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TR Press Release

Jamie Bedwell, aspiring young triathlete



2016



TR Fastenings is delighted to be sponsoring Jamie Bedwell, an aspiring 17-year-old triathlete from Uckfield who hopes to be selected for the Olympic Games in the next ten years.

Jamie decided at the age of 14 that he wanted to pursue a career as a triathlete and as a result of around 20 hours a week of training alongside studying for A Levels at Sussex Downs College in Eastbourne, he is now racing for Great Britain in the British Super Series, a group of races that take place all over the UK and hopes to represent Great Britain in the European and World Championships.

Jamie recently took part in the last race of the 2016 season and as a result has now completed the second of three years in the Great British Elite Junior age category and taken another big step towards achieving his aspirations of competing in the Olympic Games. As one of Jamie's sponsors, TR Fastenings has followed his progress over the course of the last year with a combination of awe and pride and is delighted to announce that it will continue to sponsor him for the 2017 season.

TR recently caught up with Jamie and he shared his reflections on the past few months.

"This year has been hugely successful," he comments. "Qualifying for the British Championships and being ranked inside the top 15 GB triathletes, as well as numerous great results including becoming Sussex Junior Time Trial Champion, finishing 2nd behind former world champion Ben Allen at the Eastbourne Triathlon and improving my finishing ranking in the Junior British Super Series.

"Whilst for many the start of university means quitting or majorly reducing the number of hours for triathlon training due to having to move away or not having the correct coaching staff at their new university, this year I also gained my funded place to study BSC Hons. Podiatry at the University of Brighton (Eastbourne Campus). This allows me to continue my training at one of the best triathlon setups in the world whilst furthering my education and development as an individual.

"I have just completed the national academy trials, which signifies the very end of racing for the season and I will then be taking a few weeks of easy (tapered) training to allow my body chance to recover from a long hard season. I will not be doing any less training; it will just be easier so that my fitness is maintained.

2016

"I want to take this opportunity thank TR Fastenings for all their support and for sponsoring me for the upcoming season. It will help pay for this winter's training, including buying a new 'Winter bike' that will mean that my current racing bike designed for road racing will not be damaged through riding it in weathers it wasn't designed to be used in. A winter bike will also help me to build strength as it will be designed using aluminium and heavier more durable components. The sponsorship will also be used to help pay for my training camp in Fuerteventura in February, a critical training camp that is used just before the season begins to make sure race fitness is in place and is hugely beneficial to the overall performance of the season. In addition, the funds will be used to pay for kit, training costs and travel costs. You need a lot of kit being a triathlete!"

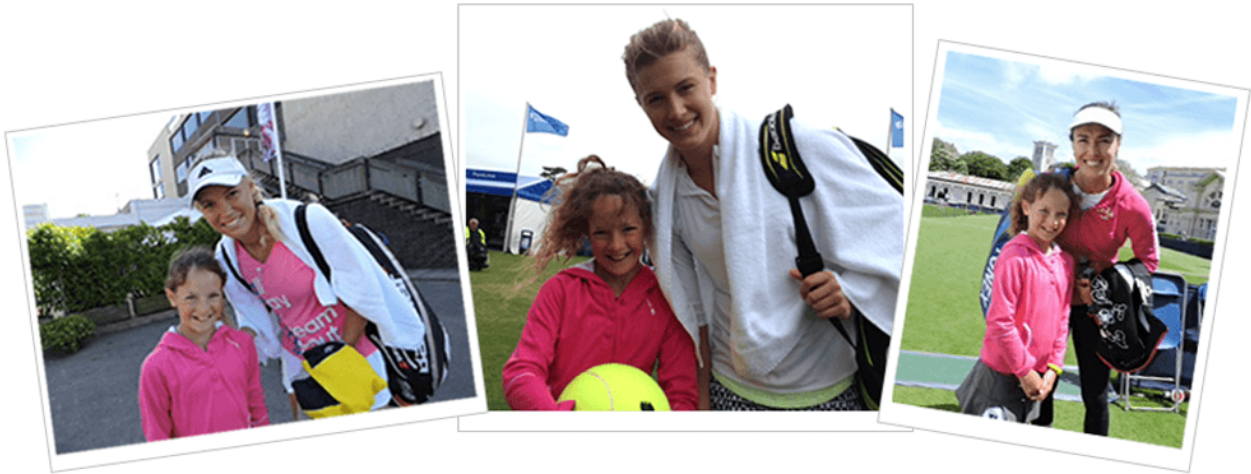
"We congratulate Jamie for all he has achieved in the 2016 season and look forward to following his progress in 2017," comments Geoff Budd, Trifast Director and European Managing Director.

TR Press Release

Amelia Devlin, Young Sussex Tennis Talent



2016



TR Fastenings is delighted to be sponsoring rising young tennis player, Amelia Devlin, from Heathfield in East Sussex. Amelia started playing tennis when she was four and now aged ten competes regularly at both county and at regional level, has won numerous tournaments and dreams of one day winning Wimbledon.

Amelia is continuing with her tennis training schedule – on court for a minimum of 8 hours a week – and has been representing her school in the U15 tennis team.

In a recent inter-school tournament, Amelia's team triumphed over Seaford Head in the final for the Sussex Shield Plate competition, with Amelia being mentioned by several coaches for her impressive ground stroke winners.

Amelia is also a member of the Virgin Active Falmer U12 girls team. Playing singles and doubles, she has not lost a match so far this season. Often playing girls far bigger than her!

With the summer holidays fast approaching, Amelia will be able to increase her training and she has entered a number of tournaments in July and August.

TR Fastenings wish her all the best.

2016



TR Fastenings goes extra mile to support the intrepid team

Five adventurous employees from TR Fastenings have completed the famous Three Peaks Challenge and raised over £4,000 for Cancer Research UK – double the team's original target.

The 'TRekkers', who work in the sales and purchasing departments at the company's headquarters in Uckfield, East Sussex, scaled Snowden in Wales, Scafell Pike in England and Ben Nevis in Scotland in an impressive 31 hours and found the experience extremely tough but immensely rewarding.

One of the Trekkers, Ross Delmon, commented, "The Three Peaks is the most physically enduring challenge I have ever put this poor body of mine through. The emotions and exhaustion of climbing the three highest peaks in the UK in a certain timeframe is enough to make your mind boggle, but it's the lack of sleep and having to drag your body out of a cramped minibus to climb yet another mountain that personally, I found very hard!"

The team would like to thank all those who have made a donation to their chosen charity, and in particular TR Fastenings, which provided suitable transport and generously donated £1,000. In addition, the team would like to offer its gratitude to the Uckfield & District Lions Club & and the Uckfield & District Darts League for their very kind donations of £100 each, Nestle for providing the bottled water, Russell Catering for the energy drinks, HB Ingredients for providing the chocolate and fellow employee Graham Morrison for all his tireless driving!

Geoff Budd, TR Fastenings' European Managing Director and Trifast Director, adds, *"We are extremely proud of all the TR guys who took part in this impressive feat. The Three Peaks is both a tough mental and physical challenge and their success is a reflection of their individual resilience and their ability to work together as a team. An incredible achievement. Well done from all of us at TR!"*

TR Press Release

The Need for Speed - TR Fastenings Sponsors Glasgow Tigers



2016



TR Fastenings is proud to announce it is sponsoring the Glasgow Tigers – the West of Scotland's only professional speedway team and one of only a handful of motorsport venues in Scotland.

Celebrating its 70th anniversary this year, the Glasgow Tigers race at the recently redeveloped Peugeot Ashfield Stadium and compete in British Speedway's Premier League. The season runs from March until October, and Stephen Torrance, Sales Office Manager at TR Scotland was recently invited to attend the opening day of racing.

"We are delighted to support the Glasgow Tigers and thoroughly enjoyed the first day's racing. The club is deeply rooted in the local community in Glasgow and we are hugely impressed by its commitment to fostering strong links with local organisations in and around the city, as well as the talent of the riders themselves!"

TR Fastenings has been established in Scotland for over 30 years. From its 12,000 sq ft warehouse in East Kilbride it is ideally situated to supply manufacturers across the region with a wide range of industrial components.

TR Press Release

TR Fastenings Sponsors a Table at Cancer Research UK Summer Lunch



2016



TR Fastenings is delighted to be supporting the Cancer Research UK Summer Lunch again this year.

Organised by the Crowborough Volunteer Committee this year's event will take place on Wednesday 10th June at East Sussex National Golf Resort & Spa, near Uckfield.

The summer lunch is a great networking opportunity for businesses as well as a very successful fund-raising event, attracting over 200 people each year.

TR Press Release

TR's Don Lamb Completes Ultramarathon in Under 20 Hours plus



2016



TR's Don Lamb Achieves an Impressive Double: Completes Ultramarathon in Under 20 Hours plus Exceeds Fund-raising Target by 172%!

TR Fastenings offers its wholehearted congratulations to Don Lamb who successfully completed the Wall Ultramarathon on 18th June in an incredible time of 19hrs 13 mins and 47 secs!

Don commented, "My feet are in pieces but it was an amazing experience – though not one I would repeat in a hurry! The best bit was that my son James, who is 12, walked the last 7 miles with me which made it feel a bit special."

"I would like to say a massive thank you to TR Fastenings and all those who have donated and supported me, as without them I am sure I would have given up."

Not only did Don run an impressive race, but he has also managed to exceed his fund-raising target for Waverley Primary School's outdoor learning classroom by a staggering 172%, raising £345 in total.

TR Press Release

Manager at Sussex-Based Global Company Asks For Your Socks

2016



**FRIENDS OF
MOMBASA CHILDREN**



Manager at Sussex-Based Global Company Asks For Your Socks

Could you spare a pair or two of socks? If so, the Global Customer Quality Manager of Uckfield-based TR Fastenings, Maddy Webb, would like them. Maddy is also seeking sock-toys, Lego and financial donations – all to support a small Sussex-based charity that's making a big difference to the lives of children in Kenya.

Friends of Mombasa Children (FOMC), a registered charity established in 2003, is currently fundraising to buy mosquito nets to provide protection against malaria for children living in its school orphanage and nearby slums. It costs just £5 to buy a net but it could save a young child's life.

The Lego that Maddy is asking for is to use in classroom demonstrations and the socks are to teach the children how to make sock-toys. Voluntary teams at TR's sites throughout the UK are currently testing instructions for sock-toy making, turning the woolly footwear into animals such as zebras and elephants, ahead of Maddy visiting Mombasa early next year.

Friends of Mombasa Children

FOMC built and runs Unity Freretown Junior and Primary School, located north of Mombasa Island. More than providing a place of learning, the school and its orphanage give children a stable, caring environment, a substantial meal each day they are at school, and free access to healthcare.

The charity is also currently fundraising for the "8K Classroom Challenge," to buy a little more land and construct a brick school building at a cost of £8000 per classroom.

Maddy commented: *"Many of the charity's trustees are or have been teachers, so they're doing a great job with the educational standards of the school, supporting teacher training and development as well as providing for the children. A lot of people from Sussex help keep the charity going, but we're appealing for more support and if anyone can help the kids, even with a small one-off donation, it would be hugely appreciated."*

2016



TR Fastenings congratulates Jake Holmes on winning the TR-sponsored Young Employee/Apprentice of the Year category in the 2016 Uckfield Business Awards.

TR Fastenings congratulates Jake Holmes on winning the TR-sponsored Young Employee/Apprentice of the Year category in the 2016 Uckfield Business Awards. 21 year old Jake, who was commended by the judges for his enthusiasm and dedication to his role, is serving an apprenticeship with CJ Thorne & Co, a third generation family-run firm of civil engineering contractors with 120 permanent staff. Malcolm Diamond MBE, Executive Chairman of TR Fastenings' parent company Trifast PLC, commented: *"We congratulate Jake on his award win and admire the commitment of everyone else who entered this category. We firmly believe that employees are a company's greatest asset and TR Fastenings has long been an advocate of apprenticeship schemes, working alongside local educational establishments to help young people gain exposure to business at an early age."*

Jake enrolled for his twelve month apprenticeship with CJ Thorne & Co via City College Brighton and Hove, one of the largest apprenticeship providers in Sussex, and is working towards a Level 3 NVQ Diploma in Light Vehicle Maintenance and Repair. He is gaining valuable and varied real-world experience as part of the team of mechanics who look after Thorne's vehicle fleet, which includes cars, vans, lorries and heavy plant equipment. Commenting on his award win, Jake said: *"Winning this was crazy! It was a bit daunting going up on stage, being interviewed, and having to make a speech, but it's also a big honour. It can be quite hard to find a place for an apprenticeship, so I'm lucky that CJ Thorne & Co is willing to train and help people like me. It's a great start in life."*

About CJ Thorne & Co

CJ Thorne & Co prides itself on its "teamwork ethos" and its commitment to investment in training and development. Working for clients in both the public and the private sectors, the company has more than 75 years' experience in all aspects of civil engineering, providing a full design and build service for a comprehensive range of projects.

TR Press Release

TR Fastenings Wear Christmas Jumpers for Charity



2016



On Friday 16th December TR Fastenings took part in Christmas Jumper Day to raise money for Save the Children and St Wilfrid's Hospice.

Everyone taking part paid £2 to wear their Christmas Jumpers.

The team in Scotland took part in a Christmas sweepstake. There was also a sale of homemade shortbread and a Christmas raffle of sample sized beauty products and perfumes with all donations going to Save the Children. The team in Scotland raised a grand total of £130.

TR Press Release

TR Scotland Makes a Difference at Christmas for Children at Women's Aid Shelter

2016



TR Scotland's Annmarie McArdle has completed a collection of chocolate selection boxes for children under the care of a local Women's Aid shelter for the third year running. This year, an amazing 94 selection boxes were donated, improving on last year's total of 70 and the 40 boxes collected in 2014.

Every year, Annmarie, an inventory controller for TR Scotland, organises the collection amongst employees of TR and other businesses in the building in Hamilton, South Lanarkshire. Annmarie designs a flier which is posted in the mailboxes of everyone working on the premises and also sends an email encouraging people to donate a selection box. The boxes are then given to Women's Aid South Lanarkshire and East Renfrewshire (WASLER) as a gift to the children at the shelter.

Each year, the shelter holds a Christmas party, disco or pantomime for the children in its care. The selection boxes are wrapped up and delivered to the children by Santa, who makes a special visit at the end of the party.

Annmarie comments: "Some of these children have had to leave their homes at very short notice and have nothing when they arrive at the shelter. For some of them, the selection box they receive at the party is the only Christmas present they will get. Just knowing we can make even the smallest difference to these children is hugely rewarding, and I'm thrilled that we've managed to collect so many boxes this year. It's a well-established tradition now here at TR Scotland and something we'll continue to do year after year."

Annmarie was inspired to hold an annual charity collection by a friend and selected WASLER after conducting research into local charities. WASLER supports and empowers women, children and young people who are experiencing, or have experienced domestic abuse. It provides a range of needs-led services including refuge accommodation, support and information, ensuring improved outcomes for those affected.

TR Press Release

TR Colleague Embraces the Chill and Takes Part in the 2016 White Christmas Dip!

2016



Nick Rees, Business Development Manager at TR Fastenings Poole, took part in the White Christmas Dip, an annual charity fancy dress Christmas morning dip held on the beach next to Boscombe Pier in Bournemouth.

The event raises much needed funds for Macmillan Caring Locally supporting the Macmillan Unit at Christchurch hospital, which is a Specialist Palliative Care Unit for patients in the local community.



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