

Volunteers Week 1st-7th June

Recognising volunteering in Triathlon

Name: Charlotte Gowers

Volunteer Role: Coach

Region: Eastern Region

Favourite Discipline of Triathlon; Swim, Bike or Run?

Definitely the swim

Favourite Food?

Mums delicious Homemade Casserole

Favourite Holiday Destination?

Banff, Canada

How long have you been volunteering in Triathlon?

I have been a volunteer for over 2 years but have been involved in triathlon for 9 years.

What does your volunteering role entail?

My role as a volunteer involves coaching adults and kids at my club 2-3 times a week, I help my Dad who is a level 2 coach with session plans and marshal and help where ever is needed. Not only this but I'm there to be a friend and role model to everyone in the club especially the little ones.

What is most rewarding from your volunteer role?

The most rewarding thing about being a volunteer for me, is working with and coaching the little ones in my club and helping them to progress and seeing them growing up and becoming good little athletes and seeing the future talent coming into the sport.

What is your motivation to volunteer in Triathlon?

As a volunteer the biggest motivation is getting as many people as possible to love the sport which I do so greatly. Having being part of the sport for so long, it's been great to see how much the sport is growing and becoming more and more popular. Getting as many people involved as possible is helping this to continue and strive.

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

As a volunteer my greatest moment was being awarded with Triathlon England young volunteer of the year and going to the awards evening in Leeds, especially when I got to meet my heroes the Brownlee brothers and all the other inspirational volunteers, coaches and athletes. It was rewarding to get recognition for the hard work and effort I put into my club and the sport.

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

Volunteers are definitely the back bone of the sport, the more volunteers there are the stronger it will be. Without volunteers there wouldn't be races, training or even clubs because they rely on volunteers to run. So every single volunteer makes a huge difference.

