



Tri2O Triathlon Club

AGM Minutes

21st October 2016

Call to Order

19:14 Georgia brought the meeting to order.

Register

Georgia Jackson, Clare Fox, Kirsty Simpson, Heather Phillips, Sally Waterman, Sean Stewart, Pete Gough, Rob Harper, Stephen Ridley, Tom Nash, Anthony Dench, Hannah Robertson, Tina Wilson, Belinda Drew, Ellie Gosling, Simon Brimacombe, Cindy Goslar, Stuart Jay, Seibel Server, Kevin Evely, Christina Demetriou, Stephen Scanlon, Unity Speakman, Ian Armstrong, Tim Challinor, Mike Nash, Gareth Sylvester-Bradley, Paul Burrows

Apologies

Nicky Rumsey, Tasha Skidmore, Jim Bryce, Martin Cook, Callum Hughes, Elsa Leuty, Jennie Jones, Edwina McDowall

Approval of minutes from previous AGM

2015 AGM minutes were approved

Chairman's report

This AGM marks the end of my third (and final!) year as Chair of Tri2O. Thank you to all the committee members for their hard work, time invested and ideas put forward.

The club has continued to grow this year. To find out how best we could meet the needs of our increasing numbers, we carried out a training survey which almost half of our members completed. Feedback was overwhelmingly positive. The Willink swim is still finding its feet, and we made a conscious decision to subsidise it using the positive bank balance accrued last year, in order to support as many members as we could. We did the same with the turbo and strength and conditioning sessions, and although those who attended reported that they found it valuable, numbers were low and



therefore they were discontinued. A transition training session was popular, and the run session on a Thursday continues to be well attended. Pool sessions are the priority, but we struggle with competition from local swimming clubs for pool time and foresee that this will become more of an issue with the impending closure of Arthur Hill and Central Pool. This has prompted discussions about how best we can offer swim training opportunities for the increasing number of members.

The race season has again provided many and varied successes, and the club championship series continue to be popular and well supported. Thanks to Ian for organising. The club has supported local events such as the Reading Half Marathon with an impromptu jelly baby station and the Fish'n Chip ride had a huge turnout of around 40 riders this year. It was a good opportunity to get together after the Reading Triathlon at the Treasurer's barbecue, where the gazebo sides were reunited with the gazebo after a year in hiding in Martin's garage. A social sporting event such as a day at the Reading Climbing Wall or a Velodrome trip are possibilities for the off season.

We are delighted that more members have taken BTF coaching qualifications, and we now have a stronger pool of Level 1 coaches who we hope to support in their continued professional development and welcome their contribution to the club coaching. They are co-ordinated very ably by Jennie Jones.

Katie Henderson's legacy continues in the club, with pink Hendo edition kit regularly seen at races and training, and with the unveiling of the stunning oak seat inspired by her dynamism and energy which now sits overlooking the lake. She is still sorely missed. The Katie Henderson Personality of the Year award was introduced at last year's Christmas party.

Looking to the future, we plan for more regular beginner-focussed and social sessions and a return to our regular weekend club rides over the autumn and winter. I would like to see the return of strength and conditioning and turbo sessions, if we can secure better attendance, and perhaps some regular off road running and cycling over the winter too. There are also exciting times ahead with Tri2O taking over the running of the Reading Triathlon from My Sporting Times. This is an extremely successful and well established event, and we already have a race sub-committee to oversee the organisation of this. We think this is a great opportunity for the club on many levels.

I have thoroughly enjoyed my time as Chairman; thanks to all those who have made it such fun and so rewarding. I will still continue to be involved, on the Reading Triathlon sub-committee, but now is the time for new ideas and fresh blood in the Chairman's seat!

Treasurer's report

TRI2O

P & L

1st October 2015 to 30th September 2016

	1st October 2015 to 30th September Cash Surplus / (defecit) for the Period		1st September 2014 to 30th September 2015 Cash Surplus / (defecit) for the Period	
Annual Subscriptions	4,583		3,227	
Swim Sessions	<u>11,151</u>		<u>9,665</u>	
		15,734		12,892
Other	(338)		(374)	
Bench	(1,185)		-	
Coaching venue rental	(120)		-	
Pool hire	(7,089)		(5,168)	
Beannies / id bands / HOO	(11)		-	
COACHING FEES	(7,837)		(3,110)	
Christmas meal	(699)		-	
COACHING SHIRTS	(281)		-	
bike maintenance courses	(225)		240	
Kit cost			(729)	
Swim Hats			(523)	
BTF	(105)		(105)	
Website			(133)	
		<u>(17,889)</u>		<u>(9,902)</u>
		<u>(2,155)</u>		<u>2,990</u>

Welfare Officer's report

Another quiet year with no need for any interventions with respect to welfare. Early in the year an order for ID bands was taken up as a good idea for quite a few members, providing a means of always having emergency (ICE) number on a person, with essential med info.

Discussions of a welfare nature throughout the year have included how individuals use Facebook, and more recently, how new members might be supported to participate without a sense of intimidation by all the existing awesome members' achievements. This is an ongoing discussion to carry forward.

Nothing further to report.

Happy to remain on the committee.

Membership secretary's report

Membership continues to steadily grow, from 167 last year to 191 members at last count. With 39 new members and 15 who didn't renew

Numbers breakdown

- Women make up just over a third of the club (70 women and 121 men)
- Under 30 - 25
- 30-39 - 40
- 40-49 - 93
- 50+ - 23
- Undeclared - 11

This is the first full year with all members renewing through the online system, generally well received and easy to keep track of membership.

Head Coach's report

Swimming - The club swim sessions have continued to be very popular. A Wednesday morning session was added at the Willink & we did get a good turn out for a few weeks but did go quiet over the summer when the lake was open as did Friday. But hopefully they will all pick up again now the season is over! I will keep promoting them on facebook as this seems to help.

Cycling - the weekend club cycling sessions of groups at different speeds has carried on working & more people have been asked to lead rides this winter so we have a full range of speeds, they have still been very popular through last winter & some have continued through the summer too with members posting on the Tri2o club Facebook page when they are heading out and at what average speed for members to join them.

The Fish & Chip ride was very popular again this year too & will be happen again next year!

The club turbo session went well & I think it's going to be re-started this winter (sorry if I've got this wrong) but I think it's a good session to put on through the winter.

Running - Regular run session on a Thursday have been continuing, I know Sean Stewart has been taking majority of them so this is good that they are continuing.

Coaches - we have a good number of coaches now & still some on the Level 1 course which now enables them to coach without a Level 2 coach, so that will be good. We still have Level 3 Coach Clive Alderson & Level 2 coach me (Jennie Jones) covering Friday swims, Jennie Jones & Level 1 Coach Martin Cook covering Wednesday swims and Level 2 coach Sean Stewart doing every 3 Monday evenings with support from level 1 coaches Lou Gubb, Catherine Leather & Georgia Jackson alternating & Martin Cook covering as lead the 1 Monday evening Sean doesn't do so that is working well. Then we have Level 2 Coach Callum Hughes, Kevin Evely, Tim Challinor, Harriet Chettleburgh & Ellie Gosling & Level 3 Coach Dom Dos Remedios available for cover.

Kit Secretary reports

Blade Printing

Good take up again on hoodies, always popular and at a competitive price point. I have not actively looked for cheaper, but think they are reasonably priced and recommend we continue to use Blade.

We have had coach tops produced with triathlon England logo on them in a range of styles which have been received well



Bespoke Kit

Current supplier is Champion systems, easy to deal with and very happy with the quality of materials used. The turnaround for the kit has always been ahead of their 8/10 week lead times and currently is around 4/5 weeks. Existing kit order closes on 4 November.

Hendo special edition kit is still available along with our traditional kit

I see no reason why we should change kit supplier, and would highlight the benefit to us that all payment and money is taken care of by them reducing our admin duties.

Kit Man Role

I will be standing down as kit man, this is a great role to be actively involved with the club and I am more than happy to guide the new Kit person in this role.

Communications Secretary's report

Communications is going well - lots of requests from potential and new members

Newsletters going out regularly - lots of race reports which are now on the website with a link in the newsletter

Ad hoc comms are at a good level - not too frequent

Facebook group still very active. Reconciliation done in the year a few times - members to mailing list to members of closed fb group. Mail sent to anyone not on the fb group to alert them to what they are missing

Follow ups to any unsubscribes from the mailing list to make sure it wasn't in error (a few have been) Members should feel informed of everything they need to know (provided they read it!) Most important items go as mail and fb entries

Newsletter format a lot easier with the MAC - Yay!

Happy to be re-elected to post for another year

Publicity and Marketing Officer's Report

Since the role was created at the last AGM we have seen a steady rise in activity/views on the club webpage and public Facebook page.

The webpage is now being updated on a monthly basis in line with the club newsletter and can be updated to include any other club related activities, stories and we have seen a rise in local companies (mainly sports massage/ physio practices) requesting permission to have their details posted on the page for an agreed time.

The public Facebook page has 399 likes as of 18/10/2016! Nothing ground breaking here but that has risen from approximately 325 since this time last year. The public Facebook is linked to the comms team and their communication emails so gets updated automatically, along with the club's twitter page. Throughout the year it has been noticed that the majority of members prefer to communicate within the private group so the public page has not been actively pushed, at the same time we have had a good number of people DM the page requesting to join.

It has also been proposed that the Reading Triathlon 2017 committee post the race registration link on its own dedicated page on our website. This has yet to be agreed but should not be much work involved to get this up and running and maintained.



There has also been a good response to the call for content for the Tri2O video which will be put together towards the end of the year.

Race secretary's report

Winter running competition 2015-16

- More events than previously with a choice of different distances and types of runs.
- The option of running either of the distances at the Mapledurham, Gutbuster and Bramley races
- 76 members raced one or more of the events
- Overall winner Sally Waterman and Stephen Ridley first male

Tri2O club championship

- 48 members entered one or more events in this year's competition.
- Thanks to MST, On your marks and F3 events for the discounts on the entry fees to their events.
- This year was able to offer the choice to three different distances at Stowe and two distances at another three events.
- Overall winners Martin Cook and first female Sally Waterman.

Summer TT competition

- Plenty of races selected throughout the summer in this year's competition.
- Bad weather, road works and health and safety issues caused disruption to this year's competition, seeing a number of selected races cancelled.
- Overall winner goes to Christina Gustafson.

Winter running competition 2016-17

- 11 races in this year's competition, offering a choice of distances and types of runs to keep everyone active over the winter.
- Again the option of running either of the distances on offer at the Mapledurham, Gutbuster and Bramley races.

Social secretary's report

The Social year started with a bang at the Christmas do which was slightly bitter sweet as we had some moving tributes to our friend Katie, but also some great fun, good chat, and good food, with some worthy awards winners stalking away with their prizes.

We had regular socials through early 2016 at which there were a few regular faces (not just my own) and we got to meet some of our new (at the time though now seasoned Tri2O-ers) members and make them welcome, trying out some new venues as well as our beloved O'Neills. The refueling post-Reading Half was not over-attended but Nicky, Christina, Heather and I ate enough food to justify there being a much larger crew there, hopefully we can keep that tradition going and also encourage a few more club members to eat ridiculously unhealthy food after their 13.1 mile effort.

Again I want to extend thanks to Tasha for her effort in organising another fantastic Fish and Chip Ride, to Hayling Island,



although I was a mere support car driver this year I still enjoyed it and I know the riders did so and really earned their chips.

Yet more thanks to Chris and Martin for hosting the BBQ again this year, it was a huge success again and very generous to let us all descend on them en masse.

I'm hoping to squeeze in another social in November as a warm up to the party season, if I can find a Friday night that most of the club aren't racing on the Saturday.

And we're all looking forward to this year's Christmas Party and Awards Night on December 16th, which has a change of venue to the Island Bar in Caversham as we have now outgrown Zest! This means we don't need to restrict numbers or partners and also we have a late licence so can dance and party until the wee small hours without ridiculous cab fares into town! Also being near the station it has good links by bus and train so no need to drive (Hooray!). The email should have just gone out but if not it will be with you imminently and the organisation is the same as last year, pay through the club online like you do for swim cards etc... And email me with your menu choices.

Men's and Ladies' Team Captain's reports

Ladies Captain

The club now has a total of 69 lady members with very good representation at training sessions and in club championship races. It has been a great year with a number of ladies achieving personal bests and lots of podium places.

It's been great to have attended or followed so many events with numerous club members and supporters outside of the club championship races (Slateman, Jubilee River Swim, Swim run Snowdonia, Ironman Wales, Weymouth, to name a just a few).

The fish and chip cycle was again a massive success.

We had three teams on both days at the relays with all three teams qualifying Sunday morning and competing again in the afternoon, which was great fun! Despite the weather our cooks Pete, Kristian & Mike did a great job, even though we may have brought enough food to feed the campsite.

A huge well done to everyone on achieving some amazing personal goals and all the very best to you all for next season, roll on the Christmas party to celebrate another great year!!!

Thank you all for your support over the last couple of years but it is time for a new lady's captain ☺

Election of committee for 2016 – 2017

Role	Incumbent	Decision	Elected
Chairman	Georgia Jackson	Going	Simon Brimacombe
Secretary	Tim Challinor	Going	Sally Waterman
Kit Secretary	Rob Harper	Going	Abby Evely
Welfare Officer	Unity Speakman	Staying	Unity Speakman
Social Secretary	Kirsty Simpson	Staying	Kirsty Simpson
Treasurer	Martin Cook	Staying	Martin Cook
Communications Secretary	Nicky Rumsey	Staying	Nicky Rumsey



Publicity and Marketing Officer's	Stephen Scanlon	Staying	Stephen Scanlon
Race Secretary	Ian Armstrong	Staying	Ian Armstrong
Head Coach	Jennie Jones	Staying	Jennie Jones
Membership Secretary	Clare Fox	Staying	Clare Fox
Men's Captain	Calum Hughes	Going	Gareth Sylvester-Bradley
Women's Captain	Tasha Skidmore	Going	Christina Gustafson

Strategy and direction for forthcoming year

Strategy and direction was carried over from last year's AGM and is likely to continue to be carried over. It is acknowledged that as the club grows in will need to develop to support its members. The committee has discussed this as length through the past year, specifically about how to split the excess funds down. A basic framework was agreed and Tim Challinor will write this up to share with the current committee to agree and move forward with.

Any Other Business

It was discussed if there should be a male and female club captain and what the role entails. General consensus was they should be active and approachable members and encourage participation by both old and new members. Agree the new committee would look at the roles and responsibilities and revise if needed. Focus on being available and to support new members.

Reading triathlon was discussed and whether members should be allowed to race. It was agreed that as long as we have enough volunteers to marshal then there is no reason not to. Pete Gough believes there will be enough based on last year, but a communication should be sent to all members encouraging volunteers. It would make sense to not have the race included in the club champs this year, to help get more volunteers.

Close