

AGM 2022 - Minutes

Saturday 29 January at 11:30am over Zoom

Members Present

Ashley Baker, Lucy Bemand, Iain Binsley, Philip Blyth, Diane Brasnett, Tracy Cook, Luca Dronyk, Mark Fitton, Dave Hewes, Angela Hunt Mark Neish, Chris Petersen, Fiona Ray, Andy Soward and Gemma Stark.

Apologies

Pete Armitage, Elaine Brown, Jonathan Clayton, Rachael Hopkins, Andy Loveless, Frazer McCarthy, Jon Mead, Chris Slight and Lou Varley.

1. Opening Remarks / Welcome

Chairperson (Chris Petersen) opened the meeting by welcoming members to the AGM and explaining that while his strong preference had been for a normal physical meeting, due to uncertainty on the Covid restrictions that would be in place when arranging the meeting we had decided to use Zoom instead.

2. Outgoing Committee Members

The following Committee Members had confirmed they were not seeking re-election in 2021 and the Chairperson thanked them all for their sterling efforts and great support to the club while in their posts:

- Welfare Officer – Fiona Ray
- ICT Officer – Andrew Moss

3. Election of 2022 Committee

There was one person seeking election for each of the committee's positions, less ICT Officer, with the majority of officers content to remain in post. The AGM approved all volunteers.

- Chairperson – Chris Petersen
- Secretary – Mark Fitton
- Treasurer – Mandy Binsley
- Head Coach – Iain Binsley
- Head Junior Coach – Lucy Bemand
- Club Welfare Officer – Diane Brasnett

- COVID 19 Officer – Andy Loveless
- Q – Kit Officer – Angela Hunt
- ICT Officer – Post gapped 2022, Secretary to stand in until volunteer found
- Committee Member – Tracy Cook, Fiona Ray and Micaila Vivier
- Championship Sec – Andy Soward

Action 1: Secretary to update constitution/website/FB with elected 2022 Committee names.

4. Chairman's Report 2022

Chris Petersen read the Chairman's Report 2022 (Enclosure 1) which he will be posting on the club's social media channels. Chris also highlighted that we had succeeded in holding an excellent Christmas Party in December 2021 complete with an awards ceremony.

5. Club Governance

The Secretary (Mark Fitton) reported:

a. Trimark Bronze.

- Trimark is the British Triathlon Federation (BTF) quality mark awarded to clubs able to demonstrate they comply with BTF's policies and guidance
- Although committee decided mid 2021 to not re-new when lapsed November 2021, BTF subsequently advised to reaffiliate for 2022 must have Trimark Bronze
- Mid October to late December all club governance documents updated/collated and Trimark Bronze award just before Christmas until 31st January 2025
- Although BTF website is still advertising Trimark Silver, been advised this is on holding for the time being.

b. Affiliation 2022.

- NDTri has successfully re-affiliated with BTF for 2022
- Being affiliated ensures the club is covered by BTF insurance, we have free access to ClubSparks and we have support from our Regional Manager (Debbie Hill)

c. Constitution 2022.

- 2022 has some minor updates from Jan 2021: changes on club membership tiers and renewal dates due to Covid, new committee members and latest BTF safeguarding policy
- Copy is included as Enclosure 2

d. Membership Tiers & Fees.

- Due to Covid, in 2021 Membership year slipped to 1st April to 31st March
- Adult fees held at 2021 price for 2022

- Introduced new Adult 6 Month (1st October to 31st March) for those joining later in year
- Also introduced 1 month free trial period for potential new Adult members
- Junior membership fee to be reinstated and will be £12.00 for the year

e. **Membership Numbers.**

- Declared total of 148 club members, Junior and Adult, for Trimark Bronze.
- Since declaration, several new members have joined.
- Over last year seen nearly 30 adults re-join or join the club for the first time.

f. **BTF Approach to Safeguarding.**

- 2021 has seen a marked increase in BTF's emphasis on safeguarding, including a revised, more comprehensive policy
- At club level, this has seen our officials having to attend more training
- For those involved with Juniors, please note that this means as a club we must be very clear and comply fully or our insurance is void

g. **England Athletics.**

- NDTri continues to be affiliated to England Athletics and it's through this we received 1 place at London Marathon.

***After meeting note:** All actions from the 2021 AGM have been completed and summary of status is at Enclosure 3*

6. Treasurers Report

Treasurers Statement January 2022, prepared by Mandy Binsley, was read out by the Secretary:

- Accounts run to calendar year, rather than traditional financial year, and copy of 2021 Accounts in MS Excel format at Enclosure 4
- Payment made in 2022 to Bryanston for Swimming Pool (2021 hire) reflected in accounts
- Income exceeded expenditure by £5,876.88
- Grant and sponsorship have contributed to income by £4,498.00
- Largest expenditure is on hire of pool/lake/spin and coaching courses which will be covered in the Head Coach report

7. Sponsorship Report

The Chair reported current status of club sponsorship:

- Total of £1000 in sponsorship was secured from Autotechnics in 2021 and Chair is writing to them to let them know how this money was used.
- Chair will approach Autotechnics again for sponsorship in 2022, if the committee feels the club needs the funding or develops plans to spend that exceed the club's current balance.

Action 2: Chair to write to Autotechnics to let them know how the 2021 money was used

8. Head Coach Report

Iain Binsley read the Head Coach's report (Enclosure 5), which included the following main points:

- Despite another disrupted year from Covid restrictions, club has succeeded in hosting 206 Adult sessions with 1,826 bookings.
- ClubSparks helping to ensure appropriate coaching resource in place for the numbers booked
- Although had several new members, gut feel is attendance is not back to pre Covid norms
- Now have 10 coaches and 1 activator, with some gaining additional qualifications during 2021
- Swimming: pool sessions have moved to Bryanston with its superior facilities to previous venue, plus very popular May open water sessions by Mick Anderson at Swineham and Mark Neish's New Year's Eve sea swim at Swanage in 'near tropical conditions'
- Cycling: indoor started year with Zwift FTP improver sessions and finished with high tech spinning classes at Bryanston, while outdoor we've return to Wednesday evenings and Dave Hewe's well attended track event in Bournemouth
- Running is the discipline most returned to its pre Covid Tuesday evening regime, with summer trailway runs and winter alternating packages of Blandford Hills and Sunrise laps
- Thanks to all coaches and their unwavering commitment, without which would be no club!

9. Head Junior Coach Report

The Head Junior Coach (Lucy Bemand) reported:

- Juniors currently have 30 active members (15 girls and 15 boys), but there are a few more that attend occasionally
- Members' ages range from 4 years to 15 years
- There are 7 active members aged under 8 years – note TriStart is for ages 8 years old (born in 2014) and above
- Since returning to training post the 2021 lockdown, Junior sessions have included swimming, running, bike, transition and circuits
- Training venues have been Pimperne school, the Airfield, Bryanston Pool and Lukins Farm
- To cover the cost of hire, Juniors pay £4.50 to attend a swim session and £1 for everything else - these prices will be held for 2022

- We have one recently qualified Junior Activator (Millie), who I am going to mentor.
- We have had some interest in a parent wanting to do a BTF level 1 coaching course and this will be pursued in 2022.
- Planning and running sessions for a wide age range is challenging and extremely coach dependent, so the very young age of some of the juniors makes the task even more demanding
- Plan is to hold more socials now Covid restrictions are relaxing – e.g. Easter HASH run and summer sea swim and beach BBQ
- Keen that parents have a voice on the running of the club so looking for one to volunteer to join the committee
- Juniors are using Spond rather than ClubSparks to manage membership and session attendance and it is working well

Action 3: Head Junior Coach to ask for a Parent volunteer to become a BTF coach

Action 4: Head Junior Coach to ask for a Parent volunteer to join the committee

10. Welfare Report

a. **Welfare Officer (Diane Brasnett) reported:**

- I started taking over the Welfare Officer role from Fiona Ray in late 2021 by completing the training and obtaining a DBS check. From 2022 I am now the only Welfare Officer.
- Fiona has nothing to report from 2021
- I have had communications with the BTF Sport Integrity and Inclusion Manager regarding one DBS application, which is now cleared.
- Looking forwards we need to conduct a Risk Assessment for the juniors looking at the welfare of the members when the parents are present.
- Wellness/well being to be looked at in 2022 by myself and Fiona
- Working with the Secretary to set up a Welfare Officer e-mail so people can contact me in confidence (*see ICT report*)
- In 2022 I will be raising the profile of the Welfare Officer, especially in the Junior part of the club.

Action 5: Welfare Officer to conduct a Juniors Welfare Risk Assessment

b. **Additional Discussion (answers to questions).**

- As mandated by BTF, the club has declared 3 DBS verifiers (Chair / Secretary / Welfare Officer) who are the only people who can verify NDTri DBS applications
- DBS do not have a validity date, but are only accepted by BTF if they have been issued within the last 3 years.

- There has been no formal declaration on Safeguarding course validity dates, but committee expectation is BTF will require some form of annual refresher training

11. Club Championship Report

Club Championship Secretary (Andy Soward) reported:

- Despite ongoing Covid restrictions across 2021, 4 very successful competitions were held in 2021 with the winners announced at the 2021 Christmas Party
- The current Winter 2022 competition will continue to mid March and is enjoying a good level of entries
- As Covid 19 restrictions ease and we see a return to more normal racing, planning in hand to return to 2019's competition format – formal handover of the 'Binsley Algorithm' about to occur!
- Intent is to use a Google form entry approach for competitions results, but that will be subject to Google not introducing charging.

12. Kit Report

a. Q Kit Officer (Angela Hunt) reported:

- Due to the continued impact from Covid 19, there have been just 2 casual kit orders delivered across 2021
- Following a member's request, we have added adult male/female performance T shirts to the range which will be available from now on.
- Letter X remains our casual kit supplier and although still trading and delivering items to a high quality, the downsizing of company staff to just the owner has resulted in even longer lead times than pre Covid.
- Juniors made a significant number of purchases in 2021, a trend we hope will continue into 2022.

b. Additional Discussion (answers to questions).

- Will post a notice asking if there is sufficient interest to run a new order cycle.
- Chris Panther continues to look after the club's technical race kit that is provided by Raceskins. Members should note that Raceskins have a minimum order quantity of approximately 10 items.
- Although Raceskins swimming kit was advertised in run up to Christmas and there was some initial interest, this did not lead to any purchases

Action 6: Q Kit Officer to canvas interest for an early 2022 NDTri casual kit order and arrange one if there is sufficient interest

13. ICT Report

Stand in ICT Officer (Mark Fitton) reported:

a. **ClubSparks – Adult Membership Management and Event Booking.**

- Now fully embedded and used routinely by Adult club members.
- Not the most elegant tool and lack of App particularly frustrating, but it does the basics and is free as part of BTF affiliation
- We continue to raise questions/concerns to BTF who have indicated to club Chairs that changes may be forthcoming.
- Apologies for outage late last year, chased up with BTF who acknowledged there was an issue that got resolved.

b. **ClubSparks – Website.**

- NDTri website was moved over to ClubSparks last year for a trial period by former member Andrew Moss
- Like the other parts of Clubsparks it is a bit clunky, but is also free
- Really needs a bit of a refresh – any volunteers?

c. **Stripe.**

- Used for all payments on ClubSparks.
- Appears to be working well and not aware of any issues for members.

d. **Spond.**

- Unlike Adults, Juniors membership and event booking is by Spond.
- Very popular with Juniors and has own app
- Dependent on BTF progress on maturing ClubSparks, may undertake study on pros/cons of Adults switching.

e. **Google G Suite.**

- Club's e-mail (gmail) and document filing system (Google Drive) are part of G Suite, that Google has announced will stop being free from mid 2022
- Google have also announced potential changes to file structures on Google Drive switching to a more internet linking approach than traditional folders
- About to investigate and report back to committee – suspicion is NDTri may have to do review of Google Drive content/structure and NDTri e-mail addresses (*see Welfare Officer report*), both to mitigate G Suite changes and ensure GDPR compliance.

Action 7: ICT Officer to investigate G Suite charging policy and make recommendations

Action 8: Chair to ask BTF if they will provide principal NDTri officials with BTF e-mail addresses.

Action 9: Dependent on action 9 outcome, ICT Officer to investigate individual e-mail addresses for principal NDTri officials.

14. AOB

Tracy Cook has submitted draft paper 'Are you new to Triathlon Coaching' outlining a potential Continuous Personal Development opportunity that could be made available to NDTri Coaches.

Action 10: Chair and Head Coaches to review draft paper and provide feedback.

Enclosures:

1. NDTri Chairman's Report 2022
2. Club Constitution 2022 – North Dorset Triathlon Club – Issue 1 dated 29 Jan 2022
3. AGM 2021 Minutes – Actions Status as at January 2022
4. NDTri 2021 FINAL Accounts
5. NDTri Head Coach's Report 2021

CHAIRMAN'S REPORT 2022

Welcome to the North Dorset Triathlon Clubs 2022 Annual General meeting.

I want to start by thanking all of the members for their commitment to the club, sticking with us and ensuring we have survived the worst of the last couple of years. I also want to welcome all the new members and hope that you are able to get what you need from the club.

We have faced a number of challenges this year and we have been battling with uncertainty on many fronts, however, I feel we have explored and delivered a year of opportunities.

An early highlight for me was the open water swimming in the lake at Swineham. We were blessed with great weather and it was amazing to see the popularity of the sessions. We were also able to secure a new swimming venue, which offers club members access to facilities that are top class. Swimmers can develop their water confidence and skills in the discipline that scares many a triathlete, in a safe environment.

The committee members and coaches have again maintained regular contact, monthly zoom calls and even a trip to a pub for a meeting (another highlight). We have all worked hard behind the scene to deliver the things that you have asked for. If we can do more then please let us know. Whilst I'm sure you know that we cannot always cater for everyone, we are always looking to deliver new opportunities.

It has been great to hear that that the juniors are enjoying the sessions, even when the weather has been a bit of a challenge and I am hopeful that this will continue to grow throughout the year.

A special thank you to the coaches who have put the adult and junior members first and always stepped up to deliver the coaching that has been needed.

I'm ever optimistic and truly looking forward to the future, a future which I'm sure will bring a steady return to the activities that unite us all. So, if you swim, bike or run (or all three) then let's keep doing it together.

Yours in Sport

Chris Petersen
Chairman – North Dorset Triathlon Club

Club Constitution 2022 - *North Dorset Triathlon Club*

1. Name

The club will be called *North Dorset Triathlon Club* and will be affiliated to Triathlon England.

2. Aims and objectives

The aims and objectives of the club will be:

- To offer coaching, training and competitive multisport opportunities in triathlon.
- To promote the club within the wider local community and the sport of triathlon.
- To ensure a duty of care to all members of the club.
- To provide all its services in a way that is fair and inclusive to all club members.
- To ensure that all present and future members receive fair and equal treatment.

3. Membership

Membership will consist of officers and members of the club.

All members will be subject to the regulations of the constitution and by joining the club will be deemed to accept these regulations and codes of conduct that the club has adopted.

Members will be enrolled in one of the following categories:

- Adult 2022 | 12 Mths - £25.00
- Adult 2022 | 6 Mths - £12.50
- Honorary Life Member - £0.00
- Adult 2022 | 12 Mths + EA - £40.00
- Adult 2022 | Trial - £0.00
- Junior 2022 | 12 Mths - £12.00

Membership tiers will be proposed by the management committee and agreed at the Annual General Meeting (AGM) or if required by a period of 2 weeks circulation with club members.

4. Membership fees

Membership fees will be proposed by the management committee and agreed at the Annual General Meeting.

Fees will normally be paid annually with 12 month memberships starting 1st April and ending the following 31st January.

5. Officers of the club

The officers of the club will be:

- Chairperson - Chris Petersen

- Secretary - Mark Fitton
- Treasurer - Mandy Binsley
- Head Coach - Iain Binsley
- Head Junior Coach - Lucy Bemand
- Club Welfare Officer - Diane Brasnett
- COVID-19 Officer - Andy loveless
- Club Championship Secretary - Andy Soward
- Q Kit Officer - Angela Hunt
- ICT Officer - Post gapped 2022, Secretary to monitor
- Committee Members - Tracy Cook, Micaila Vivier and Fiona Ray

Officers will be elected annually at the Annual General Meeting.

All officers will retire each year but will be eligible for re-election.

6. Committee

The club will be managed through the Management Committee consisting of:

Chair, Secretary, Treasurer, Welfare Officer, COVID-19 Officer, Head Coaches and other elected Committee Members. Only these posts will have the right to vote at meetings of the Management Committee.

The Management Committee will be convened by the Secretary of the club and held no less than four meetings per year.

The quorum required for business to be agreed at Management Committee meetings will be: Five Votes.

The Management Committee will be responsible for adopting new policy, codes of conduct and rules that affect the organisation of the club.

The Management Committee will have powers to appoint sub-committees as necessary and appoint advisers to the Management Committee as necessary to fulfil its business.

The Management Committee will be responsible for disciplinary hearings of members who infringe the club rules/regulations/ constitution. The Management Committee will be responsible for taking any action of suspension or discipline following such hearings.

7. Finance

All club monies will be banked in the name '**North Dorset Triathlon Club**' and be held in a Current Bank Account or Business Reserve Account.

The Club Treasurer will be responsible for the finances of the club.

The financial year of the club will end on 31st December annually.

An audited statement of annual accounts will be presented by the Treasurer at the Annual General Meeting.

Any cheques drawn against club funds must hold the signatures of a minimum of two signatures by suitably authorised senior committee officials.

Only the following senior club officials will have online access to the club bank account and be cheque signatures:

- Treasurer - Mandy Binsley
- Chairperson - Chris Petersen
- Secretary - Mark Fitton

8. Annual General Meetings

Notice of the Annual General Meeting (AGM) will be given by the Club Secretary. Not less than 21 clear days' notice to be given to all members.

The AGM will receive a report from officers of the Management Committee and a statement of the audited accounts.

Nominations for officers of the Management Committee will be sent to the Secretary prior to the AGM.

Election of officers is to take place at the AGM.

All members have the right to vote at the AGM.

Quorum for AGMs will be 25% of membership. *(Due to Covid circulated minutes will suffice)*

The Management Committee has the right to call Extraordinary General Meetings (EGMs) outside the AGM. Procedures for EGMs will be the same as for the AGM.

9. Discipline and appeals

All complaints regarding the behaviour of members should be submitted in writing to the Secretary.

The Management Committee will meet to hear complaints within 7 days of a complaint being lodged. The committee has the power to take appropriate disciplinary action including the termination of membership.

The outcome of a disciplinary hearing should be notified in writing to the person who lodged the complaint and the member against whom the complaint was made within 14 days of the hearing.

There will be the right of appeal to the Management Committee following disciplinary action being announced. The committee should consider the appeal within 14 days of the Secretary receiving the appeal.

10. Dissolution

A resolution to dissolve the club can only be passed at an AGM or EGM through a majority vote of the membership.

In the event of dissolution, any assets of the club that remain will become the property of Blandford Flyers, Run Blandford or any other club identified to have similar objectives to the club.

11. British Triathlon Policies

The club will abide to the following British Triathlon policies:

- [Anti-Doping Policy](#)
- [Safeguarding and Protecting Children Policy - FRG033 Version 1.0 dated March 2021](#)
- [Equality & Diversity Policy - FRG021 Version 2.0 dated June 2020](#)

12. Amendments to the constitution

The constitution will only be changed through agreement by majority vote at an AGM or EGM.

13. Declaration

North Dorset Triathlon Club hereby adopts and accepts this constitution as a current operating guide regulating the actions of members.

Signed:

Signed:

Date:

Date:

Name:

Club Chair

Name:

Club Secretary

AGM 2021 Minutes

Actions Status as at January 2022

No	Action	Status
1	Secretary to update constitution/website/FB with elected 2021 Committee names.	COMPLETE Updated and issued
2	Secretary to submit bank mandate forms for Current Account and Business Reserve Account removing all outgoing committee members (Tim Wetherlit and Mark Neish) and any other previously retired committee members (Austin Mills, Peter Fuller and William Wyllys) from those with authorised account access and add newly elected officers listed in constitution (Mandy Binsley) requiring account access.	COMPLETE All changes made and online banking access to just Chair, Treasurer and Secretary
3	Committee to agree the Honorary Life Member criteria and who this tier will be offered to.	COMPLETE Committee agreed criteria and in 2021 only offered to Mark Neish
4	On successful competition of Action 2 (Bank Mandates), Treasurer to move at least £1,000 from current to deposit account	COMPLETE Treasurer moved over £1,000 to deposit account
5	Volunteers for Charity sub-working group to inform Secretary NLT 31 Jan 20	COMPLETE Several volunteers informed secretary
6	Charity sub-working group to make recommendations to committee and application to become a charity to be submitted NLT 1 Mar 20	COMPLETE Recommendation was to not proceed with application
7	Volunteers to attend Activator course to inform Secretary/Head Coach/Andrew Moss as soon as possible	COMPLETE Volunteers found and courses attended. Any 2022 volunteers please let us know!
8	Chairperson to confirm with Everyone Active what pool sessions may be available to the club once the centre reopens	COMPLETE No suitable sessions available so moved to Bryanston

No	Action	Status
9	Secretary to forward BTF Safeguarding E-mail to all relevant parties and anyone with existing other valid qualifications to inform Mark Fitton so he can challenge with BTF.	COMPLETE Unsuccessful challenge made to BTF, but all coaches up to date with relevant safeguarding courses as part of Trimark Bronze 2022/25 award
10	Club Championship Secretary to complete virtual competition investigation and then provide recommendations to committee on how to proceed.	COMPLETE Recommendations made and several very successful virtual competitions held, including 2022 Winter currently underway
11	Mark Fitton and Angela Hunt to review casual kit process and implement improvements.	COMPLETE Review held and role of 'Q' formally transferred to Angela Hunt. Changes in Letter X business have made further potential improvements very challenging if not impossible
12	ICT Officer to set up a feedback page on ClubSpark for members to report any system issues or enhancement suggestions.	COMPLETE Website Feedback form link set up on club website home page

North Dorset Tri Club

Accounts : 1 January 2021 to 31 December 2021

Current Ac	4297.99
Bus Res	439.47
	4737.46

Balance in hand at 1 January 2020

2020 Income	2021
£2,112.50 Adult Membership Fees	£120.00
£90.00 Juniors Membership Fees	
£1,631.09 Income - Non Stripe	£315.50
£396.46 Income - Stripe	£8,433.00
£175.00 Juniors Income	£588.50
£253.00 Spinning Income	£0.00
£198.00 Other Fitness	£0.00
£1.53 Bank Interest	£0.00
£0.00 Donations for Marshalling	£600.00
£255.00 Payment of Individual Fees to EA	
£0.00 KIT (Expenditure)	
£534.36 KIT (Income)	£662.05
£0.00 Grant	£3,498.00
£0.00 Christmas Meal In	£835.00
£0.00 Raffle Tickets	£90.00
£0.00 sponsorship	£1,000.00
Interest	£0.45

£5,649.24**Income £16,142.50**

2020 Expenditure	2021
£2,023.66 NDDC Cost of Pool/Lake/Spin	£5,329.06
£0.00 NDDC X-Biking/Pilate (Room Hire)	
£0.00 Hire Tennis Court	£63.50
£2,965.00 Coaching Course	£1,776.97
£155.00 BTA Annual Subscription	
£255.00 Individual fees to English Athletics (out)	£405.00
£150.00 English Athletics Affiliation Fee	£581.64
£640.26 Purchase of KIT	
£175.00 First Aid Course	
£0.00 DBS Checks	
£0.00 Purchase of swim hats	
£0.00 Presentations	£221.94
£0.00 Medals for Juniors	
£0.00 Open Water Coach Course	
£0.00 Open Water Coach Course	
£0.00 Hire of Christmas Venue	£1,097.00
£0.00 Ink/Laminates/Stationary	£8.95
£0.00 Marshall expenses	£25.70
£0.00 Xmas Refunds	£30.00
£0.00 Cheques	£725.86
Transfers to business account	

£6,363.92**Expenditure £10,265.62****-£714.68****Surplus/Defecit****Balance in hand £10,614.34****Bank Account - Business Reserve £10,049.00****Bank Account - Current Account £565.34****£10,614.34**

North Dorset Triathlon Club – Head Coaches report 2021.

Introduction

- Another disrupted year of having Covid restrictions in place, however, as a club we have adhered to all guidelines put in place by British Triathlon and in turn government guidelines
- Although this has caused some disruption and temporary suspension of activities, we have found ways to deliver compliant sessions including going online for some activities
- We've utilised British Triathlons ClubSparks system again for our bookings, which does help us to understand what kind of coaching capacity we require for each session
- Facts and Figures - **Overall we've hosted 206 sessions with 1826 bookings**
- We've seen several new members join the club (thanks Mark Fitton for facilitating the onboarding), either taster or full membership, our task is to keep them coming
- Whilst we have seen new members, my gut feel is that we aren't seeing the same kind of numbers turning up for sessions as previous years, and I feel that Covid may well have had an everlasting impact on us – are we suffering from long Covid?
- Although the cost of hiring facilities for swim and spin have been the biggest expenditure for the club, it's pleasing to see that this cost has been covered through members utilising the facilities

Coaches

- The club now has 10 coaches and 1 activator
- This year we have added Andy Loveless as L1 coach and Eve Masters currently taking her course
- We have also lost Antony Aspden, Andrew Moss & Alic Qalikaono who have all moved out of the area

Development –

- Both Mick Anderson and Ashley Baker have successfully completed their L2 coaching, and Lucy Bemand is close to finishing a swim instructor qualification
- Several coaches have just gained the British Triathlon Strength and Conditioning qualification. We'll be looking to add S&C to the coaching programme for 2022

Activities - Swim

Indoor

- We've now migrated from Blandford Leisure Centre and into Bryanston School
- The pool has 6 lanes, allowing for more numbers to get in and swim, especially with Covid rules that have been in force all year. Sessions run Thursday evenings and Saturday mornings
- Sessions throughout the summer have, as expected, seen fewer swimmers, and the club making a loss, however, numbers through Autumn and now the Winter months have seen numbers increase and costs being covered
- We've held 61 swim sessions with 986 bookings

Outdoor

- Mick Anderson organised outdoor swimming at Swineham lake throughout the month of May, enabling some members to swim in open water for the very first time, and seasoned athletes to have coached sessions to help improve their open water skills.
- This safe environment was supporting by several coaches and other club members acting as water cover in canoes or on paddle boards.

- These sessions were huge success and one to be repeated this year. 4 sessions taking 83 bookings.
- Mark Neish organised the end of year outdoor swim at Swanage, with several members enjoying what can be described as near tropical conditions, well compared to the previous year. More of these please. 1 session on New Year's Eve.

Activities - Bike

Indoor

- The year started with online Zwift FTP improver sessions (7 sessions - 39 bookings), and a Sunday morning online social ride. Attendance started off with good numbers, however, as expected with improving weather conditions, these petered out.
- The spin room at Bryanston School is high tech, with TechnoGym bikes, offering Bluetooth technology, Group Cycling dynamics, enabling users to see different metrics such as cadence and power, on a screen at the front of the class. Coupled with quality air conditioning, disco lights, and a quality sound system, these really enhance the spin experience (8 sessions 89 bookings)

Outdoor

- With improving weather conditions, we got back to Wednesday evening bike rides. 2 groups were formed, and both saw good attendance
- Sunday social rides haven't been as successful this year, although the introduction of gravel rides started to get some momentum
- 2022 will need to see commitment from coaches to organise and lead these sessions, if we are to get back to the group sizes of previous years
- We held a total of 66 sessions outdoors, with 368 bookings
- Dave Hewes organised a track event in Bournemouth. The session was led and coached by the track themselves and was a resounding success. More in 2022.

Activities - Run

- Outdoor run sessions have been held throughout the year on Tuesday evenings.
- These have been well supported with the usual routes from BLC up and down the railway and moved to the winter programme of laps at Sunrise and running the hills of Blandford
- 37 sessions held with 207 bookings

Thanks

I wanted to place on record my sincere thanks to all the club coaches –

- Lucy Bemand, Mark Neish, Mick Anderson, Ashley Baker, Mike Hoey, Andy Loveless, Tracey Cook and Eve Masters, as well as our outgoing coaches, Tony Aspden, Andrew Moss and Alic Qalikaono
- Without their unwavering commitment to coaching, the club wouldn't exist, and the voluntary role they do often goes un-thanked – so I thank you for supporting the club and look forward to working with you again in 2022

Iain Binsley

Head Coach – North Dorset Triathlon Club

Summary of Sessions

Overall – 206 sessions - 1826 bookings

Swim

Outdoor – 4 sessions – 83 bookings

Indoor – Tuesday – 1 session – 8 bookings

Indoor – Thursday – 31 sessions – 456 bookings

Indoor – Saturday – 29 sessions – 522 bookings

Bike

Virtual FTP – 7 sessions – 39 bookings

Virtual Social – 9 sessions – 20 bookings

Outdoor 66 sessions – 368 bookings

Track day – 1 session – 15 bookings

Spin Bryanston – 8 sessions – 89 bookings

Run

Outdoor - Sessions 37 - Bookings 207

Other

Virtual Multi-Fit - 13 sessions – 19 bookings