



Annual General Meeting Minutes of Meeting

Time: 19:00 - 21:00

Date: Wednesday 2nd Oct 2013

Venue: Leziate Village Hall,

Attendees: Jason Pattinson (JP) Dave Neale (DN), Nicky Rogers (NR), Jess Cunningham (JC), Julia Pepperell (JUP)
 Adrian Ebbs, Anna Seaman, Debbie Wood, Doug Hoskins, Geraldine Jordan, Jacob Marshall – Grint, Jake Crook, Jane Holmes, John Marshall- Grint, Karl Patterson, Kirsty Bunting, Marcus Hawkins, Mark Germany, Mark Collins, Matthew Davis, Matthew Rushton, Miles Thomas, Peter Thomas, Rob Johnston, Steve Balls.

Apologies:

Gordon Cunningham, Helen Melville, Nigel Tarratt, Stina Thorarinsson, Sue George.

Minutes

<u>Item</u>	<u>Description</u>	<u>Action</u>
<u>1</u>	<u>Welcome and Introductions</u> JP opened the clubs first AGM and thanked everyone for coming, indicating that we had enough attendees to fulfil the constitutional requirement of 25% of members present to be able to proceed.	
<u>2</u>	<u>Apologies</u> See above	
<u>3</u>	<u>Committee reports</u> Chairman's Report – see appendix 1 Treasurers Report – see appendix 2 Secretary's Report – see appendix 3 Training Coordinators report – see appendix 4 Public Relations Officers Report – see appendix 5	
<u>4</u>	<u>Election of New Club Committee</u> JP informed the meeting that both the existing Vice Chair (Andy Smith) and Welfare Officer (Gordon Cunningham) had resigned from post due to other commitments A majority vote from members resulted in the following committee members being re-elected onto the committee.	

	<ul style="list-style-type: none"> • Jason Pattinson was voted in as Chairman • Julia Pepperell was voted in as Treasurer • Jess Cunningham was voted in as Secretary • Dave Neale was voted in as Training Co-ordinator • Nicky Roger was voted in as Public Relations Officer <p>JP indicated that no members had come forward for the position of vice chair and therefore we would continue to look for someone to take this role.</p> <p>For the role of Welfare Office Mark Germany was voted in by members. For the role of Funding and Sponsorship Miles Thomas presented himself for the role during discussions after the AGM had closed and was subsequently voted in by members.</p> <p>A new position had been created to deal with club clothing called 'Clothing Secretary' and Jane Holmes and Geraldine Jordan put themselves forward to undertake the role jointly and was subsequently voted in by members</p>	
<u>5</u>	<p><u>Adjustment to constitution</u></p> <p>DN proposed that the quorum for AGMs which is currently 25% of membership be reduced to a quorum of 10% of membership – this was agreed with a majority vote.</p>	
<u>6</u>	<p><u>Membership Fees</u></p> <p>There was some discussion around membership fees, whether they should be increased or remain the same. It was agreed that this task would be delegated to the new committee to discuss further and agree accordingly.</p>	New Committee
<u>7</u>	<p><u>Meeting Close</u></p> <p>JP closed the meeting</p>	

Chairman's Report – 2013 AGM

As I write these notes, it's time to reflect on what has been a fantastic year for our new club.

It's hard to believe, but in a year I've gone from sitting in a Lynn sport meeting room talking about the idea of starting a triathlon club in King's Lynn to being sat in a boat watching our members take part in open water swimming. A lot has happened, and this has been our year of 'firsts'.

Our first committee formed and I would like to thank them for all their effort they have put in this season. A lot of work goes on behind the scenes and without their advice, guidance and help we wouldn't have progressed so far in this short space of time.

A group of people who had never met before came together and got the club off the ground. It is remarkable that an entirely volunteer workforce can achieve so much with just passion for the sport and passion for the local area.

Our first member joined the club and since then we have progressed to over 70 members. We anticipated the need for a triathlon club would be strong and we were right. To have 70+ members signing up to the club shows that people believe in what we are doing.

The first training sessions started on a very cold, early start in January 2013. Since then we've had sessions in all disciplines and they have been supported by the members.

The coaches who have helped to run the sessions are the backbone of the club. Without them setting the goals and turning up each week to run the training sessions the club would be without a purpose. When I see the results people are now getting as a direct impact of the coaches work I know we make a real difference.

Both Steve and Gaby Balls have done a great job in improving the clubs swimming ability. From the first session I viewed to the last, people have improved and people that could barely manage a couple of lengths now fly up and down the pool for over an hour. Dave Neale and Chris Workman have both taken on coaching duties and improved members running and cycling skills while juggling busy work and family commitments alongside their own sporting ambitions.

Chris is stepping down this season but his contributions this season will not be forgotten.

I would like to thank all our coaches and their families who make all of this happen.

Without our coaches, many members would not have taken part in their first triathlon. From super sprints to half ironman events our members have travelled the length and breadth of this country with some going even further afield to spread the King's Lynn name.

We can take great joy in the fact that new people are now involved in the sport due to this club. The efforts in particular of Jacob Marshall-Grint, John Marshall-Grint and Jess Bailey with our 'Tri For Heroes' event ensured new people came into the sport for the very first time and this is something to be applauded. We also raised money for a worthwhile local project.

We've had our first radio interviews, press reports and news articles and this is all down to Nicky Roger. Every time I open a local paper I see an article about the club and I know people enjoy

reading about their successes and sharing it with a wider audience. She has done a superb job sharing our news.

The club's financial future is good. We are self-sufficient and our training sessions allow us to invest back into the sport. Without the financial management of Julia, looking after the money would be a difficult task but she takes it all in her stride.

I personally would like to thank all of the committee and the members. You've played your part in making the first season a huge success and you should be proud of the achievements of the club, the new friendships that have been created and the superb club spirit which was on show throughout and was especially evident at the Club Relays in Nottingham.

The teams at the relays did the club proud and in particular the Men's A team who finished an impressive 5th place in their category at a National Competition.

Personally, I should also thank Stina Thorarinsson for allowing me to spend so much time performing the role of chairman. Without her help and support it would have been a much more daunting task.

Our first season may be over but it will never be forgotten. All the articles, results and memories will continue into our new season as the club continues to grow and adapt.

As the club ages we create more history but the strong foundations created this year will serve the club for many years to come.

I wish you all the best for next season.

Jason Pattinson

King's Lynn Triathlon Club Chairman

Appendix 2

Treasurer's Report 2013

Income	This year 2012/13	Last Year	Expend	This year 2012/13	Last Year
Membership	£2,840.69	£0.00	Membership	£0.00	£0.00
Swim In	£1,813.25	£0.00	Swim	£517.31	£0.00
Swim Out	£0.00	£0.00	Equip	£838.44	£0.00
Turbo	£76.00	£0.00	Turbo	£80.00	£0.00
Events	£538.16	£0.00	Events	£1,954.09	£0.00
Clothing	£204.50	£0.00	Clothing	£2,136.96	£0.00
Grants	£350.00	£0.00	Grants/Affiliation	£105.00	£0.00
Spon	£10.00	£0.00	Spon	£0.00	£0.00
Misc	£1,591.26	£0.00	Misc	£340.97	£0.00
Deposit	£100.00	£0.00	Deposit	£100.00	£0.00
Interest	£0.82	£0.00	Interest	£0.00	£0.00
Total Income	£7,524.68	£0.00	Total Expenditure	£6,072.77	£0.00

Profit and Loss	2012/13	
Balance b/f	£0.00	£0.00
P & L from XYZ	£1,451.91	£0.00
Balance c/f	£1,451.91	£0.00

Appendix 3

Secretary's Report 2012/13

Firstly I would like to thank all of the outgoing committee for their help and support throughout the season and hope that many of you will put yourselves forward for the next season.

This being the first year has been a year of trial and error but overall has seen some great successes.

Since our inception in Oct 2012 we have had a total of 8 meetings including the inception and developmental meeting prior to formalising the club in Nov 2012, although we didn't official open the club to membership until 1st January 2013.

Keeping in touch with members has been purely by electronic means, email, social media and the website and this will continue. New membership forms with contact information will need to be completed by all members. This will be done via email as well as on the web.

In June the club supported Jacob Marshall- Grint in running the Tri for Heroes event which was aimed at novices, this was a charity event with all profits going to 'Bridge for Heroes' the benefit to the club was to increase membership and raise awareness of the sport locally. Reports suggest that the event was a success and presented the opportunity to run this or a similar event annually.

In August we did a members surveys, approximately 30% response rate. Really useful in terms of feedback on our 1st year but more importantly how we can improve the club and what our members would like in terms of the offering; training, events, social etc. Full results are available tonight

During the season we has have great support at events, some organised like the club relays and others informally like, Wells and Spalding. It would seem that this level of support is due to continue in the future with members.

We have received a number of grants and funding for coaching and equipment as well as support from other facilities, clubs and individuals and I would like to thank everyone involved in making our first year a success and something to build on in the future.

Lastly I'd like to appeal for anyone who can to step forward and volunteer for either a job on the committee or to help in any way in the running of Kings Lynn Triathlon Club. We are only a small club but our club doesn't run itself, without the time put in by volunteers there simply wouldn't be a club. Please don't leave it to the few, please don't sit back and wonder why things don't happen, come forward to help and make it happen.

Thanks

Jess Cunningham

Club Secretary

Appendix 4

Training Co-ordinator Report (covering the period Feb to Sep 2013)

Background: This year has all been about getting established. As an Athletic level 2 coach I had the chance to fast-track to BTF level 2. Cost to Club £0, paid for by Eastern Region BTF. Two weekends plus two days travel and accommodation paid for by me. 60+ hours of study time and 6 linked coaching sessions for which I Thank my “guinea pigs”. I may be asked to volunteer up to 24 hours to BTF good causes.

We also had 2 people complete the level 1 coaching course.

KLTC sessions: Bleep Test

Turbo

1 x Hill session

Pre and Post Park Run

1 x Transition

Weekly Swim

Regular Open Water

Without doubt the greatest benefit has been the weekly swimming sessions with Steve and Gaby.

The effort to get access to Leziate Lake and open water swimming paid off and allowed all those who attended to gain confidence and improve.

Dave Neale

Press/PR report for 2013

We have had some good, consistent coverage in both the Lynn News and YLP which has hopefully raised the profile of the club.

Radio Norfolk also broadcast a news item about the club launch and we managed to get the club featured in Triathlon Plus magazine.

In all 22 press releases were issued and all were printed in some form.

For 2014 it would be great to expand our publicity beyond local press and to start highlighting the achievements of individual members of the club to get some coverage in triathlon press and web sites.

Some 2013 highlights:

Geraldine completes tough triathlon test



A mum of three took on one of triathlon's toughest challenges last weekend, when completing a half ironman – a total distance of 70.3 miles.

Geraldine Jordan, from West Acre, entered The Grafham event, held at Grafham Water in Cambridgeshire, having only taken part in two sprint triathlons last year

UPTOSPEED

MAGIC NUMBERS

FACTS YOU CAN COUNT ON

5 days of racing at ITU World Triathlon Grand Prix London

121:23:42 Charlotte Wellington's hours of undefeated long-course racing

10 consecutive victories for Mark Allen at the Triathlon World Championships in Nice, France (1984-1993)

Published on 15 June 2013 12:00

THE RECCE YOUR FAVOURITE PLACES REVEALED

LAKE SWIMS IN KING'S LYNN

FLEDGLING NORFOLK TRIATHLON CLUB HAS THE PERFECT BASE

JASON PATTERSON

OUR CLUB is still in its infancy – just over six months old – so we're delighted to be able to make use of the lake at Lacaze Lakeview Park already and offer members open-water training and experience in our first season.

Set in woodland, the lake has been used for all manner of watersports, including sailing, kаяaking and wakeboarding. It has great trails runs around it and the surrounding roads make great bike routes (there are even a few hills – Norfolk isn't as flat as you may think!) so we hope to be able to use it as a base for all training as we develop.



in some swim time ahead of the season's key open-water races, which members have already found useful. There's a club house on site and as the season progresses we hope to make the most of the light evenings and follow our Thursday evening swims with a barbecue, a few beers and a chance to socialise.



Tri-umph as West Norfolk charity event takes off



An impressive 60 athletes took part in the Tri-for-Heroes triathlon that took place in Bircham Newton last weekend. The mini triathlon, organised by Jacob Marshall-GRIFF, 17, helped raise over £1,000 for locally-based services charity Bridge for Heroes.

King's Lynn Ladies play leading triathlon role



Lynn Triathlon Club's members at the Spalding Sprint Triathlon. Lynn triathletes were out in force at the weekend with 17 members of KLTC competing at Spalding Sprint Triathlon.