

Volunteers Week 1st-7th June

Recognising volunteering in Triathlon

Name: Rich Vincent

Volunteer Role: Founder and Coach at Skegness Tri Club

Region: East Midlands

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

Favourite Food? Anything avacado

Favourite Holiday Destination? Wales, so much so we're moving there!

How long have you been volunteering in Triathlon? 6 years

What does your volunteering role entail?

Coaching at the club, attending committee meetings, organising club events and races, generally helping others experience triathlon.

What is most rewarding from your volunteer role?

Seeing people that are new triathlon actually achieve their goals and see the enjoyment on their faces, when they realise they can do what they thought they couldn't.

What is your motivation to volunteer in Triathlon?

I continue to learn as I help others and love to see athletes progress.

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

The greatest success is seeing the club that I founded grow with the help of other members that were prepared to join the committee and help expand it. In the 5 short years of the club we have 3 GB athletes with one of them this year winning a bronze medal in the European Duathlon Championships. Not only at the higher end but also seeing those that were fearful of getting in the pool, now competing in triathlon. It's such a rewarding sport to take part in and coach in.

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

In many ways from marshalling at races to carrying out secretarial duties, as my Wife does, for a club. All of these volunteer roles help to encourage others into the sport and realise their potential. This just makes whatever volunteer role you do fulfilling and rewarding and you don't necessarily even need to take part in the sport or know a lot about it. You will however, love the camaraderie and the positive change it can make to people's lives.

