

## **Volunteers Week 1<sup>st</sup>-7<sup>th</sup> June**

### **Recognising volunteering in Triathlon**

**Name:** Alison Bell

**Volunteer Role:** Organiser of Go Tri Skipton

**Favourite Discipline of Triathlon?** I love them all but if I had to choose it would be running - you can get to the most amazing places and I can take my dog, Pip, with me.

**Favourite Food?** I don't have a favourite food but I do love cooking and experimenting with different, healthy recipes.

**Favourite Holiday Destination?** That's a tricky one, anywhere that I can keep busy and active. I loved diving in the Maldives but I also love cycling and running in the French Alps. The Lake District is the place that I go to the most though and is hard to be beat on views!

**How long have you been volunteering in Triathlon?** 4 years.

**What does your volunteering role entail?**

I organise the Go Tri Skipton events from start to finish. I have a group of Craven Energy members that also help with the event, they really do make our event fantastic as they're all so enthusiastic and cheerful (even setting up for the event at 5.30am!) They're also very good at making cakes!

**What is most rewarding from your volunteer role?**

Standing at the finishing line of our Go Tri events and seeing people complete a triathlon for the first time.

**What is your motivation to volunteer in Triathlon?**

I think that sport is so important for people mentally, physically and socially. You can get so much from it. My aim is to encourage as many people to get into sport as possible as it really is a life changer.

**As a volunteer in triathlon, what have you been most pleased with/greatest success?**

Seeing people from all different backgrounds taking part in triathlon and then taking it further. That's the reason that I started doing it in the first place.

**How could a volunteer make a difference to the sport of Triathlon?**

Volunteers are so important in triathlon. They make these events happen and help to encourage people into sport which is so important.

