



LIMERICK TRIATHLON CLUB

Pain is temporary, club pride is forever...

facebook.com/LimerickTriathlonClub

<http://www.limericktriathlon.com>

Meeting Minutes

Nov 11 2022. *Castletroy Park Hotel.*

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1. **The Minutes of 2021 AGM were passed by the meeting and Proposed by Richard Chapman and seconded by Ed Fahy.**

2.

3. The chairperson Dan Shanahan outlined the number of current club Members.

Total Membership 166 . 109 Male 32 Female & 25 Honorary life members.

He said it was good to be back after 2 years of Covid and we hope to improve our membership numbers and race entries going into 2023.

He outlined what events and training did happen

Monday Night Swim Technique Sessions

Duathlon

Joey Hannan Triathlon

HOTW TT Series

Open Water Swim Sessions

Coached Group Cycling Spins

World's End Triathlon

Ironman Competitors.

His objectives for 2023 include

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* Run Three Races - Duathlon, Joey & HOTW (1300 athletes)

* Continued coached cycling sessions

* Turbo sessions

* Bike maintenance classes

* Increased Membership numbers,

* Benefits of being a member

* Subsidised training facilities including:

* Insurance , Group Training sessions



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The following are the plans for 2023

December <u>Information Night</u> How to Triathlon.	Training Plans Benefits of heart rate training, Importance of Strength & Conditioning. Talk On injury Prevention.
January <u>Novices /Beginners Day</u>	Information for beginners, Answer the <i>can I do "A triathlon"</i> Questions Pool Session.
February <u>Ironman Day</u>	Training day focused on the doing Ironman. Talk on Nutrition
March Olympic Training Day/ Joey Hannon Training Day	Focus on completing an Olympic triathlon or sprint triathlon With Joey Hannon event in Mind.
April/May	Training Weekend Away. Kenmare
June	HOTW Training Day.

Cycling –

introduce Beginners / Novices cycling in January

Bring Sunday Cycles back and encourage different levels 2- 3 groups.

Have coached Cycling for Wednesday & Sunday from April onwards.



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The chairman gave thanks to

The Race directors & secretary of

Duathlon Paudie O Sullivan & John O'Sullivan

Joey Hannon Richard Chapman & Ross Higgins

HOTW Mark Kennedy & Kristi Hogan

TT event Phil Manuel & Mike Clancy

Shane Larkin for organising the club gear.

Swimming coaches Sinead Walsh Eugene Keane & Ciara Murphy

Cycling Coach Ronan Costelloe

The committee members

All the members & friends who marshalled and helped out to make all the events possible.

All the club Sponsors who continue to support the club.

He gave a special thank you to outgoing treasurer Patrick Anderson.

Dan highlighted that the 2 major concerns that are affecting the club.

- 1) The shortage of Marshals at all events and that we need more than just members to help with marshals
- 2) The drop in membership after covid is a concern and we need to try and up our membership. With the help of our new training plan we hope to achieve that. To bring new and old members back into the club



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Treasurer Report 2022

The treasurer outlined the 2022 report. The out goings for 2022 were 48K and the incomings were 48.8k.

Many refunds were issued to entrants from the HOTW. these were due to the entries been carried forward for 3 years. Because of this The HOTW recorded a loss. The account has a healthy balance going forward due to the receipt of government grants for loss of revenue due to Covid.

Duathlon Race Report. John O Sullivan

Overview

110 Athletes 30 Female 80 Male

Winning time was 59:58 (Marc Flavin) which makes the course fast, competitive but also beginner friendly.

The bike route adds the little challenge for beginners.

Issues:

Getting Marshalls to volunteer on the day is a major problem.

Registration on the day was challenging; a combination of been the first race post Covid & people showing up late and not having a one-day triathlon licence was an issue.

One of the recommendations is to engage the TI portal for race entry so that participants can sign in online the night before.

Feedback from Murroe community is that they were not notified. Road signs were erected, but more can be done locally.

More barriers around transition area was the only feedback from TI.

Positives

The event was a huge success feed back from TI ,University of Limerick the Athletics and all the stake holders was overwhelming positive.

Location works really well

Coffee van was a hit.

We received 4 out of 5 stars from TI and have been awarded National Series status for February 19th 2023



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Joey Hannan Richard Chapman

Sold out 600 Entries 247 Deferred entries 400 Raced

New cycle route

Thanks to Key Sponsors, LTC Committee, marshals, Gardaí, Gordon

"This was a very well established event and the organisers did a great job as usual"

(Technical Official)

For Review

Lack of marshals

Swap Olympic and Sprint waves?

Richard said that the lack of marshals very nearly caused the race to be called off. We may need to look into paying clubs to supply marshals

Richard suggested that we drop the Try a Tri and run it another day as this would bring the event time down and the marshals would have less time out on the course.

The suggestion was opened to the floor and was met with disagreement from the members. Every commentator thought removing the "Tri A try" would be a bad Idea . The topic was left open to discuss another day.

HOTW

Mark Kennedy

There was 500 Registered Entries and 295 athletes raced, Over 100 Marshalls used and Covid Protocols Were adhered to.

Top Marks received from Triathlon Ireland

Relationship With Local community continues to be good, Mark thinks that 320 is the number that will be racing going forward. The event will be open for 500 entries.

HOTW 2023 Is national Series And National Championship.

Mark thanked Tony Chawke and Modulacc for the sponsorship, the hard working Hell of the west committee

The Marshals and everyone who helped on the day and the months of preparation.



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2023 Committee

Chair Dan Shanahan

Secretary Sean Guinane

Treasurer Eric Rowan

Committee

Eimear Laffan

Sinead Walsh

Social Media

Rosin Doran

Membership

Shane Larkin

Club Gear

Shona Keane

Club League

Kristi Hogan

Junior Officer

HOTW

Mark Kennedy

Joey Hannon

Willie Carey

Richard Chapman

Duathlon

John O 'Sullivan



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Race Committees 2023

Duathlon 19th Feb 2023 John O Sullivan

Ollie Foley

National Series

Joey 23rd April 2023 Richard Chapman (RD)

Willie Carey(RS)

HotW 1st July 2023 Mark Kennedy (RD)

Kristi Hogan (RS)

National Series National Championships



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AOB

The questions from the floor were

- 1) Could the Committee ask UL for a members discount for Limerick Tri Club Member
The committee said that they would enquire about the possibility.
- 2) What is the official form of communication from LTC to its Members

The forms of communication are by email , which is sent to the address provided to Triathlon Ireland
And the members what's app group.

Members are advised to check their spam folder if they are not receiving emails.

If they aren't on the whatsapp group they should text the secretary on 0868300227.