

Attachment H

ACT Triathlon Association - Annual General Meeting

"Outstanding Contribution" Award

Presentation speech to Robyn Barker

Robyn Barker is well known in triathlon circles for her outstanding personal performance and makes an excellent role model for women in our sport. She may not be as well known in another role - that of organiser and leader of the F.I.T. group.

Originally, Females in Triathlon and now Females in Training, to encourage all areas of multi disciplined sport, FIT has been up and functioning for almost twelve months.

Robyn perceived the need to support females wishing to become involved or those who were already participating in triathlon.

She organised training sessions for running, swimming and cycling and ensures females of all abilities are welcomed and encouraged. As one of the first to join the FIT group, I have witnessed its growth and the progress of many of those involved and feel sure that but for Robyn's support encouragement and coaching, many of us would still be at the "wishing we could do that too" stage.

In the formative months of FIT, Robyn held information sessions on goal setting, various training programs and attempted to reduce the mystery of bicycles and cycling. She organised a bicycle maintenance workshop before the women's triathlon.

FIT running groups have introduced us to long slow runs, interval training, fartlek sessions and PBs in abundance are proof of Robyn's methods. Word of mouth has also raised the profile of FIT run sessions and it has become largely self generating with new runners turning up constantly. Robyn ensures a warm welcome to all and has the ability to raise our personal performance expectations.

Recent projects undertaken by Robyn on behalf of FIT include organising a weekend cycling camp to be held in September. And she has been instrumental in having a masters swim session introduced on Friday lunchtimes at Deakin Health Spa. This has proved extremely popular and many of us benefiting from group cycling and running but were too timid to ever consider ever turning up for a swim training session are in the process of building a swim base for next season.

FIT Friday morning rides from Parliament House have become legendary and I predict even larger numbers following recent publicity and the return of some light in the mornings. FIT has now a membership of over 200 and it is possible to swim, run and ride with FIT most days of the week. Those who can't make a regular session have discovered other members from their area to team with at suitable times. FIT members are making their presence felt at Vet's Cycling, cross country runs, jogalongs, tour de femme races and a quick glance through the women's triathlon results showed many participants were FIT members.

FIT though is Robyn Barker.... and it is her enthusiasm, her example and her willingness to share her time and knowledge that has seen it continue to grow. Robyn is already directing our thoughts to the up coming triathlon season and I'm sure you can look forward to increased numbers at all events.

I sincerely support this nomination and recommend Robyn as a worthy recipient of this honour.

Robyn Stanley