

## **MSTC AGM Minutes 2020**

**19.11.2020**

**8pm**

### **1. Opening Remarks and Welcome-**

Angela Murray welcomed everyone to the very first MSTC Virtual Annual General Meeting

### **2. Apologies/Attendance-**

**Attendance** 31 visible members were in attendance

**Apologies were sent from-** Jean Fish, Carol MacTaggart, Suzanne Cole, Peter Court, Katie Reed and Helen Graham.

**3. Approval of the 2019 AGM Minutes-** Approved without amendment

**4. Matters Arising from the 2019 AGM minutes-** None were noted

### **5. Electing in New Officers**

The following were elected:

**Head Coach-** Steve McMenamin Proposed by Jeremy Paine Seconded by Martin Shoesmith

**Open Water Swim Director-** Debbie Ware Proposed by Sally Gardner Seconded by Mark Walton

**Vice Chairperson-** Mark Walton Proposed by Callum Murray Seconded by Mike Hook

**Trifest/Duathlon Director-** Patrick Romano Proposed by Callum Murray Seconded by Julie Williams

**Club BAR Director-** John MacTear Proposed by Douglas MacTaggart Seconded by Martin Shoesmith

**Membership Secretary-** Simon Barton Proposed by Jeremy Paine Seconded by Steve Mcmenamin

### **6. Chairperson's Statement-**

The Chair's report was read out and Angela went on to thank Jeremy (Vice chair), Julie (OW swim), Neil (Head coach), Martin and Paul (BAR/Trifest/Duathlon) for their contribution to the club.

**7. Reports of the Officers-The officers' reports were read. All the officers were thanked and the following points raised.**

**Neil Giles-Head Coach-** Possible recruitment of an Independent swim coach from the Marlins.

**Callum Murray Juniors Section-** Adam Byrant and daughter to meet with Callum to discuss going forward.

**Clair Hunt Treasurer-** Club members to explore how the club funds could be spent next year. Suggestions were: Junior race or activity/ Subsidised races/funding race entries for members on lower income or Covid hit. Adam B suggested putting together a Back 2 Business report.

**Hannah Droscher Social Secretary-** Hannah welcomed Adam onto the committee as joint Social Secretary.

**Jason Brown Membership-** Enquiries were converted to membership and membership held up through the year.

### **8. Charities-**

£100 has been paid to the Claire Danson Appeal

£200 will be paid out immediately to each of the following charities: Sussex Search and Rescue, Lauren Silver Swimmers, Out of the Blue, Monday Group and Afasic. These were the charities that would have benefited from the Mid Sussex Triathlon Events and 5-3-1 Swim in

2020 if we had been able to hold them. The club made the decision to honour the charities. These charities will roll over to next year.

**Afasic**- Supports children with Speech, Language and Communication Needs

**Monday Group**-Voluntary rights of way workers in Sussex , maintaining, opening up and preserving footpath networks.

**Out of the Blue**-Fundraising body established in memory of Will Beckett who took his own life at Beachy head. They support Winston's Wish and Dragonflies( Childrens' Bereavement charities)The Beachy Head Chaplaincy Team and CALM(Campaign against Living Miserably)

**Sussex Search and Rescue (SuSAR)** -Primary search resource for Sussex Police. Volunteers who are professionally trained to search for vulnerable missing persons.

## **9.AOB**

The club's charitable donation will be reduced to one individual charity for 2022

Lauren Silver Swimmers remains the 5,3,1 Charity of choice.

**The 2021 AGM will be held on Thursday 18th November**

**Next Committee Meeting will be 11th January 2021**

**Meeting Closed at 21.21 hours**

**Angela Murray**

**Chairman's Report for MSTC AGM, 19.11.20**

### Summary of 2020

The good news is we've kept going! We've swum, spun and run. It hasn't been the easiest year for the club. The first Covid-19 Lockdown began just as our season would normally have been opening so our training and opportunities for participating in events were compromised from the start. Our income dipped significantly but fortunately we were well capitalised. Overall we have done well under the circumstances and managed to provide opportunities to keep training for much of the year.

The big upside was that Open Water Swimming was able to start once Lockdown restrictions eased and we were all able to enjoy an almost normal OWS season. Inevitably, under the circumstances, we had to cancel many of our regular events. Our own MSTC Triathlon, our club Duathlon, the 5-3-1 Swim, our TriFest and the BAR were sadly unable to take place. However, Jo Fleming and Barry Davids managed to lead us through Lockdown 1.0 with Virtual Spin, which they replaced with Spin at the Dolphin once circumstances allowed. From late summer on we were able to start swim training at Cumnor House and re-started our Thursday run training session. In addition we were able to return to our Strength and Conditioning session at PPT. However, as we all know, Lockdown2.0, from 2nd November, has brought all this to an end for now.

Many of us were able to take advantage of various offers provided by the club at the start of the year. Some enjoyed a visit to the Velodrome at Lee Valley VeloPark on Valentine's Day

(thank you, Callum Murray) while others took advantage of reduced price Bike Fits (thank you for organising, John Mactear) or brilliant swim analysis sessions at Sea Lanes in Brighton (thanks to Joanna Millington). Other positives achieved this year are a permanent storage facility for our growing collection of MSTC equipment. Thank you to Jean Fish for that.

The end of a year always brings change to the Committee and we have to say goodbye to some absolute stalwarts of the club. We have put out an appeal for new committee members and would love to see some new faces -- no experience necessary. Please contact any of the Committee if you are interested.

In particular I want to thank Jeremy Paine for his absolute commitment and dedication to the club as vice-chair over the last five years. Much of what Jem does is invisible but Jem has been at the absolute centre of keeping us going this year and demonstrating that the work the Committee does is for the benefit of the club members. He negotiated with Cumnor House/Ardingly/The Dolphin and managed to keep us swimming (when that has been allowed). He arranged our Strength and Conditioning sessions at PPT on Saturday mornings. Jem worked with Julie to enable our Open Water Swimming at Ardingly Reservoir by making sure we were Covid safe. He is a rock on the Committee. His good sense, wisdom and experience will be sorely missed and we all have a great deal to thank him for.

Equally missed from the Committee will be Julie Williams. Julie has been responsible for Open Water Swimming on the Committee for eight years and it is thanks to her and her team that our OWS sessions have run so efficiently. In fact, given the many challenges over the years we're lucky that they have run at all. Julie has put a great deal of time and effort into making sure that we can all swim at Ardingly. She has often sacrificed her own swimming time to deal with issues as they arise, whether these were related to people missing their duty, escorting new swimmers on taster swims or any of the other niggles which come up all in the interest of keeping us safe. We are particularly indebted to Julie and her team -- Jean Fish, Casey Floyd, Ricci Lennon and Sandra Wescott -- for enabling us to swim this summer and I think the pleasure we all derived from our sessions at Ardingly made us realise how incredibly grateful we are that our swims are organised for us. Thank you Julie. And welcome, and good luck, to Debbie Ware and her swim team.

Another really major thank-you goes to Neil Giles. Neil has been our Head Coach for some years and we have been very, very lucky to benefit from his expertise, his superb organisation and his vision and ambition for our development as athletes. He leads the training programme with calm control and I don't really know how he manages his day job. Neil has been a huge, huge asset for our club and he is a very hard act to follow. However, there is some good news which is that Steve Macmenamin has offered to take up the role. Many of us have already benefited from Steve's infectious enthusiasm for sea swimming and I believe our coaching programme will continue to be ably led by Steve.

On the subject of coaching, thank you to all our volunteer coaches who've done such a great job in keeping us motivated. Barry Davids, Jo Fleming, Rob Hoodless, Steve Mac, Emma Smith and Callum Murray have all kept us going. Steve Mac has run some great informal sea swimming sessions and really built confidence in some members. Kevin James is now a Leader in Run Fitness and Steve is a Level 2 Coach for OWS. Thank you also to those who

responded to our appeal for new coaches. If you have not already been enrolled on a coaching course expect it to happen soon. But, as we continue to grow as a club we have a real need for more club members who are willing to take on a coaching role. I can't stress strongly enough how helpful it is to the club that we have willing helpers with coaching. You do not have to be an expert yourself.

Other sad goodbyes from the Committee are to Martin Shoesmith and Paul Richardson. This team put a gigantic effort into planning a Covid-safe version of our TriFest this summer, a rare 2020 event which many of us were keenly looking forward to. But their exhaustive planning was dashed at the final hurdle. Our thanks go out to them for the massive effort they put in and almost managed to pull off an event for us. Martin is stepping down from the Committee but you will continue to see him as a club member. Paul will be leaving the Committee as he is leaving the area.

Jason Brown, who has done a brilliant job as Membership Secretary this year, has also decided to step down from the Committee in the near future. Our thanks go out to Jason for all he has done to keep control of our membership figures and to look after our new members during this very strange year. Jason is very happy to support a new Committee Member in this role.

### Future

As you can see from Jason's report, our membership has remained strong throughout the year and we're really looking forward to getting back to our full training schedule. The main plan is that we will be able to compete in Triathlons next year. And with recent encouraging news about Covid vaccinations we can begin to feel more confident.

Plans for the coming year will include:

- Resuming face to face activities, in line with guidance from the BTF, just as soon as we are able.
- To be able to run as full a programme of events as possible. At best this would include our club Triathlon, the Duathlon, 5-3-1 Swim, TriFest and BAR Competition.
- To increase our number of volunteers for our coaching team, whether at Level 1 or 2.
- Welcoming new members to the Committee to take over the roles of Vice-Chair, Membership Secretary, Social Secretary and Volunteer Co-ordinator.
- To re-start some kind of provision for Junior members.
- To update our club information on our website.

### **Statements from New Officers**

#### **Steve Mcmenamin- Head Coach (New)**

I think it's been going well so plan on keeping things going as they are with the coaching structure.

Introduce bimonthly coaches meetings.

Encourage previous coaches to come back

Encourage new coaches to step forward, especially ladies.

Get current coaches to go on sport specific courses outside of the BTF

#### **Debbie Ware- OW Swimming Director (New)**

In the last five years I've gone from a novice to a keen open water swimmer thanks to the

opportunity to swim at Ardingly. The open water swimming has become one of the pleasures of my summer and I'm keen to build on the great foundations that Julie has built. She and the previous team did a fantastic job in organising a Covid-compliant swim which will I'm sure need to continue on next summer. The changes this year, in particular having an online booking system and handing over the kayaking duties to the reservoir team, actually made a very positive impact in terms of the organisation needed and the reduced pressure on the club to cover all safety aspects. So I'm keen to continue these and will also be looking to make the club website the focus for all the booking and payments which will simplify things further.

I'm also committed to trying to find ways to extend our season where possible (!). And I'm looking forward to the café being open again for those post-swim bacon sandwiches...

## **Reports from Officers**

### **MSTC Coaching Report By Neil Giles, Head Coach Summary of 2020**

We are delivering coached sessions with a team of 7 coaches and 1 tri-activator:

- Neil Giles (Head Coach)
- Jo Fleming (Level 2 Coach)
- Rob Hoodless (Level 2 Coach)
- Steve McMenamin (Level 2 Coach)
- Barry Davids (Level 2 Coach, though stepping away from coaching activity)
- Callum Murray (Level 1 Coach)
- Emma Smith (Tri-Activator)
- Kevin James (Leader in Run Fitness)

Where we were able to this year, the club has provided coached Spin sessions, coached Run sessions and coached Swim sessions.

Spin – live and virtually by Zoom, has been delivered by Callum Murray, Jo Fleming, Barry Davids and Steve McMenamin.

Run sessions have been delivered by Rob Hoodless, Kevin James, Jo Fleming and Neil Giles.

Swim sessions have been delivered by Rob Hoodless, Jo Fleming, Steve McMenamin, Emma Smith and Neil Giles.

Jeremy Payne has organised the Strength & Conditioning sessions on a Saturday morning at PPT in Lindfield providing a great additional session for members.

### The Team

The coaching team this year has been joined by Kevin James who completed the UKA Leader in Run Fitness qualification.

Steve McMenamin has completed Level 2 Coaching Open Water Swimming.

We had a list of members interested in completing coaching courses in 2020 but this has not progressed further due to the coronavirus pandemic measures throughout the year.

## The Year

Club coached sessions have been seriously hindered by the pandemic – chunks of the year were simply cancelled, whilst other periods have had measures put in place to make them COVID-secure.

I would like to thank all those involved in delivering the coaching this year.

It has been far from ideal and everyone has been very flexible and worked hard to deliver sessions in accordance with frequently changing guidance.

Our slot at the Dolphin has had to change and the pool venue is now Cumnor House on a Monday & Tuesday. Currently, we haven't been able to adjust a rota to deliver a poolside coach to these sessions. I have been in touch with Andrew Hamerton (swim coach at Marlins), about coaching one of our sessions each week. This should be finalised once we have a return-to-swim plan in place following the November Lockdown.

We have kept the run session to Thursday to fit in with coach availability.

Spin began on a Monday evening but has recently moved to a Wednesday to fit around the new Cumnor House slots.

## Next Year

I am stepping down as Head Coach at the end of this year. Steve McMenamin has kindly offered to take on the role.

Considerations for the club:

- Moving the Coaching Resources from my Dropbox account to a new location
- Review the delivery of coached sessions with a small coaching team
- Continue to encourage participation by all in club coached sessions
- Grow the home-grown coaching resource by recruiting to the coaching team

## **Open Water Swimming Report for MSTC AGM Julie Williams**

### **Many Thanks to...**

The Open Water Swimming Sub Committee: Jeremy Paine, Ricci Lennon, Sandra Wescott , Casey Floyd Green & Jean Fish.

Mike Hook for putting all updated OWS information on the website.

Barry Davids for setting up Eventbrite.

Steve McMenamin for sea swimming advice and information.

Debbie Ware & Hannah Droscher for help with the Club breakfast.

Clair Hunt: For all OWS accounting.

Chris Kinsman & the team at AAC.

The Committee & All Members for their continuing support, ideas & feedback.

### **Reminder of Challenges & Recommendations from AGM 2019:**

- 1. Over the next few months the OWSSC will update the safety protocols with particular attention to Dutyman.**
- 2. To research a different sign in method (similar to Diver's Cove) which checks payment has been made before swimming. No payment, no swim!**
- 3. Agree 2020 start/end of season dates with the AAC.**

#### **Recommendations:**

- 1. Swim session fees remain at £4.00 for 2020**
- 2. No extra safety cover is provided at the start of the season due to low numbers (& temperature). We will review end of season requirements mid-term.**

#### **Summary of Season 2020**

Due to the global pandemic, this has been a challenging open water swim season. We were only able to fulfill nos. 1. & 2. of the challenges & recommendations listed above from the **2019 AGM.**

1. All safety protocols were updated with additional Covid-19 safety recommendations incorporated.
2. We explored the sign-in system used by Diver's Cove (Nuticket) which was deemed too expensive & not compatible with our existing website platform.

At the beginning of the season the Reservoir was closed with staff furloughed apart from the Manager. As lockdown eased we were able to start swimming from Saturday July 4<sup>th</sup>.

It was very much a no-frills season with all planned events cancelled. Our main issues included no facilities (changing/bathroom), insurance and a need to keep OWS available for existing members & prioritize their training. We also needed to know who was going to attend to comply with Government guidelines on contact tracing and management of numbers of people gathering in one place.

Tough decisions needed to be taken, including suspending membership and creating two swim waves to ensure paid up members could swim and cope with a lack of facilities. 90 plus members took the plunge over the course of our 10 week season. Eventbrite booking system was introduced and swimmers soon got the hang of the new Covid-19 compliant protocols. Taster/guest sessions were cancelled. Decisions were regularly reviewed by the Committee. Lively discussions took place and although numbers dropped significantly towards the end of the season the consensus was to continue with the original plan.

In terms of BTF guidelines for safety procedures during the pandemic, our existing Dutyman system did not cover us in the event of an insurance claim. The AAC agreed to provide trained safety kayakers for each session. To cover the cost of this, a one off joining fee of £10.00 was required for each member & this was paid for by the club.

Session fees increased to £6.00/swim. Dutyman still provided x 2 spotters for each session & in most cases this worked well.

The water quality remained good with testing conducted by AAC. Unfortunately, the water level dropped dramatically towards the end of the season which affected the length of the circuit & there were some issues around entry/exit.

Neon green silicone swim caps were gifted to all new swimmers & there is sufficient stock to do the same for 2021.

Some members still continue to avoid paying for swim sessions up front resulting in more volunteer hours being used to chase people up.

Club breakfast: We were so pleased to be able to organize this on September 12<sup>th</sup> (earlier than usual) with a fantastic turnout. Pastries, cupcakes & hot drinks were paid for by the club and it was a pleasure to catch up with club members albeit in a socially distanced way.

### **Statistics:**

2019 stats:

Total swims: 1031

Peak months: June/July 511

Guest/ taster swims: 16

Conversions to full membership: 2

2020 stats:

July 4<sup>th</sup> – September 12<sup>th</sup> (10 weeks)

Total swims: 742

### **Communication:**

Posts to FB & email were made every week during the season to update/inform all members & thank the Dutyman team.

The OWS coordinator can be contacted on the following email  
[openwaterswim@midsussexticclub.com](mailto:openwaterswim@midsussexticclub.com)

### **Going forwards...**

Some positives to take away from this season include:

A much improved booking system and safety cover.

Many members explored other options such as the sea, Weirwood Reservoir & Diver's Cove which adds to the body of information to support open water swimming opportunities locally.

We don't know what will happen next year but hopefully we can revert to hour and a half swim sessions which will make the £6.00/session better value.

2021 dates will need to be negotiated with AAC as will continuation of safety provision. The MSTC Committee will need to decide if the club wants to pay the joining fee for individual members if that is a requirement of the AAC. A book & pay system may help to reduce the need for an individual to chase people up for fees.

Lastly, the OWSSC & I will be stepping down from this role & I am very pleased to be handing over to Debbie Ware. We will continue to support Debbie & her team & encourage all members to do likewise.

This season has renewed my appreciation for this wonderful club resource. Thank you to everyone that sent messages of thanks to the Team for their incredible work over the years. JCW/AGM/ 2020

### **Race report- Race Director- Jo Fleming**

The 2021 club race is on Sun 13 June, 2021. Please put in your diaries!

The 2020 race was cancelled and 84 of the c. 100 entrants were rolled over to the 2021 event. 6 have signed up this autumn, which means that we are now on 90 entrants. This is



about where we would hope to be by early Feb in a typical year, so we have some breathing room on numbers to decide on the plan for 2021.

In terms of next year's race, we won't know what covid regulations will apply for some months. However the good news is that, assuming we are not in full lockdown, it is clear from eg Hever that it is possible to run an enjoyable, socially distanced race. So our default plan is to reorganise the race to be socially distanced. The biggest impact is on registration, transition and particularly the swim. Batching competitors to allow distancing seems to be the key, so the priority is working through a possible plan, defining the pinch points and backing out from this the maximum numbers per wave and in total. We then need to work through the protocols for the confined spaces.

Our main sunk cost from 2020 was the cost of medals, which were boldly printed with "2020". I would appreciate ideas for converting them cleverly into 2021 medals (a little perspex holder?), as I do not propose ordering another £1000 batch before Christmas (needs at least 5 months lead time normally). We should bear in mind that if numbers have to be restricted and costs go up, the revenue from any successful race - assuming we can hold it - will be down in 2021.

I'd appreciate input from anyone who likes a logistical challenge and can help think through detailed changes required on the day  
Jo

### **Welfare- Jean Fish**

We all started this year 2020 with great visions that we were going to be achieving our planned and trained for PB's and be the fittest /strongest we have ever been but instead events cancelled, postponed then cancelled again making it difficult to keep our enthusiasm up for any training. It also made me realise how much we rely on MSTC and it's members for that encouragement, joint enthusiasm and swapping of training stories as our families and friends don't always understand our crazy behaviour at times.

So, I hope you have been using the lock down time wisely to look after yourselves physically and mentally, giving those niggling injuries that we have always ignored, time to recover and to build a strong mind set ready to start the new 2021 season stronger and faster.

I personally have missed seeing members and hearing of peoples' achievements, thankfully though through Facebook we can see what some members have been up to and the club also has managed to put together some great Covid friendly training sessions in an inclusive and safe environment and some of us I know have even started a better relationship with the sea !!

So during the next month remember to stay healthy in body and mind to keep our immunity strong but if you are feeling a bit out of sorts and disconnected from the club please feel free to Email me for a chat, in my capacity as Club Welfare Officer.

I can be easily reached by Email:- [welfare@midsussextriclub.com](mailto:welfare@midsussextriclub.com)

Safe and happy training everyone Jean Fish x

### **Best All Rounder Competition (BAR)- Race Director Martin Shoesmith**

We were unable to run the BAR competitions in 2020 as all events selected were cancelled. We did manage to reschedule two cycling time trials (TT) , a 25 mile TT in Steyning and a 10 mile TT in East Hoathly. Hannah Droscher rode strongly in her first ever 25 mile TT, recording a time of 1.26.12. Lawrence Wintergold was our fastest man in 58.37. We had another reasonable turnout in the 10 mile TT, this time Neil Giles was fastest man in 23.00, there were no female MSTC entrants. I would encourage all club members to give a TT a go in 2021. The events are local, low cost (£13 per event) and Covid friendly. I have handed over the responsibility of organising the BAR in 2021 to John Mactear. John will publish a schedule of events when he can. I would like to call in all the club trophies please. If you have a trophy (Phil Couch, Emma Smith, Clair Hunt) please can you let me know and either drop it off at my house (leave in porch) or email me please and I will come and collect.

**May Club Duathlon and August Triathlon- Race Director Martin Shoesmith-** The Duathlon could not take place in May, we were in Lockdown. The August Triathlon could not take place at Ardingly as I could not organise access to toilets. I will be standing down as Race Director for these events in 2021. If you would like to run them please let me know. I can brief you and support you in 2021. Thank you.

### **Webmaster Report - Mike Hook. Summary for the AGM is below.**

#### **Last year:**

- Club Triathlon website design updates
- Club Triathlon website payment provider updates for strong customer authentication
- Changes to events and training sections for Covid rules
- Expanded swim credits to use for strength training
- Planned website upgrade and event booking system

#### **Next year**

- Implement website upgrade and event booking. Hopefully before the end of year, lockdown permitting!
- Step down at the end of next season.  
Can anyone who is interested in taking over get in touch? They don't need to be able to code as changes can be made through the content management system, I can still support with any technical issues and provide hosting for the websites.

### **MSTC Juniors report 2020**

**By Callum Murray, Juniors secretary**

The MSTC Juniors section has been suspended until further notice.

The previous model, in which coaching sessions were held most weekends, was not viable in the long term, because of the demands it placed on coaches.

This was compounded by the restrictions imposed by Covid-19, meaning that no attempt to revive the section under a different model has been possible in 2020.

In 2021, I hope to restart Juniors training under a different model if/when the pandemic has subsided.

I would begin this process by consulting all members on their willingness to help, and on the best model to adopt to achieve long-term viability.

### **Mid Sussex Triathlon Club AGM 19<sup>th</sup> November 2020: Press Officer Report.-Roger Smith**

In my role I only really submit articles to the Local newspaper 'The Mid Sussex Times' or as it is called locally 'The Middy'. I obtain most of the information from what members post onto the MSTC Facebook page.

The Middy have accepted quite a number of articles this year for the newspaper and even put one about Jim Graham completing his 100<sup>th</sup> marathon in August onto their website.

Hurstpierpoint life also published an article on Doug Mac Taggart's exploits.

I am happy to continue this role and urge members to send me short articles and photos on their triathlon, or separate running, swimming and cycling activities

### **Treasurer's Report 2020- Clair Hunt**

We started the year intending to use up some of the surplus funds that had grown over several good years. At that point we didn't know about covid and how it would help us with reducing the deficit.

The events that went ahead to dip into the surplus before limitations were imposed were: the trip to the velodrome £420, bike fits £420 and swim analysis £383. Each of these events were not fully funded by the club and members who wished to take part had to pay their contributions towards them.

The decision was made to reduce the membership renewal to £20, as we couldn't offer the full range of usual activities. This was a significant dip to income compared to the prior year £3,070 vs £7,531 a reduction of £4,461.

Membership costs reduced to £2,079 from £4,010. 2020 included sweatshirts for coaching staff & membership renewals, BTF membership renewal cost and drinks for the awards night (when we could get together for a social). There are also costs for presents for outgoing committee members and swim team.

Coaching fees are up to £963 vs £666 in the prior year. 2020 includes paying for an open water swim course for Steve MacMenamin £375, and a run leader course for Kevin James £140, which weren't in the prior year. Expenses for the period since the first lockdown haven't been submitted yet.

There were no club races in 2020, and any entries were refunded to individuals, or donated to a covid charity. There are a few pounds of cost as the entries received a deduction for using Go Cardless, but full refunds were made.

There was also no income associated with Juniors, but there were some costs that trickled over from 2019 for coaching and some sweatshirts for coaches £194.

The club race has generated a net income of £368, despite being delayed to 2020 (fingers crossed). Only a few refunds were requested, and an occasional entry still comes in. Expenses incurred were unavoidable and will reduce subsequent costs in 2021.

Open water swimming was a cost of £5,566 vs £4,779 in the prior year. This includes the change in cost profile as a result of covid, and wasn't a full season of swimming. Previously I was netting off the income, but the credits are now also being used for the stretching, so will focus on costs going forward.

Strength and conditioning costs were paid of £400 just before the second lockdown and will hopefully be used in December, otherwise they will roll into 2021. This a total cost of £2,040 to the club.

Credits received for open water swimming and stretching are £4,879 vs £4,474 in the prior year. Stretching is new in 2020.

Pool swimming is significantly down on costs at the moment, as we didn't swim from March to September. The accounts include the costs for the lifeguards and pool hire that hasn't been paid yet, but has been incurred up to the second Lockdown. Lifeguards are £35 per swim and pool hire is £39 versus £56.55 for a session at the Dolphin, which we were paying. We received a refund from Ardingly college as the season was cut short

Spin costs are down year on year due to covid and a lot of the sessions being run on zoom, rather than incurring studio hire costs.

Website costs are slightly down year on year, but there will be an invoice outstanding for the last part of the year.

At last years AGM we agreed to make a donation to Clare Danson which was honoured.

Overall there has been a reduction of the clubs surplus of £4,803 in 2020 to date.

**Statement of Income and Expenditure for the period ended 6th November 2020 & the year ended 31st December 2019**

	<b>10 months 2020</b>	<b>2019</b>
<b>Income</b>		
Membership Income	3,069.91	7,531.42
Club races to raise money for charity	(2.40)	1,702.14
5-3-1 charity swim	(0.20)	987.04
Mid Sussex Triathlon	1,901.87	13,032.54
Swim subscription fees	533.34	2,123.16
Open water swim & stretching credits	4,879.40	4,473.58
Tri hub (junior training income)	-	920.00
Club kit	-	-
<b>Total</b>	<b>10,381.92</b>	<b>30,769.88</b>
<b>Expenditure</b>		
Membership	2,079.21	4,010.12
Coaching expenses	963.32	665.84
Club races	-	405.77
5-3-1 charity swim	-	188.49
Mid Sussex Triathlon	1,533.66	6,677.57
Open water swim payments	5,565.50	4,779.47
Pool		
hire	585.15	5,496.50
Spin costs	568.95	1,574.50
Stretch & Conditioning costs	2,040.00	-
Website costs	285.67	368.79
Kit	36.50	-
Velodrome	420.00	-
Swim Analysis	382.88	-
Bike Fit	420.00	-
Tri hub	194.47	1,341.28
Gazebos	-	1,814.37
Charitable donations:		
Lauren's silver swimmers (5-3-1)		798.55
Donation Swimathon	-	50.00
Chailey Heritage		648.19
Cyclists for Cancer		648.19
Clare Danson	110.00	-
<b>Total</b>	<b>15,185.31</b>	<b>29,467.63</b>
<b>Net increase in the period</b>	<b>(4,803.39)</b>	<b>1,302.25</b>
<b>Reserves:</b>	<b>06/11/2020</b>	<b>31/12/2019</b>
Current funds	17,882.82	22,491.74
Go tri reserve	2,190.96	2,385.43
Reserve funds	8,500.00	8,500.00

Ardingly swim/strength credits held	1,600.00	1,136.00
<b>Total reserves</b>	<b>30,173.78</b>	<b>34,580.17</b>

**MSTC Social report for AGM November 2020, by Hannah Droscher (joint social secretary)  
Summary of 2020**

The MSTC awards dinner went ahead as planned on February 1. The venue and format were largely successful and much positive feedback was received.

Liane Davids stepped down as joint social secretary - thank you Liane for all of your hard work, particularly around making the awards dinner a success.

Covid led to the cancellation of many opportunities for social gatherings, such as the trifest which is often followed by a BBQ. This will return next year hopefully.

A socially distanced end of open water swim season brunch went really well, with thanks to Julie and Debbie for leading on this and to all those who helped with support on the day.

In a socially distanced world, the MSTC Facebook group has become more important as a means of connecting people together, particularly in the case of new members. It continues to be well used, alongside email updates. A new Whatsapp group has also facilitated informal training opportunities, particularly around sea swimming.

I'm happy to continue in this role for the next quarter, and will be stepping down in the new year (date tbc). Feelers have been put out to recruit a new joint-social secretary and Adam has expressed an interest in this, contributing some exciting ideas around socially distanced social events through the winter months, treasure hunts, relays and more. The club would benefit from finding another interested person to work alongside Adam.

**Recommendations**

- Planning for social events in 2021 will need to continue to take national coronavirus guidance into account
- If we are able to go ahead with a celebration dinner in 2021, February 12 has been suggested as a possible date for your diaries
- This dinner will be reframed as a 'rewards' dinner – with a somewhat reduced emphasis on awarding individuals for sporting performance, and more emphasis on connecting as a group. A reward for making it through 2020!
- Given the absence of social events this year, we are planning a more formal evening on February 12 with a smarter than usual dress code and an extra special venue/food
- Falling fairly close to Valentines day, this will provide an opportunity to share our love of sport and triathlon in particular, as well as our appreciation for each other's support through what has been a difficult year for many

## Membership secretary report – AGM 2020 -Jason Brown

Current membership figures	
Concession	5
Couple	36
Individual	106
<b>Total</b>	<b>147</b>

Membership Splits	
Male members	83
Female members	64

Age Group Splits	MAL E	FEMAL E
17 – 19	1	2
20 – 29	0	5
30 – 39	5	4
40 – 49	32	27
50 – 59	32	21
60 – 69	11	4
70 – 79	2	1

Other figures	
Number of members at the end of last year	166
Number of members that didn't re-join from last year	41
Number of new members that joined this year	22
Members that are also England athletics members	19
Members that are also BTF members	40
Members that signed the OWS indemnity	135
Members that have paid swim subs Oct 2020 - Mar 2021	21