



# Chippenham Triathlon



## NEW MEMBER – WELCOME PACK

On behalf of myself, the vice-chair and all club members I welcome you to Chippenham Triathlon Club. Whether you are a seasoned triathlete or complete novice, I wish you success in your triathlon journey and hope you enjoy many years of support from our amazing triathlon club. I am extremely proud to be the current chairman and take pride in the friendly atmosphere created by all members; we very much live up to our mantra 'Swim-Bike-Run-Fun!'

If you haven't had the opportunity to view our website, please do so. It contains lots of information to get you started. In accordance with our TriMark Bronze accreditation, the website also includes a copy of our [club policies](#) (constitution, code of conduct and rules); I encourage you to read and understand the club's ethos.

We use a number of social media platforms to coordinate club activities as well as promote the club within the wider community. Please request to join our Facebook page (Chippenham Triathlon), which is where the majority of our day-to-day business is communicated. You may also wish to follow our other Facebook groups:

- Chippenham Tri – Training Sessions
- Chippenham Tri – Buy and Sell

As with any club, we have a broad range of abilities and experience, and our members are only too happy to share their knowledge and provide great advice to all. Equally, we have a number of qualified triathlon coaches (Level 1-3) who support the club with various training activities throughout the year. I have attached a one-page guide that includes useful information regarding some of these activities, as well as the benefits of being a member of the club and all the committee members who you may wish to contact direct.

With regards to racing, we are blessed with a number of local event companies who put on some fantastic races across Wiltshire – a great starting point for newcomers to triathlon. Many of these events are rotated through our annual Club Championship, the benefits of which typically include discounted entry as well as a great way to meet and race with other club members.

As a club we encourage our members to race in our distinctive 'Orange and Blue' club kit. Once you are ready to commit to racing, please contact Christopher Booth on Messenger for access to the catalogue and how to place an order. Depending on the items it can take up to 2-3 months to receive orders.

If you have any questions, please do not hesitate to contact me or specific club members. Once again, welcome, enjoy the training and I look forward to meeting with you soon, whether training, racing or socially!

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Neil Perry', written in a cursive style.

Neil Perry  
Chair



# Chippenham Triathlon



## Key Committee Members / Roles

Chair – Lee Green (Interim)      Vice-Chair –  
Secretary – Emily Parry      Treasurer – Mark Robson  
Welfare Officer – Victoria Castle / Gordon Aitkenhead (welfare@chippenhamtri.org.uk)

Head Coach - Chris Maxwell      Kit – Christopher Booth  
Tristars Coordinator – Lee Green      Website Admin – Luca Nista  
Swim Coordinator - Lynsey Carpenter      Publicity – Bev Flesher  
Compliance Officer – Duncan Cooper  
Championship Race Coordinator – Kevin James  
Medical Safety Officer - Laura Richards  
Social Secretaries – Nikki Capp & Bev Flesher  
Duathlon Race Director – Paul Taylor

## Member Benefits

- Discount to a number of races based on the annual Club Championship
- Access to training sessions from BTF qualified coaches in a safe and insured environment
- Access to a wealth of triathlon knowledge from our coaches and club members
- Friendly atmosphere to enjoy your swim, bike and run
- Motivation from being part of a club
- Discount on individual British Triathlon Home Nations membership
- Entitled to wear our distinctive 'Orange and Blue' Chippenham Triathlon Club kit at races
- Access to social media groups for club activities and triathlon news
- Invites to specific triathlon events and training camps
- Invites to social events
- Discounted entry to the National Triathlon Relay Championship when representing the club
- 10% discount at Cycology Bikes, Chippenham and 73Degrees Bike Shop, Keynsham (including bike fits)
- Discounted annual membership to Lake 32 open water swimming
- 25% discount at SouthWest Swim (swim technique/video analysis)
- Discount at The Treatment Rooms (sports massage company)
- Discount at Velo Rouge Cycling (mobile bike service and repair)
- Discount at Active Potential Therapy (sports and health clinic)
- Volunteer roles and events to help grow the sport
- Supporting and inspiring the next generation into the sport through our Tristars

## Training Activities

- **Club Coached Swimming Sessions**
  - Wednesday evenings (except school holidays) either 7.45-8.45pm or 8.45-9.45pm
  - Members sign up for a block booking at a cost of £5 per session
  - Assigned to a lane/coach appropriate to ability
  - Contact Lynsey Carpenter for more details via FB Messenger
- **Winter Zwift Training Workouts/Race League**
  - Workouts are usually Thursdays 6.30-7.30pm (and other adhoc times as requested)
  - Zwift Race League events usually occur each Tuesday evening
  - Require a turbo trainer and connection to Zwift app
  - Contact Christopher Booth for more details via FB Messenger
- **Annual Club Championship**
  - Points based system to determine annual club champions/award winners
  - A number of local triathlon based races (and one away day event), best 4 triathlons and best duathlon count
  - Aimed at all club members to promote inclusivity and competition
  - Club discount of 10-15% generally offered for most races
  - Contact Mark Robson for more details via FB Messenger
- **Social Rides**
  - Organised on an adhoc basis by club members
  - Keep an eye on FB group for details
- **Efforts Runs, Social Run and Shandy Night**
  - Tuesday Effort session 6pm contact Lee Green for more details via FB Messenger
  - Also, once a month in the off season (split into groups depending on numbers)  
Night-time trail runs around the local area – bring a head torch! Great way to meet other club members - contact Lynsey Carpenter for more details via FB Messenger
- **Transition and Brick Sessions**
  - Organised on an adhoc basis by club coaches
  - Usually run at either Castle Combe circuit or Sheldon School
  - Keep an eye on FB group for details
- **Social Events**
  - Start of season social usually coinciding with first event of Club Championship
  - Club annual awards and party (our end of season time to celebrate club achievements)
  - Adhoc Socials during the season