Thank you to the 60 of you that have confirmed your attendance at the AGM next Friday. If you haven’t signed up already and you have the time available please do come along and support your club, just make sure that you mark yourself as attending so that we can cater for everyone.

Whilst I’m on the topic of the AGM, your club and committee need your help to continue to offer the range of events and training that we have and potentially implement new ones. There have been some exciting ideas discussed on social media over the last week, it would be great to see some new faces on the relevant committees or working groups to ensure these new ideas can happen. In particular we need people to come forward to help with our communications to members including a TT editor and someone to increase the coverage of our events and activities on social media. This doesn’t have to be one person and doesn’t have to take a great deal of time. If you are interested in these roles or any others within the club please do let me know at secretary@tri-anglia.co.uk

Congratulations to

• Frank Ellis, Richard Woodward, Janice Coglin-Hibbert, Louise Marsden, Richard Evans, Paul Saunders, Tessa Killingbeck and Mark Philo who participated in the EACCL 2016-17 Race 5 - Shouldham Warren on Wednesday
• Becky Schofield for being fastest at Lotus on Sunday. First to finish was Billie-Jordan Butler along with Vince and second was Ellie Smith with mum Emily.
• Stephen Balfe who has won a prize on Zwift, a power meter. He was waiting for it to arrive from the states before letting on.
• The 49 of you who ran in 9 different parkrun’s, including Nicole Beck who was 2nd lady at the Catton event as shown in the Consolidated Club Report for Tri-Anglia.
• Eva Eccles, Billy Eccles, Niamh Brighouse and Aidan Banfield at last Sunday’s Norwich Junior Parkrun

Thanks to

• Rob Lines, Emily Jones and Mark Philo for their contribution to this weeks TT

News Items

**Tri-Anglia AGM 2017 (20th Jan 2017)**

We would like to invite you to the 2017 Tri-Anglia AGM. This is an important event – it allows us, the committee, to account to you the club members, on what we have been doing during the last financial year and what we intend to do in this financial year. Your input is not only welcome, it is vital!
When: Friday 20th January 2017
Where: The Auditorium at The Forum, Millennium Plain, Norwich, NR2 1TF
Time: Arrive 6.30pm, for a 7pm start
What do I get? Free pizza, something to drink and a chance to mingle with fellow club mates and peruse club kit!

1. Welcome by the Chair: Paula Lee
2. Apologies
3. Minutes from last year’s AGM to be accepted
4. Treasurer’s Report - Jennifer Bettinson
5. Club Events - Mark Philo
6. Training - Rob Lines
7. Team Tri-Anglia - Stan Swanepoel
8. Changing the legal status of Tri-Anglia
9. Election of new committee members and Club officers. If any of you would like to take a more active role in Tri-Anglia please get in touch
10. AOB
11. Questions from the floor

If you have any AOB items you wish to have discussed please email Paula (chair@tri-anglia.co.uk) by Monday 16th January 2017.

We ask that you confirm your attendance at the 2017 AGM by clicking ‘attending’ on the event page, emailing social@tri-anglia.co.uk or replying to the emailed invite so that we may properly cater for the event.

We really look forward to seeing you there.
Last years AGM can be found in our calendar at http://www.tri-anglia.co.uk/events/club-agm-2016

Cross Country League : 5 races in, 5 to go.
6 gents and 3 ladies made the trip to Shouldham Warren on Wednesday for the cross country race through the woodlands with RAF Tornado fly-bys from nearby Marham. A fairly easy course than usual with no bogs, rivers, wolves to contend with. Results take a couple of weeks to come through. The next EACCL is next Weds (18 Jan) at the UEA. Meet at the sports pavilion for a 14:30 start. Free to run and extremely low key.

That’s Interesting
Little things that have caught our eye this week that you might find interesting. If you find anything interesting please share it with us:

- Climbing vs time-trialling: same effort, different power output
- 3 strength and conditioning exercises to help you stay injury-free
- The Dangers of Under Fueling

Upcoming Club Training Sessions
Upcoming club training sessions can be found via the Training for the next two weeks can be found on the training sessions page. You can book yourself into sessions via that page.
Simply click the attending button and when your name appears in green against that session you have a confirmed place. If your name appears in grey, the session is full and you are on a roll down list and will be invited when a place becomes available. Should your name be in black then you’ve been sent an invite. A line through your name means you have declined an invite.

New and Updated Events to Our Calendar

The following events added to or edited on our Events Calendar since the last edition of Transition Times:

- South Downs Way 100 - 10-June-2017 (Karen Doak)
- Hunny Bell Cross Country - 05-March-2017(Pieter MacKieth)
- Marriott's Way Trail Marathon and Half Marathon - 19-February-2017 (Craig Alexander)
- Colchester Half Marathon - 12-March-2017 (Rod Main)
- Kielder Marathon - 08-October-2017 (Rod Main)
- Snetterton Race Track Half Marathon - 19-November-2017 (Paul Quantrill)

Do please check our Events Calendar. If you see an event up there that you are attending, please click the "attending" button. You will need to be logged on to the website. If your event isn't there, please add it (please check the listings before submitting a duplicate). You can see just the events from the calendar that you are attending with the My Events feature. The names in brackets are of the member who submitted the event to our calendar. I use the calendar along with who is attending each event to help populate the weekly “good luck” section below.

Good Luck to:

- Richard Evans at the Horsford XC on Sunday
- Mike Pleasants at the Haughley XC on Sunday
- Frank Ellis, Nick Askham, Janice Coglin-Hibbert, Pieter MacKeith, Louise Marsden, Paul Saunders, Richard Evans, Jonathan Cordle and Tessa Killingbeck at the EACCL 2016-17 Race 6 – UEA on Wednesday
- All of our members who are racing or out training this week, stay safe!

Don’t forget to tag yourself as attending the events in our calendar so that we can give you a shout.

Next Week’s Transition Times

Aiming to issue our next edition of TT early on Friday 20th January. Contributions please via email - tt@tri-anglia.co.uk.

James Smith
2016 Tri-Anglia Communications Officer, Transition Times Editor and Club Secretary
To opt out of receiving Transition Times, to update us of a change of email address or of any of your details please [update your profile](#).