

Name: Tony Vout

Volunteer Role: L2 Coach, Chairman

Favourite Discipline of Triathlon? Run

Favourite Food? Classic British

Favourite Holiday Destination? Kenya in the Mara

How long have you been volunteering in Triathlon? 3 Years

What does your volunteering role entail?

Initially it was getting everything in place for the club, from finding training venues, kit suppliers, and persuading enthusiastic members to help out with the club.

Now I consider myself as a coach first and foremost and as the Chair secondly.

Now that the club has become more mature I have spread my wings to help on the Yorkshire regional committee as the Disability and Inclusion Officer. This is a role that I feel is really important to spread the word of triathlon to all and to get enable as many people as possible to enjoy the benefits of our great sport that we all take for granted.

What is most rewarding from your volunteer role?

I love meeting new members at our club. Seeing their progression and the changes in their self esteem. It's not just about race results but also about building a network of like minded positive people who share your passion. If you happen to do well at a race or become an age grouper that is just the icing on the cake.

What is your motivation to volunteer in Triathlon?

When we formed Doncaster Triathlon Club it was to get some good news for the Town and to make a real difference to people's lives.

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

We have created a "family" at DTC, the club is continuing to grow and attract more new people to our sport. On a personal note from a coaching perspective I just love helping people get what they want from the sport, be that race results or just cracking their breathing in the pool or riding with cleats for the first time. It's the little things that matter.

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

As with all sports we are only as good as our volunteers, it's the volunteers that make the difference from the people who meet and greet, to the club officials, race officials and of course our fantastic coaches who continue to inspire.