

**EDINBURGH TRIATHLETES: ANNUAL GENERAL MEETING****SUNDAY 13 NOVEMBER, THE LINKS HOTEL, 19:30-21:15****MINUTES****Apologies and attendance**

1. Present: Ian Gillon; Carrie Bush; Derek Ireland; Keira Murray; Martin Gore; Gavin Calder; Lynn Hanley; Scott Balfour; Paul Graham; Alastair Sutherland; Leigh-Anne Baker; Marco Capriglione; Andy Peakman; Rachel Gunstone; Bruce Wilson; Julia Loecherbach; Jennifer Bedford; Mike Brown; Laura Forrester; David Forrester; Phil Parr-Burman; Paul Chowdry; Anna Henly; Francesca Osowska.
2. Apologies: Kirsten Cameron; Doug Macdonald; Ciara Webb; Vicki Stewart; John Whittaker; Mandy Whittaker; Juan Ramón Hidalgo Agra.

**Minutes of last year's AGM**

3. The minutes of last year's AGM (held Sunday 29 November 2015) were agreed.

**President's Address**

4. Laura Forrester, Club President, highlighted the achievements of the club and its athletes during 2016.

“Welcome everyone: it is good to see so many members here this evening. I am going to keep this relatively short as we have many interesting things to discuss this evening.

This year I restarted the Trumpet, partly to make it easier to write this review of the club members' achievements this year but mainly so that we could all celebrate the achievements of ET members throughout the year rather than just at the end of the season. It is always a pleasure to open the results during my lunch break to see how many people have raced over the weekend and to get the occasional email throughout the week from, or about, people who have completed their first race or stepped up to a longer distance.

**January**

The triathlon season started early for Edinburgh Triathletes with another excellent New Years Day triathlon, which was again expertly organised by John. A big thank you again, to John and the rest of the team of volunteers, we really appreciate all that they have done. The event has already sold out for next year so we are set for another great start to the year.

A little later than planned, due to wintery weather, some hardy souls took part in the Iain Gowan's Duathlon. The races were won by Morag and Mike Brown.

**February and March**

February was a quiet month with everyone getting their head down and training for the season to come.

19 March saw the first club championship race of the season where 20 ETs competed. We got the season off to a great start with 2 golds, 2 silver and 2 bronze age group finishes.

We also got a new coach in March when Derek Ireland achieved his level one qualification.

### **April**

The month continued with a string of great results for the membership with many people getting podium finishes in their events. April also saw the introduction of a beginners cycling group on Saturday morning which helped many people improve their skills and confidence on the bike.

Richard Foxley also achieved his level 3 triathlon coach qualification.

The end of April saw the first of our two training camps this year where a group of us travelled back to Mallorca for a week of swimming, cycling and running in the sunshine. A great time was had by all and Mike has already started to organise our trip to the sunshine for next year.

### **May**

The excellent results continued throughout May. Most notably, Eilidh came home with an age group gold medal from the ETU Powerman Long Distance Duathlon in Copenhagen.

In the middle of the month a large group enjoyed the spring sunshine and went for a dip in Threpmuir to prepare for the open water races ahead. Obviously this was followed by a trip to the pub for Sunday lunch.

### **June – August**

The racing season really kicked off in June and there are too many amazing results to choose from. We had people competing at all distances from novice to ironman and competing in all types of races from small local to huge national events. Regardless of the distance or race, everyone seemed to be getting fantastic results and there continued to be a high number of ETs competing in all races throughout the year. Here is a quick run through of some results (a note of all these can be found on our website):

- Qualified for 2017 European races – Fiona, Matt, Euan, Mike and Liz
- Qualified for 2017 Worlds – Liz (just for fun)
- Ironman – Alvaro, Bruce, Julien, Justin, Sean
- Celtman – Alexis and Richard
- Edinburgh 7 Hills – Not a triathlon but we won team bronze, second in the ladies race and first in the challenge (not bad for a triathlon club in a running event)
- String of age-group podium finishes

In the middle of all this Sharon achieved her level 2 triathlon coach qualification.

We also took the opportunity of the 'I am Team GB' event to move the Iain Gowan's Duathlon back to its traditional time at the end of August. We are hoping that this would make the race safer and attract more entrants. I'm afraid that I cannot find a note of who won this race. Well done to Fiona and Nicol for winning the summer edition of the race.

### **September**

The great results continued with Eilidh and Liz competing at the ETU Middle Distance Championships in Austria. Both had an excellent race, in very hot conditions, Eilidh finished 11<sup>th</sup> and Liz topped off an outstanding season with a second place finish behind an ex professional.

The second week in September saw my season come to an end with the Gullane Beach Triathlon and I want to take this opportunity to say a massive thank you to everyone who helped to make the event a big success. After the race I asked competitors for comments to improve the event and everyone who replied was overwhelmingly complimentary and seemed to have a great race and that is down to all the volunteers.

As the season began to wind down for the rest of us, Doug MacDonald went to Mexico as our sole representative at the World Championships in Cozumel where he had outstanding races in both the aquathlon and sprint triathlon events.

### **October and November**

October saw our second trip this year. In stark contrast to Mallorca a large group of us went to rainy Perthshire for another fun weekend away. A huge thank you to coaches Richard and Euan for keeping us busy with plenty of activities and to Mike for organising the trip.

During November Eilidh Yates and Matt Goode were crowned 2016 club champions

Last weekend Jennie and Keira organised another ceilidh on a much smaller scale to last year. Only a small group attended but we all had an amazing night, dancing to all the old and new favourites.

That brings us up to today and the start of another ET year, which is certain to be even more successful than last year.

I would like to take this opportunity to thank the group of coaches who have helped us all to achieve our goals throughout the year. We have an excellent group of coaches, who all give their time voluntarily, to set our sessions, listen to our moaning, push us to swim/cycle/run better and always take the time to help us where they can. ET would not exist as the club that we are without their support and I would like to say thank you to them all for everything that they do. We all really appreciate it. Having been to a few of their meetings recently I know that they have some great ideas for the year ahead.

Finally: the committee. We have (in my opinion) a great committee at the moment who have been working quietly and efficiently in the background to keep the club moving forward. I know that we will be hearing some good positive reports about the club soon and later we will hear from Paul about the work he has been doing with regard to our development plan.

Another big thank you to our departing committee members Keira and Heather. They have both been a great help over their time in the committee.

It has been a pleasure to serve the club as your president this year and I am looking forward to seeing what next year brings. Finally, can I ask that you all put your hands together for all the coaches and committee members who have given up their time this year to help the club and its membership.”

### **Membership report**

5. Mike Brown, membership secretary, reported that there were 184 members in 2016 so far compared to 206 for the whole 2015. See AGM paper 1 for details.

6. In discussion, it was noted that numbers were healthy. It was also pleasing to note that retention rates seemed to be improving.

7. It was asked whether there was an optimum number of members for the club. It was thought that any increase beyond the current number could be difficult as some of the sessions (particular the Monday swim at the Commonwealth Pool and the swim sessions at Leith Victoria) were becoming overcrowded. By contrast, numbers for the Wednesday night swim were low. It was agreed that swim numbers should be monitored to ensure no overcrowding. **Action: committee.** It was also agreed that the Wednesday swim would be promoted as well as looking for alternative locations to allow an earlier swim, for example Ainslee Park or James Gillespie. **Action: committee.**

### **Treasurer's Report (including setting of fees)**

8. David Forrester presented the club accounts. See AGM paper 2 for details. Key points:

- Differences in payment and receipt profile gave the appearance of a better balance this year. However, once these profile differences had been accounted for, the full year balance would be roughly the same as last year.
- Cash at the bank (approximately £30,000) was a useful reserve in case of (for example) race cancellation.
- It was agreed that, where appropriate, funds should be used to support members: for example, subsidise kit and buy additional wetsuits.

9. It was recommended that the fees in 2017 should remain at 2016's level, i.e. £100 for gold, £65 for silver and £25 for bronze membership. The membership endorsed this decision. This would be the eighth year in a row that fees would be held at the same level.

## Club Development Plan

10. Paul Chowdry introduced the development plan (see AGM paper 3 for details), its purpose and the suggested areas of focus. Drawing on the results of the recent membership questionnaire, the suggested development aims were:

- Increase the diversity of training sessions;
- Improve the provision of cycle training;
- Increase the number of qualified coaches and session leaders;
- Increase the level of support to members who race;
- Develop and implement a safety policy;
- Increase participation in the ET club championship;
- Improve the club's presence on social media.

11. Comments from members were sought on each of the areas above.

### Diversity of training sessions

- It was agreed that sessions should be based around swim / bike / run but where possible, introduce variety, e.g. off-road running, cyclocross.
- It was agreed that additional sessions wouldn't necessarily be coached, but led.

### Cycle provision

- Would be useful to know what puts members off joining the cycle sessions.
- Costs of a road bike could be prohibitive and could be a factor.
- Also, beginners might initially be put off by faster people, although the beginners' sessions had been very helpful to allow members to gain confidence. However, because there was no "middle group", these people were not retained.
- For Saturday cycling sessions, needed to have strong leaders to ensure group discipline.
- Should also persevere with specific cycle coaching, perhaps using Ingliston.
- In the summer, the aim should be to have some sort of cycle session every Tuesday (including king / queen of the mountains and the Silverknowes time trial).
- It was also suggested that if the Wednesday swim continued to have disappointing numbers, this could be changed to a bike / run for the summer.

### Coaches

- Agreed that, as well as needing good flow of coaches, should also ensure that there were more session leaders.

### More Support for Members to Race

- Could transport to races be considered? For example, hiring a minibus for popular races and buying a bike rack or trailer.

- It would be helpful to have social meet ups for people doing a particular race; the Monday socials at The Salisbury Arms could be used for this.
- Could Andrew McMenigall’s bikes / wheels be loaned out? It was noted that this was the plan and details would be emailed to members as soon as possible.

### Improving Social Media

- It was noted that Facebook was active and a good way to communicate with club members but that Twitter was not active.
- Needed to have a strategy for communications and the new communications director on the committee would lead on this.
- It was also agreed that Tribull, whilst very popular with members, was time consuming to publish. But, at the very least, we should aim for an annual publication.

### Safety

- Keeping a register of member attending sessions was part of the safety regime.
- Safety incidents should be recorded.
- Would be good to get feedback from members on cycling safety issues.

12. Paul Chowdry, in conjunction with the committee, would consider all these points in the further development of the development plan and keep members updated.

### **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 and social media coordinator	Bruce Wilson and Julia Loecherbach
Tribull editor (optional attendee at committee meetings)	Gavin Calder
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

Jennie Anderson

**AOB**

14. It was noted that Gavin Calder was standing for TriathlonScotland President and all were encouraged to vote for him
15. Gavin Calder made a plea for marshals for the New Year's Day race.

**Close**

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