

Volunteers Week 1st-7th June

Recognising volunteering in Triathlon

Name: Donna James

Volunteer Role: Chair of HaTriC amongst other stuff.

Region: Yorkshire and the Humber

Favourite Discipline of Triathlon; Swim, Bike or Run? Bike

Favourite Food? No way! Impossible question! I love food. I don't eat meat and am low dairy for environmental and animal welfare reasons but anything from British asparagus to tea and scones; potatoes in large quantities any style; cake; fried greens; I am going to stop now before I just make a huge list.

Favourite Holiday Destination? Places I can swim, bike, run, and be in sunny unspoilt nature with my partner, Malcolm, who happens to be a very fit alpinist.

How long have you been volunteering in Triathlon? I can't really remember. I started with Durham Triathlon Club with my coaching quals perhaps 15 years ago?

What does your volunteering role entail?

Most recently it has been in pushing the establishment and maintenance of a new triathlon club; working with North Yorkshire Sport, Hambleton District Council, and the BTF Regional Development Manager to get start-up funding from Sportivate and also the Sport England Small Grants Fund; forming and being part of a great committee; and setting up coached sessions; plus assorted administration. We now have a great team.

I, along with the committee and other members of the club, have also put on a series of GO TRI Aquathlons with our third one in a few weeks' time. It will be our first with a children's race, so that's exciting. Again we had invaluable help from the BTF Regional Manager and the Council to get this started.

What is most rewarding from your volunteer role?

Seeing people discover what a great, friendly, brilliant sport triathlon is.

What is your motivation to volunteer in Triathlon?

To give back something to a sport which has given me so much.

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

Seeing novices gain confidence not only in their sport but also in their lives. The power of triathlon to engender confidence alongside providing healthy exercise is incredible. Seeing adolescents, particularly girls, overcome their worries to participate and perform. Nothing like it!

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

There are so many ways to make a difference in the sport and to the lives of people who already participate or who don't yet by marshalling at an event; by supporting at a GO TRI; by becoming a triathlon activator to help coaching staff; through being on a club or regional committee. By helping facilitate either face to face or in the background you can give so many people the opportunity to

participate – youngsters, oldsters, para-triathletes. Triathlon is open to everyone. You can also expand your own skills and talents by volunteering so it's a two way thing.

