

EDINBURGH TRIATHLETES: ANNUAL GENERAL MEETING**SUNDAY 29 NOVEMBER, THE EDINBURGH MINTO HOTEL, 19:00-20:30****MINUTES****Apologies and attendance**

1. Present: Gavin Calder; Laura Forrester; Heather Matthew; Anna Henly; Francesca Osowska; Phil Parr-Burman; Mike Brown; John Whittaker; Kate Robertson; Ian Gillon; Karl Zeiner; Bruce Wilson; Sharon Grimshaw; Craig Matthew; Andy Peakman; Lynn Hanley; Jane Rahil; Kenneth Gray; Paul Graham; Paul Lynch; Shona Cunningham; Paul Chowdry; Keith Fairburn; William Guild; Mandy Whittaker; Jennifer Bedford; Arnott Kidd; Rachel Gunstone; Andrea Kaszewski; Fiona Milligan; Keira Murray; Dechlan Wilson; Carrie Bush; Chris Grimshaw; Nas Rahil; Al Stanton.
2. Apologies: Kirsten Cameron; Doug Macdonald; Su Clark; Ciara Webb; Vicki Stewart; Derek Ireland; Liz Richardson; David Forrester.

Minutes of last year's AGM

3. The minutes of last year's AGM (held Tuesday 11 November 2014) were agreed.

President's Address

4. Gavin Calder, Club President, highlighted the achievements of the club and its athletes during 2015.
 - It is always a pleasure to report good news stories and this year has been just that. You will shortly hear good news about finance and the size of the membership and it is most pleasing to me that there has been a big rise in the active membership.

January

- Starting with the phenomenal New Years Day Triathlon, and the first of several thanks to John for arranging that, this has been a very busy year.
- Two days after New Year we had the Iain Gowan's Memorial Triathlon and this was the first of several notable results for Eilidh Yates who beat all-comers of both sexes and the women's record by minutes in very icy conditions. Very well done also to Nicol Fraser who won the gents race.

February

- February saw 2 excellent additions to the calendar.
- The first was our Bring and Buy sale. I was away on coaching business that day but I believe it was a great success- thanks to Sharon and Kirsten and their team for that.

- We also saw the reintroduction after a few years of an ET spin session at a discounted rate for members. Many thanks to John for taking this forward.
- The postal swim also took place and thanks are due to Liz for taking forward this perennial club favourite.

March

- March saw Nicola Murphy achieve a notable feat when she cycled on a turbo trainer for 12 hours to raise money for the Sick Kids Foundation. A serious endeavour.
- We also had a super night of ten pin bowling thanks to our social convenors Jennie and Keira .

April

- April saw the first of our two training camps- this time the warm weather variety in Mallorca. It sounded like a good time was had by all.
- April also saw club member Ciara Webb setting up the Figgate Park Park Run with help from some ETs at the test event.

May - August

- May saw the second Leith swim session reinstated and the numbers attending (coupled with a decrease in the Wednesday night attendances) seems to have met the desired purpose and justified this decision.
- May also saw competitive success with the ET team of Julien, Joe, Keira and Kirsten winning bronze at the Scottish Team Relay Championships. It would be good to get a few more teams out for this event next year.
- The most impressive ET performance in May was from this year's unbeaten middle distance athlete Liz Richardson whose gold at the ETU Middle Distance Championships was a tremendous achievement. She followed this up at by winning the Scottish Championships in August.
- Other notable achievements in the summer were our clean sweep 1st, 2nd and 3rd at Bamburgh in July. Doug Macdonald improving by 4 places at the European Championships and Ironman performances were recorded by Scott Balfour who won at IMUK, Sandy Leggatte, Iain Sinclair, Anna Henley, Nicola Dudley, Colin Maguire and Neil Chisholm. James Dunn also finished a beyond IM distance including a couple of Munros at the Celtman and John and Mandy did well at the Shool til Shooaa with Al Stanton doing the Scottish equivalent the Loch gu Loch.
- I cannot possibly mention everyone but I can't begin to comprehend Carrie's debut ultra of a 40 mile run and, of course, Karl's Mont Blanc adventure. Well done also to Michael who gained an age group gold at the Longleat half marathon.

September

- From a club point of view September showed the club in fine form again with the Gullane Beach Triathlon. Entries were down slightly with Chicago Worlds on the horizon as well as Craggy Island the same day but it was a cracking race and huge congratulations are due to our two newcomers in organising races namely Jane and Laura.
- I just mentioned the World Championships in Chicago and we were well represented by Kirsten, Keira, Phil and Joe. A top ten in the World for Joe and Keira's bronze medal in the Aquathon were particularly impressive.

October

- October is usually a quiet ET month but this year saw a really enjoyable training weekend. Many thanks to everyone who made it such a satisfying weekend to coach and especially to Richard for his input- particularly to the swim analysis and also to Mike for his organising of the weekend.
- Then, of course, we had our 25th anniversary ceilidh and dinner. This was a super night and it did not happen without a lot of hard work. Many thanks Keira and Jennie for a really successful event.
- In October we also celebrated the achievements of our two worthy champions Eilidh Yates and Joe Tomaney.

November

- November heard the good news that the club had come 4th in the Scottish Club Championship and Mike Allan had come 3rd in the Legends series. It has been good to see far more ET's competing this year than for a number of years.
- It's been a busy year and that's before we mention the fact that the club has provided good support for non-club races such as Celtman, Loch-gu-loch and the Foxlake series.

Coaches

- And so in looking back to this year and beyond to next year it is important that we acknowledge our excellent coaching staff- they are first class.
- However, it is important that sometimes we, as club members, have a bit of a reality check in terms of what we can expect.
- Whilst some of our coaches do coach privately- nobody is paid to coach at the club- we are all volunteers. If you consider that it currently costs over £6 to swim in an un-coached, busy lane at the Commie Pool normally, it is undoubtedly true that for a maximum of £100 per year we get far more than should be expected as members of ET.
- What cannot be expected is 1:1 coaching: that can be provided but at a separate cost!

- Sounds like I'm being extreme but I must stress that we do go the extra mile- examples this year include three tumble turn master classes, a transitions session, a diving master class and a re-launch of the Purples Arrows.
- As one of the two head swim coaches I have worked with Declan to put together a training programme that specifies what the areas to be concentrated on are at different times of the year. Richard as cycle supremo and John as head run coach will be adding to this and it will be on the web in the New Year along with a document about what you should expect as a member which John is working on.
- We have also welcomed two new coaches to the club recently in Kirsten and Sharon.
- One thing the more experienced coaches are aware of is the need to make sure that coaching quality remains high and that new coaches are adequately supported. All new coaches will be mentored by one of the four coaches already mentioned or another experienced coach such as Karl. We are also very keen to take on new coaches- please make yourselves known to Anna.
- The coaching team do talk together and appreciate feedback though please keep in mind what I said earlier and also that we cannot meet every request as they are sometimes contradictory.
- Next year you can expect to be using more training aids in the pool (a list of these will be coming out). We are also looking to have more consistent terminology in all three sports.
- Finally we are going to look at putting on a track session (probably on a Friday) and will also be trying to factor in more swim analysis. We cannot film in public pools but Richard has agreed to do another session and his equipment is state of the art and far better than the previous club equipment- this will probably be in February.
- Coaching is very rewarding- and you get lots of little personal highlights but it does take a lot of time.
- Now that I am leaving this post so I will not have a presence on the committee (and therefore cannot be seen to have a conflict of interest), I would ask that the committee consider whether it is right that these willing and hardworking volunteers are expected to actually pay money to join the club. If we were to quantify their time given in service it would come to quite a considerable amount and therefore it seems wrong to make them pay, even if it isn't a lot of money, to do it.
- One person I would highlight who I have mentioned already is Karl who has intimated that he will be stepping down as the Wednesday run coach. He has given fantastic advice and coaching to many in his years in that job and on behalf of us all I'd like to say thanks.

- The question of free memberships for coaches is not now for me to consider but what I can do is ask you to put your hands together and say a huge thanks to all of our coaches.

Committee

- Finally to the committee: they work quietly and efficiently in the background to help make this club what it is and I know that you will hear very good and positive reports from them in the next few minutes.
- I do not want to offend anyone as they all work hard but I would particularly like to thank Francesca for her superb organisational skills throughout my three years in office; she is a force of nature.
- I would also like to say a huge thanks on all of our behalves to John Whittaker who is stepping down from the committee today. John has been a huge servant to the club and like me is not going away. He wears his heart on his sleeve and it is fair to say that whilst ET is in his DNA, John is also in ours. Thank you for all of your efforts John!
- And then there is Laura. Her Vice-presidency came out of tragic circumstances but she has been a brilliant support in the role. I am convinced she will be a great president.
- Fellow ET members as I mentioned I am not going away, it's been a pleasure though not always easy to serve as club president for the last three years. Thank you for your support and I'll see you at the Commie tomorrow night.

5. On behalf of the committee and members, Francesca thanked Gavin for his superb leadership of Edinburgh Triathletes over the last three years.

Membership report

6. Mike Brown, membership secretary, reported that there were 206 members in 2015 so far compared to 181 for the whole 2014. This can be disaggregated as follows:

	Total	Gold	Silver	Bronze	Male	Female
2012	127	43	48	36	84	43
2013	145	49	56	40	96	49
2014	181	81	69	31	112	69
2015	206	101	71	34	120	86

	Total	New members	1-2yrs	3-5yrs	>5yrs
2012	127	35	32	25	35
2013	145	51	35	24	35
2014	181	86	43	20	32
2015	206	79	76	18	33

7. The average age of members was 40 with the youngest age 18 and the oldest 81.

8. In discussion, it was reported that, on the point of joining, 46 members of Edinburgh Triathletes were also members of TriathlonScotland. (However, this not capture those members who join Edinburgh Triathletes and subsequently join TriathlonScotland.) The benefits of membership of TriathlonScotland were discussed and ways to encourage membership, including linking TriathlonScotland membership to Edinburgh Triathlete membership, were discussed. **Action: Committee consider ways of improving TriathlonScotland membership.**

9. **Action: Committee consider free membership for club coaches.**

Treasurer’s Report (including setting of fees)

10. Francesca Osowska, in the absence of the club treasurer, David Forrester, presented the club accounts (see annex A). The final accounts will be placed on the website. Points to note:

- There had been a small reduction in cash at the bank of £2,654.
- Both races had roughly broken even.
- The major training expense was pool hire.
- The club subsidised club kit and the ceilidh.
- Membership income was used to support subsidisation and training costs.

11. It was recommended that the fees in 2016 should remain at 2015’s level, i.e. £100 for gold, £65 for silver and £25 for bronze membership. The membership endorsed this decision. This would be the seventh year in a row that fees would be held at the same level.

12. Gavin Calder reported on the TriathlonScotland AGM that had been held that day. A proposal was agreed which would change the way in which club affiliation fees would be calculated. In future years the club would pay £1.50 per member of TriathlonScotland and £0.50 per non-member. If membership levels and membership of TriathlonScotland stayed the same, this would result in Edinburgh Triathletes affiliation fees increasing by £96.50. Rolling membership would also be introduced.

Election of Office Bearers

13. The new Committee was elected as below.

President	Laura Forrester
Vice-president	Paul Chowdry
Secretary	Francesca Osowska
Membership Secretary	Mike Brown
Treasurer	David Forrester
Welfare officer (optional attendee at committee meetings)	Laura Forrester
Club events coordinator	Mike Brown and Ian Gillon

Coaching coordinator	Anna Henly
Communications coordinator (includes Tribull editor)	Heather Matthew
Webmaster	Richard Kirby and Paul Graham
Equipment coordinator (optional attendee at committee meetings)	Gavin Calder (Phil Parr-Burman bike boxes and Ian Gillon wetsuits)
Club kit organiser (optional attendee at committee meetings)	Phil Parr-Burman
Social convenor	Keira Murray and Jennie Anderson

Edinburgh Triathletes Club Championship

14. Phil Parr-Burman led a discussion on the Edinburgh Triathletes Club Championship. The following points were made:

- It was agreed that there should be more points for TriathlonScotland Championship races.
- For the 2016 competition, it was suggested that the most popular races from this year should be used.
- It was also suggested that more races should be included.
- It was also suggested that there should be a social element to the races to encourage participation.
- To widen appeal, it was suggested that there should be a secondary “plate” type competition.
- It was suggested that there should be a way of incorporating ironman distance races.

15. **Action: Committee consider the above and Phil Parr-Burman circulate a list of Edinburgh Triathletes Club Championship (“target”) races as soon as possible.**

Swim training provision / Edinburgh Leisure changes

16. Arnott Kidd noted that ERC were about to give up on their swimming session on Monday at 20:30 at the Commonwealth Pool because of lack of numbers. It might be possible to collaborate with ERC to provide extra pool time for Edinburgh Triathletes with little additional cost or coaching commitment.

17. **Action: Anna Henly to poll members to gauge interest in an extra session and contact Chris Godfree of ERC to discuss.**

AOB

18. It was thought that the offer of yoga and holding the AGM on a Sunday night had contributed to increased attendance.

19. It was agreed that the ceilidh had been a huge success and should be repeated.

Close



20. The Club President closed the meeting and thanked all for their participation and attendance.

Annex A: Treasurer's Report

Income and Expenditure Account for the year to 31 October 2015

£

Opening Balance 32,150

Income	Expenditure
Race fees 25,969	Ceilidh (5,971)
Membership 13,404	Coaching (562)
Kit sales (1) 5,624	Kit purchasing (1) (7,633)
Ceilidh tickets 3,379	Admin costs (2) (684)
Misc (3) 1,159	Race Expenses (25,219)
Total Income 49,535	Training (4) (12,121)
	Total Expenditure (52,189)

Closing Balance 29,496

Notes

- Membership income has increased; consequently our training costs have had to increase to cover this.
 - We now have more pool time and also subsidise spin classes at Pedal House.
 - There were also several invoices relating to the previous year that weren't paid until this year, this is a much smaller issue going into next year.
- (1) Kit: Sales relate to purchases by club members, purchases are from suppliers.
- (2) Admin: TS club levy, AGM costs, membership costs.
- (3) Money paid by members for spin sessions
- (4) Training: £9k on pool hire, £2k on Pedal House, £1k on training weekends. The membership fees for 2016 will remain at current 2015 rates: Gold: £100 Silver: £65 Bronze: £25.