

## WELCOME TO THE BATH AMPHIBIANS TRIATHLON CLUB

It's great that you have decided to join us as a member.

You now have access to many benefits, including coached training sessions, excellent training facilities, exclusive club kit at silly prices, and a great social network for support with your training and racing. So that you have all the relevant information you need to make the most of your membership we have compiled this membership pack to help you get started. However if you have any further questions please also visit the website at

[www.bathamphibians.co.uk](http://www.bathamphibians.co.uk)

## COMMITTEE MEMBERS

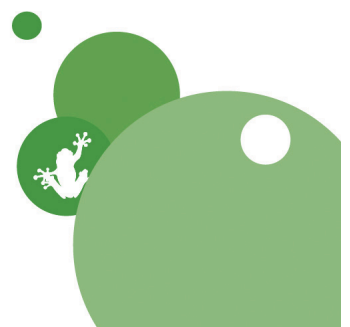
The committee meets on a monthly basis to review the clubs activities and monitor progress and finances. There is a lot going on in the club and most of the time that people give up, goes towards organising the events that ensure we can keep our membership fees as low as possible and give you those little extras. So there's plenty for members to be involved with and anybody who would like to be involved in the committee activities is welcome to put themselves forward. An AGM is held each year, but committee meetings are open and members are welcome to attend if they wish to.

Whilst we are not expecting everyone to want to get involved at committee level, we do need your help at key times and events during the year, such as the Castle Combe duathlons and the City of Bath Triathlon. If you wish to compete in the triathlon, we would expect you to supply two helpers for marshalling etc in your place.

The committee members are:

Sue Sidey – Treasurer  
Dan Lugsden – Chairman  
Alex Shipp - Triathlon Co-ordinator  
Gavin Richards - Triathlon Co-ordinator  
Mike Baker - Castle Coombe Co-ordinator & Membership  
Laurence Hewetson - Castle Coombe Co-ordinator  
Sarah Street – Ladies Team Captain  
Niall Urquhart – Male Team Captain  
Michael Sidey - Social Secretary  
Jessica Weir – Club Marketing

[www.bathamphibians.co.uk](http://www.bathamphibians.co.uk)  
[enquiries@bathamphibians.co.uk](mailto:enquiries@bathamphibians.co.uk)





## WEBSITE

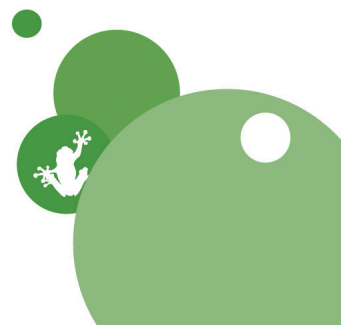
Website [www.bathamphibians.co.uk](http://www.bathamphibians.co.uk) The website is the best one-stop source of information relating to what is happening in the Club, upcoming events (training, races and social), and it is also a useful link to other websites associated with triathlon and multisport. The website includes an electronic version of this membership pack.

The website forum is an excellent way to stay in contact with other club members, discuss pertinent issues to the Club, buying/selling gear, or organise training sessions outside the structured training schedule. The forum is also the main way for the Club to contact its members en masse. Upon joining the Club you will be given a username and password for the website which will allow you to access the forum and the members only section.

## TRAINING

We train at the fantastic facilities provided by the Sports Training Village at the University of Bath, which includes the use of its 50m pool. The following sessions are available for Amphibians with full membership.

- Mon** - Swim: 18:30 – 19:30: 50m pool: Amphibians only. Three lanes. All abilities.
- Tues** - Run (year round): 19:00 – 20:30: STV: Long run with The City of Bath Athletics Club (this will require membership of athletics club) All abilities.  
Bike - (summer only) 17.30 ride out from Bath and/or 18.30 - 19.30, meet at Castle Combe race track, coached bike session. bring £1
- Wed** - (winter only) Turbo: 19:00- 20:00 and Circuit Training 20:00-21:00  
Beechen Cliff School (BA1 4RE)  
(summer only) Run/Circuits: 19.00 - 20. STV off road coached run with circuit training
- Thurs** - Run: 18:30 – 19:30: Coached session, meet in reception of STV  
Swim: 20:00 – 21:00: 50m Pool: coached session.
- Friday** - (summer only) Open Water Swimming - Farleigh Hungerford 6.30 for 7pm..ish start
- Sat** - Swim: 11:00 – 12:00: 50m Pool: Not coached, but a set will be given  
by club coach
- Sun** - Bike: 09:00 – 12:00: bottom Bathwick hill in Bath: This will start as a mountain bike ride and by early spring will become a road ride session. All abilities



## COACHING STAFF

### Doug Hall

Bath Amphibians are coached by Doug in all three triathlon disciplines; swim, bike and run. Doug's coaching plans and structure accommodate all athlete abilities from novice through to world champion!

### Doug's Athletic achievements:

1st St Ives Bay Triathlon  
2nd 20-24 at National Long Course Champs  
4th Bournemouth International  
11th elite wave at Royal Windsor Triathlon

### Academic and coaching qualifications:

Currently studying at the University of Bath, finishing a foundation degree in Sports Performance before further study to complete coaching degree.

Level 2 Triathlon coach with votwo.co.uk

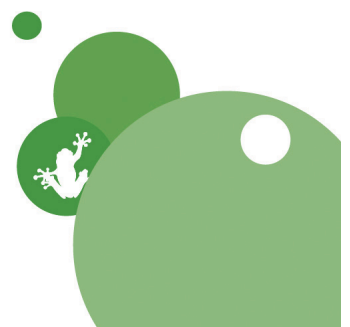
Recently been appointed University of Bath Student Triathlon club coach

Mentoring a national junior champion at Athletics / Cross Country

### Resume:

Coming from a competitive swim background, Doug has been successful as both a Coach and an Athlete. Doug is part of the votwo coaching team and coaches a broad range of athletes. Based in Bath, Doug sets the Bath Amphibians programme throughout the year and trains along side the group as we train. His hands on approach has made him very popular with the squad

He has competed in a wide variety of races from crazy adventure races to the professional Ironman 70.3 World Championships. 2009 will see him take his Ironman cherry and there is plenty more to come.



## **Race Calendar**

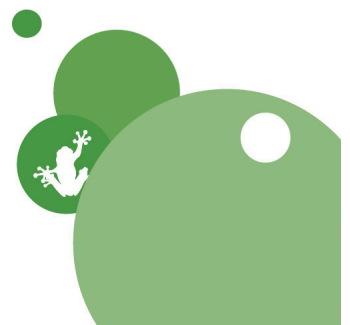
A race calendar is provided on the website and Darren Pearce informs members of club races that members are likely to attend through the season. These are generally local events and the team captains will be aiming to get as many Amphibians racing as they can to represent the club. This is a great way of supporting one another in races and also is a fab excuse for socialising together after a hard days racing!

One always popular feature of the season is the National Club Relay Championships, which take place on 2nd August 2008 at Holmes Pierrpont in Nottingham. Each club enters as many teams of four racers as they like for the sprint triathlon. Each team member does each section of the race resulting in organised chaos but great fun and the only race with plenty of rest between each section discipline! Teams can be as competitive, or not, as they like and the after race camp is also a good get together on the Saturday evening.

## **Exclusive Bath Amphibian Tri Club Clothing**

There will be a number of races throughout the season that club members will be attending, we are offering good quality club kit at low prices to help ensure members are recognised by club mates when racing for the club.

We have an exciting new range of Bath Amphibians kit available. If you would like any kit please complete the order form and return it to one of the committee members. If you would like to see the kit before you buy it, just ask around a few of the club members, they'll be happy to show it off.



## **Bath Amphibian Events**

There are three specific events arranged by the Bath Amphibians, which are important activities to help generate funds for the club, and as such, we request that all members provide assistance in running these events where possible. Any time and help that can be given is much appreciated and rewarded with a meal out for all volunteers at the end of the season.

### **Do-a-Duo**

A series of informal mini races (that are billed as training, but you know how these things get), open exclusively to club members with a 400m swim followed by a 4.2km run. Usually held on the first Monday of the month throughout the summer and taking place at the Sports Training Village. This fun activity is open to all members and is an excellent training event – results are recorded and prizes awarded for best improvement over the season. Members can compete but there will still be a swim session available for those who do not wish to race, although assistance is required to help set up the course and with timing. For those racing or helping out, a meal is provided in the STV Cafe for after the race.

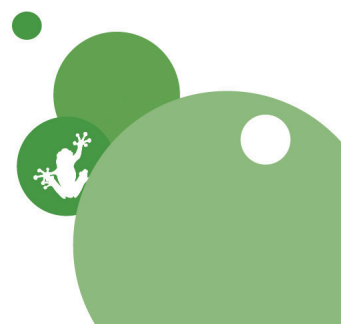
### **The Manic Midsummer Midweek Duathlon Series**

Held at the Castle Coombe race track, it offers a safe, traffic-free race environment for the very popular 2mile multi-terrain run, 10mile super smooth tarmac ride and final 2mile run.

Dates are as follows (first Wednesday of every month from May to September):

- May 6th 2009. 7pm start. 2m run 10m bike 2m run.
- June 3rd 2009. 7pm start. 2m run 10m bike 2m run.
- The Monster: July 1st 2009. 7pm start. 2m run 10m bike 2m run 10m bike 2m run.
- August 5th 2009. 7pm start. 2m run 10m bike 2m run.
- September 2nd 2008. 7pm start. 2m run 10m bike 2m run.

Support from members is required to assist with organisation including marshalling, timing, managing entries, and set up.



## City of Bath Triathlon

Date: Sunday, 19th July 2009

- Standard Distance: 1500m Swim - 40km Bike - 10km Run
- Sprint distance: 750m Swim - 25km Bike - 5km Run

Based at the premier facilities of the University of Bath Sports Training Village. The 1500m swim will take place in the 50m Olympic indoor pool, the 40km cycle through the Somerset countryside and the 10km run will be around the University Campus. This race is part of the BTA South-West Series.

This is one of the main fundraising events for the Club, which goes a long way to keeping the membership fees low. Accordingly, the Club requests the assistance of all members in the run up to the event to assist in managing entries and registration and on the day for marshalling, timing, set up and general supporting. This event is a lot of fun and more importantly, the club has been highly praised for providing such a well-organised and enjoyable event by entrants. Your input into this event is essential to help us in continuing to provide a quality, local event and members enjoy the benefits of the additional funds generated in subsidised kit, coaching sessions, and social activities.

For more information on how you can contribute to the organisation of this event please contact Alex Shipp on 07899 97132 or Gavin Richards on 07968 529554.

