

I hope that everyone is keeping fit and well over the winter months.

Club Committee

We had our AGM in June and have retained the same committee as last season. Our committee is:

President: Pat McMillan  
Vice President: Lea McMillan  
Treasurer: Dave Robins  
Secretary: Deb McMillan  
Committee: Kathy Gwynne, Pete Haynes

Membership

There will be a change in the way that Memberships are undertaken this season.

The bottom line is that you will not be able to race unless you are a member of Tri Australia.

The benefits of this are as follows:

- Personal accident insurance for members for races and also training for a twelve months period (July 1<sup>st</sup> to June 30<sup>th</sup>).
- You won't need to complete forms on race day which will save you time.
- You will be able to join and pay race fees on line which mean you won't have to bring cash to the race.
- You will save on fees if you choose to compete in races elsewhere.
- You can choose to have a one day membership up to a maximum of two days. If you race after that you will need to join Tri Australia. The one day fees already paid come off the total membership fees.

Tri Australia Membership fees are as follows:

Membership Fee:	\$120.00
Family Membership:	\$280.00
12-16 year olds:	\$ 60.00
Under 12 year olds:	\$ 30.00

One Day Membership:                      \$ 5.00

Our club fees and race day fees will remain the same.

### Training

Some of you may know Siobhan McCarthy as a sports journalist with the Armidale Express. She is also a qualified Tri Coach with extensive experience in Triathlons including representing Australia in the ITU world series.

Siobhan has kindly offered her services as a coach to the club free of charge.

Training sessions will start at 3.00 Saturday 27<sup>th</sup> July at TAS.

Look forward to seeing you soon.

Pete Haynes