



Report by Scott Higgins

Duty Officer

Geoff Moulder Leisure Complex

Boston Borough Council

November 2017

ADULTS INDOOR TRIATHLON

1.6.2

**Raising money for St Barnabas Lincolnshire
Hospice**

Held at Geoff Moulder Leisure Complex

26/11/2017

Working from Boston Big Local priorities:

- 1) Improve health and wellbeing through physical activity.
- 3) Building community spirit – provide new activities.

Preparation:

Meetings took place to discuss the feedback from previous year's triathlons and how to improve the event. Also discussed was how to increase numbers and when to have the event (time of year)?

It was decided that we would change the date on this year's event to a little bit later in the year due to feedback from previous participants. They explained that in October there are still a lot of sports/competitions outside at weekends due to the mild weather and they believed if we put the date back into November there may be more interest.

It was also decided to charge an entry fee rather than a minimum sponsorship for taking part. This was due to the fact that a couple of people dropped out of the event last year, last minute and we believed this was because there was nothing to lose if they didn't participate. It was explained to participants that this charge serves as a donation and all money received goes to St Barnabas Hospice.

Fliers, Posters and e-mails were sent/delivered to various venues to promote the event. This event was also advertised on social media.

Geoff Moulder Leisure Complex's

Indoor Triathlon



20-minute swim
20-minute bike
20-minute run

**Sunday,
November 26, 2017**

**11am to 3pm
approx**

Supporting St Barnabas Hospice



**All entrants
receive a
goodie bag,
inc a medal**

Limited spaces — so get signed up today!

How to enter:

Sign up by completing an application form from GMLC reception.
Entry fee £15. All Proceeds to St Barnabas Hospice



**Boston Leisure
Centre**



**Geoff Moulder
Leisure Complex**



www.bostonleisurecentre.co.uk

Prices were sought and orders were placed for T-shirts & medals for all contestants and Winner's trophies.

Event plan for the day organised.

Volunteers from St Barnabas were sought to help with, swim length counting.

Trained lifeguards and gym staff rota's completed.

Entries for the event arrive with 11 participants in total.

T-shirts & medals are delivered. St Barnabas also supplied us with some free bags, pens, badges, stickers and bottled water.

T-shirt awarded to each participant



Medal awarded to each participant



Trophy awarded to top male & top female



Donated by St Barnabas



Day of the Event

26/11/17

9 adults took part in the event (1 withdrew through injury and 1 no show), they swam, cycled and ran or used a x-trainer for 20 minutes on each activity, putting every bit of energy they had into each of those activities.









Of the 9 adults that took part 1 participants lived within the BBL area.

Scott Higgins and Martin Thompson, organisers of the triathlon, congratulated the participants for completing the triathlon.

We were proud to be able to present a cheque to St Barnabas for £192.52.

The Adults who had taken part said:

"I have done outdoor triathlons and duathlons before but this was tougher than I expected and will definitely do it again"

"I took part last year, which was my first ever triathlon, since then I have done the Nottingham outlaw triathlon and 10k races."

Scott Higgins said "this year's event was enjoyed by all that took part. Hopefully next year we can encourage more people to take part."

OUTCOMES

Adults were given the opportunity to experience new activities.

It is hoped that the adults will continue to do physical activity.

Further Triathlon's will take place: - Possibly a weekend triathlon event hosting the children's on a Saturday afternoon and adults on the Sunday (TBC)

Health and wellbeing will be improved for those continuing with the sport.

Money raised for a Local Charity.

The participants that took part all noted that there was a lack of promotion for the event or they hadn't seen much information regarding this.

This is to be addressed and we are hopeful of creating a banner to put up in the pool hall advertising the event weekend (funding permitting).

Double sided fliers and leaflets sent to schools to hand out to the children encouraging them to take part, also detailing/advertising the adult's triathlon.