**London Triathlon Region – Chairs meeting**

**4th April 2023; 1900-2000**

**Summary / Minutes**

Chair of meeting: Alan Spelling

**Attendees:**

Alan Spelling (Co-opt Chair LDN Region cmmttee), Audrey Livingston (Crystal Palace Triathletes), Richard Harper (Ful-on TC), Daniel Bingham (Hampstead TC), Graham Goddard and Kay Hamilton (Havering TC), Jacqui Burke (Hillingdon Triathletes), Bhavini Patel (Jetstream TC), Graham Bleakley (Kingfisher Triathletes), Mark Klein (Optima Juniors RT), Alan Lightfoot (Thames Turbo TC), Jo Dufton (Tri London), Andy Tan (Wimbledon Windmilers), Gesine Junker (Windrush TC,) Chris Wilcox (West London Juniors), Jon Train (LDN Regional Manager BTF)

**Apologies:**

Sarah Odell (East London Triathletes), Sharon Scott (Westcroft TC), Matt Schmitt (Willesden TC), Nici Audhlam-Gardiner (Coaching Officer LDN cmmttee), Wojciech Popiel (Senior League co-ordinator LDN cmmttee)

**Agenda:**

1. **Welcome and introduction – including update on Committee chair and membership**

Attendees introduced themselves and a brief outline of some of their club’s issues. There was a theme of a falling membership from pre-covid levels, although there were some green-shoots of recovery mentioned. It was noted that the issue raised is also being experienced by other sports and clubs and isn’t just a triathlon club problem.

Following Chris, (previous chair,) standing down and the gaps in the London Regional Committee the vacant roles the committee co-opted a Chair, Vice-chair and secretary until the October AGM.

Chair: Alan Spelling

Vice-chair: Peter Lambert (Trent Park RC)

Secretary: Andrzej Warhaftig (Hillingdon Triathletes)

1. **Recap on regional triathlon activity from 2022**
   1. **Coaching update (JT delivered the update from NA-G)**

Regional Coaching Community (WhatsApp) continues to thrive – used for sharing best practice, highlighting events, highlighting new coaching courses etc. 98 participants and it is now user led rather than JT and NA-G driving the activity.

If you have coaches that aren’t in the group and would like to join please send them the link to join below: <https://chat.whatsapp.com/IvHP7GZ7J4zCMfUPJY9rbB>

There were 4 webinars for coaches delivered in 2022 with plans for more this year – specifically planning one around coaching to include and encourage athletes with diverse characteristics (eg gender, disability).

1. **League update and awards (JT delivered the update from WP)**

The awards night on 1st March 2023 online. The evening was presented by guest speaker Sam Holness. Sam is the only openly autistic triathlete. Please check the link below for an overview of Sam and his experiences.

**HOKA x IRONMAN: Sam Holness – The Trailblazer** <https://youtu.be/4YnmQIMiRwg>

A summary of the senior league results for 2022 are at the link below:

<https://www.britishtriathlon.org/london/london-leagues/senior-series/results>

1. **Other activities to highlight**

JT outlined that the Swim Bike Run programme is replacing GO TRI from July 2023. There are 4 different elements to the Swim Bike Run Programme:

Swim Bike Run Develop, Swim Bike Run Explore, Swim Bike Run Local and Swim Bike Run Mini

Please check the Swim Bike Run introductory presentation / webinar at the link for more information <https://www.youtube.com/watch?v=FSBZx_lvqE4>

There will be more in depth presentation on each element.

Introduction to Swim Bike Run Develop on 24 April - 6.30pm

Introduction to Swim Bike Run Explore on 25 April - 6.30pm

Introduction to Swim Bike Run Local on 26 April - 6.30pm

Introduction to Swim Bike Run Mini on 26 April - 7.45pm

To receive a link to the individual webinars, please express you interest at the link below:

<https://r1.dotdigital-pages.com/p/798H-8SZ/swim-bike-run-product-webinars?dm_i=798H,EO8C,2KL3U0,1TQ0C,1>

1. **Plans for 2023:**
   1. **Junior League plans**

MK outlined the junior series for 2023.

<https://www.britishtriathlon.org/london/london-leagues/junior-series/series-events>

* 1. **Senior league plans**

JT gave a very brief summary of the 2023 London League and encouraged clubs to support the LDN League

<https://www.britishtriathlon.org/london/london-leagues/senior-series>

* 1. **Coaching support**

JT outlined that the new coaching courses will start in Autumn and encouraged interested prospective coaches to complete the expression of interest form at the link. It would help to plan the right number of courses for the region.

<https://r1.dotdigital-pages.com/p/798H-7S4/coaching-courses-register-your-interest?pfredir=1>

JT also mentioned that there are some changes to the format, and names of the courses. The costs are anticipated to be lower than the 2022 fees. The changes of format are designed to help with accessibility and hopefully this will address some of the coaching recruitment issues mentioned by many clubs. Existing coaches will not be required to take any “bridging courses”.

Foundation = Level 1 (spread over 4-8 weeks, online learning / webinars and one face to face day)

Group Coach = Level 2 (spread over 4-8 weeks, online learning / webinars and two face to face days)

1. **Club chairs input on challenges and opportunities, and support required from the region (All attendees)**

GB (Kingfisher) asked about club status options. The club has had some issues with using club spark and the payment systems requiring company number etc. Also GB raised the point that as a unincorporated club, the club committee would be personally liable for any bills. Given that the club made a loss last year he expressed a worry that the committee could be exposed to debts in the future. GB asked is any clubs had any experience of registering as incorporated by guarantee or as a charity?

AL (Thames Turbo) said they registered as a charity some years ago.

GG (Havering) mentioned that they had a work around for taking online payments.

JT has asked BTF(HQ) for advice on club structure options. Also said that there are some online resources on the Club Matters website and workshops on club structures options. If the group were interested a workshop could be arranged. The links below have some information on this topic:

<https://www.sportenglandclubmatters.com/> - you will need to create an account.

<https://www.sportenglandclubmatters.com/governance/getting-the-right-structure/club-structures-article/>

Bringing new people into the clubs was an issue, from the introductions. GB mentioned that the GO TRI had been successful in bringing in new members.

CW (West London Juniors) asked about how to attract junior members. MK (Optima) suggested linking to school assemblies / PE lessons, take a couple of turbos and bikes. Once there is interest then a few could join together.

GJ (Windrush) said they were experiencing long delays in DBS processing. JT would follow-up with HQ.

AL (Crystal Palace Triathletes) asked about how clubs were attracting prospective new coaches. AL’s club was having difficulties recruiting clubs. RH (Ful-on) said they always kept a funnel of recruiting coaches and expected to get a couple of years of the coach being active.

KH (Havering) expressed some issues with retaining coaches and attendance at club sessions. The use of personal coaches was having a detrimental effect on club session attendance and wondered if other clubs were also experiencing this.

RH (Ful-on) said it was understandable for some to use personal coaches.

CW asked about the Young Activators courses, as they would like to make that offer to their young triathletes. JT to follow-up.

**JT UPDATE: I have been in touch with the coaching team and the Young Activator course has been suspended and replaced by the Swim Bike Run Activator course. No timeline on when to expect this. This course would be for 14+.**

**In an additional update, this has yet to be confirmed but we are hoping that the Foundation qualification will be opened up to those 14+ also. This would open the pathway for a choice for young people between leading or coaching. Note this hasn’t been confirmed yet.**

1. **Committee support and succession**

AS reiterated that the newly co-opted committee officers are aiming to help advise and mentor prospective future post holders. It would be great if the clubs could identify potential candidates for all committee roles.

AS, The LDN Region committee is in place to support clubs grow and develop. So it there issues please get in touch and the committee can raise the issues with Triathlon England.

1. **Next steps and close**

JT asked if a Chairs WhatsApp group would be useful to the club chairs. The group would be there to provide a forum where the club chairs and triathlon leads to support and share ideas, experiences and issues. There was some support.

**JT UPDATE: I have created a group – it you are interested you can join the group at the link.**

<https://chat.whatsapp.com/LsSCHQ8D2IwFo50qZVVjV3>

AS thanked everyone for attending.