



## Welcome Pack

The aim of this pack is to provide members & parents, both new and existing, with information about the club and what you and your children can expect

### Contents

- Club History
- Club Contacts
- Membership
- Training Sessions
- Coaching
- Races
- Website
- Triathlon Equipment & Club Kit
- Club Event Calendar

## **Black Country Triathletes (BCT) Club History**

As one of the oldest and most recognisable triathlon clubs in the country Black Country Triathletes are famous just about all over the world for their distinctive yellow, lime green and luminous pink racing kit. Yes that's right .... yellow, green and pink!

Black Country Triathletes are a thriving adult and junior club, operating in the Midlands and welcome everyone at all level of fitness, age and ability.

They have an enviable reputation for race organising, hosting races virtually from the clubs inception and the introduction of triathlon to the UK 1980's.

The club was formed in the mid 80's by friends and triathlon enthusiasts John Batchelor and Andy Sloane, organising their first race - the Halesowen Triathlon, a race that John still runs to this day.

Their expertise was soon recognised and they were awarded the British Universities Sports Association (BUSA) Championships which ran until 2002.

In 1991 a September Sprint Triathlon and a Christmas Aquathon were added to the events programme.

The club's history was about to change forever, with new members Mark Cartwright, Alan McDougal and Steve Lumley joining. In 1993 the three organised the first ever full distance triathlon in the UK – it was from that day forward known as The Longest Day Triathlon (ironman distance).

Longest Day Triathlon was the only event of its kind and distance to be organised by a triathlon club in the UK - giving many long distance triathletes their first experience over the full distance.

It would be years before the culture of UK triathletes travelling all over the world to compete in official Ironman events became the norm.

In the original race of 1993, just to make the day more interesting, Mark Cartwright not only organised the event, but also raced as well! How mad was that?

The Longest Day Triathlon was organised by the club for 13 years and Black Country Triathletes are very proud to have been among pioneers of long distance racing in the UK.

In 1995 the Junior Section started with organised Saturday morning coached sessions. The club now has its own junior race series as well as hosting junior regional events as part of the BTF series. In 2007 the junior tri-a-tri event was awarded Midlands Event of the Year.

Since its birth in the mid 1980's the club has gone from strength to strength, playing its part in helping 100's of aspiring and talented athletes achieve their personal dreams and goals.

Black Country Triathletes encourage athletes of all abilities and ages to come and visit us, to train, to compete and enjoy the fantastic sport of triathlon, at whatever level of ability or distance - the choice is yours.

See you at swim – on the bike – on the run ..... or better still at THE RACES!!

## Club Contacts

**Chairman – Andy Southall**

07775874837

[andrewsouthall@blueyonder.co.uk](mailto:andrewsouthall@blueyonder.co.uk)

General enquiries

**Treasurer - Mark Evans**

07887660070

[mark@wardevans.freeserve.co.uk](mailto:mark@wardevans.freeserve.co.uk)

**Adult membership secretary – Imogen Spencer**

[membership@blackcountrytriathletes.co.uk](mailto:membership@blackcountrytriathletes.co.uk)

Adult membership enquiries

**Adult club kit – Michelle Bayliss**

07528853155

[michelle.bayliss@gmail.com](mailto:michelle.bayliss@gmail.com)

**Race secretary – Martin Dodd**

07775773993

[race@blackcountrytriathletes.co.uk](mailto:race@blackcountrytriathletes.co.uk)

Race entry enquiries

**Men's x-country team captain – Pete Robinson**

07808322994

[peter@penn-financial.co.uk](mailto:peter@penn-financial.co.uk)

**Press officer – Karen Hoffman**

[Karen.Hoffman@bloorhomes.com](mailto:Karen.Hoffman@bloorhomes.com)

**Vice chairman – Dave Evans**

07910745406

[dave@wombourne10.freeserve.co.uk](mailto:dave@wombourne10.freeserve.co.uk)

General enquiries

**Club secretary – Matthew Harris**

07814940187

[email@michelleandmatthew.co.uk](mailto:email@michelleandmatthew.co.uk)

General enquiries

**Junior membership secretary – Karen Evans**

[mark@wardevans.freeserve.co.uk](mailto:mark@wardevans.freeserve.co.uk)

Junior membership enquiries

**Junior club kit – Paul Silk**

07717813768

[paul@penfoldgolf.com](mailto:paul@penfoldgolf.com)

**Race directors – Andy Southall / Martin Dodd**

Contact Andy Southall on ...

07775874837

[andrewsouthall@blueyonder.co.uk](mailto:andrewsouthall@blueyonder.co.uk)

**Ladies x-country team captain – Michelle Bayliss**

07528853155

[michelle.bayliss@gmail.com](mailto:michelle.bayliss@gmail.com)

**Web/internet – Christopher Wood**

[clswood@googlemail.com](mailto:clswood@googlemail.com)

## **Membership (Adult & Junior)**

Membership forms can be obtained directly from the website [www.blackcountrytriathletes.co.uk](http://www.blackcountrytriathletes.co.uk) alternatively, you can contact the appropriate Membership Secretary, who will forward you a copy (post or email). See the contacts page for details of the junior / senior membership secretaries.

We have kept the prices frozen for many years now as follows:

- Senior member £30.00 (£15 in full time education)
- Junior membership £15.00
- Family membership £50.00
- Half year membership £15.00 (new members after August 1<sup>st</sup>)
- Social membership £10.00

Black Country Triathletes is affiliated with the following governing bodies:

- British Triathlon Federation
- England Athletics
- British Cycling Federation
- Road Time Trial Council

In addition to the club's affiliations, you will personally be affiliated with England Athletics – this will give you cheaper entry fees in running races.

As a club member, you are also eligible for discounts in a number of local establishments (e.g. Ron Flowers Sports in Wolverhampton, Sweatshop in Brierley Hill and Fred Williams Cycles in Wolverhampton).

## **Training Sessions**

Below is a summary of the sessions attended by BCT Members. They are not all 'club sessions' and you will need to be a member of the relevant club e.g. Wolverhampton Wheelers – to participate

### **Monday**

Activity: Ladies only track cycling session  
Location: Aldersley Stadium.  
Contact: Wolverhampton Wheelers  
Time:

Activity: Swim session (BCT Not coached)  
Location: Wombourne Leisure Centre - during public swim session  
Time: 9.30 -10.30 pm

## **Tuesday**

Activity: Run (Steady Pace)  
Location: Wombourne Leisure Centre  
Contact: Paul Silk (Mobile 07717813768)  
Time: 8.00-9.00 pm

Activity: Run - Tipton Harriers Athletics Club  
Location: Tipton Sports Academy  
Time: 6.30-7.30 pm

Activity: Run - Wolverhampton & Bilston Athletics Club  
Location: Aldersley stadium  
Time: 6.30-7.30 pm

## **Wednesday**

Activity: Swimming (BCT Coached Session)  
Location: Wolverhampton Central Baths  
Time: 8.30-9.30pm

## **Thursday**

Activity: Run - Wolverhampton & Bilston Athletics Club  
Location: Aldersley stadium  
Time: 6.30-7.30 pm

Activity: Run - Tipton Harriers Athletics Club  
Location: Tipton Sports Academy  
Time: 6.30-7.30 pm

**Friday** – No activities

## **Saturday**

Activity: Ladies group run  
Location: Venue same as junior training  
Contact: Michelle Bayliss (Mobile 07528 853155)  
Time: 10.00-11.00am

Activity: Swimming (BCT Coached)  
Location: Wombourne Leisure Centre  
Time: 3.30-5.00pm

## **Sunday**

Activity: Bike (Ladies group rides)  
Location: Meet at Hollybush Pub on Penn Road  
Contact: Michelle Bayliss (Mobile 07528 853155)  
Time: 8.30am 40-50 miles  
9.30am 20-30 miles

Activity: Bike (18mph Average Speed)  
Location: Meet at Three Crowns Pub. Dovedale Road, Sedgley  
Contact: Nigel Bolton (Mobile 07853175029)  
Time: 8.30am

Activity: Bike (18mph Average Speed – Approx 3hrs Duration)  
Location: Meet at Wall Heath Island  
Contact: Andy Southall (Mobile 07775 874837)  
Time: 8.00am

Activity: Bike (16mph Average Speed – Approx 2hrs Duration)  
Location: Meet at Wombourne Leisure Centre  
Contact: Mark Evans (Mobile 07887 660070)  
Time: 7:30am

This session does not take place every Sunday due to Mark and Dave's Children's activities!!! So if you would like to join them please contact Mark.

## **Coaching**

We currently have 11 coaches

Andy Southall	Level 2 Triathlon coach
Liz Roberts	Level 2 Triathlon coach
Mark Ward-Evans	Level 1 Triathlon coach
Gareth Brazenell	Level 1 Triathlon coach
Jan Brookes	Level 1 Triathlon coach (Junior Head Coach)
David Evans	Level 1 Triathlon coach
Richard Sharples	Level 1 Triathlon coach
Emily Southall	Level 1 Triathlon coach
Lee Moreton	Level 1 Triathlon coach
Claire Moreton	Level 1 Triathlon coach
Peter Robinson	Level 1 Triathlon coach

## **Races Adult and Youth**

### **Black Country Triathletes Club Series (only open to club members)**

We currently hold a race series consisting of 11 races a year

Race 1	13/03/2011	Peopleton Duathlon
Race 2	03/04/2011	Halesowen sprint triathlon

Race 3	17/04/2011	Wombourne sprint triathlon
Race 4	14/05/2011	Nottingham sprint triathlon (open water)
Race 5	12/06/2011	Bala Middle Distance triathlon (open water)
Race 6	26/06/2011	Worcester Olympic(ish) triathlon (open water)
Race 7	03/07/2011	Hereford sprint triathlon
Race 8	07/08/2011	Ironman Regensburg (very open water)
Race 9	04/09/2011	Wombourne sprint triathlon
Race 10	11/09/2011	Bala Olympic triathlon (open water)
Race 11	30/10/2011	Bitch duathlon (Clent)

### **Junior Races**

Age as at 31 December

Average race distance

Age as at Dec 31	Category	Swim	Bike	Run
8	Tristar	50m	800m	600m
9 or 10	Tristar 1	150m	2000m	1200m
11 or 12	Tristar 2	200m	4000m	1800m
13 or 14	Tristar 3	300m	6000m	2400m
15 or 16	Youth	400m	10000m	3000m

### **West Midland series (open to everyone in the West Midlands)**

There are a series of races held around the West Midlands which you can enter from the age of 8. Details of these races will be available on the British Triathlon website ([www.britishtriathlon.org](http://www.britishtriathlon.org)) we will also inform you of them.

### **Other Races (open to everyone)**

Like Black Country Triathletes many other clubs with junior sections hold open races throughout the year, most are part of their regions series but you can enter. To find out about these go to [www.britishtriathlon.org](http://www.britishtriathlon.org)

### **British Triathlon Federation**

All open races will require you to be a member of the British Triathlon Federation (BTF or BTA); this can be done yearly or for the day of the race (Day Licence). Generally there will be two prices on the entry form, one for BTF members and one for non BTF members, this is usually £1 or £2 more and will cover the cost of your day licence.

BCT recommend you become a member of the BTF as it provide some insurance cover, details on [www.britishtriathlon.org](http://www.britishtriathlon.org).

## **Cross Country**

Black Country Triathletes annually participate in the Birmingham Cross Country League. The league consists of a number of races held at various locations in the midlands region.

If you are interested in taking part please contact Pete Robinson and Michelle Bayliss for further details.

## **Black Country Triathletes – Website & Social Media**

The Black Country Triathletes website contains all of the information that is contained within this welcome pack plus additional information on the club and general triathlon topics.

Black Country Triathletes Website: [www.blackcountrytriathletes.co.uk](http://www.blackcountrytriathletes.co.uk)

Black Country Triathletes can also be found on the following social media sites:

- **Facebook**
- **Twitter**

## **Triathlon Equipment & Club Kit**

### **Basic Triathlon Gear List**

Here's what you'll need:

**1. Swimsuit:** A close fitting swimming costumes is recommended. For comfort and speed, men should consider those tight, Speedo/short style briefs. Women, a one or two-piece T-back will ensure you won't have to worry about straps falling down.

**2. Goggles:** Any, as long as they fit.

**3. Swim Cap:** Personal preference to wear one for training but will usually be provided to wear if taking part in a race.

**4. Bike:** Mountain or road bike, whatever is in your garage. If you're riding a mountain bike, replace your knobby tires with slicks for a little extra speed.

**6. Helmet:** A good quality cycle helmet is essential. You will not be allowed to race without one. If your helmet is over five years old or has been knocked around, it's time for a new one.

**7. Water Bottle:** Essential to keep you hydrated while training and racing

**8. Clothing:** For comfort and speed, close-fitting, synthetic clothing is ideal for training and racing.

**9. Running Shoes:** Don't skimp on quality. Make sure your shoes fit your feet and your style of running.

**Optional Equipment:**

- **Clipless pedals and bike shoes:** An easy upgrade that translates to more efficiency and speed on the bike.
- **Sunglasses:** Keeps the wind out of your eyes on the bike, and makes the run more comfortable when you don't have to squint in the sun.
- **Run/Cycle Shorts:** Whether for comfort or modesty, many people prefer having bike shorts or running shorts for the segments after the swim.
- **Tri-suit:** An all in one outfit that can be worn for all three disciplines of triathlon.
- **Socks:** Some people save a few seconds in the transition by going without socks. If you're more concerned about blisters, take some time to put on socks for the bike and run.
- **Race Belt:** Used to display your race number during events
- **Elastic Laces:** Make it quicker to get your shoes on in transition.

**Black Country Triathletes Club Kit**

Black Country Triathletes has a range of club kit that is of high quality and reasonably priced. Club kit can be obtained from Michelle Bayliss who has a range of sizes that can be viewed and tried on before purchase. If you are interested please contact Michelle. (Mobile 07528 853155)

Our club kit is distinct in it's colour but individual to the club and anyone wearing it will stand out from the rest. 'Wear it with Pride'

**Typical events in the Black Country Triathletes year**

Late January	AGM
February	Presentation evening and social event
March	First race of the club series
April	Host Wombourne Sprint Triathlon
June	Host novice Try-a-Tri race (proceeds go to charity)
Late August	Compete in the National Club relays*

September	Host Wombourne Sprint Triathlon
October	Final race of club series
Early December	Host the 'Splash & Dash' aquathlon (Wombourne)
Mid December	Christmas meal and social evening
December	Christmas bike ride (weather permitting)

\* The club relays are a fantastic event held in Nottingham. Competing in teams of four, each team member swims, cycles and runs. Every year we field a great number of teams – open to ALL abilities