

Feedback from the SLH Tri Club Annual General Meeting 2009

1) Why is the main focus the London League?

Triathlon England has divided the Country up into regions and the South London Harriers clubhouse falls within London, however, it is also very close to the boundary with the South East region.

Whilst the London region has set up a League for senior triathletes this has not taken place in the South East and as far as we are aware there are currently no intentions to do so. The Committee believes that by competing in the league gives a good focus to the season and the chance for everyone to race as part of a team. The clubs participation in the League has also raised our profile and helped us obtain club mark status.

Last year, 2009, the club promoted every race in the League, however, in 2010 we will focus our efforts on the more popular races within the League and a number of other local events outside of the League. These events will be:

London League

Thames Turbo Sprint Triathlon;
Ful-on Duathlon;
Morden 6n6 Aquathlon;
Crystal Palace Sprint Triathlon; and
Hillingdon Sprint Triathlon.

Non-league

East Grinstead Triathlon; and
Mid Sussex Triathlon.

2) With the seniors focusing their efforts on the London League will some of the juniors be eligible to race in the South East Region?

Kat Valk (07834 542085), who is the Regional Development Manager for the South East, sees no problem in some of the juniors competing in the South East region while the seniors and the remainder of the juniors compete in the London League. The only thing that she did not want to see was juniors trying to hedge their bets by entering the South East League and the London League in an attempt to get a place in one of the regional teams. They have to decide which region they want to focus their efforts on and stick with that one throughout the season, however, this does not prohibit them from racing in some of the other regions races.

Oggy will be attending the January Committee meeting to decide which races the juniors will be focussing on, once the dates and venues have been confirmed they will circulated amongst the e-group.

3) Problems with numbers at Monday swim sessions?

It is not often that our club ever complains about being too successful, however, during the course of the last year we have experienced a large number of people attending the Monday night swim sessions. Nigel and Brian have identified this as a problem which makes coaching near impossible. To overcome this, the Committee has considered:

- Renting the whole pool or just an extra lane (we currently use 3 lanes), however, Caterham School will not allow us to have any extra space as they want to keep the remaining space open to boarders and gym members;
- An additional swim session during the week, however, we do not think that this will alleviate pressure on the Monday nights as most people use it as a good recovery session after a hard weekends racing; and
- A booking system, however, this will be incredibly labour intensive.

As you can see we have not found a suitable solution that will reduce the number of people wanting to train on a Monday night. Therefore, when there is an excessive number of people Nigel will not be able to coach and the sessions will become an endurance based training session.

Until we come up with a viable option the committee has made the regrettable decision to limit the numbers, so only members of South London Harriers who are competing triathletes will be eligible to train. We also expect those people that are training with us to race in the numerous cross-country events that the running club lays on virtually every weekend throughout the winter. If anybody wants more information about these events then just drop Becks or myself a line.

4) What is happening with club kit?

Currently the club has the following kit in stock:

Swim hats -	£1.50
Tri suits x10 various sizes -	£65
T-shirts x15 all large -	£3
Short sleeve cycling tops (2 large and 2 x large) -	£42

Nigel is looking to place another order for kit so let him know if wish to purchase anything ready for the new year.

Some members have asked about the possibility of changing the design of club kit. It should be noted that every time we change the kit it means that everyone has to buy the new kit, we have to pay to have the design set up and we get left with old stock. However, the Committee are certainly open to suggestions and if you would like to submit an idea or even manage the supply of kit for the club then please let a member of the committee know.