

**MSTC AGM Minutes 2021**  
**22.11.2021 Bent Arms Meeting Room**  
**8pm**

**1. Opening Remarks and Welcome-**

Angela Murray welcomed everyone to the MSTC Annual General Meeting

**2. Apologies/Attendance-**

**Attendance** 25 members were in attendance

**Apologies were sent from-** Helen & Jim Graham, Luc Berthouze, Adam Bryant, Martin Shoesmith, Douglas MacTaggart, Julie Williams, Jeremy Paine, Paul Mittonette

**3. Approval of the 2020 AGM Minutes-** Approved without amendment

**4. Matters Arising from the 2020 AGM minutes-** None were noted

**5. Electing in New Officers**

The following were elected:

**Chair-**Katie McGregor Proposed by Jo Fleming Seconded by Callum Murray

**Webmaster-**Carlos Castro Proposed by Simon Barton Seconded by Mike Hook

**Welfare Officer-** Adam Bryant proposed by Kay McMenemy Seconded by Clair Hunt

**Member without Portfolio-** Community Links Focus- Zoe Rocholl Proposed by Callum Murray Seconded by Jo Fleming.

**6. Chairperson's Statement-**

The Chair's report was read out and Angela went on to thank all the club coaches and committee members and other club members who have contributed to the club this year. We have a number of new Committee members, but have so far been unable to find a replacement for Callum Murray, who is stepping down as Juniors' Secretary. That role remains vacant and we will continue to look for somebody to join the Committee. In the short-term this role will be covered by a small Junior's Committee to be set up specifically to run an event in the summer. Our Social Secretary role is due to become vacant after February 2022 as Hannah Droscher moves on to join her Fiance (by then husband) in the USA. Alexandra Schunemann is in discussions with Hannah about taking the role forward and may join the Committee in the New Year when Hannah leaves.

**7. Reports of the Officers-The officers' reports were read. All the officers were thanked and the following points raised:**

- We still need more coaches to come forward with training funded by the club.
- Hopefully the Ardingly Watersports Cafe will be up and running by next year covid dependant.
- Sarah Hinton steps down from the Club Race Sponsorship role-many thanks Sarah. You will be missed. This role will need to be filled this year.
- The Junior's event at Ardingly College was well patronised and the dates are already booked in for next year.
- Race entries are already coming in for the MSTC Club Race.
- Possible Pay as you Go swimming solution to payments - to solve the problem of members, who have paid for swimming, being unable to book.
- Tamasha Lindfield has been booked for the informal Club dinner in January
- EA Annual Subscription payment to be changed to Portal payments.

**8. London Marathon Draw**

1. Jean Fish
2. Douglas MacTaggart (reserve)
3. Emma Alden (2nd reserve)

## **9.Charities-**

This year we held an online vote for the Club Charity nomination. The charity that got the most votes was Chestnut Tree House Hospice.

### **A further £100 has been donated to the following charities:**

**Afasic-** Supports children with Speech,Language and Communication Needs

**Monday Group-**Voluntary rights of way workers in Sussex , maintaining, opening up and preserving footpath networks.

**Out of the Blue-**Fundraising body established in memory of Will Beckett who took his own life at Beachy head. They support Winston's Wish and Dragonflies( Childrens' Bereavement charities)The Beachy Head Chaplaincy Team and CALM(Campaign against Living Miserably)

**Sussex Search and Rescue (SuSAR)** -Primary search resource for Sussex Police. Volunteers who are professionally trained to search for vulnerable missing persons.

## **9.AOB**

Lauren Silver Swimmers remains the 5,3,1 Charity of choice

Trimark Application has started. Just waiting on DBS from WO.

Paul Hedger thanked club members for their support. Club has registered support of the 2022 White Bird (5th June, 2022) and Swim the lakes x2 (15th June and 20th July, 2022).

## **Chair's Report-Angela Murray**

### **Summary of 2021**

It's been great to get back to normal activities. And particularly good to see so many new faces. There's a real feeling of vibrancy about the club. It is strange to think that for much of the year Covid restrictions were still limiting our activities, we were in Zoom Committee Meeting mode and not seeing too much of each other.

We aimed, for 2021, to run a full programme. We have almost achieved that. Our club **Triathlon** in June was a massive success, thanks to Jo and his huge team of volunteers. Participants were absolutely delighted to be competing again and I think we all enjoyed helping to run such a feel-good event.

Thank you to Debbie Ware and team for a fantastic OWS season at Ardingly. It was fantastic to get back in the water.

We are also delighted to have been able to run a **Juniors** event at Ardingly College in July. Thanks to Callum and a big team of volunteers including coaches, Steve Mac, Doug MacTaggart, Jo Fleming, Suzanne Cole, Julie Williams, Jean Fish and Callum Murray, ably supported by volunteers, Zoe Deeley, Joanna Millington, Carol MacTaggart, Kevan Nicholson, Esther Clutton, Klara Boarder, Michelle Robinson and me. Thanks also to the weather, which was kind on the day. Not so on the Sunday for the Hedgehog Tri event that some of the children were participating in. We're keen to continue to

develop our Juniors offering and have booked Ardingly College again for an event next July. Volunteers will be asked for nearer the time.

Sadly, we had to cancel **TriFest** again, though. We will be looking at alternatives because there didn't seem to be a lot of interest from club members. Perhaps we need to think about a slightly different event or a different weekend. (The event was scheduled for the August Bank Holiday weekend, as usual). We will be soliciting some opinions as we plan for the coming season.

I think you'll all agree what a joy our new **event booking system** is. The way members can now book training sessions via the website has marked a major step forward in the smooth-running of the club. I thank Debbie Ware for presenting the idea to the Committee so clearly and to Webmaster Mike for implementing it.

Another massive innovation this year has been the advent of the **WhatsApp** group. These groups – Training, Run, Swim etc – are not only a massive distraction and hugely entertaining, but they are also a genuinely useful tool for the exchange of information. Thank you to Head Coach Steve for seeing the potential and getting this set up.

I cannot thank Jo Millington enough for setting up the **Sunday rides**. For the first time as a club we've formalised a group ride, members have taken turns to lead and large numbers of members have participated. Thank you to Jo and to all the ride leaders. Jo has also done some ride leader training so I hope that, as a club, we will continue to develop these. They are a fantastic way for new riders to develop confidence, for members new to the area to learn some routes and for members to enjoy a social ride.

### **Thanks to the coaches**

Our heartfelt thanks go to our Head Coach, Steve Mac and his entire coaching team. Steve is the most relentlessly positive and enthusiastic person I know. He's an inspiring coach. And he leads an amazing team. Thank you to them all for getting us back to swimming, running, spinning and cycling. Massive thanks and appreciation go to:

Jo Fleming: BTF Level 2 and Steve's "right hand man",

John Mactear: About to start coaching after completing his BTF L1 course

Kate Bradford: Currently undertaking the BTF L1 course while doing a Masters

Kevin James: Run coach

Clarissa Walton: Run coach

Joanna Millington: Bike leader, taking a BTF L1 course shortly

Helen Graham: Almost finished her run coach course

Adam Bryant: Swim assistant coach and taking a BTF L1 course shortly

Everyone who attends spin, swim and run coaching benefits from a huge amount of expertise. Without them we would not have a club. And if anyone would like to take a coaching qualification, please just ask!

Thank you also to Jeremy Paine for getting Strength and Conditioning off the ground again. It's proving immensely popular and you have to be quick to book a slot.

### **Committee changes**

As is normal, there will be some new faces on the Committee next year. I'm stepping down as Chair, after three years. I've loved working with such a talented Committee. We've had to take some tough decisions in the grip of the Covid pandemic but we've also had some triumphs and MSTC is going from strength to strength. We welcome Katie McGregor as the new Committee Chairperson, who many of you will know from training. Katie is not only a superb athlete but she is also a highly qualified lawyer and I feel extremely pleased to be able to pass this role into such capable hands.

There is one Committee member to whom we are saying a really huge thank you. This is our "unsung hero", Mike Hook. Many of you may not be aware of how much work Mike has done for us over the years. It is thanks to Mike that our website has evolved to accommodate the way our club changes. Mike just invisibly works away making those changes happen. He has surpassed himself this year by adapting the website for our new bookings and to the payments system. He manages entries to events, reports, and membership ... In fact, every idea we have on the Committee seems to need Mike to implement it. And this he has done, tirelessly, without complaint (well, almost), for the last eight years. Thank you, Mike. We really appreciate it. You are a tough act to follow. But we welcome Carlos Castro as our new Webmaster. Thank you, Carlos, for stepping up. We will try to make your life easy.

A massive thank you to Callum, for running the Juniors section with such enthusiasm. The event we ran this summer was a fantastic success and we could have filled the places many times over. The demand is definitely out there and the club is committed to reaching out to Junior triathletes. Callum is stepping down. We have, so far, been unable to replace him but we will keep on looking. If any of our members would like to know what's involved, please ask the committee. Until we have a new Juniors committee member we will run the section with a sub-committee set up for the specific Juniors event in summer 2022.

We are also saying goodbye from the Committee to Jean Fish. Jean is handing on her Welfare role. I don't think anyone who has ever met Jean can fail to have been struck by her genuine interest in and compassion for her fellow athletes. She has been a steady kind and caring influence for us all. A great role model and much loved. She will be missed on the Committee, but she is not, so far as I know, leaving the club. The Welfare role is being taken on by Adam Bryant. Adam has been on the Committee this year and has made a valuable contribution to developing the club. We welcome Adam to this important role .

Our final change is that Zoe Rocholl has kindly volunteered to join the Committee and her focus will be on community engagement. This is a specific aim in our Club Constitution and we welcome Zoe's role in helping to develop that aspect of MSTC.

Hannah Droscher is planning to step down as Social Secretary when she leaves for the US and married life after Christmas. She's done a brilliant job under extraordinarily trying circumstances. Hannah, thank you for your consistently sensible and considered contribution at Committee level. You will be missed. We will be looking to recruit a new Social Secretary, so please get in touch with Hannah or one of the Committee if you'd like to know more!

As you may know, Vice Chair, Mark Walton, has been unwell for some time. I plan to remain on the Committee in the short-term to try to cover some of the gaps left by Mark's absence. We wish him a speedy recovery.

### **Membership fees**

We have decided that Membership Fees will revert to the normal £40 next year, having had two years at reduced cost to acknowledge the restrictions imposed on our activities by Covid. This is extraordinarily good value for money. We may need to review next year.

### **For 2022 ...**

There are always lots of ideas bubbling around in this Committee. In addition to points mentioned about TriFest and Juniors, we have ideas for changes to the BAR, instead creating a club competition based on participation in a number of local triathlon events. The objective here is to enhance the opportunities for members to get to know each other, compete together, as well as to support local events. More information to follow next season.

The Committee has also discussed improvements to information-sharing on the website, with the objective being ways in which we can keep members informed of who has entered which triathlon, to help our members select events to enter with friends. This is a work in progress but the Committee will be considering how we can continue to improve communication.

We hope to continue to develop our coaching team. We're doing well. But we always need more coaches.

So, MSTC comes to the end of 2021 in good shape and members can look forward to an exciting 2022. Happy training all!

### **MSTC Coaching Report- Steve McMenamin**

#### **SPIN**

Slow start to the spin classes which started back in May averaging 6 members per spin, it has improved a lot now with 10+ per spin still only half the capacity though.

- Spin studio cost £47.50 so over the last 19 spin classes at a total cost £902.
- We have had approx. 140 attendees so works out at £6.50 per attendee.
- The cost is £2 to a member bringing the total cost to the club as £622 which makes the club cost £4.50 per attendee.

I have opened the spin classes and run sessions to BHR but none have taken us up on it

#### **SWIM**

Monday swim - attendance has been good with an average attendance around 10 over the 21 sessions since May 24<sup>th</sup>.

Thursday Swim Lane again attendance is good with a full pool since June 10<sup>th</sup>

- Thurs swim lanes £59.40 so over the last 19 swim sessions at a total cost £1128.

- We have had approx. 230 attendees so works out at £4.90 per attendee.

A new session starting on Tuesday 16<sup>th</sup> November and plans to get an extra 30 mins on Thursday and have 2x 45min sessions 20.00 – 20.45 & 20.45 – 21.30+

### **RUN**

Run training attendance is good and harder to measure as a lot do not book. As a minimum over the last 29 sessions starting April 1<sup>st</sup> there have been 146 attendees.

If the new swim proposal goes ahead then there is an option to be more flexible with the run session

### **GROUP RIDES**

Group rides, these have been going from strength to strength and all thanks to Joanna who is coordinating them. No measurables as this is outside of the club's control but is working very well.

### **COACHING**

We currently have 5 qualified and 3 in training coaches

- 2x BTF Level 2 coaches
- 2x BTF Level 1, both currently in training
  
- 3x UKA Leader in run (LIRF) coaches (1 in training)
  
- 1x BC Group ride leadership level 1
  
- 1x Swim England OW coach
- 1x Swim England Assistant Swim Coach

All active coaches have a DBS certification and BTF coaches have undergone a specialised Safeguarding course

There are discussions with the British Cycling (BC) to run a course down here for ride leaders

### **Coaching for the rest of the year:**

With the Tuesday night swim at Ardingly and the possibility of Thursday split session we will have 4 swim sessions over 3 nights we will not be able to cover all these with coaches so my plan would be

- Monday Aerobic more endurance focus
- Tuesday Anaerobic pacing focus
- Thursday Technical focus possibility of 2x 45m sessions

Run: Sets that are hard and best done as a group as it pushes you on, would like input from the run coaches on this

Spin: Beasting as usual

## **OW Swim Report-Debbie Ware**

Many Thanks to...

The OWS Sub Committee: Merrin Forbes, Jo Millington, Casey Floyd Green

Mike Hook for setting up the online booking.

Chris Kinsman & the team at AAC.

The Committee & All Members for their continuing support, ideas & feedback.

### **Summary of Season 2020**

Overall everything ran smoothly with no significant problems and no safety incidents. The water quality remained good throughout the season and, unlike last year, water levels remained high. The swim season began on May 1<sup>st</sup> and we managed to negotiate a 2<sup>nd</sup> October finish for Saturday's sessions – Tuesday evenings stopped in Mid-September – giving us 43 swim sessions in all.

Covid restrictions had opened up sufficiently that we no longer had a limit on numbers in the water, so we were able to re-introduce the 1.5 hour swim slots. It was decided however to keep with two Spotters per session which meant that anyone spotting could also swim; it also meant that most swimmers had just one duty over the season which I think contributed to the almost zero no-shows (this has been an issue in previous years). Everyone seemed happy to do their bit which was very encouraging.

The AAC safety set up also worked well: the centre provided 1 kayaker/20 swimmers + the launch. There were some issues early on in the season with members feeling that the kayakers were inattentive (which they were), and though Chris was unhappy with the swimmers directly addressing their concerns to the kayakers, it was noticeable that afterwards he himself took more active involvement in making sure that they did their duties with diligence.

The clubhouse remained closed throughout the season (except the toilet), but we had arranged with the AAC to use the picnic table green for changing and this worked well. Gazebos had also been provided for rainy days. The café never really got it's act together which was a shame, but fingers crossed for next year. We hosted two OWS breakfasts with the club providing pastries which were well attended.

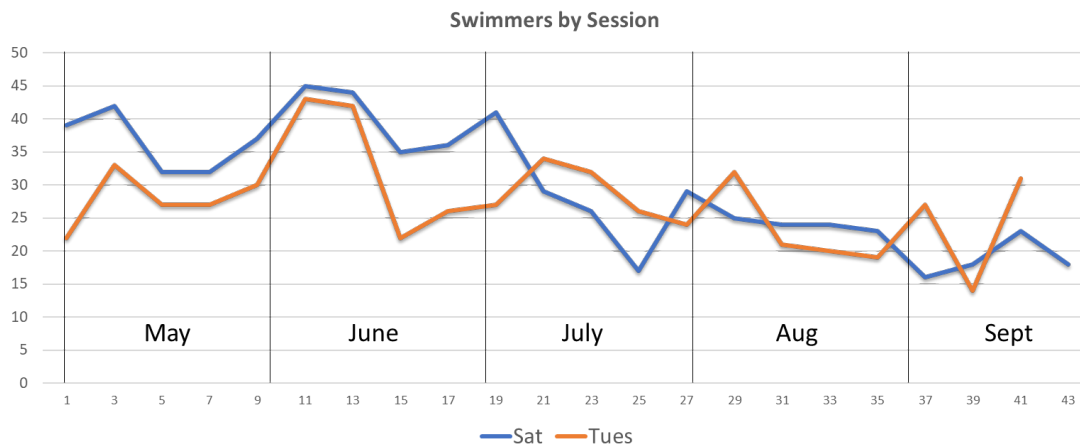
As of 2020 we now pay a £10 registration fee per swimmer to SE Water. In a change from last year, it was decided that this was to be paid by the swimmers. This was a good decision as 143 members paid the £10 and only 130 actually swam! Swimmers were charged £4 per swim with the remaining £2 paid by the club (ACC charge £6 per swim). Swimmers seemed to feel that this was fair in comparison to other local swim options: Weirwood charge £10 +£6 per swim.

The online booking system worked extremely well. Most members paid before turning up (!) and the few that didn't were chased up. This was a minor (if persistent) issue throughout the season which could be resolved by being able to take payment from members after the event.

We welcomed a number of new swimmers to the reservoir and everyone who came for a taster converted to a full membership.

### **2021 Statistics:**

- 143 members signed up in total
- 1237 swims in total over 43 sessions
- £8.852 was paid to AAC for 1237 swims and 143 registration fees
- £2474 was paid for by the club in subsidy



As can be seen from the graph, we had our highest numbers in June, whilst school holidays reduced numbers in July and August.

And finally a very big shout out to Del, our star swimmer who swam in every session except the one in which he was Spotter.. Impressive!

### **Club Race Report- Jo Fleming**

The 2021 Race (aka delayed 202 race) was held successfully despite covid restrictions. It was another fantastic display of the generosity and efficiency from the club, a massive collective effort that we can all be very proud of, summed up by a typical thanks:

*Hi Jo,*

*I really enjoyed the event today despite the nerves and consequential lack of sleep! What a lovely team you work with – absolutely each and every person was fantastic! As it was my first Tri, I learned so much and even came in first in my age category! So, thank you for that email allowing a last few people into the race. I'm truly grateful.*

The main changes for covid were that we limited the number of people; dropped the briefings; ran the race in waves; and had an untimed transition. The former was a lot of extra coordinating effort but went smoothly. The untimed transition was a hit with many, particularly as it made them look like they'd raced faster!



The 2022 race is on Sunday 12<sup>th</sup> June and we will plan around having to run the event with some covid restrictions. If the numbers are down again, then the resulting profit will obviously be lower.

A key change to the 2022 race is that Sarah Hinton will be standing down. Sarah has coordinated the sponsorship role, packed the goodie bags and been Registration Section Head for some years now. She's been a really valuable member of the team and will be missed. If you would like to help out with the 2022 race, please talk to me (Jo Fleming). Think pleasant meetings over a quiet beer...

### **Welfare Report- Jean Fish**

My three years as the Club Welfare Officer has allowed me to meet and support some wonderful and enthusiastic people who I have been able to offer cake and advice to when needed.

Covid has presented us with some challenging times and limited our training but now as we move forward it is wonderful to see and hear the enthusiasm from our members as we add increasingly more sessions to our timetable, although last time I checked one of our WhatsApp groups the suggestion of wearing a Fluffy Onesie had me concerned for our club kit.....?

I will be stepping down from the Welfare Role this year but still plan to be a member of the club as I so enjoy what we do and I'm sure there is another piece of kit I need...

The position needs to move forward with the club and carry on being developed into the welcoming, inclusive environment we pride ourselves on, as well as still looking after the physical and mental wellbeing of its members. So I propose that it be left in the capable hands of Adam Bryant as he has the qualities and skills for this role and has my full support.

And remember I'm always around with cake and coffee .... I find I work better when full of sugar ..... So happy training people let's hope we will be hearing of some amazing achievements in 2022

### **Webmaster Report-Mike Hook**

Last Year

- Upgraded club website to Umbraco 7 (complete rewrite!)
- Added event booking system
- Started handover to Carlos

Next Year

- Maintenance and updates... over to you Carlos!
- Web hosting - Mike to continue providing

## **MSTC Junior Report-Callum Murray**

In 2021, MSTC once again ran a GoTri! juniors training day.

In 2020, the MSTC Juniors section had been suspended after the previous model, in which coaching sessions were held most weekends, proved to be not viable in the long term, because of the demands it placed on coaches.

This was compounded by the restrictions imposed by Covid-19, meaning that no attempt to revive the section under a different model had been possible in 2020.

### **GoTri! MSTC Kids training event**

**Ardingly College, 24 July, 2021**

#### **Participants**

- 26 (mainly from Oathall Community College, St Joseph's Catholic Primary School and Burgess Hill Girls)
- Ages: 8-13
- 14 boys, 12 girls
- Divided into three groups: red (8-9YO); yellow (10-11YO); blue (12-13YO)
- Seven participants went on to compete at Hedgehog Tri's Billingshurst Kidstri the next day, some of which took advantage of a discount we offered through Paul Hedger for those that had taken part in the GoTri! training day.

#### **Coaches (7)**

- Steve MacMenamin (L2)
- Doug MacTaggart (L2)
- Jo Fleming (L2)
- Suzanne Cole (L2 swim coach)
- Julie Williams (L1)
- Jean Fish (L1)
- Callum Murray (L1)

#### **Volunteers (8)**

- Zoe Deeley
- Angela Murray
- Joanna Millington
- Carol MacTaggart
- Kevan Nicholson
- Esther Clutton
- Klara Boarder
- Michelle Robinson

#### **Accounts**

- Costs: £392.56 (mainly the £342 charge for hire of the pool and lifeguard. We weren't charged for use of the playing fields and clubhouse)
- Income: £420 (participants paid £15 each to take part)

- Profit: £28.44

### **Takeaways**

- The day was generally considered great fun by all participants (kids, coaches and volunteers)
- Given that we were just above breakeven, the participation fee of £15 was about right
- The facilities and co-operation from Ardingly College were excellent
- However, we were very lucky with the weather; there wasn't really much scope for a wet weather alternative plan
- There is huge demand for triathlon training from kids and their parents in the area. In addition to those that took part, I've had emails from several parents who have obviously heard about the event and are enquiring about future opportunities.

### **Middy report**

Mid Sussex Tri Club held a well-attended and well-received GoTri! training day for local children at Ardingly College on Saturday 24 July.

Twenty six enthusiastic children aged 8 to 13, from local schools including St Joseph's Primary School, Oathall Community College and Burgess Hill Girls, took part.

Using the Ardingly College swimming pool and sports pitches, coaches and volunteers from Mid Sussex Tri Club helped the children learn basic triathlon skills and techniques in swimming, cycling and running, plus the crucial 'fourth discipline', transition.

This was complemented by a 'What is triathlon?' session, putting the sport and its history into context, with the help of slides and video. And all delivered just a day before Alex Yee and Georgia Taylor-Brown provided further inspiration by winning silver medals for Great Britain in the men's and women's triathlons at the Tokyo Olympics!

Several of the children who attended the GoTri! training day then went on to compete successfully at the Billingshurst Kidstri on Sunday 25 July, despite the cancellation of the cycling element of the race, enforced by torrential rain.

Brothers Finlay and Noah Blythe finished second and fifth, respectively, in the TriStart3 and TriStart2 categories. Anya Cole was third in TriStart2 and Charlotte Mason was sixth in Novice1, while Amber Mason was sixth, Mirabelle Hogan was seventh and Isabella Jarman was 12<sup>th</sup> in TriStart1.

Congratulations to all participants at both events!

### **MSTC Juniors in 2022**

Callum Murray is stepping down as Juniors Secretary at the 2021 AGM. If a direct replacement cannot be found, the committee has discussed appointing a sub-committee to run the GoTri! juniors event instead.

All facilities to stage GoTri! at Ardingly College have been booked once again for Saturday 23 July, 2022 and we are expecting the College to send a contract imminently.

There has been some discussion among the committee about whether we can offer more than just the single training day once again, but no firm decision has been reached.

### **Treasurer Report-Clair Hunt**

With covid easing but still disrupting club activities, the decision was made to reduce the annual membership from £40 to £30 for the year. As a result, our membership income has significantly increased compared to 2020, as we only charged £20 (£6,413 vs £3,119).

Credits for club activities have increased, in line with being able to offer more sessions (£6,347 vs £4,799).

Swim subscriptions are up, again as we were able to run the pool swims. In line with this, the swim costs have increased compared to 2020. We are currently offering swim sessions at Cumnor House and the Dolphin. There is a cost to the club, as we do not recover the full cost of putting the sessions on (£954).

Open water swimming remains popular and we were able to run a longer season this year, which reflects in the higher costs (£9,062 vs £5,566).

In 2021 we were able to run more spin sessions, so costs are higher than 2020 (£1,140 vs £759).

Stretch and conditioning costs are down, as we were not able to run the classes to the same level (£480 vs £2,040), plus we had paid for some of the sessions run in 2021 before the December lockdown stopped us.

We were able to run the MSTC triathlon this year and we had extra entries on top of those that had been paid for in 2020, and deferred. This resulted in £6,972 of income. Some of the associated expenses had been paid for in 2020, which reduced the costs compared to a normal year. The profit on the race based on income and costs in 2021 was £2,033.

Membership costs reduced to £635 from £2,556. The previous year included payments for drinks at the annual dinner, which was able to go ahead pre covid. There were also payments for various gifts for outgoing committee and open water swim subcommittee gifts. I'm sure we will have some costs coming through for this years outgoing committee members, which currently haven't been paid.

Coaching expenses are broadly in line (£1,116 vs £1,063), and we have been able to pay, for some new coaches to be trained.

Website costs are slightly up (£402 vs £285), due to a late claim for 2020 being paid this year.

We were able to run a Juniors race, which resulted in a profit of £28.

We had £50 of income from club kit, all thanks to Steve and his regular discount offerings on old style kit.

Swim analysis sessions were offered at a reduced rate to members, with the club picking up the balance, and there was a much higher uptake this year, which was great to see. (£930 vs £383).

At last years AGM we agreed to make donations to:

Lauren's silver swimmers	£200
Afasic	£200
Out of the Blue	£200
Monday Group	£200
Sussex Search & Rescue	£200

These were all paid after the AGM.

So far this year no donations have been made, as we have not run any club races or the 5-3-1 swim. We had agreed to support the same charities this year.

Statement of Income and Expenditure for the period ended 14th November 2021 & the year ended 31st December 2020

	14-Nov-21	2020
<b>Income</b>		
Membership Income	6,413.40	3,119.31
Club races to raise money for charity	-	(2.40)
5-3-1 charityswim	-	(0.20)
Mid Sussex Triathlon	6,972.50	2,149.13
Swim subscription fees	2,225.78	958.54
Open water swim & stretching credits	6,347.27	4,799.40
Tri hub (junior training income)	28.44	-
Club kit	-	-
<b>Total</b>	<b>21,987.39</b>	<b>11,023.78</b>
<b>Expenditure</b>		
Membership	634.87	2,555.51
Coaching expenses	1,116.00	1,063.32
Club races	-	-
5-3-1 charityswim	-	-
Mid Sussex Triathlon	4,939.79	1,533.66
Open water swim payments	9,062.00	5,565.50
Pool hire	3,180.20	720.15
Spin costs	1,140.00	758.95
Stretch & Conditioning costs	480.00	2,040.00
Website costs	401.66	285.67
Kit	(50.00)	(93.50)
Velodrome	-	420.00
Swim Analysis	930.00	382.88
Bike Fit	-	420.00
Tri hub	-	194.47
Gazebos	-	-
Charitable donations:		
Lauren's silver swimmers (5-3-1)		200.00
Afacic		200.00
Out of the Blue		200.00
Monday Group		200.00
Sussex Search & Rescue		200.00
Donation Swimathon	-	-
Chailey Heritage		
Cyclists for Cancer		
Clare Danson		110.00
<b>Total</b>	<b>21,834.52</b>	<b>16,956.61</b>
<b>Net increase in the period</b>	<b><u>152.87</u></b>	<b><u>(5,932.83)</u></b>
<b>Reserves:</b>	<b>14/11/2021</b>	<b>31/12/2020</b>
Current funds	16,877.81	16,753.38
Go tri reserve	2,219.40	2,190.96
Reserve funds	8,500.00	8,500.00
Ardingly swim/strength credits held	1,807.00	1,600.00
<b>Total reserves</b>	<b><u>29,404.21</u></b>	<b><u>29,044.34</u></b>

**Social Secretary Report-Hannah Droscher** Our February celebration dinner was cancelled due to coronavirus restrictions on meeting up in groups. Instead, we facilitated a black tie MSTC 'rewards' night over Zoom! Prizes were as follows:

Best supporting pet of the year ...and the nominees were...

1. Elsa
2. Jersey
3. Yogi
4. Rob's dog
5. Humphrey
6. Tilly
7. Brian
8. Ethel
9. Bailey
10. Morris
11. Bobby
12. Nancy
13. and a cardboard cut out of Roger Federer ☺

...and the winner was ... all of them! This category got the most nominations, indicating just how important our pets were through lockdown!

MSTC Polar bear award for winter swimming efforts ...and the nominees were...

1. Kay McMenamin, nominated by Sarah Hinton for her encouragement of us all as we came out of lockdown. She regularly had us in the sea enjoying the waves
2. Adam Bee, nominated by Sarah Hinton and Vicky Von der Linden for braving the chilly temperatures in the English Channel on a regular basis
3. Liz Griffin Hind, nominated by Steve McMenamin and Adam Bryant who, although an amazing pool swimmer, 2 years ago on the iSWIM/MSTC inaugural sea swim was so nervous I [Steve] had to kayak next to her so she could see me and feel safe. Two short years later she is in the sea every morning and is as confident in the sea as she is in the pool
4. Julie Williams, nominated by Steve McMenanim for setting a target of getting to the red buoy on the final swim, it was rough and against the drift. About half way she decided it had taken too long and it was now pitch black and wanted to turn back, she rallied her determination and pushed on and made it

...and the winner was ... Kay McMenamin

MSTC Arctic fox award for winter cycling ...and the nominees were...

1. Emma Smith, nominated by Vicky Von der linden, for her winter cycling
2. Jo Fleming, nominated by Sarah Hinton for his commitment to getting us on the turbo and his enthusiasm

...and the winner was ... Jo Flemming

MSTC Hippo award for muddy sports ...and the nominees were...

1. Jean Fish, nominated by Sarah Hinton for her craziness in the mud. We go on a weekly lockdown run which always seems to end in us playing in the mud
2. Vicky Von der linden and jersey, nominated by themselves

...and the winner was ... Jean Fish

MSTC Mountain goat award for off road running ...and the nominees were...

1. Vicky Von der linden and jersey, nominated by themselves
2. Hannah Droscher, nominated by Adam Bryant for her performance at the Plumpton 10 miler

...and the winner was ... Vicky von der linden

MSTC Sea turtle award for night time swimming then crawling up the beach went to Steve MacMenamin

MSTC Homing pigeon award for navigation skills went to Jean fish

MSTC Crash test dummy award for spectacular crashes/near misses went to Sharona Harrington

The Michael Gove award for the person who has travelled the furthest away in training yet still returned to their front door at the end went to Sarah Hinton, for her virtual London marathon

MSTC Female club member of the year (not just for performance, but also for commitment, improvement and acting in the spirit of the club) ...and the nominees were...

1. Sarah Hinton, nominated by Roger Smith for completing a marathon around Lindfield last October and raising funds for St Peter and St James Hospice
2. All young working mums in the club (Emma, Klara, Esther, Liz etc.), nominated by Vicky VDL for fitting training around home school

...and the winner was ... Sarah Hinton

MSTC Male club member of the year...and the nominees were...

1. Doug, nominated by Emma Smith for sharing wisdom, encouragement, stories laughs and strength during the pineapple run (marathon)
2. Del Hastings, nominated by Hannah Droscher for sharing his training journey with us on Facebook

...and the winner was ... Doug

MSTC Lockdown hero award for services to the community ...and the nominees were...

1. Merrin forces, nominated by Vicky Von der linden, for her NHS work
2. Roger Smith, Jeremy Pains and Emma Alden, nominated by Hannah Droscher for volunteering at Clair Hall to help with the vaccination programme
3. Jeremy Paine and Steve Alden for leading the major transformation of the home of former club member and MS sufferer, Nick Cook, so that he can now live on the ground floor and no longer needs to use the stairs

...and the winners were... all of them!

Prizes winged their way to the winners in the week or two that followed the awards night. Huge thanks to Adam Bryant for developing the rewards night PowerPoint display, for co-hosting on the night and for helping to distribute awards afterwards.



To support some socially distanced socialising over the lockdown winter months, we sent out a weekly challenge using our facebook group and email. The most successful of these was asking club members to train with someone they had not previously trained with outside of club sessions. I understand that this forged some new training buddy relationships that are still going strong today.

The first and last swim of the year at the reservoir were marked with hot drinks and pastries. We missed our usual bacon sandwiches and are looking forward to being able to offer them again when we celebrate the start of open water swimming next year. Big thanks go to Debbie and her open water team for supporting these socially distanced mini social events.

The trifest was cancelled, leading to the cancellation of our usual BBQ again. This will return next year hopefully.

I reported last year that I was going to step down as social secretary in January 2021, but due to covid my plans to move away from mid-sussex were postponed by a year. It has been a lovely silver lining to continue training with the club and organising some social fun! I will be stepping down this Christmas instead.

Dates for your diary:

- Our Santa fun run is scheduled to take place on 10<sup>th</sup> December and will start from the Dolphin in Haywards Heath at 7.30pm. Fancy dress essential.
- Our club meal is scheduled to take place on 29<sup>th</sup> January, venue tbc.

#### **Press Officer report-Roger Smith**

I have managed to send in 7 reports to the Mid Sussex Times this year which they have published. The article about our Triathlon in June was also put on their website. The main purpose is to publicise the activities of the Club and also of members of the Club. These include articles on our Triathlon, photos of members at the open water swimming at Ardingly Reservoir, participation in various events eg Triathlons, Ironman Competitions, Marathons, Swimming events etc. When published I usually scan the article on to the Facebook page as not many buy the Middy. I also usually try to remember to copy my articles to Mike Hook for them to be included in the race reports and club activity page of our website

#### **Membership Report-Simon Barton**

Membership activity in last period (Nov 2020 – Nov 2021)

- We started the period with a membership of 151.
- Current membership stands at 171.
- We have had 39 new members join.
- We have had 33 members not renew for the 2021/22 membership season. Note that AGM reporting period and Membership year do not coincide.
- The clubs England Athletics Affiliation Stands at 21 members and 40 members have registered a BTF number.

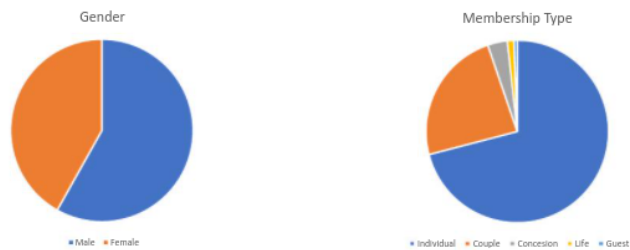


# MSTC Membership Dashboard

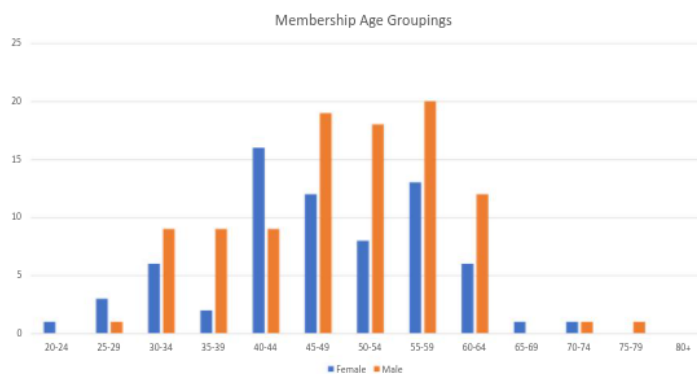
AGM Report Nov 22 November 2021

Simon Barton  
Membership Secretary

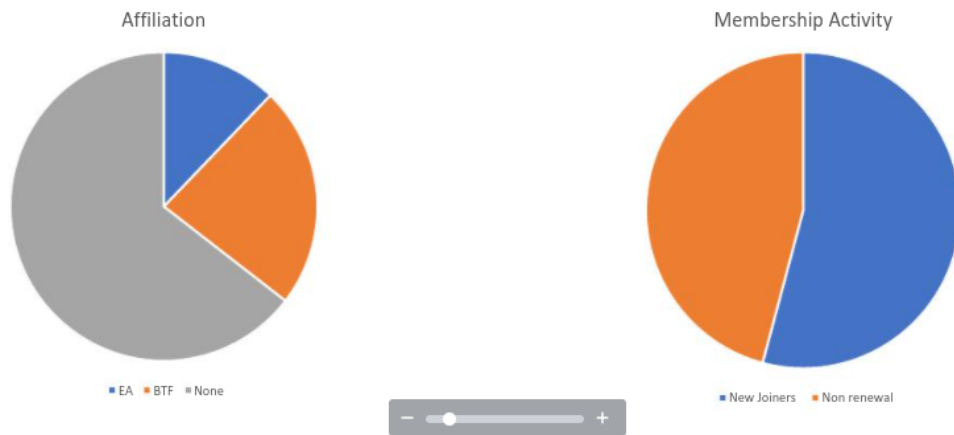
## Membership profile of our 171 members



## Membership profile by Age group



# Membership profile



## Online Charity Nomination Vote

Cancer Support- 10 votes

Chestnut Tree House-12 votes

Echo -4 Votes

Raystede -4 Votes

RNLI-10 Votes

Royal British Legion -1 Vote

Emailed Votes

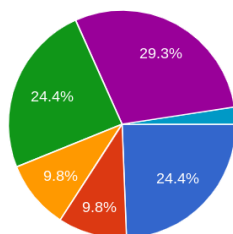
1 Vote - Royal British Legion (H Doscher)

1 Vote -Raystede (J Williams)

1 vote -RNLI (J Wilkins)

Please select one charity for this year's AGM Nomination.

41 responses



- Cancer Research UK -Cancer Research UK is a cancer research and awarenes...
- Raystede Centre for Animals-https://www.raystede.org/our-charity/about-ray...
- Echo- A mobile library based in Athens -That aims to nurture a space of learnl...
- RNLI-The RNLI is the charity that saves lives at sea. We do this through lifebo...
- Chestnut Tree House- Children' s Hospo...
- Royal British Legion-https://www.britis...

## **Key Dates for 2022**

10th December- Santa Run. Start at the Dolphin Finishing at the Stand Up Inn.

### **13th December- MSTC Committee Meeting**

26th December - Boxing Day Swim With Mulled Wine After. Location TBC

### **24th January- MSTC Committee Meeting**

29th January -Tamasha Indian Restaurant Lindfield.

12th February- 80s Disco. Venue TBC . Club Member's Event Raising funds for Aspire.

### **7th March -MSTC Committee Meeting**

### **25th April - MSTC Committee Meeting**

5th June- Paul Hedger's White Bird Triathlon @ Ardingly College -Marshall's required

### **6th June- MSTC Committee Meeting**

12th June -Club Race

15th June - Paul Hedger's -Swim the Lake @Ardingly -Marshalls required

### **4th July-MSTC Committee Meeting**

20th July- Paul Hedger's -Swim the Lake- Marshalls required

23rd July- MSTC Junior GO-Tri- Coaches and Volunteers Required.

### **5th September-MSTC Committee Meeting.**

### **17th October- MSTC Committee Meeting**

### **21st November -MSTC AGM**

### **12th December-MSTC Committee Meeting**