



Mid Sussex Tri Club AGM Agenda
Thursday 19th November 2015 Bent Arms Lindfield 8pm

1. Attendance

A total of 37 members attended.

2. Apologies for absence

Kevin James
Simon Barton
Claire Cresswell
Tim Cresswell
Jean Fish
Angela Murray
Rose Ryan
Phil Couch

3. Approval of Minutes of 2014 AGM

These were approved without change

4. Matters Arising

No matters were raised from the minutes of the previous meeting.

5. Reports of Officers of the Club (annexed to Minutes, discussion points from AGM set out below)

- President
- Treasurer
 - It was voted to raise the Club's financial reserve to £8,500
 - It was voted to keep the membership and pool swim fees at the current level.
 - The question of club public liability insurance was raised. We have this via the BTF and it covers up to 10 million pounds. The excess is in the hundreds. The club has reserves to cover this.
 - Each club member should carefully assess what extra cover they might need *individually* for racing, particularly if racing out of the country and racing in non BTF events.
- Membership Secretary
 - Emma Jaffe volunteered to help with membership duties and shadow Pete for the next year.



- It was noted that a register was needed for the Thursday evening swims and that the coaches will help with this going forward as Pete cannot attend.
- New members need to be politely reminded after 3 swims that they need to start buying swim subs.
- Head Coach
 - The need for more level 2 coaches
 - A buddy system will be introduced to allow for nominated leads for training sessions alongside the coaches
 - Neil will email members to ask for volunteers for the buddy system.
- Open Water Swimming
 - Swim Fees: These were voted on and kept at £3. It was noted that these will likely increase in 2017.
 - As swim fees remain the same value, swim credits from 2015 will 'roll over' to 2016. Note - this will not apply again in future seasons (2016 to 2017) as prices will likely increase - members advised to only buy as many credits as they intend to use in 2016.
 - Pontoon: Jason and Paul have kindly agreed to assist with building the pontoon. Additional volunteers will be needed for a Saturday afternoon in the next few weeks to start work - Julie will coordinate via facebook.
 - Sea swimming: This is available for free and training sessions are available via BTRS for a nominal charge.
 - Southwater: A few swimmers (up to 5) still attend Southwater. We will need to review arrangements with them in future years.
- Race Director
 - Next year's race is on Sunday, 12 June 2016 - please diarise
- Junior Secretary
 - Kate and Rachel are now taking over the running of the juniors' section.
 - They plan to run 4 sessions in April and May - the last session being a race.
 - Two coaches' training has been paid for by the juniors section.
 - There are no plans to run GoTri in the summer.
 - There are tentative plans to link with the juniors Park run on Sundays.
 - They always need volunteers - please contact Kate and Rachel if you can assist.
- Social Secretary
 - Ladies' lunch ride: 6 Dec 2015
 - Santa Run: 11 Dec 2015
 - Club awards dinner: Feb 2016, exact date TBA after liaison with Dr S Alden (ret'd)



6. Revision of Club Constitution

The constitution was circulated and the following changes voted on and agreed:

- Section 5: Club membership fees will be payable on the first of April.
- Section 5.4: Membership will be forfeited if fees are not paid by May. Up to 28 days' grace may be given.
- Section 6.5: Changes to the Committee structure were agreed. (Remove the roles of President and Vice-President, introduce the roles of Chairman and Vice Chairman, include the Head Coach)
- Section 6.14: The Honorary posts of President and Vice president were agreed.

7. Appointment of Committee Members

Elections were held for four posts. Mark Jordan, Steve Alden, Rose Ryan and Trevor Moore stepped down from their posts. The following members were voted into their respective posts:

- Chair = Morwenna Hook
- Vice Chair = Jeremy Paine
- Press Secretary = Roger Smith
- Junior Secretary = Rachel Baker and Kate Eifler

All of the remaining members of the committee agreed to stand for another year:

- Treasurer = Rachel Baker
- Secretary = David Ricketts
- Membership Secretary = Peter Harris
- Social Secretary = Julienne Stuart-Colwill
- Welfare = Julie Williams
- MSTC Race Director = Steve McMenamin
- Web master = Mike Hook
- Member without post = Rob Hoodless

8. Selecting a charity

Ricci Lennon proposed Chailey Heritage and this was accepted as the club's nominated charity for the next year.

"Dear David

I would like to apply for Chailey Heritage School (in North Chailey) to be one of the nominated charities for our Club Fundraising next year. Chailey Heritage provides education and care for Young People with severe physical disabilities and associated health and learning difficulties. I am the Departmental Coordinator for Seymour the school's Secondary section for those aged 12 - 16yrs. Every summer we arrange a



special week where we try to give take them on more ambitious trips and activities. So for instance we would go to London on the train to visit the sites, or go sailing in an adapted boat at Cobnor, or maybe book a series of activities at Hindleap including zip wire, abseiling and Archery. Every year we fund raise for this, and the more we raise the more ambitious we can be. These Young People are severely disabled, all in wheelchairs, many unable to speak, hear or see to varying degrees. We aim to give them a good sensory experience which pushes the boundaries on their normal routine. £500 would make a significant difference to what we can achieve.

Many Thanks
Ricci Lennon."

9. Any other business

- Arranging participation in events on the same day as club events – Jim Graham

"I'd like there to be a strong guideline that MSTC members should not encourage other members to enter events that clash with BAR events. A good example this year was a massive turnout at Gauntlet when Barns Green was BAR event same day. This is even more important for events that MSTC itself (Steve Alden and others) painstakingly organise such as club duathlon and club standard/middle distance races."

Action: The following points were raised:

- Get the BAR dates out earlier so that members can plan ahead for BAR races.
 - Try to use the club Facebook page or other electronic means to coordinate race entry
 - This ought to be further discussed at the next committee meeting
- Club subscription payment dates – Matt Critchley

"Our membership year runs from April to March however swim subs are out of kilter. January to June and July to December. I would like to know whether this is a historical point. Surely it would be more logical to have the swim (and any other) subs aligned with membership subscriptions.

My proposal would be to leave membership as is but move any optional subscriptions, such as swimming, as follows:

1. *Bring swim subs into line with membership year, i.e. from April to March;*
2. *Current members would pay a one-off fee of £15 for the period of January to March to cover the transition; and*
3. *Offer new members the chance of paying for swim subs only for the period of their active membership at a rate of £5 per month for each month or part thereof to bring them into line with the revised subscription periods.*

I am not sure whether cash flow is an issue for the club at the beginning of the season with subscriptions to various governing bodies. If so, could we not incentivise



members to pay for the entire year in advance by offering a discount? Say £30 for 6 months or £55 for the entire year?"

Action: The following points were raised:

- Points 1 and 2 listed above were agreed
- The details are to be finalised at the next committee meeting
- London Marathon draw – David Ricketts

The draw was made for the club allocated place in the London Marathon 2016

Members who were eligible:

Sharon Chladek	Loz Wintergold	Rachel Baker	Dale Moore
Pete Harris	James Dear	Matt Critchley	Cliff Wilson
Paul Wills	Mike Jaffe	Emma Jaffe	Rob Hoodless
Callum Murray	Steve Alden	Emma Alden	Andy Jenkins
Kay McMenamin	Colin Chambers	Morwenna Hook	Mark Jordan
Mike Hook	Jean Fish	Clare Parkinson	Steve Birchall
Pippa Crouch	Jim Graham	Helen Graham	Jeff Woodall
Emma Smith	Martin Sanwell	Phil Couch	Kevin James
Jules Stuart-Colwill			

Mike Hook was the lucky 'winner'

- Proposal for a pastoral care officer – Julie Williams

Julie suggests, after discussion that Del Hastings be recognised as the pastoral care officer for the club. The role and responsibilities to be further discussed and confirmed by the committee.

Presentations by both Del and Julie. It was agreed and the terms would be discussed further at the next Committee meeting.

- Club 10K and MTB duathlon - Simon Barton

Simon proposed that the club run a winter 10 Km run and a MTB run/bike/run duathlon. It was noted that we had tried this in the past and not had sufficient interest. Due to the necessary risk assessments, route planning and practicalities this can be a lot of work to organise. Mark Jordan will discuss this with Simon to develop further if there is sufficient interest.

- Social rides - Matt Critchley



Matt explained that the Crawley Wheelers were proposing organising a social bike rides out of HH on Saturday mornings, at a social speed. These would be distinct from their current Saturday rides from HH which are aimed at a more experienced level. Matt will try to coordinate these between the Wheelers and MSTC and we can publicise them on website/facebook etc.

It was noted that this may clash with the Park runs in winter and Ardingly swims in the summer.

- Swashbuckler - Brad Williams

The 20% discount is still available for the race at present.

- Vote of thanks - Callum Murray

Callum proposed a vote of thanks to Mark Jordan that was unanimously endorsed by the club.

- Thursday training sessions - Rachel Baker

It was suggested that we should try to coordinate the start times of the spin/core and swim on Thursday evenings. This would mean less congestion in the pool, which was the original purpose of commencing the alternate sessions on Thursdays.

Action:

- Neil/Jules will look into the times of room bookings to see if it is possible to change the booking.

- Last year's charity - John McTear

Sussex Sailability thanked the club for their sponsorship of the past year.

- Availability of Club Kit - Steve McMenamin

A plea was made for more kit stock so that members can try on kit. It was commented that there was often a long wait for orders and the reasons for this were explained. Rachel Baker noted that a new order has recently been placed.

Action:

- Steve will talk to Kate and Gunter about opportunities to try on kit.



President's Report 2014-2015

This will be my last report to the club before I step down as President. Can I thank every body who has helped me and contributed to the club during that time that I have held the post. I have had a whale of a time!

I think the club has had a reasonably good year by any form of reckoning. We have continued to address our priorities and, at the same time maintained the familial and friendly atmosphere and support for everyone who shows an interest in our sport and each of the constituent disciplines. I think that the culture of our club is something very precious, if not unique, to us. We are also financially sound, at least in the short term, as Rachel baker illustrates.

I have been struck by the enthusiasm of so many members at sessions and in events or races. The swim sessions at the reservoir are beyond anything I could ever have imagined. It will good to have more members perhaps participating in club races and events but any participation, in any form, is better than nothing at all. Don't forget that participation in the club races and events means that we are able to give back to charity. Yet again we have raised well over £2,300 for the two charities. Thank you to every one who has given their support for these events.

I am chuffed to bits to be associated with a club that pride itself on encouraging any form of participation in our sport. We encourage and value members of all abilities. It is nice to recognise this. At the same time, we continue to have a good number of members racing for the GB Age Group teams and across distances and disciplines. For such a small club, it never ceases to amaze me just how many of our members are age group racers. Well done to them all – and keep doing it.

In so far as the three priorities are concerned, may I make the following comments:

1. Making the club more accessible

We have grown in numbers yet again. While this is not without its difficulties, indoor swimming provision being one issue, it is fascinating to see the increase membership and without any form of advertising or recruitment. It is tremendous too that we have such a range of people who are coming to our sport. The proportion of female members to male is levelling, even if we still have few members in the younger age groups. We do have a number of year 10 and 11 members from Ardingly College each year, mainly for the opportunity to swim in the reservoir. That said, we have had our very first member who has come through the junior section. We hope to have two more in the first part of next year, so let's hope that that trend continues.

The junior section has had a really good and productive year, as the report for that section indicates. Rose has been tremendous in what she has done with Julie Williams and Jean Fish to organise the section. Hazel has been a great lead coach for the section. Rachel Baker and Kate Eifler have very kindly agreed to take on the mantle of running the section.



Thanks to Peter Harris, Julie Williams and Morwenna Hook for all of the work that they do in respect of the members. It is far from easy for Peter and he does a great job.

2. Coaching structure

It has been an interesting and challenging year in this respect. David Jones left the head coaches role. He has moved away from the area and has had to concentrate on developing his business. My thanks go to Dave for the work that he did for us. Neil Giles has recently stepped into the role. We are lucky to have him agree to do this.

You will no doubt have seen the enthusiasm and purpose that he has brought to the role already. He is a tremendous fit for the role. I hope that he gets the full support of every one to implement the ideas that he has.

Getting volunteers to become coaches has been something of a challenge. It has been challenging then to get the volunteers onto BTF courses. Nonetheless, we have managed to get 2 new level 1 coaches and another onto a level 2 course. Neil is scheduled for his level 2 course and two other members are scheduled for level 1 courses.

Please remember that we are always looking for volunteers for coaching. It is a really fulfilling experience and one that I can say from personal experience, is a great way to learn and develop as an athlete.

3. Developing relationships with local clubs

We set out to develop our formal and informal links with various local clubs. We recognised that we it would be better if we worked together to pool opportunities for training, coaching and participation. We have formal and semi-formal alignments/agreements with Burgess Hill Runners and with Crawley Wheelers. We also have good links with East Grinstead, Crawley, and of course, BTR.

There has been a varying amount of interest and participation in the opportunities offered by the likes of Burgess Hill Runners and, for example, the track sessions at Lewes and the group rides of the Wheelers or the club time trials. Nonetheless, I think that this type of initiative is vital for the club and especially if we continue to increase membership numbers. We cannot provide formal sessions and facilities to meet member's needs or desires within our own resources. We should also, I believe, continue to provide opportunities for members to chose to engage in these opportunities, or not, as they see fit.

Beyond these points, I think there are a number of challenges. While none of them are new, they nevertheless, remain pertinent. They are (and in no particular order):

1. providing indoor swim facilities and sessions for all members
2. recruiting, training and developing coaches for each of the disciplines
3. providing some sort of organised rides for members, beyond those that Julienne and the ladies have
4. encouraging participation by members with the organisation and running of the club, and



5. seeking to develop income streams to offset depend ace on Steve Mac's race.

I have been asked by a number of people why I am stepping down. It is not a decision that I made lightly. I really enjoy being a member of the club and having the opportunity to work with others to develop the club as a whole. However, there are two points that determined the issue:

1. I have long believed that every one has a shelf life. I think mine is up. Together with the super support of the committee, Steve Alden and I have tried to help in the development and improvement of the club. We, collectively, have taken it to a certain level. I think someone with new ideas and perhaps with a better and wider skill set is required to take the club forward to higher levels. Morwenna and Jeremy and are ideal for that and I hope they get the same support that Steve and I did, and

2. Age is beginning to creep up on me and I am finding time demands much more of a challenge. My long-suffering wife deserves more of my time and attention; so too does my family and all the more so now that we have grandchildren. These, together with increased demands at work and, if I am honest, not wanting to compromise any more my training and preparation for racing, point to stepping down.

I will continue to be a member of the club and to help in any way I can. I want to continue to coach too – sorry about that. My enthusiasm for the club and the sport has not diminished in any way. Many thanks to every one who has been so kind and supportive.

Mark Jordan



Membership Sec Report – 2015

Stats:

We have 142 paid up members – up from 130 last year:

- 77 “full members” (paying membership & swim subs) – though 15 still to pay their 2nd half year swim subs!
- 65 “membership only” members (many signed up solely for OWS)
- As always, we lost some former members but gained 42 newbies out of 66 new member enquiries to date.

We have 91 male and 51 female members. The ratio of ladies to men is now up to 35% (from 30% last year and 28% the year before)

We have 140 Facebook members in our “closed group” and still receive lots of (unsuccessful) requests to join from Joe Public!

33 club members requested England Athletics athlete registrations (£12 each paid by MSTC but fee increases to £13 on 1 April 2016)

The club paid its EA club affiliation fee @ £100 (fee remains @ £100 next year).

I’m sure there are other MSTC affiliations but I don’t deal with those!

You’ve probably noticed that I haven’t been taking the swim register for some time as I can’t get to the club on Thursday nights now. We really do need to keep tabs on new members turning up for trial swim sessions as they are only supposed to have 2 or 3 before they are expected to join up and pay subs. If someone can assist with taking the register please let me know? Meeting and greeting new members is also a problem but I have had help with these. Also, the website is so good now that most new members sign-up online, get all the info about the club they need from the site and just turn up for training. BIG THANKS to Mike Hook for all his sterling work on the website and new system for collecting card payments and administering swim credits etc.

I’m happy to do a 3rd year as Membership Sec but will probably look to hang up my hat this time next year. Anyone interested in shadowing me in 2016 will be most welcome. The job involves lots of exciting interaction with new and existing members, liaison with Emma, Clare & Julie on OWS payments and it’s just a great way of getting to know everyone in the club....

Pete Harris
Membership Sec.



MSTC Coaching Report

11 November 2015

Summary of 2015

- We have a coaching team of 9 with another two likely additions in 2016
- We have interest from a further three members to get involved in coaching
- In terms of coaching numbers, the team is strong but in terms of experience we are currently weak for a club of our size. It is difficult for us to meet British Triathlon's guidance that every coached session is led by a minimum of a Level 2 coach
- A survey of members to find out race plans for 2016 has been carried out
- We continue to deliver coached swim sessions on Tuesday (Neil lead) and Thursday (Hazel lead), a coached run session on Thursday with a roster of Neil, Kate and Trevor
- Barry and Jake have been gaining experience by assisting the delivery of run/swim sessions
- Jules continues to deliver the spin session on Thursday
- Dale continues to deliver core & stretch on Thursday
- Informal rides are organised by Jules once a month
- We do not have formal cycle sessions, however many members cycle with Crawley Wheelers

Plans for 2016

- Preparation of Annualised Coaching Plan based upon the findings of the members' survey
- Development of a 'Buddy' system to draw on the experience of Club members and to help broaden the coaching offer
- Continue to build the Coaching Team with additional Level 1 qualified coaches
- Develop the existing Coaching Team with the aim of getting two additional Level 2 qualified coaches
- With the size of coaching team we have, it is anticipated that each coach would be expected to deliver 3 to 4 sessions per month
- To link up with the Junior part of the Club and input into appropriate junior coaching
- Coaching budget requirements: Provision for two Level 2 courses @ £550 each, four Level 1 courses @ £350 each = £2,150



Coaching Team

Neil Giles (Head Coach)

Hazel Tuppen – BTF Level 2

Kate Eifler – BTF Level 1

Julienne Stuart-Colwill – BTF Level 1

Mark Jordan – BTF Level 2

Trevor Moore – BTF Level 1

Dale Moore

Barry Davids – BTF Level 1 (starting Oct '15)

Jake Newman – BTF Level 1 (starting Oct '15)

Future team members

Rachel Baker – Course TBC

Rob Hoodless – Course TBC

Interest in Coaching Courses

Tracy Brownings

Kat Barrett

Martin Shoesmith

Neil Giles

Head Coach



MSTC OWS Ardingly Reservoir Report 2015

Overview:

Another fantastic season at the Reservoir this year and a big thank you to all members that contributed to making it a safe & enjoyable experience. The new online waiver system, purchasing online swim credits plus Dutyman were the major successes, helping to dispense with time consuming admin at the start of each swim & ensuring equity of pontoon & kayak duties.

Sharing the pontoon has raised issues particularly with increased numbers of swimmers but holding the safety briefing at the clubhouse has eased congestion (thank you to Callum M for suggesting that).

Some statistics:

- OWS season duration 25th April -31st October (51 swims possible)
- 140 MSTC members signed the online waiver
- 111 members bought credits, of those 109 members actually swam
- Total swims = 1,125 (1,083 MSTC, 27 day, 15 guest)
- Peak month was June with 301 swims, lowest April with 25
- Highest turnout, 43 swimmers on June 30th

Pricing structure:

- £3.00/session for MSTC members
- £5.00/session for affiliate members
- £8.00/session for day membership

Pontoon:

- Budget agreed by MSTC Committee
- Can now start preliminary work on steps (pm)
- Once water level rises pontoon will be attached

Recommendations:

- Slight increase in swim fees to cover the cost of lane usage fee
- Modification of Jean's Board to make in/out count easier
- A fluorescent cover for 500m buoy to make sighting easier
- Remove affiliate members from Dutyman & increase their subs.

- Special thanks to:
- Mike Hook : Online system
- Pete Harris: Membership information
- Emma Jaffe: Collating stats
- Clare Parkinson: Dutyman
- Jean Fish: Constructing the safety sign in board
- Paul Wilman: Safety advice/equipment
- Ricci Lennon: Holiday cover
- JW/2015



MSTC Race report

Steve Mcmenamin gave the following report:

A massive success once again only issue was the centre double booking dance contests so all the traffic choked the event and surrounding roads. I managed to clear most of it and guided the bikes through so not too bad, I have talked to them about this and am assured it was a booking error... we shall see next year.

There were 324 entrants, with 290 taking part on the day 19 of which were in the Aquabike. (winning male time 1:06:17, Female 1:17:05)

I have a lot of the Event Clips left over (these attach a race number to your top without ruining it with pins) so grab some from me. Perhaps put them in the new members pack?

A few special thank you's:

- The sponsorship team lead by Emma Smith and helped by Morwenna, Jo Fleming and Sandra Wescott who all did a fantastic job. It is probably one of the hardest jobs to do we will need more help in this area next year.
- Steve Alden who stores and drags out the racking and other equipment each year. An extra thanks to Emma Smith by dragging father in-law, Hubby Lee and their flatbed truck and trailer round to Steve's to get the racking.
- Rob Hoodless who gets all the marshals together,
- Rach Baker, Hazel, James Dear, Mark Jordan and Pete Harris as the section heads.

Extra special thanks to Dale as It is always quite a stressful day for me with so many things happening but this year I was helped massively by Dale.

Currently started working on next year which will be 12th June 2016 with the course familiarisation on Sunday 22nd May your help will be needed.

To all section heads please let me know if you do not want to do this next year.

The real thanks comes from the competitors I have been putting the feedback on our site please do visit this bit it's great to read and its makes all the effort worthwhile:
<http://www.midsussextriclub.com/the-mid-sussex-triathlon/race-info/feedback.aspx>



"Marshals: Plentiful supply and dead friendly. None of them looking like they wished they were somewhere else "

I would just like to write and thank you for putting on such a brilliant event.

What I enjoyed about the whole event was the fact that everyone was so friendly, all the people involved were very approachable and couldn't do enough for you.

My family even commented on this, after asking for the best place to watch and where the run course was, the marshals went out of their way to show them where to watch and even explained a little about the whole triathlon.

As I live in Haywards Heath and see you train there and also after seeing what a friendly bunch you are I am very interested in joining the club. Edward

I thoroughly enjoyed the race, well swim time down a bit need to push it more, but many thanks to you and all the wonderful marshals who indeed made it one of the friendliest races I have done.



Treasurer's Report 2015

2015 has been another financially sound year for the club. At the time of writing this report the club has £21,000 in the bank. This amount needs to be reduced by £1,000 to reflect the prepaid swim credits, we will also have to pay Ardingly College the swim hire fees for October to December out of this money before our final 2015 cash position will be known but it is substantially higher than the £14,000 that we held this year. We also have £894 of funds which were donated to us with restrictions on their spend in place.

On the basis of these figures I would like to increase our minimum reserve funds to reflect our annual running cost. The current minimum reserve is £3,000. These amount to approximately £8,500 and by keeping this as our minimum reserve it would mean that the club could commit to continue at any point without running the sprint race.

The breakdown of the £8,500 is as follows:

Open Water Swimming costs	£800
Club Affiliations (incl athlete UK Athletics)	£800
Web Hosting fees	£200
Awards for dinner	£100
Ardingly pool hire	£2,600
Dolphin pool and spin hall hire	£4,000

I would also like to propose that all membership and swim subscriptions stay at the same level for 2016.

The current boost to the club's funds has arisen for a number of reasons. Some of this is due to spend that we had committed to not being incurred. This particularly applies to the funds that we had earmarked for coaching. We put aside £5,000 when David Jones took over as head coach to spend on training coaches. We didn't spend the full £2,500 in the first year and this rolled in to the second year. This year we only paid for Neil Giles' level 2 course and Barry Davids' level 1 course (£900) so there has been substantially less spend than we budgeted for. This is also partly due to Mark Jordan's level 2 course (in 2014 £520) Jake Newman's level 1 course (£350) being paid from the junior section .

We also included an amount for coaches to claim when they coached sessions, up to £15 per session. Not all coaches have claimed the full amount of these expenses and some are yet to claim for this financial year so this has resulted in more funds being held than forecast. We also reduced the costs of hiring the dolphin when it was noticed that they have been charging us to hire the pool for 90 minutes on a Thursday night, when I spoke to the Dolphin they had no records of us requesting the extra half hour so the hire has been returned back to the one hour 8.30-9.30 that we had previously.

We also did not have any costs for various expenses we had budgeted for including the turbo hall, yoga studio and a first aid course.



The other significant contributor to the increase in funds has been the increase in membership and swim subscriptions paid. This has risen to £9,694 for this year to date (up from £7,200 last year).

Expenditure for 2016

In addition to the ongoing running costs outlined earlier in the paper the club is committed to the following in 2016:

- Neil has put together a coaching budget of £2,150 for next year, I would propose that if we get more volunteers wanting to take on coaching courses that we should consider allowing up to £3,000 for coaching courses and that if more than this is needed that the committee could approve extra payments.
- The club is also committed to paying for a new pontoon to be built at Ardingly reservoir to avoid any congestion and complaints from the rowing club.
- Mark is going to look at arranging a first aid course in 2016 for our coaches.

The Committee would welcome any feedback from members on areas that they would like the club to develop and invest in for the future.

Juniors Finance report

The junior's finances opened the year with a balance of £3,456.39. There were two events run during 2015 a spring Tri Hub and a summer Go Tri. The income from these two events totalled £2,091.28 and the spend was £2,527.89 resulting in reduction in funds of £436.63 this reduction was increased by £350 when Jake Newman's coaching course was paid for and results in net funds of £2,669.78 being available at the end of 2015.

Part of the reason for the reduction in funds is due to there being smaller numbers on the summer Go Tri event than in previous years, whilst this resulted in much smaller groups and a much better experience for the coaches and participants the costs of running the summer event are much higher than the weekend events due to the costs of providing food for the participants (and coaches).

The current plans for the juniors next year are taking shape but will be scaled back quite a lot from previous years. Kate and Rachel are in the process of trying to agree dates and a venue for a spring tri hub of 4 sessions (one of which is a race). There is unlikely to be a summer go tri in 2016 and once the spring event has been planned and executed a further meeting will be held to decide whether to run an autumn event.



**Statement of Income and Expenditure for the period ended 10th November 2015
and the year ended 31st December 2014**

	2015	2014
Income		
Membership Income	7,358.18	4,325.19
Club races (to raise money for charity)	1,493.38	1,394.00
5-3-1 charity swim	1,088.20	1,526.46
Mid Sussex Triathlon	12,012.36	12,068.26
Swim subscription fees	2,336.20	2,930.00
Open water swim credits	4,226.20	0
Go tri and Tri hub (junior training income)	2,091.28	4,251.20
Turbo training fees	0	110.00
Club Kit	918.60	2,954.96
Other	752.09	340.00
Total	32,276.49	29,900.07
Expenditure		
Training for coaches	(1,405.00)	(955.28)
Club races	(280.00)	(500.40)
5-3-1 charity swim	(112.86)	(358.06)
Mid Sussex Triathlon	(4,518.29)	(4,769.70)
Open water swim payments	(4,187.00)	-
Pool hire**	(6,488.11)	(4,500.70)
Turbo hall hire	(262.50)	(870.00)
Yoga hall hire	0	(132.00)
Kit	(1,346.21)	(2,966.04)
Go tri and Tri hub	(2,527.89)	(5,838.52)
Charitable donations:		
Sailaway (2015 races)	(1,213.38)	-
Lauren's silver swimmers (2014 races)	(893.60)	-
Hollyrood house (2013 races)	-	(1,385.72)
Lauren's silver swimmers (5-3-1 swim)	(975.34)	(1,175.00)
Stride Uk Raffle	-	(250.00)
Other*	(973.24)	(1,849.85)
	(25,183.42)	(25,551.27)
Net increase in cash	7,093.07	4,348.80

*Includes UK Athletics and BTF affiliations, payments to Southwater and Ardingly for use



of open water are in Open water swim payments in 2015, other in 2014.

** 2014 Ardingly Oct -Dec invoiced in January so not paid until this year.

Reserves at 31st December	2015	2014
Cash held	24,326	17,233
Go tri reserve	(2,669.78)	(1,608.56)
Reserve funds	(8,500)	(3,000)
Due to charity	0	(894)
Triathlon sponsorship	(949)	(979)
Net free reserves	12,207	10,752

Juniors' Section

Rose, Jean and Julie were thanked for their hard work. There are now 70 members in the juniors' section. Some members are making their way into the seniors' section. Kate and Rachel are now taking over the running of the juniors' section.

Social Secretary

Ladies' lunch ride: 6 Dec 2015

Santa Run: 11 Dec 2015

Club awards dinner: February 2016, date TBA after liaison with Dr S Alden (ret'd)