



# Newsletter



## Isle of Wight Triathlon Club

### Message from our Chair

Hooray! Things are starting to open up again and whilst this year has not got off to a flying start, there does seem to be light at the end of the tunnel. Soon there will be many opportunities to get back to activities, events and races as organisers make the most of the lifting of restrictions.

We resumed our training sessions as soon as we were permitted to, including being back in the pool! All of the coaches have been brilliant at keeping us going with their virtual sessions and training plans but we know how much our members have missed our normal sessions and the camaraderie these bring.

Over the winter, many great things have been happening preparing us for the new season. The committee have secured a grant from Sport England which will be put to fantastic use along with a grant from British Triathlon to help with the return to training. The strength and depth of our coaching team continues to grow as they have been busy obtaining further qualifications.

The events that the club were able to organise were a great success. The aquathlon and inaugural duathlon were really well supported and everyone involved thoroughly enjoyed taking part. Building on this success, the club coaches are planning more events this year which will be an opportunity for our athletes young and old to get involved.

We hope you enjoy reading this newsletter which aims to communicate all the good work that has been going on. Let us all make the most of the opportunities that this year will bring.

Warmest wishes

Phil Bunn, Club Chairman

## Going Virtual!

How we have adapted to virtual training.

Like every sports club across the country, the last 12 months have been quite a challenge to keep our members engaged and active. During each of the three lockdown periods we have managed to provide plenty of virtual training sessions. These have included strength and conditioning zoom sessions, monthly timed runs, running session plans, Zwift meet ups, sessions provided by external providers and a fun Zoom quiz. Our coaching team have been exceptional in keeping our athletes motivated. Each time we have returned to training, we have done so as soon as we were able to and all sessions have been run in accordance with British Triathlon guidance. Our thanks also go to John Ward at Fitness at Gurnard for providing all of our members with a weekly virtual fitness session.

### COACHING TEAM

Our club coaching philosophy is to help athletes discover a joy and enthusiasm for being active in triathlon in a fun and safe environment. By offering a varied and challenging programme of activity, the coaches aim to motivate our athletes to develop their enthusiasm into fundamental skills. Encouraging a good attitude to training and competing, the coaches strive to instil our members with pride in their personal and club achievements.

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**Julie Van der Helstraete**  
Level 2 Coach

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**Simon Pilcher**  
Level 2 Coach

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**Darren Cole**  
Level 2 Coach

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**Mark Jenkinson**  
Level 1 Coach

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**Dan Shortman**  
Level 1 Coach

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**Lottie Van der Helstraete**  
Level 1 Coach

## Events

2020 provided very little in the way of racing opportunities! Some of our members were motivated by the Castle Triathlon Series virtual events which ran throughout April-July and we had some great podium finishes.

In July and August, our 14+ year olds were able to take part in cycling TT races here on the island. Well done to Lottie, Ben, Eddie, Billy, Millie, Thomas, Gethin and Kaitlyn who rose to the challenge of competing against some excellent adult riders (including our very own coaches Simon, Darren and Mark).

In August, we held our club sea swim aquathlon. It was amazing to see that the enthusiasm for competition had remained after such a long break and, more than anything, watch the support and camaraderie that our members provide to each other.

By September, a handful of events were starting to be held. Millie competed in her first standard distance triathlon at Dorney Lake, well supported and encouraged by coaches Simon and Darren who were also competing.

Katie, Emily, Jasper and Elsie travelled across to do Winchester Triathlon and represented the club brilliantly.

Lottie and Ben took part in Eastbourne Aquathlon and performed well in very challenging sea swim.

The last weekend of September saw seventeen members of the club travel to Hever Castle Triathlon to compete. It was hard to believe that we were at the end of the triathlon season and yet this was our first big club outing of 2020! We were so grateful for so many of us to have the opportunity to race at Hever given everything that 2020 has thrown at us. It was slightly different to the norm but we still managed to have a fabulous (if a little chilly!) socially distanced weekend camping. It was a pleasure to watch everyone race over the weekend and you all made the club very proud given the freezing cold lake temperature. Well done to Lottie, Millie, Thomas, Ali, Jasper, Elsie, Emily, Mark, Phil, Ben, Gethin, Henry, Billy, James, Martin, Katie, Darcey and Phoebe.

We staged our first club duathlon in October. Many thanks to Cowes Enterprise College for kindly allowing us to use their grounds for this event. Younger members took on a run/bike/run around a marked course on the school field. Older athletes completed loops of the school field and then completed laps of a road circuit and competed their runs back on the field. We had a fabulous turn out and, as always, the camaraderie and encouragement was incredible.

Jasper took on Storm Aiden in the Bath Duathlon in October and completed this great event on a cycle track in very challenging weather conditions.

This year saw the return of virtual events and a number of our members took part in the Castle Triathlon Virtual Duathlons. Once again we featured heavily on the podiums!

We can't wait to see the return of more real life events in 2021!!!!

## COACHING NEWS!

The coaches have kept busy over the last 12 months and have adapted to continuing their training online.

Simon and Darren both managed to complete their Level 2 Triathlon Coach qualification. Well done to both of them. This makes a huge difference to our ability to coach more members.

Lottie-Rose became our newest Level 1 Coach at just 16 years old! We can't wait to see what she will bring to the club and we know she will be a great role model for our younger athletes. Well done Lottie.

Julie and Mark completed a two part online Coaching Children and Young People in Triathlon course and gained a useful insight into club practice and ideas from other clubs. The course highlighted how well our club caters for the needs of our young triathletes.

All of our coaches have re-done their safeguarding qualification as required by British Triathlon.

Ali, our Welfare Officer, completed a Youth Mental Health First Aid course and a Time to Listen Safeguarding course.

Over the summer last year 7 young members competed their British Triathlon Young Activator course which helps 14-17 year olds gain the confidence to assist in the delivery of triathlon sessions and help to grow participation in the sport. Well done to Gethin, Kaitlin, Josh, Henry, Billy, Ben and Thomas for taking the time to complete this course.

## THANK YOU!



**CHURCHERS**  
SOLICITORS

The club wishes to say a HUGE thank you to Churchers Solicitors who stepped in with an amazing financial contribution when a supplier, with whom we had placed a significant kit order valued at £1000, went into administration before our order was received. The loss of such a huge amount of money could well have led to some very difficult times for the club. The support from Churchers has helped the club to survive and continue to work with our dedicated young athletes as they pursue their passion for triathlon. We are immensely grateful for their generosity.



We were thrilled to hear that our application for a grant from Sport England's Return to Play fund was successful. Our sessions have had to be adapted since the onset of Covid restrictions. This grant has allowed us to fund Lottie's coaching qualification which means we now have sufficient coaches for small group work. On top of this, we have been able to fund some portable outdoor lighting for our dark evening Autumn/Winter training. Previously we had been able to hire indoor space but the restrictions have made this impossible and would lead to the cancellation of sessions. These lights mean we are able to provide evening training sessions in a safe environment.

We have also recently been successful in obtaining a grant from British Triathlon which we intend to use to assist us with the delivery of events.

### Isle of Wight Triathlon Club Committee:

**Chair:** Phil Bunn

**Secretary:** Julie Van der Helstraete [juniors@iowjuniortriclub.co.uk](mailto:juniors@iowjuniortriclub.co.uk)

**Treasurer:** John Hepworth

**Welfare Officer:** Ali Jenkinson

**Covid 19 Officer:** Mark Jenkinson