



TRIATHLON
SCOTLAND

ANNUAL REPORT 2022



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Introduction

A year in review



2022 has seen a year of change for Triathlon Scotland, with a new organisational structure and staffing compliment. The strategic review consultation process for 2023-2027 was started, with a survey of the Scottish triathlon community conducted. We received over 500 responses, which helped with conversations at Board level and with our principal funders, **sportscotland**, to help set our strategic direction. The strategy will be written and shared in 2023.

There has been continued and successful collaboration with British Triathlon and the Home Nations, with an aim to improve the experience for members and everyone in the swim, bike, run community. We are delighted to have renewed our partnership with the University of Stirling, where the National Triathlon Centre will be based and will be a British Triathlon Pathway centre. The Triathlon Scotland staff team have now moved office into the refurbished Sports Centre on site, which has been a welcome change after more than two years of working from home.

We saw an outstanding season from many of our performance athletes. Beth Potter began the year as Arena Games World Champion and finished it 7th in the 2022 World Triathlon Championship Series. Triathlon Scotland is incredibly proud of all our athletes that represented Scotland at the Birmingham 2022 Commonwealth Games. With a fantastic 3rd place finish, Beth Potter provided Team Scotland with their first medal of the Games and there were also great performances from Grant Sheldon, Sophia Green and Cameron Main. 5th place finishes for Grant and the Mixed Team Relay made it our best ever result at a Commonwealth Games. Unfortunately, Alison Peasgood and guide Hazel Macleod suffered a bike crash in the paratriathlon event. However, Alison was able to put her disappointment behind her and secure a great 3rd place finish in the World Championships in Abu Dhabi in November, guided by Brooke Gillies.

There have been several policy updates throughout the year following the Whyte Review (an independent review into allegations of abuse) carried out on British Gymnastics. These policy changes affect everyone within the sport and can be found on the Triathlon Scotland website. In January 2022, British Triathlon and the Home Nations introduced a policy change ensuring that any coach who is coaching under 18s has completed the appropriate Child Wellbeing and Protection in Sport course and has a PVG check in place before being deployed. These changes are to ensure we maintain safeguarding standards to a consistent level across the sport.

November saw the publication of our new Transgender Policy guidance, designed to support the implementation of British Triathlon's new Transgender Policy from January 2023 and serves to ensure that our sport continues to be welcoming, supportive and inclusive for everyone.

Our sport is driven by people – our participants, our members and our committed workforce. We thank the entire triathlon community for their continued support.

It is reassuring to see events coming back after the last few years. Understanding the relationship between Triathlon Scotland, events, clubs and triathletes is going to be key to building back a stronger and sustainable future. Our event highlights included eight Scottish

Championship events, the new National Triathlon Series and the return of the Lochore Aquathlon event as part of the British Triathlon Youth and Junior Super Series.

Clubs remain the lifeblood of our sport and we continue to work closely with them to ensure our offering meets their needs. The appointment of our new National Club Lead, Gary Shaw, in October reaffirms our commitment to clubs. During the summer, British Triathlon and the Home Nations launched the new Education and Learning Strategic Framework 2022-2027. The framework has been developed following extensive consultation and insight work that began over a year ago and aims to inspire the swim, bike, run workforce through a culture of progressive learning and development.

Our sport is driven by people – our participants, our members and our committed workforce. We thank the entire triathlon community for their continued support. The Triathlon Scotland Annual Awards provided an opportunity to celebrate success and recognise the people that give so much to our sport. You can read more about all the winners later in this report.

Our new brand was launched in June and, following this, our new merchandise was successfully launched in October. Our brighter and bolder look reflects the invigoration we have as we look ahead to what promises to be an exciting 2023 and new strategic cycle.

Dougie Cameron
Triathlon Scotland Chair





Our Community

Members at the forefront



Our members are hugely important to us and are the driving force behind the sport. Our membership has remained fairly static for the last year with around 2,500 members. However, we are very proud of our 88% renewal rate, showing our members are loyal and the majority that join us will choose to remain members in future years. Being a member means you're in the know and part of the family. Our membership products have been thoughtfully put together to make sure that wherever you are in your triathlon journey you can still be supported by us and feel a part of a growing community that can help you along the way.

Through our continued partnership with Big Bobble Hats, we are delighted to be able to offer all Triathlon Scotland members 20% off. Ultimate members also receive a free gift of a bespoke Triathlon Scotland Big Bobble Hat or Beanie.

Revenue raised through membership enables us to support clubs to create well-organised, pro-active clubs that provide a fantastic platform for members to make the most of the sport. Running hand in hand with our clubs are our coaches, and your membership money helps us deliver CPD (Continuing Professional Development) for coaches to allow them to provide the best coaching they can to their athletes. We also support event organisers in the form of advice, guidance and our event permitting process. We want everyone to have the best swim, bike, run experience they can regardless of whether they are just starting out or have been competing for years. Behind the scenes, we safeguard the sport including administering Protecting Vulnerable Groups (PVG) scheme membership.

In June 2022, we launched our new brand. The bold colours have re-energised our look and feel and reflect who we want to be as an organisation, confident in our identity and positioned for the future. Luke Howard joined us as our new Digital Communications Officer in May, and has invigorated our social channels, allowing us to reach new audiences. We launched our TikTok channel in October, sharing creative video content to highlight the vibrancy of our sport and the swim, bike, run community in Scotland.



TRIATHLON
SCOTLAND

Find out more
about our
membership
packages [HERE](#)



334,496
people reached



7,931,190
people reached



401,000
impressions



Clubs

Connecting communities



We were delighted to affiliate 52 triathlon clubs across Scotland in 2022, from Shetland down to Newton Stewart, with a total club membership of 3,423 people. In comparison to 2021, there was a 7% decrease in club membership, but the proportion of Triathlon Scotland members within clubs has increased by 5%. By being individual members of Triathlon Scotland, club members can rest assured that they are insured for their training and that they can earn points for their club as part of the National Triathlon Series. They are also supporting the wider sport in Scotland, with membership revenue reinvested back into the sport to support clubs, coaches, Technical Officials, events and event organisers, inclusivity and sustainability.

Clubs have continued to engage throughout the year via our various online gatherings, and it is encouraging to see so many of them completing and actively using the Fantastic Clubs Framework toolkit. We were also delighted to welcome a new community club in Fort William, Nevis Triathlon Club, creating provision in this area where there was previously a gap.

In 2023, there will be some exciting initiatives to support clubs and committees, including the Triathlon Scotland National Conference in March where we will bring the community together under one roof. A club member census will also be conducted to allow the Participation team to better understand our clubs and improve and tailor our support moving forwards.



CLUB OF THE YEAR TriBridges

Recognising a gap in club provision in West Fife, club Chair Marc Preece took on the task of establishing a new club in the midst of the pandemic, forming it in July 2020 as activity started to return following the initial Covid-19 lockdown. Based in Dunfermline, the club is open to all abilities and has since grown to over 65 members ranging from those entirely new to the sport through to seasoned athletes, a remarkable achievement in a short period of time, given the circumstances.

For such a young club, TriBridges has cemented itself in the gap between Edinburgh & Perth with a strong core of key members driving the club forwards. It has based itself on a policy of inclusivity and as such, word spread and the club has developed a wonderful, diverse membership profile. The club is ran wholly by a volunteer committee and coaches who put together well-rounded and purposeful training sessions structured to cater for all abilities.

There is amazing team spirit, encouragement and inclusion. From IRONMAN to Couch to 5k, it's fantastic to see people get involved in the club and get active. The club held its first overseas training camp in 2022 which was a great success and many members have taken part in events that they previously thought were beyond them. For individuals new to the sport, a GO TRI event was held at Lochore Meadows Country Park which was well-received and heightened participants enthusiasm to enter further competitions.

CLUB COMMITTEE

President	Richard Davison
Chair & Coaching Coordinator	Marc Preece
Secretary	Adam Railton
Treasurer	Stephen Nicholson
Wellbeing & Protection (Welfare)	Gillian Carroll

[f /TriBridges](https://www.facebook.com/TriBridges) [@tribridgesclub](https://www.instagram.com/tribridgesclub)





Events

Back on track

With no restrictions in place, 2022 was the platform for the return of events after the pandemic. 62 events took place with a total of 7,495 participants toeing the start line across the year, providing a good base for events to continue to grow in 2023 and beyond. We are confident that by working closely with clubs and event organisers we can continue to grow the number and variety of events on offer.

For the first time since 2019, we were able to offer our full calendar of nine Scottish Championship events. Unfortunately, our Standard Distance Triathlon Championships was unable to take place following restrictions on the bike route as a result of the late Queen Elizabeth II's funeral cortege traveling south from Balmoral.

In March, we launched our new National Triathlon Series. With multiple locations around Scotland, the series recognises and rewards consistent participation and performance, and points mean prizes for individuals and clubs. We were delighted to have participation from 68% of our affiliated clubs in the series.

June saw the successful return of the Lochore Aquathlon, hosting the Scottish leg of the British Triathlon Youth and Junior Super Series. 95% of participants rated their overall experience at the event as good or excellent.

Triathlon Scotland has improved event experience by appointing Technical Officials to 69% of events in 2022. We were also pleased to support seven Technical Officials to become fully qualified at the next level.



Showcasing our sport through vibrant and engaging media content is key to helping us grow swim, bike, run in Scotland. Triathlon Scotland were delighted to announce Kenny Girvan as our official photography and videography partner from 2022.

Based in Ayrshire, Kenny Girvan Photography provides photography and video solutions for sports, events and custom commissions. A photographer since the days of developing film, Kenny is now enjoying modern technology and providing quality images and video to help capture those special moments, occasions and events.

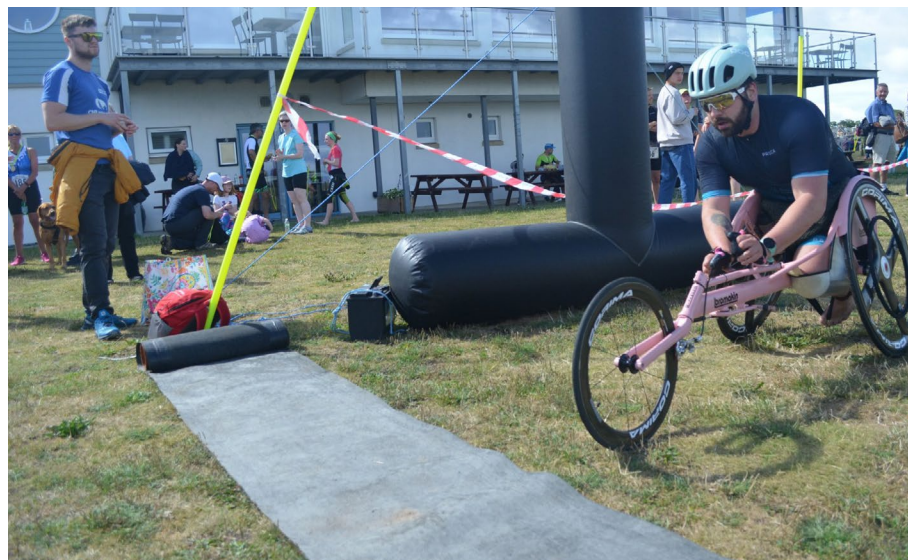
Kenny is no stranger to swim, bike, run having been an active member of his local Ayrodynamic Triathlon Club for many years. He has completed five IRONMAN distance events and has also raced for the Great Britain Age Group team, so brings with him a passion for the sport which inspires his creative images. Speaking of the new partnership, Kenny said:

"I am privileged to be the photography and videography partner for Triathlon Scotland, working with a great team and supporting them to promote a sport I love and have been involved in for over 25 years."

[f /kennygirvanphotography](https://www.facebook.com/kennygirvanphotography) [@kennygirvanphoto](https://www.instagram.com/kennygirvanphoto)



62 Events · **7,495** Participants



EVENT OF THE YEAR Nairn Triathlon

In its first edition since the Covid-19 pandemic, the Nairn Triathlon was back bigger and better than ever, and for the first time in its history included a sea swim from Nairn beach. The event offered both Novice and Sprint distance options to cater for participants who wanted to try out triathlon for the first time as well as seasoned triathletes. In a first for a Scottish community event, three PTWC (paratriathlon wheelchair) athletes raced alongside everyone else. Over 110 participants from age 18 to 69 took part in the event and were cheered on by marshals along the bike route in the Nairnshire countryside and the run route alongside the beach promenade. A team of volunteers from Triathlon Inverness and the local community in Nairn came together to help deliver a fantastic and inclusive event that was enjoyed by all.

Several first time competitors commented on how they enjoyed the experience, appreciated the friendly and encouraging marshals, and were looking forward to their next event. There was a great atmosphere at the finish line, certainly helped by the glorious sunshine, a plentiful supply of homemade cakes, and views over the Moray Firth. With an overwhelmingly positive response, the sold out event is due to return in 2023.





OUR 2022 SCOTTISH CHAMPIONS

SCOTTISH NATIONAL SCHOOLS AQUATHLON CHAMPIONSHIPS

Hosted by Triathlon Scotland at the Michael Woods Sports & Leisure Centre, Glenrothes (22/04/2022)

S1/S2 Male - Tristan Robin (Hutchesons' Grammar School)

S1/S2 Female - Zara Kidd (Webster's High School)

S3/S4 Male - Charlie Treharne (The Glasgow Academy)

S3/S4 Female - Ella Chalmers (Ellon Academy)

S5/S6 Male - Cameron Kerr (Stirling High School)

S5/S6 Female - Isla Hedley (Madras College)

Mixed Team Relay - The Glasgow Academy

[Race Report](#) | [Race Results](#) | [Race Video](#)

SCOTTISH NATIONAL AQUATHLON CHAMPIONSHIPS

Hosted by Ayrodynamic Triathlon Club at Shewalton Wood, Irvine (29/05/2022)

Overall Female – Hannah Terrence (Glasgow Triathlon Club)

Overall Male – Cameron Kerr (Unattached)

U20 Female - Jessica Heeps

30-34 Male - David McMillan

50-54 Female - Marian Monk

U20 Male - Cameron Kerr

35-39 Female - Kirsty O'Brien

50-54 Male - David Horne

20-24 Female - Gillian Black

35-39 Male - Craig Dale

55-59 Female - Gudrun Przygoda

20-24 Male - Sam Burton

40-44 Female - Sandra Wier

55-59 Male - Campbell Cromar

25-29 Female - Kate Alexander

40-44 Male - Joel Enoch

60-64 Male - Martin Duthie

25-29 Male - Jason Bell

45-49 Female - Kirsty McBirnie

65-69 Male - Julia Hector

30-34 Female - Hannah Terrance

45-49 Male - Kevin Morice

75-79 Male - Douglas Wood

[Race Report](#) | [Race Results](#) | [Race Video](#)

SCOTTISH NATIONAL YOUTH TRIATHLON CHAMPIONSHIPS

Hosted by Fusion Triathlon Club at Bellahouston Park, Glasgow (05/06/2022)

TriStar 1 Male (9-10) - Jack Kidd (East Fife Triathlon Club)

TriStar 1 Female (9-10) - Branna Kenny (Pentland Triathlete Juniors)

TriStar 2 Male (11-12) - Harry Cook (Unattached)

TriStar 2 Female (11-12) - Olivia Lyne (Fusion Triathlon Club)

TriStar 3 Male (13-14) - Tristan Robin (Fusion Triathlon Club)

TriStar 3 Female (13-14) - Zara Kidd (East Fife Triathlon Club)

Youth Male - Fraser Donaldson (Glasgow Triathlon Club)

Youth Female - Jessica Taylor (Edinburgh#3)

[Race Report](#) | [Race Results](#) | [Race Video](#)





OUR 2022 SCOTTISH CHAMPIONS

SCOTTISH NATIONAL MIXED TEAM RELAY CLUB CHAMPIONSHIPS

Hosted by Monifieth Triathlon Club at Monikie Country Park (06/08/2022)

Winners – TriWorks Edinburgh

[Race Report](#) | [Race Results](#) | [Race Video](#)

SCOTTISH NATIONAL SPRINT DISTANCE TRIATHLON CHAMPIONSHIPS

Hosted by Monifieth Triathlon Club at Monikie Country Park (06/08/2022)

Overall Female – Katie Lowery (Unattached)

Overall Male – Struan Bennet (Unattached)

U20 Female - Miriam Gilbride

U20 Male - Struan Bennet

20-24 Female - Katie Lowery

20-24 Male - Rory Strachan

25-29 Female - Hannah Done

25-29 Male - Broc Drury

30-34 Female - Alice Loudon

30-34 Male - Stephen Molloy

35-39 Female - Kirsty O'Brien

35-39 Male - Craig Dale

40-44 Female - Fiona Greenhalgh

40-44 Male - Dave Holmes

45-49 Female - Lorna Todd

45-49 Male - Andy Turnbull

50-54 Female - Gillian Sangster

50-54 Male - Robert Harrison

55-59 Female - Anne Peat

55-59 Male - Alan Findlay

60-64 Female - Penny Rother

60-64 Male - David Auchie

65-69 Female - Sue Kingston

65-69 Male - William Bunyan

70-74 Male - Philip Barlow

75-79 Male - Douglas Wood

[Race Report](#) | [Race Results](#) | [Race Video](#)

SCOTTISH NATIONAL MIDDLE DISTANCE TRIATHLON CHAMPIONSHIPS

Hosted by Still Going Strong at Aberfeldy (21/08/2022)

Overall Female - Anne Ewing (META Tri Division)

Overall Male – Robert Harrison (Monifieth Triathlon Club)

U20 Female - Eilidh Miller

U20 Male - Jamie Meldrum

20-24 Female - Hannah Ferguson

20-24 Male - William Smith

25-29 Female - Emily Wilson-Beales

25-29 Male - Mattias Wuest

30-34 Female - Hannah Graham

30-34 Male - Finlay McAndrew

35-39 Female - Anne Ewing

35-39 Male - Marcin Szczepanski

40-44 Female - Fiona Greenhalgh

40-44 Male - Richard Bruton

45-49 Female - Laura Kent

45-49 Male - Simon Peltenberg

50-54 Female - Shona Bathgate

50-54 Male - Robert Harrison

55-59 Female - Kirsty Aitken

55-59 Male - Alan Findlay

60-64 Female - Penny Rother

60-64 Male - Alan Bremner

65-69 Female - Carolyn Dyson

65-69 Male - William Bunyan

[Race Report](#) | [Race Results](#) | [Race Video](#)



Find out
more about
the Triathlon
Scotland
National
Championships
[HERE](#)

OUR 2022 SCOTTISH CHAMPIONS

SCOTTISH NATIONAL CROSS TRIATHLON CHAMPIONSHIPS

Hosted by Dirty Events at Badaguish (18/09/2022)

Overall Female – Mia Padmanabhan (Glasgow University Triathlon Club)

Overall Male – Lewis Dickson (Race Off Road)

U20 Female - Mia Padmanabhan

20-24 Male - Lewis Dickson

25-29 Male - Sebastian Davies

30-34 Female - Karen Wilson

30-34 Male - Calum Oates

35-39 Female - Henrietta Hamilton

35-39 Male - Jonathan Turnbull

40-44 Male - Jamie Collins

45-49 Female - Megan Mowbray

45-49 Male - Douglas Allan

50-54 Female - Fiona Stewart

50-54 Male - Andi Dunkel

55-59 Female - Vicky Strange

55-59 Male - Grahame Veitch

60-64 Male - Stephen Kentish

65-69 Male - James McEwan

[Race Report](#) | [Race Results](#) | [Race Video](#)

SCOTTISH NATIONAL DUATHLON CHAMPIONSHIPS

Hosted by University St Andrews Triathlon Club at the University of St Andrews (25/09/2022)

Overall Female – Joanne Patterson (Pro Endurance)

Overall Male – Bruce Evans (Unattached)

U20 Female - Miriam Gilbride

U20 Male - Bruce Evans

20-24 Female - Alex Livingston

20-24 Male - Craig Cochrane

25-29 Female - Catriona Forsyth

25-29 Male - Dom James

30-34 Female - Joanna Patterson

30-34 Male - Calum Oates

35-39 Female - Kirsty O'Brien

35-39 Male - Richard Thurlow-Begg

40-44 Female - Hayley McEwan

40-44 Male - Deniss Konstantinovs

45-49 Female - Donna McHugh

45-49 Male - Leah Parry

50-54 Female - Deborah Comer

50-54 Male - David Horne

55-59 Female - Valerie Martin

55-59 Male - Frank Boyne

60-64 Male - David Auchie

65-69 Female - Mae McIsaac

65-69 Male - William Bunyan

70-74 Male - Steven Matthews

[Race Report](#) | [Race Results](#) | [Race Video](#)

SCOTTISH NATIONAL STANDARD DISTANCE TRIATHLON CHAMPIONSHIPS

This event had to be cancelled due to the funeral cortege of Queen Elizabeth II





Education

Supporting positive progress

At December 2022, 423 coaches held a valid coaching membership and triathlon coaching qualification. A range of hybrid and in-person Level 1 and Level 2 courses were run in 2022, with 131 coaches being qualified. Our biggest challenge was individuals completing the practical elements of courses which were started online during the pandemic, requiring us to work with clubs and venues to schedule several opportunities for practical observations and assessments in addition to running new courses. Our tutor workforce have been integral to the delivery of these courses and we are extremely thankful for their hard work and dedication.

The team were delighted to run the High Performing Coaching Programme (HPCP) for the first time in over 4 years at the University of Stirling. The programme was supported by a variety of world class speakers, including high performance athletes and coaches sharing their knowledge and experiences. Ten coaches enrolled, with many utilising the **sportscotland** subsidy available.

In January 2022, British Triathlon and the Home Nations introduced a mandatory policy change requiring that any coach who coaches under 18s has completed the Child Wellbeing and Protection in Sport course (CWPS) and has a PVG (Protecting Vulnerable Groups) check in place before being deployed. These changes are to ensure we maintain safeguarding standards to a consistently high level across the sport. To assist the implementation of this, Triathlon Scotland delivered four CWPS courses in 2022 and will be introducing a CWPS renewal course in 2023, which will be based purely online. In addition, to support our Wellbeing Officers we have held a Child Wellbeing & Protection Officer course along with quarterly Wellbeing Officer gatherings, to share good practice, discuss scenarios and bring in experts to share their knowledge.

To further support qualified coaches, we recruited a Participation Coach Developer, Paul Hawkins, to the team in May. With his input, we have created coaching groups on Facebook with over 100 coaches engaging in these. The groups focus on generating discussion and sharing knowledge and expertise.

During the summer, British Triathlon and the Home Nations launched the new Education and Learning Strategic Framework 2022-2027. The new qualifications will be launched in September 2023 and will be mapped against the CIMSPA professional standards and integrated into the Scottish Coaching Certificate (SCC) which replaces the UK Coaching Certificate (UKCC).



131 Coaches
qualified

423 Active
coaches





HALL OF FAME 2022

Age Group

SARAH ATTWOOD (40-44)

1st 2022 Europe Triathlon Powerman Middle Distance Duathlon Championships Alsdorf

SAM BURTON (20-24)

Stirling Triathlon Club

3rd 2022 World Triathlon Aquathlon Championships Samorin

JOEL ENOCH (40-44)

TriWorks Edinburgh

2nd 2022 World Triathlon Aquathlon Championships Samorin

PAUL HASLAM (60-64)

Perth Triathlon Club

2nd 2022 Europe Triathlon Championships Olsztyn

ROS LAWSON (60-64)

2nd 2022 Europe Triathlon Middle Distance Triathlon Championships Bilbao - Bizkaia

HAYLEY MCEWAN (40-44)

1st 2022 Europe Triathlon Multisport Sprint Duathlon Championships Bilbao - Bizkaia

DONNA MCHUGH (45-49)

Fusion Triathlon Club

2nd 2022 World Triathlon Duathlon Championships Targu Mures

LEAHN PARRY (45-49)

2nd 2022 World Triathlon Duathlon Championships Targu Mures

HALL OF FAME 2022

Age Group

SIMON PELTENBURG (45-49)

TriWorks Edinburgh

2nd 2022 Europe Triathlon Middle Distance Triathlon Championships Bilbao - Bizkaia

ALISON ROGER (45-49)

3rd 2022 World Triathlon Long Distance Aquabike Championships Samorin

REMI SIMPSON (25-29)

2nd 2022 Europe Triathlon Multisport Standard Duathlon Championships Bilbao - Bizkaia

3rd 2022 World Triathlon Duathlon Championships Targu Mures

ALASTAIR STEWART (65-69)

Ayrodynamic Triathlon Club

1st 2022 Europe Triathlon Multisport Sprint Duathlon Championships Bilbao - Bizkaia

2nd 2022 World Triathlon Duathlon Championships Targu Mures

DYLAN THEEDAM PARRY (18-19)

1st 2022 Europe Triathlon Multisport Standard Duathlon Championships Bilbao - Bizkaia

DOUGLAS WOOD (75-79)

Stirling Triathlon Club

2nd 2022 Europe Triathlon Aquathlon Championships Bilbao - Bizkaia

ELEANOR YOUNG (25-29)

3rd 2022 Europe Triathlon Cross Championships Bilbao - Bizkaia



Find out
more about
Age Group
racing [HERE](#)



Birmingham 2022

Our most successful Games ever



As 2021 drew to a close, Team Scotland announced Beth Potter as the first athlete selected for the triathlon at the summer Commonwealth Games. Birmingham would be a third Commonwealth Games appearance for Beth, having competed at Glasgow 2014 (in athletics) and Gold Coast 2018. Having made history at the Gold Coast by becoming the first Team Scotland athlete to compete across two sports in the same Games, running the 10,000m in Athletics after completing the Triathlon individual event and team relay, she has since made the switch to full time triathlete and it has paid off with some fantastic international results over the last few years.

I'm excited to represent Scotland as it's so rare to get the opportunity and it is fantastic Paratriathlon will once again be on a big stage and will reach a much wider audience
- Alison Peasgood

Paralympic silver medallist Alison Peasgood was added to the team sheet in May, making her Commonwealth Games debut in the Paratriathlon (PTVI, for athletes with a visual impairment) event. Her guide for the event was named in July as Hazel Macleod, with the pair no strangers to each other having taken home the silver medal together at the Rio 2016 Paralympic Games.

Speaking about her selection, Peasgood said "I'm excited to represent Scotland as it's so rare to get that opportunity and it is fantastic that Paratriathlon will once again be on a big stage and will reach a much wider audience."

In June, Sophia Green, Cameron Main and Grant Sheldon were selected to complete the Team Scotland lineup. It was a third Commonwealth Games for Sheldon, who also raced in Glasgow and the Gold Coast, whilst Elgin duo Main and Green made their Commonwealth debut. However, both were not entirely new to the Commonwealth Games, with Green having been a reserve for the Gold Coast Games and Main having been part of the Achieve programme at Glasgow 2014.

The athletes were supported by Crawford Whyte as Team Coach and former athlete Catriona Morrison MBE as Team Manager. Having coached some of the team from their early years through the Triathlon Scotland Academy programme, Crawford knows the highs and lows that come with competing, and was there to provide support as needed. After a glittering career as an athlete herself, where she competed at both the Manchester 2022 and Melbourne 2006 Commonwealth Games, Catriona was able to share her wealth of knowledge with the team and help them to be fully prepared for what lay ahead.

THE RACING

On 29 July 2022, the best triathletes from across the Commonwealth lined up in Sutton Park ready to take on the Sprint distance (750m swim, 20km bike, 5km run) race. The men were up first, racing for the first medal of the Games. Sheldon and Main had a strong swim, exiting

the water towards the front of the main pack. Both would end up in the chase group on the bike, with New Zealand's Tayler Reid and Hayden Wilde, plus South Africa's Jamie Riddle, forming a lead group. Working hard to catch the leaders, the gap closed to just 16 seconds heading into T2, with all to play for heading onto the run. A fantastic 5km from Sheldon saw him leave much of the main group behind, running past both Tayler Reid and Jamie Riddle to finish in 5th place overall, a huge improvement on his previous Commonwealth Games performances. Main also ran well to finish in 14th, well up the field.

The women's race followed in the afternoon and it again delivered another brilliant showcase of swim, bike and run. Showing she meant business, Potter led throughout the 750m swim and, following a quick transition headed onto the bike course alone. She would be joined by England's Georgia Taylor-Brown and Sophie Coldwell, Bermuda's Flora Duffy and Canada's Emy Legault, with the group of five working to build a 27 second lead by the end of the opening bike lap.

Duffy would launch an attack that would be matched by Taylor-Brown, with the pair of them dropping the other three and heading into T2 a minute ahead of the chasers. With the gold and silver likely decided, the third spot on the podium would be determined by the 5km run leg. Potter would show her strength and experience on two feet to leave the others behind and storm home for a fantastic bronze medal, the best ever result by a Scottish female triathlete and repeating the efforts of Marc Austin from the Gold Coast to be the first medalist for Team Scotland. Green also had a strong race, keeping with the main pack in the swim and bike, before running home to finish in 17th.

Speaking after race, Potter said:

“I’m buzzing. It’s obviously a big aim for this season, I’m just happy to get Scotland a medal. I’ve not really been doing much running; I’ve been working on my swim and bike this year and I think it’s paying off.

“I put in a lot of work in the winter and I’m glad I’m reaping the rewards now. Coming here, it was a real target to get a medal and I’m just glad I could do that.”

With the individual event complete, all eyes were now on the Mixed Team Relay event two days later, where the athletes would each complete a 300m swim, 5km bike and 2km run as a team of four. Sheldon was up first for Scotland and had a strong swim, exiting the water towards the front of the main pack. Onto the bike, he was able to stick with the main pack, with Team England and Team New Zealand having dropped the rest of the field. A solid run saw Main hand over to Potter in 6th place.



I put in a lot of work in the winter and I’m glad I’m reaping the rewards now. It was a real target to get a medal and I’m just glad I could do that.

- Beth Potter



With some work to do, Potter had a fantastic race, posting the fastest split in the field for leg two and working her way up towards the leaders, finishing her stint in second place, just ahead of Wales and New Zealand and 30 seconds down from leaders England. Handing over to Main, he worked hard in the swim to exit the water in third place. Following a solid bike, he would enter T2 alongside New Zealand, Wales and Australia, with England proving difficult to catch. The others would drop Main over the 5km run, and he handed over to Green in 5th place. Entering the water 45 seconds down on 4th place, but a minute clear of 6th, she had clear water and put in a solid performance to solidify the teams position, crossing the line a minute and a half ahead of 6th placed Canada and achieving Scotland’s highest placed finish in the Mixed Team Relay event at the Commonwealth Games. A 3rd and two 5th place finishes cemented the team as the most successful Team Scotland triathlon squad in history.



ACHIEVE PROGRAMME

Running alongside the Games, Team Scotland’s Achieve Programme aims to propel more future stars into sporting success, whilst helping them develop a host of vital and transferrable skills. Past athletes of the programme include triathlete Cameron Main, who was racing at this year’s Games, proving the positive impact the programme can have. This year, athletes Isla Hedley and Struan Bennet were selected to be part of the programme, alongside coach Fiona Maurer. Here’s what they had to say..

Isla Hedley

“Being part of Team Scotland in the Achieve Programme has given me a boost of motivation to make the next Games. I learned a lot from the mentors in the different workshops and it was great being able to watch the elite athletes compete in the triathlon. I’m grateful to have had this opportunity to experience what it’s like at a major multisport event.”

Struan Bennet

“My experience on the Team Scotland Achieve Programme was amazing. Meeting athletes from other sports was one of the best parts, with the insight into others’ experiences and seeing how they compare to mine. Seeing into what happens at a major games was also really helpful as I look to qualify for 2026. We also did workshops on things such as dealing with pressure, which I felt helped massively.”

Fiona Maurer

“The Achieve Programme was such a unique opportunity with open and honest professionals and an honour to be with so many likeminded coaches; sharing experiences and best practice when working with elite athletes.”





Performance Pathway

National and international success

We have seen an outstanding season from many of our Scottish performance athletes. Beth Potter finishes the season sitting 5th overall in World Triathlon Rankings, having been crowned Arena Games 2022 World Champion at the beginning of the year and ending it with a 7th place finish in the World Triathlon Championship Series.

We were delighted to have four athletes representing Team Scotland at the Birmingham 2022 Commonwealth Games. Sophia Green, Cameron Main and Grant Sheldon all came through the Scottish pathway and have trained at the University of Stirling, giving us confidence that the programme is producing top level athletes. We were also pleased to have athletes Isla Hedley and Struan Bennet, and coach Fiona Maurer, be part of the Team Scotland Achieve Programme.

There were further incredible performances throughout the year on the world stage, with Alison Peasgood and Brooke Gillies claiming bronze in the World Championships in Abu Dhabi in November, alongside Hamish Reilly who claimed bronze in the U23 event as an individual and silver for his part in the British Mixed Team Relay quartet. Next Generation athlete Isla Hedley also had an impressive season, being crowned Junior Champion at both the European and World Cross Triathlon Championships.

Paratriathlete Colin Wallace had an impressive first season in the PTS3 (significant impairment) category, with a transfer from cycling just earlier in the year. Colin began the year with a fantastic 1st place finish at the British Paratriathlon Championships and went on to achieve a 2nd and 6th place finish at the Alanya and Alhandra World Triathlon Para Cups, as well as a fantastic win at the Europe Triathlon Para Cup Bari. Rounding off a great first year in the sport, Colin came 4th at the World Triathlon Championships Finals Abu Dhabi, sitting 9th in the World Triathlon Paratriathlon Rankings for PTS3.

The British Triathlon Super Series is a key part of the performance pathway, and pits up-and-coming athletes from across the country against each other in highly competitive races at locations around the UK. Athletes compete at events to earn points, with the winners of each series crowned after the final event. We were pleased to see podium finishes at races for Struan Bennet, Isla Hedley, Jessica Heeps, Alex Robin and Jessica Turnbull, with Isla finishing a fantastic 2nd overall in the Youth B (age 17) Series. The Scottish Youth and Junior team comprising of Struan Bennet, Jessica Turnbull, Alex Robin and Annabelle Wright also finished 3rd in the Mixed Team Relay event at the Grand Final.

To support athletes and coaches within the pathway, we were delighted to recruit Crawford Whyte as Lead Coach at the National Triathlon Centre and Craig McCulloch as Performance Coach Developer. We are looking forward to building on the success of the programme in 2023.



We have successfully evidenced the requirements of UK Anti-Doping's Assurance Framework, showing our commitment to promoting clean sport

UKAD
Protecting Sport



UK SCHOOL GAMES

The UK School Games brings together the finest young sports people from across the UK in 10 different sports. It provides a key learning opportunity for aspiring athletes to gain valuable experience of performing at the highest level. With hundreds of School Games alumni going on to achieve selection at the Olympic and Commonwealth Games in later years, it is a great stepping stone for athletes pursuing a career in sport.

With triathlon included on the bill, the best young British triathletes battled it out over a unique three-day racing schedule that included an Aquathlon with heats and finals, a timed bike skills test and handicapped crit race, and a Mixed Team Relay. Team Scotland was made up of four of our best school-age athletes; Ella Chalmers, Alex Robin, Charlie Treharne and Melissa Turnbull.

In the aquathlon, Alex and Charlie both had great heats and progressed to the A final, with Alex putting in a strong performance for 2nd place and Charlie not far behind in 7th. Melissa and Ella both made the B final and had strong performances throughout both disciplines, finishing inside the top 10.

All four of our athletes showed impressive bike handling skills, securing a strong position going into the crit race which would decide their overall finishing place. Alex maintained his strong position to finish in 2nd place, with Charlie backing up his strong racing finishing 8th. Melissa and Ella gave their all and finished the tough course in 15th and 16th respectively.

To round up a great few days of racing was the Mixed Team Relay, with 13 strong teams from the various regions across the UK. In what was a tight race to the end, Scotland were delighted to claim the bronze medal to round off a successful weekend of racing.



PERFORMANCE PATHWAY ATHLETES 2022-2023

World Class Performance Programme

Alison Peasgood (Paratriathlon)

Beth Potter

Colin Wallace (Paratriathlon)

Brooke Gillies (Guide)

Hazel Macleod (Guide)

Commonwealth Games Squad

Sophia Green

Cameron Main

Iona Miller

Hamish Reilly

Grant Sheldon

Calum Young

Next Generation Squad

Hamish Armitt

Struan Bennet

Anna Hedley

Isla Hedley

Alex Robin

Jessica Turnbull

Triathlon Scotland Academy

Oscar Chirnside

Fraser Donaldson

Jessica Heeps

Israel Noble

Natasha Phillips

Tristan Robin

Layla Todd

Charlie Treharne

National Triathlon Centre

Maisie Aubrey

George Goodwin

Dorian Horsten

Jack Kennedy

Cameron Kerr

Joel Lange

Ellen Patton

Lily Shaw

Tom Tyler

Sarah-Jane Walker

Tom Williamson



Find out more
about our
Performance
Pathway [HERE](#)

 **TRIATHLON
SCOTLAND**
PERFORMANCE PATHWAY



SEASON HIGHLIGHTS 2022

Performance Pathway

WORLD CLASS PERFORMANCE PROGRAMME & COMMONWEALTH GAMES SQUADS

Beth Potter

3rd Birmingham 2022 Commonwealth Games – Individual
5th Birmingham 2022 Commonwealth Games – Mixed Team Relay
7th 2022 World Triathlon Championship Series – Overall
2nd 2022 World Triathlon Championship Series Hamburg
3rd 2022 World Triathlon Championship Series Bermuda
3rd 2022 World Triathlon Sprint Championships Montreal
5th 2022 World Triathlon Championship Series Leeds
10th 2022 World Triathlon Championship Series Cagliari
1st 2022 Arena Games Triathlon Series – Overall
1st 2022 Arena Games Triathlon Series Munich powered by Zwift
1st 2022 Arena Games Triathlon Series London powered by Zwift
2nd 2022 Arena Games Triathlon Series Singapore powered by Zwift
1st 2022 Europe Triathlon Cup Quarteira

Alison Peasgood

3rd 2022 World Triathlon Championship Finals Abu Dhabi
2nd 2022 Europe Para Triathlon Championships Olsztyn
1st 2022 World Triathlon Para Cup Besancon

Colin Wallace

4th 2022 World Triathlon Championship Finals Abu Dhabi
2nd 2022 World Triathlon Para Cup Alanya
6th 2022 World Triathlon Para Cup Alhandra
1st 2022 Europe Triathlon Para Cup Bari
1st 2022 GBR Paratriathlon National Championships

Brooke Gillies

3rd 2022 World Triathlon Championship Finals Abu Dhabi (Guide)
2nd 2022 Europe Para Triathlon Championships Olsztyn (Guide)
1st 2022 World Triathlon Para Cup Besancon (Guide)

Grant Sheldon

5th Birmingham 2022 Commonwealth Games – Individual
5th Birmingham 2022 Commonwealth Games – Mixed Team Relay
2nd 2022 World Triathlon Championship Series Leeds – Mixed Team Relay
5th 2022 World Triathlon Cup Karlovy Vary
9th 2022 Europe Triathlon Cup Alanya





Sophia Green

5th Birmingham 2022 Commonwealth Games – Mixed Team Relay
2nd 2022 Europe Triathlon Cup Alanya
3rd 2022 GBR Sprint Triathlon Championships

Cameron Main

5th Birmingham 2022 Commonwealth Games – Mixed Team Relay

Iona Miller

4th 2022 Europe Triathlon Cup Lievin
6th 2022 Europe Triathlon Cup and Mediterranean Championships Melilla
8th 2022 Europe Triathlon Championships Olsztyn
4th 2022 Europe Triathlon Championships Olsztyn (U23)
8th 2022 GBR Sprint Triathlon National Championships

Hamish Reilly

3rd 2022 World Triathlon Championship Finals Abu Dhabi (U23)
2nd 2022 World Triathlon Sprint & Relay Championships Montreal – Mixed Team Relay (U23)
6th 2022 Europe Triathlon Cup Alanya
9th 2022 Europe Triathlon Cup Ceuta
2nd 2022 GBR Sprint Triathlon National Championships

NEXT GENERATION SQUAD

Isla Hedley

1st 2022 World Triathlon Cross Championships Targu Mures (Junior)
1st 2022 Europe Triathlon Cross Championships Bilbao – Bizkaia (Junior)
3rd 2022 GBR Sprint Triathlon National Championships (Junior)
2nd 2022 British Triathlon Super Series – Youth B Overall

Jessica Turnbull

7th 2022 Europe Triathlon Junior Cup Holten
9th 2022 Europe Triathlon Junior Cup Düsseldorf
10th 2022 Europe Triathlon Junior Cup Bled
4th 2022 British Triathlon Super Series – Junior Overall
5th 2022 GBR Sprint Triathlon National Championships

Alex Robin

2nd 2022 UK School Games – Individual
3rd 2022 UK School Games – Mixed Team Relay
5th British Triathlon Super Series – Youth A Overall

TRIATHLON SCOTLAND ACADEMY & AFFILIATES

Charlie Treharne

3rd 2022 UK School Games – Mixed Team Relay
7th 2022 UK School Games - Individual

Ella Chalmers

3rd 2022 UK School Games – Mixed Team Relay

Melissa Turnbull

3rd 2022 UK School Games – Mixed Team Relay

NATIONAL TRIATHLON CENTRE

Sarah-Jane Walker

1st 2022 Africa Triathlon Championships Agadir – Individual
1st 2022 Africa Triathlon Championships Agadir – Mixed Team Relay

George Goodwin

7th 2022 IRONMAN 70.3 Mallorca

Dorian Horsten

4th 2022 NED Triathlon National Championships

OTHER

Nikki Bartlett

1st 2022 IRONMAN 70.3 Marbella
2nd 2022 IRONMAN Frankfurt
2nd 2022 IRONMAN 70.3 Dresden
2nd 2022 IRONMAN 70.3 Portugal – Cascais
8th 2022 IRONMAN World Championships St. George

David McNamee

9th 2022 IRONMAN World Championships St. George







Find out more
about our award
winners [HERE](#).

Annual Awards

2022 Winners

**VOLUNTEER
OF THE YEAR**



SARAH LESSELS

**WEST LOTHIAN
TRIATHLON CLUB**

**YOUNG VOLUNTEER
OF THE YEAR**



LUCY ROBERTS

**DUNDEE UNIVERSITY
TRIATHLON CLUB**

**COACH
OF THE YEAR**



CLAIRE MURPHY

TRYTHAN

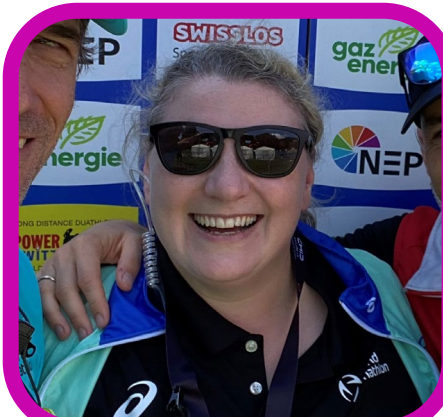
**YOUNG COACH
OF THE YEAR**



FINDLAY BAILLIE

**EAST FIFE
TRIATHLON CLUB**

**TECHNICAL
OFFICIAL
OF THE YEAR**



**MAISIE
BANCEWICZ**

**PERFORMANCE
OF THE YEAR**



BETH POTTER

**INSPIRATIONAL
PERFORMANCE
OF THE YEAR**



**JONATHAN
CORDINER**

TRYTHAN

**EVENT
OF THE YEAR**



**NAIRN
TRIATHLON**

**CLUB
OF THE YEAR**



TRIBRIDGES

**OUTSTANDING
CONTRIBUTION**



BOB NEWTON
**GLASGOW TRIATHLON
CLUB**



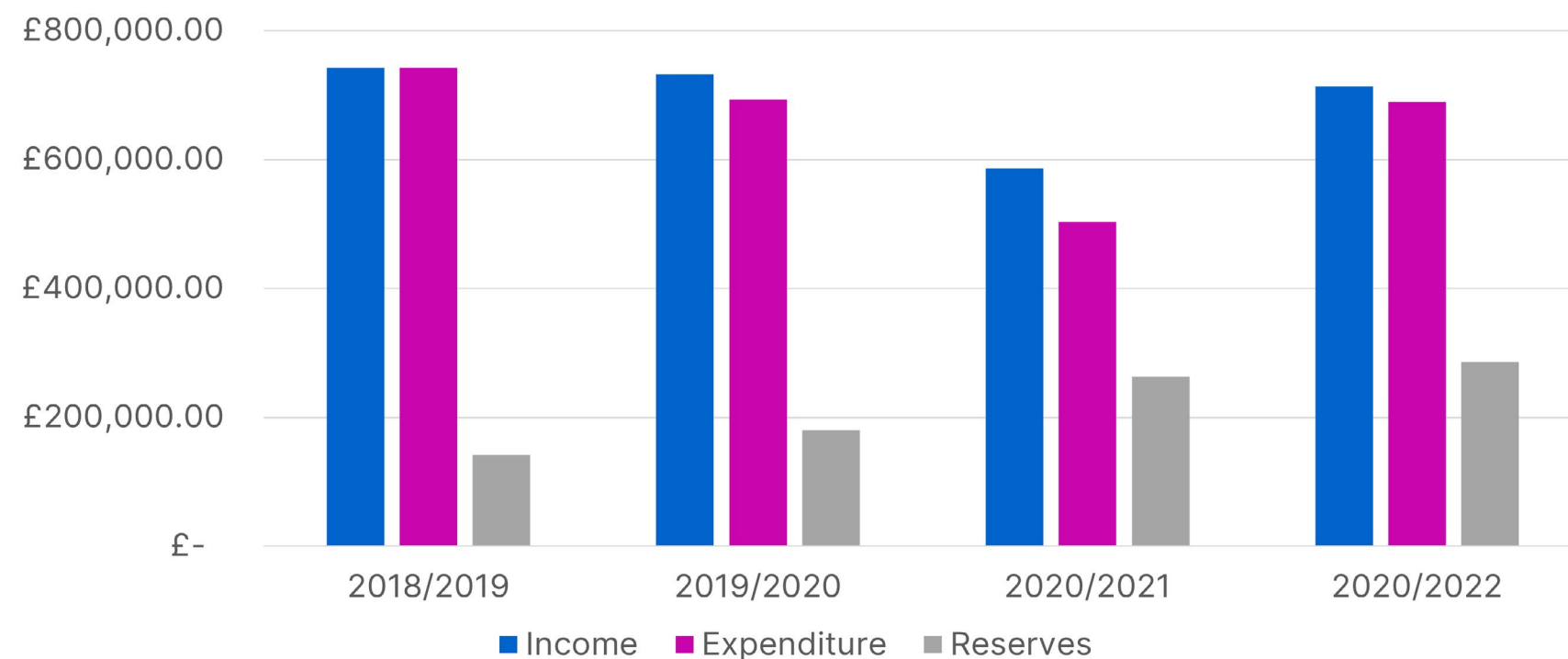
Financial Report

01 April 2021 - 31 March 2022

The financial position of the company remains strong with reserves of £286,253 (31 March 2022). 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.

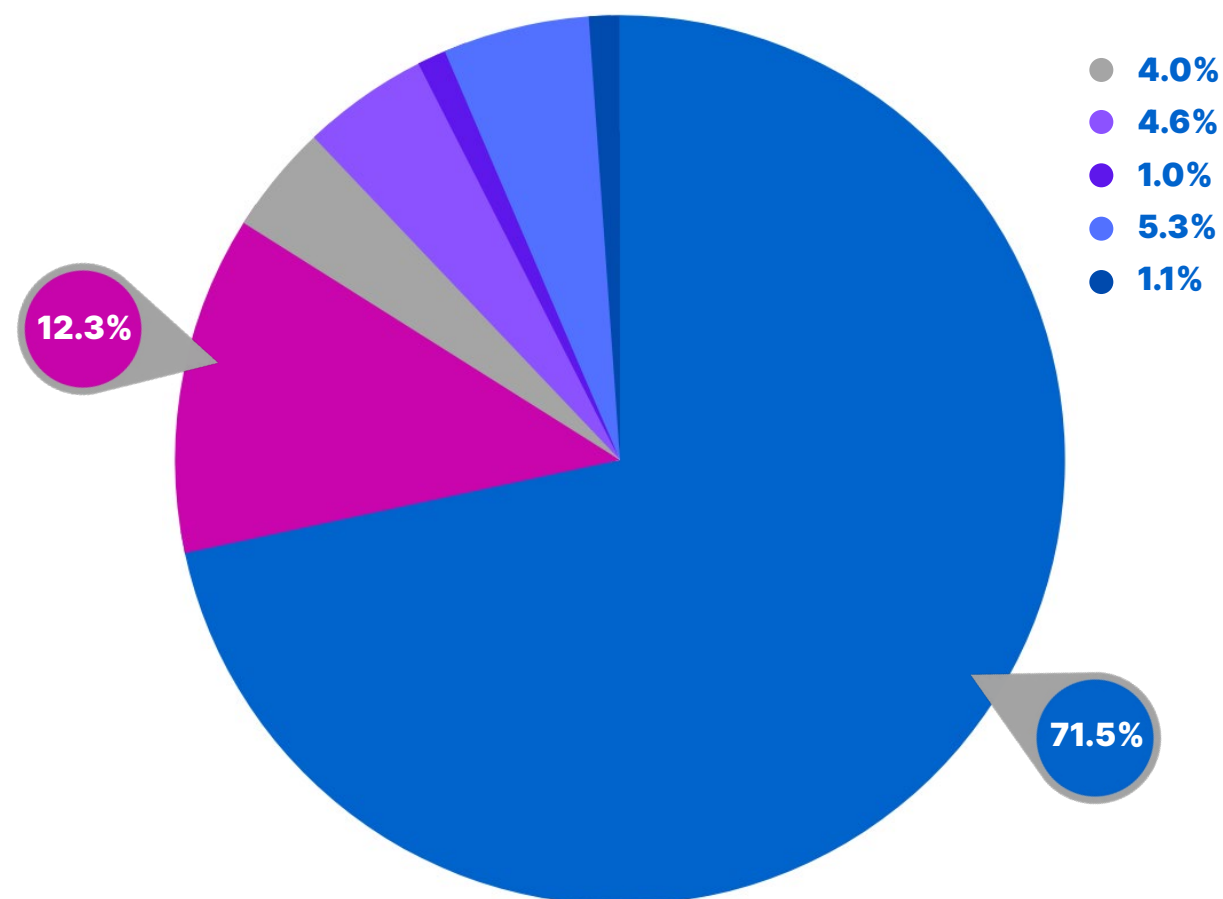
Board members:

Mr Douglas Hutton Cameron (Chair)
Mr James Lockhart
Mr Robert James Mitchell
Mr Gavin Calder
Ms Rebecca Trengove
Dr Penny Rother
Ms Anji Udeshi
Mr Terrence Teixeira



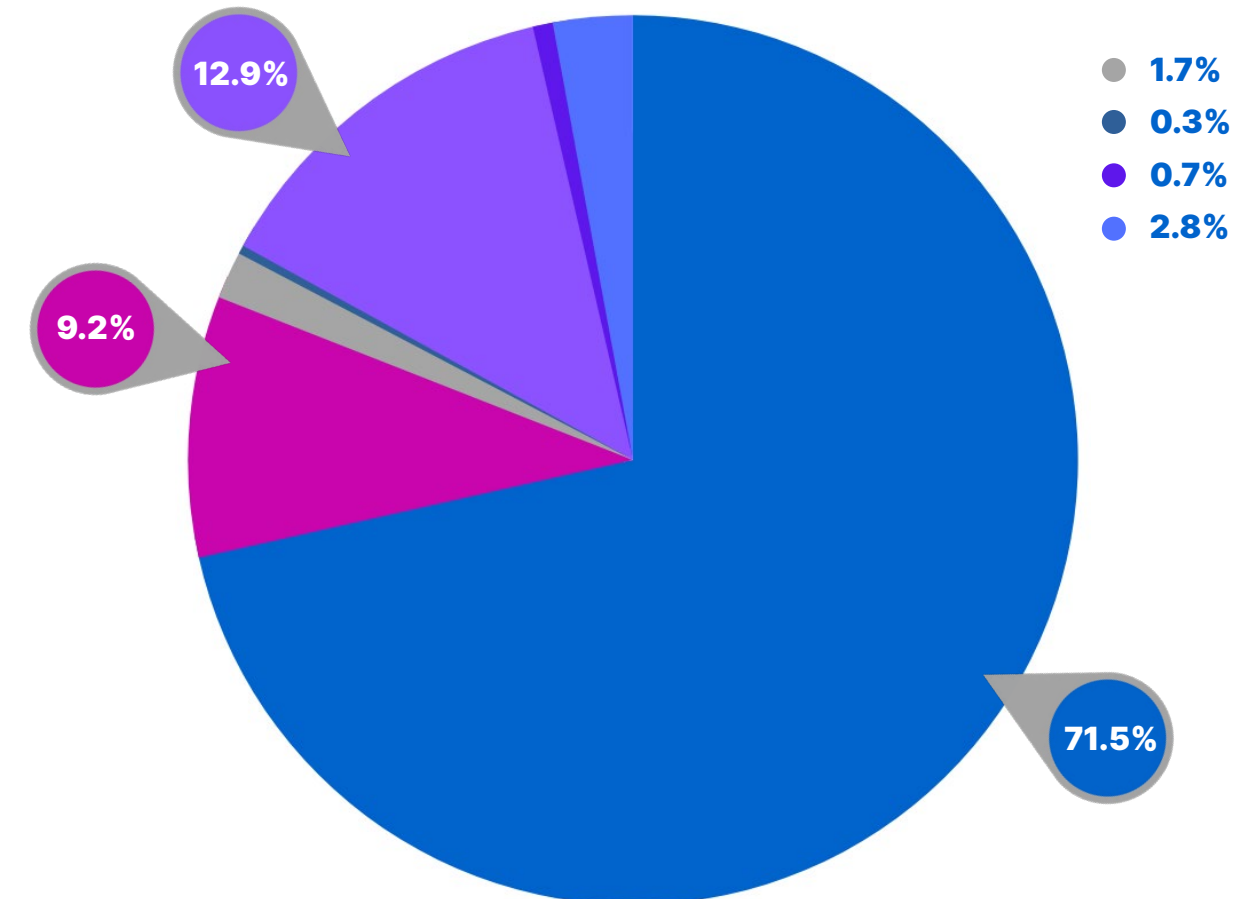
INCOME

DESCRIPTION	REF.	2021/2022	2020/2021
sportscotland investment	●	£510,407	£469,500
Membership income	●	£87,802	£82,247
Event income	●	£28,290	£3,345
Volunteer income	●	-	-
Performance income	●	£32,673	£10,979
Development income	●	£7,461	-
Coach Education income	●	£37,898	£11,946
Sponsorship	●	£8,000	£8,287
TOTAL		£712,531	£586,304



EXPENDITURE

DESCRIPTION	REF.	2021/2022	2020/2021
Administrative expenditure	●	£492,915	£404,814
Membership expenditure	●	£65,433	£66,774
Events expenditure	●	£11,896	£641
Volunteering expenditure	●	£2,197	£686
Performance expenditure	●	£92,249	£24,116
Development expenditure	●	£5,011	£2,044
Coaching expenditure	●	£19,940	£4,725
TOTAL		£689,641	£503,800



NOTES:

- Accounts represent the period 1st April - 31st March per annum.
- Percentages shown are indicative only
- For a full breakdown of the 2022 Triathlon Scotland annual accounts, please click [HERE](#)





STAFF

Louise Wright
CEO

Giles Lomax
Head of Participation

Fiona Lothian
Head of Performance Pathways

Pamela Sneddon
Head of Business Operations

Morven Bruce
Event Engagement Manager

Alicia Deans
Events Manager (Maternity Cover)

Patsy Craig
Education and Workforce Lead

Paul Hawkins
Participation Coach Developer

Elise Methven
Development Officer
(departed February 2022)

Victoria Park
Development Officer
(departed July 2022)

Craigie-Lee Paterson
Events and Performance
Coordinator

Jack Peasgood
Pathway Coach

Fergus Roberts
Coaching Futures Coach
(departed October 2022)

Gary Shaw
National Club Lead

Crawford Whyte
National Triathlon Centre Lead
Coach

Luke Howard
Digital Communications Officer

Craig McCulloch
Pathway Coach Developer

BOARD

Dougie Cameron
Chair

Gavin Calder
President

Jim Lockhart
Finance Director

Rob Mitchell
Commercial Director

Penny Rother
Age Group Director

Terrence Teixeira
Events Director

Rebecca Trengove
Welfare Director

Anji Udeshi
Marketing and Communications
Director

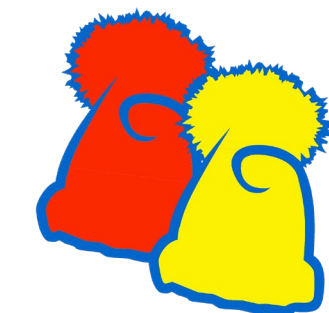
Our Partners



The Equality Standard
A Framework for Sport



**NATIONAL
LOTTERY FUNDED**



Big Bobble Hats





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