

## MSTC AGM Minutes

### 21.12.2022 Brent Arms Meeting Room at 8pm

#### 1. Opening Remarks and Welcome

Katie McGregor welcomed everyone to the MSTC Annual General Meeting

#### 2. Apologies/Attendance

**Attendance** 22 members were in attendance

**Apologies** were sent from Simon Barton, Clair Hunt, Carlos Castro, Esther Clutton & Kate Bradford

#### 3. Approval of the 2021 AGM minutes – Approved without amendment

#### 4. Matters arising from the 2021 AGM Minutes – None were noted

#### 5. Electing in new officers - The following were elected:-

**Social** – Flo Wolfe & Kate Bradford. Proposed by Douglas MacTaggart and seconded by Jeremy

**Webmaster** – Kieran Miller & Zeynep Bull. Proposed by Zoe Rocholl and seconded by Mark Walton

**Welfare Officer** -Clarissa Walton. Proposed by Helen Graham and seconded by Kieran Miller

#### 6. Chairperson's Statement – See in reports.

#### 7. Reports of the Officers – The officer's reports were read by each committee member or where absent by Katie and the following points were raised:-

- Xmas run planned for the 22<sup>nd</sup> December as a pub run around Lindfield and Haywards Heath
- Open Water swimming – will return to one spotter per session plus kayak duty and you will sign up for your duties **before** being able to book any swims. A late payment fee button will be added to the website and charged at the full cost of £6.50 as a deterrent. Continual non-payment will lead to the member being potentially banned to swim at the reservoir
- June Club Triathlon – for 2023 consider offering concessions to increase numbers and profit made on this event. Under 25's concession agreed and also have an early bird special offer. Entry fee will need to increase to £43/44 to be agreed at next Committee meeting.
- Coached Sessions – Steve Macmenamin is proposing a change to the coached sessions from January 2023 due to low turn out numbers and session times not working for some. This is to be discussed at the next Committee meeting
- Junior Go Tri! Triathlon Training Day – this is planned to run again in 2023 and will either be held on the 16<sup>th</sup> July or the week before to align with the Hedgehog Tri-event.
- Finance Report - Kay requested details of what the expenditure costs of £1,300.00 under membership relates to.
- Zoe confirmed that she has put a link on the Whats App groups to a list of races and events for people to see who is attending what events. This needs to be advertised more or perhaps put on the MSTC club site?

- Tom suggested annual subscriptions are put on DDR's in the future so that members don't inadvertently miss paying their subscriptions. This to be taken to the next committee meeting.
8. Charity donations – last year we agreed to set aside £500.00 to 5 different charities which were all paid after the 2021 AGM. This year we have not run any charitable events.
  9. AOB – Paul Hedger thanked club members for their support and confirmed Swim the Lakes will run on the 7<sup>th</sup> June and 19<sup>th</sup> July in 2023 and asked for our support

## **Chair's Report-Katy Wright**

### **Summary of 2022**

**It's been wonderful to have a year of normalcy and racing again after a couple of strange years. We had a very busy winter of training last year, with lots of scrambling to book on to swimming and the infamous PPT madness. This was great for getting to know new members and building some club spirit.**

**The continued threat of new restrictions over the winter meant that there were fewer social events than we had previously had. You'll be very pleased to hear that Flo & Kate have this in hand and have a few exciting socials planned.**

**The club triathlon in June was a massive success, so many thanks to Jo and to all the volunteers that helped on the day and leading up to it, not only to make it possible but to make it such a wonderful experience for the participants. It was a joy to watch so many people, particularly the first timers, having a wonderful time.**

**Many thanks to Debbie and Jo Millington for a brilliant OWS season again. There is an incredible amount of work going on behind the scenes (anyone who has tried to negotiate with the powers that be at the reservoir will know what I mean) that is done without any fanfare. It is hugely appreciated. And for tirelessly persuading Chris to occasionally open the cafe!**

**Zoe organised an amazing Juniors day at Ardingly School in July which was a huge success. Many thanks to Zoe and all the coaches and volunteers who helped on the day.**

**As you will hopefully have noticed, the committee is keen to make sure that we continue to evolve and adapt according to the needs of our membership. I will talk a bit later about the work that has been done on the spending review.**

**On that note, thank you to everyone who provided feedback or took part in the surveys. Unfortunately, as you'll realise, the training schedule will never work for everyone but rest assured we are doing our best.**

**We have noticed a drop off in numbers across the winter training sessions. We appreciate that this is likely due to a variety of factors but we want to keep working to make the club and training the best it can be so please do continue to feed back your thoughts to the committee.**

### **Coaches**

**A huge thank you to our head coach Steve Mac. He's pretty shy and retiring but I'm sure most of you know who he is. He dedicates an incredible amount of time to the club and yet is always willing to help if asked for advice. His passion and enthusiasm are unrivalled.**

**Steve is also doing a great job of building an amazing team of coaches, which is excellent for the club. As those who have been here for a while will know, we haven't historically been brilliant at retaining coaches and I know that is something that Steve strives very hard to do by looking after the coaching team. Because without the coaches we don't have a club!**

**Jo Fleming**

**John Mactear**

**Kate Bradford**

**Zoe Roscholl**

**Esther Clutton**

**Clarissa Walton**

**Jo Millington**

**Kevin James**

**Stuart Dale**

**Committee changes**

There were a number of changes on the committee last year, including me. It has been a bit of a learning curve for those of us who were new so thank you to everyone for bearing with us.

Hannah, our previous social secretary left in January and Flo & Kate very kindly agree to step in to jointly fill this role. They've done a great job organising social events at the reservoir over the summer and we can't wait for more social events. Which they will talk about shortly.

In the last few months, we sadly had to say goodbye to Adam Bryant as welfare officer. Thank you for your contribution Adam. Clarissa Walton has very kindly agreed to take over this role.

Our webmaster Carlos is also unfortunately leaving the committee. Thank you for your contribution Carlos and for the long commute you had to make to our meetings!

We do still have vacant positions of webmaster and one member without portfolio which need filling so please let us know if you'd be interested in those.

#### **Spending review/ Membership fees**

As I alluded to earlier, we have had feedback from the members in relation to their training, racing preferences and also their views on membership fees. Now we all think that the club offers really good value for what is provided, however we are particularly mindful this year of the cost of living crisis and we are therefore trying to ensure costs to members are as low as possible.

That said, the club needs to return to a break even position. The last two financial years have run at a loss of around £6,000. The club does have further reserves but a few more years at that sort of loss would leave us in difficulty. For this reason, we decided as a committee that we needed to take a closer look at the club's finances. Clair and Debbie spent a significant amount of time working over the numbers and considering different payment models. Debbie and Zoe then also spent a huge amount of time on the member survey which helped by providing us with member feedback on the preferred payment model.

**As you will have seen, the membership fee remains unchanged but we have made some changes to the swimming subs in order to better align the time periods with the offering and to address the increased cost to the club of swimming sessions. As we said before, we did not make these changes lightly but they were necessary to try and bring the club back to a break even position.**

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

In total we have delivered 166 hours of coaching this year. Please note that this figure does not include the creation of session plans or the time to get to/from the venues. So the actual time spent by the coaches would be in excess of 350 hours.

The coaching team is looking very good as we have had a few more qualify this year. Zoe being our most recent and Kevin having qualified as a Run England CiRF:

2x Level 2 BTF coaches

- Steve McMenamin (OW Level 2 coach)
- Jo Fleming

4x Level 1 BTF coaches (1 coach currently on a hiatus)

- John MacTear
- Zoe Rocholl
- Joanna Millington (BC ride leader cert)
- Kate Bradford

1x CiRF run coach

- Kevin James

2x LiRF run coaches

- Clarissa Walton
- Stuart Dale

1x Level 1 Swim Teacher

- Esther Clutton

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

### **SPIN**

Started to tail off from April so we stopped in May. Restarted for the winter season at the end of September and so far has been very popular with 8-10 members attending.

Spins can take up to 20 participants, so don't be shy come along , these are truly for all levels.

### **SWIM**

Monday swim has been cancelled but may be revisited by the committee in the future.

Tuesday Ardingly pool swims are proving once again to be our most popular session.

Thursday Swim attendance is average with a 50-60% capacity for the 20:00 session and a 40% capacity for the second 20:45 session.

Swims Tuesday are a Max of 20 participants Thursday are a Max of 15 participants

### **RUN**

Run training attendance is low but is harder to measure as a lot do not book.

### **STRENGTH & CONDITIONING**

Almost full classes at the start of the year and like spin classes they tailed off so we stopped at the end of March. Restarted for the winter season at the end of September and so far has been 30-40% attendance.

Strength is a Max of 16 participants

### **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. We hope to start both MTB and road sessions for the winter soon.

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

We are looking at a change in the new year. It's obvious due to the poor take up that the current timetable is not popular and so not sustainable.

Thursday's run will be brought forward to 19:00 and the swim will go to a single session of an hour starting at 20:00

Saturday's strength session may be cancelled entirely due to lack of demand but first we will experiment with different times/days.

I really want to encourage more females to attend the sessions, the run coaches have done a lot of work to make the runs safe and non-drop sessions so no one will not be alone as I know this can be a concern. The swim and spin sessions seem to be more popular with the spin at 50/50 split

Swim sessions stamina and speed are put in the back seat until February. Now we will work on the 3S's Skill, Strength, Suppleness (swim skills, gym, yoga, Pilates).

Run: Sets that are hard and best done as a group as it pushes you on. Kevin is putting a plan in which will target a 10km race in Feb for us all to do as a club event.

Spin: Will continue to be an amazing workout with great tunes as usual

Any questions, queries or ideas please get in touch

Steve Mac  
Head Coach MSTC

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

### **Open Water Swimming Report for MSTC AGM November 2022**

#### **Many Thanks to...**

Jo Millington for being responsible for Dutyman and for chasing up members for duties, Louise Eldridge & Mark Walton and others for providing holiday cover.

Carlos for the setting up the online booking.

Chris Kinsman & the team at AAC.

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

#### **Summary of Season 2022**

Overall everything ran smoothly with no significant problems and no safety incidents. The water quality remained good but the water levels became very depleted during the second half of the summer which made access difficult and muddy. Chris and Paul at the activity centre were very supportive throughout and changed the loop a number of times to accommodate the falling water levels. There were many intrepid members who swam on through, but the overall result was fewer swimmers in August/Sept than in previous years. Given the water temperatures, we had our first summer of non-wetsuit swimming which was really appreciated by many. The Season finished earlier than planned on the 24<sup>th</sup> September.

The main change this year was that the MSTC are back to having to supply kayak support. During the 2 Covid years AAC had taken on this role and each member was charged a £10 fee to cover the costs of this. This worked very well, but Ardingly no longer have enough trained young mariners to be able to provide this service. Consequently, every swimmer was expected to do both a kayak and a Spotter duty. Though most were happy to do their Dutyman support, it required regular chasing up to make sure that the 4 members were going to turn up each time.

The clubhouse and café remained closed throughout the season (perhaps closed for good now) but the staff did provide basic refreshments for the two OWS breakfasts that we hosted. We continued to use the picnic table green for changing which worked well, with gazebos again available for rainy days.

Jo Fleming ran two run/swim events to coincide with the social breakfasts and these were well received though not particularly well attended.

Our Taster and Guest sessions were popular and almost all Taster swimmers converted to a full membership. It was great to see some new faces! We even facilitated one guest Triathlete to do the swim leg of his virtual Iron Man, as there were no other facilities available in the area that day – always good to help fellow triathletes.

#### Issues:

1. There were a small but persistent number of non-payers each session – around 5-10%. A few were persistent non-payers, others were members who had forgotten to pay before turning up. Sorting this out required ongoing effort throughout the season.
2. Dutyman issues: at the start of the season we decided to exempt those from last year who had swum less than 5 times, and also to keep the two Spotter system which allowed those doing a Spotter duty to swim. This should have left easily enough members to cover all duties, but numbers were tight when some members were unable to do their duty or get a swap. As a result we found ourselves short of cover for some of the late season duties. Fortunately members were happy to step up and cover these dates, but it was a hassle to sort out.

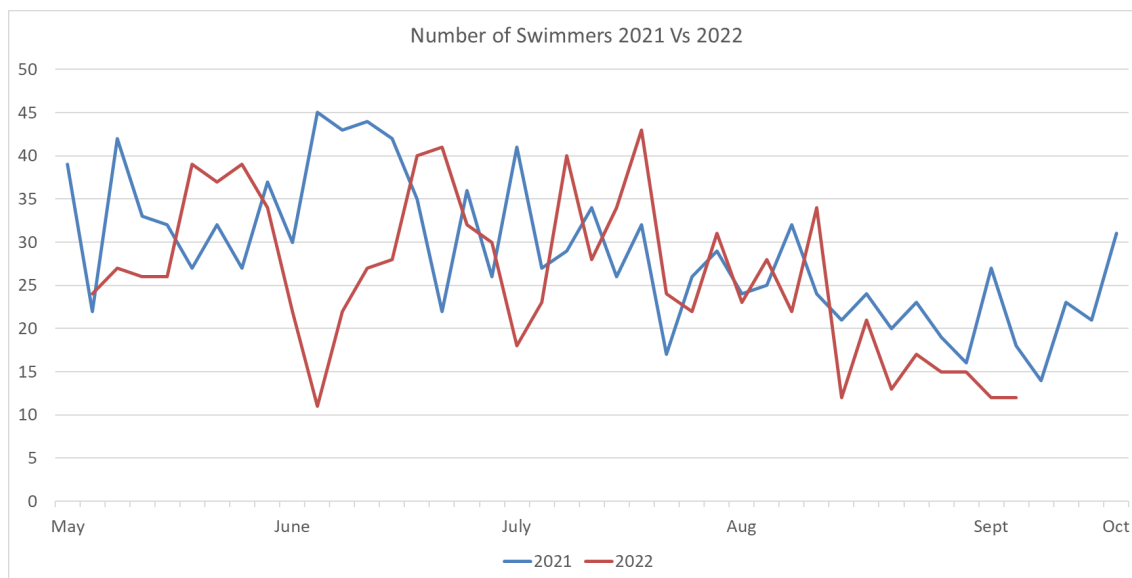
#### Going Forward for 2023

1. We intend to require that members choose a kayak and spotter duty of their choice BEFORE allowing them to book any swims. Dutyman allows members to choose their own dates, so we plan to use this facility with the aim to reduce the amount of chasing up/reorganising of member duties that was an ongoing issue for the OWS team this season.
2. We will go back to having 1 Spotter for each session. Only around a third of Spotters chose to swim before or after their duty and many came a long way just to do a 45min duty. Also the 2-spotter system requires an extra 40 duties to be assigned which was an issue for the OWS team this season.
3. A late payment button will be added to the website for those swimmers who do not pay before the session. However, these swims will be charged at the full cost of £6.50 as a deterrent. Continual non-payment will lead to the member being potentially banned from the reservoir.
4. The £10 admin/kayak fee will be dropped from next year as members will be providing kayak support from now on. FYI the 2022 season swims were charged at £4 with a £10 admin fee: Ardingly currently charge £6.50 for a swim which the club discount by £2 (30% training support) - the £10 admin fees were used to further discount the price to £4/swim.



### **2022 Statistics (2021 in brackets):**

- 135 members signed up in total (143)
- 1029 swims in total over 40 sessions (1237 over 43 sessions)
- £6688.5 was paid to AAC (£8852 but included £1430 kayak fee)
- £1322.50 was paid for by the club in subsidy (£2474)



### **Club Race Report- Jo Fleming** **Race Report for MSTC AGM 2022**

After 2 years of disruption, the race successfully resumed in 2022. I much appreciated the support of the marketing team (Rebecca Tromans, Dominique Dale, Roger Smith, Zoe Rocholl), sponsorship (Stuart Dale, Chris Hadlow), and all the Section Heads (Klara Boarder, Kevan Nicholson, Callum Murray, Steve Mc, Katie McGregor, Mike Jaffe) for running the race smoothly on the day. Also the many people who helped on the day, including those providing extra ferrying of equipment. I particularly wish to thank Jon Clarke for providing support throughout the year, organising the volunteers and sourcing Jean's medal design in wood.

We had fantastic weather on the day, Hurst turned up with a great band, the race results weren't lost, there were no significant incidents and overall the competitors once again had a fantastic time. As usual, this was a fantastic display of club competence and friendliness. This is a brilliant event to raise our profile in the community and to provide a local race that suits beginners and seasoned racers alike.

There were 223 entries after refunds and 188 started. For comparison, there were 309/242 entries/starters in 2019, and 288/205 in 2018. Entries were down

for many races in the area and our entry numbers seem consistent with the 20 to 30% drops in entrants to other races. Some events were cancelled, so we may benefit from less competition in 2023. No single reason seems convincing for the post-covid drop in participation – perhaps a mixture of changing habits and too many summer commitments.

The race price went up from £37 to £39 at the start of the year and then to £40 in spring. East Grinstead went up to £45 by comparison. Next year, we hope to have a higher profile by offering subsidised places, ideally marketing this with Hurst and the Triangle.

I am always looking for help with marketing, sponsorship and organisation, so please talk to me about any help you might be able to provide! Jo Fleming

**Welfare Report-** Unfortunately Adam had to step down from the Welfare Officer role this year due to unforeseen circumstances. The Committee worked as a team to cover this role and the club was successfully awarded the Bronze Trimark. The Trimark is a rigorous process to ensure all coaches are trained in Safeguarding, have DBS, and able to work with juniors. The Trimark allowed us to be fully insured to work with juniors and to put on the fabulous event Zoe Rocholl organised for Juniors from a range of schools locally. The event took place at Ardingly College in July.

Looking to Succession, Clarissa Walton has kindly agreed to take up this post for 2023. Clarissa is enrolled on the 'Time to Listen' course this month.

### **Webmaster Report- Carlos Castro.**

This is a list of the work done over the past year on both of our websites:

#### **Triathlon race website:**

1. Add race banner picker
2. Add relay races configuration option
3. Add paid filter to the entry list
4. Fix sponsors page
5. Add emergency contact info

#### **Club website:**

1. Fix refunds for cancelled events
2. Change EA affiliation registration
3. Fix renewal bug for swim subs
4. Add Calendar feature to event booking
5. Add pre-requisite checks for group rides
6. Add OWS guest feature
7. Add PAYG feature (now removed)
8. Change Pool Swim Subs from 2 to 3 subs

Going into 2023 we are looking for a replacement to take on this role. There have been very few problems over the last year, so this is not a very time-consuming role. I'll

**also be available during and after the handover to help the new webmaster get their feet in. The website is built using Umbraco CMS and MS SQL Server, but general programming skills should be sufficient.**

**Let us know if you are interested!**

## **MSTC Junior Report- Zoe Rocholl**

Juniors Go Tri! Triathlon Training Day

On the 23<sup>rd</sup> July we hosted 22 children aged between 7 and 13 at Ardingly College for a GoTri! Training day.

The youngsters were split into 3 groups based on their age, and each took part in a swimming, cycling and running training session as well as a transition session across the day.

The sessions were run by our superb coaches with Kate on the cycling and Clarissa on the running both supported by Steve, whilst Doug and Suzanne worked their magic in the swimming pool. We also had a wonderful group of volunteers including Mark, Tim, Tim and Lia ensuring that the day ran smoothly and to time. There weren't any results from the day, as the race at the end was purely for fun, but the youngsters were super engaged, enthusiastic and entertaining.

A great day was had by both because of their enthusiasm and character, and we hope to see many of the participants again next year.

The most commonly asked question of the day was if the club does more of these sessions and the answer is, not at the moment but we will continue to run the GoTri! day each year.

The plan for 2023 is to run the day again, linking with the Hedgehog Junior Triathlon.



## Treasurer Report-Clair Hunt

### Treasurers Report 2022

I have prepared the accounts to include the known payments to be made for pool costs, spin and PPT. I will update and reissue once the year is complete, but I thought it would make it easier to compare like for like costs, year on year.

A review of spending was completed in the early part of the year, as we had experienced losses of nearly £5k in both, of the previous years. We wanted to be able to make informed decisions to best manage the funds available. We were offering 3 swims a week instead of the 2 a week that the subscriptions were designed to cover. Some of the prices per session were adjusted to make them fair with the same level of subsidy being applied to each activity.

2022 allowed us a return to almost normal activities. With that came an increased uptake of membership year on year (£8,393 vs £6,457).

Credits for club activities have decreased (£5,400 vs £6,662). Hopefully by the end of the year these will be in line, as members top up as they go.

Swim subscriptions are down (£1,751 vs £2,536). Due to the extra swim session at the beginning of the year the swim costs have increased compared to 2021 (£7,704 vs £6,346). We were able to spread the cost of the Ardingly pool which better reflects when the sessions are offered and has helped cashflow. We will pay the remaining half in 2023.

Open water swimming remains popular but costs were down (£6,849 vs £9,095).

Spin costs are in line year on year (£1,330 vs £1,387).

Stretch and conditioning costs are significantly up (£3,480 vs £1,080).

The 2022 MSTC triathlon ran and generated a surplus of £3,330 compared to £2,687 in 2021. Entries have started for 2023 already. We have been promised a donation of £1,500 from Hurst College which currently hasn't been received and not reflected as I'm cautious.

Membership costs reduced to £705 from £1,302, but doesn't include the AGM costs. The previous year included payments for various gifts for outgoing committee gifts.

Coaching expenses are down, as 2021 included a higher level of training of new coaches than in 2022 (£1,296 vs £2,449).

Website costs are up (£729 vs £402), due to a late claim for 2021 being paid this year. This is now paid monthly so no costs will roll over into next year.

We were able to run a Juniors race again, which resulted in a loss of £72 vs a profit of £28 in the prior year. Take up was lower as some of the families who would have taken part were on holiday.

We had £165 of income from club kit.

At last years AGM we agreed to make donations to:

|                          |      |
|--------------------------|------|
| Lauren's silver swimmers | £100 |
| Afasic                   | £100 |
| Out of the Blue          | £100 |
| Monday Group             | £100 |
| Sussex Search & Rescue   | £100 |

These were all paid after the AGM. During 2022 we have not run any club events to generate donations. We did support the swimathon.

You will see that the over spend is lower in 2022 to 2021 and when the Hurst donation is received this will reduce. The difference is the value of the charitable donations and the swim analysis which was not offered this year. Plus the impact of the changes made to the swim sessions offered have helped.



Statement of Income and Expenditure for the period ended 31st December 2022 & the year ended 31st December 2021

|                                      | 2021                     | Projected 2022           |
|--------------------------------------|--------------------------|--------------------------|
| <b>Income</b>                        |                          |                          |
| Membership Income                    | 6,457.62                 | 8,393.26                 |
| Mid Sussex Triathlon                 | 7,626.93                 | 8,806.49                 |
| Swim subscription fees               | 2,536.28                 | 1,751.10                 |
| Open water swim & stretching credits | 6,661.53                 | 5,400.18                 |
| Tri hub (junior training income)     | 28.44                    | (72.00)                  |
| <b>Total</b>                         | <b>23,310.80</b>         | <b>24,279.03</b>         |
| <b>Expenditure</b>                   |                          |                          |
| Membership                           | 1,302.32                 | 705.21                   |
| Coaching expenses                    | 2,448.68                 | 1,296.00                 |
| Mid Sussex Triathlon                 | 4,939.79                 | 5,476.23                 |
| Open water swim payments             | 9,095.00                 | 6,848.50                 |
| Pool hire                            | 6,346.90                 | 7,704.04                 |
| Spin costs                           | 1,387.00                 | 1,330.00                 |
| Stretch & Conditioning costs         | 1,080.00                 | 3,480.00                 |
| Website costs                        | 401.66                   | 729.38                   |
| Kit                                  | (260.00)                 | (165.00)                 |
| Swim Analysis                        | 930.00                   | -                        |
| Charitable donations:                |                          | -                        |
| Lauren's silver swimmers (5-3-1)     | 100.00                   | -                        |
| Afacic                               | 100.00                   | -                        |
| Out of the Blue                      | 104.50                   | -                        |
| Monday Group                         | 100.00                   | -                        |
| Sussex Search & Rescue               | 100.00                   | -                        |
| Donation Swimathon                   | -                        | 55.00                    |
| <b>Total</b>                         | <b>28,175.85</b>         | <b>27,459.36</b>         |
| <b>Net increase in the period</b>    | <b><u>(4,865.05)</u></b> | <b><u>(3,180.33)</u></b> |
| <b>Reserves:</b>                     | <b>31/12/2021</b>        | <b>31/12/2022</b>        |
| Current funds                        | 11,859.89                | 8,752.46                 |
| Go tri reserve                       | 2,219.40                 | 2,147.40                 |
| Reserve funds                        | 8,500.00                 | 8,500.00                 |
| Ardingly swim/strength credits held  | 1,807.00                 | 1,294.00                 |
| <b>Total reserves</b>                | <b><u>24,386.29</u></b>  | <b><u>20,693.86</u></b>  |

## Best All Rounder Competition-John Mactear

BAR (Best All Rounder) is back after COVID, but it is more of a whimper rather than a roar.

There have been some events very well attended by club members, but these were limited to the Brighton half Marathon and the Arun swim. There has not been the concentration of members competing in other events as there has been in previous years. This was compounded by Ardingly Triathlon getting cancelled and the club trifest not happening.

My recommendation is that we roll the BAR over to next year

## Membership Report -Simon Barton



# MSTC Membership Dashboard

AGM Report November 2022

Simon Barton  
Membership Secretary

## Membership activity in last period ( Nov 2021 – Nov 2022 )

- We started the period with a membership of 171.
- Current membership stands at 155.
- We have had 19 new members join (from 1<sup>st</sup> April).
- We have had 35 members not renew for the 2022/23 membership season. Note that AGM reporting period and Membership year do not coincide.
  - £479 has been set aside for Club Charity disbursement from ex-member training balances.
- The clubs England Athletics Affiliation Stands at 20.



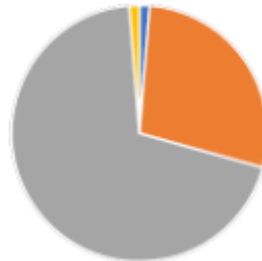
# Membership profile of our 155 members

Membership Gender



Male Female

Membership Type



Concession Couple Individual Life

Openwater Swimmers



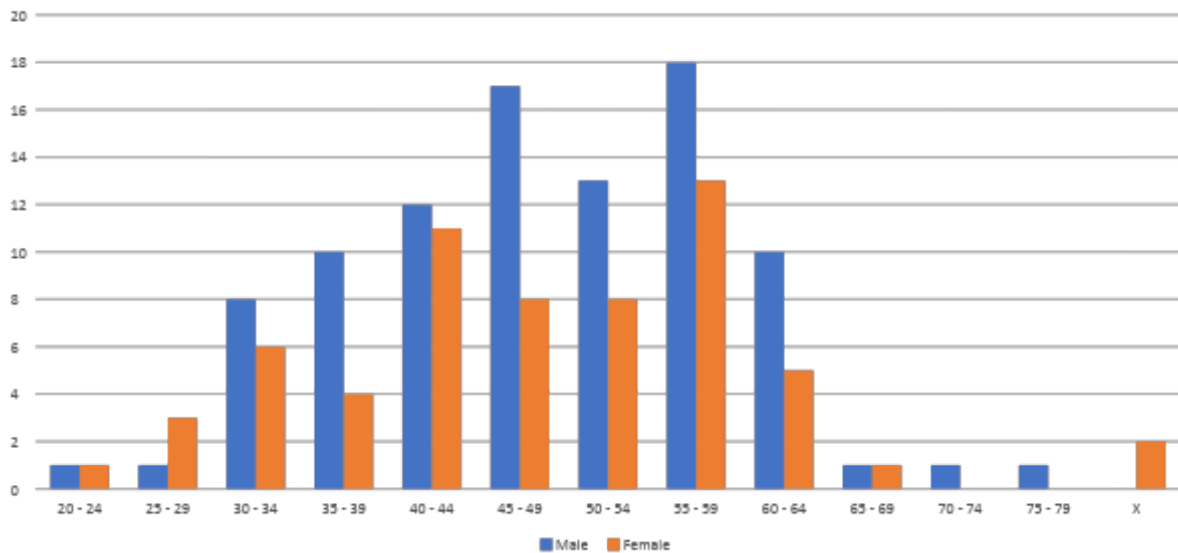
No Yes

EA membership



No Yes

Membership Age Groups

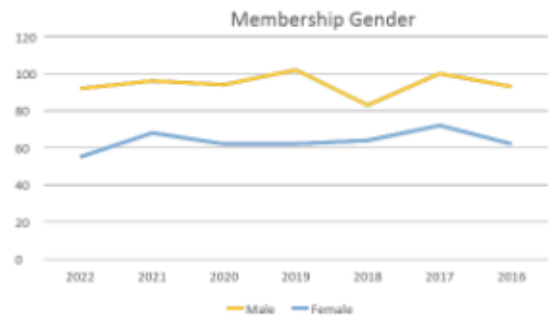
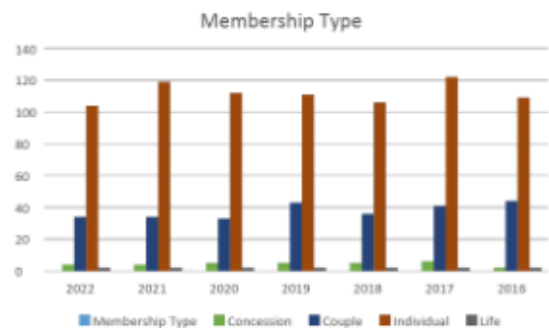
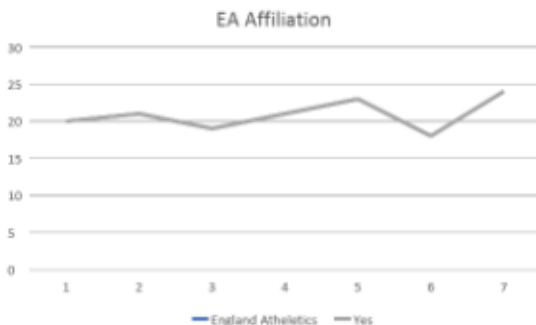


Male Female

## Membership profile over time

|                    | 2022 | 2021 | 2020 | 2019 | 2018 | 2017 | 2016 |
|--------------------|------|------|------|------|------|------|------|
| Members            | 155  | 171  | 151  | 164  | 156  | 164  | 147  |
| Membership Type    |      |      |      |      |      |      |      |
| Concession         | 2    | 6    | 5    | 5    | 5    | 4    | 4    |
| Couple             | 44   | 41   | 36   | 43   | 33   | 34   | 34   |
| Individual         | 109  | 122  | 106  | 111  | 112  | 119  | 104  |
| Life               | 2    | 2    | 2    | 2    | 2    | 2    | 2    |
| Gender             |      |      |      |      |      |      |      |
| Male               | 93   | 100  | 83   | 102  | 94   | 96   | 92   |
| Female             | 62   | 72   | 64   | 62   | 62   | 68   | 55   |
| England Athletics  |      |      |      |      |      |      |      |
| Affiliated Members | 20   | 21   | 19   | 21   | 23   | 18   | 24   |

## Club profile over time



**Social Secretary Report-Flo Wolfe and Kate Bradford**

**MSTC Social Report**

Fairly new to the committee, Kate and Flo and keen to reinvigorate the social side of Mid Sussex after an enforced Covid-lull.

This year, since coming to post there have been three very well attended breakfasts at the Reservoir, including a swim/run event organised by Jo that was enjoyed by all. More recently we had a breakfast at Carats Café on the Hove seafront which gave everyone a chance to either run, swim or bike before the breakfast rendezvous.

There was the opportunity to join BHR on a pub run in July which despite offering real camels and stone-fired pizza, wasn't really taken up by the members. Perhaps there wasn't enough notice, or perhaps real life camels, running, pizza and booze aren't people's thing?!?

Plans for the rest of 2022/23 include:

- an awards night
- Cocktails at the Lingfield Coffee Works
- a Santa/Christmas lights pub run
- a possible post-strength and conditioning get-together breakfast at the farm (possibly at the Sloop? Maybe the Farmers in Scaynes Hill)
- Curry night
- Summer bbq/picnic

We are always keen to hear from members what they would like to do, not withstanding the complications of fitting in training and family life. If anyone has any ideas, please do let us know. Events are run for the members of the club by fellow members, and it is important to us that we have your buy in and support., and inspiration !

Next summer, we are looking at doing:

- a bike/swim to either Pells, or possibly the Ashdown forest or Divers Cove
- a Round -the -Isle -of- Wight cycle (but members will need to attend various cycling training sessions in order to ensure they are ready for this)
- More Ardingly breakfasts and building on the relay to offer more regular swim/run events
- A MSTC Black-cap running challenge (to be done at people's own pace/time/day and checked via Strava)
- Rock climbing
- Possible mountain/gravel bike duathlons around Stanmer park

Please contact the social secretaries if you have any ideas or feedback –we love to hear from you.

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

**Publicity Officer Report November 2022**

**I have continued to submit short articles on Members Competitive activities to the Middy.**

These are usually prepared on Sunday evenings or Monday mornings from posts on WhatsApp & Facebook, together with looking up results on Race Websites.

I am prepared to continue, but if anyone has a burning desire to do a more thorough job I would be happy to pass over the responsibility.

## **Information on the Social Media-Zoe Rocholl**

We set up an Instagram Account in May this year as part of our social media engagement strategy for the Club Triathlon and to show the wider triathlon community what we get up to at MSTC.

The page is gaining traction with 115 followers, but more are always welcome! Club members are welcome to tag the club Instagram page, (we are @midsussextriahlon

<https://instagram.com/midsussextriathlon?igshid=YmMyMTA2M2Y=> )

We will continue to post the club activities across the year.

