



Thank you for your interest in our club &

Chelmsford Triathlon Club would like to welcome you and your child.

COACHING

We run 2 training sessions a week. **What3words venue locations are here - www.chelmsfordtriclub.uk/training**

Run/bike training Thursday evenings

Writtle University College, Lordship Road, Writtle, CM1 3RR.

Arrival at 6.30pm to set up Turbo's and bikes etc. for a prompt start at 6.45pm until 7.45pm .

Essentially the sessions over the spring and summer take the form of bike training and running coaching / drills in the college grounds. We also offer some open water swimming sessions. Always bring along your bike, your helmet & water bottle.

The sessions over the autumn and winter take the form of bike turbo training sessions combined with running/fitness drills and normally includes an outdoor run in the college grounds.

There are a limited number of club turbos, a 24" wheel is the minimum the club turbos can take. Members can borrow turbos initially but are expected to purchase one for the long term (these can be found at reasonable cost second hand-speak to any of the coaches for advice) .

Swimming training Wednesday evenings

Chelmsford County High School for Girls, Broomfield Road, Chelmsford, CM1 1RW

6.30-7.30pm and 7.30-8.30pm (your session time would be decided after your trial session).

These are not swimming lessons, the focus of the sessions is triathlon based. In order to get the most out of these sessions we suggest that children wishing to participate should be able to swim 6 lengths of a pool.

Just bring along your swim hat, goggles and water bottle. We also ask that athletes bring a pull buoy and fins-speak to a coach if unsure.

Chelmsford Tri Club - Discovery – Is a Triathlon England Registered Club
awarded the TriMark Club Bronze accreditation.



Joining Chelmsford Tri Club

Once you have completed your membership form electronically ([download membership form here](#)) please return to Nicola Bickerstaff membership@chelmsfordtriclub.uk. We keep in touch through the Club's WhatsApp group. If you do not wish to be added to the group please let us know. The group is used to discuss social events, training requirements and competition information.

Stack Team App

The club use an app called **Stack Team App**. Once you have joined you will be invited to join the app. The app gives important details about training sessions and competitions.

Membership Options

There are two membership options available:

1. **Dry membership** –£14 per month (second child £10.50)
Entitles the member to come to the Thursday (run/bike) session
2. **Wet membership** – £24 per month (second child £18)
entitles the member to come to Thursday AND Wednesday sessions OR just the Wednesday swim session

The annual membership fee to cover club admin costs is taken from the August DD as we do not have a full training schedule in the summer holidays each year. (Children with committee/coaching parents benefit from 25% reduction)

Standing order details - Chelmsford Tri Club, Account Number – 44101539, Sort Code - 23-05-80

Please set up for 1st of the month. Please note: membership fees are reviewed annually.

Club Kit

Chelmsford Tri Club is a Triathlon England Registered Club. We have a club swimming hat and t shirt (one free upon joining) which we encourage you to wear for training and at competitions.

We also have a range of kit including the club hoodie/dry robes for when it's a little colder, hats, cycling shorts and also insulated water bottles. There is also a club trisuit (available to hire or buy). These are all aimed at member athletes wishing to represent their club in competitions.

We also operate a 'kit exchange incentive' and actively encourage second-hand clothing/equipment to ensure an active 'circular economy' regarding training shoes, clothing and other sports kit.



Please see Lucy who will be able to help you with regards to kit!

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Our annual club hosted junior triathlon

Firstly, save the date – our Event is run annually on the first Sunday in July.

Visit our website for more details and to register your athlete: [Discovery Event](#)

Pick a role & get involved in our annual club event – this takes a huge amount of organisation. It is a unique open water, closed road triathlon event, nationally recognised and an opportunity for our athletes and others to experience this. It's expected that Chelmsford Tri Club parents lend a hand on the day. There are lots of roles, marshalling, registration, setting up transition and signs or handing out medals etc. Please also encourage friends and family to volunteer- we need as many people as possible to be able to host this event for our athletes!

Any questions?

Please do not hesitate to contact the membership secretary Nicola Bickerstaff (membership@chelmsfordtriclub.uk), Club Welfare Officer, Nicola Murphy (nicolammurphykitson@gmail.com), or Head Coach Ash (ashandhel@btinternet.com), or any other club officer.

We look forward to welcoming you!

Chelmsford Tri club

If you would like further information on any area of safeguarding, or have a concern relating to this area, please contact the Club Welfare Officer. If you believe the concern to be urgent or that a child is in danger and the Club Welfare Officer is not available please either contact the Lead Safeguarding Officer Triathlon England Lead Safeguarding Officer 01509 226159 lindahaywood@britishtriathlon.org, the police or another statutory agency.

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Who's who?

<i>Club Chair/coach</i>	<i>Head Coach</i>	<i>Welfare Officer</i>
<i>Victoria Lian</i>	<i>Ash Nicholson</i>	<i>Nicola Murphy</i>
<i>Membership Secretary</i>	<i>Kit organiser</i>	<i>Treasurer/coach</i>
<i>Nicola Bickerstaff</i>	<i>Lucy Shelbourne</i>	<i>Matt Poulton</i>
<i>Events secretary</i>	<i>Social Media</i>	<i>Fundraising secretary</i>
<i>Nina Whittle</i>	<i>Tracy Hobson</i>	<i>Craig Bickerstaff</i>
<i>Swimming coach</i>	<i>Coach</i>	<i>Coach</i>
<i>Jacqui Algar</i>	<i>Simon Tippler</i>	<i>Graeme Hall</i>
<i>Coach</i>	<i>Coach</i>	<i>Coach</i>
<i>Mike Long</i>	<i>Lauren Hayes</i>	<i>Vikki</i>



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