



Members Handbook

Last revision date: 16 June 2022



Contents

1. Chairman's Introduction	3
2. Club Committee Members and Contact Information	4
4. Coaching	7
5. Club Kit	12
6. Retailers and Service Providers Offering Discount	14
7. Important Documents	18



1. Chairman's Introduction

Welcome!

For those who have recently joined Tri2O, welcome to the club! We hope that you'll get everything you expected from a triathlon club and more, whether you're a seasoned triathlete looking for medals, or a first-timer just contemplating entering a triathlon, or in fact anything in between. We also welcome members who want to participate in other multisport events involving swimming, cycling or running

For those who are renewing their membership, we thought we'd take the opportunity to remind you of some of the great benefits that come with being a member.

We are a friendly and inclusive club that prides itself on providing training opportunities and advice to athletes of all abilities - we are keen to ensure that nobody feels excluded. There is a strong social element to the club, particularly through the group bike rides, weekly runs and coached swim sessions, but also with nights out. We also have club championship events to encourage members to race together and get to know each other. We hope you'll make some good friends and find new training buddies.

A newsletter is posted on our website and a link sent out by email every 8 weeks, with news of upcoming events and links to race reports written by members. We also have a closed Tri2O group on Facebook and would encourage you to request membership of this group, which functions as a forum, a popular site for posting details of club events such as bike rides and swim sessions, and is an opportunity for some general banter, information exchange and photo sharing. You can find our race calendar which lists our club events and other events members are planning to participate in under 'announcements' on our Facebook page. Our website contains information about club championship races such as the winter running competition and the club triathlon championship races.

This member pack contains:

- Club Committee members' contact details
- Top Ten Triathlon Tips
- Training schedule
- Club kit
- Benefits of membership

If you are a member of British Triathlon you can use your membership card as ID to obtain discounts with our local partners (see Section 6) provided that Tri2O is stated as your Club on your card. If you would like Tri2O membership card please visit the <https://tri2o.teamapp.com/store> to create your membership card. Please contact membership@tri2o.club if you need assistance with your membership card.

Good luck for the upcoming season, we look forward to seeing you and hope you have fun and achieve all your goals!

Mike Nash, Tri2O Club Chairman, and the rest of the Tri2O Committee

2. Club Committee Members and Contact Information

Main committee			
Club Chairman	Mike Nash	chairman@tri2o.club	07919 555555
Club Secretary	Sally Waterman	secretary@tri2o.club	07721 494496
Head Coach	Georgia Jackson	coaching@tri2o.club	07970 646713
Treasurer	Stuart Jay	treasurer@tri2o.club	07841 666087
Social Secretary	Tasha Skidmore	social@tri2o.club	07912 204369
Communications Officer	Sunil Fernandes	info@tri2o.club	07773 889355
Club Captain	Neil Harris	clubcaptain@tri2o.club	
COVID-19 Officer	Zoe Hawkins	C19officer@tri2o.club	
Communications committee			
Communications Officer	Sunil Fernandes	info@tri2o.club	07773 889355
Kit Secretary	Heather Phillips	kit@tri2o.club	
Membership Secretary	Nicky Rumsey	membership@tri2o.club	07941 345565
Webmaster	Sunil Fernandes	webmaster@tri2o.club	07773 889355
Coaching committee			
Head Coach	Georgia Jackson	coaching@tri2o.club	
Activities Coordinator	Susan Martin	workshop@tri2o.club	07425 605039
Bike Officer	Clare Fox	bike@tri2o.club	07931 652379
Swim Officer	Susan Martin	swim@tri2o.club	07425 605039
Run Officer	Edwina McDowall	run@tri2o.club	07713 330190
Welfare Officer	Zoe Hawkins	welfare@tri2o.club	
Reading Triathlon committee			
Race Director	Pete Gough	events@tri2o.club	
Deputy Race Director	VACANT	events@tri2o.club	
Team Coordinator	Georgia Jackson	events@tri2o.club	
Team Coordinator	Jamie Shillam	events@tri2o.club	
Marketing Coordinator	Neil Harris	events@tri2o.club	

Email, website and social media

Club general email:	info@tri2o.club
Web page:	www.tri2o.club/
Members only area:	https://www.tri2o.club/members-area/
Facebook group:	www.facebook.com/groups/tri2otriathlonclub/ (Request to join)
Facebook page (public):	https://www.facebook.com/tri2oClub/
Stack TeamApp:	https://tri2o.teamapp.com/ (Request to join)
Strava:	https://www.strava.com/clubs/Tri2Oclub (Request to join)
Twitter:	twitter.com/tri2oclub (#Tri2oClub)
Instagram:	@tri2oClub

3. Head Coach's Top Triathlon Tips

General

- Train for all three disciplines wearing all your race kit at least once
- Experiment with different nutrition strategies and don't try anything new on race day
- Tailor your training to your 'A race' – type of open water, flat or hilly bike and run course
- On multi-lap courses know how many laps you need to do and decide how to count them
- Write down your goals for the season – make them realistic and within your control, and don't just choose target times – think about process goals too
- Always have a race plan: visualise every stage of race day, write it down, and think about the things that might go wrong and how you will deal with them
- Think about what you enjoy, why you're doing it, and make sure your race choices, training and goals reflect this – life is short and for most of us this is a hobby that is supposed to make our lives better!

Swim

- Consider all aspects of swim training: technique, open water skills and general swim fitness
- Having a coach watch you swim can be invaluable for providing specific advice regarding your swim technique – our club sessions are a fantastic opportunity for this whilst training
- Practise different sighting techniques in the pool and in open water to find what works best for you
- Wear goggles under your swim cap to prevent them being knocked off in a race
- To ease wetsuit removal:
 - Moisturise ankles and wrists the night before and prior to your race
 - Just before you finish the swim pull your neck seal to allow water to flood your wetsuit
- Practise drafting behind and alongside swimmers that are slightly faster than you, but don't have a race plan that is dependent on this; swim your own swim!

Bike

- If you're not very good at hills, or don't like them, then do more! Hill training is fantastic for improving strength and fitness (depending on how long/short/steep/shallow/fast/steady the hills are!), resilience and bike handling
- Practise mounting and dismounting your bike in your race kit, a lot
- Carry a puncture repair kit or tyre sealant so you can fix a puncture during a race
- In training do a short run off the bike or turbo every week to get used to the "jelly-legs"
- The most common mistake people make on the bike is to go too hard and sabotage their run – practise your pacing, and work out how hard you can go for your race distance and still run well off the bike
- If at all possible, ride (or failing that, drive) a recce of the bike course – familiarity will make a huge difference to your confidence, planning your pacing & nutrition (e.g. using landmarks)
- Take your bike out for a short spin the day before any race to check for any mechanical issues including tyre pressures

Run

- Hills – the same thing applies as on the bike! Take care of your knees, Achilles tendon and calves though, and make sure you are fully warmed up before you tackle hills
- Put elastic laces in your running shoes for quicker transitions
- Ensure you are familiar with the course and don't rely on spotting the signage in the race
- Practise pacing yourself finishing fast after a hard run so you can pass someone in the finishing chute
- In the same vein as "nothing new on race day", think about whether you will wear socks, change socks, or use talcum powder, and practise!

Transition

- Have a list of what you need in transition and check it before you leave your allocated space
- Walk the swim-in, bike out and in, and run out routes, multiple times prior to the race start
- Don't put a box or bag under your back wheel where it could impede removal of your bike
- Put your bike helmet on the ground rather than your handlebars if it's very windy
- Practise T1 and T2 frequently and think about what you would do if something goes wrong

Don't forget ... !

- Support your swim/bike/run training with strength and mobility consistently all year round e.g. functional strength exercises, weight training, yoga, pilates, and kettlebells, to name but a few options!
- Get the foundations right: a good healthy balanced diet with plenty of unprocessed food, fruit and veg, consistent good quality sleep (don't skimp on this to train), recovery practises like foam rolling, stretching and sports massage
- Without good health and strength, you risk injury and are not enabling your body to best absorb and adapt to the load of training

Finally, have fun! Smiling and thanking the marshals and supporters can give you a real lift when you're flagging!



4. Coaching

4.1 Coaches

As a club we are lucky to have some fantastic coaches who give up their spare time to help with your training, offer advice and give general encouragement. The following club members are qualified triathlon coaches at Levels 1, 2 or 2-Diploma, or 3:

Head Coach – Georgia Jackson

Regular swim coaches

- Georgia Jackson (Level 2 Diploma)
- Jennie Jones (Level 3)

Additional swim coaches

- Sean Stewart (Level 2)
- Justin Watkins (Level 2)

We have three coached swimming sessions each week. There is also a coach-led run once a week.

4.2 Swimming

The coached swim sessions are a great way to get feedback on your technique as well as to train in a group environment. You must be able to swim 200m front crawl without stopping (8 lengths of a standard 25m pool) to access the club coached swim sessions – it doesn't matter how slowly though! If you are not confident that you can do this, you really won't get the most benefit from the sessions as our coaches are unable to give the 1-2-1 input required for beginners within a large group setting. In this case, we recommend that you first attend swimming lessons that are specifically designed for beginners or those learning to swim. If you need help in identifying local providers, or further advice as to whether the sessions are suitable for you, please contact our Head Coach.

Each session cost £7 on a weekly basis, or you can buy a training card from the coach for £67.50 which pays for ten sessions. The swim sessions are listed below.

You will need to book each swim session you want to attend in [Stack Team App](#). To do this for the first time you will need download the Stack Team App on your device and make a request to join the Club's Team App group: <https://tri2o.teamapp.com/>. When you book into a swim session you will be asked to answer some questions, including whether you can swim 100m without stopping. Each session is opened for booking immediately after the current week's session has taken place. Some sessions reach the maximum number of swimmers very quickly so if you don't want to miss out you will need to book as early as possible.

Monday 21:00 - 22:00

Crosfields School

Shinfield Rd

Reading RG2 9BL

<https://www.crosfields.com/>

Wednesday 06:30 - 7:30

Willink Leisure Centre

Hollybush Lane

Burghfield Common RG7 3XP

<http://www.leisurecentre.com/willink-leisure-centre>

Friday 05:55 - 06:55

Bradfield College Sports Complex

Bradfield

Reading RG7 6BZ

<http://bradfieldsportscomplex.co.uk/>

4.3 Running

The club provides two different run sessions for members.

4.3.1 Coached run session - TUESDAY EVENINGS

Running is a skill, just like swimming or cycling, that we can develop and improve. Of the three triathlon disciplines, running is by far associated with the greatest number of injuries. By improving your running form, you can run more efficiently and potentially reduce your risk of injuries. With a coach watching over your technique, you can receive feedback and make changes. Hitting those hard intervals can be tough when you're running solo, so joining a group can really help you dig that bit deeper and stay motivated.

What is the session?

The session is fully structured and coached by our Head Coach, Georgia Jackson. There will be a clear goal, and the sessions will include mobility, activations, dynamic warm-up, drills/technique work, and a main set in the form of intervals that may include hills, off road, sprints, pacing development, and a variety of intensities, finishing off with a cool down and stretching. Georgia will be working with Edwina behind the scenes to ensure that the sessions complement each other, and they will as much as possible be periodised, i.e. change in nature depending on where we are in the triathlon season.

When and where?

The time and location of the coached run sessions is below. Please look at Facebook for posts about the session because if less than three people are signed-up for a session it may be cancelled at short notice.

Tuesdays 18:30 - 19:30

Prospect Park

Liebenrood Rd

Reading RG30 2ND

Meet in the central car park (<https://goo.gl/maps/n4NrGEKFLycDarF76>)

Who?

All abilities and speeds will be catered for; the structure of the sessions will be specifically planned to encourage the widest range of runners and ensure accessibility and benefits to all.

How?

Members will need to book in advance on Stack Team App to ensure the coach has emergency contact details etc. of all attendees (see details in Section 4.2). The cost is £4 per session paid through Stack Team App. All you need is what you wear for running in (and perhaps some water)! We'd advise high visibility clothing and possibly a head torch if you have one, for the initial weeks where it is dark.

4.3.2 Virtual Run Club – THURSDAY EVENINGS

Our Run Officer, Edwina McDowall, who is one of our coaches, also provides occasional virtual 6-week run training programmes with weekly feedback to the group of participants. This run training programme will be held once or twice a year. If you want to know when these sessions are contact Edwina via run@tri2o.club.

4.4 Cycling

4.4.1 Weekend rides

Weekend club rides are re-starting at the beginning of March 2022. The rides will start at the Hi5 Swim Centre (Kirton's Farm Road, RG30 3UN) at 08:00 - 09:00. Please check the Tri20 Triathlon Club members-only Facebook group for specific dates and times. The aim is to have a range of speed groups. There will always be a social non-drop ride, generally with a coffee/cake stop.

We are always looking for ride leaders (no special talents or training required!) so do get in touch with Clare Fox our bike officer at bike@tri20.club if you are interested in leading a ride, or to find out more in general about the cycling that the club gets involved in.

In addition to club organised rides, members often post their own rides in the members-only Facebook group and ask if any club members want to join them. The location for the start of the ride, start time, approximate duration, speed and, usually, the route, are posted by the ride leader. There is often a coffee and cake (optional) stop en route! If you plan to join someone on their ride let them know.

If you have not ridden in a group before British Cycling have a guide to group riding which can be found here: <https://www.britishcycling.org.uk/knowledge/article/izn20121221-group-ride-0>

You can just turn up for a ride but please note the following basic requirements for club rides:

- ID and Emergency contact details must be carried
- Mobile phone (with group leader's number)
- Spare inner tube, pump/CO2, puncture repair kit
- Check brakes are working
- Front and rear lights
- Appropriate clothing for the weather – Club kit would be great but is not essential!
- Water/energy drink

Please also read our [guidelines for group bike rides](#) on the members only page on our website.

4.4.2 Mid-week rides

In the winter months, there is usually a club Zwift meet-up on Wednesday evenings, starting at 18:30, led by our Club Captain, Neil Harris. The format varies from week to week. Details are posted in the members-only Facebook group with instructions on how to join. It's a good opportunity to "meet up" with other club members and engage in a little healthy competition if you so wish!

Once the clocks go forward in the Spring and we have more evening light, the Wednesday evening Zwift ride will switch to an outdoor ride, led by Neil. The rides start in Twyford and will be about 40km. Details of the exact locations and timing will again be shared in the members-only Facebook group.

Come Spring, it's **Time Trial** (TT) season, and all the local cycling clubs host weekly time trials in the local area; most are 10 miles but longer distances are also organised (25, 50 or 100 miles). They are an excellent way to practise race-pace cycling or just push yourself harder than you would on your own. Entry fees are low (less than £5) and they are really good fun. You don't need a time-trial bike, and in fact there are some events in which TT bikes are not allowed. Our bike officer will be putting together a programme of local TTs that club members will be specifically encouraged to attend, with the security of knowing other Tri20 members will be there to show them the ropes and for some team solidarity!



4.43 Other regular club rides

We have two key rides that take place every year, at roughly the same sort of time each year. These are a great opportunity to meet lots of other club members and ride together. The rides will have groups of different speeds leaving at different times so there is the opportunity for different groups to meet up for coffee/cake or fish and chips!

Katie's Ride (March) - to commemorate Katie Henderson, a much-loved and respected club member who was tragically killed in an accident in 2015 on her way to a race. She was an exceptional athlete with a bright future ahead of her, and loved pink ... we commemorate her by riding, usually wearing something pink, around the hills of West Berkshire.

Fish 'n' Chip Ride (June) - usually around the time of the Summer Solstice we take a Saturday to ride down to Hayling Island for fish and chips on the beach! It's about 84 km (52 miles), and some people lift share to drive back, others make elaborate train plans, and some ride back home again! It's a lot of fun, and of course there's a coffee/cake stop on the way down.

4.5 Strength & Conditioning

One of our coaches, Jennie Jones, delivers a strength and conditioning programme specifically designed for endurance/multisport athletes. The programme is a combination of in-person and virtual sessions..

Most of us probably know we should be doing strength work, but many of us find it hard to commit to it consistently, or don't know exactly what we should be doing. Strength and conditioning for endurance sports is different to normal weight training or circuit training, because in triathlon we have to swim, bike and run; we cannot do this if we suffer from the DOMS (Delayed Onset Muscle Soreness) that "training to failure" or a beasting that non-specific fitness or strength sessions can cause. These sessions will focus on mobility, posture and strengthening the weaker areas needed to swim, bike and run more efficiently, with more strength and power, and with a reduced risk of injury.

What is the session?

Jennie will deliver progressive sessions with body weight exercises and some band work incorporating corrective mobility and strength, making sure everyone's form & technique is correct as this is very important. There will be variations to suit all abilities as some will be less mobile in areas than others.

Jennie's programme starts with anatomical adaptation to get the muscles used to the movement patterns and progresses from there to hypertrophy (an increase and growth of muscle cells), where you gradually increase reps. This will reinforce your ability to perform the movements with good form for longer. The progressions after this will be for maximum strength and maintenance.

When and where?

Online via Microsoft Teams or in-person (check when booking on Stack Team App)

Mondays 18:00 - 19:00

Location of in-person sessions:

Beenham Victory Hall

Beenham

Reading RG7 5NN

<https://goo.gl/maps/wJh3Qpnuh5qiSu3F8>



Who?

Suitable for all abilities and levels: modifications will be provided. Let Jennie know if you have any injuries or limitations.

How?

Members will need to book in advance on Stack Team App to ensure the coach has emergency contact details etc. of all attendees (see details in Section 4.2). The cost is £4 per session paid through TeamApp. You will need an exercise mat, a foam roller ideally, and some resistance bands/cords, e.g. any of these:

https://www.amazon.co.uk/dp/B078XCK6SF/ref=cm_sw_r_apan_glt_i_dl_VDC4N849SRJTN5EVX905

https://www.amazon.co.uk/dp/B08FTF7L9K/ref=cm_sw_r_apan_glt_i_1187NWZF8KJQX7Q37TT8

https://www.amazon.co.uk/dp/B00QBLS914/ref=cm_sw_r_apan_glt_i_JFE97TASP8JA630BT89S

5. Club Kit

It's always nice to feel part of a team and even better to get a few extra cheers when racing and what better way than wearing your club's colours. Club kit and hoodies are available only during a kit order window, we will announce via Facebook and email when these are open.

5.1 Tri, bike and run kit

Champion Systems is our current kit supplier and kit orders are placed several times a year. To order kit, please follow the link in the Facebook/email announcement. This will take you to the Tri20 pages of Champions on-line shop where you can place your order. Once the order window is closed it takes about 4 weeks for the kit to be manufactured and sent to the club kit secretary who then arranges to distribute it to members.



5.2 Hoodies and beanies

The legendary Tri20 orange hoodies are super warm and great for locating your friends at events. There is also an alternative black option with orange lined hood and cord. They are supplied and printed by Blade printing and are available at the following prices for adult sizes.

- Orange hoodie with a small, printed logo on front and large on back - £25.50
- Black hoodie with contrast orange hood and cord, with small printed logo on front and large on back - £28

Adult sizes are small 36", medium 40", large 44", Xlarge 48" and XXLlarge 52"

Children's hoodies come in orange or black with printed logo front and back for £18 or black with grey hood with printed logo front and back for £20.

Children's sizes available are 1/2 24", 3/4 26", 5/6 28", 7/8 30", 9/11 32" and 12/13 34".




Beanies are £11 and can be ordered at the same time as hoodies.



Email the Kit Secretary at kit@tri2o.club if you are interested in buying a buff.






6. Retailers and Service Providers Offering Discount

We have negotiated some discounts for Tri2O members with the local businesses listed below. Just let them know you are a member of Tri2O before you pay (you may need to show your Tri2O membership card or BTF card which shows you are a member of Tri2O) and you should be offered a discount. If you are not offered a discount, please let the Club know by sending an email to: communications@tri2o.club.

	<p>http://www.athleteservice.com/</p> <p>Location: The Oast House, Greys Road Car Park, Henley-on-Thames RG9 2AA</p> <p>Tel: 01491 598089</p> <p>10% - 20% on selected kit, technique analysis, endless pool, bike servicing and fittings</p>
	<p>http://www.awcycles.co.uk/</p> <p>Location: 110 Henley Road, Caversham RG4 6DH</p> <p>Tel: 0118 946 3050</p> <p>10% discount on non-bike items & 5% on bikes</p>
	<p>http://www.banjocycles.com</p> <p>Location: Unit 4&5, Norman House, Hambridge Road, Newbury RG14 5XA</p> <p>Tel: 01635 43186</p> <p>10% discount</p>
	<p>http://www.barnesfitness.co.uk/</p> <p>Tel: 07872 805883</p> <p>10% discount on all event entries Discount code: Tri2o10</p> <p>ellie@barnesfitness.co.uk</p>
	<p>https://broomwagoncycletours.co.uk/</p> <p>Discount 20% for transport to and from airport with bikes. Minimum of 3 people.</p> <p>Contact: Mark Griffiths on 07940 187925 or mark@broomwagoncycletours.co.uk</p>

	<p>https://www.cavershamlakes.co.uk/open-water-swimming/</p> <p>Location: Henley Road, Caversham, Reading RG4 9RA</p> <p>Tri20 is registered as affiliated club. Club members can book an open water swim for £4.50 instead of the standard £6. When booking select the 'Open Water Swimming (Club Members)' option.</p> <p>Provide proof of membership at reception on arrival</p>
	<p>15% discount in Cotswold Outdoor, Runners Need & Snow+Rock in store and online. Sign-up to Explore More benefits scheme (free) to get the discount:</p> <p>https://www.cotswoldoutdoor.com/explore-more-benefits.html</p> <p>Discount flyer available at the end of this Handbook</p>
	<p>http://drummondclinic.co.uk/</p> <p>Location: Monza House, Vanwall Road, Vanwall Business Park, Maidenhead SL6 4UB</p> <p>Tel: 01628 639 532</p> <p>10% discount on initial physiotherapy consultations (one per injury) or gait assessments</p>
	<p>www.highfive.co.uk</p> <p>High5 club discount. Code for Tri20 club members, friends, and family to use: H5#TRI20TC</p>
 <p>H2O Open Water Swimming at Reading Lake and Hi5 at Beale Park</p>	<p>https://hi5ski.co.uk/open-water-swimming/</p> <p>https://www.facebook.com/H20swim/</p> <p>https://kscan.co/club/tri20-triathlon-club</p> <p>Club members will need to join NOWCA and book swims on the ACTIO app. Tri20 members can book a swim for £5 rather than £7. To do this you will need to log in to your NOWCA account and find Tri20 in the Club Listings and say you are a member. Once this has been verified by Tri20 you will receive an email to say that you can book swims at the reduced price.</p>

	<p>http://www.mountain-trax.com/</p> <p>Location: 1 Barkham Grange, Barkham Street, Barkham RG40 4PJ</p> <p>Tel: 0118 976 1130</p> <p>Free pre-event bike check (book bike in) & uplifted reward points for instore and online purchases</p>
	<p>https://mstevents.co.uk/</p> <p>Tel: 07917 666 888</p> <p>10% discount on race entries from 01-Jan-22. Discount code: Tri2O10</p>
	<p>https://www.racinglinerrunning.co.uk/</p> <p>Discount code will be made available for most races</p> <p>20% discount for club members. Discount code: RLR20CLUB.</p> <p>If the code does not work please email info@tri2o.club</p>
	<p>https://pedalcover.co.uk/</p> <p>Tel: 0800 121 4424</p> <p>10% discount on any Pedal Cover home and bike insurance. Use this link: https://pedalcover.co.uk/?ref=tri20triathlonclub</p>
	<p>15% discount in Runners Need, Cotswold Outdoor & Snow+Rock in store and online. Sign-up to Explore More benefits scheme (free) to get the discount: https://www.cotswoldoutdoor.com/explore-more-benefits.html</p> <p>Discount flyer available at the end of this Handbook</p>
	<p>https://runnersretreat.co.uk/</p> <p>Location: 33, West St, Marlow SL7 2LS</p> <p>Tel: 01628 471322</p> <p>10% discount on full price items</p>
	<p>https://www.runningreborn.co.uk/</p> <p>shane.benzie@runningreborn.co.uk</p> <p>Tel: 07831 755007</p> <p>15% discount</p>

	<p>15% discount in Snow+Rock, Runners Need & Cotswold Outdoor in store and online. Sign-up to Explore More benefits scheme (free) to get the discount: https://www.cotswoldoutdoor.com/explore-more-benefits.html</p> <p>Discount flyer available at the end of this Handbook</p>
	<p>http://www.specializedconceptstore.co.uk/newbury-store/</p> <p>Location: Unit 3&7, Norman House, Hambridge Road, Newbury RG14 5XA</p> <p>Tel: 01635 33736</p> <p>10% discount on Newbury Concept Store purchases</p>
	<p>https://upandrinning.co.uk/pages/up-running-reading</p> <p>Location: 96 Broad St, Reading RG1 2AP</p> <p>10% discount</p>



7. Important Documents

Please take the time to read the following important documents relating to your triathlon club - as a club member you are expected to abide by the Members' Code of Conduct and Club Rules. These documents also contain useful information about how to get the most out of your club.

Tri20 Triathlon Club documents can be found on the club's website at the link below:

<https://www.tri2o.club/members-area/>

Discount at Runners Need, Cotswold Outdoor and Snow+Rock

runnersneed
the running specialists

15% discount
for members of Tri2o

How to claim:
Please present this flyer in-store or enter code
AF-TRI-M1

Full T&Cs apply. Not to be used in conjunction with any other offer or discount. Selected lines are exempt. Excludes electronics. Partnership discount is only valid for Explore More members upon production of this flyer or use of valid discount code online. Offer expires 31.12.22



You can also use your discount with:

