

Hyde Park Harriers Triathlon Section Update - November 2019

- increase of 20% in membership since last year to over 50 members
- Two new coaches qualify to level 1, and one to level 2 (4 coaches in total)
- Six new British Triathlon activators (equivalent to a lurf) to help run the sessions safely and get an idea into what coaching involves
- 40 people representing Hyde Park Harriers Triathlon at the blue lagoon mixed team relay (10 teams!)
- Four trained in emergency first aid

What to look forward to from now and in 2020

- Provided funding for one more coach (so far)
- Duathlon winter league
- Pre-season party
- Strength and conditioning classes with our very own TJ of all change personal fitness until Christmas
- Starting spin classes at the edge again over winter
- Coached swimming every week (Wednesday evenings at the Forum)
- Most excitingly is the opening of our new kit shop for cycling and other Triathlon kit