

The 2024 Chester Triathlon Club Annual General Meeting.
13th November 2024
Hoole Community Centre

Captains report:

One year as captain and it has not been dull.

Firstly I want to say a huge thank you to all those that have and continue to give up their time for the benefit of the club, it's members and the wider triathlon community; it's worth noting that without people who are willing to do this we would not be able to continue with what we do.

As many of you will be aware, Dan Craigan and Sally Napthen have stepped aside as race director for the Deva Triathlon and Diva Deva Triathlon respectively. Both Dan and Sally have given a substantial amount of years to these events and both will still be around helping out while we adjust as a club to doing things slightly differently.

Following on from the above we have had to rethink the way we approach our races, The Dee Mile, The Diva Divas, The Deva Triathlon and Christleton 5K; to ensure events can continue and that there is a legacy plan in place for when race directors are ready to move on.

With this in mind our races will now be run by a larger race organisation committee with event sub committees for each event; this will ensure expertise and experience can be shared and going forward hopefully put less pressure on one single member (please email captain@chestertri.org.uk of you want to join).

We have also been approached by Active Leisure events to discuss the future of the Deva Triathlon and explore the potential of them running the triathlon in association with Chester Triathlon Club. We have had discussions around this and provided we are able to agree on terms that are beneficial to the club and protect the race we are bringing this to the AGM for membership discussions and approval.

The decision to have these discussions has not been one that has been made lightly, the Deva Triathlon is an exceptional race, but it also requires a significant amount of organisational work, and a significant amounts of volunteers to run safely. Over the last 5 years we have struggled to source enough volunteers which has lead to us buying in marshals, this is both less than ideal for participant experience and very expensive.

We believe The Deva Triathlon should be a premium event on peoples calendar, the proposed offer from Active Leisure Events (if agreement can be reached) would mean the club would remain involved and present, the event would grow and thrive and the club would secure a regular guarantee income stream - this would also allow us to put more time and effort into growing our other events. More discussion on this will follow in the AGM.

I would like to thank members who have given time to complete roles in the club but are now stepping down, James Morgan (bike lead), as well Dan and Sally (mentioned above).

We currently still have vacancies for Secretary and we also have an opening for a bike lead email captain@chestertri.org.uk if you would like a discussion around either of these roles.

Charlie Price

Dee Mile:

The Dee Mile was successfully run this year with the assistance of Dan Craigan and Andy White making a small profit of £469

Charlie Price

Deva Triathlon;

A smaller Deva Tri this year meant we could manage the event with less volunteers. The Deva Triathlon made a modest profit in 2024 of just over £1000.

As many will be aware Dan Craigan who has been race director for the Deva Triathlon for the last 15 years has stepped down promoting discussions about the races future.

Charlie Price

Deva Divas 2024

Volunteers

Thanks to everyone who made Deva Divas 2024 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!!

2024 was the final year for me (Sally) to do the event organisation for Divas. Double booking meant that I couldn't be there for race day. Nic Perrins took the reins for race weekend and did a fantastic job. So brilliant that she is stepping up (with help from Susie Woods) to take over Divas organisation for 2025. I will still be around as background help of course. The ease of this transition is highlighted by the strength of the team – in particular Nigel Waterhouse, Jacob Waterhouse and all those people who head up the sections. Nania Mason in registration, Ian Ainscough on the pontoon, Mike Waring on the river, John Robb on the run, Dave Taylor in registration, Jean Ashley for the Quad and going forward we have Charlie Price on the bike course!

Race Day Competitors

Divas Finishers: Tri – 166; Quad – 39; AquaBike – 6 Total – 211

Numbers were slightly down on 2023!

2025

Date has been set for Sunday 6th July and registered with Chester Council. Everything has been booked. Race is currently open and filling up nicely. 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 NOW for marshalling, as well as Saturday 5th July for set up.

Sally Napthen

Deva Aquathlon

Big thank you to the team at the Deva Aquathlon for a successful series of really well run events.

Note entered by Jonathan Girvan

Swim

Annual swim report – 2023-4 - Summary of the past 12 months

Swimmer numbers are generally steady. 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 & technique)
- Maintain the number of swim sessions available
- Increase the number of coaches & coached swim sessions
- Increase attendance at swim events, incl open water group swims, races, trips & coaching courses
- Continue the search for more affordable pool time

Attendance

- Attendance is great on Mondays and generally good on other days, which gives a good club atmosphere, motivation and competition and also helps with costs.
- The club recorded a total of 2854 pool swim hours Nov 2023-Oct 2024 (which is a little less than last year as an absolute number, but about the same when you account for having only 2 lanes available across 4 months on Fridays at EPSV, instead of 5 lanes across 10 months at the University pool).

Sessions

- The club currently offers 4 swim sessions per week: Monday evenings 7-8pm at Christleton, Wednesday mornings 5.45-6.45am at City Baths, Fridays 7-8pm at EPSV 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 2 lanes of technique coaching are available.
- While the Northgate Arena pools are closed for refurbishment (currently planned for 22 Dec 2024 – Feb 2026), Brio has moved our Monday swim time to 6.30-7.30pm.
- 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. During the past year we were able to reinstate Friday evenings, albeit only 2 lanes.
- We suspended the Friday evening swim and some Saturday swims over summer due to lower swimmer numbers and lack of coach availability for Saturday technique sessions.
- Open water – the what's app group for people looking for River Dee swim buddies was widened to cover all OW swims and usage of it increased a lot this summer. We held an open water training session at Christleton pool facilitated by Zone3 (who also organised

a kit try on) and a couple of open water sessions with a social get together at Manley Mere. We aim to hold more club open water swim sessions in summer 2025, potentially using the collaboration with Zone3 again.

Costs

- Pool hire costs went up again during 2023-24 and Brio pools in particular are expensive.
- The cost to swimmers had to be increased to £5.20 (plus 30p payment gateway fee).
- The club subsidises swim sessions so that club sessions cost less than individual public sessions at any local pool. With club sessions swimmers get either a coached session or at least a coach written set which is tailored to club members and aligned with an annual triathlon focused training plan.

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/Paramor, Ina Morris, James Jones, Dan Craigen and Aaron Riley.

Last year BTF changed the coaching requirements in a way that made it difficult for the club to offer coached sessions. At the last AGM we were planning to get at least 2 more club members qualified to coach, so far we have 1 more almost qualified to coach the adult section of the club. We still really need more club coaches to be able to spread the coaching between more people and potentially increase the number of coached sessions. The club covers the cost of coaching qualifications in return for coaching at some 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 that not too much experience or time commitment is required.

Pools

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

- Northgate will be closing the pools for refurbishment, currently expected to be from 22 December 2024, till about February 2026.
- 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.

Annual swim championships

We didn't run the swim championships this year as the lack of volunteers to help run CSS timing sessions meant we only ran 2 during the year. CSS timing sessions are both a key part of the way swimmers score points toward the championships and a measure for swimmers on progress in distance swimming for triathlons, multisport events as well as distance swim events, so we will aim to get at least 4 in over the next year.

We will aim to run the championships again this coming season, from Nov to Oct.

Emma Sharpe

Bike Report

It's been another busy year on the bike with lots of exciting activities taking place. The Tour of Cheshire West returned for its 4th year with 87 People signing up for the event. This raised ~£375 for the club and another £435 for Bren Bikes who is our charity partner. The tour is a great way to explore new routes whilst pushing yourself in either the GC, K/QOM or sprint competitions. The good news is that the tour will return in April 2025 for the next edition so keep an eye out for the new stages to be announced over the coming months.

The club weekend rides and Thursday evening rides continued throughout the year with relatively low participation. This was mainly due to a lack of navigators available to lead rides. Going forwards it would be fantastic to have a bigger pool of navigators available who are confident in leading rides. Remember, anyone can lead a ride, and there is help available regarding getting started or assistance with potential routes so please reach out to the bike leads at bike@chestertri.org.uk if you can help out or if you have any questions about the group rides.

The club returned to the velodrome for the first time in a number of years in 2023 and an additional session has been organised for November 2024 which has recently sold out. The velodrome is an amazing experience for cyclists and should definitely be on everyone's bucket list. We plan to make this an annual event so don't worry if you have missed out this year. We also returned to the Marsh Tracks in April for some bike handling skills, transition practice and a sprint duathlon. The Marsh Tracks is a fantastic venue for cycling on a closed track with a super smooth surface. Thanks to Ina and Jonny for coaching the session. Again, we plan to return here early in 2025 so keep an eye out for updates on this.

Alongside all of the outdoor rides, we continued to grow 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. We have also been riding in the Zwift racing league on Tuesday evenings. Round 1 of the league has just concluded but round 2 will return on 12th November for anybody wanting to take part. 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. A massive thank you to Matt Parson and Jonathon Girvin who have been leading these activities and ensuring that they run so smoothly for the rest of us.

In addition to these events, we continued 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.

Going forwards we aim to encourage more cyclists to take part in the group rides by having a regular monthly social ride alongside some bike handling skill workshops. We are also planning some women's only rides as some members have mentioned that they would be more comfortable with this approach. 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,
James Morgan and Ellie Perkins

Run

Cross Country

We were back up to the normal number of races again for the 2023/24 season (11 races instead of 9 last year) and we had a fantastic 41 runners take part, 10 of them XC first timers. Overall numbers of women were back up to normal from last year too.

For the North West XC League we did surprisingly ok even though we no longer had a joint team with Ellesmere Port RC. Our Women's team still managed full teams for some of the races and came 9th out of 30 teams in the final overall standings. Our Men's team came 21st, only having a full team for 1 of the races. Our main focus was the Liverpool and District XC League which had good turnouts, although we still didn't quite make full teams all the time. However, the highlight of the season came with our Women's Team winning silver in the Liverpool and District XC Champs! Anna Woolgar and Rosemary Symms also came 1st in their AG's.

The Cheshire XC Champs saw Rosemary Symms reclaim her F65 Champion title, coming away with a gold medal. Sam Oliver won bronze by coming 3rd in the U20 race and qualified for the Cheshire County team! Anna Woolgar won bronze for 3rd F45 and Ian Atkinson won bronze for 3rd M60.

The postponed National XC Champs at Weston Park, Shropshire were eventually held in September, making it a unique, hot and very dry XC race. Our Women's Team did well and came 20th team in England!

For the 2023/24 season, one the North West XC League races clashes with a Borders race so the Liverpool and District XC League will again be our main focus, which will now have age groups included in the League results.

Borders League

We had great team running once again with 47 runners taking part in the League for the 2023/24 season. Our Men's team came 5th overall and retained our Division 1 status for next season - that's something we haven't done for 10 years! Our Women's team came 3rd overall in Division 2. A great result considering they didn't have the depth in numbers and incurred penalty points for one of the races. In the awards, Julianne McHugh won the F50 AG overall in the league and Rosemary Symms won the F65. David Hinde was awarded 3rd M40 and Mike Waring 3rd M55 overall in the league.

New for this year was an end of season relay race (a free-standing race not counting towards the League) which proved popular and was good fun. Chester Tri did well and won the Vet Women Team category and were 3rd Senior Men Team, we also came 7th in the Vet Men, while in the Open Mixed category our A team came 5th.

For the first race of the 2024/25 season at the new venue of Norton Priory we had a big strong men's team and came 3rd in Division 1. A fantastic start as they continue to grow in depth of numbers. We had a low turnout for the women's team but they still managed 2nd in Division 2, having a couple of new faster runners in the team for this season. Hopefully with good turnouts for the rest of the season they should be able to go for the Division 2 win, or promotion at least.

Club Vest Championships 2023-24

Club Vest Champs awards were handed out at the 5K Time Trial night at the track. Our Club Vest Champions were Craig Connor and Gemma Kelly (who had a very close competition with Ellie Perkins beating her on the final day by just 0.43%!), and the age-cat winners were Anna Woolgar, Karen Smith (Nee Harkness), Rosemary Symms, David Hinde, Michael Waring and Eddie Austin. We had 116 people take part, between them racing 377 times!

Wirral Multi-Terrain Series

We had another excellent turnout for this wonderful series with great performances from all runners. Anna Woolgar and Rosemary Symms won awards for coming first F50 and F70 overall. David Hinde came 2nd M45, Mike Waring 2nd M55 and Ed Austin 3rd M60. Our Men's Team came 7th and our Women's Team came 11th overall in the series.

Training Sessions

Numbers are steady at the track sessions, but we only have few from EPRC joining us at the moment. We are hoping to see the usual increase over the winter.

Numbers at the Tuesday night runs are fairly low at the moment, with 1 or 2 different groups. Once again our alternative Tuesday runs at various off-road venues proved popular in the run up to the Wirral Multi-Terrain Series.

A new trail running WhatsApp group has been set up for informal runs.

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.

Mike Waring and Gemma Kelly

Head Coach Report

- The coaches' team is still small and sometimes struggling to cover all sessions. Despite this, this year we had regular coached swim sessions on Mondays and Saturdays, and we were able to add a small, currently uncoached squad session Friday evenings at EPSV. Wednesday track session has seen a number of new faces and is still very popular within the club and guest athletes from Ellesmere Port Running Club. The Tuesday runs were a consistent part of the club sessions as well.
We delivered a bike skills and transition training session at Marsh Tracks as well.
We have seen great progress throughout the year with athletes improving significantly and a very good attendance.
- The coaches' team has grown for the junior section with 2 new coaches, Johnny Girvan as British Cycling Coach is a highly valued addition to the adult coaches' team.
- Head coach will offer mentoring for newly qualified coaches, regular meetings and development sessions will be offered.
- 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 has liaised closely with British Triathlon and Triathlon Wales to support club coaches with their qualifications.
- Ina Morris (head coach) has been selected by the British Triathlon Federation to join their Coaches Advisory Board and is hoping to represent club and grassroot coaches within BTF. Please get in touch if you would like to contribute ideas and opinions.
- 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.

Ina Morris

Social report

Ian Laird and Emma Sharpe have been co-social reps this year. If anyone else would like to get involved as co-rep, with organising or helping at any club social events, please have a chat with Emma or Ian or email social@chestertri.org.uk

We held the following events over the past year:

- November 2023 - we celebrated the end of season party at City Baths
- December 2023 - mulled wine and mince pies at City Baths
- February 2024 - Ravi MC'd the annual club pub quiz for 40+ people at Hickory's
- Summer – 2 OW swims followed by social get togethers at Manley Mere

Future events:

- In December we'll hold a mulled wine and mince pie afternoon, probably on a Saturday after swim again
- January – pub quiz at The Cornerhouse (Hickory's not available on suitable dates)
- Summer – picnic type social/s, probably together with a run, ride or swim
- October/November – end of season party

Ian Laird and Emma Sharpe

Financial Report

The Club Business account looks after all the individual budget centres and runs the day to day club business.

Deva Tri accounts and Deva Divas account are managed by Dan and Sally respectively.

The 2024 accounts include all invoices received up to 31 Oct 2024.

	Club Business	Deva Tri	Deva Divas	Total
1 st Nov 2023 Balance	£ 4,895.27	£ 22,054.03	£ 8,017.93	£ 34,967.23
2023/24 Receipts	£ 74,954.95	£ 40,865.06	£ 18,107.58	£ 133,927.59
2023/24 Expenses	£ 72,717.69	£ 39,427.58	£ 16,816.06	£ 128,961.33
Net Profit	£ 2,237.26	£ 1,437.48	£ 1,291.52	£ 4,966.26
1 st Nov 2023 Balance	£ 4,895.27	£ 22,054.03	£ 8,017.93	£ 34,967.23
Net Profit	£ 2,237.26	£ 1,437.48	£ 1,291.52	£ 4,966.26
Current Balance (Nov 23 balance + profit)	£ 7,132.53	£ 23,491.51	£ 9,309.45	£ 39,933.49

The bank cash balances for the 3 club accounts are shown in the table above.

Last years AGM accounts showed a £10,000 loss overall, but there were some outstanding invoices and receipts to be processed. After processing these year-ends for 2022/23 the total cash across the 3 accounts was pretty much even compared to this year, where we have made a small profit of £4966.26.

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

Details

Swim session costs have risen this year resulting in a net loss of £3481.88, which is similar to last year.

Bike section made a loss of £1004 – the majority of this was due to the club subsidising the coach for the C2C challenge (£850).

Run section – overall loss of £2000 which is similar to last year. Session costs have risen against attendance income resulting in an approx track session loss of £1000. Other significant costs were the purchase of a gazebo for the XC season (£200) plus a run leaders first aid course (£100).

Junior section once again shows a net profit of £4829 – a successful Junior Triathlon in Sept plus the thriving Junior coached sessions.

Kit section – we have restocked this year with a new run kit, and to lesser degree tri suits, which has resulted in an overall net loss of £1500. Sales have increased from £626 in 2023 up to £5200 this year against an expenditure of £6800. We should benefit financially from stock levels in the year ahead.

Coaching section – expenditure on coach training/safeguarding down from £3578 in 2023 to £1457. This reduction probably reflects the lack of active coaches within the club.

Membership income up from £7000 to £8721.

Sundries section – there was a significant spend £8000. The majority was spent on improving pontoon safety equipment (£4800) power boat training course (£280), hire of safety boat (£495).

Events

Dee Mile made a profit of £457

Christleton 5K made a profit of £2178

Deva Divas made a profit of £1291

Deva Triathlon account made a profit of £1437

Aquathlon made a profit of £264

Summary

The club has once again seen the impact of general rising costs this year. The Junior section, our events and club membership income has helped to keep the club profitable. We increased our session costs this year to combat the session venue hire costs, but we may need to revisit this again in January 2025 when Brio, Chester Baths etc traditionally increase their prices.

It has been many years since we increased the annual membership fee and I think we are in a situation where we need to consider increasing it. We need to generate more income, and I will be proposing we raise it from £25 to £30 (35?) with immediate effect.

Ian Ainscough

