

Bynea Cycling Club

Committee Meeting

6 January 2020

Present : Darrel Williams (Chair), Trish Butchers, Juliet Davies, Wayne Evans, Nic Forbes, Nigel Howells, Tim Jones, Mandy Lane, Reuben Morgan, Yeung Ng, Alan Owen, Rachael Parkinson, Keith Thomas, Alan Smith (Secretary)

Rachael Parkinson and Ed Laverack attended

Bynea Road Races

Huw & Richard Smith attended as guests with a progress update on the road races.

3 May 2pm Drefach Circuit; HQ Tina Holt Café; 3 / 4 category, 8 laps of 6 miles: entry fee £30, £5 levy per rider and £32 British Cycling registration; prizes £110 + £70 primes; NEG 4 x £85 = £340; CSAS 7 x £45 = £315; mileage for 2 lead cars and 2 commissaire cars; First Aid.

4 sponsors provisionally. July road race E123 on Towy valley circuit 75 miles (TBC)

Agreed: target 10 Bynea members to enter the 3 / 4 category race. Plan preparation training for Bynea members to encourage them to enter.

Action: agree on financial support for Bynea members who enter

1. Apologies for absence

Anthony Evans, Mat Green

2. Minutes of the previous meeting - accuracy and matters arising

Martin Harsant Ride: **Agreed:** change the date of the ride and bench unveiling to Saturday 25 April; form a group of committee members to organise (DW, WE & AS); invite Paul Rees to coordinate and invite Port Talbot Wheelers to participate.

Carmarthen Velodrome: YN sessions arranged for the next 4 Tuesdays using club coaches.

Information Evenings: Chris Gibbard - time trials on 27 January at 7pm.

Christmas Party: AO said that only 6 attended and a lot of the food he prepared was wasted.

Agreed: plan the 2021 party well in advance

Air Ambulance Charity: TB said that the club needs a charity number to donate to the Air Ambulance.

Action: TB & AS to work on fund raising activities for the charity in 2020

TJ proposed and KT seconded that the minutes be accepted.

3. Coordinators' Reports

AS said that membership was 173 as a result of 71 memberships expiring on 31 December.

RM said that he was working on the list of timekeepers for 2020

4. Duathlon Training & junior triathletes.

NF said that 2020 will be a big year for triathlons and gave details of plans:

9 & 16 February Duathlon training on NCRC at 2pm for 2 hours. 30 maximum

Week 1 on transition skills aimed at novices. Week 2 race day simulation.

NF Proposed: week 1 free to Bynea members and non-members, priority to Bynea members until a week before. For 10 Against 0 Abstained 2

Action: AS to book the NCRC with Aled Jones

Junior triathletes – Steve Lawrence had asked what plans Bynea had

Action: AS to inform him of NCRC days and arrange a meeting with him

5. Club Activities

Agreed: hold 2 social evenings 10 February Belgian themed evening and 17 February Quiz Night (RM)

Discussion on the Pain Cave. **Agreed:** the sessions benefitted club members and would like to see it develop. **Action:** RP to contact Sarah Rees on ways to promote the Pain Cave

6. Time Trials

DW asked if there were ways to freshen up the club time trials.

Actions: incorporate short distance (e.g. 1 mile and 5 mile) time trials in the early season time trials. RM to share the dates of events with DW; Routes of time trials and mountain trials be made on Strava and shared; Mountain Trial to be one lap.

Proposal: keep the existing 10 mile time trial course, only use the double Parc y Bocs loop in the event of road works etc. For 11. Against 1

8. AoB None

Date of next meeting 3 February at 7pm