

# WTA NEWSLETTER NOVEMBER (2)-2004

## WELCOME

Hopefully the winter training is going well and the cold wet weather isn't putting too many people off. No doubt many of you will again be making friends with Mr T.Urbo-Trainer again!!!

As ever winter sees a great deal of planning and preparation for next years racing, again the year ahead looks to be shaping up better than ever before. No doubt the work going on behind the scenes will pay fruition for all involved.

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## BATMAN NEEDS YOUR HELP!

Wales own Batman is raffling a top of the range, Ironman Stealth wetsuit, to fit the winner, donated by Brian Martin at Ironman Wetsuits. The raffle is part of his continued efforts to raise money for Aspire, and follows Batman's efforts at this years HIMUK.

Tickets are available for £1 each, using the link  
[www.teamdeviant.co.uk](http://www.teamdeviant.co.uk)

Alternatively they can be purchased directly via the online raffle page

[www.justgiving.com/wetsuit](http://www.justgiving.com/wetsuit)

When not fighting crime and raising money for Aspire you can contact Batman on

[mike@taffytravel.freeseve.co.uk](mailto:mike@taffytravel.freeseve.co.uk) or tel. 07810431368.

Please contact Batman if you are willing to sell tickets within your clubs during Christmas party, AGM, training nights, etc. Tickets are also available to buy individually and payment can be made online.

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## *BTA A.G.M*

A reminder to all BTA members in Wales that the Annual General Meeting (AGM) will take place at Loughborough University on 12<sup>th</sup> December at 11.00am.

The AGM will see announced the results of the recent elections for BTA Executive board members. I would urge all BTA members to return their voting slips before 6<sup>th</sup> December (enclosed in the most recent edition of Trinews) and have their votes count. The 2004 elections see potential Welsh representation from none other than TOM ROBERTS, a committed and experienced volunteer.

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## *COACH EDUCATION*

Both level 1 and level 2 coaching courses will be available in early 2005.

Course details are as follows;

**Level 1 - February 19, 20 & 27 – UWIC, Cardiff - £195**  
**Level 2 - February 19, 20, 27 & 28 – UWIC, Cardiff - £295**

### **Application**

If you require further information or wish to book a place, please contact:

Judith Brand, Coach Education Administrator

Phone: 01509 226155, email [judithbrand@britishtriathlon.org](mailto:judithbrand@britishtriathlon.org).

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## *RACE ORGANISER*

All race organisers should note that inclusion into the 2005 BTA handbook requires that races are registered **before**,

**6<sup>th</sup> December 2004**

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## *TRAINING DAY*

### **12<sup>th</sup> of February 2005, 10.00-5.00pm**

The Welsh Region is hosting an adult training Day on Saturday the 12<sup>th</sup> of February. The day provides you with an opportunity to train in Cardiff's National Indoor Athletic Centre, with guidance from qualified coaches in first class facilities.

The day will be organised in association with the WTA and is aimed at Novice Triathletes, those looking to have a go at triathlon and anyone wanting to improve in the sport.

The day will include analysis on all three disciplines with particular emphasis in how to put together a training programme. There will qualified BTA and ASA coaches delivering the sessions and the cycling element will be delivered by ex-British Road racing Champion Simon Bray.

Everyone will take home an exclusive 'training information pack', the theoretical knowledge needed to implement a training programme and the practical knowledge to make it all work for them.

#### **The programme for the day includes:**

##### **Practical sessions –**

- **Technical swim guidance**
- **Cycle clinic - set-up and efficiency**
- **Run technique and drills**
- **Strength and conditioning**

##### **Theory sessions –**

- **Putting together a training programme**
- **Ask the coaches**

The cost of the day will be £25 and will include lunch and a training information pack.

**For more details please contact Gareth Hall the regional development officer (see below);**

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*DEVELOPMENT OFFICER*

**Contact Details**

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