

**Minutes of the Committee Meeting of the Mid Sussex Triathlon Club  
The Bent Arms 8pm  
17th June 2024**

Committee Present: Zoe Rocholl-Chair/Juniors/Community Link Esther Clutton - Secretary Jo Fleming- Race Director Debbie Ware- Open Water Swimming John Mctear-Member without portfolio- Events David Turner -Membership Steve McMenamin- Head Coach  Paul Hedger-Member without Portfolio	Committee Apologies: Kieren Miller- Web master Roger Smith- Press officer Mark Walton- Acting Chair (Vice Chair) Clarissa Walton- Welfare Officer Clair Hunt- Treasurer.
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1. Minutes of the previous meeting. Accuracy and matters arising.-  
Call out for Committee Members required . Discussed the succession  
of the club.

Action -EC to send email out

Action- Zoe to Generate an Info graphic to show committee and Club  
race roles.

Action Committee members to outline their roles and handover  
notes.

Communication issues discussed. Whats App not appropriate. Spond  
suggested as an alternative to WhatsApp and Trello suggested to  
stream line tasks and have greater visibility of what all committee  
members and club race volunteers are actioning.

Outstanding from last month- Discussed the option to sell half our racking due to  
the loss of the Oathall storage facility.

2. Club Website (Kieren Miller)  
Upgrade of the website is required.

Action Zoe to follow up with M Hook and Kieren.

3. Treasurer Report- (Clair Hunt )

Card reader purchased and successfully used at Club Race. Action- Clair to  
update accounts etc by the end of the month

4. Coaching and Training Matters- (Steve Mcmenamin)

Strength and Conditioning will be wrapped up for the summer as numbers have  
dropped.

Steve has pitched for kit for swim coaching - Bone Conduction Headphones. Committee members have agreed that this could be a game changer in swim coaching.

Action- Steve to research the best headsets and make the purchase.

#### 5. Open Water Swimming (Debbie Ware)

Swim numbers down slightly for OW swimming as the water temp has been cooler.

Monday swim numbers low

It was suggested we pitch to Ardingly Activity Centre for an outdoor shower.

Action- Mark to negotiate

Outstanding Action-Swim Page on Website-Action Kieren add a link on home page to swim page

Outstanding Action- Discussed at the last meeting more competitive loop on the inside of the buoys and also the opportunity to hire wetsuits from the tri club.

#### 6. Club Race (Jo Fleming )

**Resounding Success** . Many thanks to all involved on the Saturday evening registration and the Sunday Club Race. Also to those involved in the build up-organising medals/prizes/sponsorship. A great team effort led by Jo.

#### 7. Membership (David Turner) -

Non renewals have been removed from the data base, in line with GDPR guidance.

Action David Turner to request members add a profile picture on joining to aid coaching and awareness of new members.

#### 8. Welfare (Clarissa Walton) Nothing to report.

#### 9. Events -John Mactear -abs

First Tuesday of the month- Events working group meeting at Bent Arms 7.30 - ALL WELCOME

29th June- Early swim followed by Park Run

13th July- Post Swim Breakfast -Potential to invite Tuff Fitty Tri Club- Action Steve

27th July-Swim /Run event

Sea Swims uncoached Action- Steve to promote sea swims with dates.

No sign up. Unofficial

Nomads Cycling Club (Ditchling based) have organised a morning Hill Climb in October -they only need the road for 2 hours so the Closed Road status could be used by runners and other cyclists. Potential to be a fundraiser for a chosen charity .

Action- Steve to coordinate/negotiate

10. Press and Community Links- (Roger Smith. Z.Rocholl) Club Communications. EC to Action - we need to replace Roger as he steps down this year as Press officer

11. Kit - (Mark Walton) Action -Mark to distribute caps to club race marshalls when they arrive

12. Juniors . (Zoe Rocholl ) No Club event this year due to lack of venues. Ringmer Pool is a potential venue for next year. Recommended by Paul Hedger.

13. Social Events - Action - EC - we need to replace Social Secretary role

Last Friday of the month- Drinks at the Stand Up at 8.00 pm **ALL WELCOME, just turn up!**

Subsidised bike fit and subsidised coached sessions at Sea Lanes discussed. Action SM to get bulk booking costs

14. AOB - DT presented his 4 recommendations for the club moving forward. They were:

- Governance and Assurance processes.
- Communication methods and structure.
- Encouraging Members to attend Committee meetings.
- Allocation of an annual budget for different sections of the club.

Moving forward- July meeting to suggest section budgets, September to review and challenge, October to Finalise, November AGM to present.

2024 dates-15th July/ 9th Sep/ 14th Oct/ AGM 18th November/ 16th Dec.

Meeting finished at 9.51 pm