



www.absolutetriathlonclub.co.uk

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A fun, friendly & vibrant club catering for beginners to age-groupers, all distances, all abilities & all ages!

Launched in April 2009 **Absolute Triathlon** is now a fairly large (but still sociable & friendly!) club with just over 180 members. We are run by a team of volunteers on a not-for-profit basis, the club is owned by its members and ran by a committee elected at our bi-annual AGM. Our junior and adult members have the opportunity to learn or develop the skills needed to participate in Triathlon whether to compete or simply improve their fitness in a supportive, social and motivating environment. We welcome all ages and abilities whether you are a complete beginner or seasoned Triathlete; experienced and qualified **British Triathlon Federation Coaches** lead the sessions and will be on hand to provide whatever support you specifically need.

Beginners Welcome - Our emphasis as a club is on inclusion; therefore we welcome **all ages and abilities**

Club Membership

Once you have been to your first session and decided you like us, **you will need to join the club** which is a snip at just £25 per year (£10 for aged 18 and under). Your membership fee goes towards a whole raft of running costs including admin, insurances, affiliations and enabling people to train as coaches and developing our existing coaches. It also means that we are not under pressure to generate an income from the sessions we run enabling us to keep the price accessible for all.

The easiest way to join is online at <http://www.absolutetriathlonclub.co.uk/join-absolute-triathlon-club.html>

Our membership year runs May 1st – April 30th, reductions apply from November 1st (adults £15, juniors £6).

Why Join?

- Meet like minded people
- Access Level 3 Triathlon Coaching
- Regular training Sessions & Workshops
- Variety of training
- Open Water sessions
- Help & guidance on equipment
- Fantastic team spirit
- Cool kit
- Dedicated Junior Club
- Motivation!

Club Coaches

Head Coach

Steve Lloyd (Level 3 Tri Coach)

Coach

Simon McCarthy (Level 2 Tri Coach)

Coach

Mick Green (Level 1 Tri Coach)

Coach

Martin Stephens (Level 1 Tri Coach)

Coach

Cayci Lewis (Level 1 Tri Coach)

Coach & Swim Teacher

Kate Long (Level 1 Tri Coach & ASA Level 2 Swim Teacher)

Our committee

Chairman & Head Coach	Steve Lloyd
Vice Chairman & Assistant Coach	Mick Green
Secretary, Marketing & PR	Jayne Lloyd
Welfare Officer	Leyla Bull
Events & Social Secretary	Ami Ketley & Lisa Coneyworth
Junior Coordinator	John Currie
Membership Officer	Andy Watson
Treasurer	James Corlett

Interested in volunteering or coaching? Please let us know!

Our Sessions

Tuesday	Coached Swim £4.00	7.00 – 8.00 am	Southglade Leisure Centre, Bestwood
Wednesday	Coached Swim £4.00	8.00 – 9.00 pm	Southglade Leisure Centre, Bestwood
Thursday	Coached Swim £4.00	5.00 – 6.00 pm	Southglade Leisure Centre, Bestwood
	Coached Swim £4.00	6.00 – 7.00 pm	Southglade Leisure Centre, Bestwood
	Spinning £4.00 (winter)	7.15 pm – 8.15 pm	Southglade Leisure Centre, Bestwood
Friday	Track (Run) Session £2.00 (winter)	6.30 pm – 7.30 pm	Harvey Haddon, Bilborough
	Open Water Swim £5.00 (Some Wednesdays) Strictly members only	6.00 pm – 7.00 pm SUMMER ONLY	Holme Pierrepont Lake
Sunday	Group Bike – Please see forum / fbook group for details.	9.00 am – 12.00 pm (approx)	Meet at Nuffield Gym Car Park, Mapperley
	Junior Tri Club Book by the term	3.00 – 5.00 pm TERM TIME ONLY	Southglade Leisure Centre, Bestwood

Club Forum / Facebook / Website

We have a great and very useful Club Forum – it's really easy to use just go to our website and click on the tab that says 'forum' and follow the directions or visit www.absolutetriclub.co.uk/forum . You will need a username and password – any problems just let me know. It has the most up to date information on and can only be accessed by club members.

We also have a very active Facebook group, search for Absolute Tri and request to join.

We keep our website as updated as possible, so keep an eye out for news and events.

**FOR FURTHER INFORMATION ON ANY OF THE ABOVE PLEASE CONTACT STEVE OR JAYNE LLOYD
ON 0115 9607912 OR JAYNE@ABSOLUTETRIATHLONCLUB.CO.UK OR VISIT OUT WEBSITE AT
www.absolutetriathlonclub.co.uk**