

COMMUNICATIONS OFFICER

Christine Paramor - Hurrah, a new place to put my marketing, art and design skills into practice – and what better place than Chester Tri Club. I was a nervous, unathletic new member three years ago and I've been bowled over by the friendliness I have enjoyed within the club's activities. I am now fitter, happier and a very proud member of Chester Tri with energy to help the club and its members continue to flourish. I'm training as a coach, so you'll find me teaching swim technique soon.



VOLUNTEER CO-ORDINATOR

Mark Taylor - I joined Chester Triathlon in December 2018 so I am a newcomer to the club. In this short period have time helped out at most of the club events in as many ways as possible.

I was inspired to take on this addictive sport after being inspired by certain members now a heavily damaged wallet and many new good friends later I can swim, bike and run slightly faster than I could before.

When not wearing tight stretchy clothes I spend my time with my wife and 3 kids. I work as a welding engineer in Ellesmere Port where I spend most of my time planning the next adventure



FINANCIAL REPORT – IAN AINSCOUGH

We predicted that the Deva Triathlon profit margins may be reduced this year so we have tried to boost income from the other events we organise. As a result Club profit for the financial year should be around £5000.

Membership numbers have shown a slight increase - 438 to 462.

Dee Mile - £2000 profit

Christleton 5k - £2300 profit

Aquathlon – £1400 profit

Kit section has turned round last year's £1700 loss into a profit of £1500.

Swim section losses will be in the region of £9000.

Purchasing new turbos - £1900

For 2020, my recommendation is that we maintain membership at £25.

RACE REPORTS

DEVA TRIATHLON – DAN CRAIGEN

Thanks to everyone who helped with Deva 2019, it was another great success.

994 people were on the start list this year, 542 in the Middle Distance and 452 in the Olympic. The number of entrants is lower overall than 2018 due to the Olympic distance race not being a qualifier. Numbers in the Middle Distance increased as it was the Triathlon England Championship race. The event had a total Income of £93k, with total expenses of £79k this year. There were no major one-off costs this year which helped to produce a profit of around £18k. The date for 2020 has been set for Sunday 14th June. This was the only date available to us from the Council which we submitted to the BTF in our application for qualification status. Unfortunately, no status was awarded to either event, so we expect lower numbers of around 800 in 2020.

Finding enough volunteers for 2019 was still a huge problem and again £6k was spent on paid marshals to cover the bike route. These are not as good as volunteers and bear a huge cost to the event. This may become an issue if numbers are significantly down in 2020. We ask that all club members should marshal at the event in 2020 rather than competing and to recruit friends and family to help too.

A donation of £4k was made from 2019 profits to fund AED's for BTF Moto Referees in the North West region. These have been purchased and are now with the Moto Refs at events across the North West and beyond. A transfer of £10k from 2019 profits was made from the Deva Account to the Club General Account.

DEVA DIVAS SPRINT & QUADRATHON – SALLY NAPTHEN

310 Finishers Triathlon / 44 Finishers Quadrathlon. Great report from BT referee Dave Rigby - mainly 'Excellent'. As always a brilliant positive response from competitors. Thanks to all the coaches and helpers who come along to give Divas support at the Wednesday swim sessions. We continued with the evening swims as they had been so well received last year. With so many events

on, it was difficult getting coaches and helpers to support the Eccleston training day session so unfortunately it had to be dropped. Thanks to Jean for allowing us the use of the Chester Canoe Club for the Wednesday sessions! Really helped many ladies overcome their fear of the river and meant there was somewhere to chat and ask questions afterwards...as well as indulge in coffee and cake.

Much appreciation also goes to Mike Waring, Nicola Perrins, Kate Litherland and Aaron Riley for overseeing a Divas Bike Workshop - the ladies found that really useful....as was the Bike Skills session led by Vicky Hintridge. Vicky and I did a couple of bike course reces – these were well attended and the ladies were extremely enthusiastic!

Jean Ashley and her team again put on a brilliant series of training sessions for the quad ladies - thanks Jean! For the third year the quad was sold out – as was the triathlon this year too! Huge thank you to all the marshals who came along to help out over race weekend - setting up, taking down and race marshalling - the motivation and friendliness of our Chester Tri marshal team is legendary! As always those few who go above and beyond....Nigel and Jake Waterhouse, Iain Wood, Dan Craigen, Sean Simmons and Sue Hubbard....thank you!

Tri Girl sponsored the prize vouchers, and there was a delicious selection of cakes at the finish for all competitors (all home made by Amy Edwards). We also had spot prizes from Tri Active.

Date for 2020 is 14th July - the Quadrathlon is virtually full as at 20th October and we are well ahead with triathlon entries for this time of year!!

DEVA AQUATHLON SERIES - JACOB WATERHOUSE

This year's Deva Aquathlon series comprised of four races, being held on the last Monday of each month from May to August. Unfortunately, the first two aquathlons had to be held as run only events due to there being a large downpour prior to each event causing the water quality to become unsafe. This is something that's out of our control but as a club we have continued to build our understanding of the issues and have secured crucial contacts within the water agency that will allow the club to be better prepared when making the decisions on competitor safety.

New for this year, we added an additional entry option of a super sprint distance - one lap swim and one lap run. Competitors were given the option of entering each individual race separately or enter all four races together at a reduced cost. The entries fluctuated slightly as the summer went on with 91, 75, 69 and 79 entries respectively, with 39 entering the series option. This is an overall increase on entries from last year which is most likely down to the event being more publicised though the triathlon community.

This year saw lots of great feedback with competitors and marshals enjoying the format and the overall atmosphere of the event being a low key, midweek race despite the issues with the first two races.

Thanks go to everyone involved in putting on the events from preparation and planning right through to the race itself including Queens Park High School, BTF, Chester West and Cheshire, and most importantly the support of many club members giving up their free time.

We are finalising dates for next year which will have a similar format with one race per month however this depends on the tide times. For next year we will be looking at keeping the entry limit at 100 with the target of getting upwards of 80 entries per race.

CHRISTLETON 5K RACE REPORT – SEAN SIMMONS

This was the second organised race of the season for Chester Tri (first race was Borders League at Tattenhall at the end of Feb), and again we had another good turnout for both Runners (426) and Marshalls (40+), Thanks again to all the volunteers whose help we can never do without and who gave up their evening to help, it's very much appreciated as always.

This was my fourth year organising the race and will also be my last due to my work commitments at a very busy time of year for me. Ian Ainscough and Mike Waring have both kindly offered to take on the race next year for the club.

The race is held on a measured 5k course, which is 1 and ½ laps of Christleton Village. The race HQ (Finish) is the School/Leisure centre, the start is on Rake Lane. We had over 500 entries, which is the limit (EA restricted/insured) and we sold out 6 weeks before the race, waiting list was full and most people either transferred or got places.

Dan's 'Nifty Entries' iPad entry system worked well again, issuing numbers as racers register – saving time finding names and numbers. Fresh Catering were unable to provide refreshments this year and we had a coffee/tea and cake lady instead which did the job in the school car park.

Again this year we provided extra toilets for the runners, due to issues in 2017 with the Leisure centre toilets/plumbing, so much so we're banned from using theirs for the race!

Race photos are online care of Chris Ashley and Sport Sunday who both attended the event and are available online on the race website.

This race brings in about £5k in race entries, as we put the prices from last year to cover the extra expenses of which we spend about £3.5k, profit £1,500. Spend includes, St John Ambulance, Amberon Traffic Management providing the Closure on Rake Lane, Nifty Entries providing Chip Timing and Numbers, Race Prize fund, Cestrian Loos – 6 x Toilets.

Although, we saved on the TM costs this year – as they failed to turn up! Mixed up with dates, so we did it ourselves. Thanks to quick thinking of Gary/Kenny and Myself, who are all TM trained and my car is covered with Chevrons and flashing lights.

The after party was well received by all the volunteers afterwards at the Ring O'Bells for Pizza and Drinks.

DEE MILE SWIM – CIARA MURPHY

The Dee Mile swim took place on Saturday 10th August. We had record entries once again with over 650 places sold and 508 participating on the day despite horrendous weather conditions. Many events across the country were cancelled due to a yellow weather warning. Whilst the event went ahead and the feedback from swimmers was extremely positive it did highlight the need for contingency plans to be in place in case of weather difficulties which I will be working towards.

The format remained the same with 1km and 2km swims both downstream and finishing at the suspension bridge on the Groves area. Tri-Active supported the event once again. Deva Canoe Club provided over 20 volunteer canoeists without whom the event could not have been safely run and our relationship with the canoe club continues to grow. A new addition was the hot chocolate

provided by Snugburys Café on the Groves which we will look to continue as it took pressure away from our marshals.

This year we once again had a video created which showcased the event spectacularly and enjoyed thousands of 'likes' on you tube. The event photographer was also well-received with ideal shots of the swimmers as they finished made easily identifiable.

Feedback has been very positive.

We will maintain the race limit at 650 for 2020. 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.

We continue to build the event towards the Centenary in 2022.

SECTION REPORTS

COACHING UPDATE – AARON RILEY

Training and development

Shaun Jackson is attending a level 1 course and has been coaching regularly at the track.

Grant Carter Moore has completed his level 1 and now attending a level 2 course.

Diane Duret has completed a 3-day swim smooth course.

A swim smooth CPD course was held with Emma Brunning earlier in the year for all the swim coaches.

Current sessions

The Club currently offers 8 swim sessions per week, 1 bike session, 2 run sessions and a S&C session. Over the last year we have trialled a yoga session and an additional morning swim session. Unfortunately, due to the low demand these sessions were not sustainable. In line with this we have also moved 1 swim session from Christleton to the City Baths on a Sunday evening to reduce the costs yet still offer the same level of service.

We currently have 12 active coaches and we are always looking for more help to allow us to develop and improve the sessions we provide our members. If you wish to get involved please email me at Coaching@chestertri.org.uk. The Club currently offer 12 sessions per week with only 12 coaches. Some sessions require a minimum of 2 coaches which in turns means that there aren't enough volunteers to provide the level of cover required.

Over the last 12 months the club have tried various ways of increasing the volunteer involvement to cover the number of sessions provided but this has proved unsustainable partly because as a whole, most people also want to train and race. This has led to collaboration with the City of Chester Swim Club to outsource 4 sessions a week to reduce the coaching demand each week. This is still in its infancy and developing each week. This in turn has meant that the club hasn't been able to offer the additional sessions it would like to offer such as open water sessions. With the new coaching structure going forward the club will be able to offer these additional one off sessions next year.

Training camp

The training camp was held in the popular island of Mallorca. This camp was supported by 4 coaches this year who offered coached open water sessions, led bike rides, transition training and led run sessions along with race day nutrition talks.

JUNIOR SECTION – NANIA MASON & SIMON GREENWOOD

Current membership of the Junior Triathlon Club as of 23 September 2019 is 73. The average weekly attendance over the last 12 month period has been 36. We have had good consistent numbers with continued interest in young athletes wishing to join. Currently we have 90 children on the waiting list. We have been able to offer two taster sessions this year. Initially a session was held for older children as some of our older members moved on; and latterly a session for the youngest age group. We also intend to hold another taster session for the youngest age group before the end of the year.

We have again taken the children to Marsh Tracks for cycling skills sessions and time trial practice and continue to offer a variety of training sessions both indoors and outdoors according to ability. We continue to encourage participation in the land training hour for those athletes who are keen but who we cannot accommodate in the pool.

This year two workshops with Jenny Meadows were organised. In November we held a two hour indoor exercise and skills workshop which was very challenging and greatly enjoyed by the children. In Spring we had a two hour outdoor workshop dedicated to pace. Again it was a demanding session which hopefully went some way to enhancing the children's skills and knowledge. They were certainly very quiet at the end!

We again held our Christmas Party at Wrexham Waterworld followed by a meal at Pizza Hut. It is always well attended and greatly enjoyed by everyone. We also hold our Prize Giving on the same evening.

The five volunteers who attended the BTF Level 1 and 2 courses all gained their qualification. Currently we now have four Level 1 coaches and 3 Level 2 coaches which greatly assists in the level of coaching we are able to offer our athletes.

The Deva Junior Aquathlon held in May attracted 194 entries and made a net gain of £983. A successful event.

The Deva Junior Triathlon held in September attracted 201 competitors and made a net gain of £363. A very successful event with positive feedback from the competitors and their families and an excellent Race Report from the referee. This was especially pleasing as we had to avert near disaster by raking a course around the field - the tractor not even cutting the grass until the afternoon before the event and then being unable to pick up the cuttings! The difference in the profit margins between the two races was having to hire the pool for longer for the Triathlon and the catering and chip timing was more expensive for the Triathlon event. We have made gains for both events on last year which is pleasing as a number of events in the North West Series were cancelled this year due to poor attendance.

With regard to the events and volunteers - as well as the parents of our own athletes who are very generous with their time we continue to attract volunteers from the Senior Section who appear enthusiastic about the experience and we are appreciative of their assistance! Noteworthy as a

further positive indication that we are succeeding in our aim to foster good relations between the Junior and Senior Sections of the Club.

BIKE REPORT - DAVE PRESS

Last year we offered group rides every weekend, but struggled to always have a leader for the fastest group. This winter we are again short of leaders, but there's not a particular group proving most difficult. During the summer we cancelled only one Thursday evening ride because of bad weather, but three rides were cancelled because there we had no leader.

Thanks to all the volunteers who led rides.

As with the previous year we ran a well attended session on time trialing at Marsh Tracks. Thanks to Andy Howarth for leading the session. Following reassurance from the committee that the event will be covered by the club's insurances, in the year ahead we hope to reintroduce some time trial sessions.

Thursday turbo sessions were well attended last year and have started in the same vein this year.

We planned an evening at the Velodrome last December but cancelled it because only a couple of people signed up for it. No session is planned for this year, but could be organised if there were lots of people wanting it.

Roughly 30 members rode the Tour de Mon in August, taking advantage of the club discount. It was horrendously windy and a very tough day out and very enjoyable. We'll probably aim to make the Tour de Mon our main club sportive again in 2020. It'll be on 23 August.

Last winter we hosted a Strava segment challenge which generated quite a bit of fun. Unfortunately, Strava have withdrawn the data sharing rights upon which the Strava challenge app depended. Nevertheless, we are offering a similar challenge this year, but the compilation of the leadership tables is a little less sophisticated.

The committee have agreed to the principle of the bike lead being shared by two people, as with the run section. Hopefully a second bike lead will be announced soon.

RUN REPORT – MIKE WARING AND SUSIE FOURIE

Last winter's Cross-Country season attracted more first timers again and although numbers of women were slightly down on the previous year's boom, we saw a solid general turnout. A great consistent team performance in the Liverpool & District XC League races, saw us equal our best finish of 5th place overall. For the first time ever we managed to attend all of the North West XC League races, fielding full teams to most of them, resulting in our best ever overall team results. In total we had 47 Chester Tri runners take part in XC over the season and we attended a record 13 races - Brilliant work Team Chester Tri!

Fell races were also well attended, again seeing some first timers helped by the participation in the new winter Club Vest Championships, which we hope to continue this season.

In the 2018/19 Borders League the Women's team came 4th overall maintaining their position in Division 1, Men's team just missed out on promotion, coming 3rd in Division 2.

This summer's Multi-Terrain Series saw a very large turnout, however the start of this seasons Borders League got off to a shaky start, especially for the men's team, hopefully this was just circumstantial and we can see the numbers increase again.

We had a great debut performance in the British Fell Relay Championships were our two teams produced respectable results against the top teams in Britain! A great club day out, definitely one to do again next year.

As always, thanks must go to all the coaches and volunteers who keep the training sessions going week-in, week-out.

Thank you to everyone who has represented the club at team fixtures over the past year.

SWIM REPORT – ANDY HOWARTH

We have had lots of changes over the last 12 months with the swims. After several years and many coaches & members trying to fill the coaching slots, we've decided to hire coaches from City of Chester swim club for Monday and Friday swims. I would like to thank everyone who has put their time and effort in, trying to cover these sessions, I only ever got good feedback about the quality of the sessions we put on. I think everyone did a great job and it's been fully appreciated, the reason for the change is that we have struggled now for 3 years to cover them consistently. I think this is a great opportunity for the club to get some consistency with the coaching and can benefit our members in the future.

The Wednesday morning swim has been really popular this year, coached by Dan Craigen. I have to say a massive thank you to Dan for being ever present at 6am every Wednesday morning.

The Saturday afternoon swim at the City Baths has being going really well. We took the session on last year, coached by Dom Millar, who also has been there consistently so massive thank you to Dom

This session is followed by the technique session, which is coached mainly by Claire Holliman & Diane Duret. This is a really valuable session for the club. A big thank you to everyone who has put their time and effort into coaching.

We recently moved the Sunday evening session from Christleton to the City Baths, to save some money and spread the sessions more evenly between the 2 pools. Nania Mason has being writing the sessions up for this, so thank you Nania.

As always, we will be monitoring all the swim sessions over the next year. If any of them are making a big loss, we will have to do something about it, so please try and support all the swims. I would like to say a massive thankyou to all the coaches who have helped out and given their time for the swim sessions. I would encourage members to make all our coaches, and especially new coaches, feel welcome to our club. It can be daunting standing up in front of you lot telling you what to do.

And finally, I have to apologise for the lack of open water swim opportunities this year. It is something that I wanted to put into place but for one reason or another it didn't happen. I will make sure it will happen in 2020.

KIT REPORT – AMY EDWARDS

The Kit Team are Amy Edwards, Susie Woods, Hannah Ormerod, Nicola Perrins and Mike Waring. This year we have been joined by Charlie Price and Chris Ashley. I would like to thank everyone for their hard work.

We are responsible for purchasing Chester Tri branded kit, maintaining stocks and distributing items to members, and maintaining an online shop to enable this to happen. This includes run vests, which you will need if you want to race for the Club in the Borders League and Cross Country events. We also sell id (emergency contact) wristbands and we strongly recommend that everyone wear these when out training. The Club has subsidised these, so you won't find them cheaper anywhere else.

In addition to the standard kit, this year we arranged an order of Aero Tri Kit from Endura. The feedback on this was really positive and we will arrange this again for the 2020 race season if sufficient people would like it. We'll be posting about this on the Facebook page and in the newsletter so keep an eye out if you're interested.

There will be another opportunity for you to order track pants and Club hoodies soon so again, keep an eye on Facebook and the newsletter if you would like them.

The Kit Team are also going to be organising the T shirts, hoodies and towels for the Deva Tri and Deva Divas in 2020.

The kit is kept at City Baths. Orders will usually be collected once per week, so we will aim to get your order to you in around 7 days. Please try to order kit well before your race, but obviously we will do our best to help if there's an emergency!

If you have any other comments or questions please get in touch at kit@chestertri.org.uk.