

## Minutes of the Jersey Triathlon Club AGM on Sunday 5th November, held at the Windmill Inn, St Mary

<u>Present:</u> Simon Roderick	Matt Ebbrell	Mark Syvret
Vaughan Robinson	Sarah Corcoran	Chris Stephens
Truusje Gamlin	Della Roderick	Louise Bailey
Dougie Smith	Mike Osborne	Sarah Mutimer
Richard Worth	David Bailey	Kath Hairo
Lisa Porter	Pepijn van Overeem	Mrs van Overeem
Dan Garrido	Decio Ferreira	Stephen Hill
Lyndon Farnham	Michael Steens	Rebecca Steens
Dee Minchinton		

<u>Apologies:</u>	Mark Wanless	Mel Messervy
	Nic Thorne	Anna Thorne
	Andy Ruddy	Dave Holmes
	Aaron Gouveia	Kirstie Clutton
	Louise Bracken Smith	Jonny Flannaghan
	Colin Hydrio	Fintan Kennedy
	Claire Kybett	

AGM Minutes from 8 December 2016 were approved. Proposed by David Bailey, seconded by Matt Ebbrell.

### Constitution

Vaughan has spent a lot of time going through the club constitution and amending it to bring it up to date. The main areas that were amended were the membership categories, the quorum, the appeals procedure and the Code of conduct, as well as including that one of the objectives of the club is 'to introduce grass roots athletes to triathlon and *multi sport events*'. The Jersey Triathlon Club is following the BTFs line in zero tolerance to doping and we want to lead by example with regard to our juniors. We would also like to encourage all members to be considerate to others when training in all disciplines but especially by obeying the rules of the road when cycling and being considerate to other road users. Bad language and bad behavior must be avoided at all times especially when wearing club kit.

The amended constitution works better with the club as it is now. The amendments were all approved.

David Bailey is going to look into General Data Protection Regulations and how they could affect the club and what we need to do to as a club to comply with this.

### Club racing

Simon thanked the Race Committee, especially Vaughan for organising the 2017 Race Calendar and for putting on so many excellent events. Special thanks to Dougie for all his help and the marshals and the way the system has worked this season. Louise Bailey is replacing Alex Forster to organise marshals for 2018. Simon mentioned that Super League were impressed with how Jersey Tri Club members helped and marshalled so efficiently with their event here which is a testament to our club and he was very proud of the Club.

**Numbers:** As most of us are aware numbers of participants at local events have increased massively in the last few years from 74 doing the main event in 2013 to 232 in 2107.

## **Local races**

### **Duathlons**

We held an intro duathlon in January followed by a 4 race series from February to May with an average of 56 people at each event. 125 people competed altogether.

Winners:	<b>Male</b>	<b>Female</b>
	Ollie Turner	Jo Gorrod
	Dave Holmes	Mel Messervy
	Wayne Quenault	Katie Silva

### **Triathlons**

3 sprint/super sprint triathlons, Try a Tri and the Main event  
56 to 107 entries. Average of 84 people at each event.

Winners:	Try a tri	Dan Garrido and Jo Matthews
	4th June Sprint	Dan Halksworth and Jo Gorrod
	6th August Sprint	Ollie Turner and Mel Messery
	6th August Super Sprint	Vaughan Robinson and Karen Bull
	8th October Sprint	Dan Halksworth and Lucy Gossage
	8th Oct Super Sprint	Ryno Nothnagel and Kelly Cutting

### **Aquathons**

4 race series 121 took part in the league. 77-112 entries with average of 98

Winners	<b>Male</b>	<b>Female</b>
	Ollie Turner	Jo Gorrod
	Jack Kennedy	Mel Messervy
	Tom Perchard	Katie Silva

### **Other Notable Achievements**

Both Rosie Adamson and Kat Guillmot did 11 races each this season.

### **Off Island Racing**

18 people went over to race in Aix en Provence and had many great results. The results are put into a table and as Jersey did so well they qualified for the European 70.3 in Barcelona 2018. So far many athletes have signed up to go to this. Gus Fraser has set up a Barcelona 70.3 Facebook page to share information re travel, accommodation etc.

Many people raced Olympic and sprint races in the UK and 13 club members represented GB in the World Championships with Jo Gorrod finishing 2nd in her age group, Della Roderick 4th in hers and Nick Saunders and Tom Perchard 5th, Mel Messervy and Nic Gorrod 8th in theirs. Well done to everyone for qualifying and to all of you who raced. Pepijn van Overeem raced in 3 Ironman events this year including Kona, Hawaii and has had a fantastic year.

41 Jersey Tri Club members did 70.3 events and several did full Ironman.

Many also competed in Breca Jersey and Breca Gower and a large contingent are planning to go to Breca Conniston next year.

### **Try a Tri**

Try a tri 2017 was once again a huge success with over 100 people taking part. Truusje organised a 12 week training plan with lots of coached sessions in pool swimming, running, cycling and open water swimming and a record number of people joined the face book page and organised their own training events and shared information too. At one of the open water swims at Archirondel we had 48 swimmers! Truusje wanted to thank Leigh

Chaytor, Jo Pullman, Laura Chellingworth, Katie Silva, Demri Mitchell, Sam Lee, Sam Horsfall and Sarah Corcoran for putting on and helping at these sessions. The event is organised for charity and this year raised £1,400 for After Breast Cancer. Many people move on from Try a tri to Olympic distance with some from 2016 doing 70.3 and Ironman this year. {Melissa Le Cheminant and Becky Compton}

### **Treasurers Report**

Truusje Gamlin, Club Treasurer, produced the annual accounts. Truusje reported that the Club is in a very healthy position. We are still receiving generous sponsorship from Ana Leaf for the seniors and Aztec and the One Foundation for the juniors. As the numbers at our events have increased we are receiving more entry fees which cover our expenses. However the Club has had to have the Club van serviced and the clutch replaced which will hopefully see it do another season. This will need replacing going forward as the weight of the equipment being driven around inside it is likely to cause more problems. The club were given money from 3D performance this year as the Main event made a good profit and some of this has been used to purchase more bike racks again to cope with more athletes racing locally. We have also purchased a set of walkie talkies and need to look at a box/container to store the timing chips. The reappointment of the auditors was approved.

### **Committee**

As the Committee had stood down earlier in the meeting Matt announced that a new committee was to be elected. Invitations for nominations had gone out with the notice of the AGM but none had been received. Sarah said that although the past committee members were happy to be re-elected she felt it was important to have fresh ideas and that if anyone wanted to be involved or support the new committee we would be happy to have them on board.

Simon Roderick                      President and was nominated by Matt Ebrell and shown unanimous support.

Truusje Gamlin                      Treasurer but as Simon said she is also a very valuable member of the committee for all matters not just finance.

Sarah Corcoran                      Club Secretary

Vaughan Robinson                Chairman of the Race committee.

Louise Bailey will also be on the race committee as main marshal organiser.

Chris Stephens was elected to the main committee as the Representative of the Juniors to report and update.

Once again Jonny Flannaghan has done a sterling job with the website helped by Nick Thorne and both are happy to continue. Jonny has also looked after club kit in the past but Simon mentioned that Mark Buckingham from Yonda is coming over to do the presentations for the Juniors on 18th November and will be bringing a selection of Yonda kit for the club to try on as we hadn't found any suitable new kit last year. Debbie Kennedy will be organising something probably after junior training on Sunday 19th November.

### **Report from Juniors**

Chris Stephens reported that the Junior section of the Club had also seen considerable growth from 24 members in 2012 to 100+ now. We also have 10 coaches who are now qualified and DBS checked and can help with the training sessions on Sunday morning, Wednesday track sessions and open water swimming in the summer. Juniors can join from 7+. The club has had some very successful trips away this season with 33 going to Eton Dorney and producing lots of great results and good talent coming through. A big

group also went to Guernsey and some raced the Inter Regional Championships. Dave Holmes and Fintan have now stood down from the Committee but they have built the Junior section of the Club to where it is today and Chris aims to maintain where we are today and concentrate on Long Term Athlete Development. Ensuring that kids continue to do sport for life whether it be all three disciplines or one or two disciplines. We still want to focus on keeping 14+ years involved and interested. The Jersey One Foundation also focus on LTAD and we want to ensure that the kids stay strong and injury free.

### **2018 Race Calendar**

Vaughan and the Race Committee have put together a Race Calendar for 2018 which is on the Website.

### **Race Organisers**

Anyone who can help organise an event please volunteer and you will get help from the race committee. Louise will be sending out emails re marshalling.

### **Club awards**

Several club members have had outstanding performances this year and shown huge signs of improvement. We put together some suggestions and it was up to the members to vote for who they thought should be Athlete of the year.

Nominations were Pepijn van Overeem, Nick Thorne, mark Syvret and Scott Docherty, Jo Gorrod, Della Roderick and Melissa Le Cheminant.

**Winners**      Pepijn won with the most votes  
                  Della Roderick was second  
                  Jo Gorrod was third

Pepijn was voted a clear winner and the votes were very close for everyone else so well done to all of you and everyone whether you have got a PB this year, achieved a personal goal or enjoyed your racing. Look forward to seeing you next year.

### **Any Other Business**

Simon wanted to mention Super League and how fantastic it was. Once again he wanted to thank the club for all the help they gave and say how proud he was of everyone. He also thanked Lyndon Farnham and the States for helping to secure the event.