



AGM 2023 - Minutes

Saturday 6 February at 10:15am at Pimperne C of E VC Primary School

Members Present (12)

Ashley Baker, Garry Barker, Lucy Bemand, Mark Fitton, Angela Hunt, Mike Hoey, Rachael Hopkins, Mark Neish, Chris Petersen, Andy Soward, Doug Thring, Donna Whiting

Apologies (35)

Mick Anderson, Pete Armitage, Tim Bailey, Ruth Berry, Iain Binsley, Mandy Binsley, Adam Carter, Megan Casebow, Steve Claxton, Rachael Elford, Paula Ford, Charli Goddard, Ryan Hanson, Dave Hewes, Ben Hitchcock, Toby Hood, Trevor Keep, Andy Loveless, Sarah Macklin, Frazer McCarthy, Siobhan McFeely, Eamonn McGovern, Chris McClean, Jon Mead, Charlotte Myant-Best, Emma Needham, Chris Panther, Rob Pritchard, Fiona Ray, Naomi Shinkins, Christine Slight, Andrew Skipsey, Andy Street, Alex Ward-Lilley, Michael Wills, Simon Wood

1. Opening Remarks / Welcome

Chair (Chris Petersen) opened the meeting by welcoming members to the AGM and explained he was delighted to be holding this year's AGM in person rather than over Zoom.

2. Outgoing Committee Members

The following Committee Members had confirmed they were not seeking re-election in 2023 and the Chair thanked them all for their sterling efforts and great support to the club while in their posts:

- Head Coach – Iain Binsley
- Treasurer – Mandy Binsley
- Welfare Officer – Di Brasnett
- Covid Officer – Andy Loveless

3. Election of 2023 Committee

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

- Chair – Chris Petersen
- Secretary – Mark Fitton
- Treasurer – Doug Thring
- Q – Kit Officer – Angela Hunt
- ICT Officer – Post gapped 2022, Secretary to stand in until volunteer found
- Committee Members – Garry Barker, Rachael Hopkins, Fiona Ray
- Head Coach – Mark Neish
- Head Junior Coach – Lucy Bemand
- Club Welfare Officer – Donna Whiting
- Championship Sec – Andy Soward



Action 1. Secretary to update club records/social media with elected 2023 Committee names.

Action 2. Secretary to submit bank mandate to change Treasurer, replacing Mandy Binsley with Doug Thring

4. Chair's Report 2023

Chris Petersen read the Chair's Report 2023 (Enclosure 1) which included the following main points:

- Good year to get back to some normal activities, training and events and although distant memory, now weather was great and made it easier to participate
- Big thank you to the 4 committee members standing down, with individual mention of the part each one played supporting the club while in office.
- Looking forward to working with new committee and all members
- Able to hold an excellent Christmas Party to celebrate our success, complete with an awards ceremony
- During Christmas Party also awarded honorary life memberships to Gerrard Wyllis and Pete Fuller who were instrumental in the formation and creation of the club 30 years ago
- I do hope we can hold a special celebration this year to celebrate the club becoming 30 years old (suggestions welcome).

5. Club Governance

The Secretary (Mark Fitton) reported:

a. **AGM 2022 Actions.**

- Summary of status at Enclosure 2

b. **Affiliation 2023.**

- NDTri has successfully re-affiliated with BTF for 2023
- 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. **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
- Prerequisite to reaffiliate with BTF and NDTri's award remains extant until 31st January 2025
- Although the BTF website is still advertising Trimark Silver, the process to apply remains on hold for the time being.

d. **Constitution 2023.**

- 2023 has some minor updates from Jan 2022: addition of link to new British Triathlon Code of Ethics, removal of Covid Officer role and added new committee members
- Copy is included as Enclosure 3



e. Committee & Coach Role Descriptions.

- No change from 2022 less update to latest BT Code of Ethics

f. Membership Tiers & Fees.

- No change from 2022 Tri element Membership year (1st April to 31st March) / tiers / prices:
 - Adult 2023 | 12 Mths - £25.00
 - Adult 2023 | Trial - £0.00
 - Adult 2023 | 6 Mths - £12.50
 - Junior 2023 | 12 Mths - £12.00
 - Honorary Life Member - £0.00

g. Membership Numbers.

- Declared total of club members: 110 Adult and 40 Junior.
- Numbers have increased steadily over the years, but many members are not attending club activities.

h. England Athletics.

- Regrettably the committee has decided to no longer offer membership to England Athletics (EA), due to the much increased administrative effort required of clubs to achieve affiliation.
- It is recognised this is extremely disappointing to those who look forward to the annual London Marathon slot, but this decision has not been taken lightly.

6. Treasurer’s Report

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

- Accounts run to calendar year
- Payment made in January 2022 for £2,380 paid to Bryanston for Swimming Pool (2021 hire) reflected as -£2,380 in 2022 accounts
- Income exceeded expenditure by £1,333.88
- Majority of income paid through Stripe (net £11,296.19), with fees taken at source. Analysis of Stripe account would suggest net (accounting for handling fee) sees breakdown of:

Item	Amount
Member 2022	£2,606.12
Member 2021	£71.34
Swim - Sat	£4,670.77
Swim - Thu	£3,465.41
Spin	£442.56
Xmas Raffle	£143.16
Grand Total	£11,399.36

- The largest expenditure is the hire of facilities at Bryanston School at £9,450.
 - Gross income generated from swim and spin at a total of £9,386. (Not including Junior Swim fees)



- Therefore, the club is now making a loss at Bryanston, given that charges do not cover expenditure, plus Stripe fees worsening the loss.
- Recommendation - a review of charges should be considered, however, bear in mind have made an overall profit this year, helped by membership fees and Junior income
- No grants or sponsorships have contributed to income this year
- Coaching Course expenditure less than 2021, with costs paid for new L1 coach and existing coach upgrade to a L2 coach
- Tighter governance required for.
 - Income paid directly to the club's bank accounts, specifically Kit (Expenditure £584.49, Income £126.07). Members need to clearly annotate payment is for kit and checked
 - Junior fees need to be paid into correct club account and annotated as Junior payments

7. Sponsorship Report

The Chair reported current status of club sponsorship:

- No sponsorship secured during 2022.
- Chair offered to consider approaching Autotechnics again for sponsorship in 2023 if AGM feels additional funding is required
- AGM agreed that although club finances currently healthy, to ensure future coach training needs can be met in full while retaining sufficient reserve, merit in seeking sponsorship

Action 3. Chair to investigate potential sponsorship sources, especially Autotechnics

8. Head Coach Report

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

- Continue to use ClubSparks for paid bookings and transitioned to Spond for non-paid activities and coaching rota's, removing reliance on FaceBook
- Over year, hosted 110 paid sessions and numerous weekly outdoor Run and Bike sessions
- Seen several new members join, either via taster or full membership
- Although swim and spin hire costs are club's biggest expenditure, pleasing to see cost has been covered through members utilising the facilities
- Club has 9 Coaches and 1 Activator; Dave Hewes moving from Activator to L1, Rachel Baker signed up for L1 course and Andy Loveless partway to completing L2
- In 2022, 99 Indoor Adult swim sessions Thu PM and Sat AM, with fewer summer swimmers (making a loss) but increased autumn/winter attendance and adding Juniors has covered costs
- This year had 11 'FTP improvement' spin sessions at Bryanston school
- Outdoor cycling, triathlon specific sessions (brick sessions) well supported, social rides less so and Dave Hewes organised another successful track event in Bournemouth
- Outdoor Tue evening run sessions well supported with usual BLC/trailway route, plus trail runs from various local locations and now on winter programme of Sunrise laps Blandford hills



- Record of thanks to all club coaches for their support (Lucy Bemand, Mark Neish, Mick Anderson, Ashley Baker, Mike Hoey, Andy Loveless, Eve Masters, Dave Hewes and Doug Thring) - without their commitment club wouldn't exist
- Thanks for opportunity to be Head Coach, learnt so much and hope I've left a positive impact with my style of training and coaching. Been a pleasure watching both new and experienced triathletes grow and enjoy their individual journeys, Now looking forward to getting back in the pool and to my own training to attempt to fulfil my dreams and ambitions.

9. Head Junior Coach Report

a. The Head Junior Coach (Lucy Bemand) reported:

- Juniors currently have 45 members of which 31 are regular attendees
- Coaches that regularly support Juniors are:
 - BTF accredited Tri coaches: Lucy Bemand, Mark Neish, Ashley Baker, Mike Hoey
 - BTF accredited Activator: Dave Hewes
 - BTF accredited Young Person Activator: Millie Docherty-Whiting (being mentored by Lucy and including Activator role as part of DofE)
 - ASA accredited Swim coach: Doug Thring
- Junior sessions continue to include swimming, running, bike, transition and circuits
- Training venues have been Pimperne School, the Airfield, Bryanston Pool, Lukins Farm and Spetisbury trailway,
- Plan is to hold more socials, including an Easter HASH run - possible as whole Club event
- Membership remains £12 per year and to cover the cost of hire, Juniors pay £4.50 to attend a swim session and £1 for everything else – same prices as in 2022
- Juniors continue to use Spond rather than ClubSparks to manage membership and session attendance and it is working well
- There is a wide range of Junior Tri events being organised across the South West and investigating ways to advertise to Junior parents
- Club has a Defibrillator coaches may to take to remote locations sessions and new committee member Rachael Hopkins (A&E Nurse) has agreed to assist with maintaining the device

b. Additional Discussion (answers to questions).

- Discussion on whether Juniors having 1 lane at Thursday evening sessions was impacting Adult training and AGM agreed no significant impact and use of 1 lane should continue

10. Welfare Report

Chair summarised Welfare activity in 2022:

- As previously mentioned, Di Brasnett has stood down as the club's Welfare Officer and Donna Whiting has volunteered to take on this important role



- To remain compliant with Trimark Bronze, all coaches working with Juniors have DBS that are less than 3 years old and remain in date with their safeguarding courses
- Prior to standing down Di Brasnett had made observations on Juniors swimming at the same time as Adults on Thursday evenings. After a review of NDTri practices and engagement with Bryanston School, several changes were made to ensure acceptable safeguarding standards are maintained including; use of separate Juniors only male and female changing rooms and separate coaches for the Adults and Junior lanes

11. Club Championship Report

a. **Club Championship Secretary (Andy Soward) reported:**

- Two events were held in 2022, a Winter competition and the Club Championship.
- The Winter competition consisted of 4 event categories; Off road cycling, Road cycling, indoor cycling and running. In total 20 members took part in 1 or more categories. No prizes were awarded for taking part, it was just to encourage competition in the winter months.
- The Club Championship consisted of 4 categories; Female Short Course, Female Long Course, Male Short Course and Male Long Course. In total 16 members took part. Prizes were awarded to the winners of each category at the Christmas party.
- Two events have already started for 2023, a Training Leader Board and the Club championship.
- The training leader board currently has 2 Female members and 9 Male members, of which only 2 of the Male members are not on the committee.
- The Club Championship 2023 will consist of the same 4 categories as for 2022, with the only rule change being that short course categories are now out of 5 events rather than 7.

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

- Noted majority of members entering club events were on the committee and/or male. Non-committee members, especially females, are encouraged to participate more in future.
- Following discussion on the relative merits of the training leader board versus the Tri Club Strava group around ease of use/member motivation, agreed to continue both for now and remind members with Strava it's free for them to join the club page

12. Kit Report

a. **Q Kit Officer (Angela Hunt) reported:**

- Reported last year that the downsizing of Letter X, (our casual kit supplier) to just the owner had resulted in even longer lead times than pre Covid
- This year discovered that several items on club's casual kit order list no longer available and many items still available had seen a price increase

- After significant interest during canvassing members in March, when the new 2023 casual kit order form was published in April only 1 member actually wanted to place an order – quantity considered insufficient to submit to Letter X
- A casual kit order was eventually placed with Letter X in October, all for Juniors less for 1 adult.
- 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.
- Last few canvassing of members on purchasing Raceskins kit has not generated sufficient interest to meet the minimum order quantities

Action 4. Q Kit Officer to canvas interest for an early 2023 NDTri casual kit order and arrange one if there is sufficient interest

b. Additional Discussion (answers to questions).

- Asked whether the committee had considered offering coaches a free purple T shirt?

Action 5. Committee to review offering free T shirt or similar to Coaches

13. ICT Report

Stand in ICT Officer (Mark Fitton) reported:

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

- Been in routine use by Adults since early 2021
- Remains not the most elegant tool and lack of App particularly frustrating, but it does the basics and is free as part of BTF affiliation
- Committee continues to raise questions/concerns to BTF who indicated to club Chairs in 2021 that changes may be forthcoming, but no action seen yet

b. ClubSparks – Website.

- 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.

- NDTri use extended from just Junior's membership and event booking to now include Adult booking of non-paid events.
- Work in hand to assess viability of moving booking of paid events from ClubSparks to Spond – current main blocker is ability to register legal entity to receive Spond payments
- Understand some members frustrated with large number of notifications



e. **Google G Suite.**

- Club's e-mail (gmail) and document filing system (Google Drive) are part of G Suite
- Despite Google announcing late 2021 would stop being free from mid 2022, no subsequent announcements or changes to charging structure
- How Committee accesses Google Drive and our file structure amended to accommodate introduction of 2 part identity checking partway through 2022
- Discussion on appointment specific e-mails and Chair encouraged all committee members who haven't done so already to set up a g-mail account for their role

14. **AOB**

- Mark Neish advised he is investigating organising an NDTri Junior race later in 2023

Signed: *C Petersen*

Date: 4th February 2023

Name: Chris Petersen

Club Chair

Signed: *MA*

Date: 4th February 2023

Name: Mark Fitton

Club Secretary

Enclosures:

1. NDTri Chair's Report 2023
2. AGM 2022 Minutes – Actions Status as at 4 February 2023
3. Club Constitution 2023 – North Dorset Triathlon Club – Issue 1 dated 4 February 2023
4. NDTri 2022 FINAL Accounts
5. Head Coach Report



CHAIRMAN'S REPORT 2023

Welcome to the North Dorset Triathlon Clubs 2023 Annual General meeting.

Firstly it was a good year to get back to some normal activities, training and events. The club was well represented across the country at many levels and all did amazingly well.

Whilst it may seem like a distant memory the weather last year was great for getting out and about. I really enjoyed all of the club sessions I could join, from group rides and runs to the occasional open water swims (I must do more sea swims this year).

There are a few committee members standing down this year and I would like to thank them:

- **Covid Officer**- Andy Loveless - this role has now been made redundant by the BTF due to the changes in the classification of the pandemic but during this time it was a critical gap that Andy stepped into at short notice.
- **Welfare Officer** - Di Brasnett- thank you for providing support to the club and whilst I know it has been a hard year, having a welfare office is a key part of the club constitution and enables it to operate safely.
- **Treasurer** - Mandy Binsley - Picking this up a couple of years ago with little notice and keeping our finances straight for the last couple of years as we continue to transition to an online payment mechanism.
- **Head Coach** - Iain Binsley - Iain has put his heart and soul in the development of the club members, focusing on enabling the members to be the they can be is a thought job. He has been able to see potential and has pushed hard to enable people to perform beyond their own expectations.

I look forward to welcoming new committee members and working with existing members for the next year and maybe beyond.

We were able to hold a Christmas meal where we could celebrate the successes of many of the members and recognise the efforts of our founding members. We did this by awarding honorary life memberships to Gerrard Wyllis and Pete Fuller, who have been instrumental in the formation and creation of the club 30 years ago. I do hope that we can hold a special celebration this year to celebrate the club becoming 30 years old (suggestions welcome).

Thank you all for making this club a great club to be part of 😊 and im looking forward to a great 2023.

Yours in Sport

Chris Petersen
Chairman – North Dorset Triathlon Club

Status of AGM 2022 Actions as at 4 February 2023

No	Action	Status
1	Secretary to update constitution/website/FB with elected 2022 Committee names.	COMPLETE Updated and issued
2	Chair to write to Autotechnics to let them know how the 2021 money was used	COMPLETE Letter sent
3	Head Junior Coach to ask for a Parent volunteer to become a BTF coach	COMPLETE Question asked and further info provided on request, but to date no volunteers
4	Head Junior Coach to ask for a Parent volunteer to join the committee	COMPLETE Requests for volunteers to join committee have been made to Adult members and parents of Junior members
5	Welfare Officer to conduct a Juniors Welfare Risk Assessment	COMPLETE WO did not complete this risk assessment, however full review of Junior swimming with Adults on Thursday evenings investigated, addressed and rectified the issues the risk assessment was intend to considered
6	Q Kit Officer to canvas interest for an early 2022 NDTri casual kit order and arrange one if there is sufficient interest	COMPLETE Significant interest during canvassing but insufficient orders placed to submit to Letter X
7	ICT Officer to investigate G Suite charging policy and make recommendations	COMPLETE Confirmed G suite have not implemented charging policy so NFA
8	Chair to ask BTF if they will provide principal NDTri officials with BTF e-mail addresses.	COMPLETE BTF asked and answered no
9	Dependent on action 9 outcome, ICT Officer to investigate individual e-mail addresses for principal NDTri officials.	COMPLETE Secretary using main club address and Chair has created own gmail address
10	Chair and Head Coaches to review Tracy Cook's draft paper 'Are you new to Triathlon Coaching' and provide feedback.	COMPLETE Some excellent proposals that could definitely help develop NDTri Coaches, but unfortunately cost greater than committee feel would be appropriate for the club to spend in this area



Club Constitution 2023 - *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 2023 | 12 Mths - £25.00
- Adult 2023 | 6 Mths - £12.50
- Honorary Life Member - £0.00
- Adult 2023 | Trial - £0.00
- Junior 2023 | 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 March.

5. Officers of the club

The officers of the club will be:

- Chair - Chris Petersen
- Secretary - Mark Fitton
- Treasurer - Doug Thring
- Head Coach - Mark Neish
- Head Junior Coach - Lucy Bemand
- Club Welfare Officer - Donna Whiting
- Club Championship Secretary - Andy Soward
- Q Kit Officer - Angela Hunt
- ICT Officer - Post gapped 2022, Secretary to monitor
- Committee Members - Micaïla 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, 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 - Doug Thring
- Chair - 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.

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:

- [British Triathlon Code of Ethics - FRG035 Version 2.0 dated June 2022](#)
- [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:

Date: 4th February 2023

Name: C Petersen

Club Chair

Signed:

Date: 4th February 2023

Name: M Fitton

Club Secretary

North Dorset Tri Club

Accounts : 1 January 2022 to 31 December 2022

Balance in hand at 1 January 2022

Current Ac	£565.34
Bus Res	£10,049.00
	£10,614.34

2021 Income

£120.00 Adult Membership Fees (non Stripe)	£190.00
Juniors Membership Fees (non Stripe)	£424.00
£315.50 Income - Non Stripe	£104.00
£8,433.00 Income - Stripe	£11,296.19
£588.50 Juniors Income	£1,357.10
£600.00 Donations for Marshalling	£0.00
£662.05 KIT (Income)	£126.07
£3,498.00 Grant	£0.00
£835.00 Christmas Meal In	£839.00
£90.00 Raffle Tickets	£155.00
£1,000.00 sponsorship	£0.00
£0.45 Interest	£0.93

£16,142.50**Income £14,492.29****2021 Expenditure**

£5,329.06 Bryanston Leisure Centre Hire	£11,830.00
£63.50 Hire Tennis Court	£0.00
£1,776.97 Coaching Course	£950.00
Affiliation fees to BTF and EA	£710.00
£405.00 Individual fees to English Athletics (out)	As above
£581.64 English Athletics Affiliation Fee	As above
Purchase of KIT	£584.49
First Aid Course	£0.00
DBS Checks	£0.00
£221.94 Presentations / Medals Adults & Juniors	£442.92
£1,097.00 Hire of Christmas Venue	£993.00
£8.95 Ink/Laminates/Stationary	£0.00
£25.70 Marshall expenses	£0.00
£30.00 Xmas Refunds	£28.00
£725.86 Cheques	£0.00
Transfers to business account	£0.00
Bryanston 2021 pool hire Jan 21st	-£2,380.00

£10,265.62**Expenditure £13,158.41****£5,876.88****Surplus/Defecit £1,333.88****Balance in hand £11,948.22****Bank Account - Business Reserve £10,134.93****Bank Account - Current Account £1,813.29****Total in Bank accounts at 1/1/2023 £11,948.22**



North Dorset Triathlon Club – Head Coach report 2022.

Introduction

- We've utilised British Triathlons ClubSparks system again for our paid bookings, and now transitioned to using Spond for non-paid activities and coaching rota's. This removes the reliance on FaceBook to advertise sessions
- Facts and Figures - **Overall we've hosted 110 paid ClubSparks sessions, and hosted weekly outdoor activity sessions for Run and Bike throughout the year**
- We've seen several new members join the club (thanks Mark Fitton for facilitating the onboarding), either taster or full membership
- 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 has 9 Coaches and 1 Activator
- Dave Hewes will move from Activator to a level 1 Coach, and Rachel Baker is signed up for her Level 1 coaching course

Development –

- Andy Loveless is in the process of completing his Level 2 coaching

Activities

Swim

Indoor

- Sessions are held Thursday evenings and Saturday mornings, for which we held 99 sessions in 2022
- 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
- The additional of Juniors swimming on Thursdays has helped with covering costs
- Sessions are typically well covered with coaches' poolside

Bike

Indoor

- Spin sessions held at Bryanston school continued from January with 11 sessions tailored for improving FTP, set to music

Outdoor

- 2 group rides have been offered to members and advertised on FaceBook
- Although the triathlon specific sessions (brick sessions) were well supported by triathletes, there was generally a lack of regular support for social rides
- Sunday social rides again have been sadly missing with little take up from either club members or coaches to offer to organise rides
- Dave Hewes organised another successful track event in Bournemouth



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 trailway, as well as trail runs from various local locations (i.e. Pimperne, Badbury Rings, Airfield) and since moved to the winter programme of laps at Sunrise and running the hills of Blandford

Thanks

I wanted to place on record my thanks to all the club coaches for their support to the club –

- Lucy Bemand, Mark Neish, Mick Anderson, Ashley Baker, Mike Hoey, Andy Loveless, Eve Masters, Dave Hewes and Doug Thring
- Without their 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

Goodbye from me

As I leave the role of Head Coach, I wanted to say that I have learnt so much over the past few years and thank the club for the opportunity to be Head Coach.

I've come to accept that people have different journeys in this sport, and you simply can't please everyone at the same time. I hope I've left a positive impact on those triathletes new to the sport, as well as the seasoned "elite" at the club, with my style of training and coaching.

Key highlights for me have been seeing new triathletes emerge and progress through to completing their first tri, and then onto to do more. The triathletes who've really been there and done it all before, but decided to give everything for something bigger, harder, or longer. It really has been a pleasure to watch them grow and enjoy their individual journeys.

I now look forward to swimming again in the delights of Bryanston pool and get back to my own training to attempt to fulfil my dreams and ambitions.

Iain Binsley