



# East Fife Triathlon Club

25 Years and Going Strong

1996 – 2021

*A time line of club development*

Compiled by: Alasdair Hood



# INTRODUCTION

Triathlon (a race consisting of swimming, cycling and running) started as a discipline in the 1970s; other variants such as duathlon (run, cycle, run) and aqua-bike (swim and cycle) have since been developed. These multi-sport races come under the umbrella of triathlon governed by the International Triathlon Union (ITU) and national governing bodies (in Scotland, this is Triathlon Scotland). This pamphlet documents the history of a local triathlon club, East Fife Tri Club (EFTC).

EFTC is a long-standing (in triathlon terms) club founded in 1996 by a group of local athletes. Fiona Lothian, who a year earlier won the ITU world duathlon series, was key mover in starting the club; Fiona, a member of the triathlon hall of fame, has made a huge contribution to triathlon and EFTC. Founding members still active in the club include current chair Alasdair Hood and Louise Burt; both are club coaches. The junior club, established in 2016 by Elise Methven, has fast become one of the top junior clubs in Scotland.

In presenting this booklet it must be recognised not every event in the clubs history or every person has had a mention as we have just forgotten. If in reading this you have a story to tell please feel free to pass it on to the club.



It is great to see what started out from the enthusiasm of a small number of individuals evolve into a strong club. East Fife Triathlon Club has been welcoming to 'newbies' introducing them to the sport as well as providing support for those individuals who want to progress further. Whether that is completing long distance events or representing Great Britain at age-group level.

The introduction of the Junior section and its subsequent growth has been fantastic to see. The gender balance and age demographics demonstrate that East Fife is a truly inclusive club.

I would like to wish East Fife Triathlon Club all the best for the next 25 years, and hope as we come out of the COVID pandemic the activities planned for the anniversary can take place.

**Louise Wright**  
Interim CEO Triathlon Scotland



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# CONCEPTION OF EFTC

In May 1995, East Fife Sports Council (EFSC) received grant applications from Fiona Lothian, and brothers Roger Clark and Stephen Clark to help them meet costs of travel and accommodation when competing in national and international events. EFSC is pleased to support talented athletes and coaches but asks for a form of "pay back" in terms of coaching/assisting in relevant local events and developments. Fiona, Roger and Stephen agreed to these conditions and were given grant assistance to set up a local event - this was the beginning of the first Cupar Triathlon. All three were on the organising committee with the main instigators of the event being Jackie Taylor and Bruce Crawford. The race took place in April 1996 at Cupar Sports Centre. The

event was a success and EFSC felt they had a good return on their "investment". Afterwards, twenty people from the East Fife area expressed an interest in being involved in a local club and so, with agreement from Fife Council and guidance from the manager at East Sands Leisure Centre (ESLC), St Andrews, a trial swim session was arranged at ESLC. Within a couple of months, numbers had swelled to over fifty and, in September 1996, the East Fife Tri Club became official.

Bruce Crawford (East Fife Sports Development Officer) was also on the triathlon organising committee and worked hard to establish the club. Bruce moved to Edinburgh to work for the Scottish National Ski Council. (From the first club newsletter)



The first club logo above, was designed by a Brian Malloch, a student at Elmwood College, Cupar, and studying design. This design was used on club kit for many years (see later).

# OVERVIEW OF KEY DATES

- 1996** April First Cupar Triathlon. Key people include Fiona Lothian and Jackie Taylor
- 1996** September Club formally set up with assistance from East Fife sports development officer.
- 2001** April East Fife Triathlon not run due to foot and mouth
- 2006** Moved from East Sands to Cupar pool as club membership expands; ESLC pool has 4 lanes and Cupar SC had five and so more members could be accommodated in the swim session.
- 2014** East Fife Triathlon moved to ESLC and converted to a duathlon due to work on swimming pool
- 2015** Junior section set up. Key person Elise Methven
- 2016** Club sessions expand to be take place at both Cupar SC and ESLC
- 2018** Club grand prix and Club championships introduced
- 2020** March Covid 19 virus stops all normal club training and moves to online training.
- 2021** September – Club celebrates its 25th year since constituted and its 24th East Fife Triathlon??

# THE EAST FIFE TRIATHLON

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**As mentioned above, Fiona Lothian, Roger and Stephen Clark were asked to give some kind of payback for the funding they had received to help them represent Scotland in triathlon races and so, between them, they sowed the seed of the Cupar Triathlon. All three were on the organising committee and the race took place in April 1996. It was based at Cupar Sports Centre with refreshments and prize giving in the dining room of Elmwood College. It included a sprint-distance triathlon and a duathlon; in the triathlon, Stephen Clark was the overall male winner and Louise Burt was the first female winner.**

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The Cupar Triathlon (now called the East Fife Triathlon) has been organised by EFTC since 1997 and is an important event in the clubs development; many members have joined because of the race and it helps keep the club financially secure. It has become an annual fixture in the TS race calendar; originally, it was the first race of the year in Scotland's race calendar but, as the number of events expanded, it is now no longer the first race.

A major sponsor of the first event was Quaker Oats (Uthrogle Mills, Cupar) and all participants received a box of porridge oats. Quaker Oats sponsored the event for several years and provide oats (in some

form). Teams from Quaker Oats took part in the event (one swimmer, one cyclist and one runner) and after a few years of being in a team, the Managing Director took part in the novice event. The race has continued to enjoy sponsorship from many generous local companies including- Tesco's Cupar, Rollos, Hardys, Fife property Centre, Two Wheel Care. There have no doubt been others and we thank all.

The duathlon has not been repeated since that first event (see below) but an aquathlon was held in? at ESLC. The triathlon has been held 23? times over the last 25 years, one race being lost to a foot and mouth outbreak in 2001 and one in 2020 due to the pandemic caused by Covid-19.

In 2001 or 2002, at the request of Fiona Lothian from TS an 'elite' wave was included – this was for members of the Scottish junior squad to prepare for the GB Junior team selection race The swimmers wore wetsuits and has been the only time that 'drafting'<sup>2</sup> in the cycle leg has been allowed.

The route of the original cycle course changed in 2012 (possibly) as after a very bad winter the road leading down to Easter Fernie Cottages was in a very poor

<sup>2</sup> Cycling close behind another cyclist to gain an advantage. It is only allowed in elite races.

condition. Race officials agree with the authorities that the route could take part of the A92 in. A few years later the original run route also changed and took the athletes through Carslogie Farm.

The race requires the dedication of a volunteer race director whose first job is to gather together an organising team. Over the years many members have been involved on the race committee. One of the club rules is that all members where possible must be willing to help with some aspect of the race on race day. If they choose to race they must organise a person to help in their place.

It is the race that brings in the income that the club depends on to see it cover all its costs over the year.

The second race organiser was Andy Tero who was director for several years. Following Andy, Alasdair Hood took the task on and many others have followed over the years. The 2020 race director was Sally Newman-Carter who had the difficult job of having to cancel the race due to the Covid Pandemic. Sally is the organiser for the 2021 East Fife Triathlon.

A new triathlon, The Lomond Hills Adventure Triathlon was developed by Alasdair Hood with input from others and the inaugural race was to take place on the 2nd July 2020. It had to be cancelled due to the pandemic. It is scheduled to run for the first time on the 1st July 2021.



*An article that appeared in 'The Citizen' following the success of the first triathlon in 1996*

# THE CURRENT CLUB

This consists of two sections, the adult section and the junior section. Both sections are thriving.

Membership Statistics for the year 2019/2020 were analysed by Louise Burt and has been presented in some tables showing our membership make up.

## Adult section

Numbers in each age group by gender.

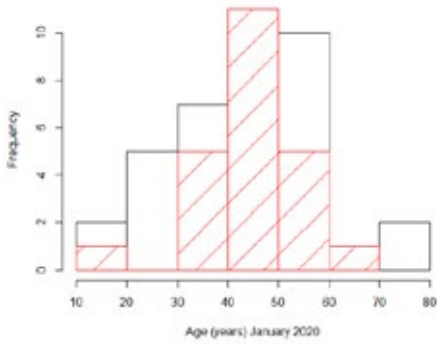
Gender	Age category						Total
	Junior	Senior	Veteran	Super veteran	Vintage	Super vintage	
Female	1	12	11	10	2	2	38
Male	1	3	10	7	2	0	23
Total	2	15	21	17	4	2	61

Gender	Frequency	Percentage
Female	38	62
Male	23	38
Total	61	100

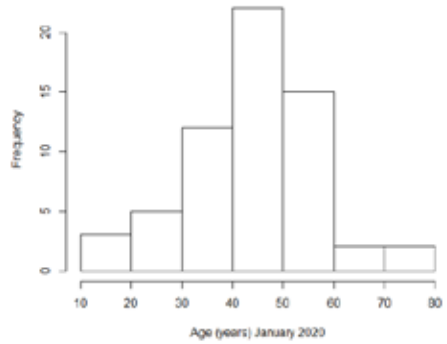
Age category	Frequency	Percentage
Junior	2	3
Senior	15	25
Veteran	21	34
Super veteran	17	28
Vintage	4	7
Super vintage	2	3
Total	61	100



Distribution of all ages on 1 January 2020.



Distribution of ages on 1 January 2020 by gender: females (black) and males (red).

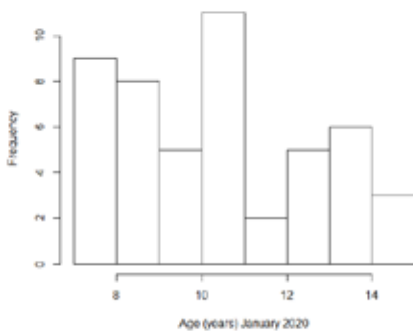


### Junior section

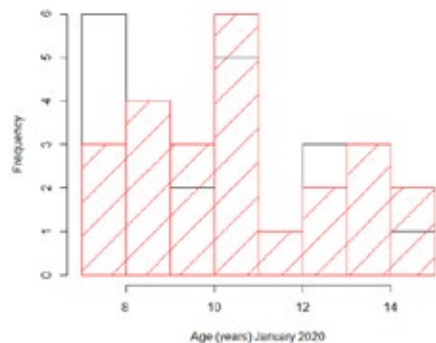
Numbers in each age group by gender.

Gender	Age category					Total
	Tristarts	Tristar 1	Tristar 2	Tristar 3	Youth	
Female	2	8	7	4	4	25
Male	2	5	9	3	5	24
<b>Total</b>	<b>4</b>	<b>13</b>	<b>16</b>	<b>7</b>	<b>9</b>	<b>49</b>

Distribution of all ages on 1 January 2020.



Distribution of ages on 1 January 2020 by gender: female (black) and male (red).



## Office holders

All clubs rely on members being willing to take on certain roles within the club. EFTC has benefited from members who over the years have taken on committee and coaching roles.

## Club committee

The club has been fortunate to have enthusiastic and hardworking committees over the years. The term of office runs for one year from the AGM (usually in September or October). The following is a list of the club chairs who have steered the club through many changes. There will be others!

Name	Year
Andy Tero	1996 – 2001?
Iain Strachan	2004-2007?
Alasdair Hood	2007-2009
Tone Brennan	2010
Steve Moffatt	2011-13
Alan Palmer	
David McCallum	
Rebecca Trengove	2015
Clara Anderson	2016
Jamie MacDonald	2016
David Reeves	2018
Alasdair Hood	2019 - present

**Clara Anderson**



**Tone Brennan**



## Coaches

From the clubs inception, members were encouraged to gain coaching qualifications. At the founding meeting a key decision was taken that all coaches were to be paid the standard Triathlon Scotland hourly rate for coaching club sessions. This has worked very well over the last 25 years of the club; the cost of coaching courses being paid by the club and the newly qualified coach then take club sessions without payment until the fee is paid back.

### Coaches over time (H = held the position of head coach)

Louise Burt

Martin Farrally

Alasdair Hood

Fiona Lothian

Elise Methven (H)

Jamie Macdonald

Susan Moffatt (H)

Steven Moffatt (H)

Sally Newman-Carter (H)

Mary Rifkin

Vicki Stone

Ian Strachan

Jackie Taylor

Craig Trewartha

Scott Urquhart

Gavin Waterstone

Steve Clark

### Sally Newman-Carter (Head Coach)



### Elise Methven (Junior Head Coach)



# ROLE OF HONOUR

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**Members compete at all levels to fulfil their own goals; this could be completing a novice race to representing Scotland and Great Britain.**

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## National representation

Triathlon made its debut at the Olympics in 2000 and as an Olympic sport the national governing bodies are keen to support and develop talented athletes to compete at an elite level. Triathletes can also represent GB and NI as an 'age-group' athlete. The following is a list of highlights for club members.

Fiona Lothian World duathlon Silver medallist 1999, European Duathlon Silver medallist 1997  
2006 Cameron Milne, Natalie Milne and Andrew Hood are accepted for Scottish squads as juniors.

2010 Andrew Hood represents Britain as a triathlete in the first Youth Olympic Games in Singapore.

2011 Cameron Milne represented GB at the European Junior triathlon Champs

2014 Natalie Milne represented Scotland at the Glasgow 2014 Commonwealth Games in the relay

Other members have represented their country over the years at various events and include Jane Askey, Miriam Rennet, Sally Newman-Carter & others.



## Ironman achievers

Participating in an ironman-distance race is frequently thought to be the pinnacle of a triathlete's career. The following is a list (in alphabetical order) of club members who have completed an ironman-distance race.

Name	Year
Adrian Allan	2002
Andy Brierley	Several
Mary-Rose Cross	Several
Dave Holden	2018 & 2019
Alasdair Hood	2014
David McCallum	One
Tom McInnes	Several
Stephen Moffatt	Several
James Moncrieff	At least one
Sally Newman-Carter	2016 & 2017
Kirsty Sharratt	2009
Scott Urquhart	Several

Ironman distance achievers - There will be others from the past.



# CLUB KIT

One of the key things that club members wanted to achieve from a very early point was to have a feeling of belonging. One way of doing this was to ensure the club had a strong brand. Blue and yellow were chosen as the club colours. Over the years there have been various differing designs and interpretations of colours and at some point the original logo was changed to the current.

Style 1.



Style 2.



Style 3.



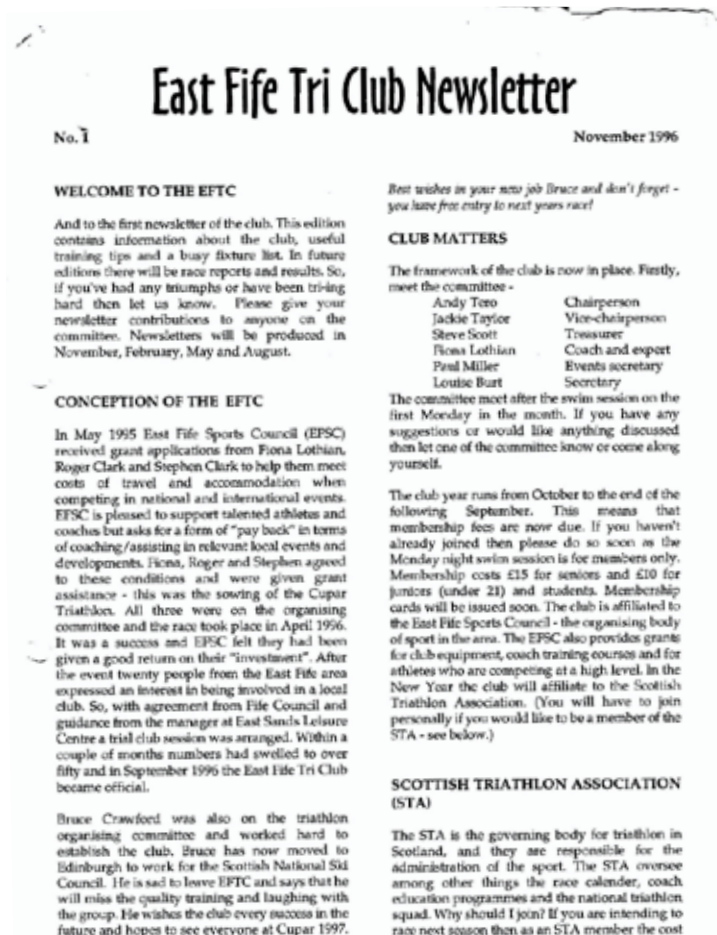
Style 4.



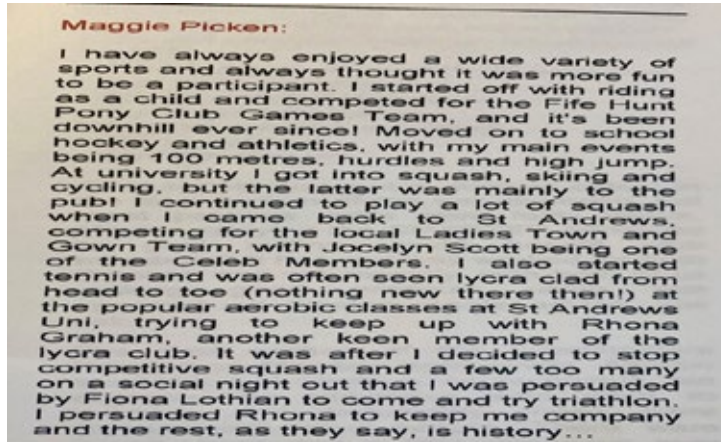
# CLUB NEWSLETTERS

From the outset, a newsletter was produced two or three times a year. It was always difficult for the editors to encourage members to write up something about any of the races they had been to! Editors included Louise Burt, Andy Tero, Brian Wallace, Kirsti Sharratt and Susan Moffatt; at some point, the newsletter stopped being printed and started to be emailed to members. The newsletters eventually disappeared as webpages and social media became more prevalent.

*The first page of newsletter no 1*



Maggie wrote this in another newsletter



A club Facebook page was started which today is an excellent way to stay in touch with club members and see who has been doing what.

From circa 2017, Craig Trewartha produced a weekly roundup via the club's face book page which is still well received. Below is an example of the text.

## August 2018

### Weekend review:

St Andrews parkrun – 6 members ran under the EFT club banner on Saturday, with a number of other members also running in a bid to pick up GP series points. Special mention for Tracey and Rebecca who both achieved PB's in the process.

Ironman Kalmar, Sweden – Miriam Rennet took on this long-distance event and battled leg cramps during the run leg to improve her IM PB by around an hour. Completing the 140.6 miles in a time of 12:35:45, Miriam placed 4th in her category and finished only an agonising 1min 24secs from a podium spot.

Manley Mere OW sprint – Kenneth Bathgate raced under the EFT club name in Cheshire at the weekend, finishing 18th in his category in a time of 1:55:07.

Aberfeldy Triathlon Festival – this festival

consisted of the Loch Tay OW sprint on Saturday followed by the Aberfeldy middle-distance triathlon on Sunday. Both races were EFT club championship counters with the 70.3 race also incorporating the Triathlon Scotland middle distance National Championships.

In the sprint event windy conditions led to squally conditions on the loch and competitors had to battle 2ft rolling waves during the 750m swim. This proved too much for nearly 30 competitors but not Gill Smith and Morag Hamilton who battled the conditions to finish in times of 1:30:05 and 1:36:29 respectively. Gill finished 4th in her age-category and picked up 106 points in the club championship, whilst Morag gained 101 points in the CC for her 7th in category finish.

On Sunday, in much calmer but very dreich conditions, a dozen EFTers took on the middle-distance race with a further 5



members combining to create 2 relay teams. Individual times, results and club champs points were:

Dave Holden 5:13:36 15th in cat 110 pts

Elise Methven 5:37:26 3rd in cat 113 pts

Neil Dolan 5:43:06 30th in cat 101 pts

Alasdair Hood 5:51:15 3rd in cat 111 pts

Adrian Wood 5:55:31 43rd in cat 97 pts

Craig Trewartha 5:57:27 44th in cat 97 pts

Neil Millar 6:00:27 46th in cat 96 pts

Alex Jarrett 6:37:06 42nd in cat 89 pts

Jim Groark 6:53:22 46th in cat 85 pts

Gary Ovenstone 6:53:37 70th in cat 83 pts

Suzanne Dolan 6:56:15 19th in cat 91 pts

Chris Wallard 7:04:33 72nd in cat 81 pts

Team Sally&Lorna finished the relay in a time of 6:33:58 for 8th in the female team category and Team Supplements (Tone B, Jackie F and David R) finished as the 20th mixed relay team in a time of 6:08:19. Ex-club member Andrew Brierley, who crammed in some swim training with us last week, finished 1st in his category in a time of 4:56:56. Whilst everyone has stories to tell from the event, whether it be smashing

their 70.3 PB time or simply completing a race distance they thought might be beyond them, special mention should be made of Elise Methven and Alasdair Hood for managing to podium in a very competitive National Championship event, Gwen Tivendale for her unfortunate DNF after a very strong aquabike effort, and Shona and Eilidh Jarrett who volunteered to help the organisers by marshalling the bike route for 6 hours in less-than-ideal conditions.

Allander junior Aquathlon – in high spirits and putting their best singing voices to the test, 12 of our EFT juniors piled onto a minibus and headed through to this event on Sunday. As always they raced well and supported each other positively to return with a great set of results – Darcy (4th), Jack (3rd), Robbie (4th), Emmy (3rd), Reilly (14th), Sam (5th), Beinn (6th), Jamie (8th), Maddy (6th), Cammy (21st), Ruby (1st) and Adam (7th). Darcy, Jamie and Ruby were also awarded “most improved” awards from the organisers for the improvement and progress they’ve made since an earlier event in March. Special thanks to Arlene Phillips and David McIntosh for dealing with the driving and chaperoning duties.

Well done EFTers, another fantastic set of results – let me know if I’ve missed anything!



## **April 2019**

A glorious Easter weekend saw EFTers out in force for some competitive fun in the sun.

Stirling sprint duathlon - Craig Trewartha was the sole EFTer to travel to this club championship event. A revised run route this year saw laps of the University campus lake being run. Finishing in a time of 1:21:41 was good enough for 3rd in cat and saw Craig collect 100 points in the club championship.

St Andrews triathlon - back on home soil it was an EFT takeover at the UoSA spring triathlon with 14 members taking part. Individual times and club championship points are shown in an image below, but the headlines include:

- Dave Holden and Elise Methven finishing first male and female overall
- Dave, Elise, Miriam Rennet and Alasdair Hood finishing first in age categories
- Vicki Stone Gwen Tivendale Rebecca Trengove and Suzanne Dolan finishing in their age category podium places.
- Vicki Stone completing her first ever triathlon.
- wonderful performances from everyone!

Club championship update - after 4 events the current leaders are Miriam Rennet and Neil Dolan.

However, it is always born in mind that not every member is on Facebook and the club need to communicate by via its web page and email.

# THE AWARDS FOR ALL PROGRAMME 2015

**In 2015 the club applied to Awards for All for a grant to help with club development. In September of that year we received a letter informing us “that we would like to make your organisation a conditional grant offer of £3,184 for the following project: East Fife Triathlon Race and Sport Development”.**

Our aim was to increase the number of local people taking regular exercise by becoming engaged with the sport of triathlon and using our annual triathlon event over the Sprint, Junior and Novice distances as their initial goal.

The project involved 8 weeks of coached sessions which were delivered by our Triathlon Scotland qualified coaches. These sessions were to be designed to encourage

people who were interested in the challenge of completing a triathlon but had never entered an event to develop the skills and fitness to enable them to do so.

This project took off with enthusiasm to the delight of the club. We still have people in the club that joined as a result of our Awards for All programme delivering the tri a triathlon training. The club was rejuvenated.



# SOME PEOPLE BEHIND THE CLUB

Here are some stories from past members, with their take on what the club meant to them.

**My name is Maggie Picken** and I am so pleased that Fiona Lothian persuaded me to come along and try out triathlon! I joined around 1997/1998 when the club was still relatively young and I was a member for nearly 10 years leaving in 2007. I was looking for a new challenge after giving up squash and I had always wanted to learn to master the crawl stroke. I also really enjoyed cycling and running so joining the triathlon club made sense. The swimming was the biggest challenge. I vividly remember on my first night of swim training not even managing to swim one complete length before sinking unceremoniously to the bottom of the pool! But with the expert tuition soon the lengths were building up. Ultimately the swimming section became the strongest part of my race which I was really proud of. I met so many fantastic people through the triathlon club who are still friends to this day... Sport is a great cohesive force. I also had fantastic fun travelling to various triathlons throughout Scotland with Rhona Graham and Andrew Wright, what a laugh we had!



I have such great memories of my days with the triathlon club.



**I am Robert Sparks** Being from a swimming/running background, I first got involved in triathlon when I participated in the East Fife aquathon held in St Andrews. I had briefly considered taking up the sport before-hand and this local staging of the event allowed me my opportunity. Despite knowing little of the sport as a whole at the time I managed to come away with the win that day and with a further motivation to compete in triathlon. Soon after this I first attended the club's swim sessions where I was able to get to know various other members of the club including Elise Methven, and other coaches, who were invaluable in helping me develop as an athlete. Soon I was entered into my first full triathlon at the Scottish Youth Championships held in Bellahouston Park in which I went on to claim a bronze medal. With this success I was encouraged by those in the club to try out for the Scottish

Foundation squad (now the Academy), of which I was a part of for 2 years gaining valuable experience, knowledge and friendship within the higher tier of competition. During this period I feel I was able to develop as an athlete under the guidance of Triathlon Scotland and their associated coaches whilst still receiving an exceptional amount of support from East Fife to help in further my athletic career, many going above and beyond, of which I am massively

grateful. After being on the squad for 2 years I made the decision to step down in order to focus on upcoming exams and also to concentrate solely on my running.

**To date my racing highlights include:**

- 3rd Scottish Youth Championships
- 2x Scottish Duathlon Champion (youth)
- 1st and 2nd at the National Sprint Championships (youth)
- 3rd/3rd/2nd/2nd at the Scottish Schools Aquathlon Championships
- 2nd Mixed Relay Championships (EFT team – Myself, Brooke, Craig, Elise)
- Top 10 finished in the British Super Series (youth)
- Scottish titles and International caps in Cross-country, Hill and Track for running

Along the way I began with Elise Methven to help in the setup of an East Fife Juniors section, in doing so I acquired my Triathlon Young Activator Award before going on to complete my UKCC level 1 coaching qualification. With this I was able to become more involved, allowing me to give something back to the club, coaching both in the adult and junior section, both of which being a joy to see how the club has developed in recent years. In doing so I have also had the honour of being awarded the Triathlon Scotland Young Volunteer of the Year award. Currently I am studying medicine at Edinburgh University but I am still involved in the sport, occasionally competing, training with the university team and still coaching with EFT where possible. On the whole it has been an honour to be part of the club and I am incredibly grateful for the opportunities it has provided me with and I am looking forward to seeing its further development in years to come.

**I am Scott Urquhart** and I joined the tri club in early 2002 (I think) having recovered from a serious knee injury. In the early days I'd say I was not proficient in swimming, running or cycling! I was overwhelmed with how the club welcomed me into their group and I never looked back.

So I went for the first couple years doing novice and sprint events, before testing myself at the Huntley Standard Tri - a pool based standard tri, the journey there and back was more arduous than the event.

From then on I never looked back. I was never the quickest, only ever competing against my watch, but I loved how you could see the progress made, race after race.

I pushed myself year on year, and found myself on the start lines of middle distant events in Estonia and Canada before testing myself at Ironman Switzerland and later at Challenge Roth in Germany. These races were the culmination of lots of hours training with like-minded loons from the club and we couldn't have done it without each other.



The club coaching sessions were great and I benefited from some experienced coaches (Martin Farrally, Iain Strachan, Susan and Stephan Moffatt to name a few). With their guidance and support I was able to progress and eventually made the decision to getting involved in Coaching.

I enjoyed putting back into the club and seeing people progress. The Try-a-Tri initiatives were great and a real highlight of my time coaching at the club. I was lucky enough to be involved with Triathlon Scotland between 2012 and 2014 in the coaching of the development squad at their base in Stirling and also the spring training camps in Spain.

I've also been lucky enough to support other club members at iconic triathlon races in Scotland and Norway and lead a team of new mountain bikers in their quest to tackle the infamous Strathpuffer.

I've made so many memories and lifelong friends have been made at East Fife Triathlon club, I could talk all day about it.



**My name is Andrew Hood** and I joined the triathlon club in 2006 when I was 14 years old. After joining, I soon met with Cameron Milne and his sister Natalie. I started an amazing journey through the triathlon world in much the same way as Cameron and Natalie. After some racing, I was spotted by Triathlon Scotland assessed and joined their youth development programme. This led me to being on an enhanced training programme and having regular training camps with the “squad” and attending races around the UK. I started to attend foreign training camps which were fantastic as, not only did I improve my triathlon skills, I started to learn to look after myself and even cook for others. As I got older, I joined the development squad and started to do races across Europe and further afield. It was exciting. I took part in several Inter regional Championships (IRC) in various parts of the UK.

I then started doing some of the Super series triathlons and won Blenheim one year. I then moved to the ITU circuit.

I was so enthused by the sport that I also look up the offer of a sports scholarship at Stirling University so I could spend my time training and racing. I even got support from the Scottish Institute of Sport for S&C, physio and sports science input to my training regime.

One of the most fantastic things I did was to get accepted by the British Olympic Association as one of the squad to take part in the first ever youth Olympic Games held in Singapore in 2010. I came 15th. I was 18 and this was an adventure not to be forgotten.

Over the years I won various Scottish youth championships and in 2013, as a senior I was Scottish Sprint Champion racing at Lochore and Scottish Standard Champion racing at Knockburn and was second at Aberfeldy middle distance. I even won the EFTC sprint that year!

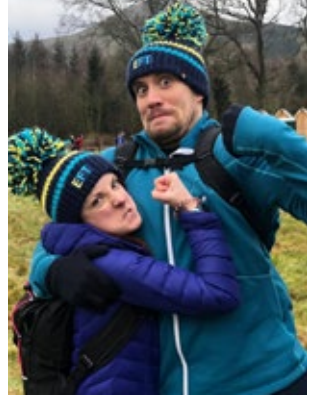
Throughout I was also Part of the Leslie Bike Shop cycle team and was always provided with

a good bike each year which saved my parents a lot of money! It also gave me a fantastic group of local cyclists to train with.

In 2014, at the age of 22 I stopped competing competitively in triathlon, however I still keep fit and regularly ride my bike when I am not out climbing.

**Our names are Paul and Vicki Stone.** Vicki says that Paul suggested we join a triathlon club towards the end of 2018 'not on your nelly!' was my polite retort. Yet here we stand as hooked triathletes! Paul has always been the 'sporty type' enjoying everything from athletics to rugby in the past. I would certainly never have previously described myself as 'sporty' but enjoyed swimming as a child and swam for a club for a few years in my teens.

The demands of work and young children meant that it had been a few years since we had tried anything new or had time for ourselves. Paul suggested joining the club to get back some fitness and to manage work stress. I needed some persuasion but after a few sessions with the club we found ourselves entering our first races! Since then the rest is history and we have found a love for the sport, made new friends, discovered the thrill of racing and the excitement of trying new challenges.



**Hi, I am Libby Smith** and I first got into triathlon from a running background. I was running at the local running club and also doing the odd bit of swimming and cycling. I did my first junior aquathlon at East Sands Leisure centre in St Andrews when I was eleven. I was motivated by how much I enjoyed the event so my sister and I joined up to East Fife Triathlon Club.

Fast forward five years and I've competed in events all across Scotland and learnt so much along the way. Being a part of the junior section has given me so many opportunities, and in the last couple of years I have also been able to attend some of the adult training sessions. The dedicated coaches taught me how to improve my performance with guidance on all aspects of triathlon. The cycling and swimming also proved to be useful cross-training for my running as I still continue to compete in running races and improve my times. More recently, I have been able to take on some coaching responsibilities within the junior section which has been a really beneficial experience for me. I now hope to complete a coaching qualification through the Tri club juniors.

In 2019, I competed in my first adult triathlon hosted by our own club in Cupar. I was elated to come away with second novice woman. Another notable event I have done is the Foxlake

triathlon last year, a short off-road triathlon near Dunbar. This was another adult triathlon and I was very chuffed to place sixth woman. This event was also filmed for the Adventure Show for TV, making it all the more inspiring and motivating!

In terms of my future in triathlon, I hope to continue helping with the junior section as I want to give back to the club that has and still does support me in so many ways. I also wish to keep competing in more events, I hope to maybe try some longer distance events and continue to take part in off-road triathlons.



**My name is Paul Miller.** The tri club came along at just the right time for me; I moved to Cupar on the Thursday and the first Cupar triathlon was held on the Sunday. Talked into it by Jackie Taylor through the Elmwood College connection I and a few colleagues entered and got round, but to say we competed would be an overstatement! My abiding memory is of how poor a swimmer I was, never having had any lessons or coaching before then, and I was second last out of the pool in heat 1, by which time everyone else was off up the road on their bikes. I remember turning up and seeing the estimated swim times of the fastest athletes at 8 minutes or less for 750m and thinking it was surely a mis-print! On the back of the event the club was set up, meeting at East Sands for a run and a swim each Monday. I had come to the sport as a decent runner so that didn't bother me and it was always nice

to finish a race with my strongest element, and of course with real coaching for the swim my times were more than halved over the period of my participation. I wasn't a prolific racer but managed a good number of sprint events, a handful of standard distance, and the Aboyne half ironman in which I just ducked inside my aim of 6 hours so was able to go home happy. For many reasons I chose not to continue with triathlon but it gave me a great start in Fife and I still bump into triathlon people out on the bike, or at the Christmas cycle, or of course in Tesco! It's really 25 years since that all started – wow! Kindest regards, and good luck to all at East Fife Tri Club for the next 25!

These are just a few of the many that have benefited and enjoyed being a member of EFTC. There will have been numerous characters and achievements within our membership over the years. However, I can't miss acknowledging the contribution of Susan and Stephen Moffatt over the years. They must have been involved in the club for over 15 years both being active triathletes. Both coached at the club with Susan being head coach for many years. Their commitment and enthusiasm for the EFTC and triathlon was infectious.





Grand Prix 5km Run 2018



Isle of bute Triathlon



Club BBQ 2017



Monikie Duathlon 2015



Devils burden 2018



Devils burden 2020



St Andrews



Strathpuffer 2015

# EFTC CLUB CHAMPIONSHIP AND GRAND PRIX SERIES

**Club championships had been run in an ad hoc way in the past, the current club championship format was developed by Craig Trewartha in 2018 and is a series of events that members can participate in and use to count towards their club championship points tally. A list of multisport events are identified that will make up the club championship events. Each time an EFTC member completes one of these events they are awarded club championship points based on their respective finishing times in each event, and at the conclusion of the championships the top male and female athletes will be declared Club Champions for that year.**

A set of rules have been produced to help with clarity for administering the championship.

Craig also introduced the grand prix series in 2018 for the first time and was a great success. This series is open to club members and most of the events are internal club events where the aim is to allow all members to experience some competitive racing but in a much more sociable environment than that offered by external events. At each of the GP events, members will be awarded points based on their finishing positions in respect to other EFT members in each event and, at the conclusion of the series, prizes will be awarded at the annual Awards Ceremony to those athletes who top the tables.

## **These events include (as an example):**

400m swim – timed during normal club sessions.

5km Parkrun at St Andrews parkrun.

600m swim – timed during normal club pool session.

10 mile Bike TT – Cameron-Higham Toll-Dunino loop.

Open water swim – Midlands District OW meet 3k.

5-mile trail run in Reres Wood (Earlshall), Leuchars.

Club sprint duathlon – Wetlands playing fields, Cupar.

Hill climb bike – Durdum Brae

25 mile bike TT – 3 x Spalefield/Secret Bunker loops.

5km Parkrun – Camperdown parkrun.

Great Scottish Run Half Marathon

# WINNERS AND AWARDEES



**2016**

Male club champion - Robert Sparks

Female club champion - Gwen Tivendale

These trophies were awarded to the first EFTC finisher at the Monikie sprint event.



**2017**

No club championship ran so no club championship shields were awarded. However at the annual awards night the following were awarded:

Most Improved - Gwen Tivendale

Participation award - Adrian Wood

Performance award - Jane Askey





## 2018

Male club champion - Dave Holden

Female club champion - Elise Methven

Awarded based on the new season-long 15 event (best 3 counting) competition.

Male Grand Prix winner - David Reeves

Female Grand Prix winner - Miriam Rennet/Rebecca Trengove (shared)

Awarded based on the 11 event series established for internal club events

Additional awards night trophies:

Best newcomer - Neil Dolan

Most Improved - Suzanne Dolan

Performance of the Year - David Reeves (Midnightman long-distance triathlon)

Spirit of EFT - Craig Trewartha





## 2019

Male club champion - Dave Holden

Female club champion - Elise Methven

Male Grand Prix winner - Robert Sparks

Female Grand Prix winner - Miriam Rennet

Additional awards night trophies:

Best newcomer - Christine Miles

Most Improved - Vicki Stone

Performance of the Year - Libby Smith (Foxlake triathlon live on BBC)

Spirit of EFT - Alasdair Hood



# COVID 19 PANDEMIC 2020

As club members were training and were building up their skills and stamina for the coming race season all suddenly came to a halt. This was due to the flue like virus called Covid 19 and as a result all social contact with people out with the household had to stop. After a few shaky weeks the club was re borne and went on line. There were turbo sessions, strength and condition sessions and quizzes all done through the Zoom app. Craig Trewartha also organised a club challenge to complete for example the North Coast 500. 19 people took part some using their static trainers others cycling in a circle round their home area.

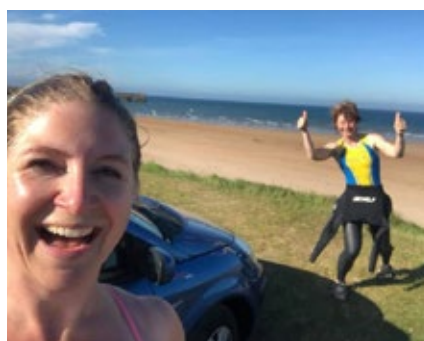
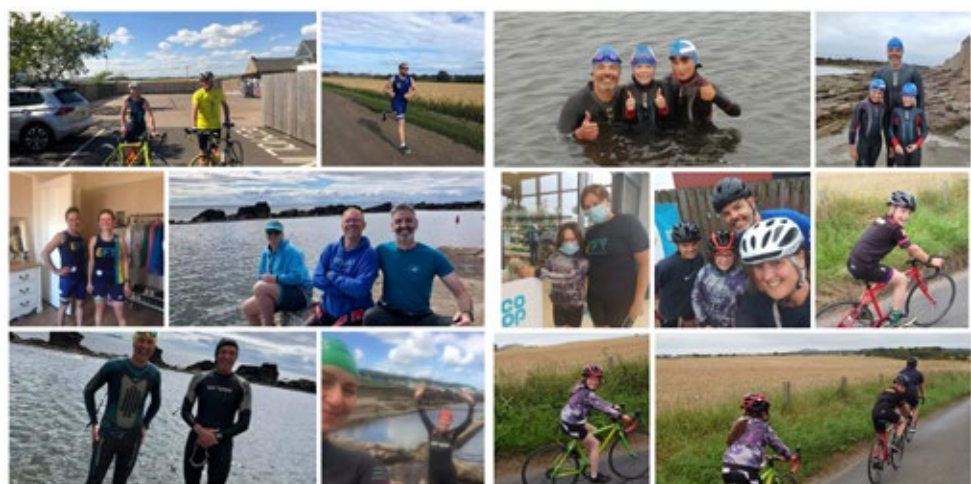
The training programme allowed for some good and needed social activity for club members.

As 2020 draws to a close the adults are still under restrictions whilst junior training is carrying on all be it not as it did pre pandemic.

## THE GREAT BIG SUMMER EFT BUFF TREASURE HUNT CHALLENGE

Name	Finds
Craig	22
Sally	14
Alison	10
Ewen	6
Lorna	5
Paul	5
Miriam	5
Vicki	5
Andy	5
Alasdair	4
Keiron	3
Jacs	3
Gwen	3
Katie	1
Carolyn	1
Chris	1
Adrian	1
Jackie	1
Gary	1
Elise	1
Katie S jr	1
Gill	1
Gail	1
Struan	1
Deryn	1
Rebecca	1
<b>TOTAL</b>	<b>103</b>





# JUNIOR SECTION

**Juniors are a vital part of any sporting club – they are the future. EFTC had a few juniors who joined the club in the early 2000s. However, they could only attend if a parent was present, whilst they were training, as there was no formal provision. These early junior members did us proud and one in particular, Natalie Milne went on to represent Scotland at the Glasgow Commonwealth games. Our club should be proud.**

The junior section of East Fife Triathlon Club was started in 2015. There had been several incarnations of a junior section up to this point but in 2016 the committee of the club gave me permission to go ahead and advertise sessions for children in the local community. Sessions were promoted through local primary schools; I managed to persuade my long-suffering best friend to assist with the sessions and Robert Sparks who was 14 also offered to come and help.

Access to a swimming pool was close to impossible so I made the decision to concentrate on biking, running and transition practice focussing on training as play. Within our local community, children already have access to a number of swimming and athletics clubs so I felt that having a session that concentrated on the actual sport of triathlon would be a good bet. Play around with the fun aspects and give them an interesting introduction to the sport.

Nine children turned up to our first session at St Andrews University track which was an encouraging start and in those early days we even had a number of children go on to compete in triathlons around Scotland with some promising results, in fact since the club started it has been in the top 3 of the Triathlon Scotland rankings series for junior triathlon clubs.

From these small beginnings the junior section continued to grow, always supported by the adult section of East Fife Triathlon Club. We have wonderful support from parents of children in the section several of whom have undertaken coaching qualifications and CPD courses for the benefit of the growing club. We want the club to feel like a community where members are supported to develop a love for the sport as well as the opportunity to grow as young athletes and sports leaders. Once young people reach the age of 14, they are offered a space on a youth leadership programme and encouraged to help out with sessions in order to grow in confidence and develop important life skills...like surviving a junior session!

The club continues to go from strength to strength, we have now grown and capped the membership at 60. We pride ourselves on team spirit which we display at training and at events and to this date over the past 5 years 3 athletes have achieved places on the Triathlon Scotland Academy Squad. Our training bases are the East Sands Leisure Centre, The West Sands Beach St Andrews and Craigtoun Country Park. We have been fortunate enough to attract sponsorship and funding from a number of sources, St Andrews Community Trust, The St Andrews Ball Committee and Arnold Clark.



Although 5 years old we are still developing as a club having recently formed a subcommittee and looking for plans to collaborate with organisations within the local community. Our focus continues to be a fun, safe, encouraging section within the triathlon club for children aged 8-17 whether they want to come along to develop swim, bike or run skills, grow as a young leader, compete locally or nationally. We have a junior section that can help them achieve their goals.

The junior training programme developed over the years and is now a thriving and developing key part of EFTC. Elise and her army of helpers have organised a full programme for the section and as the year 2020 draws to a close and 2021 is about to start we are proud of the 58 junior members.



Iconic Training Venues



Humble beginnings



Thriving Junior Club



Best Small Club Junior Section In Scotland



Mini Touring Around fife

# WOMAN AND GIRLS OPEN WATER SWIMMING PROGRAMME 2019

The club participate in the woman and girls open water swimming programme. This was funded by Triathlon Scotland and was a project, aimed at increasing the participation of women and girls in our sport. This project focused on helping women and girls to feel safe and confident swimming in open water, so that they can fully enjoy our sport. The coaching for this course was spear headed by Elise Methven. Her enthusiasm in delivering this course was fantastic and helped raise the profile of our club as an all-inclusive club.



## 25TH ANNIVERSARY ACTIVITIES

To mark our 25th Anniversary year we are planning to promote the club and run 25 events for our members. These will include our two races open to all plus club challenges such as a 25 mile time trial, a duathlon with a total length of 25 km, a run relay round the Fife coastal path with 25 members participating, 25 members cycling a 25 mile relay with each cyclist doing a fast mile, at least 25 EFTC members to be represented at 25 events throughout 2021.

## THE FUTURE - THE NEXT 25 YEARS

This year sees the club reach the 25 years since establishment

We will be holding two races this year, our annual sprint triathlon in Cupar on the?? April and our brand new Lomond Hills Adventure Triathlon on the 1st July

Over the last 25 years we have learnt that Triathlon is a sport that can be accessed across an athlete's life span. It suits people of all ages. The average current age is more than 40 within the sport. We need to be aware that members are getting older.

# ACKNOWLEDGEMENTS

The following people have helped with. Louise Burt, Kirsty Sharratt and Susan Moffatt provided me with copies in various forms of the newsletters. Many thanks go to Lucy Crookston who provided the format for the booklet and placed all the photographs after Craig searched the archives for many of the photographs. Several other people were very kind in providing me and Lucy with the photographs you see.

# APPENDIX: RACE DISTANCES

Triathlon, and indeed duathlon, races vary in distance from short to very long! Below is a table listing the main triathlon race distances.

Distance	Swim (metres)	Cycle (km)	Run (km)
Novice	400	10	3
Sprint	750	20	5
Standard (or Olympic)	1500	40	10
Half-ironman	1900	90	21
Ironman	3900	180	42

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