



This year's Annual General Meeting, the AGM, will be held on 15th November at Hoole Community Centre, Main Hall. There will be refreshments available from 20.00 and the meeting will commence at 20.30.

There'll be an update on the state of play for each of the sections ahead of the meeting.

The Agenda The important bits that we must complete are:

- i. Reports from Officers of the Club.
- ii. Hannah, the Treasurer, will report on the Club's finances.
- iii. The annual membership fee will be agreed for the following year.
- iv. You will vote in the Officers of the club who will make up the Management Committee.
- v. Consider any proposed amendments to the Constitution and Rules of the Club
- vi. You must be present at the meeting to vote.

## **VICE CAPTAIN – 1 nominee Jonny Girvan**



I'm Jonny, I joined the club in 2018 in the hope of copying the Brownlee's since then I've surpassed all my expectations of what I thought was possible and owe a lot to the support of the club. From re-learning to swim through the Saturday technique sessions (I use my definition of swim loosely), to seeing speed gains through track sessions.

In recent years I've enjoyed being co-bike lead, organising the tour of Cheshire west and the club social training weekend. I'm excited to take my next step with the club and feel a sense of responsibility to give back. Going forward I hope to support the growth of a sense of community enabling others to contribute to the running of our club and events. Enabling a continued positive future for this club.

## Financial Report 2022/2023 – Hannah Ormerod

The Club Business account looks after all the individual budget centers and runs the day to day club business. Deva Tri accounts and Deva Divas account are managed by Dan and Sally respectively.

The 2023 accounts include all invoices received up to 4<sup>th</sup> November 2023.

	Club Business	Deva Tri	Deva Divas	Total
Receipts	£ 48,895.67	£ 57,775.48	£ 13,694.17	£ 120,165.32
Expenses	£ 57,144.84	£ 59,710.59	£ 13,837.42	£ 130,692.85
Net Movement	-£ 8,449.17	-£ 1,935.11	-£ 143.25	-£ 10,527.53
Opening Balances	£ 13,344.44	£ 23,989.14	£ 8,161.08	£ 45,494.66
Current Balance	£ 4,895.27	£ 22,054.03	£ 8,017.83	£ 34,967.13

The cash balances for the 3 club accounts are shown above, with the main account showing a 63% decrease from last year's closing balance at £4,895.27. There is however a further £9,755.74 due in from Nifty for August and September which has been delayed due to a glitch in the system.

Further details regarding Deva Tri and Deva Divas can be ascertained from Dan and Sally.

### Revenue

As in 2022 the majority coming from swim sessions at £15,571.49 and memberships coming in at £6,966.95 which was a slight increase from 2022 revenue of £6,660.

With the Dee Mile generated £10,025 of revenue which was on par with 2022.

Christleton 5K generated £6,081 and the Aquathlons generating £1,178.51 in the year.

Kit only generated £626 compared to £4,066 in 2022.

Juniors generated £12,038 in the year compared to £8,091 in 2022 with the split being nearly 50/50 between sessions and the Junior Tri event in September.

### Outgoings

Swim – a loss of £3,333 was made in the year (£8,405 loss in 2022 / £3,188 loss in 2021) on the swim sessions with venue costs continuing to outweigh the revenue that is made. There are some swim invoices that we haven't received for some of the sessions but these will be reflected in the 2024 financials if they are received. Venue costs are being increased again and we will continue to monitor how much the club has to subsidise the sessions

Bike and Run – a small profit of £267 and a loss of £2,082 were made retrospectively on these sections within the year (profit and loss retrospectively of £956 and £2,789 in 2022). The loss from the run being generated from the club subsidising the track sessions.

Coaches – coaching memberships, training and safeguarding courses came to £3,578 in the year (£2,367 in 2022).

Sundries – costs for club admin, bank charges, zoom memberships etc were up in the year at £3,014 (£3,107 in 2022). £741 of costs were incurred in the year for Pontoon repairs which is included in the above figures.

### Summary

The club has definitely seen the impact of general rising costs in the year, but the consistency in club memberships has definitely helped to keep the club profitable. I'm therefore recommending that the current membership level of £25 is maintained for another year.

### Head Coach Report 2023

- The coaches' team is still small and sometimes struggling to cover all sessions. Despite this, this year we had regular coached sessions on Mondays and Saturdays for swim and Wednesday for track. Some of the Tuesday runs were coached by Dave as well since he returned from injury.  
We delivered an open water session at Delamere and a bike skills session at Marsh Tracks as well.  
We have seen great progress throughout the year with athletes improving significantly and a very good attendance.
- Head Coach has worked closely with BTF to encourage more coaching courses in the region. As a result, we have 3 members (2 for junior section) currently doing their L1 course and hopefully 2 members (1 for junior section) starting their L2 course in the New Year. Head Coach (Ina) has graduated from BTF High Performing Coach Programme
- We held 2 coaches' meetings this year which helped to identify strengths and weaknesses of coaching. A lot of positive input came from the meetings and all current coaches are happy with their roles within the club.
- Head coach will offer mentoring for newly qualified coaches, regular meetings and development sessions will be offered.
- The coaches' team in cooperation with swim lead has established an annual swim overview plan and a session library relating to specific training periods. The coaches' team is aiming to improve the periodised approach to club training.
- Drill of the Month is a new feature which promotes technique improvement and work at all coached sessions.
- Regular test sessions (5K best effort run & CSS tests) have been offered to members with a good take up. This is also part of offering structured, periodised training sessions.
- Head Coach and Vice have updated the club constitution. There is now a dedicated fund for coaches' qualification and development. Head Coach is encouraging coaches to continue their CPD and liaising with treasurer to put funding in place.
- Committee has decided to offer a quality training camp in Mallorca next year (9<sup>th</sup>-16<sup>th</sup> March). Head Coach has taken on the organisation. An information Zoom meeting was held in cooperation with Got To Tri, who help facilitate the camp. Unfortunately, so far there was a lot less interest than anticipated. However, there is still plenty of time to book on.  
The camp is aimed at members of all abilities! It will be an opportunity to train together and meet like minded people. In addition to the classic swim, bike, run training there will be informative talks/ workshops on triathlon specific topics and S&C sessions.
- A huge Thank you to all coaches who have given their time to deliver quality sessions, advice to club members and encouragement to those who recently joined the club!
- An equally big Thank You to Run, Bike and swim leads who have supported and worked closely with the coaches' team. They organised fantastic events and social sessions.

## **Annual swim report – 2022-3**

### **Summary of the past 12 months**

Swimmer numbers are up again on last year, for 2 years in a row since the pool closures for Covid. Pool costs have also risen and the club is heavily subsidising swim in order to keep costs down for members.

### **Aims and proposals for the next 12 months**

- Continue to subsidise the cost to swimmers – no increase to the cost to swimmers
- Continue to offer a variety of swim sessions (different pools, times of day, weekend/weekday, squad swim and technique)
- Increase the number of swim sessions when a pool becomes available on Thursday/Friday evenings
- Increase the number of coaches and coached swim sessions
- Increase attendance at swim events, including open water group swims, races, trips and coaching courses
- Continue the search for more affordable and available pool time

### **Annual swim championships**

Since bike and run have their own single discipline championships, we introduced a swim championships which ran from last year's EOsp until this year's. The championships take into account open water swims of 750m or more (including swim legs of triathlon or other multisport events), club CSS timing swims and improvement in CSS times. A total of 53 swimmers took part and the leaderboards are available on the club website:

<https://www.chestertri.org.uk/swim-bike-run/swim/swim-championships/>

Trophies will be awarded to the winners at the EOsp on Sat 17 Nov.

The championships will run again this coming season, from AGM to AGM as the date is more predictable than the EOsp!

### **Attendance**

- Attendance is going back up which gives a good club atmosphere, motivation and competition and also helps with costs.
- The club recorded 3171 swimmer hours Nov 2022-Oct 2023, which is up on last year (despite having no Friday swim in Sept & Oct).

### **Sessions**

- The club currently offers 3 swim sessions per week: Monday evenings 7-8pm at Christleton, Wednesday mornings 5.45-6.45am and Saturdays 4-5pm at City Baths. Mondays and Saturday technique lanes are coached. All sessions offer squad swim with coach written sets and on Saturdays 3 lanes of technique coaching are available.
- We lost the Friday evening sessions when the University of Chester terminated external contracts for all afternoons & evenings, in favour of 1 children's swim school.
- Pre-Covid the club offered 9 swim sessions per week. The aim at the last AGM was to increase the number of coached swims and increase attendance so we could reintroduce

more sessions. The plan is to reinstate Friday (or Thursday) evenings when pool time becomes available at any pool in the Chester area and to increase attendance.

- Open water – the what's app group for people looking for River Dee swim buddies is still available, although not much used this summer. We held 1 open water training session at Christleton pool facilitated by Zone3 (who also organised a kit try on) and 1 open water coached session at Delamere, together with a social picnic. Aiming to hold more club open water swim sessions in summer 2024, potentially using the collaboration with Zone3 again.

### **Costs**

- Pool hire went up a lot during 2022-23 and Brio pools in particular are expensive. The club subsidises swim sessions so that club sessions cost less than individual public sessions at any local pool.
- The cost to swimmers will remain at £5 (incl 30p payment gateway fee).

### **Coaching**

Big thanks to everyone who has been involved in coaching (as well as writing sets and organising) over the past year including Christine Evans, Ina Morris, Dan Craigen, James Jones, Nania Mason, Nick Watkins, Karen Collo and Alison Leavens.

In July 2023 BTF changed the coaching requirements in a way that made it difficult for the club to offer coached sessions. We are planning to get at least 2 more club members qualified to coach & really need more club coaches to be able to increase the number of coached sessions. The club covers the cost of coaching qualifications in return for coaching at club sessions. If this is something you might be interested in, please speak to Ina Morris or any of the coaches – regular swim coaches are currently Christine, Ina and James. You might be pleasantly surprised at the experience required and time commitment involved.

### **Pools**

Over the past 12 months the club has used Christleton, City Baths and the University pool. Each pool has pros and cons. Barriers to increasing our pool sessions include:

- Northgate Arena has time available in the training pool on Friday evenings, but no lifeguards to cover.
- Brio Ellesmere Port & Christleton are fully booked.
- City Baths is fully booked on all weekday evenings and closed weekend evenings.
- The University pool is fully booked on all evenings by the Swim Stars childrens' swim school.
- Local school pools aren't available for club hire.

Suggestions for other pools, contacts at pools, opening your back garden pool to club members are all welcome.

## **Junior Section - Nania Mason**

Current membership of Junior Triathlon Club as of 27 October 2023 is 67.

We have had good consistent numbers this year and are still continuing to grow as we are not yet at capacity. We also still have continued interest in young athletes wishing to join and currently we have 45 children on the waiting list.

We have been able to offer 9 taster sessions over the past year and will continue to do so.

With regard to coaches we have 2 level 2 and 2 level 1 with 2 parents now undertaking the new BTF level 1 equivalent course. We are always looking for more interested persons to assist/become a coach. We have lost one longtime level 1 coach this year and will lose another at the end of the year.

The Deva Junior Triathlon Event held in September attracted 223 competitors and was a sellout! We decided to increase numbers again this year and could have easily opened it up to more competitors. We made a net gain of £2,561 which was fantastic! This was really pleasing as we had to absorb the increased Brio costs for hiring the leisure centre facilities and we did a lot of recycling. It was a very successful event with really positive feedback from the competitors and their families and we received a great race report from the race technical officer.

Once again both parents and volunteers from the Senior Section assisted enthusiastically over the race weekend and their help was greatly appreciated by us all! We continue in our aim to foster good relations between the Junior and Senior Sections of the club.

In all a really positive year!

## **Deva Divas 2023**

### **Volunteers**

Thanks to everyone who made Deva Divas 2023 a great success....for another year! Divas involves so many club members, current and past, helping out prior to the race as well as on race day. The race would not be the success it is without these people. We put on open water swim sessions, cycle recce sessions and kayak training sessions for the Quad! Many thanks to all those people who came along to support these training evenings, thanks to Chester Canoe Club for allowing us to use their HQ as the swim training hub and for the Quad kayak training. Thanks also to Jean, Carol and John Hatton for their kayak coaching!! We aim to get Divas to the race not feeling too nervous and all these people help with that!!

There are also quite a few people who go over and above in terms of putting this race together – extra special thanks to them!!

### **Race Day Competitors**

Divas Finishers: Tri – 190 (2 ladies decided not to run but completed swim and cycle); Quad – 31; AquaBike – 15 Total – 236+2 – 238

Numbers were slightly down on 2022!

### **2024**

Date has been set for Sunday 14<sup>th</sup> July and registered with Chester Council. Everything has been booked. Race is not currently open – as yet. The plan is that there will be Triathlon, Quad and AquaBike again! Help is required for sorting volunteers!! Could everyone please put this date into their diaries for marshalling, as well as Saturday 13<sup>th</sup> July for set up. This year we had 6 people to do all the set up....it wasn't enough!!

## **Aquathlon Series - Nigel & Jacob Waterhouse**

We were again able to run a series of 4 Aquathlons this season.

As in previous years we were based at Queens Park High School but due to school rowing we had to move from our normal Monday evenings to Sunday evening. This had an impact on our numbers but we still had a successful series with 22-29 entries for each event even for the first event with one weeks notice. We lost one race due to a CSO release during the day.

BTF asked us to adapt the super sprint race to align with the new "swim bike run" formats (replacing Go-Tri) by reducing the swim to 200mtrs which gives an even more accessible option as an introduction to open water - with 2.5km run. In addition to the super sprint we still ran the full distance race (750m swim / 5km run).

Despite the lower numbers and cancelled event we still made a small profit but the main purpose is to provide a low key, accessible event for people to have a go at swim, transition and run. Most importantly to have fun.

Feedback from competitors has again been excellent with compliments to the Marshalls, relaxed atmosphere and random prizes.

Thanks to everyone who helped out or supported the event. Without the small group that come together to run the event we wouldn't be able to give the opportunity for athletes to have a go.

We are looking at dates for a series again next year and working with the school to get back to Monday evenings.

## **Run Section Report – Mike Waring and Gemma Kelly**

Cross Country

Although we had less races than normal again for the 2022/23 season (9 races instead of the usual 12), we had a massive 45 runners take part, 15 of them XC first timers. Overall numbers of women were slightly down to past years though.

For the North West XC League our joint teams with Ellesmere Port RC did amazingly well. For the first time we had full teams attend all of these races, and our Women's team came 2nd and our Men's team came 8th out of 30 teams in the final overall standings. Both are our highest ever placings in this league and a fantastic result.

The Cheshire XC Champs saw Simon Ellis successfully defend his M55 Champion title, coming away with another gold medal. Sam Oliver came 5th in the U20 race and qualified for the Cheshire County team! At the Inter Counties Championships Sam and his Cheshire team mates finished 5th U20 Men's team overall.

At the National XC Champs held at Bolesworth Castle, we had one of our biggest XC race turnouts of the season. It was the first time the nations biggest XC race has been hosted in Cheshire and Chester Tri made history by having full Men's and Women's teams for the first time ever. Both placed 65th of clubs from all over the country.

For the 2023/24 season, the North West XC League rules have been changed and unfortunately we can no longer have a joint team with Ellesmere Port RC, our clubs will now be scored separately. The

Liverpool and District XC League will now have Women's teams included in the league races like they have in the Championship races.

The 2024 National XC Champs will be held at Weston Park, Shropshire.

#### Borders League

We had great team running once again with 46 runners take part in the League for the 2022/23 season. Our Men's team came 2nd in Division 2 overall and have now been promoted up to Division 1! Our Women's team came 4th in Division 2 overall. Rosemary Symms won the W65 AG overall in the league and Stephen Parker came 3rd M60 overall in the league.

For the first race of the 2023/24 season in Caernarfon we successfully managed full men and women's teams, which was not easy now the Men's team are in Division 1. The rest of the races are all fairly local so we should have strong turnouts.

#### Club Vest Championships 2022-23

Club Vest Champs awards were handed out at the 5K Time Trial night at the Track. Our Club Vest Champions were Ellie Perkins and Chris Towers (who had a very close competition with Jonathan Girvan beating him by just 0.17%!), and the age-cat winners were Anna Woolgar, Helen Smith, Rosemary Symms, Dan Robbins, Eddie Austin and Chris Rhodes. We had nearly 100 people take part, between them racing 350 times!

#### Wirral Multi-Terrain Series

Rosemary Symms for won 1st prize for coming first F65 overall.

Our Men's Team came 6th and our Women's Team came 10th overall in the series.

#### Training Sessions

Numbers had got low at the track sessions, then grew to quite a large turnout with the invitation of EPRC runners. This has now tailed off again, probably due to the summer with people racing.

Numbers at the Tuesday night runs are up and down, so the number different of groups seem to vary from 1 to 3.

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 races and team fixtures over the past year.

### **Bike Section Report - James Morgan and Johnny Girvan**

It's been another busy year for the club with lots of great rides and adventures occurring.

The tour of Cheshire West returned for its 3rd year with 122 riders signing up for the event. We were able to raise over £600 for Bren bikes, taking the total raised to over £2,000. A big thank you to all of the people who helped with route planning and the results for the event. In the team event, Chester tri ladies took the women's title with the men coming in 2nd place. In the individual events, Sue Ellis won the women's over 50's GC, Gav Woolgar took the men's over 50's GC, whilst Ellie Perkins took both the Women's Sprint and QOM titles. Plans are already underway for the 4th edition of the race so watch out for announcements soon.



2023 saw us return to the Manchester velodrome, the marsh tracks in Rhyl and put on a club social weekend for the first time in a number of years. At the marsh tracks, Ina led a brilliant session where we were able to practice our group riding on the smooth, closed roads before a 10-mile time trial. At the velodrome, we were put through our paces by a coach from British cycling and experienced the thrill of riding up and down the steep bank. In September, a number of club members attended a social weekend in the lake district. There was some fantastic riding up some of the most iconic climbs in the UK alongside some scenic swims and runs. All three events were really well attended, and we plan to return to all of these at some point in 2024.

A big change for us this year has been how our group bike rides are now organised. We have suffered in previous years from a lack of navigators to lead group rides so decided to switch to a less formal approach and organise rides through WhatsApp. This now means that anyone within the club can lead a ride and on any day of the week. This increased flexibility worked well with rides now regularly organised across all 3 pace groups. Special attention has also been paid to the club social rides to encourage newer members and those uncomfortable with cycling in large groups. We plan to keep these going for the foreseeable future with at least one ride every month. If you are interested in attending any of the club rides but haven't joined the WhatsApp groups yet, then please email [bike@chestertri.org.uk](mailto:bike@chestertri.org.uk)

Alongside all of the outdoor rides, we continued to growth the club's participation in online cycling on Zwift. At the start of the year, we competed against numerous local triathlon clubs in the Triathlon England Northwest Regional League culminating in us winning the grand final! We have also been riding in the Zwift racing league. These races make for a great workout with some friendly competition so if you've never tried one before, now is a great time to give it a go.

Alongside all of these events, we continue to run the club time trials at Saighton and organise the Strava winter segment challenge. The TT's are a great way for our members to practice a time trial in a low-pressure environment whilst the segment challenges are aimed encouraging people to cycle during the winter months.

Looking ahead to next year, we are planning an exciting trip to do the coast to coast in a day challenge. We've had a great response from the initial proposal so look out for more details coming soon. If anyone has any other ideas for cycling events that you would like us to put on, we would love to hear for you.

We look forward to seeing you out on the bike soon,