

FARNHAM TRIATHLON CLUB



Annual General Meeting 1930hrs 11th Nov 2023 The Six Bells, Upper Hale, Farnham

Attendees

John Bennison	Andy Pickup	David Pinkney	Jonathan Porter
Dominic Brooks	Nick Dennes	Chris Plummer	Cathy Berry
Dave Berry	Gillian Barrett	Sarah Gallican	Shirley Wilkinson
Charlie Gray	Alanna Sussex	Mark Zirbser	Steve Smulovic
Kim Mepsted	Lindsey Bamford	David Barrett	Keith Conradi
Naomi Fowler	Ian Howard	Jaqui Scarr	Ruth Jones
Terry Curtis	Anna Chilcott		

1. Apologies for Absence

There were no apologies for absence.

2. Minutes of previous meeting

There were no objections to the minutes from last year's meeting and they were proposed by Andy Pickup and seconded by John Bennison and accepted unanimously.

3. Club Awards

The Alan Keith Trophy was awarded to Chloe Spencer for her English Channel Swim this year in a time of 13hrs and 36 minutes. Well done Chloe!

The recipient of the Club Member of the Year goes to Head Coach Mark Zirbser, In the year since he took over as Head Coach he has been instrumental in driving both the club Annual Training Plan and Strategic Plan. He has introduced and coached the Open Water Swim Sessions at the Quays, the new brick sessions at Blackbushe and the Zwift group turbo sessions. Additionally he has also found time to complete his Masters Degree, the High Performing Coach course and train for his own endurance competitions.

4. Head Coach's Report

This year has been a year of experimenting. Following several requests for tweaks to our coached sessions, we introduced a coached Open Water Swim session, valuable for those with anxiety. Special thanks must go to the Quays for allowing us access to a dedicated area, radios and canoe storage at no extra charge. Every month one of the bike sessions was set up to practice T2 transitions by repeating bricks of bike/run. Finally a free run session was introduced on Wed evenings. Mark thanked the coaches for their hard work and commitment. Hendrik has completed his Level 2 qualification and will soon be joining the sessions as coach. Shirley has completed her Level 2 Diploma course and is able to coach individuals on a one to one basis and Mark has completed his High Performing Coach Course. For the next year we will continue to experiment and find a way to deliver sessions that can be of benefit and enjoyed by newbies/novices, members who enjoy the social aspect of training in a group, those who want to progress and improve speed/endurance. The Youth section will also be focused on as we continue to attract queries on membership. One youth member has recently been selected to join the South Central Development Squad despite having little cycling experience, her swimming and running performances were excellent.

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5. Treasurer's Report

The Treasurer's Report was presented by Naomi Fowler and was based on figures at 30th Sept. Please see below for full report. Having cancelled some sessions we have now stemmed the flow of outgoings and have enough reserves to see us over the next couple of years.

6. Chairman's Report

I believe that we are all members of a great triathlon club. Its strength continues to lie in its membership and in the depth of coaching talent that supports us all. Although you may look on us in the committee as its "managers" we are just club members. This is our club.

You will recall that at the last AGM we reported that in order to secure the club finances we cut our paid on-line yoga and conditioning sessions and increased our membership fees. This stemmed but did not eliminate the losses the club has incurred. Similar to what happened over the previous couple of years, we have had to cancel some training sessions due to low attendance. We have also completely cancelled the Wednesday swim sessions as these were the least viable sessions. We have listened to your feedback and organised more social events. These were well attended, thanks to Charlie for organising those.

During the year we asked your opinions about what you, the members, wanted from the club. We invited responses via email and at in-person at events set up specifically for this purpose. The responses were few. However, we have taken what we heard on board. More of this later.

Despite our financial strictures we have continued to invest in the development of our coaches, with Hendrick achieving Level 2, Shirley Level 2 Dip and Mark achieving his Level 3. This has not been business as usual though. For example, due to cost, we have not been able to support first aid refresher courses. Membership numbers have fallen from last year and now stand at 93 paying members.

The committee has been stable over the past year with but one change. Alanna Sussex has taken over from Sue Tiplady as our Welfare Officer. Sue had to relinquish the post as British Triathlon require that the Welfare Officer does not hold any other role within the club. This is for reasons of confidentiality and good governance. Our meetings have occasionally been held face-to-face but the majority have been held over Zoom. The events manager post is still vacant. Going forward Naomi is stepping down as Treasurer from this meeting. I am standing down as Chair.

I have organised three club events over three recent weekends: an open water triathlon, a duathlon and an open water aquathlon. All three were cancelled due to extremely low sign-up numbers. It is clear the committee will need to decide if these are worth organising in future. Not one of our Club events, but many of us turned out to marshal HART Triathlon in May. This is both a great advert for the club and a source of funds as Everyone Active makes a sizeable donation to us.

I must emphasise that the club is run by volunteers. This covers almost everything we do from daily coaching to providing race and event officials, running social events, etc. The list goes on.

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Now on to thanking various people. I'd like to thank all the coaches for giving up so much of their time for our benefit, in particularly our head coach Mark, and for taking a lead in what will come next; to all on the committee for their work over the past year, and of course Sue, who sits down every Sunday evening to write the weekly email. I have already mentioned the new member of the committee, Alanna, but I also wish to formally record my thanks to all on the committee for giving up their time and making a difference. I would like to thank everyone who has volunteered to help the club in any capacity. Without you there would be no club.

We were all delighted to hear that one of our members had been recognised in the Kings Honours list. Ian Howard was awarded an MBE for services to Triathlon. The club would also like to extend our appreciation and with this announcement make Ian a Life Member of this club.

Our members have taken part in lots of externally organised events and races with some considerable success. Here is a selection that we know about, and there are probably many more:

Local Races: Hart, Eton Dorney, Windsor, Hampton.

National: Southport, Barry Island, Eastbourne, Weymouth, Bournemouth, St Neots, Woodhorn Colliery, Cardiff, Outlaw Half in Nottingham, Bolton IM, Stewartby, Southwater Relays, Hever Castle.

International: Caorle Italy, Ibiza, Pontevedra and Madrid Spain. Hamburg Germany, Abu Dhabi UAE, Alpe D'Huez France, Cascais Portugal, Venice Italy, Nice France, Lahti Finland, and lastly not forgetting Kona, Hawaii.

I'd like to highlight only some of the outstanding achievements and efforts. This is in no way comprehensive and has been "scraped" from the club FaceBook page and a few emails:

- Youth: Maya in BTF youth academy
- Shirley Wilkinson and Ian Howard – World Champs Aquabike in Pontevedra
- Gillian Barrett European Sprint Champs, Madrid
- Clare Grindrod, Michael Tarry, Paul Flattery, Mariska Yates, Charlotte Barton: Weymouth 70.3
- Chloe Spencer. Channel swim
- Anna Bellamy European sprint tri Madrid (Silver) and World Standard Abu Dhabi (Silver)
- Ruth Jones European duathlon Venice (bronze), world duathlon Ibiza, World sprint in Hamburg
- Joanna Wright and Jessica Wilcox who raced in Ironman Lahti 70.3
- Two ladies completed their first 70.3 distance races Alanna Sussex and Mariska Yates
- Joanna Wright 70.3 Italy. First female

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· Anna Bellamy, silver European age group champs in Madrid · Mark Zirbser, Cathy and David Berry, Richard Scarr, Terry Curtis, Outlaw half in Nottingham. Special congrats to Richard for finishing on the podium.

Well done one and all.

Within the Committee we have discussed the strategy for the club going forward. Mark will cover the detail of this later. However, without stealing the thunder from the Treasurer, our imperative is to once again secure the future of the club by shoring up its' finances.

Our immediate actions are to attract new members, to on-board them well with buddies, and to increase overall participation in all that the club does.

Our strategy discussions have resulted in some objectives other than the ones I have identified. These have been apportioned to committee members to provide leadership and direction. I cannot emphasize enough that without active support from the members these will not be delivered.

Wishing you all a successful year.

7. 2022/2023 Committee Stands Down

The outgoing chair Andrew Pickup thanked the committee for their hard work and support over the last year. The outgoing committee stood down.

8. 2022/2023 Committee

Executive Members – Andrew Pickup proposed John Bennison as Chair and was seconded by Charlie Gray..

Shirley Wilkinson was proposed as Secretary by John Bennison and seconded by Ian Howard.

Dominic Brooks was proposed as Treasurer by John Benniso and seconded by Shirley Wilkinson.

Non-Executive Members

John Bennison proposed the election to the Committee of Sue Tiplady, Mark Zirbser, David Barrett, Charlie Gray, Jonathan Porter, Alanna Sussex, Chloe Spencer and Sarah Gallican. It was seconded by David Pinkney and carried unanimously.

9. AOB

Having been asked to pay £6 towards the cost of catering the AGM to prevent wastage and minimize club losses all attendees who signed up will now be entitled to attend a training session at no cost. Please sign up and pay as normal on club spark and your fee will be refunded once you attend.

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Farnham Triathlon Club Accounts 2022/23 Year Ending 30th September 2023

Position as at 1st October 2022

Bank	£ 4,561
Savings	£ 3,943
Total Balance	£ 8,504

	FY 2022/23	FY2021/22	VAR
RECEIPTS			
Kit	£ 100	-£ 74	£ 174
Session Payments	£ 8,364	£ 11,798	-£ 3,434
Fees for Membership	£ 3,094	£ 3,690	-£ 596
Other	£ 80	£ 600	-£ 520
Total Receipts	£ 11,638	£ 16,014	-£ 4,376
OUTGOINGS			
Facilities	-£ 10,051	-£ 14,885	£ 4,834
Fees	-£ 685	-£ 1,199	£ 514
UKA	-£ 150	-£ 406	£ 256
Affiliations	-£ 240	-£ 315	£ 75
Coaching	-£ 730	-£ 3,125	£ 2,395
Social	-£ 497	-£ 454	-£ 43
Web	-£ 430	-£ 189	-£ 241
Prior Year Adjustment	£ -	-£ 1,185	£ 1,185
Total Outgoings	-£ 12,783	-£ 21,759	£ 8,976
Net Surplus/Deficit	-£ 1,145	-£ 5,745	£ 4,600

Position as at 30th September 2023

Bank	£ 3,416
Savings	£ 3,943
Total Balance	£ 7,359

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