

Minutes of the Committee Meeting of the Mid Sussex Triathlon Club
The Bent Arms Lindfield, 11-9-17 at 8pm

1. Committee for Meeting

Morwenna Hook	- Chairman
Jeremy Paine	-Vice chair
David Ricketts	-Club secretary
Rachel Baker	-Treasurer and Juniors' secretary
Emma Jaffe	-Membership secretary
Kate Eifler	-Juniors' secretary
Stephen Mcmenamin	-Race director
Neil Giles	-Head Coach(apologies)
Roger Smith	-Press officer (apologies)
Mike Hook	-Webmaster(apologies)
Julienne Stuart-Colwill	- social secretary
Jean Fish	- welfare officer
Julie Williams	- Open water swimming (apologies)
Rob Hoodless	- Member without portfolio

Also

Steve Alden	- Honorary Vice President
Mark Jordan	- Honorary President
Matt Critchley	-Volunteer co-ordinator
Callum Murray	-publicity(apologies)
Vicky Vonderlinden	

2. Minutes

The minutes of the previous meeting were approved without alteration.

3. Club Coaching

- Jo Fleming and Steve Mac have both signed up to do Level 2 coaching courses shortly.
- Jake is leaving us to go onto his university course. We plan to give him a present to thank him for his hard work
- Neil Giles will step in and take on the Thursday swim coaching in his place. The Tuesday sessions will be run on a rota that doesn't include Neil
- Ardingly swimming pool has been booked for the period 26-9-17 to 1-5-18. This costs £100 a session for the pool and a lifeguard.
- The rising cost of the Ardingly pool was discussed. An alternative pool is at Cumnor House. This is cheaper at £45 a session but there is no lifeguard, room for only 3 lanes and a lot of work to do to set the pool up and clear up.
- We agreed to keep swimming at Ardingly pool for this winter season. Further options will be considered.
- Spin and stretch sessions are booked for Thursday evenings. We are checking that Jules and Kevin are still able to run these sessions. We will then ensure there is sufficient interest/attendance.

4. Juniors

- The next four junior sessions are starting this Sunday, 2-4pm at Cumnor House School, Danehill. Four dates have been set: 17th, 24th September and 8th and 15th October.
- Please contact Rachel if you want to help or send your children along. This course will only run if there are sufficient coaches.

4. Swimming

- Ardingly reservoir open water swimming:
- There have been 840 swims so far this year.
- There were 844 in total last year
- Problems with getting members to fulfil their Dutyman sessions were discussed
- In future, Sarah will ensure there is more contact in advance of sessions to ensure attendance.
- Training preferences were not accepted as a valid reason for not attending dutyman sessions.
- Non- attenders may have their swimming privileges withdrawn. Numerous options are being considered.

- Regarding taster sessions these will be held once a month on the first Saturday morning of the month.
 - This will allow properly policed and guided sessions for each new group, which will be limited in numbers.
 - Payment will be required to attend a taster session
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- No more affiliates or regular 'guests' are to be allowed to attend swimming.
 - Members may invite one guest (once each for each guest) and the guest again will need to pay for their swim and the person bringing them will be responsible for them during the session.
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 - Southwater: 1 spotter and two swimmers from each club are required to fulfil the safety regulations. 10 members used Southwater in 2016. We may not fulfil these requirements. It costs £100 a year to subscribe to swimming at Southwater and this is not justified if only 10 people are using the resource. A final email will be sent to members to check if anyone has used it in 2017. If the numbers remain minimal, we will not sign up again next year.

5. Mid Sussex tri race

The Triathlon Festival

- 51 athletes raced, 25 from the club.
- One athlete had some difficulty in interpreting the signs
- More signs are needed and we agreed to buy these for next year
- Maps of the routes on the website may also help clarify the route
- 13 participants did the sprint tri. This will be repeated next year.
- A social event is planned for next year after the event, run by the club.
- The car park was full and we could ask Ardingly school if we could use their car park next year.
- Martin Shoesmith and Matt Critchley are keen to help next year to reduce the work and stress for Steve Alden.

BAR

- This continues to be superb value with £100 securing a season's worth of racing (five races).
- It was considered impractical to add further events.

6. Club Kit

- Kit has sold well on Saturday mornings at Ardingly
- Stocks are running low
- There has been little response to an email for further kit.
- It was decided not to order more kit until next season
- Kit will again be ordered and sold at Ardingly
- Certain members felt that the Endura kit was not good quality for the cost.
- We resolve to look at other makes of kit and check member's views.
- A presentation regarding this will be given at the next cttee meeting
- Hoodies and cycling tops were the kit most often ordered.
- Discussed having a number of hoodies in stock that can be available to new members to buy as soon as they join. Gunter&Kate to check the costs of ordering hoodies in bulk. If we stick to single colour scheme - yellow and black (club colours) this will make ordering easier.

7. Treasurers' report

It was decided to keep the membership fees as they are for the next year.

The club is solvent

The accounts will be settled in November and we will then know what amounts can be distribute to charity.

The arrangements for online payments to settle invoices/bills have been reviewed by the treasurer and are robust.

8. Chairman's Report

All the current committee members agreed to continue in their current posts next year.

If Matt Critchley leaves his volunteers coordinator post to assist Steve Alden with the Tri Festival a new coordinator will need to be found.

9. Social Matters

Christmas run on the 8th Dec: meet at the Dolphin centre foyer at 7 30 pm
Fancy dress strongly encouraged!

The annual awards dinner is to be at the Talbot in Cuckfield.

Capacity is 60 and 53 have booked so far.

Barry was volunteered to help present the prizes.

Morwena will liaise with Steve regarding the number and type of awards.

The committee may need to help in editing down numbers eligible for the awards.

Lawrence will be unable to provide the usual after dinner speech.

10. AOB

Emma Smith

- I was hoping for the cycling coaching to be raised again. The date given last time didn't seem to work with a few people that wanted to attend but then we never heard anything again. Are there still plans to run that?

Yes. It was agreed to try and arrange the session in winter on a day that doesn't clash with swimming and coaching commitments.

- *it would be great if there could be some kind of survey taken by members to see if there is any interest in early morning training sessions for running and pool swims. Many other clubs offer this and it's a shame that we don't seem to offer that too.*

Morwenna will undertake a survey. We aim to provide varied training opportunities for members. Additional training sessions would depend on coach availability and member uptake. A suggestion was made that members going on runs and looking for company could mention them on facebook - setting up ad hoc run sessions, similar to those we have with cycling.

Previously Liane ran morning running sessions (6.15am) once per week but these were not well attended - only 3/4 people.

Information was presented setting out other local clubs' training schedules. The Committee asked what the costs of membership/training were for the other clubs listed. Details are below:

- MSTC - 2x swim sessions per week, 2x open water (one morning), 1 x run session per week, 1x spin/stretch session per week, ad hoc cycle rides at weekend (morning). Membership fees £40, swim fees £30 per six months, OWS £4 per session
- Horsham tri club offer - 3x coaches pool sessions a week (one in morning), one run session a fortnight, cycle rides once a week. Membership fees £30 with training fees of £30 per month.
- Brighton tri club offer - 2x pool sessions, 1 x run session, 1x brick session (morning) and 1x social ride (morning). Membership fees £50 with training fees at £5 per swim, £3 per run
- East Grinstead Tri - 3 x swim sessions (two morning), 1x run session (morning), cycling 2x per month (morning). Membership £38. Training fees unclear.
- Swim 1st Tri - 2x swim (one in morning), 2xrun (one in morning), 2x cycle a week. Membership fee £30, training fees £25 per month

To be followed up after results of survey.

- *how many women attend the swim sessions as a comparison and how many do both? There were only 7 women at the last Thurs swim session I went to. Not sure what that comes out as percentage wise.*

These figures are not known. Coaches confirmed that generally less females attend run sessions but this is changing. Morwenna will canvass views on attendance at run sessions.

Neil Giles

A club Aquathlon and/or Mixed Aquathlon Relay day 30-9-17
30 people have entered

Format outline:

Mixed Relay: Teams of 4 (ideally 2 men and two women) each swim in turn 1 lap of the OW course at the reservoir before doing a 2k run around the reservoir, return to transition and tag your next team member who repeats the format and so on. Winning team has the lowest o/all time, teams could be selected randomly from those interested to mix it up a bit.

- Neil Giles will prepare proper risk assessments next week ahead of the event
- We will need the usual 2 kayakers on the day but the spotting duty could be handled by Neil and/or Steve Mac who has offered to help out on the day.

• Non-slip mats have been suggested to cover the slipway at the reservoir. These were thought to be expensive. It was suggested that the slipways could be cleared of algae with a broom and helpers could get athletes out of the water safely.

11. Next meeting

16-11-17 Next AGM 8pm at the Bent Arms in the upstairs room as usual.

4-12-17 next cttee meeting

Christmas run 8 Dec at the Dophin centre at 7 30 pm