



TRIATHLON  
SCOTLAND

2021  
ANNUAL REPORT



# WHAT'S INSIDE...

Featured articles



EVENTS



PARTNERSHIPS



CLUB OF THE YEAR



TRIATHLON  
SCOTLAND

CONTENT:  
Morven Bruce

EDITOR:  
Pamela Sneddon

IMAGE CREDIT:  
Kenny Girvan



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DESIGN:  
Alan Stewart t/a



Email: alan@universal-appeal.com



INTRODUCTION	P04
CLUB OF THE YEAR	P10
HALL OF FAME - AGE GROUP	P16
LOCAL PARTICIPATION SERIES	P20
PARTNERSHIPS	P26
OFFICIALS	P30
EVENTS	P34
OPEN WATER SWIM WEEK	P38
SUPPORTING COACHES	P40
SCOTTISH CHAMPIONS	P44
SUPPORTING CLUBS	P48
SQUAD CHANGES	P52
PERFORMANCE ATHLETES	P54
RETURN TO RACING	P56
PERFORMANCE RESULTS	P58
LOCHORE SUPER SERIES	P60
MEMBERSHIP	P62
SOCIAL CONNECTIONS	P64
ANNUAL AWARDS	P68
FINANCIAL REVIEW	P70
OUR PARTNERS	P76
WHO WE ARE	P78



# INTRODUCTION

A return to swim, bike, run

2021 saw a very welcome return to swim, bike, run activity. The Tokyo Olympics and Paralympics showcased on the world stage how incredible our sport is. A massive congratulations to all the GB triathletes for their performance and success, as well as to Andy Salmon and Mike Cavendish and all the team at British Triathlon on their success. A specific mention to Scottish athlete Alison Peasgood and guide Nikki Bartlett on their 4th place finish at the Paralympic Games. Triathlon Scotland hopes that these results and performances will inspire people to swim, bike, run across every generation as well as inspiring a new generation.

It is important to recognise the work behind the scenes which supports performances. This applies to 2021 more so than ever, so a thank you to the Triathlon Scotland Performance Team of Jack Peasgood, Fergus Roberts and Craigie-Lee Paterson, led by

Fiona Lothian, with our centre and support coaches, for navigating and implementing ever changing guidelines alongside the challenge of facility access to ensure our athletes were able to train throughout the year.



**Membership saw a 6% growth from 2,376 members on 1<sup>st</sup> November 2020 to 2,517 members on 31<sup>st</sup> October 2021**

2021 saw some fantastic results for Scottish athletes on the world stage. Congratulations again to Alison Peasgood for her 3rd place at the World Triathlon Paratriathlon World

Championships. Beth Potter had a great season with notable mentions for her two 7th place finishes at the World Triathlon Championship Series in Abu Dhabi and Leeds. 2021 also saw first podium finishes for Sophia Green and Cameron Main at European Triathlon Cups. Triathlon Scotland athletes had further success at the School Games, with wins for the mixed relay team and Struan Bennet in the individual, alongside some other fantastic individual results. Further congratulations to Struan Bennet and Alex Robbin for winning their respective age groups in the British Triathlon Youth & Junior Super Series. 2021 also saw success for our Scottish long-distance athletes. Congratulations to George Goodwin for his win at the Ironman 70.3 European Championships, and to Nikki Bartlett and David McNamee for their podium finishes at Ironman UK and Germany respectively. Congratulations to all athletes across our sport, from the performance squads to the age-group

athletes and the long-distance athletes on their 2021 season. We very much look forward to building on this success in 2022.

As we look towards 2022, momentum is building towards the Commonwealth Games in Birmingham in the summer. We hope to increase awareness and interest in swim, bike, run as we move towards the Games. Triathlon Scotland are delighted with the appointments of Catriona Morrison as Team Manager and Crawford Whyte as Lead Coach who bring depth of knowledge to these roles. Our athletes are currently working hard to achieve the selection criteria for the Commonwealth Games, with Beth Potter's selection already confirmed in December.

Thank you to **sportscotland** and the continued support and invaluable expertise of the Scottish Institute of Sport. Thank you to our partner the University of Stirling. As we look towards 2022, we are excited by a new

3-way partnership between Triathlon Scotland, the University of Stirling and British Triathlon. This partnership, which is based on shared values and ambition will see the centre in Stirling established as a British Triathlon Pathway Centre. In 2022, we will also look forward to the launch of a new Performance Strategy.

Our clubs are one of the foundations of participation in our sport. A massive thank you to all the volunteers in clubs who have been instrumental in the return of club activity in Scotland in 2021. Our clubs have played a hugely important role in providing individuals with a community during the challenges of 2021. We are fully aware of the continued challenges clubs are faced with, from facility access; capacity at sessions; coach availability and wellbeing; and the number of volunteers. 2021 has seen some clubs thrive, with restrictions on new members due to clubs operating at full capacity with oversubscription of

sessions to other clubs struggling due to the aforementioned challenges.

Our clubs and coaches remain a key focus of Triathlon Scotland, and we aim to continue to provide the support offered throughout 2021, to help to continue to facilitate increased return to activity. Thank you to the Triathlon Scotland team for again supporting, navigating and facilitating return to activity for clubs, and providing guidance to President and officer gatherings throughout 2021.

2021 saw the departure of Calum Reid as Development Manager after 7 ½ years. A massive thank you to Calum for all his hard work at Triathlon Scotland over the years. Giles Lomax stepped up from Coach Developer to Interim Participation Manager, doing a fantastic job in this role. Thank you also to Elise Methven and Victoria Park for all their work supporting clubs and community throughout 2021. We recognise the importance of



Triathlon Scotland CEO, Louise Wright, joins Montrose Triathlon Club and Cabinet Secretary for Rural Affairs and Islands, Mairi Gougeon MSP, for a run session to mark Scottish Women and Girls in Sport Week



> the development of individuals involved in our sport for the continued growth of our sport and the role our coaching courses play in this. Patsy Craig stepped up into an enhanced role at Education and Workforce Lead, and is also doing a fantastic job in this role. Giles Lomax has also supported the performance coaches in a Coach Developer capacity, alongside the appointment of a number of high-quality coach developers to work with coaches in the Triathlon Scotland Pathway.

A personal highlight for myself was attending a Saturday morning run session with Montrose Triathlon Club alongside local MSP Mairi Gougeon (link below). It was a true example that swim, bike, run is accessible to all with

a mixture of all abilities and ages at the session. The sense of community and the importance of the club in supporting individuals throughout 2021 was very impressive. As we approach 2022, I hope to join more club sessions across the country.

It was fantastic to see a return to a fuller calendar of events in 2021, with 30 events being delivered across Scotland. Events were allowed to resume in April but were faced with additional challenges of restrictions and facility access. Thank you to Morven Bruce and Craigie-Lee Paterson for their hard work to achieve a return to swim, bike, run activity within Scotland.

2021 kicked off with our Big Reboot Local Participation Series, a concept based on local no frills swim, bike,

run activity for both those new and returning to the sport, with five events run across the country. It was great to see the return of some of our iconic Scottish events delivered by our Event Organisers with some new events added to our calendar in 2021 and further planned for 2022. It was hugely positive to see the return of Scottish Championship events with six Championships run in total in 2021. Congratulations to all our new 2021 Scottish National Champions!

This year we ran the first ever Decathlon Lochore Aquathlon which hosted the British Triathlon Youth & Junior Super Series; an exciting new multi-race aquathlon format. The Triathlon Scotland team led by Morven Bruce delivered a fantastic

event. Unfortunately, 2021 saw fewer children's events on the calendar however Triathlon Scotland hosted a TriStar Race Day at Knockburn Sports Loch in July to ensure provision of a youth racing opportunity. In 2022, we will continue to work with our events community to strive to deliver a full swim, bike, run calendar.

Membership saw a 6% growth from 2,376 members on 1st November 2020 to 2,517 members on 31st October 2021. Thank you to Pamela Sneddon for her continued work on membership alongside business operations and thank you to Sean Martin for his work on marketing and communications. I would like to thank all our members, new and returning, for their support over the last year.

Your support is invaluable to us, and is essential to help grow and develop our sport in Scotland.

We aim to provide value to our membership and in 2021 we ran a number of member-only benefits. These included weekly workouts, our Local Participation Series and Open Water Swim Week. Thank you to our partners, Big Bobble Hats. We were delighted with our new design for 2021 and it was fantastic to see them worn in the community at events. Thank you also to our partner Yonda, who have been our wetsuit and trisuit provider in 2021.

We have welcomed Decathlon as our 'Participation Partner'. We are extremely excited by our new partnership which is based on similar

values and aspirations to increase the accessibility of and participation in physical activity and sport to support people's mental health and wellbeing in a sustainable manner.

As we look to 2022, we welcome further change and evolution at Triathlon Scotland. The Board will see the appointment of three new specialised Director roles, in addition to a new Events Director, with Lynne Lauder stepping down after 6 years. I would like to personally thank Lynne, and the rest of the Board, for all their support over the last year.

The importance of physical activity, sport, community, and a sense of purpose on mental and physical health and wellbeing has never been stronger. In 2022, Triathlon Scotland will continue to work with and support our community to increase the opportunities to access these benefits through the power of swim, bike, run and the positive impact they can have on people's lives.

*Louise Wright*

Chief Executive Officer



[sportfirst.sportscotland.org.uk](https://sportfirst.sportscotland.org.uk)

**'MINISTER PUT  
THROUGH HER  
PACES'**

Spotlight on Scottish  
Women and Girls in Sport

**TO READ MORE,  
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## CLUB OF THE YEAR

East Fife Triathlon Club

East Fife Triathlon Club is one of the oldest Triathlon clubs in Scotland, this year celebrating its 25th anniversary having originally been founded in 1996. The club continues to go from strength to strength and in 2021 has managed to increase club membership with old members returning alongside many that are new to swim, bike, run. This was in part due to the pro-active attitude the club took to get people back to sport after lockdown. Members were regularly updated on ways to return to training as the country eased its way through the various phases of reduced restrictions. Coaches embraced this by providing detailed

risk assessments and members abided by the new rules and kept the appropriate distances to make the return to training as anxious free as possible.

To celebrate its 25th birthday the club was inspirational in encouraging as many members as possible to help organise and take part in a series of events (25 total) that included running as far as you can in 25 minutes, 25km of park runs (home and as tourist), a trig point challenge (to get to at least 25 of 30 in north east Fife), a sponsored mileage challenge, 25km duathlon brick session, 25km group rides (flattest and hilliest), a 25km paired paarlauf,

a Strava art competition and a BBQ to name but a few.

This was on top of the club's Grand Prix set of activities, a competitive club challenge spanning swim, bike and run events for members, with the entry fee being donation to the local food bank and each member collecting points in their attempt to become club champion.

While a relatively small club, East Fife Triathlon Club caters for all ages and abilities with some just joining to swim, to quite a few entering and gaining age group podium positions in triathlons, duathlons and aquathlons. Quite a number of members are so enthused



EFT members at the Monikie Super League



> that they are undertaking Level 1 and 2 coaching training. The club also has a very active junior section for 7-17 year olds. Having been formed in 2016, East Fife Juniors now has a membership of around 70 kids who were desperate to get back into sport post-lockdown, helped by many parents signing up as coaches and helpers.



/triathlonscotlandtv

**WATCH THE AWARD VIDEO [HERE](#)**

Club President, Ewen Sparkes, said: "East Fife Triathlon Club has quite a diverse range of people of all ages and abilities. People come along for all different kinds of reasons. Some just want to get out of the house, some want to really embrace the sport, some just want to get a bit of exercise and keep fit!"



**CLUB COMMITTEE MEMBERS**

Chairperson.....	<b>EWEN SPARKS</b>
Head Coach.....	<b>SALLY NEWMAN-CARTER</b>
Junior Head Coach.....	<b>ELISE METHVEN</b>
Welfare/Covid Officer.....	<b>VICKI STONE</b>
Secretary.....	<b>ALEX DEEDE</b>
Treasurer.....	<b>NEIL MILLAR</b>
Social Secretary.....	<b>CRAIG TREWARTHA</b>
Junior Section Welfare.....	<b>MORAG HAMILTON</b>
Junior Convenor.....	<b>GARY ANDERSON</b>
Race Director.....	<b>SALLY NEWMAN-CARTER</b>
Club Kit and Junior Administration.....	<b>GILL SMITH</b>

**ONLINE / SOCIAL MEDIA**

[www.eastfifetriathlonclub.com](http://www.eastfifetriathlonclub.com) [www.facebook.com/EastFifeTriClub](https://www.facebook.com/EastFifeTriClub)







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# HALL OF FAME 2021

Age Group

## **SCOTT ANDERSON (25-29)**

Unattached

1st 2021 El Anillo World Triathlon Cross Championships

## **SAM BURTON (20-24)**

Stirling Triathlon Club

2nd 2021 El Anillo World Triathlon Aquathlon Championships

## **GEORGE CLARE (70-74)**

Tri Surrey

2nd 2021 Aviles World Triathlon Sprint Duathlon Championships

## **SELWYN PARKER (80-84)**

Unattached

1st 2021 Valencia ETU Standard Triathlon Championships

## **LEAHN PARRY (45-49)**

Unattached

3rd 2021 Aviles World Triathlon Standard Duathlon Championships

## **SIMON PELTENBURG (45-49)**

Edinburgh Triathletes

2nd 2021 Valencia ETU Standard Triathlon Championships

## **SANDRA WEIR (40-44)**

Unattached

2nd 2021 El Anillo World Triathlon Aquathlon Championships

## **DOUGLAS WOOD (75-79)**

Stirling Triathlon Club

2nd 2021 El Anillo World Triathlon Aquathlon Championships







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# LOCAL PARTICIPATION SERIES

Opportunities for new and existing triathletes

After a difficult winter, and as Covid-19 restrictions began to ease in the spring, we were setting our sights on the year ahead and what we hoped could be the biggest comeback our sport has ever seen – the ‘Big Reboot’! We knew the existing Scottish triathlon community

were keen to return to racing, and that there were also many others who had taken up swimming, biking and running over the previous year that were keen to get involved. As the Scottish roadmap out of lockdown began to emerge, it became clear that some small, local activity was likely

to be able to happen before ‘normal’ events became viable again (e.g. while gathering and travel restrictions were still in place).

As a result, we decided to host a number of local participation opportunities for new and



Participants ready for the first event in the series at Fife Cycle Park.



154 people took part across the 5 events, with an incredible 97% saying they would recommend them to a friend.



/triathlonscotlandtv

WATCH THE ‘BIG REBOOT’ VIDEO [HERE](#)





> existing triathletes across the country to get involved in swim, bike, run. All sessions were delivered within the Scottish Government, **sportscotland** and British Triathlon guidelines at the time, with

physical distancing and enhanced hygiene measures in place. Each session was limited to just 30 people. The sessions were hosted in five locations across the country and were designed to be informal, friendly and

non-competitive. With the emphasis on keeping local, some of the sessions occurred midweek in the evening, with the idea that someone could finish work and get along in the same way they might for a training session.

AREA	LOCATION	DATE	FORMAT
Fife	Fife Cycle Park	Thursday 29 <sup>th</sup> April	Duathlon
East Lothian	East Fortune Race Circuit	Sunday 9 <sup>th</sup> May	Duathlon
Aberdeenshire	Knockburn Sports Loch	Wednesday 12 <sup>th</sup> May	Duathlon
Glasgow	Pinkston Watersports	Sunday 16 <sup>th</sup> May	Aquathlon
Perth	Willowgate Activity Centre	Thursday 20 <sup>th</sup> May	Aquathlon

Each session had ‘GO TRI’ and ‘Get Race Ready’ distance options. Our GO TRI sessions were specifically designed for beginners who felt ready to take their first step into multisport. Our ‘Get Race Ready’ sessions were targeted at existing triathletes who were looking to take their initial steps back into multisport following lockdown and go through the motions of an event in an informal, relaxed environment to help

them prepare for the season ahead. While the sessions simulated a race, they were designed to be informal and non-competitive. The Get Race Ready sessions were open to Triathlon Scotland members only, providing our loyal members with an exclusive opportunity while also encouraging others to join the Triathlon Scotland family. 154 people took part across the 5 events, with an

incredible 97% saying they would recommend them to a friend. Of those that took part, 31 (20%) said it was their first experience of multi-sport. We also achieved close to equal male and female participation, with 49% of participants females. It was great to see these sessions kick-start the 2021 season and we hope that all that took part had a great experience.



Swimmers in action at Willowgate Activity Centre







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## PARTNERSHIPS

Decathlon deal to unlock triathlon participation potential



This year, Triathlon Scotland signed a three-year partnership with retail giants **Decathlon**. This exciting tie up aims to encourage greater involvement in triathlon and increase participation in swim, bike, run activities.

As part of the strategic agreement, a series of instore “Triathlon Events” are planned to break down barriers for anyone who wants to take part for the first time, or support those looking to improve. Triathlon Scotland will also have branding presence instore to increase awareness and promote the health and wellbeing benefits of swim, bike, run.

Triathlon Scotland Chief Executive Officer **Louise Wright** said:



Triathlon is for everyone, and we want to show people how easy it can be to take part. I believe our partnership with Decathlon can help us achieve our goals of bringing new people to triathlon and opening swim, bike, run to a more diverse audience.

It is hugely exciting to have Decathlon onboard and we have a shared desire of helping people discover and enjoy what they can achieve by taking part in swim, bike, run. Decathlon’s Second Life sustainability initiative also aligns with our Triathlon Scotland’s sustainability pledge to protect the natural landscape that our sport takes place in.

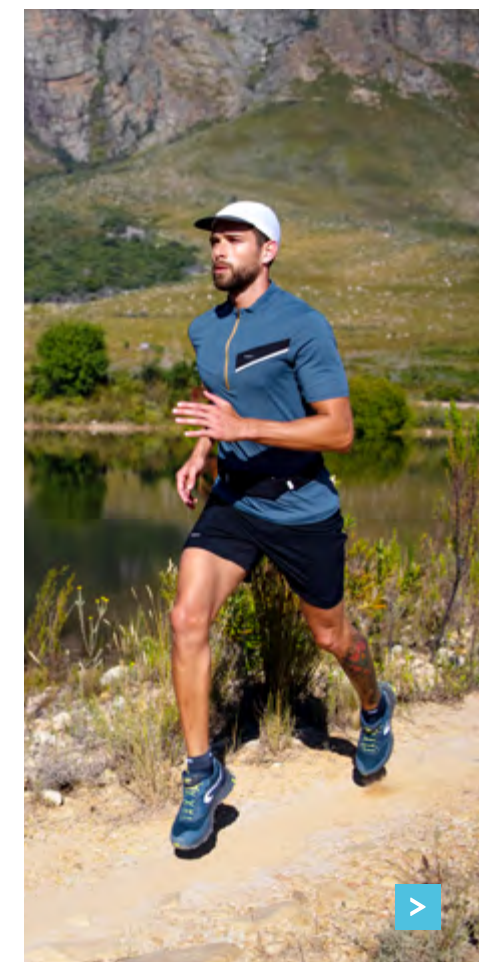
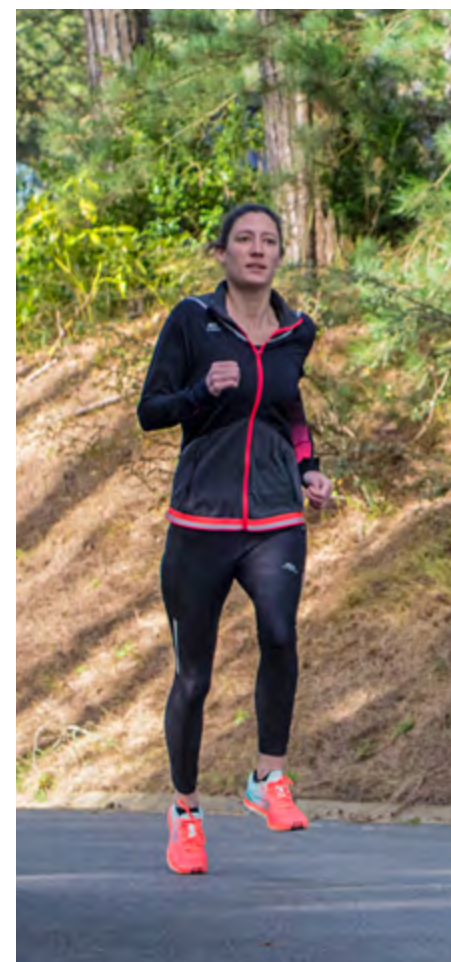


Triathlon Scotland Board Director (Commercial), **Rob Mitchell** said:



We are delighted to work in partnership with Decathlon to raise the profile of our sport and encourage participation and the role of swim, bike, run as part of people’s active lives.

This is great news for the triathlon community as we get back to events. We are excited about working with the team at Decathlon and the impact it can have for swim, bike, run.





> The partnership also saw Decathlon become the headline sponsor of the brand-new Decathlon Lochore Aquathlon at Lochore Meadows Country Park. The event formed part of the 2021 British Triathlon Youth and Junior Super Series and also featured open participation races for Adults and TriStars, as well as a GO TRI event tailored especially for beginners to multi-sport. Over 240 participants attended the inaugural event on 26th June 2021. Read more about the inaugural event [HERE](#).

Decathlon UK Scotland Leader, **Ben Hatton** said:



“We are absolutely delighted to be partnering with Triathlon Scotland over the coming years. Here at Decathlon, we are determined to have a positive impact in Scotland by helping people get active through sport.

We believe that working with others is a key strategy to help us achieve this and after understanding Triathlon Scotland's values and purpose we were excited to partner together.





# OFFICIALS

Promoting safe and fair events

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. With an eventual goal of providing all permitted events with a Technical Official, Triathlon Scotland are committed to growing and developing our volunteer Officials workforce. With the event calendar much reduced in 2021 due to the ongoing Covid-19 pandemic, opportunities for officials attending events were reduced. This has had an impact on our ability to train or upskill our existing officials, or to welcome new volunteers on to the pathway. However, we are hopeful that 2022 will see a return of more events and therefore more opportunities for officials. A number have stepped away for variety of covid and non-covid related reasons over the last couple of years, and we will be looking to re-engage and rebuild our official workforce. New online options now

  
New online options now  
make it easier for officials  
to progress and access  
CPD opportunities and  
we hope this will have a  
positive impact on the  
pathway.



make it easier for officials to progress and access CPD opportunities and we hope this will have a positive impact on the pathway.

While domestic opportunities were reduced this year, we were delighted that some of our more experienced Technical Officials were still able to officiate at some major international events taking place elsewhere in the UK and abroad. Five Scottish officials attended the AJ Bell 2021 World Triathlon Championship Series and World Triathlon Para Series Leeds, with Robert Myler and James Streetley completing their National Technical Official training at this event, the first step on the World Triathlon officiating pathway. Drew Matheson was also delighted to play part of the officiating team at the 2021 Europe Triathlon Championships in Valencia.

In August, Maisie Bancewicz was excited to finally be on a plane to Tokyo for the postponed Paralympic



INTERESTED  
IN BECOMING  
A TECHNICAL  
OFFICIAL?

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[officials@triathlonscotland.org](mailto:officials@triathlonscotland.org)



READ MORE  
ABOUT MAISIE  
BANCEWICZ  
HERE

Games. Having been initially selected for the Games in 2019, it was very disappointing for Maisie when the event was postponed in 2020. While a much different experience than originally planned, with covid testing, quarantining and no spectators or fans, we were delighted to see Maisie able to attend the event in 2021. Maisie is also a key worker who has worked in a hospital throughout the Covid-19 pandemic. **Read more about Maisie [HERE](#).** We continue to aspire to have Scottish representation at future major games, including the upcoming Birmingham 2022 Commonwealth Games and the Paris 2024 Olympic Games.







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# EVENTS

A return to a new normal

Inspirational swim, bike, run events are at the heart of our sport.

With the impact of the Covid-19 pandemic felt hard on the calendar in 2020, triathletes were looking forward to getting back to their love of racing in 2021. It was a difficult start to the year, with the country plunged back into a three-month lockdown. We continued to support event organisers throughout this time, keeping them updated with changing guidance. However, we were glad to

see events possible again from April, with the first mainstream events returning from early June.

As we exited lockdown in the spring, many restrictions remained including participant and travel limits, making it difficult for many of our events to be viable. With some local activity possible before larger mass participation events, Triathlon Scotland ran a local participation series throughout April and May to

provide an opportunity for new and existing triathletes across the country to get involved in swim, bike, run and prepare for the season ahead.



[READ MORE HERE](#)

It was only once the majority of the country moved to level 2 in May that we started to see events begin to be possible, but with planning happening



Participants enjoyed the inaugural Monikie Super League Triathlon event for local clubs

Checking out the swim course ahead of the 2021 Scottish National Standard Distance Triathlon Championships at Knockburn Sports Loch



months in advance for events, unfortunately many organisers had been forced to cancel their events months prior. As a result, we didn't see the calendar really get going until August but were pleased to see a busy couple of months of events to round off the season. We are fortunate that our sport largely takes place outdoors, meaning certain restrictions were lifted earlier than for indoor sports. Mass starts in managed groups became possible by June and allowed our first event of the year, which doubled as the Scottish National Sprint Distance Triathlon Championships, to run as multiple, small mass starts. The further removal of social distancing requirements outdoors in July meant the majority of the rest of the season was able to happen as close to normal as is possible.

Having a large and varied event calendar is key for us being able to

provide racing opportunities for all. With limited access to pools, only four pool-based events took place in 2021. We know these events are often more beginner friendly and often provide some of our key 'Novice' or Super Sprint distance options. As a result, open water triathlons and aquathlons as well as duathlons were prominent in 2021. There were also far fewer youth races on the calendar (as most take place in pools). To address this, Triathlon Scotland ran a 'TriStar Race Day' at Knockburn Sports Loch in the summer to provide a racing opportunity for our youth athletes.

While we saw a reduced calendar, we also welcomed a number of new events in 2021. June saw the inaugural Scurry Events Yellowcraigs full distance aquathlon as well as the Decathlon Lochore Aquathlon, a new event that also formed part of the British Triathlon Youth & Junior Super Series.

An expansion of the 'Go Swim' events also saw a new aquathlon take place at Loch Morlich in September. We also rounded off the season with two new Duathlon events in Glasgow and Edinburgh, courtesy of new event organisers, Tough Runner.

In 2019, we had 112 events on the calendar, hosting 195 different races. This resulted in 14,161 race starts. In 2020, this dropped to just 12 events (22 races) with 2432 race starts, with the majority of these taking place before the Covid-19 pandemic hit. With a reduced calendar in 2021, we had 30 events (55 races) with 3,995 race starts, and while less events took place, we were pleased to see the majority that did were very well attended.

2021 saw the return of the Triathlon Scotland National Championships, after none took place in 2020. While positive, not all were able to go ahead as planned with the





> Schools Aquathlon, Youth Triathlon and Club Mixed Team Relay events taking another year out. 2021 also saw a change in venue for the Sprint Distance Triathlon and Duathlon Championships. We are thankful to event organisers Edinburgh Racing and St Andrews University Triathlon Club for stepping in this year to allow these races to go ahead. 2021 also saw a change to 5-year age bands for prizes, aligning Scotland with the other Home Nations and British Championships, and recognising winners in all age groups from U20 to 85+. We hope to return to a full calendar of Championship events in 2022.



## YOU CAN SEE THE FULL EVENT CALENDAR [HERE](#)

While we have seen a return of many events this year and are looking ahead to 2022 with hope and positivity for a much more 'normal' season, a number of challenges remain. Access to facilities (e.g. swimming pools) for events can be difficult as many are still operating on Covid-19 timetables and booking systems. We also know clubs and event organisers are, at times, struggling to find the volunteers necessary to safely plan and stage events. We continue to work with our club and commercial Event Organisers to provide support and advice, with the aim of having as many events as possible back on the calendar for 2022. There also remains a degree of uncertainty around Covid-19 restrictions – we all remain hopeful that the worst is now behind us, but it is clear that the pandemic is still with us and is likely to remain with us for some time still. Permitted events are still required to complete a Covid-19 risk assessment alongside their normal event risk assessment, and we hope that this will help give confidence to the community to return to events.



Ready to go at Lochore Meadows Country Park for the first event of the year, the Scottish National Sprint Triathlon Championships



# OPEN WATER SWIM WEEK

Empowering people to enjoy open water swimming safely

In April 2021, Triathlon Scotland launched Open Water Swim Week, where we aimed to engage, educate and empower our community through a series of 10 online webinars with fantastic guest speakers from across the UK. Throughout the week we engaged with participants, members, coaches and clubs to educate and inspire on a variety of aspects of open water swimming. Our ultimate aim was to empower people to safely enjoy open water swimming.

The week was designed to engage a wide audience, from those new to the sport who are thinking about dipping their toe for the first time to those who have been involved in open water swimming for years. Through the series of webinars we wanted to educate our members, coaches and clubs along with individuals in the wider open water swimming community to build their knowledge and confidence when they are going out to swim. Webinars were free to attend for all Triathlon

	18:30 - 19:30	20:00 - 21:00
Monday	In the mix: exploring rivers, lakes & oceans Adrian Mayhew Surf Life Saving GB	Confidence in leading a safe open water session Linda McLean Linda McLean Triathlon Coaching
Tuesday	How to stay safe whilst swimming in the sea Michael Avril RNLI	Training considerations for open water swimming Bernie Dietzig British Swimming
Wednesday	The benefits and hazards of outdoor swimming Dr Heather Massey University of Portsmouth	Trends in outdoor swimming & overcoming fears & barriers Simon Griffiths Outdoor Swimmer Magazine
Thursday	A conversation with marathon swimmer Alice Dearing Alice Dearing British Swimming	The impact of climate change on open water Dr James Rae University of St Andrews
Friday	Outdoor swimming for mental health Rachel Ashe Mental Health Swims	Club Q&A Linda McLean Linda McLean Triathlon Coaching & Triathlon Scotland Panel



Scotland and other Home Nation members, while non-members could attend for a small fee. We were grateful to our partners **Yonda** who provided all Triathlon Scotland members that attended with a voucher for 25% off adult wetsuits, tow floats and yoncho lights to help them on their open water swimming journey. We were also pleased to team up with **Outdoor Swimmer magazine** to offer all attendees a free download of the publication.

Throughout the week we brought together experts from across the UK to speak on the key themes of safety, sustainability, and wellbeing. With two interactive webinars per night, the sessions provided a unique opportunity to bring the community together and engage in discussions about open water swimming. We were delighted to have 218 attendances across all the sessions, with topics including 'How to stay safe whilst swimming in the sea', 'Outdoor swimming for mental health' and

'Training considerations for open water swimming'. A big thank you to all our experts who delivered sessions over the course of the week.

Feedback gathered from attendees found:

- 98% felt that they had been engaged or re-engaged by attending the webinars
- 96% learned something new
- 96% felt empowered to take up or do more open water swimming





# SUPPORTING COACHES

Learning and developing together



Despite the pandemic, we knew that demand for coach education courses remained high, and was vital to ensure clubs had appropriately qualified volunteers available. Given the ongoing challenges posed by the pandemic, Triathlon Scotland took the step to deliver both Level 1 and Level 2 courses through a blended approach using webinars, the online Learning Hub, practical “field of play” delivery and a mixture of own environment and simulated assessment. The aim was to deliver a programme of education that not only allows courses to take place but also assures the quality of candidate experience is of the same level as that of an in-person course. The practical sessions were delivered in small groups and as locally to candidates as possible. We also took a new approach to the Level 2 assessments, where final assessments took place in the candidates’ home environment as opposed to a replicated assessment

centre. In the latter half of the year a big push was required to get a large number of coaches through the final part of their qualifications, and as a result we created a number of ‘mop up’ assessment centres to meet this need.

Following its introduction at the end of 2020, this year we continued to run the highly successful Coach Community programme. Sessions covered a multitude of themes



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

**WANT TO FIND  
OUT MORE?**



**COACH  
COMMUNITY**

and topics from ‘Coach Developer conversations’, ‘setting culture and coaching’, ‘from Club Coach to Olympics’ and many more. We are extremely proud to bring this opportunity to Triathlon Scotland coaches and for experts to discuss their experiences through thought-provoking discussions. Access to the Coach Community is free for Triathlon Scotland Ultimate Coach members, or can be purchased by any other coaches interested in attending. We hope that through this virtual community we will ultimately become better connected. [Find out more.](#)

In October 2020, Triathlon Scotland recruited a Coach Developer to play a critical role in the realisation of our strategy by leading the development of coaches throughout Scotland. The Coach Developer is responsible for the development of coaches across the sport through delivery of key coach development programmes and

initiatives that inspire “Great People”, in turn delivering our strategic goals of “More Participants”, “Fantastic Clubs” and “Successful Athletes”. This was further enhanced in October 2021 with a further four coach developers being recruited to support coaches who are current or aspiring performance pathway coaches. All coach developers have created individual learning programmes with underpinning aims to improve coaching skills, enhance knowledge and coaching effectiveness, and ultimately positively influence the athlete’s journey. Four ‘Golden Threads’ were identified which allow coaches to gain a deeper knowledge base and bridge the gap between club and pathway activity, therefore creating a seamless transition between the two ends of the pathway. These are: Communication & Collaboration, a Supportive Learning Environment, Leadership and Creative Coaching.



## SAFEGUARDING & PROTECTING CHILDREN

Safeguarding is important to all coaches, but is particularly relevant to coaches who deliver coaching sessions to athletes under 18. In September 2021, in partnership with British Triathlon, communications were sent to coaches that highlighted that from 1 January 2022 coaches must have an up-to-date Child Wellbeing and Protection in Sport qualification attached to their membership if coaching under 18s. This new qualification replaces the Safeguarding and Protecting Children qualification. By implementing a mandatory minimum operating standard, this has allowed Triathlon Scotland to raise standards to a consistent level across the sport.





TRIATHLON  
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# SCOTTISH CHAMPIONS



## SCOTTISH NATIONAL SPRINT DISTANCE TRIATHLON CHAMPIONSHIPS

Hosted by **Edinburgh Racing** at Lochore Meadows Country Park (06/06/2021)

Overall Female - Jessica Turnbull (Fusion Triathlon Club)

Overall Male - Calum Young (Unattached)

**Race Report | Race Results**

## SCOTTISH NATIONAL AQUATHLON CHAMPIONSHIPS

Hosted by **Ayrodynamic Triathlon Club** at Shewalton Wood (01/08/2021)

Overall Female - Kara McKenzie-Tait (Edinburgh Triathletes)

Overall Male - Jonathan Jackson (Edinburgh#3)

**Race Report | Race Results**

## SCOTTISH NATIONAL MIDDLE DISTANCE TRIATHLON CHAMPIONSHIPS

Hosted by **Still Going Strong** at Aberfeldy (21/08/2021)

Overall Female - Anne Ewing (META tri division)

Overall Male - Ewan Brown (Unattached)

**Race Report | Race Results**

## SCOTTISH NATIONAL STANDARD DISTANCE TRIATHLON CHAMPIONSHIPS

Hosted by **Fleet Feet Triathletes** at Knockburn Sports Loch (05/09/2021)

Overall Female - Anne Ewing (META tri division)

Overall Male - Craig Dale (Edinburgh Triathletes)

**Race Report | Race Results**

## SCOTTISH NATIONAL CROSS TRIATHLON CHAMPIONSHIPS

Hosted by **Durty Events** at Badaguish (20/09/2021)

Overall Female - Natalie Stewart (Unattached)

Overall Male - Ian Russell (Fleet Feet Triathletes)

**Race Report | Race Results**

## SCOTTISH NATIONAL DUATHLON CHAMPIONSHIPS

Hosted by **University St Andrews Triathlon Club** at the

University of St Andrews (03/10/2021)

Overall Female - Laura Kent (Perth Triathlon Club)

Overall Male - Robert Harrison (Monifieth Triathlon Club)

**Race Report | Race Results**









# SUPPORTING CLUBS

Triathlon Scotland development team

**2** 021 has been another busy year for the Triathlon Scotland development team, as they continued to provide clubs and the wider community with support to return to swim, bike, run activity.

With our clubs returning to training, activity and events, Triathlon Scotland provided regular Presidents' gatherings to offer an opportunity for great discussion around COVID-19 guidance, facility partnerships and

online training options. This allowed a good platform to highlight the similar challenges clubs were facing and allow them to be discussed in a wider forum. The gatherings have provided an online opportunity to share and gain perspective, experience and advice from other triathlon clubs throughout Scotland. All discussions have helped shape the direction and support the development team and wider organisation can offer going forward to help clubs COVID-19 recovery plans.



## FANTASTIC CLUBS FRAMEWORK

At Triathlon Scotland our vision is to inspire great experiences through swim, bike and run and our clubs play a significant role in us achieving this. As clubs continue to grow and evolve, the support services we provide must also evolve and the Fantastic Clubs Framework is the first step of this process.

The Fantastic Clubs Framework is a set of guiding principles that can be used by clubs to review and further develop across 6 key areas: Governance, Planning and Sustainability, Club Operations, Profile/ Raised Awareness, Club Workforce and Pathways. The framework is supported by an online Club Development Tool along with a selection of online resources and development workshops.

Young athletes enjoying a sunny day at Knockburn Sports Loch for our TriStar Race Day



## SUPPORTING YOUNG PEOPLE

Providing more opportunities for young people to engage in the sport is a key priority for the organisation. Many youth sections across the country continued to notice a boost in numbers coming out from the second lockdown, which has been great to see. Coaches and volunteers rallied around to try to create a bit of normality for the younger members of the Triathlon Scotland community who have been hit hard by the pandemic. This meant adhering to stringent guidance and smaller group numbers or 'bubbles', a challenge that they took on admirably.

To provide further opportunities for young people to get involved in the sport, Triathlon Scotland offers Young Activator courses for 14 to 17-year-olds, so they can gain skills and confidence to assist in the delivery of their club sessions. We were delighted to have 24 young

triathletes qualify as Young Activators over the past 12 months. Continuing with our online format, we have had some excellent feedback for the course with the majority of participants now actively involved in volunteering with their club. The Triathlon Young Activator course is a 6-hour participative workshop which can be delivered over several days with the aim of providing the first step on the Coaching Pathway for young people. This is an opportunity we will continue to offer as we move into 2022.



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

**VISIT OUR  
WEBSITE TO FIND  
OUT MORE**

The development team also work closely with schools to engage new children in swim, bike, run. With in-person schools activity still limited for much of the year, the inaugural Schools Virtual Duathlon Challenge was launched in October 2021 with the aim of providing an inclusive opportunity that allows pupils to try multisport within a school setting. The challenge was developed based on the following principles - distances covered are achievable and can be adapted to suit all abilities, minimal equipment is required and it can all be completed within school. Schools will earn points based on numbers participating, where pupils place nationally based on finish times for boys and girls. We are also looking to utilise social media to promote schools multisport opportunities and therefore additional reward points are up for grabs for social media engagement around the challenge. We have received entries from multiple local authorities across Scotland and wish everyone the best of luck!





TRIATHLON  
SCOTLAND





# PERFORMANCE

Squad changes



Calum Young (Development Squad athlete) in action

Lockdown gave us the breathing space to review the structure and standards of the Triathlon Scotland Performance Pathway and how it aligned to the rest of the UK. It was an opportune time to ensure the Pathway is aligned to the British Triathlon Strategic Performance Plan 2021-2032 and the British Triathlon Athlete Development Framework, ensuring that it provides a gateway to the British Triathlon World Class Performance Programme. The changes have started at Academy level (the first selective stage of the Performance Pathway) where there are now two levels:

The **Triathlon Scotland Academy**, aimed at exploring the potential of athletes aged 14-18 years old who have shown the basic physical competencies suitable for competitive triathlon and started to demonstrate the behaviours required

and a commitment to the sport.

The **Triathlon Scotland Academy Affiliates**, aimed at those athletes aged 14-18 who have either not made the swim / run points criteria for the Academy yet or are new to triathlon and have a weaker discipline.

The **Triathlon Scotland Paratriathlon Academy**, for those paratriathletes who are classifiable and who have the commitment and desire to explore their potential.

The rationale for this is to push up the standard of the Academy while at the same time offering more opportunity to those who are new to multi-sport or have a weaker discipline to improve and, in time, meet the Academy standard and engage fully with the sport.

Entry to the Academy is based on an achievement of 340+ points and Academy Affiliates 310+ points, but

this will be calculated by date of birth not age, making it fairer for those born later in the year. For further details please refer to the Academy Handbook and the resources on the webpage:



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

**CLICK HERE**

Athletes can move from Academy Affiliate to Academy at any point during the year if they make the points. Equally, if they are struggling with the commitment or not ready for the Academy, they can move to Affiliate. Both of these factors should emphasise our message of 'you're not ready yet, but you will be if you keep applying yourself'.

In 2021-22

**8 Academy Athletes + 1 Paratriathlon**

**19 Academy Affiliates**

The **Next Generation squad** is aimed at the best developing athletes aged 16-21 that have the potential to progress onto World Class Programmes. An invitation to be considered for the squad is triggered by race results from British Super Series events, with athletes progressing based on their performance against the Athlete Development Framework, their commitment and physical standards profile.

Ten athletes have been named on the Next Generation and will be attending Home Nations Camps with their peers in England and Wales, alongside home-based camps, in conjunction with the Academy. This is exciting as having raised the standard for selection from

the previous 'Confirmation Squad', ten athletes rose to the challenge and met the selection standards. Standards have also been put in place for the Next Generation Paratriathlon squad.

The Commonwealth Games squad is aimed at those athletes that have the potential to qualify for the next Commonwealth Games but have not been selected onto the British Triathlon World Class Programme. This squad is split into 2 levels of support.

**Commonwealth Campaign**, triathletes who can already evidence medal or top 6 potential for the upcoming Games.

**Commonwealth Development**, triathletes who can evidence a trajectory that means they will meet the individual or pilot selection criteria within the selection time frame. This squad is clearly about supporting our Commonwealth Games objective of one or more medals.

2 athletes **Commonwealth Campaign**

6 athletes **Commonwealth Development**

2 Guest athletes

While change will always take some time to embed, we can already see changes with increased numbers lower in the pathway at Academy Affiliate level, the Next Generation squad aligned with the other Home Nations and clarification higher further up the pathway as to whether athletes are still on a World Class Programme trajectory or whether their focus is on qualifying for the next Commonwealth Games. In time, the Commonwealth Games squad should become redundant with athletes selected for the Games already on World Class Programmes.

While there are still more resources to develop, there has been clarity on the selection standards across the pathway and the Academy Handbook has provided clear information for new athletes and parents.



# PERFORMANCE ATHLETES

## ACADEMY SQUAD

OLLIE DE BEAUX	MOLLY KIDD	RORY MUNN
FERGUS CURRIE	JOHANNA MACKENZIE	MARTHA REEVES
ISLA HEDLEY	CAMERON MACMILLAN	AURELIA TIFFONEY
CAMERON KERR	RUBY METHVEN	

## ACADEMY SQUAD +

STRUAN BENNET	ANYA MACLEAN	JESSICA TURNBULL
ANNA HEDLEY	CALLUM MILLER	KYRA GIBB

## CONFIRMATION SQUAD

HAMISH ARMITT	KATE RICHARDSON	DANIEL SAUNDERS
HEATHER BARNES	ANDREW ROLLAND	WILLIAM TAYLOR

## DEVELOPMENT SQUAD

GUY EVANS-HAGGERTY	CAMERON MAIN	CALUM YOUNG
SOPHIA GREEN	IONA MILLER	
CAMERON HARRIS	BETH POTTER	

## WORLD CLASS PERFORMANCE PROGRAMME

MARC AUSTIN	ALISON PEASGOOD	GRANT SHELDON
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**WANT TO KNOW MORE?**

READ ABOUT THE ATHLETES [HERE](#)





# PERFORMANCE

Return to racing

Who would have thought, for the majority of athletes, we would have gone 18 months without racing! It was therefore with great excitement as we moved into February 2021 that there was a real possibility that a race would take place at Llanelli in May under a performance exemption from the Welsh Government. While a great opportunity, this threw up a huge number of challenges; who should get starts, what testing needed to be in place, how to provide racing without social distancing, how to travel, to name but a few.

For those athletes lucky enough to get a start, the event experience was somewhat different than what they may have been used to previously. Travel down to Wales was in a large bus (thanks to Hays Coaches) to allow 4 seats per person and on arrival everyone was

required to stay in single rooms. Testing was required prior to getting on the bus and at the race venue on the day. Once on site and



**The opportunity to be back racing and deliver a full Youth and Junior Super Series was worth it**



tested, no one was permitted to leave and unfortunately no family or friends were able to spectate. However, it was all worthwhile as it allowed for draft-legal racing with reasonable sized fields and selection for European Junior,

U23 and European Senior Cup starts. There was Scottish success with both Cameron Main and Sophia Green being selected for European U23s and Guy Evans-Haggerty just missing out as there were only two male spots available. In the Junior selection race, Anna Hedley also just missed out in 4th with the top three qualifying. A massive thank you to everyone involved in delivering the race as it was a monumental effort.

The work done at Llanelli then served as a template as England, Scotland and Wales started to open up, and more events could be planned. In what became a very condensed domestic season - it would normally run from the end of March to mid-September for Performance Pathway athletes - there was little opportunity to draw breath for the events teams, the coaches, the athletes or their parents. However, the opportunity to be back racing and deliver a full Youth

Bike pack, Llanelli 2021



and Junior Super Series was worth it. For athletes looking to qualify for the Birmingham 2022 Commonwealth Games the challenges were huge, not just for the obvious challenge around international travel and the testing and paperwork required, but also:

- Reduced numbers of events meant getting a start was difficult at Europe Triathlon Cup level
- Changing guidance in different countries caused races to be cancelled
- Maintaining training consistency when confined to a hotel room or having to self-isolate on return
- Longer time in a country prior to an event
- Increased costs

Again, a huge thank you must be given to the Scottish Institute of Sport and British Triathlon for all

their endeavours in making this happen, and for the athletes for coping with everything that was thrown at them this year.



**A massive thank you to everyone involved in delivering the race as it was a monumental effort**



Despite all this there have been some great domestic performances, with athletes really getting stuck into the diversity of racing provided by the British Triathlon Super Series, School

Games and Super League Triathlon. We were delighted to see the below successes for Scottish athletes:

## BRITISH TRIATHLON SUPER SERIES OVERALL

Alex Robin - 1st Youth A  
Struan Bennet - 1st Youth B  
Anna Hedley - 2nd Youth B  
Jessica Turnbull - 3rd Junior

## SCHOOL GAMES

1st Struan Bennet  
2nd Isla Hedley  
1st Mixed team relay

## SUPER LEAGUE TRIATHLON JERSEY

Alex Robin - 1st Youth  
Struan Bennet - 3rd Junior

## EUROPEAN YOUTH TEAM

Struan Bennet  
Anna Hedley  
Alex Robin



# 2021 SEASON PERFORMANCE RESULTS

## ELITE ATHLETES

### ALISON PEASGOOD

- 4<sup>th</sup> 2020 Tokyo 2020 Paralympic Games
- 3<sup>rd</sup> 2021 World Triathlon Para Championships, Abu Dhabi
- 3<sup>rd</sup> 2021 World Triathlon Paratriathlon Series, Leeds

### BETH POTTER

- 7<sup>th</sup> 2021 World Triathlon Championship Series, Abu Dhabi
- 7<sup>th</sup> 2021 World Triathlon Championship Series, Leeds
  - 1<sup>st</sup> 2021 World Triathlon Cup, Haeundae
  - 1<sup>st</sup> 2021 World Triathlon Cu, Tonyeong
- 4<sup>th</sup> 2021 Overall Super League Triathlon Championship Series

### GRANT SHELDON

- 2<sup>nd</sup> 2021 World Triathlon Cup Karlovy, Vary

### SOPHIA GREEN

- 1<sup>st</sup> 2021 Europe Triathlon Cup, Coimbra
- 3<sup>rd</sup> 2021 Europe Triathlon Cup, Dnipro
- 6<sup>th</sup> 2021 Europe Triathlon Cup, Olsztyn

### CAMERON MAIN

- 3<sup>rd</sup> 2021 Europe Triathlon Cup, Dnipro
- 10<sup>th</sup> 2021 Europe Triathlon Cup, Coimbra

### IONA MILLER

- 8<sup>th</sup> 2021 Europe Triathlon Cup, Quateria
- 10<sup>th</sup> 2021 Europe Triathlon Cup, Olsztyn



**WANT TO KNOW MORE?**

**READ ABOUT THE ATHLETES [HERE](#)**

## CONFIRMATION & ACADEMY SQUAD

### STRUAN BENNET

- 1<sup>st</sup> 2021 British Triathlon Super Series – Youth B overall
  - 1<sup>st</sup> 2021 School Games – overall
  - 1<sup>st</sup> 2021 School Games – mixed relay

### ALEX ROBIN

- 1<sup>st</sup> 2021 British Triathlon Super Series – Youth A Overall
  - 1<sup>st</sup> 2021 School Games – Mixed Relay
  - 1<sup>st</sup> Super League Triathlon Jersey – Youth A

### ISLA HEDLEY

- 5<sup>th</sup> 2021 British Triathlon Super Series – Youth A Overall
  - 2<sup>nd</sup> 2021 School Games – Overall
  - 1<sup>st</sup> 2021 School Games – Mixed Relay

### MELISSA TURNBULL

- 1<sup>st</sup> 2021 School Games – Mixed Relay

### ANNA HEDLEY

- 2<sup>nd</sup> 2021 British Triathlon Super Series – Youth B Overall

### JESSICA TURNBULL

- 3<sup>rd</sup> 2021 British Triathlon Super Series – Junior Overall

### LILY-JANE EVANS-HAGGERTY

- 4<sup>th</sup> 2021 British Triathlon Super Series – Junior Overall

### HEATHER BARNES

- 5<sup>th</sup> 2021 British Triathlon Super Series – Junior Overall

### CALLUM MILLER

- 6<sup>th</sup> 2021 British Triathlon Super Series – Youth B Overall

## OTHER (ELITE) ATHLETES

### GEORGE GOODWIN

- 1<sup>st</sup> 2021 IRONMAN 70.3 European Championships, Elsinore

### NIKKI BARTLETT

- 4<sup>th</sup> 2020 Tokyo 2020 Paralympic Games (Guide)
- 9<sup>th</sup> 2021 IRONMAN 70.3 World Championships, St. George
  - 2<sup>nd</sup> 2021 IRONMAN 70.3, Lanzarote
  - 2<sup>nd</sup> 2021 IRONMAN UK

### DAVID McNAMEE

- 3<sup>rd</sup> 2021 IRONMAN, Germany



# LOCHORE SUPER SERIES

A new race for Scotland



The British Triathlon Youth and Junior Super Series provides up-and-coming athletes aged 15-19 from across England, Scotland and Wales with the chance to compete against other high-performing athletes of their age in competitive races on a regular basis. The primary aim of the Super Series is to provide the best platform for our leading athletes to learn and develop their Intelligent Racing and performance delivery (One Day One Race) skills. This is achieved by ensuring field strength and depth and providing varied racing opportunities with different formats, for example by using heats and finals or mixed team relays.

In a change to the series format from previous years, aquathlons were re-introduced into the 2021 series. There were 3 key reasons for this.

1. To improve intelligent swimming
2. To improve swimming standards

3. To make the sport more accessible – having events each year that require no cycling makes entry to the sport far more accessible for talented swim/runners.

Accessibility was further improved as the aquathlons were raced as a North heat or a South heat. This meant a reduction in travel time for most athletes, especially those at the furthest points of each Home Nation, compared to staging one National event.

We were delighted that Scotland was selected to host the North Aquathlon leg, providing a great first experience to Scottish athletes who were new to this level of racing. The event was held at Lochore Meadows County Park, a well-loved and tried and tested venue.

Super Series athletes competed in an exciting multi-race, multi-distance format:



Competitive racing on a regular basis

	Youth A (15-16)	Youth B / Junior (17-19)
Race 1	800m Swim, 1km Run	800m Swim, 1km Run
Race 2	500m Swim, 1.5km Run	500m Swim, 2km Run
Race 3	300m Swim, 2km Run	300m Swim, 3km Run

The idea of the multi-race format was that racing over different distances would create different racing scenarios, especially in the water, and with that require different tactics to be employed and/or decisions to be made. This will in turn promote the skill development or improved intelligent swimming that we are looking for in the performance pathway. The multi-race format also ensures athletes are given an opportunity to go through three separate learning cycles (plan/do/review) over the course of the day. The combined impact of all of this is a much richer and more rounded learning experience. As an added benefit, the lack of a bike leg meant athletes were able to run fast out the

swim, making the run section more competitive with athletes able to race tactically rather than just getting through it.

[britishtriathlon.org](https://britishtriathlon.org)

**CLICK HERE TO FIND OUT MORE?**

The event was the first youth event in Scotland since March 2020 and also featured open participation races for adults and TriStars, as well as a GO TRI event tailored especially for beginners to multi-sport. A total of 247 participants across all events, including 76 aspiring young athletes as part of the Super Series. The event was a great success and we are looking forward to it returning in 2022. With Covid-19 restrictions likely to be less prominent, it is hoped the event can be enhanced and expanded further including the introduction a heats and finals format for TriStar 2s and 3s.



# MEMBERSHIP

A huge 'Thank you'

**W**e want to say a huge 'thank you' to our members that have stuck with us over the last couple of years, to those that have re-joined 'welcome back' and for our new members 'welcome to Triathlon Scotland'! Our members are the lifeblood of the sport and your membership really does make a difference to the growth and development of swim, bike, run in Scotland. Membership enables us to support the clubs you are part of, offer more development opportunities for your coaches, help ensure our sport is safe and fair for all, support event organisers to host enjoyable events for everyone and much more.

This year, Home Nation members and non-members were surveyed to help us understand their thoughts on our current membership offering, their reasons behind joining or not joining and their thoughts on how



they will interact with our sport in the future. This information is invaluable to helping us provide a membership offer that is useful to everyone, no matter where they are on their swim, bike, run journey. Members were also invited to take part in the 'Member Panel' where members are asked to feedback on a regular basis through a series of surveys.

Our membership offer has been improved with the introduction of: British Triathlon Perks, a wealth of everyday lifestyle, health, and education benefits exclusively for members; a three-year renewal of our partnership with OTE; a partnership with Busby which helps keep our members safe through the notifications of incidents through their app; a partnership with Planet X which offers a discount to our members on their products and; the chance to take part in the Zwift Tri Nations League.





# SOCIAL CONNECTIONS

Engaging online with our community

Triathlon Scotland was able to provide a blended approach to connecting with the swim, bike, run community in 2021. In the first couple of months of the year this connection was virtual, similar to 2020, but later in the spring and into summer we were delighted to bring back racing and event-based content to our audiences.

With the numbers of people participating in swimming, cycling

and running increasing across the country during 2020, trying to reach and engage with this new audience was a key goal for Triathlon Scotland in 2021. Through virtual activity such as the #FeelGoodFive Strava Challenge, Tri Nations Challenge on Zwift and our Facebook Live #WeeklyWorkouts plus educational articles, highlighting athletes in the community and showcasing the return of swim, bike, run activity we increased our

audiences across all of our social media platforms.

One of the key ways we promote swim, bike, run is through our popular National Championship videos. With the absence of any Championship events in 2020, we were delighted to be able to showcase six Championships in 2021 through live video content, highlight videos and event photos. The live and highlight videos from our 2021 Triathlon



Scotland National Championships were viewed over 25,000 times across all five of our social media platforms. Despite there only being 6 months of events and lower levels of activity for the first quarter of 2021, over 19,600 minutes of Triathlon Scotland video footage was watched on Facebook.

Showcasing the return of our performance athletes this year also helped increase Triathlon Scotland's social media profile. Live tweeting of results combined with Scottish athletes delivering some brilliant performances led to some of the widest reaching tweets and Instagram posts, with one tweet about Beth Potter's superb win at Super League Triathlon in March having over 9400 impressions and over 670 engagements. This summer saw the Olympic and Paralympic Games take place in Tokyo and Triathlon Scotland



/scottishtri

**NUMBER OF FACEBOOK  
LIKES UP 9.2%**



@scottishtri

**NUMBER OF TWITTER  
FOLLOWERS UP 2.6%**



@scottishtri

**NUMBER OF INSTAGRAM  
FOLLOWERS UP 19.8%**



/company/triathlonscotland

**NUMBER OF LINKEDIN  
FOLLOWERS UP 35.4%**

content of the Games was viewed over 50,900 times across all of our social channels.

With support from British Triathlon and a number of other partners, this year Triathlon Scotland supported more National campaigns than ever; Volunteers Week, Coaching Week, Black History Month, Mental Health Week, Bike Week, Scottish Women and Girls in Sport Week, Drowning Prevention Week and Clean Sport Week.

In 2022 we will continue to invest in our social media by using advertising to promote our courses, events and our membership packages and to educate new audiences on all things swim, bike, run. You can help us grow and to reach more people by following, liking, commenting on and sharing our social media posts.

**#triathlonscotland**





TRIATHLON  
SCOTLAND





# ANNUAL AWARDS

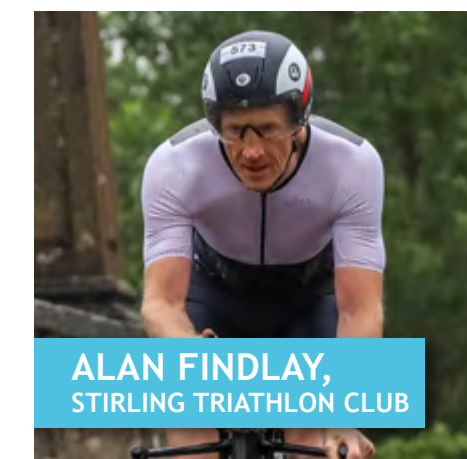
Our 2021 winners are:



**FIONA McNEE,**  
LOMOND SWIMMING  
& TRIATHLON CLUB



**DAVID HORNE,**  
TrYthan



**ALAN FINDLAY,**  
STIRLING TRIATHLON CLUB



INSPIRATIONAL  
PERFORMANCE OF  
THE YEAR



OUTSTANDING  
CONTRIBUTION TO  
THE SPORT



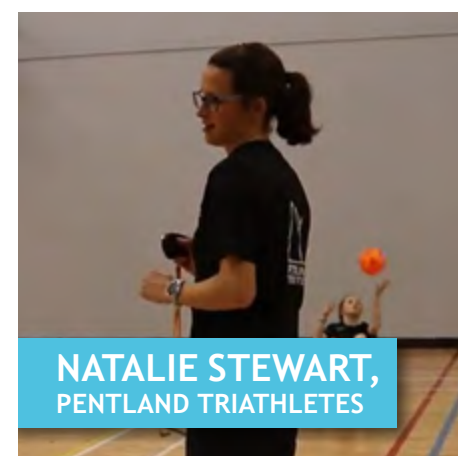
PERFORMANCE OF THE  
YEAR (AGE GROUP)



**SIMON MacDONALD,**  
MORAY FIRTH TRIATHLON CLUB



**ELLA CHALMERS,**  
TrYthan



**NATALIE STEWART,**  
PENTLAND TRIATHLETES



**HANNAH CAMPBELL,**  
EDINBURGH UNIVERSITY TC



**ERIC BLYTH**



**GEORGE GOODWIN**



VOLUNTEER  
OF THE YEAR



YOUNG VOLUNTEER  
OF THE YEAR



COACH  
OF THE YEAR



YOUNG COACH  
OF THE YEAR



TECHNICAL OFFICIAL  
OF THE YEAR



PERFORMANCE OF  
THE YEAR (ELITE)

**CLUB OF THE YEAR** - READ ALL ABOUT 'EAST FIFE TRIATHLON CLUB' ON [PAGES 10-13](#)

**EVENT OF THE YEAR** - MORAY FIRTH GORDONSTOUN TRIATHLON FESTIVAL





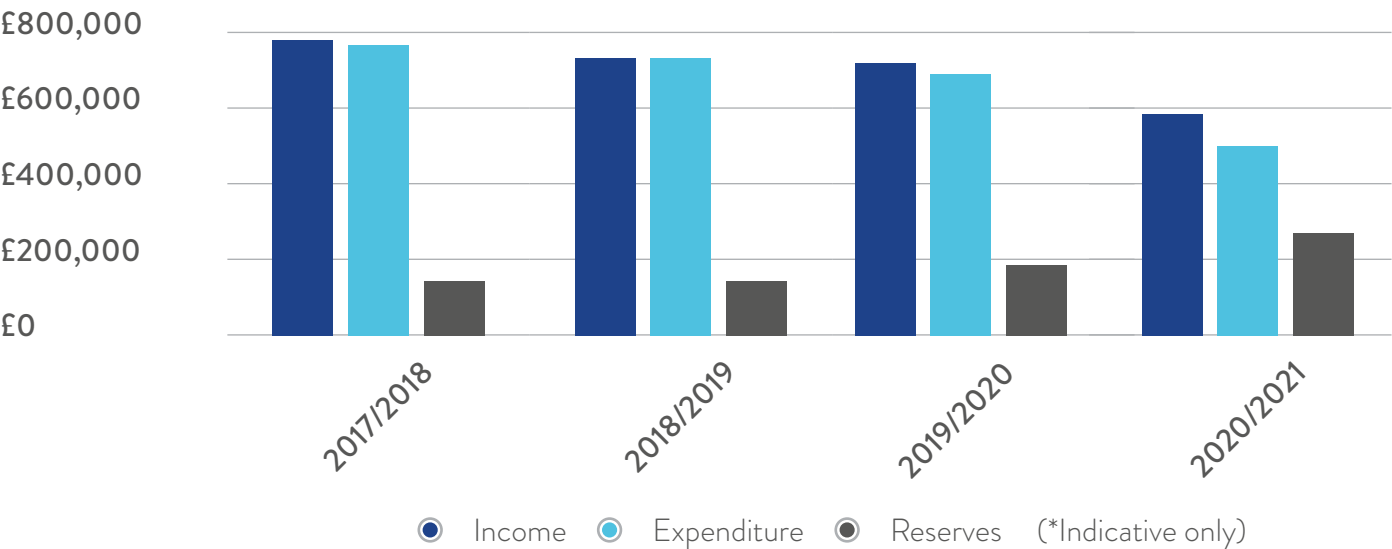
# FINANCIAL REVIEW

1<sup>st</sup> April 2020 - 31<sup>st</sup> March 2021

The financial position of the company remains strong with reserves of £263,165 (31<sup>st</sup> March 2020 - £180,127). The Directors have reviewed the reserves policy in line with the budgets for the coming year and plans for the future and are satisfied that the reserves are at an appropriate level for the company.

BOARD MEMBERS during the year and up to the date of signature of the financial statements were as follows:









- Mr Douglas Hutton Cameron (Chair)
- Mr James Lockhart (Appointed Nov 2020)
- Mr Robert James Mitchell
- Ms Lynne Lauder
- Mr Gavin Calder
- Ms Rebecca Trengove
- Mr Duncan Macrae (Resigned Nov 2020)
- Dr Penny Rother
- Ms Louise Wright (Resigned Nov 2020)

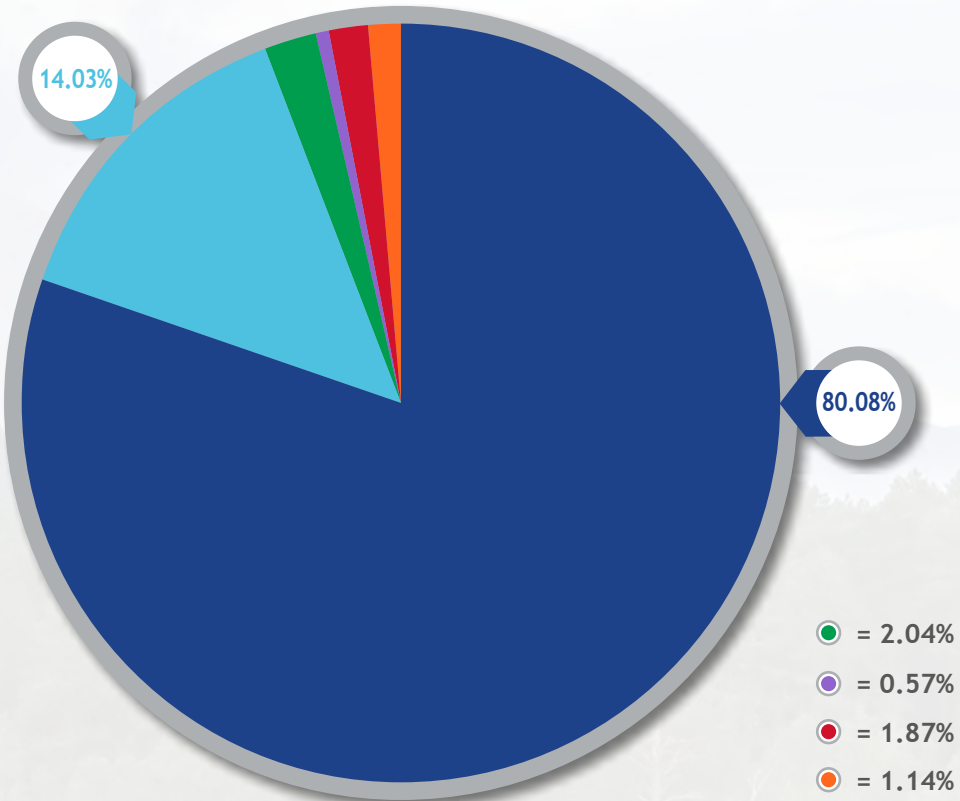






# INCOME

DESCRIPTION	REF.	2020/2021	2019/2020
sportscotland Investment		£469,500	£469,830
Membership Income		£82,247	£111,299
Coach Education Income		£11,946	£49,198
Event Income		£3,345	£46,503
Performance Income		£10,979	£40,668
Sponsorship		£8,287	£10,000
Development Income		-	£3,372
Volunteer Income		-	£240
<b>TOTAL</b>		<b>£586,304</b>	<b>£731,110</b>



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 2021 Triathlon Scotland annual accounts, please click [HERE](#)

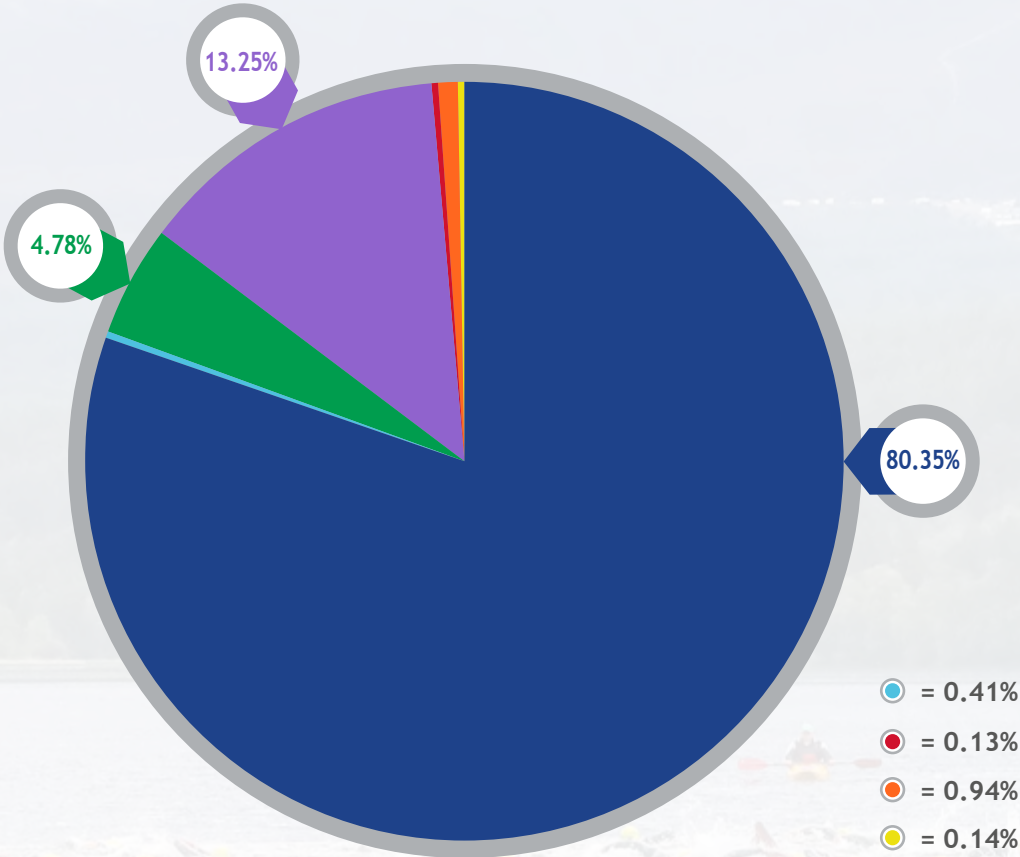






# EXPENDITURE

DESCRIPTION	REF.	2020/2021	2019/2020
Administrative Expenditure		£404,814	£442,957
Development Expenditure		£2,044	£14,784
Performance Expenditure		£24,116	£100,734
Membership Expenditure		£66,774	£57,683
Events Expenditure		£641	£21,664
Coaching Expenditure		£4,725	£44,653
Volunteering Expenditure		£686	£10,494
<b>TOTAL</b>		<b>£503,800</b>	<b>£692,969</b>



NOTES:

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TRIATHLON  
SCOTLAND

## OUR PARTNERS

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





## WHO WE ARE

## STAFF

**LOUISE WRIGHT**  
Chief Executive Officer

**PAMELA SNEDDON**  
Operations Manager

**CRAIGIE-LEE PATERSON**  
Events and Performance Co-ordinator

**FIONA LOTHIAN**  
Head of Performance

**JACK PEASGOOD**  
Pathway Coach

**FERGUS ROBERTS**  
Coaching Futures Coach

**MORVEN BRUCE**  
Event Engagement Manager

**CALUM REID**  
Development Manager  
(Left August 2021)

**GILES LOMAX**  
Interim Participation Manager

**ELISE METHVEN**  
Development Officer

**VICTORIA PARK**  
Development Officer

**PATSY CRAIG**  
Interim Workforce and Coaching Officer

**SEAN MARTIN**  
Communications Officer  
(Left December 2021)

## BOARD

**GAVIN CALDER**  
President

**DOUGIE CAMERON**  
Chair

**REBECCA TRENGOVE**  
Director of Equality and Welfare

**LYNNE LAUDER**  
Director of Events & Officiating  
(Term ended November 2021)

**JIM LOCKHART**  
Director of Finance

**PENNY ROTHER**  
Director of Age Group

**ROB MITCHELL**  
Commercial Director



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