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RAF Triathlon Membership

RAFTRI/SEC/2007

23 Jan 07

TRAINING WEEKEND/AGM - RAF CRANWELL 17 – 18 FEB 07

INTRODUCTION

1. RAF Triathlon will hold a triathlon training weekend over the period 17 – 18 Feb 07 at RAFC Cranwell. Whether you are a complete beginner or seasoned competitor you would be most welcome to attend what promises to be an informative and fun weekend. RAF Triathlon BTA qualified coaches will be on and to provide structured training sessions and answer any questions on the many aspects that make up our sport. The RAF Triathlon AGM will be held in conjunction with the training weekend on the afternoon of 17 Feb 07.

ATTENDANCE

2. **Registering Interest.** Formal registration is not required. However, to gauge the number of possible attendees, personnel wishing to attend the training weekend are requested to notify the RAFTri Sec of their intention. Annex A details those personnel who have registered interest.

3. **Accommodation.** Accommodation will be available in the Home for Sport bunks located above the Shiek Hamid Gym. Personnel are requested to inform the RAF Tri Sec of their accommodation requirements (Fri/Sat available). Should personnel wish to organize alternative service accommodation within the relevant messes, individuals should make their own arrangements.

4. **Arrival.** Personnel utilising the Home for Sport accommodation should report to the RAFC Cranwell Guardroom, where access information will be provided. Timings and locations for the commencement of training are shown at Annex B.

5. **Messing.** Messing for Service personnel will be available in the Candidates Mess, located on the East Camp side of the Unit. However, individuals should be aware that the training schedule may not fit in to programmed meal times.

6. **Travel.** Personnel are authorised under JSP754 Ch4 Section 8 to claim travel via JPA, if attending the RAF Triathlon AGM. Consolidated travel should be maximised if more than one person from an individual unit is attending.

TRAINING PRORAMME

7. **General Principals.** RAF Triathlon encourages participation at the 'grass roots' level and the triathletes attending the training will vary in ability, from the experienced racer to the person who merely wishes to have try. Previous training weekends have been extremely beneficial to novices, as the sharing of information has been crucial. Above all, however, the weekend will be enjoyable!

8. **Schedule.** The training schedule is shown at Annex B. Depending on availability of facilities the schedule may be subject to last minute changes.

9. **Equipment.** A recommended equipment list is shown at Annex C – triathlon necessitates owning large kit bags! Note that the running track is unserviceable; therefore, individuals should bring running equipment suitable for off road training.

10. **Important Training Points.** Some activities will be taking place outside and on public roads; therefore, all bicycles should be roadworthy and helmets should be worn when cycling. Lifeguards will be present during swim sessions and swimmers should inform the relevant coach if they are not confident in the water. It is hoped that we will be able to offer individuals under-water filming during the swim session. This is a fantastic opportunity and vital for improving stroke mechanics

AGM

11. The RAF Triathlon AGM is scheduled to be held at approximately 1600 on 17 Feb 07 in the Qaboos. The AGM comprises a presentation, review of the previous year, ratification of funding allocation and outlining the 2007 race programme. A cold buffet will be available from 1530.

LATE NOTICE CHANGES

12. Arrangements may have to be changed at short notice. Therefore, individuals are requested to check the RAF Triathlon website , www.raftri.org.uk, prior to departing for RAFC Cranwell.

Enjoy the weekend

M J Saggars
Flt Lt
RAF Tri Secretary

Annexes:

- A. RAF Triathlon Training Weekend – Attendees
- B. RAF Triathlon Training Weekend – Training Schedule
- C. RAF Triathlon Training Weekend – Equipment List