

**Minutes of the Committee Meeting of the Mid Sussex Triathlon Club
Bent Arms 8pm
4th September 2023**

Committee Present: Mark Walton- Acting Chair (Vice Chair) Esther Clutton - Secretary Steve McMEnamin- Head Coach Debbie Ware- Open Water Swimming Jo Fleming- Race Director Clarissa Walton- Welfare Officer Flo Wolfe- Social Secretary Zoe Roscholl-Juniors/Community Link Paul Hedger- Guest Member	Committee Apologies: Katie McGregor- Chair Clair Hunt- Treasurer. Kieren Miller- Web master Roger Smith- Press officer John Mctear-Member without portfolio- Events
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1. Minutes of previous meeting. Accuracy and matters arising.

2. Club Website (Kieren Miller) Abs. Discussed adding a 'Sundries ' payment button on the website for miscellaneous payments like pastries/coffees and end of season events.

Action- Flo to ask Kieren to add Sundries button

Action- Delete MSTC contact emails. Exception- Debbie Wares OW.

3. Treasurer Report- (Clair Hunt) Abs

4. Coaching and Training Matters- (Steve Mcmenamin).

One person interested in coaching and one existing coach to move up to Level 2 BTF. Discussed forging links with Burgess Hill Runners. They run from BH Girls school. 6.45pm Beginners, 7pm Development (10k 55 mins) Performance (32-45 min 10k) Once a month at Lewes track.

Action -Steve M to negotiate with BHR

Strength and Conditioning- Will be resuming. Discussed running an alternative to Sat am session.

Action-Jo to organise with PPT

Swimming- Mon swim to develop swimmer technique at a range of levels. Has been focused on developing beginner/intermediate. One 6 block session might be aimed at Performance level.

Action- Steve to market the different Mon swim blocks

Action- Steve to book in a Coach meeting

5. Open Water Swimming (Debbie Ware)

Action- Debbie to organise final swim of the season.

6. Club Race (Jo Fleming) New developments at British Triathlon regarding Insurance were discussed. P Hedger shared other race experiences with regard to insurance. Further research required.

Action- Jo to research Insurance and book Race date in with Triangle .

7. Membership (Simon Barton) Abs.

•We started the period with a membership of 132.

•Current membership stands at 140.

•We have had 10 new members join and one waiting for half price membership to open. Please say hi to;

Edward Drake, Fraser Williamson, Suzy Khouri, Sean Lipper, Giles Kotler, Sharon Chaldek, Alexandra Kelly, Max Soudain, Guillaume Blacher and Alice Wintergold

Action - Simon -WA and Strava to be cleaned up.

8. Welfare (Clarissa Walton)

Action-Clarissa to check DBS updates.

9. Events (Duathlon/Trifest/BAR) -John Mactear
Hill Climb- 8th October

Action- Debbie to investigate purchase of card machine.

10. Press and Community Links- (Roger Smith. Z.Rocholl) Club
Communications.- Newsletter went out.

11. Kit - (Mark Walton) The Grays jackets/T shirt and tops were modelled.

Action -Promote kit to club members

12. Juniors . (Zoe Rocholl)

13. Social Events - (Flo Wolfe) - 13th Oct Quiz night at the Bent Arms booked and advertised.

14. AOB -AGM in November. 2 platters of sandwiches and 3 platters of chips ordered.

Committee reports to Esther for 1st November please. Bent Arms booked for a 7.30 start. Meet at 7pm.

15. Next Meeting - 9th Oct, 20th Nov -AGM, 11th Dec.