

EDINBURGH TRIATHLETES: ANNUAL GENERAL MEETING**THURSDAY 9 NOVEMBER, THE ROYAL COMMONWEALTH POOL, 1930-2100****MINUTES****Apologies and attendance**

1. Present: Sarah Connolly; Gary Willis; Mark Hemsley; Tabi Ewing; Anna McFarlane; Catherine Davidson; Shona Cunningham; Kate Allan; Nicola McCullough; Chris Fowler; Adam Szymoszowskyj; Katie Robins; Roz Hewitson; Dave Burnett; Adam Lewis; Jean-Paul Vitry; Keith Fairbairn; Calum Lennen; Scott Walkingshaw; Cameron Renton; Tony Macpherson; Pamela Tait; Sandy Legget; Emily Cropton; John Whittaker; Mandy Whittaker; Lynn Hanley; Liz Richardson; Kenneth Gray; Colin Gourlay; Andy Peakman; Drew Bradley; John Robertson; Kate Robertson; Al Stanton; Mike Brown; Bruce Wilson; Ian Gillon; Ciara Webb; Phil Parr-Burman; Francesca Osowska; Paul Chowdhry; David Forrester; Julia Loecherbach.
2. Apologies: Laura Forrester; Kirsten Cameron; William Guild; Anna Henly; Keira Murray; Scott Balfour; Paul Lynch.

Minutes of last year's AGM

3. The minutes of last year's AGM (held Sunday 13 November 2016) were agreed.

President's Address

4. Laura Forrester, Club President, was unable to join the AGM having moved to Aberdeen. Laura provided remarks in advance, which were read by Paul Chowdhry, Vice-President.

“Hello everyone.

Thank you all for coming this evening. Thank you also to Paul for reading this speech out since I couldn't make it down from Aberdeen for the AGM. I imagine I will currently be running up a hill in the dark or if it is too cold, sitting in front of the fire eating cake.

I started to write the traditional review of the year by going through the results to find out what you had all been up to and what we had achieved as a club this year. I got to April on the Triathlon Scotland events calendar and I had already filled half a page with top 10 age category finishers so it was obviously a successful start to the year. On top of this we had finishers in Celtman, Ironman, Challenge, 70.3, European and World Championship events. Many of our members competed in their first triathlon but it doesn't mention that in the results. When I realised that collating all this information was an impossible task I decided to take a different approach.

As I step down as President and leave the club after 5 fantastic years I have been reflecting on my time as an ET. I find that my favourite memories are not from the races but are from the training for races. In a break with tradition I want to share

some of my memories of my time with the club. These memories are the reason why I have loved being a member of this club and why I will always be an ET at heart.

I joined the club in September 2012 just after the London Olympics – this was a coincidence, I was on holiday for the whole Olympics and missed the excitement that swept the nation. I joined because my life had taken an unexpected turn and I needed a distraction and something to fill my evenings. It took me a few weeks to pluck up the courage to go to a session and I can clearly remember walking out onto the poolside at Dalkeith convinced that I made a mistake. The next hour was hard but I was instantly hooked and from then I became a regular at training sessions but I still didn't feel like a triathlete. It took me a few more weeks to join the Saturday cycle. My first cycle with the club was a bit of a disaster, I fell off my bike about 5 times and had at least one puncture, I was mortified and disheartened, but everyone was incredibly helpful and patiently waited for me. I got a lift home from Andrew McMenigall that day and as he forced me to eat a Stroopwaffle (or two), I realised that despite everything that had happened I really enjoyed myself. At that point something changed and I became a crazy triathlete and an ET.

I started writing a list of my memories of the last 5 years but it was too long and detailed so here is a snap shot of my time as an ET.

- The Wednesday night run was always my favourite session of the week. The Wednesday Warriors have never failed to put a smile on my face.
- The Friday night track sessions - I always feel smug exercising on a Friday evening and still having time to go to the pub afterwards.
- Spilling a cup of tea all over my floor because my hands were shaking so much after a freezing winter cycle. I think it took me all day to warm up after that one.
- The Margaret Thatcher Memorial Swim was the hardest swim set I have ever done; it finished with 10 * 50m butterfly. It was at the Commie on a Monday night so no rest during the 50s!
- The two training weeks to Mallorca, in particular the first year when the weather was glorious and I laughed constantly for the whole week.
- The training weekends to Bridge of Earn where I always did a little too much exercise, drank a little too much alcohol and had far too little sleep. I always forgot to take the Monday off work.
- My birthday run round the Seven Hills of Edinburgh on a wonderful sunny Easter weekend. I ran into a railing before the second hill and was still bruised months later but it was totally worth it!
- The mixed relay events at Foxlake, Perth and Strathclyde were the most fun I have ever had racing. The Dream Team even won one of these races.
- The club anniversary ceilidh, the setting was beautiful and the dancing was competitive. A perfect triathletes party.
- Organising Gullane for the past three years, when everyone has a good day it makes all the hard work worthwhile.
- The support at the 70.3 in Edinburgh this year from the ET marshals and spectators – the purple corner were certainly making more noise than anyone else on the course.
- All the cake!!

Some memories do stand out more than others. After I had been in the club for almost a year tragedy struck when Andrew was knocked off his bike and killed cycling from Lands End to John O'Groats. I had only known Andrew for a short time but he was an important part of my time in the club to that point. I felt the sadness in the club at that time and realised that Andrew was not just an important part of my experience, he seemed to have had an impact on all the people in the club. The sea of purple at his funeral was heart breaking but at that moment I felt incredibly proud to be an ET. However, this painful memory led to one of my fondest.

On 10 April 2014, a large group of us were nervously waiting for 5pm and the start of our 24 hour swim challenge in memory of our much loved coach and friend. It was an unbelievable effort from everyone involved and we surpassed all our expectations of the distance we could swim and the money that we could raise. As a club, we swam 532km and (including gift aid) raised a total of £9,240.83 for The Kirsten Scott Memorial Trust, the charity Andrew was cycling for at the time of his death. To keep us going during the swim we had a little bake sale (obviously) with the proceeds being donated to Saltersgate School to help them replace some special needs bikes that had been stolen. Again, we were overwhelmed by the generosity of those buying the cakes and we were able to give the school £740, with a little help from a money match scheme at the bank. The atmosphere throughout the whole 24 hours was fantastic with everyone putting all their energy into every hour that they were in the pool and giving unlimited support to others in the club. I, for one, was immensely proud of being part of a club that came together in this way and looking back on the event still raises a smile.

This leads me on to my favourite part of the club – the people. From the help I received when I joined the club to the hugs I received when I moved away, everyone I have met has been nothing but friendly and supportive. The chums in my swim lane who would drag me along when I was having a bad day, my run buddies who would listen to me moan about work and everyone else in between. All your stories have been inspiring and your advice has been invaluable. Every person I have met is incredibly kind and generous with their time and will often go out of their way to help if they can. It is all of you that make this club so special and who made the decision to leave so hard but I will always be purple at heart.

It was after a year in the club I somehow ended up on the committee as vice-president. I blame Gavin for this turn of events! I have greatly enjoyed my time on the committee and hope that I did a good job over the past few years. I also hope that my biggest contribution wasn't just the introduction of cake to the committee meetings. Thank you to all the committee members past and present for making my job so easy over the past 4 years. You all do a fantastic job 'behind the scenes'.

It is not just me leaving the committee this year, both Anna and Jennie have decided to step down from their roles today. I want to thank Anna for all her years of hard work as coaching coordinator we all appreciate the time and effort that you have given to the club. Thanks also to Jennie for organising some great social events over the past few years. Jennie will be going out with a bang after organising the ceilidh in a couple of weeks.

Thank you to the coaches who all volunteer their evenings and weekends for our benefit. We all appreciate the time, planning and hard work that you put in to help us achieve our goals. Without you we would all be swimming, cycling and running much slower.

Finally, thank you to all the people who marshalled at a race, without your help it would not be possible to put on NYD or Gullane. The feedback from competitors always highlights how great the marshals have been and how you help make these events memorable.

Congratulations to everyone who raced this year, regardless of the distance, type of event or whether it was your 1st or 101st race, each time we step on the start line is an achievement. We all know how much hard work goes into getting there. I am certain that you have all started plotting your races for next year and as triathletes, we are always looking forward to our next challenge but sometimes it is worth looking back on what we have and can achieve together and on all the fun that we had along the way.

Hopefully I will bump into a few of you at the ceilidh or at a race in the near future but until then I wish you all the very best. Thank you to everyone who has made the past five years so memorable.”

5. Paul Chowdhry paid tribute to Laura’s contribution to the club and the committee, praising her no-nonsense approach, her infectious enthusiasm and commitment to both the club and committee.

TriathlonScotland Presidents’ Meeting

6. Paul Chowdhry reported on a recent meeting of presidents of triathlon clubs, hosted by TriathlonScotland. Key points:

- Triathlon clubs in Scotland come in all shapes and sizes and have a multitude of ways of communicating with members and charging. However, Edinburgh Triathletes could potentially learn from other clubs in relation to technology use.
- TriathlonScotland set out that they would be proposing in their AGM a change to the fee structure. This would be to include TriathlonScotland membership in club membership. The importance of promoting TriathlonScotland benefits, including various money-off schemes, was noted.
- TriathlonScotland had also reported that their funding from **sportscotland** was likely to go down and would impact on the TriathlonScotland strategic plan.
- TriathlonScotland would be undertaking child protection review. Although Edinburgh Triathletes does not have a youth section, this would still be of relevance as it would apply to vulnerable adults.
- Many clubs at the meeting reported a negative impact on club race from the growth of private races.

Membership report

7. Mike Brown, membership secretary, presented the membership report. See AGM paper 1 for details.

8. In discussion, it was noted that numbers were very healthy and therefore, the club was not actively trying to recruit new members (because, for example, of some of the pressures on existing swim sessions).

9. The recently introduced policy of requiring membership cards to be taken to sessions was questioned. It was agreed that this would be reviewed. **Action: committee.**

Treasurer's Report (including setting of fees)

10. David Forrester presented the club accounts. See AGM paper 2 for details. It was noted that many races costs were fixed (and would rise over time). However, entry fees could not necessarily rise to keep pace as over a certain level, entry fees would be judged “too expensive” and entries would fall.

11. The healthy cash in the bank balance was noted. It was suggested that some of this could be used to purchase kit (e.g. waterproof jackets) for those marshalling at races. In addition, a pump for the club race finishing arch was required. **Actions: John Whittaker to acquire a pump; Phil Parr-Burman to work with race directors on kit for marshals.**

12. It was recommended that the fees in 2018 should remain at 2017's level, i.e. £100 for gold, £65 for silver and £25 for bronze membership. The membership endorsed this decision. This would be the ninth year in a row that fees would be held at the same level.

Health and Safety Policy

13. This was agreed.

Club Constitution

14. Francesca Osowska set out the proposed changes to the club constitution:

- Provision for general members of the committee (i.e. without portfolio);
- Provision for an additional bank signatory;
- Allowing the committee to make different arrangements for membership costs for groups or individuals (e.g. coaches or life members);
- Make a distinction between trustees and other committee members;
- Clarify that committee decisions would be agreed by majority vote of those present (if needed);
- Clarify terminology of “club committee”, “management committee” and “committee”.
- Clarify what is require to pass a resolution at an AGM / EGM (majority of those present).

15. The revised constitution and annex were agreed.

Election of Office Bearers

16. The new Committee was elected as below.

President	Paul Chowdhry
Vice-president	Mike Brown
Secretary	Francesca Osowska
Membership Secretary	Mike Brown
Treasurer	David Forrester
Welfare officer (optional attendee at committee meetings)	Ciara Webb
Club events coordinator	Ian Gillon and Mike Brown
Coaching coordinator	Gary Willis and Leigh-Anne Baker
Communications and social media coordinator	Bruce Wilson and Julia Loecherbach
Tribull editor (optional attendee at committee meetings)	Gavin Calder
Webmaster	Julia Loecherbach and Richard Kirby
Equipment coordinator (optional attendee at committee meetings)	Phil Parr-Burman (Ian Gillon wetsuits)
Club kit organiser (optional attendee at committee meetings)	Phil Parr-Burman
Social convenor	Carrie Bush
Gullane Race Director (optional attendee at Committee meetings)	Gavin Calder
New Year's Day Race Director (optional attendee at Committee meetings)	John Whittaker

AOB

17. Paul Chowdhry thanked the club secretary for her work in supporting the committee and organising the AGM.

18. The different communication channels of Facebook and email were noted. The Committee would discuss whether there needed to be a rationalisation of communication channels. **Action: committee.**

19. Al Stanton asked for a report from the coaches. The following points were made:

- Swimming sessions were busy therefore it was difficult to give 1:1 attention. The possibility of extra lanes on Mondays and Wednesdays was being pursued.
- Running sessions were working well. Numbers were relatively low for the Friday track session and there was the possibility of moving day.
- The challenge of encouraging more members to participate in group riding sessions was noted. It was also noted that, during the winter, outdoor club sessions were only possible on Saturday and Sunday (although spinning was proving popular). The possibility of a Sunday ride, which could be combined

with a post-ride coffee, was discussed. **Action: committee.** It was also noted that it was possible for members to self-organise using the e-group and Facebook.

- The possibility of the club purchasing roof racks to help members attend races was noted.
- Having more training weekends was also discussed, although it was noted that this would require additional support to organise. **Action: committee.**
- Paul Chowdhry thanked the coaches for their incredibly valuable contribution to the club.

20. John Whittaker made a plea for marshals for the New Year's Day race.

21. Mandy Whittaker noted that a session for New Year's Day participants to ask questions about the race would be held during the second and third week of December. This was the potential to combine with a "tri-boot sale" (where you could bring old tri kit to sell). Members were supportive of this idea. **Action: Mandy to publicise to the club.**

Close

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