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# Pembrokeshire Triathlon Club

## Club Handbook 2008/09

Welcome to Pembrokeshire Triathlon Club (PTC) and thank you for joining for the 2008/09 year.

The aim of this handbook is to provide you with all the background information you need as a club member. We strive to be welcoming to people of all abilities, ages and backgrounds, and hopefully you find this is the case now that you are a member of the club. Triathlon is an exciting sport, and as well as helping you to achieve your personal potential and goals, we hope that most of all you take pride in, and enjoy, being a member of PTC.

The handbook is divided into two parts:

- **Section 1:** Provides all of the fairly 'boring', but necessary bits containing the club constitution. This sets out the simple rules we have adopted to keep the club running smoothly. It is vital that PTC, with so many members and significant amounts of money being handled, is properly constituted.
- **Section 2 :** **The basic information you will need as a PTC member, such as training times, fees and insurance.**

If you think there's something missing from the Handbook, please let us know. The Handbook will be revised annually at the AGM so that all members have an opportunity to input to its content.

**Alexander Ilyat, Chairperson 2008/09, Pembrokeshire Triathlon Club**

## SECTION 1 - CLUB CONSTITUTION

Much of the way the club runs is described in this section, which outlines the way that the club will be organised for the benefit of all members. It is based on a model constitution produced by the Sports Council for Wales and includes additions from the British Triathlon STAR Accreditation model constitution.

### 1.1 Name

1.1.1 The club is called Pembrokeshire Triathlon Club (hereafter referred to as PTC).

### 1.2 Affiliation

1.2.1 PTC affiliates annually to Welsh Triathlon, the home nation association of the British Triathlon Federation.

### 1.3 Aims & Objectives

1.3.1 The aims of PTC are to:

- promote triathlon across Pembrokeshire;
- offer coaching and competitive opportunities in triathlon;
- encourage participation from everyone;
- help individuals achieve their goals.

1.3.2 To further these aims we have the following objectives:

- To maintain sustainable levels of membership;
- To provide quality training opportunities that are fair to everyone;
- To ensure fees are kept as low as possible;

- To ensure a duty of care to all members and ensure all present and future members receive fair and equal treatment.

## **1.6 Membership**

1.6.10 PTC consists of members and the Committee, who are also members.

1.6.11 Membership of the club is open, and not restricted on the grounds of sex, race or of political and religious opinions, to any person who is prepared to accept and support the aims and objectives of PTC.

1.6.12 In applying for membership, a person agrees to abide by the constitution of PTC and the rulings of the Committee.

1.6.13 Members between the age of 8 and 17 are considered junior/youth members and will be part of the Junior Section but from the age of 14 are welcome to attend all PTC training sessions. Junior members have the same rights as any other members of PTC.

1.6.14 Members must inform the Training Co-ordinator of any serious/relevant medical conditions before undertaking any training with PTC. Indeed, it is advisable to seek medical advice before training with PTC.

1.6.15 The Committee will award honorary membership to persons who have given outstanding service to PTC. Honorary members will be entitled to free membership of the club, but will be expected to pay relevant training fees.

## **1.5 Fees**

1.5.1 The Committee will meet prior to each Annual General Meeting (AGM, see Section 1.8) to set provisional membership and training fees for the forthcoming year. Fees will be proposed on the basis of current income/expenditure and a general desire to encourage membership. These will be proposed at the AGM.

1.5.2 Annual membership fees fall on the 1<sup>st</sup> October each year and are payable to the Secretary. The appropriate fee must accompany the relevant membership form. Training fees can be paid in cash for individual sessions or at a monthly discounted rate by standing order.

1.5.3 Three categories of membership are offered: 1) full; 2) concession (full time student, unwaged), and 3) junior/youth.

1.5.4 The Committee may decide upon other charges (such as entry fees for club events) at its discretion, with the aim of ensuring good value for money for members whilst seeking to cover costs.

## **1.6 Committee & Committee meetings**

1.6.1 The management of PTC will be vested in the Committee consisting of: Alex Ilyat, Karen Corcoran, Peter Munn, Steve Pryke, Jane Williams, Val Brown, David Astins, Jim Buck.

1.6.2 The Committee will act for the members and as such only these posts will have the right to vote at meetings of the management committee. Liabilities incurred will fall upon the membership (provided they act in accordance with the constitution, in honesty and good faith).

- 1.6.3** The Committee of PTC will be the Chairperson, Secretary, Treasurer, Training Co-ordinator, Communications, Events Officer, Junior Co-ordinator and Welfare Officer. These posts may be shared or combined each year to ensure tasks are fairly allocated.
- 1.6.4** The Committee will hold office for a year from 1<sup>st</sup> October, being elected annually at the AGM (see section 1.8). All Committee members will retire annually but will be eligible for re-appointment. Committee members will be encouraged to serve for at least 2 years, in order to maintain continuity.
- 1.6.5** Other 'positions of responsibility' will be designated at the AGM or Committee meetings. The Committee meets regularly (at least quarterly) to ensure the smooth running of the club. All members are welcome, and encouraged, to attend Committee meetings and to help out with tasks.
- 1.6.6** Any casual vacancy occurring during the year may be filled by the Chairperson or Committee.
- 1.6.7** Meetings of the Committee will be convened by the Secretary, and the Committee will meet quarterly (more frequently if decided by the Secretary/Chairperson). Dates of meetings will be agreed at the previous meeting.
- 1.6.8** The minimum number of Committee members necessary for the transaction of business at a meeting is four.
- 1.6.9 All decisions should be reached by consensus. Should, on a rare occasion, any matter require voting, then only the Committee can vote. In the event of an equal number of votes, the Chairperson of the meeting will have the casting vote.
- 1.6.16 The interpretation of the constitution will be vested in the Committee, who will decide all questions relating to PTC, save those specified in, or involving an amendment to the constitution).
- 1.6.17 The Management Committee will be responsible for disciplinary hearings of members who infringe the club rules/regulations/constitution. The Management committee will be responsible for taking any action of suspension or discipline following such hearings.
- 1.7 Finance**
- 1.7.1 All monies raised by, or on behalf of, PTC will be applied to further the objects of PTC and for no other purpose. Events may be run by PTC for the purposes of raising money for designated charities, and these will be agreed and overseen by the Committee.
- 1.7.2 The financial year of PTC runs from 1<sup>st</sup> September to 31<sup>st</sup> August each year, to ensure finalised accounts can be prepared for the AGM in September. Proper accounts will be kept of all sums of money received and paid out by PTC.
- 1.7.3 The Treasurer is responsible for the finances of PTC. The Treasurer will present an audited statement of accounts at the AGM, up to and including 31<sup>st</sup> August of that year. Records will be kept for reference in future years.
- 1.7.4 PTC funds will be lodged at a bank or building society (currently Barclays) in an account in the name of PTC. All cheques and cash drawn on these accounts will be signed by the Treasurer and the Chairperson.
- 1.7.5 PTC will aim to support club members selected to represent Wales or Great Britain, with costs of National team kit up to a maximum of £75 in any one financial year. Evidence must be provided of costs incurred. Applications should be made in writing to the Secretary

and decisions ratified by the Chairperson in line with this policy. Awards will be made on the basis of available club resources and the number/likely number of requests received within the year.

- 1.7.6 PTC will cover all reasonable expenses incurred by anyone acting on behalf of the club i.e. in organising an event, subject to the prior approval of the Committee.

## **1.8 Annual General Meeting (AGM)**

- 1.8.1 The PTC AGM will be held every September, when an annual update from each Committee Member and other positions of responsibility, including an audited statement of accounts, will be presented.

- 1.8.2 Not less than 28 days notice will be given to all members by the Secretary.

- 1.8.3 The AGM will elect all Committee positions, and other positions of responsibility. Nominations for these positions must be with the Secretary not less than 7 days prior to the AGM.

- 1.8.4 It is in the interests of members to attend the AGM, as the positions and direction for the forthcoming year will be established.

- 1.8.6 All decisions should be reached by consensus. Should, on a rare occasion, any matter require voting, then all members can vote. In the event of an equal number of votes, the Chairperson of the meeting will have the casting vote.

- 1.8.7 The quorum for AGMs will be 20% of the senior membership.

- 1.8.8** In the unlikely event that an Extraordinary General Meeting (EGM) be required, then it will be called by an application to the Secretary by not less than 25% of the members. The Committee will have the power to call an EGM by decision of a simple majority of the Committee. Procedures for EGMs will be the same as for the AGM.

## **1.9 Property and Staff**

- 1.9.6 Responsibility for all property owned or leased by PTC, and for the employment of paid staff and volunteers, rests with the Committee.

- 1.9.1 Each year a member of the Committee, or another nominated member, will take responsibility for the club's assets, maintain an inventory of them, and ensure they are utilised for the benefit of members. This officer will be responsible for buying and selling club equipment for the benefit of PTC.

## **1.10 Discipline and Appeals**

- 1.10.1 All members will be expected to set a good example when representing PTC at events. Training will be conducted with good humour, ensuring that the coach is able to do their job for the benefit of all that have made the effort to attend.

- 1.10.2 All complaints regarding the behaviour of members should be submitted in writing to the Secretary/ Welfare Officer.

- 1.10.3 The Management Committee will meet to hear complaints within 14 days of a complaint being lodged. The Committee will have the power to take appropriate disciplinary action against any member, and will have the authority to terminate the membership of any member guilty of conduct deemed to be of detriment to PTC.

1.10.4 The outcome of a disciplinary hearing should be notified in writing to the person who lodged the complaint and the member against whom the complaint was made within 7 days of the hearing.

1.10.5 There will be the right of appeal to the Committee against any decision made by the Committee.

1.10.6 The appeal will be considered within 14 days of it being received by the Secretary.

### 1.11 Dissolution Procedures

1.11.1 In the event of PTC ceasing to exist, and following the discharge of all debts and liabilities, any assets at the time of dissolution will become the property of the governing body (currently the British Triathlon Association). No member will obtain any asset from the Club.

1.11.2 PTC may be wound up on a resolution of the members, passed by a two-thirds majority at a special meeting convened for that purpose by 25% of members of PTC. At least 14 days notice of the meeting will have been sent to all PTC members.

### 1.12 Review of the Constitution

1.12.1 This constitution will be reviewed on an annual basis, it being a standing item at the AGM.

1.12.2 Amendments to the constitution will be agreed at the AGM or EGM. Amendments should ideally be tabled at least 7 days in advance of the AGM to the Secretary. Any alteration to the constitution will require a consensus or, in the case of a vote, two-thirds majority of those present at the AGM.

1.12.3 In the event of any question or matter arising which is not provided in the constitution, it will be dealt with by the Committee.

### 1.13 Child Protection

1.13.1 PTC fully accepts its legal (Children's Act, 1989) and moral obligation to provide a duty of care, to protect all children (and vulnerable adults) and safeguard their welfare, irrespective of age, any disability they have, gender, racial origin, religious belief and sexual identity. To this end PTC has adopted the British Triathlon Association's (BTA) Child Protection policies and procedures in fulfilment of its belief in and commitment to good practice and child protection.

### 1.14 Declaration

PTC hereby adopts and accepts this constitution as a current operating guide regulating the actions of members.

Signed: \_\_\_\_\_ Date: 1<sup>st</sup> October 2008

Name: Alexander Ilyat  
Club Chair

Signed: \_\_\_\_\_ Date: 1st October 2008

Name: Karen Coccoran  
Club Secretary

## SECTION 2 - CLUB INFORMATION FOR 2007/08

### 2.1 Committee

The following Committee positions have been allocated this year:

Position	Name	Tel.	E-mail
Chairperson	Alex Ilyat	01437 762056	zav1980@hotmail.co.uk
Secretary	Karen Corcoran	01437 766664	karpet-@tiscali.co.uk
Treasurer	Peter Munn	01437 766664	pjmunn@texacochevron.com
Training Co-ordinator	Steve Pryke	07920 513730	steve.pryke@btinternet.com
Communications	Val Brown	01437 541354	talybont@talk21.com
Events Officer	Dave Astins	07766 911069	david.astins@btopenworld.com
Junior Co-ordinator	Jane Williams	01437 601503	pembstri@sporty.co.uk
Welfare Officer	Jim Buck	01646 602951	j.buck@dewisant.pembroke.sch.uk

The following tasks have also been allocated:

Task	Name	Tel.	E-mail
Assets (equipment etc)	Julia Hill	079669 40974	juliahill@btconnect.com
Club Championship	Ian Cooper	01437 762056	lanc500@hotmail.co.uk
Merchandise	Darren Evans	07855540241	Swarm_of_leaks@hotmail.com
Social Events	Rhiannon Ace	07824621668	rhiace@hotmail.com
Webmaster	Val Brown	01437 541354	talybont@talk21.com
Press release/newsletter			

### 2.2 Membership

An annual membership fee is payable on the 1<sup>st</sup> October each year. This covers the general running costs of PTC, and we aim to keep the fees as low as possible to encourage membership. The membership fees for 2008/09 are:

Full member	£12
Concession (un-waged / full time student)	£5
Junior/youth member (8 to 17)	£1

New members may join at any time throughout the year; the full membership fee will be reduced to £6 if you join from April onwards. Existing members should ensure their membership is renewed promptly each year. A renewal form will be issued to each existing member. Visiting athletes are welcome to join PTC training sessions and will be required to pay the appropriate training fee. Regular visitors must join the club to take advantage of training opportunities. As non-members, visitors participate at their own risk.

Members of PTC are encouraged to join Welsh Triathlon, the home nation association of the BTF. The benefits of this are:

- Reduced entry fee to BTF sanctioned events
- Worldwide public liability insurance cover & worldwide personal accident cover whilst training, racing and coaching
- Free legal claims service
- The highly acclaimed British Triathlon handbook
- Bimonthly copies of membership magazine 'Tri News'
- Eligibility to compete for National titles and to represent Great Britain
- Automatic entry into the National Ranking Series
- Access to the members-only section of this website
- Support from Welsh Triathlon staff

## 2.3 Training

PTC currently provides a number of training sessions for which there is a charge and one informal session, which is free. With the exception of spinning they are available all year round apart from a break during the Christmas week.

Day	Discipline	Details
Tuesday	Running	Meet on the ground floor of the multi-storey car park in Haverfordwest at 7.15pm, to leave for warm up at 7.20pm. Session finishes at around 8.40pm. £2.50/session or included in monthly direct debit of £10/month.
Tuesday	Swimming	Meet poolside at Haverfordwest Swimming Pool at 8.55pm. Session lasts from 9pm to 9.45pm. Use the 'lower' main entrance, take shoes and socks off and use the larger changing rooms on the far side of the hydro pool. £2.50/session or included in monthly direct debit of £10/month.
Wednesday	Spinning	November to April 7pm to 8pm. At Sir Thomas Picton School leisure centre, Haverfordwest. Fee in the region of £2.50 payable (not inc in monthly dd) May to September outdoor bike sessions starting from Haverfordwest Cricket Club. Times are publicised on the forum according to conditions.
Thursday	Swimming	Meet poolside at the Meads Leisure Centre, Milford Haven, at 6.25pm. Session lasts from 6.30pm to 7.30pm. £2.50/session or included in monthly direct debit of £10/month.
Friday	Running	Meet at the all-weather track, Sir Thomas Picton School, Haverfordwest, for informal session. Most people tend to be there around 5.30pm. with a suggested programme to follow including periodic time trials – contact the Training Co-ordinator for details. No charge.

### Swimming:

The pool can get quite busy so please follow these guidelines to swimming etiquette!

#### DO:

- Try to be on the poolside a couple of minutes before the session starts to help get floats out. Please help to put them away too! There is a crate in Milford LC and hopefully there will be one in the new Haverfordwest pool. For the code on the padlock ask a committee member.
- Follow the session plans, if you are late join in at whatever stage the lane has reached
- Let faster swimmers overtake – there are four lanes of different abilities so ask someone which is the best lane for you. If the swimmer behind you taps your feet it means they would like to overtake. At the end of the length pull over to the side and let them pass.
- Follow the swim directions indicated – this is to reduce the chance of hitting someone in the next lane.
- Sign the register on the pool side

#### DON'T:

- Get in the way – if you need to stop for a breather or a chat keep to the side of the lane at the end.
- Get intimidated! – Swimming is often the one sport people get put off by and we don't currently have a poolside coach. If you are having problems or don't understand PLEASE ASK! There is likely to be a coach in your lane who will be more than happy to help you.

There are also occasional open water sessions held over the warmer summer months – see the forum for details.

### Cycling:

For spin classes please book in advance with the Sports Centre (01437 765901) This can be done up to 1week before the session. Sessions run from November to April 2006 (check dates with the Training Co-ordinator or keep an eye on the club's web site). If you need to cancel the booking please give at least 24hrs notice so that someone else is able to take your place. If you give less than 24hours notice and your place cannot be filled then you will have to pay the full amount as the club must cover the cost of the bike hire.

The club has started to organise road bike sessions from May to September starting at Haverfordwest Cricket Club on Wednesday nights. Start times vary according to the weather/light so it is best to check the forum for session times. Members are encouraged to join the local cycling club, the Pembrokeshire Velos as they hold regular time trials. Check out their web-site ([www.pembrokeshire-velo.co.uk](http://www.pembrokeshire-velo.co.uk)) for more details. Many members meet up at the weekends for informal cycle sessions – keep an eye on the forum for times and dates.

### Running:

The main club session is on Tuesday nights, 7.15 to 8.40pm. It is for all abilities and is a great way to meet other club members. A run session also takes place throughout the year at the all-weather floodlit track at Sir Thomas Picton School every Friday. Please meet at 5.30ish at the track. There is a programme for guidance and there will be a series of time trials to monitor performance. As a matter of etiquette, please keep out of the inside lane whilst warming up and move wide to let faster runners coming through. If you are catching up a slower runner please call out “track” to warn them of your approach. If you hear “track” being called, please move wide to let the approaching runner through.

The club also has strong links with the local running club, Pembrokeshire Harriers. In the winter some members race for the Harriers in the Gwent Cross-country League for some very useful running experience. To take part in this league it is necessary to join the Harriers and affiliate to the Athletics Association of Wales. For more details please see their web-site ([www.pembrokeshireharriers.org.uk](http://www.pembrokeshireharriers.org.uk)) or contact Martin Dyde on 01646 684059.

Members also organise ad-hoc additional training sessions, mainly at the weekends and there are very regular running races, normally on Sunday mornings. Just ask other members what they are up to, listen for announcements at training or look at the race calendar or the Forum on the club web-site.

## **2.4 Training Fees**

It is the intention that fees levied for training roughly equate to the cost of providing the training. Costs are kept as low as possible whilst still providing members with good quality training opportunities. There are two ways to pay your training fees:

1. £10 per month payable by standing order (£5 un-waged/student) **OR**
2. £2.50 per session cash (£1.00 un-waged/student £1.00 junior/youth).

These fees cover the three regular chargeable sessions, being the Tuesday run and Tuesday and Thursday swims. The first session attended by a new or prospective member is free. All club time trials (whether on a normal training night or not) are charged at the flat rate of £1 (free if paying by standing order). Spin sessions are charged separately as they are not available all year round and have a limited number of spaces. They are charged at cost, please contact the training co-ordinator for this years price.

## **2.5 Safety**

It is paramount to PTC that its members train in the safest conditions possible. The following rules and advice are taken from the BTF Star Accreditation Scheme. These rules may be amended from time to time at the discretion of the committee. All changes will be publicised to members. Serious disregard or breaches of these rules reported to the committee may result in the offending member being expelled from the club. The Club's disciplinary procedure will be applied.

In 2008 we introduced ICE (In Case Emergency) cards for all members. This card contains your emergency contact details in case of an accident whilst training etc. PLEASE carry it at all club

session. If you don't have it on you please provide the session coach with your emergency contact number. It is also a good idea to carry it if you are out training on your own – just in case.

- GENERAL
  - Members agree not to bring the Club into disrepute
  - Members agree upon and have signed a Code of Conduct
  - Members must abide by the rules and articles of British Triathlon
- TRAINING (CLUB ORGANISED ACTIVITIES)
- SWIMMING
  - The local swimming pool rules must be adhered to
  - Members must not enter water until appropriate number of lifeguards is in place for all swim sessions
  - In open water members must make themselves aware of all specific dangers relating to the chosen location. Members must take their own appropriate safety precautions, and ensure reasonable safety cover is in place
  - Members must not swim in prohibited areas
  - always adhere to the specified session when swimming to avoid lane disruption.
- CYCLING
  - Helmets must be worn
  - Cyclists must obey the Highway Code
  - Cyclists must be courteous to other road users.
  - ensure your bike is in a safe and roadworthy condition;
  - ensure your bike is fitted with lights if cycling at night;
  - be aware of potential hazards such as cars, holes in road/pavement etc and warn others where practicable;
- RUNNING
  - Members must have due regard for pedestrians and other legitimate users of foot paths, roads and bridleways, and any other users of the land especially farmers
  - when training at night (cycling/running), try and wear bright/reflective clothing;
- COMPETITION
  - Members must obey all rules relating to the event they are competing in and compete in a sportsman-like manner
- CLUB PROMOTIONS
  - Members are welcome to compete in events organised by the Club but must provide a replacement marshal.

## 2.6 Insurance

PTC is a member of Welsh Triathlon, the home nation association of the BTF. As such PTC is insured for Public Liability to a limit of £5 million per incident. This insures PTC in respect of injury or damage caused as a result of negligence on behalf of the club. This includes claims arising from activities at home or abroad, social functions and meetings, sporting activities of triathlon, duathlon and related multi-sport activities which are formed from a combination of swimming, cycling and running.

Individual members can obtain Personal Public Liability cover and Personal Accident cover through membership to the home nation association. This covers you should you cause an accident, injury or damage to other participants, spectators, officials or members of the public whilst training or competing at home or abroad. It is important to note that the insurance covers your legal liability

and legal costs and expenses in the event of negligence only, and does not cover deliberate acts. Visit [www.britishtriathlon.org](http://www.britishtriathlon.org) or speak to the club secretary for more info.

All coaches are members of the home nation association which also provides professional indemnity insurance as well as public liability and personal accident insurance.

## 2.7 Junior Section

This section was launched in January '05 and has proved to be an incredible success. The club's main sessions can accept juniors from the age of 14, but the Junior Section can accept junior/youth members who will achieve the age of 8 in Dec 31 of that particular year. There is a weekly training session, normally on a Friday evening at 5.30pm at the track at Sir Thomas Picton school, but this does vary and you are advised to keep an eye on the Guestbook on the web site for details.

At the time of producing this year's Handbook, event details have not been finalised, but it is envisaged that some one off junior events will be staged in 2006, as well as trips to races and possibly all-Wales training events. The dedicated section of the web-site will be further developed soon. Contact Jane Williams 01437 601503 for more details, especially if you would like to help out.

## 2.8 Club Championships

The club organises 12 time trials each year, which go to make up the Club Championship. 4 Time Trials in each of the three disciplines are organised, consisting of 2 'sprint' and 2 'Olympic' distance events for each discipline. Members must complete 2 Time Trials in each discipline, one of each distance, to be eligible for the Club Championship. Dates for the events will be agreed by the Committee by March and notified at training, in the newsletter and on the web-site. The distances are:

<b>Sprint:</b>	Swim 800m (pool)	Bike 20km	Run 5km
<b>Olympic:</b>	Swim 1500m (open water)	Bike 40km	Run 10km

Previous years results, including the best 10 times in each event for women and men, are available on the club web-site.

## 2.9 Events

In addition to the Club Championship, the club organises an annual triathlon and duathlon. The triathlon usually takes place in May or June. An annual trophy is available to the best club male and female, and prizes/goodies are provided to the novices. In 2009 we will hold a BTF sanctioned Duathlon which is open to everyone. The trophies will be awarded to the highest placed club members.

## 2.10 Keeping in Touch

For all the official stuff major club announcements, latest race details, including the most up to date calendar, race results, reports and a whole lot more visit [www.pembrokeshire-tri.org.uk](http://www.pembrokeshire-tri.org.uk)

We also have a very popular forum for which you can find a link from the news page of our website. Once you have registered with the forum all new posts are highlighted each time you log on. This is the best place to look for weekend training rides/runs and to chat about training or just about anything you can think of.

We also try to publish a newsletter a couple of times a year. If you would like to help with this please contact Val Brown.

## **2.11 Merchandise**

Various items are available with the PTC name/logo (where appropriate) and in the official club colours of navy blue and white. This includes triathlon, cycle and running specific race kit, car stickers, water bottles and swim caps. For further details of all of these items, including prices, please contact Darren Evans (details above)

## **2.12 Equipment**

PTC owns various items of equipment, from pull buoys to turbo trainers. Some are available at training sessions (e.g. swim equipment), whilst others are available for loan (e.g. turbo trainers). You are expected to look after the equipment as if it were your own. Loan of equipment will be managed to ensure fair distribution amongst club members who want to use it, so a time limit will be applied to your loan. For details of what is available, and the conditions applicable to loan, please contact Julia Hill (details above).

## **2.14 Social Functions**

PTC organises a number of social functions on a regular basis and all members are encouraged to participate. The two key events are the End of Season Bash, when the annual trophies/prizes are awarded (October), and the Christmas Dinner (December, of course!). Other events are organised on an occasional basis, e.g. quiz nights, treasure hunts.

There are a number of local races which attract a lot of club members such as Brecon Triathlon, Bala Triathlon and Tuska Triathlon. There is also an annual trip to Ireland to compete and celebrate too! It is always nice to race with the support of fellow club members to cheer you on.

*We hope you enjoy training and competing with us. If you have any questions please do not hesitate to contact any of the committee members.*

*Alex Ilyat*  
Club Chairman