

Chester Triathlon Club Committee Meeting Minutes

15th November 2017

Present :

Chris O'Hara; Ian Ainscough; Sue Ellis; Leigh Jenkins; Nigel Waterhouse, Ian Laird; Neil Thomas; Mike Waring; Ciara Murphy; Dave Press; Amy Edwards; Hannah Rayfield, Iain Wood

Apologies:

Nania Mason; Sean Simmons; Susie Fourie; Dan Craigen, Lizzie Parker-Mullen, Jess Archer-Clowes

Chris O'Hara Introduction

CH noted that there are challenges ahead ;

Welfare - Hannah

A year since Hannah took over as Welfare Officer.

Some DBS certificates not completed by the set dates, but many have been done & listed.

Coaches will be informed that those who have not either completed the check, or at least can show that it is in process, **by year end** - will have to stop coaching until the check is complete

Hannah provide Chris with list – Chris write to them.

Andy to organise a central list of coaches, showing those who are active and their DBS status.

Available via a dropbox to Hannah & Sue, so it can be regularly updated and easily accessed.

CM – suggested that members of committee should perhaps also have DBS. Hannah to ask BTF their opinion.

Hannah would like to update Junior website page with Leigh.

Leigh to action a get-together.

Ian Ainscough

IA reported that he has had an effective hand-over from Ian Jameson.

He does not yet have full access to all accounts.

The cost to the club of the EOSP this year was £3000

Nigel

NW reported that the volunteers draw at the EOSP, was well received. The details about a 2 week family membership at David Lloyd for all volunteers will be posted on Facebook. **Action Nigel**

Sign up sheets worked well.

Deva was the most challenging to fill volunteer roles.

Sean (via email)

Membership is pretty steady, 400+ & EA on last check was 151

Christleton 5k road Race, I'm happy to be the race director again next year, if the club are? This was confirmed and appreciated.

We need to sort a date in May. Dates we usually avoid are Chester Half marathon, early on 29th April and both bank holidays weekend, Monday's 7th and 28th May, exclude fri 4th and 25th, which leaves 11th or 18th, it's usually about the third weekend, last few years have been 19th and 20th-ish, so I'd opt for the Friday 18th May. **Action : Sean to put in club calendar, and continue with preparations based around 18th May.**

Amy – Kit

Kit team been meeting regularly. Stock check done, and now accurate. New bike kit has arrived. 2 Jackets don't appear to be quite the same as previous kit. Will contact Champion systems. Running vests to be ordered from website. Mike has a few to take to races. New run vests & technical short & long sleeved tops on order.

Casual kit will be looked at in New Year.

Ciara & Amy will liase to arrange purchase of ID tags to be given to all members for use when on bike rides.

Andy – Coaching

AH reported that he would like to get more uniformity between different coaching sessions, ensuring that coached sessions are planned/structured sessions.

Also an aim to develop some more over-view of sessions; to ensure that new coaches' sessions have been checked by an experienced coach.

He noted that there may be some gaps in coaching coming up – with some coaches off. However Iain Wood is coming in; Kate Lindsey has come back .

SE commented that there are two potential coaches who are keen to help with swim coaching: Peter Timson; & Rich Vincent at Tri Active. **Andy to contact Vince, Sue to contact Peter.**

AH pointed out that the Club should not be suggesting that a level 2 coach can coach 1:1. This is due to insurance issues – BTF do not insure below level 3. What coaches do outside the club is outside of our remit, but it should not appear on our website or any other promotion.

There are specific benefits to having level 3 coaches in the club.: *(Andy please can you re-iterate for me.)*

Club needs enough coaches to deliver swim sessions without over-loading individuals.

Hannah – when a new person starts e.g. shadowing get DBS immediately.

Bike – Dave Press

Gaps appear mostly in group 3. Turn out for rides is very variable; difficult to predict.

12 places left on Velodrome trip. (25 max).

Possibility of arranging a club sportive, starting & finishing at Hobson's café was raised – with a café stop in the middle. DP may look at this in the new year.

The Development Plan aimed to involve some coaches in cycling sessions this year – Andy Howarth has done, however participating numbers are relatively low.

**Ian A to suggest an amount of money that section leaders can spend without requiring pre-
authorisation** from MC.

AH suggested that more could be done in the future with sessions which include sustained efforts

within a ride. Could be discussed for next season between Dave & a couple of coaches.

Run -Mike Waring

Facebook has been an effective tool for generating participation in a range of different running events.

Chris has arranged a coach to take members to Sefton Park X/C.

Borders League has reached its limit for licensing – 500, but no actual restriction in practical terms. EA pushing for use of a bar-code system, as used by Park Runs, for runner identification at these types of events.

Christmas run & lunch on 16th December.

Track turn out has been a bit low recently. Another situation in which facebook could be helpful.

Dee Mile - Ciara

In 1km – Juniors to wear a different coloured hat.

Will continue to link with GSS. It has brought more people from further afield.

Band was nice, but expensive for the added value. Any contacts for free music welcome.

Catering was not successful, company will not be re-booked.

Video good – will be automatic promotion for the future.

May offer some training sessions for novices, or link with Deva Diva swim sessions.

Andy White has been 2IC

Aquathlon

Likely to aim to run a series in 2018 : 28 May; 25th June; 23 July; 20th August; - these dates work with tides. Not a significant volunteer load. Could reduce Christleton swim to one hour, on those Mondays, to encourage more club members to go down to the river.

Race Directors to meet in January to share resources and plans. **Action : inform Chris/Neil of the date, so someone from MC can attend.**

Communication – Leigh

LJ - Encouraged people to continue using Facebook

Planning to do a feedback survey across the club – beginning and end of a year, which would potentially show changes in opinion/satisfaction.

Lizzie happy to continue doing newsletter.

Would like to see a coaches' comment column every 3 months. **Action Leigh to contact individual coaches a month ahead of required write up date.**

Social – Ian Laird

EOSP – good party

Mulled wine Party – Ian A to look at previous costs and Ian L to keep at a similar level.

Theme for Bake-Off to be 'Christmas Cup Cakes'

Ravi agreed to do Quizz on 26th Jan at Hickory's @ £11 per ticket.

Arrange some drinks during 12 days of Xmas. Action Ian Laird

Club Championships Iain Wood

IW - Leagues now become Club Championships.

Winter calendar very busy. Some events have been culled or moved to later dates when weather might be better.

Would like to encourage more participation in CTT events. Andy H warned to be aware that some courses need pre-qualification. Also that on-line entry events are most efficient.

12 Days of Christmas

Dates would be 22nd – 1st

Neil will speak to Charlie to see if he will co-ordinate.

There is a Park Run on Christmas day at Delamere& a Park run New Year's day Chester

Andy H will lead a MTB ride 30th December place tbc

May Day Training weekend

Ian Laird will look at.

AOB

Dave – queried insurance cover for closed club time trials. Will have to re-visit the documents and emails about this.