

Chester Triathlon Club Annual Reports 2017

Management Committee Report

At the start of 2017, a new club Strategy and Development Plan was produced, with the aim of strengthening the club by providing it with both short and long term goals. A review of this document demonstrates that 2017 has been a fruitful and prosperous year for us.

The highlights of which has seen;

- The new seven elected officers of the Management Committee develop as a uniting group with a common purpose, to the benefit of the club
- The Management Committee undertake Governance training with the Sports and Recreation Alliance and sign up to The Voluntary Code of Good Governance with the SRA
- The appointment and integration of a new Welfare Officer into the club's organisational structure.
- The development and launch of a fantastic new website, which provides a window in to our club for the public and a constant source of information for members – on a modern and secure platform. A particular mention should be made here of the fantastic work and effort put in by Mike Waring & Nicola Perrins of Ti Visual Ltd
- An independent examination of the club's finances, which while making some recommendations, showed them to be in good order.
- A move of bank accounts with dual online signatory requirements and the drawing up of an asset register.
- The recent instigation of a sub-committee to look at potential long term ambitions for the club, (Vision of the Future), and financing of such a project.
- A drive to seek out and encourage people in the 18-25 age group to join the club, after identifying this as an under-represented group.
- Development of the Volunteer Co-ordinator's role which has seen some impressive results, as in total we had over 300 different volunteers, filling over 700 volunteer duties, enabling around 3000 athletes to enjoy their races.
- New coaches qualify and take up consistent coaching roles within the club.
- Whilst all coaches do not require DBS checks, it was agreed that with more and more juniors now attending senior club sessions, all coaches should be DBS checked and we are glad to say that we are well down the road of completing this.
- The usual swim, bike, run sessions have continued with additional sessions such as strength and conditioning classes; open water swim sessions; & bike skills at Marsh Tracks being made available.
- A spring Training Camp in Mallorca, which had rave reviews from the participants.
- Following on from Deva Triathlon's expansion into middle distance racing, this year we have seen Deva Diva's become an extremely successful Quadrathlon and the introduction of a club Aquathlon under a 'Go Tri' banner.
- The club Facebook page is a vibrant and lively source of instant communication, providing people with the opportunity to congratulate each other, commiserate at times, and quickly organise meetings and outings.
- Regular insightful communication via weekly newsletters .

- The organisation and popular attendance of club social events, with the End of Season Awards Party at the Storyhouse taking place on the 11th November.
- Last, but by no means least, the club has been represented locally, nationally and also internationally in the sport of triathlon, duathlon, swim/run events & in the individual disciplines. We've also seen several members qualifying for team GB at European and World Championships across Sprint, Standard and Middle distances, and 3 members qualifying and racing at the World Ironman Championships in KONA recently. Quite an amazing array of talent and determination from within one club !
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Not all things have gone as planned

- We have not hit our targets for coach development, which were set out at the beginning of the year, despite funds being available. This was to both introduce new coaches in to the coaching team and develop our existing coaches further. (On the up-side, having Jim Barrow & Pete Brook qualify and start coaching was all the more important. Iain Wood has also just qualified.)
- The organisation of time trials for the club championship hit some sticky insurance buffers.
- The acquisition and sale of club kit has been hampered by a few issues, however those have recently been resolved, so the kit team are 'all systems go'.

With 2018 on the horizon, the future of the club is bright. We are in a strong and healthy position. Our events go from strength to strength with new opportunities being considered and planned. The club is well governed and financially stable. All that we have achieved and continue to strive to achieve, is because at its core, the club has a group of dedicated and committed volunteers.

Volunteering

Volunteers are what makes our club what it is. Without our volunteers, be they club members, family or friends, young or not so young, we wouldn't put on the best triathlon events in the country at senior and junior level that deliver what athletes want and are the envy of many commercial organisations. Beyond this, our volunteers also deliver coaching and lead club groups to enable us to realise our dreams from social sessions, to local races, to national and international events.

This year we have built on a good base and taken a consistent approach across all our events. The new club website has provided a platform to have consistent online volunteer signup and information. This has not only made it easier to signup but also provides race organisers improved information to organise their races as well as enabling volunteer lists to be consolidated. We will continue to develop this more for next season to further improve our processes and information. Advertising via the newsletter, Facebook and word of mouth has worked really well

Nigel Waterhouse

Membership Stats

Membership has remained stable, with numbers very much the same as the previous year. 320 renewals; 90 new members; 150 expired : Total to date 410

SECTION REPORTS

Running

XC

We had a fantastic Cross Country season last winter. For the first time we managed to field full teams for all races of the Liverpool & District League. In the Cheshire Champs our men went on to be Team Bronze Medalists.

This season we will again target the Liverpool & District League and are hoping to attract more of Chester Tri's ladies to have a go.

Run

In the 2016/17 Borders League the club enjoyed mixed success, with the women's team unfortunately relegated to Division 2 and the men promoted from Division 2 to Division 1. We continue to encourage members to take part at these races, especially since now the men need 10 athletes to count for a team and in a bid to get the women to the top of Division 2 and hopefully promoted to Division 1 again by the end of the season.

The Tuesday night Total Fitness runs have been as popular as ever, with runners of all abilities being made to feel very welcome and supported by all the coaches and run leaders.

It's also that time of year again, when the mudfest that is the Saturday trail runs have commenced. These are always enjoyed though I'm not sure which is the greater attraction, the mud or the prospect of coffee & cakes/scones after-perhaps both? Again, it is great to see different people having a go and organising groups.

Numbers at the Wednesday track sessions have dwindled recently. Alteration to the cost of these sessions is being discussed at present, to bring non-members and members' charge in to line, so there is more of a partnership between ourselves and other local clubs. Our track coaches have an exciting plan in the pipeline, to invite a guest professional athlete to share her expertise and advice on the track, at a one off session at Stanney. This would be fantastic for our members, but also invaluable development for our coaches, who would then be able to continue to feed the experience back at future sessions.

Thanks must go to all the coaches and volunteers who keep these sessions going week-in, week-out throughout the whole year. It is great to see more people willing to be involved and volunteer to lead runs and people attending courses to further their knowledge to take on these roles.

Mike Waring & Susie Fourie

Bike:

2016/17 Winter weekend rides ran with very few cancelled. It was a struggle to get group 3 leaders, but there seem to be more volunteers for 2017/18. Summer Thursday evening rides were generally well supported - a few weeks we did hill reps and team pursuits instead of more social tours. Members said they enjoyed the mix. Many thanks to the team of volunteers who lead our group rides.

In December the velodrome session had 32 participants equally split between Mersey Tri and Chester. This year's velodrome session (Sunday 17 December) will have only 25 places because the cycling centre coaches say they can then give us an even more interesting session.

With no Rise Above this year, we promoted The Wirral Ark Challenge as a club sportive. It was a very well organised event, which seven of us enjoyed. Unfortunately, Dave wasn't able to lead the normal monthly day rides as preparation.

We've run two sessions at Marsh Tracks this year, coached by, Andy Howarth: one on time trial riding and one on group riding. The first reasonably well attended and just 3 brave souls riding in torrential rain and gales for the second very enjoyable session. Hopefully, we will run more sessions at the track and get a turnout which does justice to Andy's excellent and enthusiastic coaching.

Under Chris O'Hara's leadership, we ran a few Saturday morning sessions riding as a group to Deeside industrial Park and then riding a time trial course, with a coffee station at Starbucks. We aim to give it another go in the spring.

Winter turbo Thursdays continue to be well supported. Thanks to the coaching team who lead the sessions.

Dave Press

Swimming

2017 has been a busy year for swimming. We've been lucky that we've got an incredible bunch of coaching volunteers that cover our wide ranging sessions throughout the week. The majority of sessions have been popular, but with some sessions proving less popular, the ongoing program will be reviewed by the coaching team. As a swim coaching team, we meet at various points during the year to discuss swimming and ways to move it forwards and improve things.

One of these ideas that got off the ground was regular open water sessions. We ran monthly sessions over the summer months at Fourways quarry, with a linked social gathering over a picnic or similar. These went down really well, especially with juniors and families, and will be something we look to repeat next year.

We've had various successes with people taking part in open water events over the course of the summer and it's something I'd like to see us build on going into 2018.

I'd like to send my personal thanks out to all the people that are involved in running and coaching the sessions, it's a huge amount of work that means we put on 7 quality swimming sessions per week. Here's to a successful 2018.

Chris Malpass

Leagues

The events which make up the club winter & summer leagues, so enthusiastically and adeptly organised by Iain Wood, provide an intra-club framework of competition, for members to test themselves against each other. The results of which will be announced at the Awards night shortly – so no spoilers here!

RACES

Deva Triathlon

Thanks to everyone who helped with Deva 2017, it was another great success.

Entry Levels

1379 people were on the start list this year, 279 in the Middle Distance and 1100 in the Olympic. This shows how important obtaining qualification status is to the number of entrants, as this is almost double last year's field. The middle distance race grew by around 15% and is close to selling out at its maximum of 300. Our aim for 2018 is to sell out at the middle distance race.

Finances

The event had a total Income of £103.5k, with total expenses of £80k this year. There were no major one off costs this year which helped to produce a profit of around £23.5k. A transfer of approx. £20k will be made to the club general account, leaving around £5k as a contingency fund for future races.

2018

The date for 2017 has been set for Sunday 3rd June. This was one of two dates available to us from the Council which we submitted to the BTF in our application for qualification status. The 3rd was chosen as the only viable date for a World Qualifier for both the 2018 Championship on the Gold Coast and 2019 World Championship in Lausanne.

Volunteering

2017 saw an improvement over volunteer numbers from 2016 but it was still extremely difficult to obtain the necessary numbers to run a safe event.

We ask that club members that are not aiming to qualify, opt to marshal at the event and for those who are attempting to qualify, we ask that they try to nominate a family member or friend for volunteering duties where possible.

Dan Craigen

Dee Mile Swim

The Dee Mile swim took place on Saturday 5th August, our first as part of the Global Swim Series. We had record entries, with the swim selling out at 500 places and a substantial waiting list thereafter. 415 swimmers participated on the day.

The format remained the same with 1km and 2km swims both downstream and finishing at the suspension bridge. The finish of the swim was moved back over to the Groves area, which provided a much smoother finish. As the event has grown in numbers the area proved much easier to manage large numbers exiting the river. New this year, we also had a commentary box at the finish line which was a great asset. Hot chocolate was provided by the Riverside Café which was popular with swimmers.

Selkie swim shop supported the event again and new this year we also had support from Gone Swimming who donated vouchers for open water swimming days. Selkie provided the event prizes and their shop was popular in the registration area.

Deva Canoe Club provided 20 volunteer canoeists without whom the event could not have been safely run. We donated £150 to their club as a thank you.

Press coverage by Dave Taylor once again had a really positive impact and the numbers of spectators along the river was wonderful. This year we also had a video created, which showcased the event spectacularly and enjoyed thousands of 'likes' on *Youtube*. The event photographer was also well-received .

Feedback has been very positive. We are already looking forward to 2018 with entries already open and filling up for Saturday 4th August. The entry limit has been increased to 650 and we will add an additional wave for the 2km swim. The first wave will be only non-wetsuit swimmers in order that they do not have to wait as long in the water before their start.

The support from members on the day with people helping out in true Chester Tri Club style, was absolutely fantastic as always. A huge thank you to everyone involved in the weeks before and on the day!

Looking forward to 2018 when we will be only 4 years away from our Centenary event!

Ciara Murphy

Deva Aquathlon

This year saw the first Deva Aquathlon held on Monday the 4th of September as a trial event open to Chester Tri, Wrexham, Mersey and Gog. As a Go Tri event it was intended to appeal to novices as well as more seasoned competitors.

The evening race was based at the riverside centre (Queens Park High School rowing club) with the run taking place on the Meadows. With 22 entries, the event went really well with lots of great feedback about the format, venue and the spectator appeal (especially from the diving skills on display to start the 2nd lap of the swim). The aim is to hold a number of events from mid may, to get one in before Deva triathlon, to early September. We are currently awaiting possible dates for next year, when we are looking forward to opening the event up to general entry with a limit of 50 competitors.

Jacob Waterhouse

Deva Divas

- 327 triathlon entries - 290 tri started / 30 quadrathlon entries - 29 quad started – Really low drop out rate for this year..
- Good report from the referee – Dave Rigby – Mainly excellents!
- Massive positive feedback from the competitors – they love the feeling that they have their hands held from start to finish.....seminar, training days and then the race – thank you to all the coaches and helpers who make the seminar, and the training days possible, as well as the Bike Workshops and the run training sessions.
- First year for the quad which proved a great success so much that we have increased the entry numbers to 50 for 2018 – although this is almost full!
- Jean Ashley and her team put on a brilliant series of training sessions for the quad ladies – some had never kayaked before but Divas have since gone on to compete in other quadrathlon events!
- Another good year for marshals with the event covered well in advance of race day – 8th July is the date for 2018 so please put that in your diaries now!
- Big thank you to all those who came along to help out with set up on the Saturday and then marshalled on the Sunday too....an even bigger thank you to those people who go the extra mile in the weeks leading up to the race....Iain Wood, Nigel Waterhouse, Dan Craigen, Nania Mason, Jacob Waterhouse and of course Jean Ashley.
- Cakes at finish were great success as were the medals!
- Thanks to the people who helped with sponsorship – Global Bikes for the prize vouchers / Tier Construction for the medals / Holland & Barratt for the flapjacks/ Mornflake - for porridge pots/ NewFocas Fostering for cloth bags/ Tri Active for spot prizes.

Sally Napthen

JUNIOR SECTION

74 juniors were registered as members of the Club as of 9 October 2017.

Our average weekly attendance over the last 12 months has been 31. We have had good consistent numbers with continued interest in young athletes wishing to join. To that end 45 children have been offered taster sessions of which 28 have attended.

We have again taken the children to Marsh Tracks for cycling sessions and continue to offer a variety of training sessions both indoors and outdoors according to ability.

We invested in sets of fins this year aiming to diversify and improve our swim technique coaching.

We again held our Christmas party at Wrexham Waterworld with a meal after at a restaurant which is always well attended and greatly enjoyed.

The Deva Junior Aquathlon in May attracted 202 entries (maximum capacity) and made a net gain of approximately £1000. A successful event.

The Deva Junior Triathlon in September attracted 275 entries (maximum capacity) and made a net profit of approximately £1,250. Again a successful event with positive feedback from athletes and their families.

With regard to the events and volunteers - as well as the parents of our own athletes who are always very generous with their time we have now begun to have more volunteers from the senior section of the Club come over to assist at our events. We think and hope that they have enjoyed the experience and we have enjoyed having them help. We feel this is a positive step to fostering better links between the Junior and Senior sections of the Club.

As ever we would like to increase our membership capacity but continue to be limited by the pool. We encourage participation in the land training hour for those athletes who are keen but who we cannot accommodate in the pool. We continue to try to obtain another hour of swimming but that has not been possible thus far.

We are very sad to see one of our longstanding coaches leaving. After 8 years Megan Ravetz has decided to stand down. We shall all miss her very much and would like to thank her very much for all she has contributed so generously to the Juniors. We are now in the process of recruiting new coaches. Some members from the Senior Section are already on board and we have advertised the BTF course in the Junior Newsletter to recruit hopefully from our parents.