



2009

# Cycling Ulster AGM Reports



Marian Lamb

[www.cyclingulster.com](http://www.cyclingulster.com)

17/10/2009



**Business of the Annual General Meeting****Agenda**

Chairman's Address – Tommy Lamb

Ordinary Business

1. To consider the minutes of the Annual General Meeting of 1st November 2008
2. To receive the Treasurer's Report and consider the Certified Accounts April 2008 – March 2009 – Mr. Oliver Hunter will present this report
3. To approve the following inclusion to the Constitution as advised by the Irish Sports Council and Sport NI
  - To promote a drug free sport and adhere to the anti-doping rules of Cycling Ireland. The anti-doping rules of Cycling Ireland are the Irish Anti-Doping Rules as amended from time to time.
4. To fix the Cycling Ulster membership levy and rider levy for 2010

**Motions by Cycling Ulster Executive**

1. *Membership levy should remain at €10 per senior member*
2. *Rider levy to remain at £1 per Senior rider at Open events*
3. *Rider levy to remain at 50p per Senior rider in leisure events. (We **will consider the motion proposed by North Down CC at this point.** - North Down propose **That no Levy be applied to any Charity Leisure Event**)*

Reports

- Secretarial and PRO Reports – Marian Lamb
  - Safeguarding – Patrick McAleavey
  - Road Commission – Stephen McKenna
  - Youth Commission – Mickey McKenna
  - Track Commission – Anthony Mitchell
  - Technical – Martin Lees
  - MTB – Ciara MacManus
  - Disability Commission – Andy and Emma Fitzgerald
  - Ulster Women's Association Report – Louise Fullerton
  - Coaching – Gary McKeegan
  - Time Trial Report – Tommy Lamb
  - Employee Reports
    - Anthony Mitchell (Talent ID and Development)
    - Marian Lamb (Club Development Officer)
    - Patrick Withers (Admin Officer) As Patrick is a new member to the team, a short written report has been included.
4. To elect Officers to the Executive
  5. Club of the Year Award
  6. Any Other Business

**Close of Annual General Meeting**

## Chairman’s Address

2009 was yet another successful year for Cycling Ulster seeing a growth in both the number of clubs and the number of members. These clubs provided an excellent calendar of events in a variety of disciplines and judging by the number of enquiries for the 2010 season, next year will see an even greater choice of events for all our members. I wish to thank all those clubs and volunteers without whom our sport would not survive.

There were a number of international highlights for Ulster riders. It was exhilarating to see Letterkenny’s Philip Deignan win a stage of the Vuelta d’Espana and finish 9<sup>th</sup> overall while Phoenix CC’s David McCann achieved 11<sup>th</sup> place in the Elite World Time trial Championship just a few weeks after breaking Chris Boardman’s 16 year standing RTC 25 mile TT record with a time of 45-14. While this is essentially a World Record, McCann sportingly has refused to submit a claim for an Irish Record believing that Irish records should be set on Irish roads.

Another highlight was the development of the Ulster Handcycling Club and the fantastic achievement of Darrell Erwin in completing his Mizen Head to Fair Head cycle. This branch of the sport offers fantastic possibilities for some of our athletes and I would like to think that we can develop a Paralympic squad in the coming years. With Handcycling included in the All Ireland Time Trial Championships this year it was great to see two athletes from Ulster, namely Karol Doherty and Darrell Erwin competing. Hopefully this will be a full championship event next year. Karol then went on the UCI Paracycling Competition in Belgium as part of the National squad.

In the off road scene, Rostrevor’s Maeve Baxter added a gold medal to her collection, which includes a 2008 silver world championship medal. Maeve crossed the line with a time of 3.41.11, 20 seconds ahead of second placed rider in the European Masters Competition. In the men’s event it was Ballyclare’s Michael Cowan who was to the fore crossing the line to claim the silver medal. Newry Downhill rider, Glyn O’Brien lifted two golds and a silver in the World Fire and Rescue Games, which were held in Canada.

Ulster riders continue to dominate at both Youth and Junior levels winning a number of National Medals which I am sure we will hear about in the relevant reports. This says a lot for the standard of racing in Ulster and will no doubt be the foundation of greater things to come. Ulster riders also had success in all the National Championships.

As I pointed out last year there would be major changes relating to the 4 year Investing in Performance Sport plan by Sport Northern Ireland. The majority of the funding has been allocated to employment and we now have three part time officers dealing with administration, club development and talent development. I wish to thank SNI for their continued support. I also wish to thank all the members of the Executive who have worked tirelessly on your behalf and for the support which they have given me as Chairman throughout the year.



## Tommy Lamb – Chairman Cycling Ulster

## Cycling Ulster AGM Minutes 1st November 2008

**Executive Present:** Tommy Lamb (chair), Oliver Hunter, Marian Lamb, Mickey Murray, Mickey McKenna, Adrian Hughes, Gordon Parker, Anthony Mitchell, Gary McKeegan

**Apologies:** Andy Potts, Martin Lees

There were a total of 18 Clubs present, each sending several delegates – A quorum was reached.

### Chairman's Address - Tommy Lamb

The proceedings opened with a minute's silence for deceased members. Tommy continued to talk about the tragic death of David McCall and the Cycling Foundation established in his memory. He explained that Cycling Ulster was currently involved in drawing up a new strategic plan which would cover the period 2009 -2013 and that cycling had now been identified as an All Island Sport and funding would be made jointly by Sport NI and the Irish Sports Council in the high performance area.

Tommy praised the work of Dany Blondeel (Ards CC) and his Belgian project. Currently Dany is working on a possible 3 year commitment from the Belgian clubs.

Tommy wound up his address by praising the dedication and commitment to cycling of Mickey Murray and Andy Potts who were stepping down.

### Ordinary Business

1. To consider the minutes of the Annual General Meeting of 4<sup>th</sup> November 2008

***The minutes were adopted as a true and accurate account of the 2007 AGM  
(Proposed – M Murray Seconded- M McKenna) No matters arising***

2. To receive the Treasurer's Report and consider the Certified Accounts April 2007 – March 2008 – Mr. Oliver Hunter presented this report in some detail and some discussion followed. S McKenna asked for clarification as to how the Slane League vouchers were made up. TL explained the procedure. S McKenna also asked about the totalcycling.cm sponsorship. T Lamb explained that this specifically for Junior teams going away. Questions were also asked about the balance. O Hunter explained that since the accounts were made up approx £30000 was paid out to creditors for wages and goods. M Lamb also explained that SNI insisted that CU hold a reserves balance in line with recommendations made by the AHL audit. CU had been gradually building this reserve through good financial practices. S Knowles wondered whether it would be possible to get interest on surplus. This would be discussed at next Executive Meeting.

(Report Accepted: Proposed – A Hughes - Seconded G Mc Keegan)

3. To fix the Cycling Ulster membership levy for 2008

Motion by Cycling Ulster Executive

*Membership levy should remain at €10 per senior member (except for Standard membership) and £1 per rider at Open events.*

**Motion Carried**

4. To receive a report on Sport NI – Gordon Parker presented this report giving a breakdown of the Indicative Funding from Sport NI for the 2008 – 2009 season. He informed the members that the biggest bulk of the money awarded was for employee wages and all other funding was ear-marked for particular areas. It was difficult to move funding from one area to another and everything had first of all to be cleared with SNI. He also thanked Marian Lamb for her tireless work over the year.

Discussions following this report centred on the lack of money for increasing participation and grass roots development. The general agreement of the members was that Sport NI should not be throwing money at High Performance but at improving structures at Youth and Junior level. The success of the GB plan for participation was highlighted. M Lamb informed the members about Active Communities and said that there was a possibility of getting cycle leaders into schools through this programme. K McKenna proposed that Cycling Ulster should send a letter to SNI to lobby for increased funds for participation. This was carried unanimously by the members present.

(Report Accepted: Proposed – M Bann Lavery - Seconded M Murray)

## 5. Reports

### Secretarial – Marian Lamb

This report outlined the work carried out during the year and that Cycling Ulster was involved in creating new partnerships with organisations such as Sustrans. The increase in membership was highlighted and new clubs were formed through the year. The Seminar in February was mentioned as an ambitious but worthwhile club development initiative and she thanked all the guest speakers and club members who attended. She informed the members that a new audit of Cycling Ulster would be carried out in the new year. Should Cycling Ulster have all its policies and 'house in order', they Cycling Ulster hoped to move from Limited to Reasonable Level of Assurance. Cycling Ulster is currently involved in developing a new Strategic Plan which will take them from 2009– 2013 which had to be submitted in 7<sup>th</sup> November 2008.

(Report Accepted: Proposed – G Parker - Seconded Maurice Bann Lavery)

### Junior Commission – Mickey Murray

This report outlined the preparation and events targeted for Juniors. M Murray praised the cyclists and thanked totalcycling.com for their sponsorship of the Juniors. He said it allowed them to compete in a greater number of events. He felt that there needed to be a better structure nationally to allow Juniors to progress up the ladder as they were often left to their own devices once leaving the Junior ranks.

This final point was discussed with those present agreeing with Mr Murray. T Lamb thanked M Murray for his work with the Juniors over the past few years and said Cycling Ulster were sorry to be losing him.

(Report Accepted: Proposed A Mitchell – Seconded G Parker)

### Youth Commission - Mickey McKenna

It was another successful year for Youth with greater participation and top placings in both the Kerry Youth Tour and the All Ireland Youth Championships. The Youth Commission continue to be disappointed with lack of SNI funding for Youth Programmes. T Lamb praised the work of

both K Dunlop and M Murray on their work with Youth. M McKenna also praised A Mitchell and A Potts for their work in Youth Track and Off Road training.

Discussions on this report centred on the lack of funding and help to promote Youth events. S McKenna thanked M McKenna on behalf of East Antrim as several members of his club had attended the International Youth event in Southport.

(Report Accepted: Proposed K McKenna – Seconded A Mitchell)

### **Safeguarding Children in Sport Report – Marian Lamb**

M Lamb outlined the changes and work that had been undertaken on Safeguarding Children in sport throughout the year. She explained that SNI in conjunction with the NSPCC had carried out an audit of Child Protection Procedures in Cycling Ulster and as a result Cycling Ulster had moved from a Limited to a Reasonable level. The audit report was included. She went on to explain new changes in legislation which will take effect in 2009. Brief information on this was also included in the report. She introduced Patrick McAleavey who had been mentored for a year and hoped that the members would see fit to ratify his position as the new lead officer. She also praised the work of Paul Stephenson of the NSPCC whom she had found to be a great help over the year.

Lengthy discussions followed this report and M Lamb had to provide additional information. She also said she would be willing to go out to talk to any club who felt they needed some extra help.

(Report Accepted: Proposed K Gallagher – Seconded S McKenna)

### **Track Report - Anthony Mitchell**

A Mitchell praised the young track cyclists in Ulster for their skill and dedication. He said that training was severely hampered by rain in 2008 and he looked forward to the day the Velodrome would become a reality. He thanked Brian Cardy for his help throughout the year. He also thanked Cormac McCann and Belfast City Council for their help in improving Orangefield.

(Report Accepted: Proposed A Mark – Seconded G Parker)

### **Coaching - Adrian Hughes/Gary McKeegan**

Successfully ran a number of Coaching courses over the year. Paul Brady is now doing Coach Tutor Course and should be qualified in February. While there are a large number of coaches few are actively coaching and this needs to be addressed. An overview of Coaching Ireland was given and all coaches will have to attend refresher courses every three years.

(Report Accepted: Proposed S McKenna – Seconded D Blondeel)

### **Off Road Commission Report – Andy Potts**

The report was read in A Potts absence. Successes throughout the year were highlighted. The problem with access to forestry land was also mentioned. A Potts had been trying to negotiate with them but it was a long process.

Some discussion followed regarding the problems with the Forestry. J Casey (XMTB) also wanted to make it clear that he fully supported Andy's work and did not understand why XMTB had been mentioned in the report. T Lamb thanked A Potts for his hard work and dedication.

(Report Accepted: Proposed P McAleavey – Seconded D Blondeel)

## **Employees/Grants/Major Events – Anthony Mitchell**

Due to the fact that the Employee situation had changed in 2008 A Mitchell felt that he had little to report on this area. Cycling Ulster had received an Awards for All grant to help with new initiatives.

(Report Accepted: Proposed S Knowles– Seconded G Parker)

## **Technical – Martin Lees**

95% of events were covered by Commissaires throughout the year. TT courses were measured and new ones sourced out. Another Commissaire course to be run in the new He praised J Watson and P Watson for taking these courses as it has made a significant difference in Ulster. M Lees also involved with PSNI on the A and B Cat races. He congratulated P Watson on his UCI status as a Comm. S McKenna thanked Martin for his hard work.

(Report Accepted: Proposed – G Parker - Seconded Maurice Bann Lavery)

## **Time Trial Report – Tommy Lamb**

Continued growth in TT's and DK league is always popular. New Super 6 league was also a success. Congratulated all the record breakers throughout the year and Ulster riders in the All Ireland TT Championships. New rules re safety will be in place for new TT season. K McKenna praised the volunteers who ran the league.

(Report Accepted: Proposed – K McKenna- Seconded Maurice Bann Lavery)

## **Disability Commission Report – Andy and Emma Fitzgerald**

Delighted to be in a position to bring a report to the AGM as there had been no commission the previous year. Highlighted the success of the commission to date and introduced Darrell Erwin who will take charge of the handcycling area. Clubs were praised for including events for disability but more needs to be done. Thanked M Lamb for her hard work in getting things off the ground.

(Report Accepted: Proposed – M Murray- Seconded M McKenna)

## **Equity – Marian Lamb**

Cycling Ulster has agreed to try for the Foundation standard Equity Award although there is a lot of work involved. Outlined the areas of success throughout the year which included setting up the Disability Commission and Handcycling club. Praised Team Madigan, Dave Kane TT League, Slieve Gullion and Banbridge CC for hosting events for disabled cyclists. Apologised for the fact that the venue was not wheelchair friendly and this would be taken into consideration for next year.

(Report Accepted: Proposed – E Fitzgerald- Seconded A Hughes)

## **PRO – Marian Lamb**

The Cycling Ulster website continues to grow attracting three million hits in the racing season. A new download section has been added although modernisation of the website is impossible without a real injection of cash.

(Report Accepted: Proposed – M Murray- Seconded M McKenna)

## **Development Officer's Report 2008 – Marian Lamb**

Explanation given for the post which had been vacated by B Nugent who went to train the Paralympians. New role commenced in July and was to modernise the structures of Cycling Ulster. Detailed explanation provided on work programme and the rationale behind it. M Lamb took questions from the floor regarding modernisation and the SNI proposed audit.

(Report Accepted: Proposed – G Parker - Seconded Maurice Bann Lavery)

12. To ratify McAleavey as lead Child Protection Officer - Proposed by Cycling Ulster Executive, seconded S McKenna - carried unanimously
13. To elect Executive officials - Three Nominations received  
M McKenna (Emyvale CC), M Lees (Phoenix CC), S McKenna (East Antrim)  
Above members elected without the need for a vote.

## **Motions**

Motions received from Newry Wheelers, Clann Eireann Linen Green, Omagh Wheelers and East Antrim Audi.

## **Submitted by Newry Wheelers**

Cycling Development Officer – This post needs to be assessed and performance for pay and promotion should be dependent on getting results – principally numbers on bikes attending a range of events promoted by the officer in association with local clubs: Work needs to be at grass roots level and clubs should be contacted regularly (1/month) to get numbers competing on the increase. If there are no kids on bikes - High Performance Plans can be scrapped.

Paddy Clarke Newry spoke on this report, Hotly debated but it was pointed out that The Talent Id Post was an All Island one while there had been no Development Officer in Ulster for much of the year. M Lamb said that it was her intention to go out to clubs in the New Year to talk about club development.

## **Submitted by Clann Eireann – The Linen Green**

1. That Cycling Ulster considers the development of grass roots cycling be given priority over high performance cycling, and that Cycling Ireland and the Sports Council be so informed.
2. That the Youth Commission, the Cycling Ulster Development Officer and interested individuals/clubs devise a strategy that includes particular projects and targets aimed at youth cycling, aimed at implementation from early 2009.
3. That the job descriptions of all employed staff of Cycling Ulster, to include a resume of their duties and responsibilities, be published on the Cycling Ulster website, and kept up to date.

Maurice Bann-Lavery spoke on this motion. Again hotly debated with a proposal being made that that Cycling Ulster lobbies SNI and Cycling Ireland on behalf of the members to target participation and Youth Development as opposed to High Performance. This was carried unanimously.

## **Submitted by Omagh Wheelers**

5. We propose that an event levy of £1.00 per rider be introduced to any senior event, leisure and sportive events that are organised under Cycling Ulster/ Cycling Ireland Calendar. This money raised could then go to help our sport in the form of coaching, event equipment or to help the organisation of Cycling Ulster.

As you will have realised, there has been a great increase in the number of cyclists taking part in these events, which is very encouraging to see the growth in our sport to date. This would bring all senior events into line with the levies that are raised through the open racing events and make it much fairer to all cyclists.

T Lamb was asked to speak on this motion by Omagh. Keith Gallagher agreed with this proposal and also spoke in favour. Passed unanimously. A second motion by Omagh regarding fixed fee on open events was rejected as it was not in the remit of the AGM to decide.

## **Submitted by East Antrim Audi CC**

That clubs should consider having more races for Senior 1s in light of the current practice of promoting two events on the day.

S Mc Kenna spoke on this motion. It was not carried as it is up to race promoters to decide on the events. Cycling Ulster will endeavour to ensure that there continues to be a balance of events.

## **AOB**

Club of the year Awarded to North Pole CC – Congratulations to them on their hard work throughout the year.

## **Close of the Annual General Meeting 6.30pm**



## **Secretary's Report 2009**

Cycling Ulster held ten Executive meetings since the last Annual General Meeting with good attendance recorded. In addition to those there were several Management and Financial Committee meetings. Meetings also took place or continued via email and phone as this year was particularly busy. Following on from last year's procedures copies of the minutes were forwarded to both Sport NI and Cycling Ireland.

I carried out a skills audit on the Executive and from this identified certain areas of need. In order to address this issue an all day Seminar for Executive Officers and key volunteers was organised in the Canal Court Hotel in Newry in December 2008. Many thanks go to Emma Fitzgerald for liaising with the hotel. The seminar was well attended with Geoff Liffey and Rory Wyley representing Cycling Ireland, Paul Watson the College of Commissaires, Dany Blondeel (Belgium Project) as well as many key volunteers and newcomers including the Disability Commission.

The Executive members were presented with files of our current policies and procedures regarding a range of issues which included Financial Policies, compliance with Sport NI and general policies such as Safeguarding and Recruitment. I had written and reviewed all of these documents in line with the AHL Audit recommendations. Part of the day was given over to planning for sustainability and succession and allowed the Executive to get to know some of those who were keen to help out. As a result of the induction, Ciara MacManus was proposed and subsequently accepted on to the National MTB Commission as an Ulster Representative and both the Road and Youth Commissions identified and recruited volunteers to come on board. The newly formed Ulster Women's Association had the opportunity to meet and formulate a plan for 2009 which would include road, track and off road development. Having allowed Ciara time to settle into her new role on the National Commission Cycling Ulster then approached her to act as an off road officer on the Executive. Ciara accepted this role and officially joined the Executive in September 2009.

Throughout 2009 I have represented Cycling Ulster at many meetings with key stakeholders such as Cycling Ireland, Sport NI, the NSPCC, Sustrans and local councils to name but a few. Tommy and I regularly attend meetings with the David McCall Cycling Foundation where we represent Cycling Ulster.

I am pleased to inform you that our membership continues to grow with our current membership at 2053, which represents an increase of 17.5% on last year. There has been a 4.5% increase in the number of women taking out licence but I am hopeful that this number will continue to grow throughout 2010. We have a number of new clubs this year- SportActive CC, Curran Racing, Errigal CC, Kilbride Cyclists, TC Racing, Spires CC and of course the Ulster Handcycling Association.

Participation levels continue to grow with increasing interest in Leisure, Touring and Sportive events. There were over 1300 hundred riders in 'Lap the Lough' promoted by Castlehill CC and almost 900 in North Down's 'Coastal Challenge'. Monitoring participation figures at a National level continues to be a problem and needs to be addressed for 2010.

With the levy on Leisure events in Ulster, many clubs now send in the sign-on sheets for the event.

This allows us to have some idea of participation figures although it is a tedious and time consuming task collating the data and is unsustainable going forward. The leisure calendar is very crowded for 2010 and many events are clashing. I will work with clubs in the next few weeks to see if we can spread this out a bit.

The events calendar in Ulster was well supported in 2009 despite restrictions on numbers with many organisers running several events including women only events. North Pole CC promoted the All Ireland Hill Climb again in 2009 on the Gap of Mamore which achieved an all time record attendance for such an event. They also promoted the 'B' Championships the following day and were rewarded with a home win in the form of Mark Buchannan. Orangefield Track in Belfast was the scene of the Junior Track Championships and the final round of the Inter Provincial Track League. On the off road side Apollo hosted the National Cyclocross Championships while Dromara CC promoted the National XC event at Dunmore Mountain. Chain Reaction promoted rounds of the NPS Downhill Series.

I was approached by Cycling Ireland to act as Ulster calendar co-ordinator again this year. Currently the Ulster Calendar is almost complete for 2010 with only minor changes to be made and I want to thank all those clubs who submitted their applications in time and also agreed to compromise dates. Ulster will host two rounds of the National League this year which will be the John Deere on 21<sup>st</sup> March and the Emyvale National League event in September. There will also be at least two NPS Cross Country and Downhill events in Ulster.

Championships awarded to Ulster for 2009 will include Clann Eireann's promotion of the All Ireland Youth Championships. This will be a great year for Clann Eireann who celebrate their club's fiftieth anniversary.

The re-audit by SNI due to take place early 2009 did not happen due to hold ups within Sport NI. An initial meeting for the re-audit will take place this month.

Following on from the submission of our Strategy Document 2009 – 2013 Cycling Ulster were awarded secured funding from Sport NI ring fenced for employment only. As a result three part-time staff were appointed as follows;

Anthony Mitchell Talent Development Officer

Marian Lamb Club Development Officer

Patrick Withers Admin Officer

While full work programmes for all staff will shortly be available for download on <http://www.cyclingulster.com> outline roles are included in the employee reports.

As an All Island sport the High Performance element of the plan was submitted by Cycling Ireland. The actual breakdown of funding awarded for the next four years can be viewed below. Additional detail on Sport NI will be included in the Development Officer's Report.

As has been my custom in the past five years I have collated all the reports and printed them off. I collated them into the booklets which you received today. I hope you find them informative. Due to the high cost of printing, the booklets will not be distributed to those

clubs not present as they are now available for download on the Download section of <http://www.cyclingulster.com>. However if anyone requires a hard copy I will endeavour to provide one. I would like to thank Patrick Withers for his help in binding the booklets.

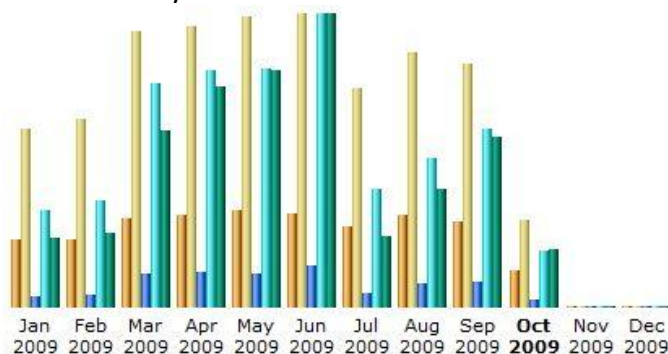
In conclusion I would like to thank the members of the Executive and those volunteers who have worked so hard in helping to move Cycling Ulster forward. I would also like to thank SportNI for their continued involvement with our sport and the support they offer to us.

## Marian Lamb - Secretary

### Cycling Ulster Website

The Cycling Ulster website continues to be an invaluable source of information for our members and is up-dated several times daily. The Download section is also regularly up-dated with relevant information. Many clubs now make use of this facility not only to advertise their events but also to have pre-entry forms available for download. We are indebted to those advertisers who help us pay for technical expertise when it is required. I would also like to thank those who submit articles and reports as we are only as good as the information we receive. I would also like to thank Jimmy Lavery, Jerome Rafferty and Andy Potts for regularly supplying me with photographs of events which I cannot attend. Martin Grimley (Dromara CC) has been invaluable this year in submitting excellent off road articles and photographs. Due to the high volume of traffic on the website we have had to purchase additional space during the year.

The Webstats up to 13<sup>th</sup> October 2009 can be viewed below. As you can see there is considerable growth since last year.



Month	Unique visitors	Number of visits	Pages	Hits	Bandwidth
Jan 2009	9154	24409	107621	1070540	7.84 GB
Feb 2009	9327	25792	131180	1165608	8.30 GB
Mar 2009	12244	37656	369412	2458395	19.79 GB
Apr 2009	12583	38534	384904	2592554	24.75 GB
May 2009	13291	39833	359935	2622396	26.72 GB
Jun 2009	12819	40095	450257	3215779	32.95 GB
Jul 2009	11074	29993	151414	1289002	8.01 GB
Aug 2009	12574	34767	254724	1626747	13.22 GB
Sep 2009	11793	33192	285270	1964181	19.19 GB
<b>Oct 2009</b>	4952	12011	75410	613995	6.53 GB
Nov 2009	0	0	0	0	0
Dec 2009	0	0	0	0	0
<b>Total</b>	<b>109811</b>	<b>316282</b>	<b>2570127</b>	<b>18619197</b>	<b>167.30 GB</b>

# Cycling Ulster AGM Executive Reports

## 2009

SNI Priority Areas For Investment	SNI funding 2009-2010	SNI funding 2010-2011	SNI funding 2011-2012	SNI funding 2012-2013	Proposed Total Funding
<b>Modernisation</b>					
Admin Officer	12,000	12,480	12,929	13,498	50,907.00
On Costs	1,440	1,498	1,557	1,619	6,114.00
Office costs	3,000	3,000	3,000	3,000	12,000.00
Recruitment Costs	250				250.00
Equity	-			3,100	
<b>SUB-TOTAL</b>	<b>16,690</b>	<b>16,978</b>	<b>17,486</b>	<b>21,217</b>	<b>72,371.00</b>
<b>Participation Development</b>					
Club Development Officer	13,333	13,870	14,425	14,486	56,114.00
On Costs	2,660	2,700	2,850	3,000	11,210.00
Recruitment Costs	500				500.00
Expenses	1,000	1,100	1,200	1,300	4,600.00
Office costs	1,000	1,000	1,000	1,000	4,000.00
<b>SUB-TOTAL</b>	<b>18,493</b>	<b>18,670</b>	<b>19,475</b>	<b>19,786</b>	<b>76,424.00</b>
<b>Talent Identification &amp; Development</b>					
Talent ID Co-ordinator	13,333	13,870	14,425	14,486	56,114.00
On costs	2,660	2,700	2,850	3,000	11,210.00
Recruitment Costs	500				500.00
Expenses	1,000	1,100	1,200	1,300	4,600.00
Office costs	1,000	1,000	1,000	1,000	4,000.00
Programme Costs	9,000	10,000	11,000	12,000	42,000.00
<b>SUB-TOTAL</b>	<b>27,493</b>	<b>28,670</b>	<b>30,475</b>	<b>31,786</b>	<b>118,424.00</b>
<b>High Performance Athlete Development</b>					
High Performance	55,000	55,000	55,000	55,000	220,000.00
<b>SUB-TOTAL</b>	<b>55,000</b>	<b>55,000</b>	<b>55,000</b>	<b>55,000</b>	<b>220,000.00</b>
<b>Coaching Development</b>	1,500	2,000	2,500	3,000	9,000.00
<b>SUB-TOTAL</b>	<b>1,500</b>	<b>2,000</b>	<b>2,500</b>	<b>3,000</b>	<b>9,000.00</b>
	<b>119,176</b>	<b>121,318</b>	<b>124,936</b>	<b>130,789</b>	<b>496,219.00</b>

## Time Trial Report 2009

The discipline of Time Trialling continues to prosper in Ulster with yet again record fields and National records being set. This year the Dave Kane League consisted of 19 events a number having to be cancelled in the interests of safety. I wish to thank all the competitors for their understanding even though many had travelled a long distance to compete.

This year we included certain events from clubs within Cycling Ulster –the Jimmy Devlin Memorial (Phoenix), the Ernie Maxwell Memorial (West Down Wheelers), the Martin Kennedy Memorial (Old Bleach) and the Tommy Given 50 (Maryland Wheelers). We are also grateful to Ballymena RC-Scott Tiles for allowing us to use the results of their 25 at the end of the season to ensure that we had at least two 25's in the overall competition.

As usual I am indebted to the stalwarts of the League – the Phoenix contingent of Billy Smyth, Martin Lees, Nino Braik and Marian Lamb without whose volunteer efforts the league would simply not take place. Unfortunately Nino Braik took ill throughout the season and all of the testers wish him a speedy recovery and hope to see him back next season.



Although not part of the CU-Dave Kane Cycles League I must congratulate Bann Wheelers on their resurrection of the 100 Mile TT. This event was a great success with 21 riders completing the epic distance and we hope to see the race back on the calendar next season.

On behalf of all those involved in the league I wish to extend condolences to the family of Paul Healion (South Dublin Wheelers) who was killed tragically in a road accident in August. Paul was a regular and very popular contender and he will be sadly missed next year.

All of the result sheets dating back to 2003 can be viewed online at [www.cyclingulster.com](http://www.cyclingulster.com) but the Overall Top Twenty was as follows: \_

John Madden Curran Racing 245  
 John Heverin Clann Eireann 211  
 Niall Shannon Maryland 191  
 Jim McConnell East Antrim 143  
 Simon Stockton Team Madigan 137  
 David McCann Phoenix CC 120  
 Thomas Martin Clann Eireann 117  
 Mark Greer Maryland 116  
 Nigel Laffin Team Madigan 114  
 Stuart Bennett Phoenix 109

Conor McAllister Ballymena R.C. 104  
 Marcus Christie Usher IRC 101  
 David Heagney East Tyrone 96  
 Colm Cassidy Usher IRC 95  
 James Gault Phoenix 82  
 Paul Swenarton North Down 75  
 Aaron Buggle South Dublin 74  
 Cathal Hendron Apollo 74  
 Davy Quinn Apollo 72  
 Mark Brown Phoenix 67

### Juniors

Marcus Christie Usher IRC 101  
 Aaron Baines East Antrim 30  
 Johnny Beers East Antrim 29

### Women

Heather Wilson Maryland 41  
 Rachael Withers Fintona CC 21  
 Kay Hack Bann Wheelers 18

## Age Standard

Billy Kirk (Ards CC) 01:44:34 16  
 Cormac McCann (Phoenix CC) 01:42:44 18  
 John Madden (Curran Racing) 01:20:59 16  
 Jim McConnell (East Antrim) 01:04:07 15  
 Harry Martin (Clann Eireann) 00:51:36 20  
 Brendan McCartan (Phoenix CC) 00:46:34 17  
 John Hunter (North Down) 00:39:28 10  
 Nigel Laffin (Team Madigan) 00:39:28 1  
 Alan Rodgers (Northern-Dave Kane) 00:27:44 10  
 Davy Quinn (Apollo CT) 00:25:37 10  
 Mark Greer (Maryland Wheelers) 00:22:51 8  
 Paul Swenarton (North Down) 00:22:50 10  
 Martin Birney Maryland 00:20:12 4  
 Brendan McCourt (Northern-Dave Kane) 00:19:35 9  
 Finbarr Cummins (Phoenix CC) 00:19:11 6

Best 10 TT in year Cormac McCann (Phoenix CC) 00:05:48  
 Best 25 TT in year Billy Kirk (Ards CC) 00:14:43  
 Best 50 TT in year John Madden (Curran Racing) 00:24:33



## Super Six Time Trial Series

Many thanks must also go to East Tyrone/RT Autoparts and Island Wheelers for their joint promotion of the Super Six Time Trial League.

Curran Racing's John Madden was the overall winner of this year's Super Six Time-Trial Series. Madden proved himself to be the most consistent Ulster time-triallist during the 2009 season by also winning the Dave Kane Time-Trial League. Members of the promoting clubs, Ernie Magwood (East Tyrone CC) and Sheena O'Neill (Island Wheelers) won the Veterans and Women's categories respectively.

## The Result of the Super Six Time Trial League is as follows:

### Seniors

1st John Madden Curran Racing with an average speed of 28.78mph  
 2nd Richard Watters Harps CC with an average speed of 27.89mph  
 3rd David Heagney East Tyrone CC with an average speed of 27.47 mph  
 4th Kieran O'Doherty unattached with an average speed of 25.79  
 5th Neil Seffen Harps CC with an average speed of 25.76

### Veterans

1st Ernie Magwood East Tyrone CC with an average speed of 27.21  
 2nd Brendan McCourt Northern Dave Kane with an average speed of 26.07  
 3rd James McLaughlin Island Wheelers CC with an average speed of 25.54  
 4th Geoffrey Leonard East Tyrone CC with an average speed of 21.35

### Women

1st Sheenagh O'Neill Island Wheelers CC with an average speed of 20.09mph

## Tommy Lamb – Time Trial Co-ordinator

## Safeguarding Officer's Report 2009

As an organisation one of the chief concerns of Cycling Ulster is the protection of youth and vulnerable adults in our sport. We have a duty of care towards our youth and Vulnerable Adults to ensure that they have a safe and enjoyable experience in cycling. As from October this year it will be illegal to work with our Youth and Vulnerable Adults unless you have been vetted through the new vetting and barring scheme Access N.I. Any members who have POCVA will have to be vetted with the new Access N.I

Clubs in Donegal, Monaghan, and Cavan should have their members vetted through the Garda Vetting System. However if any member from the South is taking a team with Youth or Vulnerable Adults from Northern Ireland to anywhere in the UK for more than 2 days they would need to be vetted through Access N.I. We strongly advise members in Donegal, Cavan and Monaghan to complete the Access NI form and send it in to us.

Earlier in the year I sent a letter out to each club advising them to have their members vetted. It is important that all coaches and commissaries are vetted. Under our Code of Ethics coaches cannot work with those under 18 or with vulnerable adults unless they have been vetted. Those adults who are currently or may in the future be working with youth or Vulnerable Adults must also be vetted. It would be also good practice for club committee members to be vetted also. Those who are involved with young people under 18 years and Vulnerable adults and have not been vetted could face fines up to £5000 and a criminal record. The club which allows them to do so will also face criminal charges.

Cycling Ulster currently has 120 members vetted through AccessNI. A complete list of vetted members is available for download on the Download Section of <http://www.cyclingulster.com>. This list will be up-dated monthly as new members are cleared. The application form can also be accessed in the Download Section.

In November Marian Lamb and I will commence a training course with NSPCC and SNI to enable us to run workshops on safeguarding and run these throughout the year. This should facilitate those club members who wish to attend Safeguarding courses. It is recommended that all clubs with Youth members should have two Safeguarding Officers (One male and one female). When Marian and I have completed the Tutor course we will liaise with clubs regarding dates and venues of courses. These will be on <http://www.cyclingulster.com> and posted out to clubs.

### Patrick McAleavey - Lead Safeguarding Officer

#### Designated Signatories for AccessNI

##### **Lead Safeguarding Officer**

Patrick McAleavey  
74 Hunters Hill Park  
Hunters Hill, Gilford  
Co. Armagh  
BT636TA  
Tel: 028 38 832565  
Mobile: 07739552566  
[patrick@paddy55.fsnet.co.uk](mailto:patrick@paddy55.fsnet.co.uk)

##### **Club Development Officer**

Marian Lamb  
16 Camlin Park  
Crumlin  
BT 29 4HE  
Tel: 028 94 453203  
Mobile: 07920132135  
[marianlamb@cyclingulster.com](mailto:marianlamb@cyclingulster.com)

##### **Coaching Director**

Gary McKeegan  
14 Listannon Avenue  
Whitehead  
Co. Antrim  
BT38 9NN  
Mobile: 07751863332  
[coaching@live.co.uk](mailto:coaching@live.co.uk)

## Road Commission Report, 2009

My final report for 2009 is structured in two parts – firstly as a chronological list of my progress throughout the year, and secondly as an outline of other achievements/issues.

### PART 1 – Progress in 2009

On Monday 1<sup>st</sup> December, 2008 I attended my initial Cycling Ulster (Cycling Ulster) meeting and we agreed that I would focus on the area of 'Road' given my experience and the lack of current people to support this area.

My initial objective was to establish how the current bodies within Cycling Ulster and Cycling Ireland (CI) worked, so that I could work in conjunction with them rather than start working on an individual basis. I was also keen to understand what work had been done to date to ensure I avoided duplication, and to build on progress made by Mickey Murray on the Junior Commission in 2008.

Communication was a key area I wanted to focus on, and as such I engaged those below at an early stage:

- Gary McKeegan (Cycling Ulster Coaching Director) to get his feedback on my initial thoughts and plans for Road development. Gary was very helpful and provided me with an insight into how structures worked currently.
- Kenny Dunlop (Youth Commission) to get an understanding of the type of work they were doing and to identify their plans for the year. Kenny was again very helpful, and invited me along to the National Youth Training in Castlebar in February.
- Mickey Murray (Junior Commission 2008) to get up-to-speed on the work he had done in 2008, so that I could build on his progress. Mickey was a great help, and passed on some excellent advice on the Junior riders. Mickey very kindly offered me his assistance in 2009.
- George Boyd in relation to the Tour of Malta in which George would be acting as Team Manager.
- Anthony Mitchell (Cycling Ulster Talent Identification) to touch base and understand his work in 2009. Anthony was very helpful and provided documentation and information on his work and on grants/awards granted in 2009.
- Brian Cardy (Cycling Ulster Track Commission) to update each other on plans for 2009 and develop a programme that allows riders to target events in both Road and Track.
- Heather Boyle (Cycling Ireland Women's Commission) & Louise Fullerton (Ulster Women's Association) to learn about their structure and plans, and also to introduce myself. Both Heather and Louise were very positive and helpful, and offered me any assistance they could.
- Brian Nugent (CI High Performance – Juniors) to ascertain how the National squad would work in 2009, and understand their plans so that we in Ulster could work in conjunction with them. Brian was very helpful and provided some useful advice in relation to the Junior riders. Brian confirmed he, and Brian Taaffe would work along with me to develop Ulster Juniors as part of the National programme.

### Road Commission Objectives for 2009

I identified various challenges for the Road Commission in Cycling Ulster. My priorities were as follows:

## **1. Develop Junior Programme**

Unfortunately, since the departure of Mickey Murray in 2008 there was no structure for the management or development of Junior cyclists. Therefore, I drew up a tentative plan of events to which I hoped to enter Cycling Ulster Junior teams. This was dependent on funding and resources available.

## **2. Build development structure**

There was currently no support mechanism to assist 2<sup>nd</sup> year U16's progressing to Junior, or indeed Junior's moving to Senior. There was a risk that riders would lose direction, motivation and interest in cycling without the proper encouragement and direction.

## **3. Develop high performance structure for Cycling Ulster cyclists.**

Over the past few years, the opportunities and motivation for elite senior riders has diminished and a culture developed in Cycling Ulster cycling that riders no longer aspire to upgrade to the top category. Factors contributing to this include a decreased amount of 1<sup>st</sup> category racing in Ulster, and a decreased amount of participation by 1<sup>st</sup> category riders. It is also common to hear of 2<sup>nd</sup>/3<sup>rd</sup> cat riders purposely avoiding points to upgrade because they do not want to become 1<sup>st</sup> category riders.

Cycling Ulster needed to inject some energy and purpose into our elite racing, to motivate existing riders and inspire lesser experienced riders. Opportunities to follow up included the Belgian Project, opportunities on the National team, work with the Cycling Ulster TID officer, and the possibility of entering Cycling Ulster 'Elite' teams into high profile events such as British Premier Calendar events.

## **4. Build communication between Cycling Ulster/CI Commissions**

There was a finite amount of resources available in both CI and Cycling Ulster to develop cycling. Working individually, we may achieve some success in certain areas, but by working together and sharing our resources we could benefit the greater good of cycling and get make more efficient and effective use of our resources. From my perspective, it was vital we work together in Cycling Ulster and act as one cohesive entity.

## **5. Mentoring**

Our younger riders including Juniors currently have a lack of ambassadors in local cycling to give them encouragement, and inspiration. Young people generally find it more difficult to relate to older generations, and find it more difficult to communicate with more mature adults.

By getting young senior elite riders involved in a mentoring role, they will be able to give younger riders the benefit of their experience and knowledge of the sport, and in such a way that the young riders will relate to easier. I wanted to encourage riders particularly with International experience to get involved, and not only give young riders advice on local racing, but also on what it's like to race abroad.

## **6. Recruitment**

The current Cycling Ulster Management/Executive team is very limited in resources and relies very heavily on key individuals to maintain the service it delivers to the sport. My aim was to build up a Road Commission around my role to help deliver objectives for 2009. In addition I aimed to recruit volunteers with specialist skills such as masseurs and sport scientists.

## **Cycling Ulster Junior Training Day, Saturday 7<sup>th</sup> February**

I arranged a Cycling Ulster Training Camp on Saturday 7<sup>th</sup> February at the Craigavon Golf and Ski Centre. The programme included a training spin, and an afternoon session focusing on information and coaching. I engaged Cycling Ulster representatives from Cycling Ulster to be involved such as Louise Fullerton (Ulster Women's Association), Brian Cardy (Cycling Ulster Track Commission), Gary McKeegan (Cycling Ulster Coaching Director), Mickey Murray (ex-Junior Commission), Tommy Lamb (Cycling Ulster Chairman) and Marian Lamb (Cycling Ulster Secretary).

In addition, I recruited the assistance of the following experienced cyclists to assist as mentors: Ryan Connor (Usher IRC), Matthew Ward (Usher IRC), Keith Gallagher (Juiced/Orchard CC), Stephen Gallagher (An Post-Sean Kelly), Peter Hawkins (Decock Capino), and Drew McKinley (Newry Wheelers). In total, we had 11 Junior male and female riders.

## **Road Commission Structure**

Following the Cycling Ulster Training day on 7<sup>th</sup> February, I successfully recruited the following five people to create a structure for the Road Commission: Mickey Murray, Keith Gallagher, Ryan Connor, Drew McKinley, and Colin Boyle. I kept in regular contact with the Commission by email, and phone and we worked towards further training camps and events in 2009. I posted confirmation of the Commission structure onto the Cycling Ulster website.

## **Cycling Ireland Training Camps, Castlebar. Saturday/Sunday 21<sup>st</sup>/22<sup>nd</sup> February**

I attended both the National Youth, and National Development Junior/U23 Training Camps in Castlebar on 21<sup>st</sup>/22<sup>nd</sup> February along with Keith Gallagher. The Youth Camp was run superbly by the CI Youth Commission including Mickey McKenna, and Kenny Dunlop. I joined the best U16 riders on a 40mile training spin including the Windy Gap, and it proved an excellent opportunity to get to know not only Ulster riders, but those with whom they will be competing. The Ulster riders represented their province very well.

On the Sunday, I joined the Junior/U23 group for a 60mile training spin. Again, it proved an excellent chance to get to know the riders, and I also got to speak to Ulster riders who had not contacted me before. I subsequently got their contact details and added them to my relevant email distribution list.

## **Cycling Ireland Road Commission**

Whilst on the Castlebar training camp, I attended a CI Road Commission meeting. During the meeting I was co-opted onto the Commission as a Cycling Ulster representative. I made a few points during the meeting including the need for better communication with other cycling bodies, and with riders. The meeting proved to be constructive, and I got to know the other members well over the course of the weekend.

## **Cycling Ireland Coaching Course – Level 1, 27<sup>th</sup> February – 1<sup>st</sup> March**

Keith Gallagher and I both attended the CI Level 1 Coaching Course held at Buncrana from 27<sup>th</sup> Feb – 1<sup>st</sup> March. The course – led by Gary McKeegan and Adrian Hughes was very informative and well structured.

## Cycling Ulster Training Day, Ballymena, Saturday 21<sup>st</sup> March

I organised a second training camp focusing this time on both Junior & U23 riders, with the addition of a number of women who were riding on the Cycling Ulster Malta team. The event began with a 55mile training spin in the morning, which covered the final part of this year's first Tour of the North road stage, and had almost 40 riders in total on the run. The run was followed by lunch leading into two afternoon sessions by Cycling Ireland Tutors Paul Brady and Gary McKeegan.

Paul presented an excellent session on Nutrition which all attendees found very informative, relevant and useful. Paul made the trip up from Limerick specifically for the event, which also helped him in his final tutor experience for Coaching Ireland. Gary presented a very interesting session on athlete lifestyle which covered topics such as stress, rest and recovery and their impact on athlete performance. The day was an excellent success and we received very good feedback from riders and all attendees.

## Armagh-Downpatrick Cycling Ulster Team, Sunday 22<sup>nd</sup> March

Moving into the racing season, I organised a mixed Cycling Ulster team of 3<sup>rd</sup>/2<sup>nd</sup>/Vet cats for the Armagh-Downpatrick race organised by UCPC. The team was selected on performances in the early season races and was discussed and agreed by the Road Commission accordingly.

The 5-man team was:

- Barry Monaghan (Newry Wheelers) – S2
- Gavin Callaghan (Omagh Wheelers) – S2
- Rory Devlin (North Pole CC) – S3
- Mark Sweeney (Omagh Wheelers) – S3
- Liam Curran (Curran Racing) – Vet*



The team did an excellent job in the race, and were aggressive throughout. Gavin Callaghan was part of the most successful attack of the day which lasted for approx 40 miles along with last year's winner Peter Wilson (Maryland CC). Unfortunately the duo faded towards the end of the event, but Barry Monaghan finished an excellent 5<sup>th</sup> place overall. The two 3<sup>rd</sup> cat riders benefitted significantly from the opportunity to ride along with such an experienced rider as Barry Monaghan, and they have both since upgraded to 2<sup>nd</sup> Cat.

## Cycling Ulster Clothing, March

I sourced and procured corporate clothing including shirts and coats for representatives of Cycling Ulster. This helped with identifying those involved with Cycling Ulster, in addition to improving awareness and the image of Cycling Ulster.

## Tour of the North, 10<sup>th</sup> – 12<sup>th</sup> April

Having worked closely with Brian Taaffe (CI Junior Manager), he announced the CI team for the Tour of the North as comprising all Ulster riders. This was a fantastic feat for Cycling Ulster, the clubs and the riders. The riders selected were:

Marcus Christie (Usher IRC)  
Stuart Henry (North Down CC)  
Jonny Cole (Team Madigan)  
Philip Bremner (Ballymena RC)  
Peter Williams (Juiced Orchard)



Following confirmation that the CI Junior team consisted of 5 Ulster riders, I decided to make the Ulster team an U23 team in an effort to field the strongest riders we could. The 5-man team for the



2009 TON was:

Sean Downey (UCI World Cycling Centre)  
Ronan McLaughlin (An Post - Sean Kelly)  
Simon Williams (Orchard Wheelers/Juiced)  
Conor McAllister (Ballymena RC)  
Thomas Martin (Clann Eireann)

The team was an excellent success and got off to a great start in the Prologue with two riders placing in the top 10 with Sean and Ronan placing 7th and 10th respectively. Moving into the daunting first road stage on Saturday, the riders faced four 1st category climbs on the tough seventy two mile stage. Sean and Simon made the decisive break of the day along with the main favourites of the race on route to Ballycastle. In the Sunday morning TT, Sean, with his trademark fixed wheel, rode to victory with an impressive ride narrowly beating the in-form Martyn Irvine. Ronan also posted an excellent ride to finish ninth against the fierce competition. In the Sunday afternoon, Thomas and Conor joined the other lads in the action, and both rode very aggressively from the start launching attacks in an effort to break the stranglehold of the main teams. Simon finished an excellent 9th place.

The final stage was poised to be a classic. Sean and Ronan made a successful and dangerous break along with Roger Aiken (Castlereagh CC). Sean and Ronan took 1st and 2nd respectively on both KOH climbs of the day. Shortly after the second KOH of the day at Annsborough, the trio were joined by a strong group containing the top three riders on GC. Despite being on the attack for most of the day, Sean and Ronan still worked hard in the lead group and finished a well deserved 9th and 12th on the stage in the front group. Behind, Simon and Thomas were still riding very strongly and aggressively as the gap to the leaders came down under one minute. Simon finished the weekend off with an excellent sprint to lead in the chasing group for 13th place.

Overall, Sean moved up into the top ten to finish a superb 9th overall, followed closely by Ronan and Simon in an excellent 13th and 14th respectively. Thomas and Conor brought the rest of the team home finishing strongly in 31st and 39th places overall. Their strong performances helped the team finish a super 5th place overall, and Sean secured an excellent 3rd overall in the U23 competition. Sean and Ronan also both finished 2nd and 4th overall in the AA King of the Hills competition to finish off an excellent weekend. The 5 riders gelled very well together and represented their province

admirably proving they were a force to be reckoned with in the Tour of the North. Simon, Thomas and Conor all made positive progress on their route to the Belgian Project this summer, and Ronan and Sean got some high-quality racing in locally before returning to Belgium to ride in the ZLM tour.

## **Motorcycle Marshalls Training, 19<sup>th</sup> May**

I attended the Motorcycle Marshall training event organised by Mark Greer from the David McCall Foundation. This is a very important piece of work, and has been well supported by the PSNI. The main concern and issue moving forward is insurance for Motorcycle Marshalls. I have since escalated this matter with Cycling Ireland to investigate with Hooper-Dolan.

## **PART 2 – ACHIEVEMENTS/ISSUES**

### **Road Commission Objectives for 2009 - ACHIEVEMENTS**

I made significant through 2009 towards the goals I set myself at the start of the year:

#### ➤ ***Develop Junior Programme***

In terms of Development, I successfully organised two training camps for Juniors from which I received excellent feedback from both peers and riders. I also worked closely with the Cycling Ireland Road Commission and the Cycling Ireland Junior Manager (Brian Taaffe) to create opportunities for the riders on a National level. This was validated by almost every National team having representation from Ulster riders which is a tribute to the talent we have currently in Ulster.

We also successfully sent a team to the Tour of Malta with the excellent help of George Boyd, Ryan Connor and Oliver Hunter.

#### ➤ ***Build Development Structure***

By getting the riders more engaged and involved through training camps, teams and good communication, I feel that riders have seen tangible benefit from Cycling Ulster in 2009.

#### ➤ ***Develop high performance structure for Cycling Ulster cyclists.***

The main initiative this year was the Belgian Project lead and co-ordinated by Dany Blondeel. This project inspired and motivated riders throughout the year, and Cycling Ulster provided funding towards the project at the Tour of Ulster.

I would like to take the opportunity to thank Dany sincerely for the effort and time he committed to this in 2009, and encourage him to build on his work in 2010.

#### ➤ ***Build communication between Cycling Ulster/Cycling Ireland Commissions.***

Through the year, I worked closely with the Commission to improve visibility of Ulster riders and as a result, we successfully included one or more Ulster riders into every Junior or U23 Development team throughout the year. I was able to give the majority of our Junior riders the opportunity to ride on a National Development team throughout the year, although unfortunately some were not able to avail of the opportunities due to other commitments such as Track.

The Ulster riders who rode on National Development teams excelled and out-performed their peers from other provinces. The highlight of these performances included stage event wins by

Peter Lilley (Banbridge), Mark McKinley (Newry Wheelers) and some great rides by Dane Dunlop (Lakeland CC), and Thomas Martin (Clann Eireann). We also had two riders on the Junior Tour of Ireland team. All riders I have spoken with provided very good feedback about their experience on the Development teams, and how they were looked after. Events in which teams were fielded included:

<b>Junior</b>	<b>U23</b>
Corkman 3-day	FBD Rás
Rás Connachta	Suir Valley
Junior Tour of Ireland	
Junior Tour of Wales	

The performances of Ulster riders on Development teams, opened opportunities for them on the Elite National team, and in particular Junior riders had superb success on the Elite National team. I passed on thanks to Dan Curtin and the other members of the Commission at the Road Commission AGM in September 2009.

In addition to the CI Road Commission, I formed a good working relationship with the Cycling Ireland Junior Manager – Brian Taaffe. As a result of our communication, and excellent performances by Ulster riders, we successfully fielded riders onto National Elite Junior teams throughout the year. Brian also appointed me as Manager of the Elite Junior team that competed in the Trofee Der Vlaamse Ardennen – a UCI1.1 event in Belgium in May. The team consisted of four Ulster riders on the five man team including Marcus Christie (Usher IRC), Jonny Cole (Team Madigan), Peter Williams (Juiced/Orchard Wheelers), and Peter Lilley (Banbridge CC). I would like to thank Brian for his help and time in 2009.

In Cycling Ulster, I also made progress with increasing communication and building relationships with the Track Commission, Youth Commission, Women’s Association, and the Coaching Commission. I would like to take the opportunity to thank each of the Cycling Ulster team who have guided me throughout the year, and provided me with their assistance.

## ➤ **Mentoring**

I successfully recruited the help of some of our best senior elite riders in Ulster to assist with rider Development. I would like to thank Ryan Connor (Usher IRC), Matthew Ward (Usher IRC), Keith Gallagher (Juiced/Orchard CC), Stephen Gallagher (An Post-Sean Kelly), Peter Hawkins (Decock Capino), and Drew McKinley (Newry Wheelers) for their help and time in 2009. I’d like to thank the guys for their time and help.

## **Cycling Ulster Radios - ACHIEVEMENT**

Martin Lees (Cycling Ulster Technical Officer) and I successfully sourced and procured race radios that are compatible with Cycling Ireland radios. We procured different sets including car sets that have a longer range, and handhelds that can be used for static marshalls or as rider radios in appropriate events.

The radios have been an excellent success and race organisers are becoming more aware and interested in their use. They have added a different dimension to race communication – both for Commissaires managing events, and for improved safety. They have also been used to great effect

with riders on the Road and Track, allowing managers to have communication with the riders which would have been previously impossible to achieve.

## **Government Legislation on Rider Restrictions – ISSUE**

In 2009, the PSNI took a fresh approach to the current legislation relating to Road Racing. This implies that races should have a maximum of 60 riders apart from certain major pre-approved races such as the Tour of the North and the Tour of Ulster.

The Cycling Ulster Executive has worked on this throughout the year with politicians to investigate how to address this, but it is still work in progress. As a result of the restriction, organisers have experienced difficulties with managing their events; however I would like to applaud all clubs on their patience, flexibility and commitment to running excellent events.

## **Sponsorship - ACHIEVEMENT**

Throughout 2009, I approached a number of companies to secure funding for a Road programme. I was able to secure funding from Caldwell Motor Factors for the Armagh-Downpatrick team, and Downey Cycles generously provided a donation to Cycling Ulster following the Tour of the North. I would like to once again thank both Philip and Seamus for their generosity.

## **Funding - ISSUE**

Cycling Ulster was financially impacted this year by the change in funding from SportNI. In previous years, Cycling Ulster has been awarded funding for rider development and for events such as the Kerry Youth Tour, and Junior Tour of Ireland to name a few, but this is no longer available. Therefore, unfortunately since May this year, I have been unable to commit to the 12-month plan of events that I outlined in April. This has proved frustrating for myself, and for the rest of the Executive, and has severely limited what we could have achieved in the 2<sup>nd</sup> part of 2009 and potentially in the future. I have also approached Cycling Ireland for funding, but unfortunately they will not fund provincial level development.

To complete my report, I'd like to make a few acknowledgements. Firstly, I'd like to thank the Cycling Ulster Executive for their help, and the hard work they do as volunteers. They lead the way with cycling bodies in Ireland and are a credit to our sport!

I'd also like to thank the Commissaires, and Martin Lees who co-ordinates them at events, as without them road racing would not be possible. I'd like to thank the riders who I've worked with throughout the year for their co-operation and input in 2009. The talent of riders in Ulster was evident on a National scale this year, and they are certainly leading the way with their performances and commitment. I'd like to thank Mickey, Drew, Ryan, Keith and Colin on the Cycling Ulster Road Commission for their help. And finally, I'd like to commend the clubs and volunteers in our sport who continue to develop cycling throughout Ulster with great success.

Unfortunately I will not be standing for re-election in 2010 due to other commitments. I have thoroughly enjoyed my time in Cycling Ulster this year, and it has certainly given me a different perspective of the sport. Thank you.....

## **Stephen McKenna - Road Commission Chairman**

## **Ulster Youth Commission Report 2009**

I am delighted to report that 2009 has been another very successful year for youth cycling in Ulster. Once again Ulster is the most dominant Province for youth cycling in Ireland and this has to be credited to all parents, clubs and Cycling Ulster for achieving this position.

At the beginning of the year our cyclists were busy attending Off Road events as well as the National Youth training camp in Castlebar which took place in February and which was a great success and enjoyed by all in attendance.

The Youth Olympics took place in Finland this year and many of our Under 15's and 16's attended various races which were part of the selection process for the Olympics. Robert Anderson (Juiced Orchard) who is only 15 was the Ulster representative on the team following strong podium results, while Jack Wilson (East Antrim) and Nathan Mehaffey (Juiced Orchard) just missed out on being selected on the squad after good performances during the year.

There is a new selection process being drawn up at the moment for future Youth Olympics and riders will be selected two years before the competition to enable them to attend squad training. There will be more details released about this at a later stage.

The Ulster cyclists dominated all the major events this year, Jack Wilson had a clean sweep in the Irish Championships, winning three gold medals and had many other wins. Nathan Mehaffey won the Rás na nÓg as well as taking several other top results throughout the year. Nathan McLeer (North Down) and Niall McAree (Emyvale) were two other Under 16's who also gained good results in many races.

In the Under 13 and Under 14 categories, Ciara Mulholland (Clann Eireann) was the top girl in the country and winner of many prizes. Craig Crawford (TC Racing) and Conor McAteer (Bann Valley) were also to the fore in this category throughout the year.

We have a very strong field of cyclists in the Under 12 category which is very encouraging for the future. They won three team prizes in the Mayo Youth Tour and some of them won medals in the Irish Championships and several other races. Jake Gray (Juiced Orchard), Declan Mulholland (Clann Eireann), Cathal Clarke (Newry), and Aaron Swan (TC Racing) were some of those that did well throughout the year.

There are some names that I have failed to mention but every Ulster rider who took out a licence is a winner for competing and I look forward to seeing them all on their bikes in 2010.

The future looks very promising for our youth cyclists. Ken Dunlop (Lakeland) and I have organised a weekend camp for all in November to prepare the riders for the incoming year. This camp will be at the Share Centre in Lisnaskea and it is an excellent facility with many activities on the programme. This is an invitation to cyclists of all the disciplines, MTB, Track and Road to attend. All details can be obtained on the Cycling Ulster website or by contacting Ken Dunlop or me.

I would like to thank all the parents who supported the events and all the clubs who promoted them during 2009. I wish the incoming Executive the best for 2010 and look forward to seeing the Ulster Youth continue with their success.

## **Mickey McKenna - Chairman Youth Commission**

## Cycling Ulster Track Commission Annual Report 2009

Commission –

Chairman. Brian Nugent  
Secretary. Anthony Mitchell  
Coach. Brian Cardy  
Coach. Gary McKeegan

The following is an overview of Track activities in the Ulster region of the province, a copy of which was sent to the National Track Commission for their AGM on 16 September.

Track activities in Ulster have improved throughout the year, with a fuller competition programme, and more training opportunities for Track riders to avail of. At Orangefield, we embarked on a winter training, and pre-season Accreditation programme, which saw over 60 Ulster riders deemed competent to ride either of the country's two Tracks.

Our Ulster Track League, again sponsored by Ronnie McKeegan at Madigan Pro-Bike Centre, unfortunately saw only 6 rounds take place due to weather cancellations, however there was some close racing with National Junior squad rider, David Neil, running out the overall winner.

On the competitive front, we were disappointed to lose our half-share of the Youth Inter- Provincial series, beaten by the well prepared Leinster crew, with whom we tied last year. However on the up side, we were delighted to see Ulster riders take every available medal in the National Junior Championships, and also take up places on the National Junior Track Squad. This year also saw Ulster riders take National Junior records at various distances, with Jonny Beers, David Neill, Rachel Mitchell and Rachael Withers all setting and/or breaking outdoor records.

Ulster would appear to be currently weak in Senior Track riders, although hopefully with the eventual arrival of the much anticipated indoor Velodrome in Northern Ireland, we would envisage that trend reversing. The attitude in Ulster is for riders to participate in all areas of the sport, with Track unfortunately not being high on some rider's agenda due to its weather dependency.

Ulster riders were well represented on the Track Commissions Development Squad trips to Edinburgh and Newcastle, and we feel that increased trips to UK tracks, and if possible Velodromes, would undoubtedly advance the quality of our track riders, and help close the gap on UK riders who have much easier access to indoor training and racing.

Much of our emphasis this year was placed on preparing a squad of 6 youth riders for the UK School Games in Cardiff in September, with 2009 being the first time Cycling had been included in the programme, and the first time Ulster had been invited.

That trip was truly an eye-opener for our riders, who participated in a full scale multi-sport tournament, complete with opening and closing ceremonies and athlete's village etc. The results were also extremely encouraging; with Ulster finishing 10<sup>th</sup> region and scoring numerous top 10 individual placings. We also believe this to be the first time that either Male or Female Irish riders have participated in full Madison events, which Jack Wilson, Nathan McLeer, Ciara Mulholland and

Claire Oakley did to their great credit, and the praise of other UK coaches and managers who offered their congratulations to our squad on their performances throughout the 3-day event.

We still have ongoing issues with the Track at Orangefield, and are working with the owners Belfast City Council and the tenants Bloomfield FC to resolve these problems, which have been worsened this year with the erection of a fence around the perimeter of the football pitch, which is the infield of the track. Cycling Ireland prepared a safety report on the Track in July, and we are meeting with the Council to discuss how we can move forward.

In 2009 Cycling Ulster received an *Awards For All* grant which enabled us to purchase further rental bikes and two Track Tandems. Consequently we have been able to offer specific training sessions to both the Ulster Women's Association and the Disability Commission during the year and have also put on individual coaching sessions for clubs who are unable to make the regular Tuesday evening sessions.

Our relationship with the National Track Commission is proving to be a frustrating one. All of the above names are members of the Commission, and are welcome to attend any meetings. To our knowledge there have been 3 meetings in 2009, one in April – which Brian Cardy attended, the AGM on 16 Sept, and one on Wed 30 September. Unfortunately this was two days before we were due to travel to the Derry rider's course, which made it impossible for us to attend the meeting.

Despite the lack of meetings, a lot of business appears to have been carried out which we have not been privy to. We are told that minutes are written manually, and despite requests, we have been unable to obtain copies. Similarly, we have asked for Commission accounts for the past two years, without success. Hopefully these matters will be resolved quickly.

Looking forward, 2010 will hopefully see Ulster promote further National Championships at Orangefield, on the back of the successful 2008 Youth and 2009 Junior promotions.

There is a possibility to work more closely with Belfast City Council with the 'Sport Belfast' group, which could lead to increased community participation in Track Cycling.

A Motorcycle Derry has now been purchased for use at Sun Drive, and there is no doubt that this training aid will help to develop the sport at both Tracks and increase the quality of riders. Both Anthony Mitchell and Brian Cardy completed the Derry pilot's course in October, and are now the only two accredited riders in Ulster.

## **Anthony Mitchell**

For the Cycling Ulster Track Commission  
October 2009.



## **Cycling Ulster Technical Officer's Report 2009**

As Technical officer for the province I would like to thank all the commissaires who gave up their time during the season, to ensure that we had commissaires at over 90% of the season's events.

We organised a Commissaire training course in February of this year which was taken by Jack and Paul Watson and we would like to thank both Jack and Paul Watson for giving up their time to run the course. This provided us with ten new trainees while five trainees from the previous year were successful in becoming full commissaries. The need for commissaires became more important following the reduction in race numbers which has caused more clubs to run two races.

In connection with the appointment of commissaires, I would ask that if a club has a preference for a Commissaire, that they contact the Technical Officer in plenty of time so that there is not a clash of commissaires at any event.

While the off road comms are still covering the cyclo x, they are unfortunately only two in number, and this season we have a mix of road and off road comms to cover this year's events. A course for off road commissaries has been organised by Sean Herlihy of the National Off Road Commission and we strongly advise as many as possible to attend this course. Without our own commissaires in Ulster it will be impossible going forward to cover off road events.

During the year I have spent time collating the medal winner database for the presentation dinner which has been set for Saturday 23<sup>rd</sup> January 2010, at the Balmoral Golf Club, the database will in turn assist me to compile the medals for engraving. Cycling Ulster has decided to absorb the cost of medal purchase and the cost of engraving for another year to reduce the burden on clubs in the present financial climate.

In conjunction with Tommy & Marian Lamb and Billy Smith I worked on the administering of the Dave Kane TT League, and compiled the draft calendar for 2010 which will have a few changes. In September I worked with Kay Hack Bann Wheelers to measure the course for the 100 mile TT Championship.

Should I be re-elected I would ask that all Commissaire reports be sent to [martinlees@cyclingulster.com](mailto:martinlees@cyclingulster.com)

Or posted to

Martin Lees, 19 Moylena Meadows, Antrim, BT41 4AF

Finally I would just like to thank all those who I worked with over the past year who treated me with courtesy and respect. I am particularly grateful to the Executive who supported me in my endeavours

**Martin Lees – Technical Officer**

## Off Road Commission Report

Having been drafted into the post a little late in the season there is not much to build upon with regards to mountain bike organisation in terms of development and racing.

The Apollo MTB race of 5<sup>th</sup> November represented the last of the Cross Country events of the season, with the East Antrim Audi race on the 10<sup>th</sup> of September marking the start of the Cross season.

**Cycling Ulster Women's Association MTB Evenings:** Most of my efforts to date have been involved with the promotion of Women's mtbing in the form of the MTB section of the Women's Association. To date we have had regular fortnightly MTB rides consisting of a core group of between 5 – 8 women of all abilities. These became weekly rides through September as we are likely to wrap it up at the end of the month as we come into autumn and the evenings get too short.

The Women's Association evenings have been aimed at promoting women in the sport and to try and encourage more to take up competition. This has been quite successful in both respects. While the majority of the women are more leisure based a number have tried and enjoyed the competition. The two events which stand out most are XMTB organised race at Lady Dixon Park and the Apollo race at Craigavon – both excellent beginner level courses.

To consolidate we are currently organising a combined mtb and road Women's Association training day on 10<sup>th</sup> October. Louise Fullerton is keen to build upon the success of the Road League and I have had feedback from the MTB women that they would be keen to attend such an event. We are expecting upwards of 30 women to attend on the day which will include MTB and Road group rides in the morning and afternoon presentations on training, nutrition and various workshops.

I would also like to organise an additional training day later in the year/early 2010 specifically for MTB with both Cross Country AND Downhill disciplines involved.

**Cycling Ulster MTB Cross Country League & Ulster Champs:** In the absence of any formal organisation and due to ongoing issues with holding events in Forestry Service land no Ulster MTB Cross Country League or Championships took place this year. I invited all interested clubs to send two representatives to attend a meeting on 30<sup>th</sup> September to discuss the options for resurrecting both League and Championship races for 2010. Agenda for the meeting included: 1. Choice of suitable race venues, 2. Negotiation with Forestry Service, 3. Finding a potential sponsor for the league, 4. Calendar options. The upshot of the meeting was the proposal of a formation of a MTB committee to liaison between FS and organising clubs as a means of allowing for access to FS to hold local events with the aim of running a 6/7 event league in 2010. It was also agreed that should FS land be made available that the Ulster XC Championship be held at an appropriate venue or alternatively at the end of September by Apollo CC at Craigavon Lakes.

Just to note, I don't come from a Downhill background and have yet to find out what representation downhill need/want. The section of MTB is well supported by Chain Reaction Cycles and has a good organisational background locally and nationally so might not require much work.

**Cycling Ulster MTB Development:** In the past funding was available through Cycling Ulster /National MTB Commission/SNI for the provision of a MTB development squad to attend as many of the British Cross Country National Series races as possible. The last year that a squad was put together was 2007. This provided a valuable impetus and momentum to the youth development as the quality and

size of the age category fields is greater than at home and gave Youth riders a goal to aim at. From what I can remember squad selection was based upon home/Irish national results. Names which spring to mind who benefited from the scheme include: Jack Wilson, Jonny Beers, Claire Oakley, William Boyd.

In 2009 a small number of riders have been supported by parent/club members to continue racing at more competitive British and Scottish races and include Mathew Adair, Chris and Claire Oakley to name a few.

I would like to see more integration with the other cycle disciplines with regards to youth development. This clearly already happens as there is a good cross over in mtb youth attendance at the road championships and the School Games for example. It may be possible to integrate an mtb element to planned youth training camps as is planned for the women's training day above.

I would also like the option to liaise with the relevant coaches with the prospect of developing mtb specific coaching days.

While there is supposed to be funding and therefore a strategy for MTB development at a National Level through the MTB Commission with the idea of feeding into the HP teams, I haven't seen or heard anything since the beginning of the summer, I would therefore suspect that Ulster based riders will need to be developed from Cycling Ulster.

**Cyclocross** – The Cyclo cross season starts at the beginning of September and the calendar/series has either been finalised or in the process of being finalised through MTB Commission. Two leagues are proposed, a national Cyclocross Super League and a CU CX league. The Cycling Ulster CX league is being actively organised and promoted by Martin Grimley of Dromara CC.

## Ciara MacManus – Off Road Commission

Poster below designed by Martin Grimley Dromara CC.



**UCX Series 2009**

October 10 - East Antrim  
 October 18 - Apollo CT  
 October 25 - Team Madigan  
 November 1 - Dromara  
 November 22 - XMTB

**Start times**  
 Under 8s (10:50)  
 Under 10s (11:00)  
 Under 12s (11:15)  
 MTB, Under 14s, Under 16s (11:45)  
 Main Cyclo-Cross Race (13:00)

**Fees**  
 U8, U10, U12 (free)  
 U14, U16 (£5 / €5)  
 16+ (£10 / €10)

## **Cycling Ulster Disability Commission Report 2009**

Our aim for the 2009 season was to build on our work commenced in our inaugural year, and we are pleased to report that we have succeeded in some of our aims.

We took delivery of three track tandems early in the year, and with the help of the track commission, there was a `taster` track session held for visually impaired cyclists to try track cycling. We hope this continues in 2010 and develops further.

Darrell Erwin was instrumental in setting up Ulster's first handcycling club, and we wish to congratulate him on all his achievements to date, including his Ulster 10 TT and Malin to Fair Head challenge.

For the first time we had a hand cyclist from Ulster representing Ireland at the Paracycling World Road championships held in Italy in September. We congratulate Karol Doherty on his achievements and wish him every success in his future cycling career.



Ann McFarland from East Tyrone CC was hoping to compete in the Locomotor Disorder (LC), category in the Paracycling World Road Championships, however she did not qualify under the stringent classification process. Although Anne did not compete in Italy, she has been a valued member of the Paralympic squad all season, and we hope she benefited from the many training opportunities in which she partook. We again wish her continued success in all her endeavours.

The Paracycling World Track Championships will take place at the Manchester Velodrome in early November. Cycling Ulster will again be represented by Andy Fitzgerald from Phoenix CC. A high point in Andy's season came when he completed the Ulster 10 TT championships with David McCann. It was great to get Dave on the front of a tandem, and we see this as the way forward, if we wish to have Ireland represented with the highest possible calibre cyclists at international Paralympic level.

We have continued in our role as liaison between individual disabled cyclists and clubs. This is a very rewarding aspect of our work, but it also poses challenges, and we wish to thank clubs for their support in our endeavours to promote and facilitate disability cycling.

As ever, we are in need of tandem pilots to assist our visually impaired cyclists, and we would encourage anyone interested to contact us. Often the logistics of tandem cycling prove extremely difficult e.g. transportation of bikes, and we would appreciate any ideas or assistance in this regard.

Emma Fitzgerald is hoping to train as a UCI Paracycling classifier, and we will keep the Executive informed of any progress with this on-going process. The international classification rules are in a period of transition at present, and Emma is hoping to hear from the UCI when these new rules have been ratified.

Finally we hope to continue to raise the profile of disability cycling in Ulster and beyond, so please keep a lookout on the Cycling Ulster website, and don't hesitate to contact us regarding any aspect of disability cycling.

## **Emma Fitzgerald – Cycling Ulster Disability Commission**

## **Ulster Women's Association Report 2009**

The Ulster Women's Association was set up in the winter of 2008 and was set up with the support and guidance of Marian and Tommy Lamb by Louise Fullerton, Ciara McManus (MTB), Kay Hack, Mary Boyd, Julie Watt and Elle Forrest.

The group first met to discuss the way forward to promote Women's cycling in Ulster, where we all signed copies of the Cycling Ulster Code of Conduct. There was a real need for women friendly events to encourage newcomers to the sport and existing cyclists who were tempted to compete but had not the confidence or experience to participate in the men's events.

A women only league was discussed at length and an e-mail was circulated around all the cycling and triathlon clubs to determine the level of interest. The response was very positive and I currently have over 60 women in my contact list now. We studied the calendar and chose 6 races that were laps and 1 time trial. We kept the league relatively small in its first year to determine success before expanding in 2010. The clubs involved have been more than supportive, Phoenix, Emyvale, Omagh Wheelers, Bann Valley, Clann Eireann, Juiced Orchard and the Dave



Kane league. Other clubs and individuals have voiced their support in our efforts. Some of our races were also generously sponsored by Bike Dock, Paul Kane Cycles, Slane Cycles, Chain Reaction and the league winner prize and perpetual trophy was provided by Sportactive.

Outside of the league Dromara CC and Team Madigan also ran separate women's races which we will hope to incorporate as part of the league next year.

Cycling Ulster also sent a women's team In March 2009 to the Tour of Malta with great performances from Kay Hack and Anne McFarland and certainly a great learning curve for the less experienced Louise Fullerton, Hannah Francis and Elle Forrest, who unfortunately suffered an injury during a race and had to withdraw. This event was supported by the David McCall Cycling Foundation as well.

Another first was an Ulster Women's team entered into the Rás Dun Na nGall and included Heather Wilson, Kay Hack and newcomers to this event Cathy Thompson, Orlagh Watters, Hannah Francis and Tonya Moran. The women enjoyed this very challenging event and impressed the event organisers with their enthusiasm and camaraderie. Again support was forthcoming from both Cycling Ulster and the David McCall Cycling Foundation.

We also organised 2 Cycling Ulster funded training days, the first was at Orangefield with the support and coaching of Brian Cardy and Anthony Mitchell and this was very well attended and enjoyed by over 20 cyclists. The second training day was in October, and was attended by 46 cyclists. This day consisted of 2 separate road bike spins in the morning and 1 MTB trail training session. Then lunch and presentations from Darren McWilliams on Nutrition/Training for the female athlete, Ciara

McManus on cyclocross and the plans for women's mountain biking next year and a feedback session on the Ulster women's league by me.

Plans or possibilities for 2010 following feedback are to extend the league further into the year, including a hill climb and more time trials as part of the league. Warren Francis, Ards CC has volunteered to assist with the league. There is a sponsor interested in sponsoring a woman's time trial league. Training days to Orangefield and for those interested a possible trip to the velodrome in Manchester may be on the cards. We hope to field an Ulster Women's team in events such as the Rás Dun Na Gall and Rás Na mBan and encourage those interested to participate in National league events. Anthony Mitchell has volunteered to plan some events in conjunction with the Ulster Women's Association for the development of Youth Women. And finally a more regular programme of training days.

## **Louise Fullerton – Chair of Cycling Ulster Women's Association**



## **Cycling Ulster Coaching Commission Report 2009**

Like most of the Commissions it has been a busy year.

During the year we have hosted a number of both Foundation and Level 1 courses throughout the province.

For the first time a Level 1 course was held in Donegal and was well received by the local clubs.

We have held courses for external organisations including for the staff at Criagavon Water sports Centre and Arvalee Special School in Omagh.

We have also been involved with a number of the other CU commissions assisting at youth, junior, under23, 3<sup>rd</sup> Cat and women's training days.

All in all it has been a good year, but as always we need more coaches on the ground to get involved in recruiting and developing cyclists. We hope that with the appointment of a Club Development Officer that we can get our coaches into the schools and increase our membership base.

Looking to the future. . . . We have a number of exciting programmes in the coming months.

Donegal Sports Partnership – We will be working with them to develop a number of coaches

Mountain Bike Instructor/ guides – We are coming to the end of developing a MTB instructor / guide / leadership framework. We had hoped that the first course would be held at Tullymore Mountain Centre in November, however this will now be delayed until the new year. The course is still going ahead under a Scottish Cycling Union banner.

Cycling Ireland Level 2 – For a number of reasons the Level 2 course is still not complete. However it will be ready for pilot in the next 12 months.

Finally I would personally like to thank everyone who have assisted and helped the Coaching Commission over the year. In particular, Darren McWilliams, Paul Brady, Steven McKenna, Anthony Mitchell, Tommy and Marian Lamb and Adrian Hughes.

## **Gary McKeegan - Coaching Commission**

## **Talent Development Officer Report.**

Following the provision of funding for the post of Talent Development Officer by Sport NI in the 4-year 'Investing in Performance Sport' programme 2009-2013, I took up the position of Talent Development Officer for Cycling Ulster in mid July 2009.

The remit for the post is fairly broad, despite only being 18 hours per week.

To date a lot of time has unfortunately been taken up with employment and contractual business, with taxation, contracts and work programmes having to be clarified. Thanks to Marian Lamb for her help in this area these matters are now almost resolved, which means I can concentrate fully on my Work Programme.

Some of the areas I will be dealing with are mentioned below, and they include looking after Developmental athletes in the Sport NI Performer Development Centres and on ASP Lottery Funding.

The Sport NI *Performer Development Centre* pilot programme for emerging talented athletes will be up and running this month, with cycling having 5 members in the pilot period. They will attend weekly sessions at 3 centres across Ulster until Christmas where they will receive strength and conditioning coaching and have access to physio and nutritional advice. I will be involved with their progress, and will shortly formulate a selection criteria for the 2010 programme where I would envisage having up to 6 places, with some of the current PDC athletes hopefully progressing to the Sports Institute at Jordanstown (where Philip Deignan, Martyn Irvine and Conor McConvey are members) thus creating an opening for further athletes to avail of the PDC structure.

I will be responsible for managing Developmental athletes on the Sport NI Athlete Support (lottery funding) programme, and have just signed off the criteria for 2010 applications. I will also oversee other funding opportunities for young riders through the Mary Peters Trust and Sports Aid initiatives. I am currently drawing up a series of benchmarking standards for various disciplines with which to assess future young developing talent.



I will also be looking at the existing talent ID opportunities within the sport and developing a Talent Plan for young riders throughout all disciplines whilst ensuring there are identified coaches in specific areas. I will be utilising the somewhat limited Sport NI IIPS Talent Budget to ensure athletes are given the best opportunities to develop, both through local initiatives and out-of-province competition. I will also be linking in with national strategies for Talent ID and Talent transfer.

To date I have been responsible for the UK School Games team, and along with Coach Brian Cardy took 6 youth riders to the 3-day track event in Wales at the beginning of September. I have also attended the Ulster Youth Championships, the National Junior Track Championships in August, and the Women's training day earlier this month.

## **Anthony Mitchell Talent Development Officer**

## Admin Officer Report 2009

I officially commenced work as Cycling Ulster Admin Officer on Monday 3<sup>rd</sup> of August this year. As part of the induction process I visited the Kelly Roche House in my first week. This enabled me to meet the various staff in the Cycling Ireland Office and get an outline of work for the first month of my employment.

The first area I began working on was helping to finalise Darrel Erwin's preparation for his Mizen to Fair Head Hand Cycle. This included working on transport for the trip, and promotion through the Cycling Ireland website and contact with clubs based along the route.

As part of my induction I have spent time familiarising myself with the various Cycling Ulster policies, attended Executive meetings to keep up to date with developments and received training on the Cycling Ulster and Cycling Ireland websites. I have been updating both of these websites on a regular basis with articles since the beginning of September.

One of the duties that I have also had to work on is the outstanding issues relating to the Sport NI Audit of Cycling Ulster. This includes policies and working on other recommendations from Sport NI. As part of this process I have had a meeting and been in regular communication with Marian Lamb who has been working on this for over a year.

I have also spent time analysing our membership figures and the number of riders who have been selected on provincial and National teams to create documents for Sport NI and for the future promotion of one of our major events.

Another area I have been involved in is the organising and promotion of the Ulster Women's Association training camp that took place last week and the upcoming Youth training camp.

I would like to thank all those who have helped me settle into my new position and provided me with advice and support. I look forward to working on behalf of the membership of Cycling Ulster in the future.

## Patrick Withers – Admin Officer



## Development Officer's Report to 31<sup>st</sup> May 2009

As reported last year I was appointed to the position of Development Officer from the 1<sup>st</sup> July 2008 to 31<sup>st</sup> March 2009 to fill the vacancy left by the resignation of Brian Nugent. The job remit was very wide and included such things as the Modernisation of Cycling Ulster, Club Development, Equity and Safeguarding issues and the production of our new four year funding plan as well as other tasks which may be decided upon by the Executive from time to time. I will briefly address each of those areas.

### Modernisation

Throughout this period I continued to work on writing and reviewing policies required by Sport NI and addressing issues raised in the AHL Audit of Cycling Ulster. Many of these are now in place and several meetings were held with the new Executive to inform them of relevant changes. The Induction Day in Newry also provided a chance to discuss these documents and general business practices going forward. The completed documents have been presented to all members of the Executive in a file format and copies given to Cycling Ireland and Sport NI. I also provided induction training to new members of the Executive. I have worked closely with Oliver Hunter, our Treasurer, to ensure that all financial transactions fall in line with our financial policies and I maintain an electronic database of these which is regularly backed up on to an external hard drive. Oliver also keeps a written ledger thus providing us with the added security of having all our transactions securely noted. We were due to go through a trial audit in December 2008 with a full audit by the end of February 2009. Unfortunately due to hold ups with Sport NI this did not happen and to date Sport NI has not provided any feedback on any of our policies or procedures so it is difficult to assess if we are going in the right direction. An initial meeting regarding the Audit is due to take place before the end of this month.

All our policies and procedures have been converted into PDF documents and will be available for download on <http://www.cyclingulster.com> once they have been approved by Sport NI.

In line with AHL Audit a skills audit of the new was carried out as reported earlier and Cycling Ulster actively recruited skilled volunteers to help with the general operating tasks of the Commissions. This continues to be a high priority for the Executive and we would like to hear from anyone who has some available time to offer their services in any way.

### Club Development

Sport NI has identified Club Development as a high priority area and wants to see clubs achieve the Clubmark Award designed to recognise and reward quality Youth based (Under18) clubs. Cycling Ulster's own Yellow Jersey Award has to fall in line with that of Sport NI. I worked on creating proformas and information documents which could be used as part of club development and forwarded all these to Sport NI for comment. Unfortunately Sport NI's own scheme was held up and again we were left not quite knowing what was required.

As promised at the 2008 AGM I held a number of Development evenings with several clubs. The first of these was in December 2008 when I visited North Down along with Patrick McAleavey. This meeting concentrated mainly on Safeguarding Issues and the structures which need to be in place for any club wishing to promote Youth Development. I am pleased to say that North Down have been very proactive in developing their Youth Programme and have secured the use of Kirkistown race track (at a cost) to provide safe off road facilities.

Following that I was invited by Carn Wheelers to give a talk in Maghera. Carn Wheelers is one of our newest clubs and over forty of their members turned up for the meeting. They wished to understand all the implications going forward before initiating a Youth Programme. I have since been in regular contact with them to provide additional guidance and information.

A regional seminar was held in Ballymena CC's club rooms in February which was open to all local clubs. This was well attended with over fifty people in attendance representing eight clubs and many thanks must go to Alan Mark, Hazel Hughes and Rex Boner for the hospitality and professional approach which they provided that night. Patrick McAleavey and I provided information on Safeguarding issues and general club development. Each club was presented with both hard copies and a disc of information leaflets, proformas and guidelines which they could adapt for their own use. AccessNI forms were also available and many members attending have since completed these forms. This is an on-going area and vital to all those working with Youth.

Information has been supplied to other clubs via email, phone and post on request.

### **Access NI**

Safeguarding Young People in Sport and maintaining our assurance level as Reasonable was also part of my job. I am one of three designated signatories for Access NI Applications as listed previously and I work very closely with Patrick McAleavey on this issue. It is now much more important that all those working with Young People and Vulnerable Adults ensure that they are vetted. Clubs are responsible to ensure that this happens and there are legal implications for those who ignore the new legislation which came into force on the 12<sup>th</sup> October. We currently have a number of clubs who promote Youth events who have very few if any members vetted. If the clubs do not address this situation we will have to cancel any Youth related activities promoted by these clubs. All coaches and Commissaires as well as those working with young people must submit an Access NI form to Patrick or me. The full listed of vetted leaders is available on <http://www.cyclingulster.com> and is regularly updated.

### **Equity**

Cycling Ulster continues to proactively work to ensure that our organisation is open to all and to increase our membership of underrepresented groups in our society. Targeted areas in this period include the development of Women's and Disability Cycling. I continue to work closely with Emma and Andy Fitzgerald on the Disability Commission. The founding of the Ulster Handcycling Association in 2009 was a major development and I have worked closely with Darrell Erwin and Denis Toomey in regard to this. In December I helped Darrel draw up an Application for the Awards for All funding programme. Unfortunately this did not go through so we submitted a new application in early 2009 only to learn that they would no longer fund sports organisations. A new Award called Sports for All managed by Sport NI is on the cards but we have received little information regarding this. Ulster Time Trial Championships continue to be open to all and we had both hand cycling and tandem competitors not only in the Championships but also in other events throughout the year.



There are many problems facing women in sport and to this end I liaised with Louise Fullerton and Ciara MacManus to put in place programmes to attract women into cycling. The Ulster Women's Association was formed to allow women to compete in Women only events in Ulster with a club



licence. This gave many women the opportunity to try out road racing for the first time. The Bikedock spins for off road were well attended and Ciara MacManus and Julie Watt encouraged the women to try their hand at several competitive events. I attended women only camps in the early part of the year and liaised with the National Women's Commission. I am also pleased to say that two women passed the Commissaire Course in February and

hope to be fully assimilated on to the register this incoming year.

The Introductory Licence offer of €10 provided by Cycling Ireland this year was a major boost in providing an incentive to people to take out membership. We were able to target many groups such as women and older people through the leisure events with many of these joining local clubs. Should this introductory fee continue next year I would advise all clubs to proactively encourage those who regularly turn up at leisure events or join club spins to take out this licence as it provides full membership and insurance benefits.

**Equity Standards for Sport** – Due to heavy workload in other areas there was no input from Sport NI on this issue but it is likely that it will be addressed going forward.

### **Investing in Performance Sport 2009 -2013**

Cycling is now recognised by both Sport NI and the Irish Sports Council as an all island sport and a joint investment programme was drawn up. Cycling Ireland's remit was to submit the High Performance element of the plan while Cycling Ulster did the remainder. The proforma document and guidance notes made it very clear that there would be no investment in programmes but that all funding would go towards employment. This applied to **ALL** sports and there was no movement on this.

While I asked for input to the document from several clubs and individual members none was forthcoming. The workload to complete the document in time for the deadline was very heavy and involved much burning of the midnight oil. What we were finally awarded is shown following the Secretary's Report. The table below shows the time frame outlined by Sport NI for the Process and the actual timescale. Funding is guaranteed for two years with an annual review. The funding for the final two years of the programme is only indicative and dependent on both availability of funding and the ability of the Governing Bodies to deliver on agreed targets.

<b>Programme</b>	<b>SNI Timeframe</b>	<b>Actual Timeframe</b>
Consultation	July/August 2008	Some Meetings in September
Programme Launch	Early Sept 2008	Information Meetings held in September attended by Cycling Ulster and Cycling Ireland
Closing Date	7 <sup>th</sup> Nov 2008	Date fixed – Cycling Ulster plan submitted on 7 <sup>th</sup> November
Assessment of plans completed	By Jan 2009	Delayed
Forwarded to DECAL/DFP for approval	By Feb 2009	All plans which would receive between £2500, 000 and £1,000,000 over the four years would have to be approved by these bodies. This was extensively delayed.
Final letter of offer	March 2009	This was to allow for recruitment and placement of staff by 1 <sup>st</sup> April 2009. Unfortunately this was again extensively delayed. <b>Final Letter of Offer received 27<sup>th</sup> April 2009.</b>

As you can see the lateness of the offer and subsequent delay on confirming job descriptions and personnel specs held up the recruitment process. Sport NI also insisted that those sitting on the interview panel complete a Recruitment and Selection Course which Cycling Ireland representatives Geoff Liffey and Phil Leigh attended on 1<sup>st</sup> July 2009.

However jobs were advertised prior to this and the interviews were held on 2nd and 3rd July 2009 and the previously named appointments made.

The delay in the funding process meant that effectively there would be no employee in place from 1<sup>st</sup> April to 30<sup>th</sup> June so it was agreed with SNI and Cycling Ireland that I would continue as Development Officer for the months of April and May. I continued to carry on the work in June on an up-paid basis as there were too many things requiring attention.

## **Participation and Active Communities Programme**

The Active Communities was the next major project and was aimed at increased and sustained participation in sport through an increase in the number of full and part-time sports leaders and coaches who will either be sport's specific or generic. Sport NI is making funding available to the so-called 'super councils' about which many of you will have heard. The councils will be amalgamated in 2011 in to 11 Consortia. However the funding in Active Communities will be available from April 2009. In conjunction with the above I continued to build links with other organisations such as Sustrans and Disability Sports NI.

While the above programme may benefit other sports, for cycling it was extremely hard work with no gain. Initially we were told that we had a few months breathing space which would have allowed us to gain more information and have time to liaise and consult with our clubs. However within a week of last year's AGM some council areas began sending out applications. These were difficult documents but I submitted them in time. The following is a brief resume of the next stages:

1. Contact made with all eleven Consortia indicating an expression of interest in the scheme.
2. Contact made with relevant clubs in the areas requesting input to the scheme.
3. Compiled an introductory pack on Cycling Ulster and the benefits of investing in us and forwarded to all consortia.
4. Some Consortia devised their own applications. These were submitted on time.
5. Other Consortia used Consultancy Firms who initiated a series of meetings which I attended.
6. Applications then received and submitted
7. Councils with early applications then invested in consultants and be applications had to be submitted.
8. Application to North Down Borough Council rejected immediately on submission
9. Invitation from Belfast City Council and Banbridge/Craigavon /Armagh Consortia to make a presentation.
10. PowerPoint Presentations created and approved by Cycling Ireland
11. Presentations delivered to above Consortia on the 5<sup>th</sup> and 20<sup>th</sup> February respectively.
12. Applications and information days continued with other Consortia.

**Result** - it is unlikely that cycling will receive any funding under this scheme for dedicated cycling leaders or coaches.

## **Administrative and Other Tasks**

I continued to attend meetings with relevant stakeholders, funding bodies and possible future partnership organisations as well as 100 Day Review Meetings with SNI. With the resignation of Gordon Parker I submitted all funding claims to Sport NI and attended regular meetings with our SNI Performance Consultant, Chris Moore.

## Marketing

- Designed and had printed the Cycling Ulster information leaflet. 500 copies were printed and distributed to shops and leisure centres. A second run is planned.
- Designed the Women's Association League Poster

I regularly input to the Cycling Ulster website highlighting successes, developments and new initiatives. I report monthly to both Cycling Ulster and Cycling Ireland and was Line Managed by Geoff Liffey during this period with whom I held regular meetings and phone conferences. I would like to thank Geoff for all his help during my time as an employee.

## Marian Lamb - Modernisation and Development Officer's Report to 30<sup>th</sup> June 2009

### Club Development Officer Report

I was appointed as Club Development Officer from 6<sup>th</sup> July 2009 on an 18 hour a week basis to be line managed by Geoff Liffey in the interim until the return of Rory Wall, National Liaison Officer who will then take over. As Anthony has previously mentioned early work has centred on agreement of work programmes and basic items such as employment and contractual business. Agreement on my work programme is due to be completed next week.

In general terms the post involves a range of activities and I will provide a brief up-date on each of these areas:

1. **Attendance at Cycling Ulster Executive Meetings and AGM** – Ongoing
2. **Disseminate good sports practice to clubs and organise club development seminars**
  - This is ongoing via the Cycling Ulster website, general and individual emails and by phone.
  - I attend meetings in relation to Sports Development and good Practice and information gained will be disseminated as above.
  - A Club Development Seminar or a series of regional seminars will be organised over the next few weeks. This may be done in conjunction with the Talent Officer, Anthony Mitchell and we are currently in discussion regarding this. We have also had meetings with Sport NI and Cycling Ireland regarding both the format of the day and the input each can make. We will keep you informed of developments in this area.
3. **Development of Participation Monitoring System**
  - A Participation Monitoring System needs to be put in place to show the actual participation in cycling and the breakdown of ages, genders and physical abilities. As mentioned in the previous report I was trying to do this manually but to continue to do so would more than consume my working hours. I am working with Geoff to see if we can find a simple solution to this problem.
4. **Targeting of underrepresented groups primarily female and disability groups**
  - This is an area in which I have been doing a lot of work recently. I have been in contact with a number of women who have just started cycling and have provided them with details of local clubs, how to apply for membership, the benefits of the Introductory licence fee and insurance issues. I have compiled packs to send via email and have posted out information packs to others and have included copies of the National Women's Commission Booklets

“Positive Cycling”. I updated these women on the Women’s Training day held recently and many of them registered for it.

- I arranged for the Irish Development Women’s team to borrow the rider radios from Cycling Ulster for use in Rás Na mBan and would like to thank Anthony for delivering them to Heather Boyle.
- I will continue to liaise with Louise, Ciara and the National Women’s Commission on ways to improve participation by women.
- I worked with Darrel on the initial promotion of his Mizen to Fair Head run and was able to hand over some of the Admin side of this to Patrick Withers in August and he did a lot of work on this.
- Currently I am also working with a new recruit to Handcycling and have had long email conferences on this. I have contacted DSNI and Cycling Ireland on his behalf and they are now hoping to provide him with the loan of a handcycle in order to give time to look around before making a purchase. Darrell has also taken him out for a spin and when he receives his handcycle Darrell will provide some training runs.
- I am in contact with a new wheelchair sports club for young people which operated from the Ozone Centre. They would be interested in having more information and are keen to know more about athlete development pathways for young disabled athletes. I have provided them with information, photographs and web links to the recent handcycling events such as the National Time Trial Championships and the UCI Event in Belgium in which Irish handcyclists took part for the first time.
- I have spoken to both Susan O’Meara and Bev Chamberlain in Cycling Ireland re the Ozone group and with the co-operation of Darrell Erwin and friends hope to do a ‘taster’ session for these young people in the near future.
- We also need to monitor levels of participation by disabled people. Currently there is no device on the current registration form to allow us to do this and it may require going to each club and carrying out an audit of membership. The target set by SportNI for the 2009-2010 period is a 5% increase in disabled membership.
- As Emma Fitzgerald mentioned previously we are in dire need of top class athletes to act as pilots for partially sighted riders. Ireland will not be able to move forward in this area until we get the commitment from high performing riders. I will be working closely with Emma and Andy to carry out a planned recruitment in this area.
- Specific Training camps for both women and disabled cyclists will form part of my work programme.

##### **5. Develop, implement and promote a Club Accreditation Programme**

##### **6. Carry out a Club Audit.**

I have linked the above as one as these are the areas upon which Sport NI place great importance.

- Throughout the summer I have been working on creating documents, audit forms etc which could be used as part of the Club Development and Club Accreditation Schemes.
- In contact with Simon Toole regarding SNI Clubmark Scheme
- Attended an SNI Clubmark Seminar in September. Currently SNI are creating their Clubmark scheme for Sports and all NGB specific schemes must meet their minimum standards. SNI are currently working with a small number of NGB’s and Consortia on this and will begin working with those who are interested in becoming part of it. As a consequence of the meeting I am drawing up a set of Criteria for the Yellow Jersey Award which includes the Clubmark NI core criteria. The scheme must also operate within the guidelines set out for endorsed schemes

operating protocols. Protocols need to be documented and presented to SNI for approval prior to the scheme becoming endorsed.

- I developed a club audit proforma in July but as a result of receiving the proforma developed by SNI, this may take some additional work. Clubs will then be audited and a general club development strategy drawn up. Specific Club Development Plans will be discussed with interested clubs and I will try and provide as much help as possible.
- The New SportNI Clubmark Scheme will be the only scheme recognised by the Local Councils who have signed up for it.
- A package of incentives is also required and I will be working with Cycling Ireland and SportNI to see what we can offer those clubs who become accredited.

#### **7. Target potential New Clubs**

- This is on-going and I have been in contact with six potential new clubs in the past few months. I have provided all of them with detailed information on what is on offer, how to apply and pay and other items of general interest. I have also advised them to hold off joining until after either 1<sup>st</sup> November or after the Cycling Ireland AGM as they would not be getting value for money prior to that. I will keep you up-dated if any of these clubs come on board.

#### **8. Access NI**

- I continue to act as signatory to the AccessNI Forms and liaise closely with Patrick McAleavey on relevant issues. As the whole issue of Safeguarding is such a minefield it really takes two people to work on this.
- Since Cycling Ulster is an Umbrella Body for our cycling clubs compliance with legislation and Data Protection is mandatory. AccessNI have the right to make unexpected visits to evaluate how information etc is handled. As part of their audit process I completed a lengthy Self Audit which was submitted in September.
- Along with Patrick I am attending a full day Safeguarding Tutor Course organised by the NSPCC and SNI. This will enable us to deliver courses to those clubs who do not have easy access to them in their area.
- A further evaluation of Cycling Ulster Safeguarding Processes is currently underway with submissions to be made to the NSPCC in November. By March 2010 Cycling Ulster must attain a Reasonable Level in all six Safeguarding Standards.

#### **9. Promote Cycling to External Agencies and Consolidate Existing Partnerships**

- On-going - Traditionally Cycling has been quite an insular body but moving forward it is imperative that we make contacts with other organisations which may be of benefit to us. Since July I have attended meetings with
  - Belfast City Council
  - Sport NI – different groups with SNI
  - SNI Increasing Participation Full Day Seminar
  - Disability Sports NI – Cycling has now been taken on as one of DSNI target sports for the next four years and their input and help will be of great benefit for our Disabled Athletes.
  - Ulster Blind Sports
  - Cycling Ireland
  - Sport Performance Group Belfast City Council
  - SNI Clubmark NI Presentation
  - David McCall Foundation Steering Committee
  - Youth Commission AGM
  - Road Commission Calendar Co-ordinators Meeting

— Thomas Burns MLA re the Road Traffic Act –Changing the Legislation

— MTB Meeting organised by Ciara MacManus

I have also been in very regular contact with Sean Herlihy of the National MTB Commission on a range of issues.

## **10. Other Areas Covered**

- Provision of initial work load to Geoff for Patrick Withers
- Provision of advice to Patrick and Anthony re Irish Tax Registration, Setting up Bank Accounts and acquiring PRSI Numbers
- Induction and Training Day 1 for Patrick re duties, website access etc
- Induction and Training Day 2 with Patrick Withers re the AHL Audit, Modernisation Documents and outstanding requirements for new audit. Patrick will be helping to research any outstanding documents.
- Meeting with Anthony Mitchell re contracts, employment details and possible areas of collaboration
- Preparation and Submission to SNI of QTR 4 Claims 2008-2009 and Route 2012 Funding
- Many phone calls, emails and meetings re above submissions. Final payment made on 13<sup>th</sup> October 2009.
- Preparation and Submission to SNI of QTR 1 Claims 2009-2010
- Meetings with Oliver Hunter re establishment of new Bank Account for new Funding Tranche (Mandatory requirement by SNI)
- Bank Reconciliation Meetings with Oliver Hunter
- Ordering initial essential equipment and office material for the three employees
- Meeting with Patrick Withers to bind AGM Booklets
- Working with Geoff Re Baselines and Targets

While I have continued to work unofficially on a full-time basis since July, I am hopeful that as each employee settles into their role that the hours worked will be in line with employment contracts.

## **Marian Lamb – Club Development Officer**



## **Nominations Received**

The following persons have been nominated to hold position in the Cycling Ulster Executive for 2009.

## **Named Executive Officers**

**Honorary Chairman:** Tommy Lamb – nominated by Phoenix CC and North Pole CC

**Honorary Treasurer:** Oliver Hunter nominated by Bann Valley CC

**Honorary Secretary:** Marian Lamb- nominated by Phoenix CC and North Pole CC

As the above positions must be named in nominations and no other nominations for these positions have been received the above named are duly elected to hold office for the next three years.

## **Executive Officers**

Mickey McKenna: Nominated by Emyvale CC and North Pole CC

Anthony Mitchell: Nominated by North Down CC

Martin Lees: Nominated by Phoenix CC

Gary McKeegan: Nominated by Team Madigan

Ciara MacManus: Nominated by Cycling Ulster Executive

According to the Cycling Ulster Constitution only four additional members can be elected once the named positions are filled. Cycling Ulster has the option of co-opting additional members at a later stage.

With five nominations received an election is required unless those in attendance at this AGM decide otherwise. All of the above have confirmed their intention to continue working closely with the Executive.

For the information of the members it is likely that the unsuccessful candidate will be co-opted as all of the above are dealing with vital areas of development for Cycling Ulster. It is also likely that we will be seeking to co-opt at least one other member to sit on the Executive for 2009-2010 to fulfil another important area of development.

## **Motions**

**A number of motions have been submitted by various clubs. These are as follows:**

1. That Cycling Ulster supports the establishment of an Ulster Youth League to incorporate existing Youth Races and new Youth races in the 2010 season.

## **Proposed by Bann Valley CC**

2. That no Levy be applied to any Charity Leisure Event

## **Proposed by North Down CC**

## **Club of the Year**

Two clubs were nominated for the Club of the Year Award for 2010. Both of these are very deserving of an Award. They are as follows:

### **Apollo CT – Nominated by Dromara CC**

Apollo is a small club which has worked hard over the past few years. They not only promote road racing, but also hold MTB and cyclo-cross races.

All events are very well organised with very friendly and welcoming club members, who do all they can to support and encourage youth riders.

Dromara Cycling Club was very impressed with the standard of the Irish National Cyclo-Cross race held at the excellent venue of Lurgan Park. Derek King and his “Team” deserve the award

**Additional Information:** Apollo CT also worked well with the Craigavon Borough Council and the Craigavon Cycle Strategy to find innovative ways to utilise the facilities at Craigavon Lakes. As a result they promoted two night-time MTB events this year which were well supported and added a different dimension to racing.

### **Dromara CC – Nominated by Banbridge CC**

Dromara CC is a club which has worked hard over the past few years. In only three years they have promoted road racing, MTB and cyclo-cross races as well as their popular Trailquests.

All events are very well organised and they encourage people of all abilities, ages and gender to participate.

**Additional Information:** Dromara CC are committed to increasing participation in cycling by Women and Youth and have a ‘can do’ attitude to any new ideas. They annually promote a ‘Fun Day Cycling Gymkhana’ for the young people in their area which attracts children as young as three and four.

## **Club of the Year for 2010 will be announced at the AGM**

**David McCall Cycling Foundation-First Annual Report**



The Foundation was established in September 2008 following the tragic death of Davy McCall at a club race on 12th August. Maryland Wheelers Cycling Club set up the Foundation with the active support of Phoenix Cycling Club and the David McCall family.

The objectives of the Foundation are to maintain the name of David McCall in cycling circles as a tribute to the great contribution that Davy made to cycling in his lifetime; to raise funds and to use these funds to support cycling in Ulster in a way that Davy would have wanted.

**Governance**

A steering committee was established to manage the affairs of the Foundation

One Representative from David McCall family	Emma McCall
One representative from Phoenix cycling club	Eamon Burns
One representative from Cycling Ulster	Marian/Tommy Lamb
Four representatives from Maryland Wheelers	Hamilton Topping (Chairman)
	Brian McCourt (Treasurer)
	Mark Greer
	Jason Graham

The committee has met several times during the year with all members being present. All decisions on raising and allocation of funds have been taken by this committee –see separate financial report from the Treasurer.

The Steering Committee took the decision to support projects which would benefit not only under-represented groups within cycling but also projects which would benefit a number of cyclists each time. For this reason individuals are not supported by the Foundation, but rather squads or groups deemed to be within the aims of the Foundation. Should the Foundation continue to grow, this aspect will be reviewed on an annual basis.

**Progress To Date**

Davy’s name has featured regularly on the Cycling Ulster web site. A separate Foundation section has been created on the Maryland Wheelers web site (see [www.marylandwheelers.com](http://www.marylandwheelers.com))

Davy’s name has also been associated with three new events organised and run by Maryland Wheelers during 2009.

Lisburn Criterium-An ambitious new event held on 13th May supported by Phoenix CC and Lisburn City Council

Bun run in his memory-a very enjoyable run on 8th August organised by Phil Holland with a social stop in Lizzie Drakes

David McCall Sportive on 27th September organised by Gerry Lundy. (This event raised £1405 for the Foundation)

**Financial Summary.**

The Foundation has raised almost £11,000 in its first year, surpassing all our expectations. The Committee have so far allocated £2428 on seven specific projects all of which meet the criteria “supporting cycling in Ulster, particularly at grass roots level.” The focus of most of these projects has been on the development of Youth and Women cyclists which we believe would have met with Davy’s approval.

### **The Foundation**

- Sponsored the Cycling Ulster Junior men and Women’s team for the Tour of Malta in March (£500)
- Sponsored the Cycling Ulster Women’s team for the Rás Dun na nGall in May (£200)
- Organised a Motorcycle Marshalling Safety Awareness evening in May and provided new high visibility vests. (£215.62)
- Sponsored the “Dany Blondeel Belgium Project” in June, which does so much to help develop the next generation of cyclists in Ulster. (£500)
- Has allocated £500 to support a Cycling Ulster youth training weekend in October.
- Has allocated £250 to support the pupils of St Gerard’s School in Belfast who are refurbishing old bikes to be sent to Africa.
- Has allocated £200 to put in place a direct link from the Cycling Ulster web site to the Foundation section of the Maryland Wheelers web site. The Foundation depends so much on the publicity afforded by this site.

For further details on any of these projects see the relevant article in Cycling Ulster or Maryland web site.

In the longer term the Committee would like to see the Foundation continue for many years. The expectation is that the income may not continue at the same level as year one but we would like to budget for expenditure of £5000 for year 2.

The Foundation Steering Committee would like to thank all those individuals, clubs and organizations who contributed in year 1 and we look forward to your continued support in year 2.

A particular thank you to Cycling Ulster (Marian/Tommy) for their contribution to the Foundation in terms of ideas, guidance, coverage on the web site and also for providing Tee shirts with the Foundation Logo. These have been available to be worn by participants on the supported projects.

We would also welcome comments and suggestions regarding the operation of the Foundation. Email suggestions may be sent to [h.topping@btopenworld.com](mailto:h.topping@btopenworld.com) or to any committee member.

Hamilton Topping (Chairman)

### **David McCall Cycling Foundation-Financial report for 2008/9 (Year 1)**

#### **Income –List of Contributors 2008/9**

Ards Cycling Club - Donations to raffle at dinner  
Cycling Ireland  
Cycling Ulster  
Cyclists from Cycling Ulster and Cycling Ireland clubs  
Cyclists who overpaid their entry fees at events  
Cash Boxes at  
Equity Insurance Brokers, Lisburn  
John Hanna Cycles, Lisburn

Dave Kane Cycles, Belfast  
 Lisburn Auto Electrics  
 Slane Cycles, Belfast  
 Clifford Davison, Marybank, Ross-Shire  
 Sean Downey and friends  
 East Antrim CC  
 East Tyrone CC  
 Mark Greer, Maryland Wheelers, (Dublin Marathon 2008)  
 Dave Kane Reliability Trial 2009  
 Kieran Lynch, USA,  
 Roe valley CC  
 Ian Moore, Yorkshire  
 Maryland Wheelers team members  
 Maryland Wheelers Reliability Trial 2009  
 Maryland Wheelers Sportive 2009  
 David McCall Criterium 2009 organised by Maryland & Phoenix  
 David McCall Bun Run 2009  
 David McCall Family  
 Northern Ireland Cycling Federation  
 North Down CC  
 Phoenix CC team members  
 Phoenix CC Quiz prize money  
 Phoenix CC Dinner raffle money  
 Roe Valley CC  
 Roe valley CC and Gort na Drum House  
 Slieve Gullion Wheelers  
 Sale of “Lance Armstrong “jersey  
 Terry Smith, Barrow in Furness  
 Paul Vaughan  
 Several anonymous donations

**Total income for year -£10811.78**

**Expenditure-Projects Supported.**

Tour of Malta	£500
Women’s team for the Rás Dun na nGall	£200
Motorcycle Marshalling Safety Awareness evening	£215.62
Dany Blondeel Belgium Project	£500
Cycling Ulster youth training weekend	£500
St. Gerard’s School Africa project	£250
Cycling Ulster web site link to Foundation	£200
Purchase of money boxes	£62.50

**Total expenditure £2428.12**

**Balance in hand £8383.66**

**Brian McCourt (Treasurer) - 14th October 2009**

**Minutes of the Annual General Meeting of Cycling Ulster 2009****Corner House Bar, Derrymacash****Saturday 17<sup>th</sup> October 2009 - 1.30pm**

**Present:** Tommy Lamb, Marian Lamb, Oliver Hunter, Mickey McKenna, Stephen McKenna, Anthony Mitchell, Ciara MacManus and Patrick McAleavey

**Apologies:** Gary McKeegan, Martin Lees, Emma and Andy Fitzgerald

A quorum was reached with 16 clubs being represented.

Jack Watson represented The Board of Cycling Ireland

Tommy Lamb opened the proceedings by welcoming everyone to the meeting although he said he was disappointed at the number of delegates present. He said that the AGM was the opportunity for members to voice concerns, make changes and generally improve the sport of cycling in Ulster. He then requested a minute's silence for past members which included Declan Nash (Clann Eireann CC) and Paul Healion (South Dublin)

**Chairman's Address**

Tommy Lamb provided an overview of the success achieved by Ulster riders in all disciplines at both National and International events. He praised the work of the clubs and the many volunteers without whom the sport could not survive. He made particular reference to the work of the Cycling Ulster Disability Commission and the Ulster Handcycling Association and the achievements of Darrell Erwin and Karol Doherty. He continued by mentioning the Investing in Performance Sport Plan which has been approved by SportNI and determines the level of funding for the next four years. He thanked the members of the Executive who had worked tirelessly throughout the year on behalf of the members. He also thanked the Board of Cycling Ireland who were always available for advice making particular reference to Jack Watson and Rory Wyley.

**Ordinary Business**

1. To consider the minutes of the Annual General Meeting of 4<sup>th</sup> November 2008

***The minutes were adopted as a true and accurate account of the 2008 AGM***

Proposed for Acceptance – Oliver Hunter    Seconded – Patrick McAleavey

**No Matters Arising****Certified Accounts April 2008 – March 2009 – Mr. Oliver Hunter**

Oliver Hunter gave a comprehensive breakdown of the accounts for the above period with a written up-date to the end of September. He then provided a verbal update to the 17<sup>th</sup> October 2009. Some questions followed with explanations given of the various accounts. With the loss of Sport NI Investment in coaching and competitive programmes for the next four years Cycling

Ulster will need to be frugal with spending budgeting wisely going forward. M Lamb showed a slide of the proposed budget spend for the 2009-2010 season.

The Treasurer was thanked for his hard work throughout the season and the Certified proposed for acceptance.

Proposed – M McKenna                      Seconded – D Blondeel                      Accepted.

### **Constitutional Addendum**

The following wording was considered for inclusion into the Cycling Ulster Constitution.

- To promote a drug free sport and adhere to the anti-doping rules of Cycling Ireland. The anti-doping rules of Cycling Ireland are the Irish Anti-Doping Rules as amended from time to time.

Proposed - W Aiken                      Seconded - S McKenna

Accepted for Inclusion. The constitution will be duly updated and available for download on <http://www.cyclingulster.com>.

### **To fix the Cycling Ulster membership levy and rider levy for 2010**

The following motions by Cycling Ulster were considered.

1. *Membership levy should remain at €10 per senior member*
2. *Rider levy to remain at £1 per Senior rider at Open events*

Proposed by P Clarke                      Seconded – A Mitchell                      Accepted.

A third motion regarding the Leisure Levy was postponed to be dealt with Club Motions as a related motion had been received From North Down CC.

The Reading of the Executive and Employee Reports then followed

### **Secretary's Report – Marian Lamb**

The report provided an overview of the membership which had risen by 17.5% with a 4.5% increase in membership by women. A breakdown was provided of SportNI investment for the next four years following Cycling Ulster's submission of the Investing in Performance Sport Plan 2009-2013. Some discussion followed on the lack of actual programme money and the members were informed that investment in all sports was mainly through funding of employees. Some questions were asked regarding the law regarding race numbers. M Lamb reported that she had had talks with her local MLA and had been in contact with Stormont. Plans were now underway to explore the matter further and she would be in touch with clubs should additional lobbying be required. M Lamb also gave a breakdown on the webstats for the past year which shows increase growth and high season figures usually recording 3 million hits.

Proposed – M Grimley                      Seconded – Carmelann Hunter                      Report Accepted

### **Youth Commission Report – Mickey McKenna**

Mickey McKenna praised both the young people and their parents for their hard work and dedication throughout the year and said that Ulster Youth continued to make an impression nationally. He outlined plans for the Cycling Ulster Youth Camp due to take place at Halloween and thanked Cycling Ulster and the David McCall Foundation for their sponsorship of the camp.

Proposed – Carmelann Hunter                      Seconded – Wilbur Aikan                      Report Accepted

**Safeguarding Report – Patrick McAleavey**

Patrick McAleavey provided detail of the new Safeguarding Laws which came into force on 12<sup>th</sup> October. He informed members that both he and M Lamb would shortly be doing a Safeguarding Tutor course which would enable them to deliver courses to the membership. He praised the clubs who were proactive in having members vetted and said that all clubs should continue to send in the AccessNI forms.

M Grimley of Dromara CC provided some information regarding Dromara's success in having their members vetted. Some questions were asked on the process. O Hunter made reference to the fact that his own club wished to promote Youth Cycling but he had informed them that before they considered doing so they would need to bring the club up to speed with current legislation.

Proposed - Pat Clarke

Seconded – Stephen McKenna

Report Accepted

**Road Commission Report- Stephen McKenna**

Stephen provided an extremely comprehensive report of the activities of the Cycling Ulster Road Commission over the year. He thanked all those who had come on board the Commission to help work with Juniors and U23 riders. He praised the dedication of the young riders with whom he had worked and said it was a credit to them and to Cycling Ulster that so many of them were included in National Squads. He also referred to his inclusion on the National Road Commission but suggested that there was still a need for greater communication and planning within the Commission. He praised the work of Mickey McKenna and Kenny Dunlop in the Youth Commission. He also stated that due to family and work commitments he did not feel that he could give the necessary time to the Commission going forward and would therefore be stepping down. T Lamb praised Stephen McKenna for the professionalism and dynamism which he brought to the role and the excellent work he had done throughout the season. This statement was reiterated by many of the members at the meeting. Tom Henry of North Down made reference to the high standards set by Stephen and the excellent communication and information he provided for the riders. Stephen said he would still be willing to help out from time to time and would hope to be able to come on board again at some time in the future.

Proposed – Jack Watson

Seconded Tom Henry

Report Accepted

**Track Commission – Anthony Mitchell**

Anthony Mitchell informed the members of the current status in relation to Orangefield and the work carried out there. He said that there were still some ongoing issues with Bloomfield FC in regards to access etc which was very frustrating. Both he and Brian Cardy had successfully completed a deryn training course and were hopeful that the National Track Commission which had recently purchased a deryn for use in Sun Drive would also provide one for Orangefield in 2010. He gave an overview of the UK School Games and said that the Ulster team had been praised by many of the top coaches in attendance. Questions were asked in relation to the proposed velodrome for Northern Ireland but the members were informed that there was nothing decided as yet.

Proposed – Mickey McKenna

Seconded Alan Mark

Report Accepted

**Technical Officer's Report – Martin Lees**

This report which dealt with organising Commissaires and Courses throughout the year was taken as read. Aaron Wallace praised the work that M Lees had put into the organising of Comms throughout the year. This was reiterated by Stephen McKenna.

Proposed – Aaron Wallace

Seconded – Anthony Mitchell

Report Accepted

**Off Road Commission Report – Ciara MacManus**

Ciara informed the members of firstly her co-option on to the National Off Road Commission and the invite to join Cycling Ulster later in the year. She reported on the work carried out to reinstate the Ulster CX League and thanked Martin Grimley of Dromara for his help. She informed the members that following a meeting of interested clubs that a committee had been formed to work with the Forestry Commission and that help in this area was forthcoming from Chain Reaction Cycles who have built up a good working relationship with the FS. She also intends to liaise with the Youth and Track Commissions in the development of Youth riders.

Proposed – Stephen Curran

Seconded – Martin Grimley

Report Accepted

**Coaching Commission Report – Gary McKeegan**

In the absence of Gary McKeegan this report was taken as read. The report outlined the courses held throughout the year and the progress made to date in completing the Level 2 Course.

Questions were asked regarding certificates for courses as many participants have not yet received these. M Lamb agreed to find out more information and get back to the members.

Proposed – Stephen McKenna

Seconded – Stephen Curran

Report Accepted

**Time Trial Report – Tommy Lamb**

Increased interest in the time trial discipline with riders travelling from the South to take part in the Dave Kane Cycles League. He thanked Dave Kane Cycles for his continued support of the league and praised the dedication of Billy Smyth, Nino Braik and Martin Lees. The top twenty and the Age standard results were included. He also praised Island Wheelers and East Tyrone of their promotion of the Super 6 League.

Proposed – Stephen McKenna

Seconded – Anthony Mitchell

Report Accepted

**Disability Commission – Emma Fitzgerald**

This report was taken as read. Tommy Lamb praised the hard work of the Commission to date and emphasized the need for strong pilots for tandem bikes in order that partially sighted athletes may be able to train locally.

Proposed – Oliver Hunter

Seconded – Darrell Erwin

Report Accepted

**Ulster Women's Association Report – Louise Fullerton**

Report taken as read. M Lamb praised the work done by Louise Fullerton, Ciara MacManus and Julie Watt among others who had provided an excellent series of training, fun and competitive events for women over the past year. T Lamb said that he had managed the women's team in Rás Dun na nGall and despite scepticism from many, the women had not only completed this tough stage race but had beaten many male teams. A recent Women only training day saw 46 women take part which augured well for the incoming year.

Proposed – Alan Mark

Seconded – Ciara MacManus

Report Accepted

**Employee Reports**

Reports then followed from the newly appointed Part-time Employees Anthony Mitchell (Talent Development) and Patrick Withers (Admin Officer). Both posts are 18 hours per week and initial work has been mainly to do with contractual matters, agreeing work programmes and sorting out

employment details. A Mitchell gave an update of the Performer Development Centres operated by SNI. A new programme will begin in the New Year.

#### **Development Officer Report – Marian Lamb**

This report was very detailed as M Lamb had been working full time from 1<sup>st</sup> July 2008 – 31<sup>st</sup> May 2009 before being employed in her new role as Club Development Officer from early July 2009. The new part-time role will be concerned with the development of a club accreditation scheme which must meet SNI Clubmark minimum standards and a club development programme.

Proposed – Carmelann Hunter      Seconded – Wilbur Aikan      Report Accepted

#### **Election of Officers**

Tommy Lamb, Marian Lamb and Oliver Hunter were returned for a three year term in the positions of Chairman, Secretary and Treasurer without the need for an election.

Ciara MacManus, Martin Lees, Anthony Mitchell, Gary McKeegan and Mickey McKenna were returned as Executive Officer for a one year term without the need for an election.

Recruitment will continue throughout the year for positions on various commissions.

#### **Motions**

**A number of motions had been submitted by various clubs. These were as follows:**

1. That Cycling Ulster supports the establishment of an Ulster Youth League to incorporate existing Youth Races and new Youth races in the 2010 season.

#### **Proposed by Bann Valley CC**

Oliver Hunter spoke on this motion.

Members agreed that this was a worthwhile motion. M McKenna to liaise with M Lamb as calendar co-coordinator to see the best way forward for the incoming year.

2. That no Levy be applied to any Charity Leisure Event

#### **Proposed by North Down CC**

Julie Stephenson spoke on this motion.

Martin Grimley spoke against this motion saying that clubs running such charity events were prepared to pay out for promotional gifts such as T Shirts and mugs so 50p was not a great deal to ask and should be included in the overall charge.

T Lamb pointed out that the original motion passed at the 2008 AGM did not come from Cycling Ulster but from clubs.

Proposed Julie Stephenson      No Secunder      Motion not carried.

#### **Club of the Year**

This awarded to Dromara CC. Martin Grimley accepted a cheque from Oliver Hunter for the Club's affiliation fee for 2010.

#### **AOB**

#### **Rider Conduct**

Banbridge raised concerns over the conduct of some riders at races and their attitude to marshalls and club organisers. T Lamb said he had passed the information to the Various Commissaires and Jack Watson said the matter would be raised at the next College of Commissaires meeting.

**Payment of levies.**

Suggestions were made that should clubs not pay the rider levy on race or charity events that they should be 'named and shamed' at the next AGM. T Lamb said that most clubs did pay up and those that did not would be invoiced. Should they continue to refuse they would not be held in good standing with Cycling Ulster.

**Wearing of Club Clothing**

Concerns were raised by Mickey Murray of Clann Eireann re riders not wearing approved kit in open and Championship events. This was particularly noticeable in the National Time trial this year. J Watson said that the College of Commissaires was looking into the matter.

T Lamb said there would be a tightening of the rules going forward into the new season.

Tommy Lamb closed the meeting by thanking everyone for giving up their time to attend and providing valuable input into Cycling Ulster.

**The meeting closed at 5.30pm**