ROULSTON
(Paratriathlon)
CARRIE BANKS
KYRA GIBB
ANNA HEDLEY
CALLUM MILLER
JESSICA TURNBULL

SAM GLASS
STRUAN BENNET
CAMERON KERR
ANYA MACLEAN
AURELIA TIFFONEY
CAMERON MACMILLAN
FERGUS CURRIE
ISLA HEDLEY

JOHANNA MACKENZIE
MARTHA REEVES
MOLLY KIDD
OLLIE DE BEAUX
REUBEN MACDONALD
RUBY METHVEN
RORY MUNN



WANT TO KNOW MORE?

READ ABOUT THE ATHLETES [HERE](#)

BETH POTTER

Interview

Where are you based, what was your training set up like last winter and how did it change during lockdown?

I'm based in Leeds and have quite an individual set up. This changed a bit during lockdown because of access to pools and limited numbers in groups but I tried to stick to the same weekly layout of training and the same structure and input on a daily basis. At the start of lockdown I was due to go and race at WTS Abu Dhabi so my training was all quite race specific (brick sessions/race type sharpening) so we went back to more of a winter training emphasis and did some more base work but still keeping the higher intensity sessions there throughout the week.

Who are the coaches you work with and how did they continue to support you during lockdown?

Jack Maitland oversees my whole program and I have been working

with Jack since moving to Leeds so we have a really good coach-athlete relationship now. Coz Tantrum oversees my swimming where I get some really key technique work and feedback 2x per week. Andy Henderson manages my running and I see him 2x per week for an interval track session and longer tempo work on the weekend. Dane Mitchell writes my strength program and we have 2 key sessions a week.

Even though there are a lot of people involved it works well because there is clear communication between everyone. They were all incredibly supportive during lockdown and we would keep in contact via FaceTime for at home sessions or we would do 1-1 stuff on the bike/run/gym/endsless pool.

You podiumed in the last 2 World Cups of the year, why did you decide to continue racing and what were the things you had

been working on in lockdown that enabled you to podium?

I found 2020 really hard mainly because there were no clear goals on the horizon. There was talk of racing but nothing set in concrete so it was very difficult to plan training around that. I love training, so going out to train everyday wasn't a chore, I used it more as an escape and something I always looked forward to. When races started to be announced I took the opportunity to do them because I felt I had worked really hard all year and with the uncertainty of actually being able to race this year I wanted to give myself every opportunity to have my name on a start list.

I think I was able to compete so well because I put in a very consistent block of training with no interruptions and made sure I made the most of every opportunity I had this year.

> What are your plans for 2021 and 2022?

I'm hopeful that after the races that were put on at the end of the year we will be able to race as 'normal' next year! I will be focusing on being as competitive as I can on the WTS circuit and trying to improve on the performances I put down at the end of this year. I will also be building towards my 3rd Commonwealth Games in Birmingham for 2022 and making sure I put myself in the best possible position to qualify for them.

What were the things you enjoyed most about lockdown?

I enjoyed the longer lie ins for swimming in the morning. And I felt like I really nailed my bedtime routine and sleeping. This is something I have struggled with because of anxiety but strangely during lockdown I wasn't as anxious.

What were the things that you missed most during lockdown?

I really missed training with my group of friends during the lockdown period, racing and travelling all over the world. But I really missed not being able to go home and see my family or meet up with friends and coaches here in Leeds for a coffee and a chat!

Fiona Lothian, Head of Performance, said:

"Beth, is someone who over lockdown has benefited from the consistency of training that an suspension of racing gave this summer. She is a great example of a senior athlete who has built a team of coaches around her who support different elements of her programme but who all work collaboratively on her overall development and performance. Being able to put the things she has been working on over the summer into two World Cups at the end of this year sets her up nicely for the 2021 season and the start of qualification for Commonwealth Games Birmingham 2022."

Beth in action at the 2020
Arzachena ITU Triathlon
World Cup



IMAGE CREDIT: World Triathlon Media

GOLD STAG AWARD

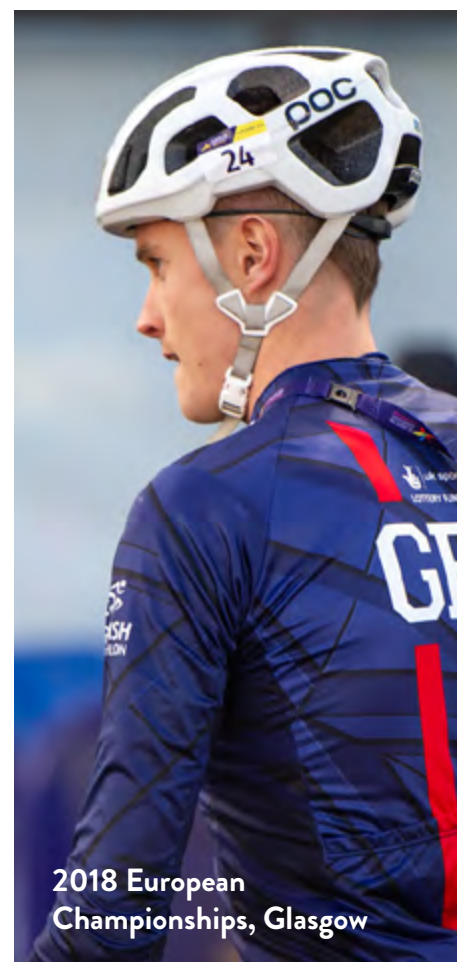
Marc Austin

Our Gold Stag commendation award is given to members who have shown outstanding bravery or commitment to the sport. This year's winner has done both, with the accolade awarded to athlete Marc Austin, who called time on his elite triathlon career earlier this year due to a medical condition. In a career that began aged just eight, Marc went on to win 15 medals on the world stage, culminating in a bronze medal at the 2018 Gold Coast Commonwealth Games, the first triathlete to win a medal for Team Scotland.

Marc first represented Scotland at the 2006 Inter-Regional Championships, aged just 12. He would go on to represent Great Britain at the 2011 ETU European Championships in Pontevedra before later in the year going on to compete at the World Junior Championships in Beijing. A silver

medal at the ETU Triathlon Junior European Cup in Aveiro qualified Marc for the 2012 World Junior Championships, but the highlight performance of the year for Marc was earning bronze for Team GB at the Australian Youth Olympic Festival. The next year, Marc continued his medal success with bronze at the European Junior Championships and gold in the Mixed Team Relay at the ETU Triathlon European Championships in Alanya.

Marc shared his sporting career with dedication to his university degree and in the same year that he won silver in the Junior event at the 2013 ITU Grand Final in London, he also graduated from Stirling University with a BSc in Applied Mathematics, having joined the triathlon performance centre there in 2010. He remained training with the group in Stirling until



2018 European Championships, Glasgow

IMAGE CREDIT: imacimagephotography

> the summer of 2017 when he relocated to Glasgow.

A year later in 2014, he completed championship medal success at every development level by taking silver in the Under-23 event at the Grand Final in Edmonton. This was also the year that Marc was selected for Team Scotland for the Glasgow 2014 Commonwealth Games.

Demonstrating his ambition, grit and determination, he delighted the home crowd by forming part of a breakaway with Olympic medallists, the Brownlee brothers, for much of the race.

In 2018 Marc went down in history as the first athlete to win a Triathlon medal for Scotland at a Commonwealth Games as he took bronze in the Men's Individual event at Gold Coast 2018. In an inspirational performance, a nation of Scottish triathletes watched as this time he would break away from Jonathan Brownlee in the final stages of the run to finish ahead of both him and his brother.

With his racing career cut short, Marc continues to inspire others and remains closely involved in the sport, having already started to support the next generation of Scottish triathletes through the group he trained with in Glasgow.



2018 Gold Coast Commonwealth Games



IMAGE CREDIT: imacimagephotography

NEW YEAR'S DAY TRIATHLON

Celebrates 25 years!

The New Year's Day Triathlon, which takes place in Edinburgh and is recognised as one of the longest running triathlons in Scotland, celebrated its 25th edition of the race in 2020. The first race was in 1993 and ran every year until 2010, where the race had a break of three years while the Royal Commonwealth Pool underwent refurbishment in the lead up to the London 2012 Olympics.

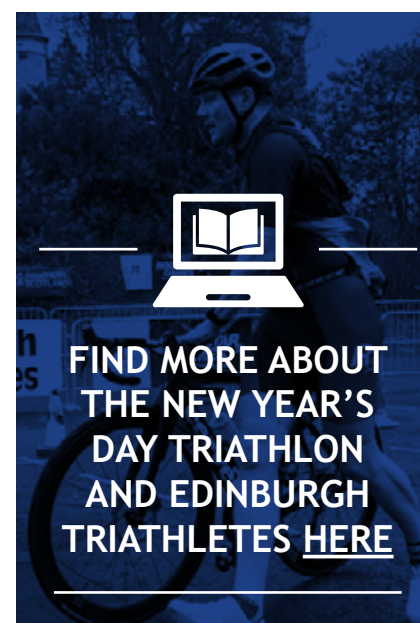
The event is one of the most popular triathlon races in Scotland and it has routinely introduced new people to multisport by providing a healthy option to the Edinburgh Hogmanay Festival. The triathlon is a 400m swim within the Royal Commonwealth Pool complex, a 12mi bike ride around the roads of Holyrood Park and a 4mi run also around the Park. Over the years the format has been the same with the only slight change being the swim going from a lane count to a snake across the pool.

The race is mainly an introduction to new and novice triathletes, but the field has also been known to include Olympic and world-level competitors. Multi-time World Champion Lesley Paterson and two times Ironman World Championships podium star David McNamee started their triathlon careers at the New Year's Day event alongside thousands

of triathlon and sporting enthusiasts. This year's winners were Craig Dale and Michelle Short.

The event also hosts a short children's duathlon consisting of an 800m run followed by a 4km bike ride and another 800m run. Famous faces in the duathlon include Olympic swimmer Kirsty Balfour and Olympic marathon star Freya Murray Ross.

The event is organised by Edinburgh Triathletes who are a volunteer-led club. Their aim for the event is to provide the best experience possible for those competing and spectating. The volunteer team start work in the middle of December in their preparations and will spring into visible action on Hogmanay afternoon building the site and preparing for the next day. The club have around 50 volunteers helping out for most of New Year's Day, giving up their holiday to ensure the event runs smoothly and professionally.



EVENTS

Supporting Event Organisers



Technical Official
Lynne Lauder

2020 has been a difficult year for events, with mass participation races across the UK halted in spring as the COVID-19 pandemic forced the country into lockdown. With gatherings remaining restricted throughout 2020, we were grateful that sport was provided with exemptions to some of the household rules to allow some return to organised triathlon activity in the summer.

Triathlon Scotland worked closely with British Triathlon and the other Home Nations (Triathlon England and Welsh Triathlon) as well as **sportscotland** to create comprehensive COVID-19 guidance for event organisers to allow for triathlon events to run safely, based on a requirement for participants to physically distance from others at all times before, during and after the event. Key factors of the guidance were:

- Individual, time-trial starts only (no mass starts)
- Enhanced hygiene provision
- Online briefings in advance of the event (no on the day group briefings)
- No medal ceremonies
- No spectators

Event Organisers also had the opportunity to attend learning events and forums to help them understand the guidance and the key principles behind it. With few events able to happen in Scotland this year, the forums allowed organisers from across the UK to ask questions and share their thoughts, as well as hearing the learnings and examples of events run successfully under the guidance in England.

By taking part in a permitted event, participants can be sure of a safe, fair, and most importantly, an enjoyable race experience. Permitted event organisers are required to submit safety documentation to demonstrate their

2020 introduced individual time-trial starts



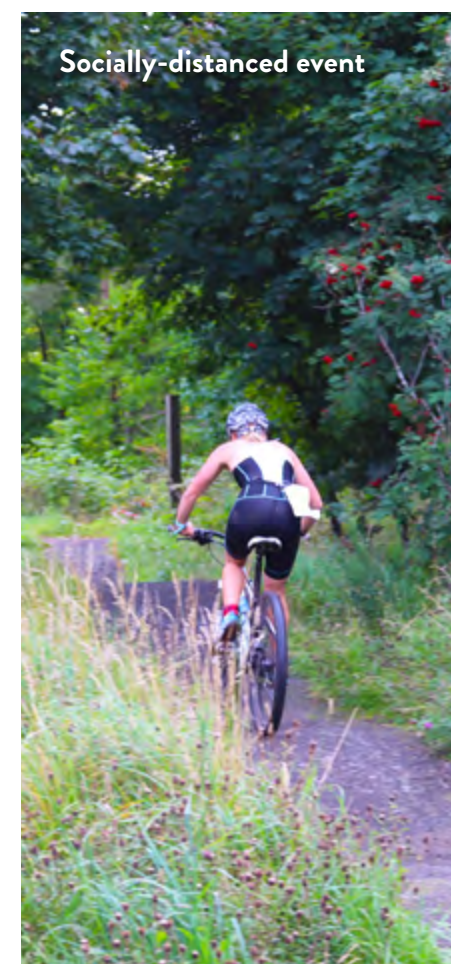
event will be delivered within Scottish Government and British Triathlon guidelines, with physical distancing and enhanced hygiene measures in place.

Whilst we anticipate physical distancing may be required for some time to come, we are confident that our guidance will allow events to run safely within restrictions and we will continue to work with **sportscotland** and the Scottish Government to ensure more events can be viable as we move into 2021.

RUNNING A SOCIALLY-DISTANCED EVENT

The Scurry Events Lochore Off-Road Triathlon Festival that took place on 6 September marked the return of swim, bike, run events in Scotland following the spring COVID-19 lockdown.

Taking place at Lochore Meadows Country Park, the event saw 163 participants take part in the off-road event, with triathlon (swim-bike-



Socially-distanced event

run), duathlon (run-bike-run), aquathlon (swim-run) and aquabike (swim-bike) options.

The event was run in a time-trial format, with participants provided an allotted arrival time and guided through registration and transition check-in in a physically distanced fashion before heading to the swim start (or run for the duathlon), where they were set-off one at a time at 5 second intervals to ensure physical distancing.

Reflecting on the event, Event Director Peter Ness, said:

“All the competitors were very understanding and we have had a while to live with COVID-19 restrictions now, so face masks and 2m distancing rules are becoming the norm. There appeared to be a reasonable buzz around the time trial start and it was great to see smiling faces crossing a triathlon finish line again!”

MEMBERSHIP DEVELOPMENT

A huge 'Thank you'

2020 has been a tough year for membership across the country and membership at Triathlon Scotland has been no different. We want to take this opportunity to say a huge 'Thank you' to our members that have stuck with us this year – we really appreciate it! With your membership we can continue to improve our membership offering, provide training and CPD opportunities for coaches and give support for clubs and Event Organisers at a time when it is greatly needed.

Although 2020 has brought its challenges, it's also brought some welcome opportunities. It's brought our triathlon community closer together in our Membership Hub where ideas and training tips can be shared, uplifting stories can be told and members have the opportunity to win some amazing prizes from British Triathlon. We've had the chance to review our membership

offering and in September brought you a Supporter package for those that no longer race or train but want to continue to support the development of our sport. We also looked at our insurance and provided enhanced commuter insurance when racing was not possible and when public transport was limited.

This year saw the addition of Limar, 4iiii, Pelotan and Aon Plus+ to our growing list of commercial benefits, with members receiving 20% off both Limar helmets and 4iiii performance tools, 25% off Pelotan sun protection and with Aon Plus+ the opportunity to access discounts at a wealth of retailers including Halfords, Tesco, Argos, John Lewis, and Currys PC World. To give a helping hand to members with training at home additional discounts were secured for renewing members for YONDA, Limar, 4iiii, OTE Sports and Training Peaks.



MALE : FEMALE
RATIO

YOUTH
50:50

JUNIOR
46:54

ADULT
67:33



[triathlonscotland.org](https://www.triathlonscotland.org)

FIND OUT
MORE ABOUT
MEMBERSHIP [HERE](#)

SOCIAL GROWTH

Our online presence

Like many organisations, Triathlon Scotland's opportunity to connect with our triathlon community had to become mostly online in 2020. With the world moving to virtual communication for most of the year, and a shift away from event-based content, a different strategy was required to keep our audience engaged. Sharing more content and encouraging our community to send in what they had been doing was one area that engaged our audience, with #FunFridays and #ThrowbackThursdays providing regular interaction.

In previous years, our popular Championships videos were a highlight of Triathlon Scotland's online presence. However, despite there being few events this year, over 19,400 minutes of Triathlon Scotland video footage was watched in 2020.

Keeping our community informed of changes to triathlon activity guidance to ensure their safety

TRIATHLON ACTIVITY IN SCOTLAND DURING LOCKDOWN



A pre-swim, but socially-distanced, selfie

> was a key part of Triathlon Scotland's digital presence throughout much of the year. Using clear infographics and regular announcements, we were able to keep our members informed of what the changing guidelines meant for their ability to participate in all the different aspects of multisport activity. Guidance announcements and infographics were seen by our audience over 240,000 times this year.

In addition, we kept our younger members of the triathlon community engaged through our YONDA Cycle Jersey competition in May and our YONDA Run - Bike - Run Challenge in August. Our cycle jersey competition asked our youth members to design a new jersey for their club or Triathlon Scotland, while the Run - Bike - Run Challenge was designed to give young people a taste of multisport activity by completing three weeks of run, bike, run activity personalised to



/scottishtri

NUMBER OF FACEBOOK LIKES UP 5.4%



@scottishtri

NUMBER OF TWITTER FOLLOWERS UP 2.0%



@scottishtri

NUMBER OF INSTAGRAM FOLLOWERS UP 22.7%



/company/triathlonscotland

NUMBER OF LINKEDIN FOLLOWERS UP 41.8%

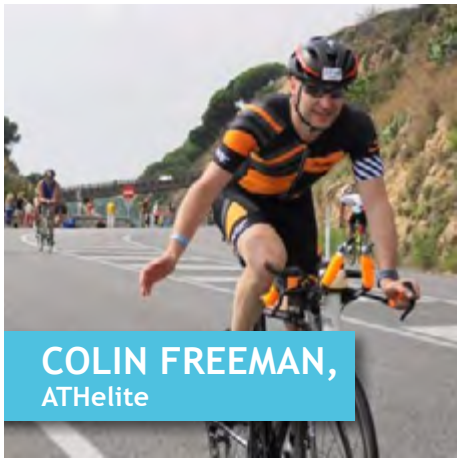
suit their level of experience.

Our partners **sportscotland** host a monthly #sportshour and Triathlon Scotland uses this time to engage in conversation with the wider Scottish sporting community. This year over 59,000 people saw our tweets relating to #sportshour with four of our tweets each reaching over 5000 people. Alongside this, Triathlon Scotland supported a number of National campaigns that were key to informing and celebrating our community; Volunteers Week, Coaching Week, Scottish Women and Girls in Sport Week, Drowning Prevention Week and Clean Sport Week.

In 2021 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 2020 winners are:



COLIN FREEMAN,
ATHelite



LUCY COTTEE,
UNIVERSITY ST ANDREWS



KEVIN MACARTHUR,
EDINBURGH#3



CRAIG TREWARTHA,
EAST FIFE TRIATHLON CLUB



MARC AUSTIN



JANE MONCRIEFF



COACH DEVELOPMENT
AWARD

[CLICK HERE TO
FIND OUT MORE](#)



GOLD STAG
AWARD

[CLICK HERE TO
FIND OUT MORE](#)



LONG SERVICE
AWARD

[CLICK HERE TO
FIND OUT MORE](#)



IAIN MACINTOSH



MIKE GODDARD



PERTH TRIATHLON CLUB



LONG SERVICE
AWARD

[CLICK HERE TO
FIND OUT MORE](#)



OUTSTANDING
CONTRIBUTION
TO THE SPORT

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VIRTUAL ACTIVITY
OF THE YEAR

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VOLUNTEER
OF THE YEAR

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YOUNG VOLUNTEER
OF THE YEAR

[CLICK HERE TO
FIND OUT MORE](#)



CLUB COACH
OF THE YEAR

[CLICK HERE TO
FIND OUT MORE](#)



FINANCIAL REVIEW

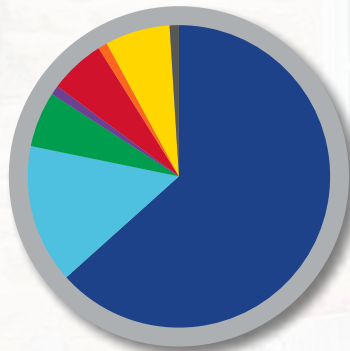
The financial position of the company remains strong with reserves of £180,127. The Directors have reviewed the reserve policy and have agreed that the reserves should be between £150,000 and £180,000. **sportscotland** continues to support Triathlon Scotland representing 64% of its turnover for 1st April 2019 – 31st March 2020.

DIRECTORS

The directors who held office during the year and up to the date of signature of the financial statements were as follows:

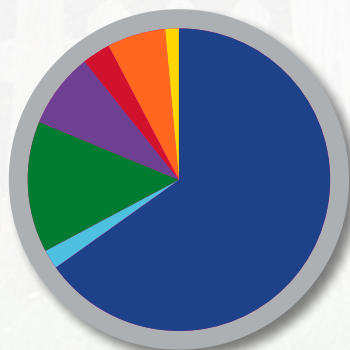
Mr GAVIN CALDER	Mr DUNCAN MACRAE	Ms REBECCA TRENGOVE
Mr DOUGLAS HUTTON CAMERON	Mr ROB MITCHELL	Ms LOUISE WRIGHT
Ms LYNNE LAUDER	Dr PENNY ROTHER	

INCOME



● sportscotland Investment	64%
● Membership Income	15%
● Event Income	6%
● Volunteer Income	1%
● Performance Income	6%
● Development Income	1%
● Coach Education Income	7%
● Sponsorship	1%

EXPENDITURE



● Administrative Expenditure	64%
● Development Expenditure	2%
● Performance Expenditure	14%
● Membership Expenditure	8%
● Events Expenditure	3%
● Coaching Expenditure	6%
● Volunteering Expenditure	1%





TRIATHLON
SCOTLAND

OUR PARTNERS

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



WHO WE ARE



triathlonscotland.org

VISIT OUR
WEBSITE TO
CONTACT US,
CLICK [HERE](https://www.triathlonscotland.org)

LOUISE WRIGHT

Interim CEO

PAMELA SNEDDON

Operations Manager

PATSY CRAIG

Coaching, Clubs and Membership Co-ordinator

CRAIGIE-LEE PATERSON

Events and Performance Co-ordinator

CALUM REID

Development Manager

ELISE METHVEN

Development Officer

VICTORIA PARK

Development Officer

GILES LOMAX

Coach Developer

FIONA LOTHIAN

Head of Performance

JACK PEASGOOD

Pathway Coach

FERGUS ROBERTS

Coaching Futures Coach

MORVEN BRUCE

Event Engagement Manager

SEAN MARTIN

Communications Officer

