

- Ipswich Triathlon Club
Minutes of the Annual General Meeting 2006
Greshams Ipswich 19.11.05 7.00pm

Present

Tonya Antonis, Nik Bestow, Danny Clifford, Nick Collinson, Heather Collinson, Michelle Constable, Steve de Boltz, Dave Copland, Emma Crawley, Helen Farrow, Grayhame Fish, Chris Gabriel, John Gabriel, Adrian Greene, Jeff Irving, Amanda Mallett, Gary Matthews, Brian McGeeney, Kate Fields, Will Meadows, Will Newland, Simon Palmer, Rob Peevor, Maria Reynolds, Steve Robinson, Susannah Rosenberg, Derrick Smith, Denis Spashett, Kate Stannett, Ross Welton, Laura Williams, Graham White, Lauren Clipstone Rosie Page Charlotte Wickens were present for the presentation of prizes.

Prior to the AGM there was presentation of prizes for the club champions. (See appendix1)
 Meeting started at 7.10 p.m.

Apologies

Ron Bareham Sarah Strivens
 Will Catchpole Charlie Stannett

Minutes of last AGM

Accepted as a true record

Matters arising from the 2006 AGM minutes

None Arising

Chair's Report Nick Collinson

Summary of chairs report (Full reports available as appendix 2)

Membership has increased from 128 to 152 at the end of 2006, which is the largest in the clubs history. There have been more competitors in races this year and more training opportunities.

A new Club Kit has been introduced.

A new club constitution has been developed
 Thanks for Secretary's hard work.

Charlie Stannett has done a great job as communication officer and also in updating website. He is working on a club notice board on the website
 Membership of Greshams club has been a great success.

Training sessions at Greshams on a weekly basis. Greshams has been the centre of a whole gamut of training opportunities

We are developing Club mark and an active Junior Section

Thanks to John Jeff and Tonya for organising Saturday morning swim sessions.

Lucy Bowditch has had an extremely successful season. Anne Fish has represented the club and country at the world championships again.

Emilie Fisher has won the Eastern Region TT championships and Ford road race champs?
 Thanks to Gary and Tonya for their work as mens and ladies captain.

The club has organised 3 superb races this year and much thanks to all those who helped organise them and ensured they ran smoothly.

Thanks to the committee for their work this year.

Treasurers Report

Yearly surplus of £3800

Net increase of £3100 after delayed costs from last year.

Membership fees cover running of club

Surplus on races

Main cost £700 subsidising Sat swimming.

Accounts will be audited and presented in next ITCH

Election of Officers

Position	Holder	Seconder
Chair	Denis Spashett	Graham White
Secretary	Simon Palmer	Susannah Rosenberg
Treasurer	Nik Bestow	Kate Stannett
Communications Officer	Charlie Stannett	Brian McGeeney
Mens Captain	Steve De Boltz	Nik Bestow
Ladies Captain	Helen Farrow	Tonya Antonis
Race Coordinator	John Gabriel	Simon Palmer
Development Officer	Adrian Green	John Gabriel

Resolutions

Membership fee should stay the same as 2006
 Proposed Nik Bestow Seconded Dave Copland.

Constitution was redrafted and was emailed around.

Amendments to the constitution

Section 13b and other relevant sections

Change 'British Triathlon' to 'National governing body for Triathlon'.

Proposed Dave Copland Seconded Nick Collinson

Change 2e

Delete 'everyone' insert 'all present and future members'

Proposed Dave Copland Seconded Steve de Boltz

The amendments to the constitution were passed unanimously.

Additional Committee Post

Denis proposed that we have an additional committee post as regional rep.

Easter Region Representative

John Gabriel Seconded Steve Robinson

Non Committee Posts were filled by the following members.

Welfare Officer Isabel Smith

Kit Coordinator Heather Collinson

Cross Country coordinator Steve Robinson

Club Champion coordinator Nick Collinson

ITCH editor Charlie Stannett

Information

Adrian Green spoke about Junior training 2007 and beyond.

4 training centres around the county at different geographical regions.

Run a 'Kids of Steel' event which is not competitive.

A series of races in the region will be developed under the umbrella of Simon Edwards.

A discussion about the role of the junior section ensued.

Discussion

Club Championships

We do want a club championship? Yes unanimously

Should championship stay as it is - poorly supported.

1 event only – a popular proposal

Sprint Olympic Duathlon Eastern Region Series – very popular.

Designated races eg World Qualifiers not voted on. Juniors

eastern region already set up so let's adopt that and save work. Unanimously agreed.

The new committee were charged with the responsibility of designating the format of the club championship next year.

Club Kit

Letter from Grayhame Fish was read out in which he outlined his opposition to the current ruling on club kit.

Proposal

Nik Collinson proposed that the phrase Club Kit should be worn not must be worn be adopted for the club championship.

Seconded Steve Robinson

4 abstentions. No votes against.

Others voted for

AOB

None

Meeting Finished 9.10 pm

Simon Palmer
(minutes secretary)

Appendix 1 Club Champions 2006

Overall Club Champions

	Male	Female
Senior Champion	Graham White	
Veteran Champion	Dave Copland	
Super Veteran Champion	Charlie Stannett	

Individual Champions

	Male	Female
Sprint		
Champion	Dave Copland	Mary Skelcher
Veteran Champion	Graham White	Helen Farrow
Super Veteran Champion	Simon Palmer	Anne Fish
Olympic		
Champion	Graham White	Jackie Chubb
Veteran Champion	Steve De Boltz	Lucie Bowditch
Super Veteran Champion	Will Newland	Anne Fish
½ IM		
Champion	Dave Copland	Kate Stannett
Veteran Champion	Graham White	None
Super Veteran Champion	None	None
IM		
Champion	Nick Collinson	Kate Stannett
Veteran Champion	Derrick Smith	None
Super Veteran Champion	Charlie Stannett	None
Duathlon		
Champion	Nigel Powley	Amanda Mallett Julia Yellowly
Veteran Champion	Graham White	None
Super Veteran Champion	Will Newland	Kate Stannett
Juniors		
8 Year Old		Alanah Barton
9 – 10 Year old		Rosie Payne Charlotte Wickens
11 – 12 Year old	Kieran Bliss	Lauren Clipstone
13 – 14 Year Old	Will Meadows	

Appendix 2 Officers Reports Full Versions

Chairs Report

- Many thanks for coming to your clubs AGM
- Its been a busy year
 - Increased members
 - More people than ever competing
 - More training opportunities
 - A reviewed constitution (which we'll vote on later)
 - Increased range of club kit at lower than ever prices
 - 3 excellent ITC races
- The year has also had its controversies too; it'd be boring without them, perhaps most notably the committee's decision on the format of the club championship and its rule on club kit. For this reason we'll be debating these two issues later.

Membership

- We've had a good year with a significant increase
- Has risen 128- 152, wouldn't it be great to have 200 by this time next year.
- Thanks to Simon for his commitment as Secretary and his extraordinary ongoing efforts for Ipswich Triathlon Club.

Communications:

Charlie has done a good job

- Maintaining and improving the club website, including changing the service provider.
- He is working on a notice board facility for members to use on the website, next year.
- The club Email correspondence has been vastly improved this year over previous years
- Membership card have been developed- ready for roll-out in 2007

Sporting development

Huge improvements this year

- A fantastic club base at Greshams providing weekly training & social facilities
- 2 Greshams 'mini-duathlons
- 3 turbo / run sessions at Greshams
- A bike maintenance / set up session at Greshams
- A bike ride / technical hill session at Playford
- An 'Introduction to Turbo' session at Stutton
- A duathlon training day at Alton Water
- A Junior Training Day at Woodbridge followed by 3 specific junior training sessions at Greshams
- A Senior Training Day at Culford

Additionally the following sessions are now available to members:

- Swim training on Saturdays @ Woolverstone
- Swim coaching on Wednesdays @ Framlingham
- Bike training on Saturdays @ Felixstowe
- Run training on Sundays @ Alton Water

So plenty available for athletes keen to develop

Additionally the club is looking to enhance the facilities available to its junior members and is currently engaging with British Triathlon to seek Clubmark accreditation. (A bit more info on this later).

You as the members have the major say in whether we maintain all these opportunities and facilities so if you are keen to retain them please continue to support them and if necessary lobby your committee for new and exciting initiatives to take the club forward.

Thanks to **John** for his commitments, also to **Jeff and Tonya** for organising some of the above

Teams

The Club has been represented in local, National and international events and you should be applauded for your achievements. Many of you are just starting out in the sport, many of you are seasoned OLD pros. Distances range from sprint to Ironman. We've had more people competing for the club this year than any other, increased profile at big races and more Ironman competitors than any other.

Well done to all of you for a great year. I can't single everyone out, but here are a few worthy of note:

Ladies

Congratulations must go to **Kate Stannett** for winning the overall Club Championship

2006 saw **Lucy Bowditch** take the sport by storm winning our very own Culford Tri, The Norwich Tri and her age group at London

Anne Fish was the club's sole representative at the World Triathlon Championships in Lausanne, Switzerland. Well done Anne.

Emilie Fisher has shown her strength is on the bike by winning the East District time trial series and the Ford Road Race Series. I know Emilie plans to focus on her biking next season and we wish her every success.

Men's

Well done to **Graham White** for winning the overall championship.

Also to **Chris Harris** and **Mark Ramsey** for excellent sub-12 performances at IMUK

Dave Copland completed probably the hardest Olympic tri of the year at Alpe d'Huez.

Charlie Stannett- for competing in 2 Ironmans and 2 half Ironmans this year (one of which was the Clearwater 70.3 World Champs), plus countless other shorter triathlon and running races. The man's a nut-case!

Juniors

Lauren Clipstone – well done to Lauren for being selected for the Easter Region in the Inter Regional Champs in Glasgow.

Will Meadows – well done to Will for being selected for the same event. Will has now left the club for pastures new at Tri-Anglia but remains a second claim member and we wish him well in his triathlon 'career'.

Well done to all the new juniors who have tasted competition for the first time, we look forward to seeing you next season.

Good luck to all of you in whatever you aim to accomplish next year, be it in triathlon or any other area of your life.

I gather many will be tackling a 70.3 event- either at Wimbleball or Antwerp.

Thanks to both ladies and men's captains (**Tonya and Gary**) for their work this year.

Races

We put on three excellent races, Culford, the Ipswich duathlon and Framlingham Junior triathlon. Very many thanks on behalf of the club to the organisers, Dave, John & Simon, and also to Tonya and Jeff for chasing marshals. Without you the clubs finances would look very different, but I'll let Nik cover that.

Thanks the committee

Finally, on behalf of you all I'd like to thank the members of the committee, who have been instrumental in developing and delivering the improvements this year.

Simon, Nik, Charlie, John, Tonya, Jeff and Gary- many thanks.

I won't be standing for the role of Chair next year, and so it simply remains for me to add my best wishes to the person who does!!

Membership

Has risen 128- 152.

Communications officer reports that he met his commitments:

- maintaining a club website which, as a minimum, provides:
 - a list of the club's promoted, open-entry events, their dates & other details as soon as possible after notification by the relevant race director that they have been confirmed;
 - basic notification of club members' benefits & members-only events;
 - information for potential new members;
 - a "mailto" address for people wishing to make enquiries;
- liaising with an appropriate service-provider to maintain control of the club's domain names www.ipswich-tri.org and www.ipswich-triathlon.co.uk;
- assisting with the design of club kit to tie in with the web presence and vice versa;
- publicising the website and hence the club to other appropriate webmasters;
- assisting with electronic distribution of the club newsletter and other items, but not propagating "junk" e-mail received from commercial and other third-parties;
- assisting race directors in the publicity of events by seeking event listings in 220 and Runner's World and by notifying other, local club webmasters; but not replacing the responsibility of race directors to notify British Triathlon and other legally notifiable bodies.

except that the "members benefits" content is now out of date but a review is being driven by Nik Bestow. In addition he has gone further by publishing results on-line on the day of the event (which is better than some national events can manage).

The main hiccup of the year led me to change service-provider: the site now resides on a "virtual server" hosted by easily.co.uk.

Of the many e-mails received from members & non-members alike, only one person has ever complained about the site, with two others making useful suggestions:

- Thanks to Grayhame Fish who suggested that I make it clearer on the homepage when there is new news for members. I have begun to use the homepage to replace the inactive "Notices" board
- Thanks also to Susannah Rosenberg who has suggested that I reinstate the "itching" lists to show who in the club is interested in doing any given event. I will reinstate this for 2007, provided members let me know which events they are doing! Susannah has also asked about a mechanism to allow members to post their own notices but I was unable to provide this.

For next year, assuming I remain as comms officer

- I will try and produce a glossier but discrete "events" area so that things which don't change from year to year (eg Culford race information) can be left as a reference for people interested in participating (the same way that, say, IMUK leave the route map up all year)
- I am sharing ideas with Brian McGeeney for how we can provide a members self-post notice board now that I have moved the site to a new service-provider

Finally - best wishes to everybody for Christmas and the New Year.

IPSWICH TRIATHLON CLUB 2006 – LADIES CAPTAINS REPORT.

2006 has seen yet another successful season for the ladies of Ipswich Tri Club. The Club has proudly been represented in local, National and international events and should be applauded for their achievements.

The report wouldn't be complete without mentioning just a few of those successes.

2006 saw **Lucy Bowditch** take the sport by storm winning our very own Culford Tri, The Norwich Tri and her age group at London, I am sure there are more and I apologise for any I have missed. Lucy has shown she is a natural and has a great future in the sport. Congratulations Lucy.

Congratulations must go to **Kate Stannett** for winning the Club Championship (not for the first time). A special mention on her great performance at IMUK – her dream of Hawaii creeps ever closer and we wish you every success in achieving your goal.

Anne Fish was the club's sole representative at the World Triathlon Championships in Lausanne, Switzerland, sorry Anne but I don't have the final results but I know you would have acquitted yourself well and done the Club proud – well done.

Emilie Fisher has shown her strength is on the bike by winning the East District time trial series and the Ford Road Race Series. I know Emilie plans to focus on her biking next season and we wish her every success.

A number of you have ventured into your first triathlons over all distances including Olympic and open water races, well done everyone. I hope you have enjoyed your season and are looking forward to the next one. I apologise for not giving you all a mention but we would be here all night!

My decision to stand down as Ladies Captain has not been an easy one. 2007 will see a number of changes for me, particularly at work and I do not feel able to commit the time to the role, as it deserves. I also feel the Captain should be someone who has a presence at the events either competing or supporting and this year I have struggled to do either. I feel the Ladies team deserves more and I wish the new Captain every success, there is great strength and depth in the team, which will continue to grow from strength to strength.

I would like to take this opportunity to thank everyone for their support, particularly following my accident earlier this year. I would also like to wish everyone a happy & healthy future in the wonderful sport of triathlon! Enjoy.

Tonya Antonis

DEVELOPMENT OFFICERS REPORT – by John Gabriel

My aim, when I took on the role of DO, was to provide a programme of events which would enable club athletes, whatever their ability, to develop. This was continued despite the early setback of a questionnaire sent to club members which indicated that development was not required especially within the senior section of the club.

So what has been provided this season?

- A fantastic club base at Greshams providing weekly training & social facilities
- 2 Greshams 'mini-duathlons
- 3 turbo / run sessions at Greshams
- A bike maintenance / set up session at Greshams
- A bike ride / technical hill session at Playford
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Additionally the following sessions are now available to members:

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So plenty available for athletes keen to develop

Additionally the club is looking to enhance the facilities available to its junior members and is currently engaging with British Triathlon to seek Clubmark accreditation.

On the negative side the attendance at many sessions has been disappointing and possibly confirms the results of the original questionnaire.

So where do we go from here, well, you as the members have the major say in this and if you are keen to retain these facilities please continue to support them and if necessary lobby your committee for new and exciting initiatives to take the club forward.

On a personal note I will not be standing for re-election for this post next year and would like to thank everyone who has supported my ventures and hope the same support is given to the next DO.

Men's Captains report

Once again another end of the year and in my opinion, another successful one for the Club. There have been many positive moves behind the scenes and as usual 3 very well run events positively received by all competitors.

Competitively there have been many notable performances. Members of ITC have taken the Club name across Europe and even into America. Many congratulations to everyone who completed Ironman, some for the first time and other improving on existing times. Particular mention here to Mark Ramsey for his efforts at Sherbourne but not to detract from anyone else's performances, I congratulate you all.

Lee Bark has performed solidly despite restricted training time and injury and once again Dave Copland has excelled locally. Dave also completed probably the hardest Olympic tri of the year at Alpe d'Huez. Well done to all male members of ITC for their efforts this year and good luck for next.

I hope Steve Robinson can manage another good winter in the cross country races now in full swing. Good Luck to Dave in the cyclo cross season and to anyone else giving this demanding discipline ago. It is fun, allegedly!!!

On a personal front because of my knee problems, no running for me so I have decided to resign as Men's Captain and give someone else a chance. I have enjoyed cycling this year and intend to follow that direction next.

Gary