



Annual General Meeting

Saturday 2nd December 2019



Cycling Ulster AGM 2nd November 2019 : O'Neill Arms Hotel : Toomebridge : 12 Noon

Agenda

1. Chairman's Address
2. To adopt the standing orders for the orderly conduct of the AGM.
3. To consider the Minutes of the AGM of Saturday 3rd November 2018.
4. Executive Overview – Tommy McCague Chairman
5. To receive the Financial statement to December 2018 approved by Cycling Ireland and the Income and Expenditure Statement for 9 months ended September 2019
6. To fix the Cycling Ulster levy for 2019

7. To Receive the following Reports

Secretary's report
Safeguarding Officer's report
Road Commission report
Off-Road Commission report
Track Commission report
BMX Report
Youth Academy report
Women's Commission report
Women on Wheels Project
Commonwealth Games Update
Mary Peter's Awards and Leisure
Technical Officer's report
Admin Officer's Report
Membership Development Officer's Report

8. Motions
9. Election of Officers.
To elect the following officers to the Executive –
 - Secretary
 - Two Officers to the Executive

Close of business.

2 : To adopt the standing orders for the orderly conduct of the AGM.

ARTICLE 8 - STANDING ORDERS

8.1 Quorum

No business shall be transacted at any general meeting unless a quorum be present when the meeting proceeds to business.

8.11 If within fifteen minutes from the time appointed for the meeting a quorum be not present, the meeting shall stand adjourned for 15 minutes. If a quorum has still not been reached after fifteen minutes the meeting shall continue irrespective, if so determined by the Chairman.

8.12 A Quorum shall consist of for –

- Council Meetings: 5% of Cycling Ulster Clubs
- Executive Meetings: one-half of the total members eligible to be present
- Commission Meetings: one-half of the total members eligible to be present.

8.14 If a quorum is not present for Executive or Commission meetings any decisions taken at such a meeting are not binding and cannot be acted upon. Any such decisions taken must be ratified by a majority of the Executive / Commission. This can be done via email.

8.2 Business of Meeting

The Honorary Secretary shall draw up the order of business, which may be varied by decision of the meeting. Any motion in the absence of sponsor may be moved by any delegate present at the request of two thirds of those delegates present.

8.3 Voting

Voting in general shall be by show of hands. For election of Officers, where there is more than one candidate, a secret ballot will be taken. A secret ballot shall also operate at the request of one-third of delegates present. Tellers may only count the votes of those present and entitled to vote.

8.4 Conduct of Debate and Competent Amendments

8.41 The mover and seconder may speak but any subsequent amendment must be moved, seconded before discussion is allowed. Members shall be permitted to speak only once.

8.42 The right of reply shall be held by movers of motions and amendments following which the motion shall be put. Such replies shall be confined to answering previous speakers and shall not introduce new matter into the discussion. On points of order, the Honorary Chairperson's decision shall be final, but he shall not refuse to consider such same.

Competent amendments	are:	
	To	amend the motion;
	To	adiourn debate;
	To	put the question;
	To	move to next business.

3: To Receive the Minutes of the AGM of 2018

Minutes AGM 3/11/18

Executive members present: Maurice McAllister (Chairman), Oliver Hunter (Treasurer), Carl Fullerton (Secretary), Marian Lamb (Safeguarding Officer), Tommy McCague (Vice Chairman) Mark Moroney (Leisure/MPT), Julie Rea (CWG) and Tommy Lamb (Assistant Secretary)

Also Present :Patrick Withers (Admin/Compliance Officer) :Gary Lavery (Membership Development Officer)

A Quorum was reached by 12.00 noon.

Chairman's Welcome

Chairman Maurice McAllister opened the meeting by welcoming the delegates and called for a short silence to remember those members who had passed away during the year. He explained that his term as chairman was over and he thanked his fellow executive colleagues for their support particularly in the current year when he had a number of bereavements.

Standing Orders

Standing orders for the meeting were contained in the AGM booklet. These were proposed by Paul Dixon, seconded by Jim Kelly and accepted.

Ordinary Business

Minutes from the 2017 AGM were proposed by Martin Grimley: seconded by Colin Wilson; and accepted.

Financial Statements

The financial statements contained in the Annual Report were proposed for adoption by Dylan Lyness; seconded by Laura Wilson and accepted.

Cycling Ulster Levy

The Executive proposed that the CU levy remain at £10. This was seconded by Martin Grimley and was passed.

Reports:

Secretary: After reporting on meetings and the general work of the Executive, the Secretary focussed on the significant drop-off in membership. He was particularly concerned at the fall in Youth numbers. A lengthy discussion followed with members suggesting several strategies to try and stem the flow. These included Family Membership, a reduction in membership fees, a rethink on the value of competition for very young riders and more cohesion between the various discipline commissions.

The report was proposed by Carmel Ann Hunter ; seconded by Paul Dixon and accepted

Vice Chairman Report; Tommy McCague reported on a very busy year as Vice Chairman supporting the Chairman and all the members of the Executive on many issues. He spoke at length on the new initiatives with the PSNI and the Council partnerships in particular regard to safety and race management. He was also instrumental in working with the treasurer to secure online banking.

The report was proposed by Peter Ward; seconded by Carmel Ann Hunter and accepted.

Safeguarding Report; Marian Lamb reported on the continuing work of providing courses for the clubs and overseeing all the Access NI applications. She also outlined some of the new regulations which had come onboard throughout the year.

Road Commission Report; Patrick Withers presented the Road Commission Report. Neil Teggart queried why CU competed in only 4 of the 6 events targeted. Patrick Withers explained that on one occasion there were problems with the ferry and he also cited a lack of support volunteers or volunteers with AccessNI Certificates necessary for Junior teams.

Frank Campbell queried the wisdom of some of the races that were targeted and felt that provincial teams should be targeting national events. Tommy McCague said that there should be some guidance provided

by the national road commission and Frank Campbell agreed saying that a new document would be provided to the provinces within a few months.

The report was proposed by Laura Campbell; seconded by Paul Dixon and passed.

Off Road Report: Martin Grimley presented the off road report. There was some discussion on problems with the councils. Ronan McLaughlin highlighted some negative feedback from St. Columbs Park in Derry. Tommy McCague suggested that the executive would help out in any way possible to erase the problems. The report was proposed by Frank Campbell; seconded by Julie Rea and accepted.

Youth Report; Paul Dixon presented the Youth report. A discussion on the budget reduction followed and Tommy McCague pointed out that all budgets had been cut due to the fall off in membership and hence income.

BMX report; Bill Mackness presented the BMX report . The commission were praised for the sterling work they did throughout the year particularly in the field of FUNdamentals and grass roots cycling. Tommy McCague suggested that as many as possible should visit Lisburn BMX track to see that branch of the sport in action.

The report was proposed by Martin Grimley; seconded by Paul Dixon and passed.

Track Report; The Track report was presented by Anthony Mitchell. There was some discussion re the ongoing problems with Orangefield track. The volunteers were thanked for their commitment to this discipline of the sport.

The report was proposed by Martin Grimley; seconded by Jim Maguire and passed.

Women's Report; Maria O'Loan presented the Women's report. Discussion centred around the lack of women racing in the 20-30 age category. There was fulsome praise for the Tour of Omagh event. It was felt that a lot needs to be done to increase women's participation in the sport.

The report was proposed by Dany Blondeel; seconded by Martin Grimley and passed.

Commonwealth Games; Julie Rea reported on her role as the CU link to the CWG council. This role will increase in importance as we head towards 2020.

The report was proposed by Martin Grimley; seconded by Laura Campbell and accepted.

Technical Officer; Aaron Wallace gave a verbal report to the meeting. There was some discussion on the rate of expenses paid to commissaires but it was pointed out that the rates were set by the College of Commissaires.

The report was proposed by Laura Campbell; seconded by Frank Campbell and passed.

Mary Peters Awards and Leisure Report; Mark Moroney presented this report. He pointed out that all applications to the Mary Peters Trust must go to Cycling Ulster and not direct.

The report was proposed by Martin Grimley; Seconded by Paul Dixon and passed.

New Cycling Ulster Constitution

Marian Lamb gave a slide presentation on the new constitution proposed by Cycling Ulster outlining all the changes from the current constitution. The council suggested minor amendments and also gave permission for the executive to make minor changes in consultation with Cycling Ireland. The new constitution was ratified and will take effect immediately. The new constitution will go online on the Cycling Ulster website.

Motions for CI AGM;

Tommy Lamb reported on a dispute with Cycling Ireland regarding the CU Executive's motion relating to a €2 increase in capitation. CI have downgraded this motion to a recommendation. The Executive believe that this is a breach in Company Law and will endeavour to resolve the problem before approaching Just Sport Ireland or the Office for Corporate Enforcement. Members were encouraged to attend the AGM .

Motions for CU

1. To fix the Cycling Ulster on competitive road events to £1. Proposed by Omagh CC

There was no proposer in the room so the motion fell.

2. Proposal for members to vote in Non-Executive Roles

This motion was proposed by Aaron Wallace and seconded by Dany Blondeel. It was passed by a show of hands.

3. Proposal for a fixed term of office re Non-Executive Roles

This was proposed by Banbridge CC and seconded by Ronan McLaughlin and passed by a show of hands.

Election of Officers

There were three named officer positions vacant and three nominations had been received for these positions. Therefore the following people were declared duly elected.

Chairperson: Tommy McCague (Emyvale CC)

Secretary: Carl Fullerton (North Donegal CC)

Treasurer: Oliver Hunter (Bann Valley)

There were four Executive officer positions vacant and four nominations had been received for these positions. Therefore the following people were declared duly elected.

Executive Officer: Julie Rea (Phoenix CC) for 2 years

Executive Officer: Mark Moroney (Foyle CC) for 2 years

Executive Officer: Maurice McAllister (Ballymoney CC) for 1 year

Executive Officer: Tommy Lamb (Phoenix CC) for 1 year

Any Other Business:

Danny Blondeel raised the issue of Brexit but members felt that it should have little effect on our organisation. Dany thanked Cycling Ulster for their support of the Belgian Project.

The meeting ended at 4.00pm

4 : Overview of the Work of the Executive 2019

The Cycling Ulster Executive began the year with a full day planning meeting in January in order to identify targets for the year ahead and beyond and to see which areas of the sport needed further development. Due to this focus we have had a year which has seen great progress in many areas as well as the continued development of the sport in the identified sections.

A key priority for the year was to improve our advocacy for the sport in general and to strengthen our relationship with bodies such as local government and the PSNI so as to ensure we are seen to be representative of the full range of our members, from youth through to master and leisure through to competitive.

Cycling Ulster has met with sporting representatives from the various councils to look at funding opportunities, to lobby for investment in infrastructure and facilities as well as greater inclusion for cycling in their plans for the future. We are continuing to engage with councils about getting further investment in the sport which will provide benefits to members at club level.

Greater communication with the PSNI has led to funding being awarded to Cycling Ulster through several Policing and Community Safety Partnerships (PCSP) which was used to purchase recording cameras and hi-viz gilets as part of a joint project 'Be Safe Be Seen'.

We are continuing to seek support for this from other PCSPs in the North and for a similar scheme in the three counties in the southern jurisdiction.

We have increased the frequency our meetings with the PSNI which includes a focus on our road racing events. Prior to the road season we had workshops with representatives of the PSNI present where we outlined new requirements for signage and clubs were able to engage with representatives from Cycling Ulster, Cycling Ireland and the PSNI.

CU has continued to attempt to improve our support for clubs in other aspects. As well as the workshops about event safety requirements, we have worked with a supplier for discounted event signage. CU also facilitated an event for clubs to raise matters concerning insurance and have queries clarified.

During the year we provided grants to clubs to run the major events in the province ranging from the stage races through to the national road championships in Derry.

The role of the Membership Development Officer has enabled clubs to have a key point of contact at provincial level, to deal with matters relating to membership queries and identifying opportunities for them to engage with local authorities as well as make applications for various funding streams.

The various discipline commissions and advocacy groups are a vital link in our work. We held an information and training day with them at the start of the year and announced their respective budgets. We are currently carrying out a review of Commissions and have sent a survey out to clubs following a Commission Review Day. This work is ongoing and further meetings with all the commissions are planned over the coming months in order to plan for the future. Members of the Executive are assigned to each Commission to act as a liaison officer between the commission and the Executive. Supporting the development of our competitive riders, particularly emerging talent, remains a core component of Cycling Ulster with our Commissions assigned with the task of organising teams to represent the province.

At junior and senior level on the road and off-road there has been an emphasis on providing riders with opportunities to compete in events they would likely not be able to with their clubs. This has allowed riders to compete in events in England, Wales, the Isle of Man with the Junior Tour of Ireland the only home event on the calendar.

The Cycling Ulster Youth Academy have sent representative teams to compete in the Youth Tour of Scotland, Errigal International Youth Tour and the Inter-Regional Track Championships in Britain. Within the BMX discipline, riders have represented their clubs in Britain and Ireland at the World Championships. The Ulster BMX Commission has organised a series of FUNdamental days as well as training and coaching days at the Lisburn MX track. We are working closely with them and local authorities to promote the discipline and lobby for more dedicated BMX Tracks in Ulster.

The Women's Commission and our Membership Development Officer developed an initiative aimed at increasing female participation in the sport, known as the 'Women on Wheels' (WOW) project. We had 10 clubs taking part in this initiative over the summer months. The WOW project is based on CI's Bike for Life programme and received great support in Ulster and from the participating clubs. The highlight for many of the newcomers to cycling was participation in Keevan CC's Charity Sportive in August.

There were over 120 new female cyclists registered for the scheme and over a third of these have become members. We hope to be able to build on the success of the WOW project for 2020 and look at similar initiatives for other areas where we need to increase participation.

Increasing our branding and image has been a further point of focus over the year. Our social media, website and logistical matters in relation to kit and vehicles for our Commissions is managed by our admin officer which enables us to increase our visible presence. This has helped the Executive to attract new sponsors and partners.

This increased visibility along with the work of our volunteers at provincial level have meant we have been able to gain sponsorship for our racing kit and vehicles which have been used to support our Commissions as well as by clubs at major events being promoted in Ulster.

Good financial management is an integral part of the Executive's work and we are keenly aware that we must be proactive in this area in order to protect our members' money. The Finance Committee has worked diligently throughout the year liaising with the Commissions regarding their budget spend. With the decrease overall in membership we reviewed our possible income against expenditure at the start of the year and adjusted our annual budget accordingly prior to being sent to Cycling Ireland.

The Safeguarding of our young people and adults at risk remains a top priority for the Executive. A number of Child Protection in Sport courses have been run free of charge for our clubs and these continue to be very popular with our members. Our Safeguarding Officer processes AccessNI Vetting checks on a regular basis. Advice is always available for any club, member or commission if they are unsure of any aspect of their safeguarding requirements.

Cycling Ulster has appointed an Executive Officer to be the Commonwealth Games Liaison Officer and a number of meetings have been held with the CWG. Closer links are being established with the CWG and we hope to have an input into their new strategy. We will start making preparations for the next games taking place in Trinidad & Tobago 2021 and Birmingham 2022 in the next few months.

CU want to ensure it is delivering for all members in order to develop all aspects of the sport. Going forward in the period ahead we will be seeking to build upon many of the areas we have been working on over the past year.

This will mean trying to increase our engagement with the various stakeholders of the sport and having greater collaboration with Cycling Ireland in order to draw in further investment in the sport.

I want to thank everyone on the CU Executive, CU Commissions, volunteers, Cycling Ireland and the clubs in Ulster for their continued efforts in supporting cycling in the province.

Tommy McCague : Chairman Cycling Ulster

5 : To receive the Financial statement to December 2018 approved by Cycling Ireland and the Income and Expenditure Statement for 9 months ended September 2019

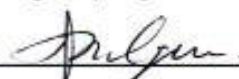
CYCLING ULSTER ACCOUNTS 2018			
Consolidated Sterling, Euro and PayPal Accounts 01/01/2018 to 31/12/2018			
	Stg Conversion @ 0.8842 Average		
INCOME	Stg Account	Euro Account	PayPal
2018 Membership Levy	£ 67,694.35	€ 76,560.00	
2018 Capitation	£ 12,217.88	€ 13,818.00	
Asset Hire	£ 250.00		
2017 Awards Night Income	£ 100.00		£ 2,026.06
2018 Awards Night Income less PayPay Fee	£ -		£ 567.64
CUYA Sponsorship For Eikon Events/Funday	£ 1,934.05		
CUYA Eikon Events Entry Fee less PayPal Fee	£ -		£ 1,370.53
CWG Refund	£ 1,326.30	€ 1,500.00	
Event Bond for UCI CX Return	£ 2,000.00		
National Track Commission Contribution	£ 4,244.16	€ 4,800.00	
Off Road Commission Sponsorship	£ 250.00		
Radio Hire	£ 100.00		
CRC Advert Income	£ 500.00		£ 483.10
Total Income	£ 90,616.74	€ 96,678.00	£ 4,447.33
Money Transfer from Euro Acc	£ 76,096.03	€ 87,808.00	
EXPENDITURE	Stg Account	Euro Account	PayPal
Asset Expenses (Fuel, Tax, Repairs, MOT, Insura)	£ 3,987.90		
Awards Night Dinner	£ 3,201.00		
Bank Fees	£ 256.76		
Bank Fees	£ 82.58	€ 93.40	
BMX Commission	£ 4,994.80		
Bursary to Belgian Project	£ 300.00		
CU Kit Purchase	£ 818.77	€ 926.00	
CUYA (Less Manager's Returns)	£ 12,907.92		
CUYA	£ 221.05	€ 250.00	
NI CWG (Affiliation Fee)	£ 50.00		
Employment Costs (Admin Officer)	£ 4,863.10	€ 5,500.00	
Event Bond for UCI CX	£ 2,000.00		
Event Sponsorship	£ 1,600.00		
Event Sponsorship (Errigal)	£ 530.52	€ 600.00	
Executive Expenses	£ 13,436.81		
Executive Expenses	£ 1,549.12	€ 1,752.00	

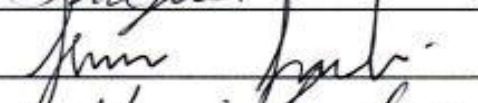
Equipment Upkeep (Radio Repairs)	£	435.60		
Leisure Clothing	£	898.26		
Off Road Commission Less Manager's Returns	£	15,036.69		
Prizes and Awards 2016 Ulster Championships	£	904.89		
Prizes and Awards 2017 Ulster Championships	£	126.64		
Marketing and Publicity	£	210.00		
Road Commission	£	11,935.76		
Road Commission	£	212.21	€	240.00
Safeguarding	£	325.10		
Technical Budget	£	489.40		
Track Commission	£	2,518.81		
Website Upkeep	£	268.00		
Women's Commission	£	1,037.82		
Total Expenditure	£	85,199.51		
Net Surplus/Deficit	£	5,417.23		
Opening Balance as at 01-01-2018 Stg Acc	£	16,472.07		
Opening Balance as at 01-01-2018 Euro Acc	£	86,800.89	€	98,168.84
Opening Balance as at 01-01-2018 PayPal	£	1,677.91		
	£	104,950.87		
Cash Flow for 2018				
Opening Balance at 01-01-2018	£	104,940.87		
Net Surplus/Deficit	£	5,417.23		
Money exchange Variance	£	685.01		
	£	111,043.11		
Closing Balance Paypal Account of 31-12-2018	£	6,125.24		
Closing Balance Stg Account as of 31-12-2018	£	18,551.48		
Closing Balance Euro Account as of 31-12-2018	£	86,366.39	€	97,677.44
Total Closing Balance as of 31-12-2018	£	111,043.11		
Fixed Assets	Equipment	Fitting	Total	
Balance as at 31.12.17	£9,273.25	£1,423.46	£10,697	
Additions in 2018	£0.00	£0.00	-	
Cumulative Depreciation	£3,091.10	£474.48	£3,565	
Total Fixed Assets	£6,182.15	£948.98	£ 7,132	

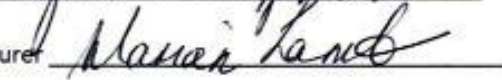
Cash at Bank	£ -	£ -	£ 111,043.11
Debtors	£ -	£ -	£ -
Total Current Assets			£ 111,043.11
Liabilities	£ -	£ -	
Creditors	£ -	£ -	

Net Assets less Liabilities	£ 118,175
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We certify, on behalf of the Finance Committee and the Executive, that the above accounts are a true and accurate account of the financial affairs of Cycling Ulster for the period 1st January 2018 - 31st December 2018. These accounts will be presented to the members on 2nd November 2019 at the Annual General Meeting of Cycling Ulster.

Chairman Tommy McCague 

Secretary Thomas Lamb 

Safeguarding Officer/Vice Treasurer 

CYCLING ULSTER AGM BALANCE SHEET 2019			
Consolidated Euro and Sterling Balance Sheet 01/01/2019 to 30/09/2019			
	Stg Conversion @ 0.8848 Average		
	Stg Account	Euro Acc	PayPal Acc
Opening Balance as at 1st January 2019	£ 18,551.48	€ 97,677.44	£ 6,125.24
INCOME	Stg Account	Euro Acc	PayPal Acc
Asset Expense			
Awards Night Income	£ -		£ 2,085.00
Capitation	£ -	€ 14,760.00	
CUYA Sponsorship/Entry Fees For Eikon Events	£ 2,342.40		
Membership Levy	£ 44,880.00		
National Track Commission Contribution	£ -	€ 800.00	
Off Road Commission Sponsorship	£ 828.00		
Radio Hire	£ 50.00		£ 610.00
Safety Initiative - Local Authority Contribution	£ 6,179.84		
Sponsorship (O'Reilly Stewart - CU Kit)	£ 5,000.00		
WOW Project	£ 30.00		£ 3,511.00
Total Income	£ 59,310.24	€ 15,560.00	£ 6,206.00
Money Transfer to Stg Account	£ -	€ 25,000.00	£ 12,000.00
		£ 21,375.00	

CYCLING ULSTER AGM BALANCE SHEET 2019			
Consolidated Euro and Sterling Balance Sheet 01/01/2019 to 30/09/2019			
EXPENDITURE	Stg Account	Euro Account	PayPal
Asset Expenses (Fuel, Tax, Repairs, MOT, Insur)	£ 4,428.41		
Asset Purchase (Roof Rack)	£ 100.00		
Awards Night Dinner	£ 3,390.25		
Bank Fees	£ 154.83	€ 47.30	£ 250.12
BMX Commission	£ 5,200.00		
CASC Venue Hire	£ 45.00		
CU Kit Purchase	£ 269.66	€ 6,206.23	
CUYA	£ 8,300.72		
Equipment Upkeep (Radio Repairs)	£ 746.30		
Event Equipment	£ 1,293.00		
Event Safety	£ 6,137.00		
Event Sponsorship	£ 600.00		
Executive Expenses	£ 8,419.68		
Marketing	£ 264.00		
Off Road Commission	£ 10,775.68		
Prizes and Awards Ulster Championships	£ 3,899.63		
Professional Body Fees	£ 370.00		
Road Commission	£ 12,830.67	€ 2,340.00	
Safeguarding	£ 281.75		
Technical Budget	£ 406.10		
Track Commission	£ 4,414.89		
WOW Project	£ 1,420.00	€ 1,094.13	
Women's Commission	£ 4,190.23		
Total	£ 77,937.80	£ 9,687.66	£ -
Closing Balance as of 30-09-2019	£ 34,048.92	€ 78,549.78	£ 81.12
		£ 69,500.85	
Total Cash in Hand as of 30-09-2019	£ 103,630.89		
€1 = £0.8848			

6. To fix the Cycling Ulster levy for 2019

Cycling Ulster propose that the membership levy remains at £10 per senior rider

7 :To Receive the Following Reports

Secretary's Report 2019

The Executive has had eleven full meetings and several smaller committee meetings since the last AGM. In January of this year we had a full day planning meeting which allowed us to plan ahead for the year and prioritise areas of development.

With the retirement of Jack Watson, Ronan McLaughlin has taken over as the Board rep to Cycling Ulster and he has attended many of our meetings. The Executive or its representatives attended the Cycling Ireland AGM in 2018 and have had several meetings with Cycling Ireland throughout the year. The latest meeting provided Cycling Ireland an opportunity to discuss the findings of a recent survey carried out as part of their planning for the new four-year strategy document for 2020- 2025.

The Finance committee under the direction of our Treasurer, Oliver Hunter, meets regularly to take decisions on financial matters and report back to the Executive. Online banking means that creditors are now paid in a very timely manner. The committee also keeps accurate accounts for all the commissions and feeds back information to them. The Finance Committee liaised with all the commissions prior to announcing their individual budgets. It also drew up the annual budget for Executive Approval which is then forwarded to Cycling Ireland as part of our commitment as a sub-committee of Cycling Ireland. The Year End Accounts have been prepared for this AGM and for inclusion in the Cycling Ireland AGM Accounts.

It has been a busy year with new initiatives taking off as outlined in the Chairman's report. We have had several meetings with the various commissions and the review of the current commissions will continue in 2020. We also hope to expand our WOW project and involve more local authorities in the Safety Initiatives. Sports Partnerships in Donegal, Cavan and Monaghan are also being targeted.

Unfortunately, our hard-working Secretary, Carl Fullerton, decided to step down in May and as Assistant Secretary I was asked by the Executive to fill the role until this AGM. This meant we had a vacant space on the Executive. After much discussion it was decided to co-opt Claire Young because of her sterling work in getting the Women on Wheels (WOW) Project up and running. This co-option provided us with a better gender balance as we then had three women and five men on the Executive.

We would like at this point to thank Carl for his dedication and commitment to cycling not only in Ulster but in previous years as a member of the Cycling Ireland Board. While on the Executive of Cycling Ulster he was dedicated and thorough and rarely missed a meeting. He was a great campaigner for safer cycling and safer cycling events.

The downward trend in membership which was highlighted last year continues and is a worrying issue. We are once again down by over 1200 members with a big fall off in Youth and in all competitive licences.

We would like to thank all our clubs who promoted so many excellent events throughout 2019 across all disciplines. We would particularly like to thank all those who ran the Ulster Championships in 2019. It was a big year for Ulster in that it was our turn to host the National Road Race Championships. A number of clubs applied to taken this challenge and Foyle CC were eventually appointed by the Executive They promoted excellent championships in road and time trial with some technical courses. In 2020 Banbridge CC will host the National Criterium Championships.

We would like to congratulate both Ards CC and Banbridge CC on the 75th anniversary of the foundation of both their clubs. It is a great achievement to be in existence and thriving for so long.

Comparison chart of clubs and membership by county for the years 2018 and 2019

County	2018	2018	2019	2019
	No of Clubs	Members	No of Clubs	Members
Antrim	32	1868	29	1564
Armagh	14	665	14	629
Cavan	5	320	5	295
Derry	12	602	12	580
Down	27	1404	25	1248
Donegal	18	583	16	303
Fermanagh	3	156	3	134
Monaghan	6	307	3	279
Tyrone	18	894	16	787
Unattached Ulster	N/A	1069	N/A	831
Totals	135	7868	123	6650

Comparison Chart showing breakdown of licence type for the years 2018 and 2019

Report to	31-Aug-19							
Licence Category	Licence Type	Province	*All 2018	*2018 YTD	*2019 YTD	*YTD 2019v2018	*2019 NEW	*Lapsed
Full Competition	Competitive A+		2	2	4	200%		0
	Competitive A1		90	90	56	62%		34
	Competitive A2		135	135	120	89%	1	16
	Competitive A3		315	315	312	99%		3
	Competitive A4		499	499	455	91%	15	59
	Competitive JR (A2)		8	8		0%		8
	Competitive JR (A3)		44	45	44	98%		1
	Competitive JR (A4)		26	26	25	96%	7	8
	Competitive LC		1,277	1,273	1,093	86%	67	247
	Competitive U10		124	113	118	104%	35	30
	Competitive U12		167	150	149	99%	45	46
	Competitive U14		154	151	121	80%	24	54
	Competitive U16		119	119	84	71%	5	40
	Competitive U8		197	153	172	112%	83	64
Full Competition Total			3,157	3,079	2,753	89.4%	282	608
Leisure	Leisure		4,657	4,487	4,024	90%	596	1059
Leisure Total			4,657	4,487	4,024	89.7%	596	1059
Supporter	Cycling Supporter		54	53	66	125%	3	0
Supporter Total			54	53	66	124.5%	3	0
Grand Total			7,868	7,619	6,843	89.8%	881	1657

Tommy Lamb Secretary 2019

Safeguarding Report 2019

Safeguarding Courses

In 2019 I facilitated four Safeguarding Courses for BMX, Armagh City Cyclists, Strabane/Lifford and Dunloy CC. These courses were well attended both by the named host clubs but also by other clubs in the area. It is heart-warming to see the uptake and commitment clubs have to ensuring that their members receive appropriate training. I would like to thank the Executive of Cycling Ulster for their continued support in ensuring that these courses are run free of charge to the clubs.

I will be attending an updated tutor course at the end of November so I will not be running any courses until the new year so that I am sure that the information disseminated to our members is up-to-date with current legislation and good practice. Any club who wishes to organise a course can contact me at any time to get a date put in the diary.

I have been in contact with a number of people who previously attended a face-to-face Safeguarding Course but who now need to do a refresher course and have a more recent certificate. There is an online course available for those in this position and when you complete the course successfully you will be sent a digital certificate. Safeguarding course should be repeated either face-to-face or online every three years.

AccessNI

If you are working with young people under the age of 18 you must be vetted either through AccessNI or Garda Vetting. Commission Officers and volunteers and all those who work on a National Basis or who travel between jurisdictions must have both AccessNi and Garda Clearance.

Cycling Ulster only accepts Enhanced AccessNI Checks and we cannot accept Certificates which have been processed through a different organisation. Under Cycling Ireland policies all certificates should be renewed every three years. The uptake on people applying for an AccessNI check remains positive. Since the last AGM seventy-five certificates have been issued with sixty-six in 2019. Unfortunately, AccessNI now automatically remove all applications which are dated more than 90 days. This means if you have not sent me your ID Validation Form so that can process your application you will no longer appear on the system. For those of you in that position just log back into your indirect account, change the date on your application and resubmit.

General

I have had several meetings with the National Safeguarding Officer, Donal Gillespie, since his appointment earlier in the year. One of these meetings involved the Safeguarding Officers from Leinster and Connacht and this was a very useful and informative meeting. A further Provincial meeting is planned. In 2020 all cycling clubs will have to complete Risk Assessment of their Safeguarding procedures which will help them plan for the future.

I have been in contact with all commissions advising them of the procedures they must have in place prior to taking away teams of riders under 18 years of age. The National Safeguarding Officer must be informed of all overnight camps and trips. If all Safeguarding procedures have not been followed permission will be denied for the camp/trip to go ahead.

Marian Lamb Safeguarding Officer Cycling Ulster.

2019 Cycling Ulster Road Commission Annual Report

The focus of the Road Commission in recent years has been on enabling the province's best male riders at junior and senior level access to events they would otherwise be unlikely to get the opportunity to compete in.

The 2019 season began with a training day in Newry hosted by Barry Monaghan. This involved a group ride on hilly terrain around south Armagh in the morning and a nutritional talk in the afternoon.

The competitive programme consisted of two junior races, the Junior Tour of Ireland and Junior Tour of Wales along with three senior races, the Lincoln GP, Tour of the Reservoir and the Manx International.

Both of the junior races had a high class field of entrants, Nathan Keown took a top 10 on a stage of the Junior Tour of Wales while Christopher Donald done the same in the Junior Tour of Ireland. Both races provided an opportunity for the riders to learn to race as part of a team and what it is like to compete over a stage race lasting several days.

The British Elite series races that the senior riders compete in include the British domestic pro teams and the top elite riders from across Britain meaning that our riders are stepping up a level to the competition they face in Ireland. Due to the high standard of these races, all senior riders are eligible to represent Ulster which widens the selection pool beyond the traditional under 23 category however the selection criteria provides for younger riders to receive more points due to their age and therefore improving their chance of selection.

Lindsay Watson was the top finisher for Ulster at the Lincoln GP in 39th with Darnell Moore and James Curry finishing closely behind.

Donal Shearer, one of the youngest riders to represent Ulster senior team in 2019 was the top finisher in the Tour of the Reservoir, taking 32nd in the extremely hilly stage race. Just 40 riders finished the race with Ronan McLaughlin and Darnell Moore the other Ulster team finishers.

The Manx International race replaced the Ryedale GP on the senior team schedule as we were offered logistical support from the race organiser which reduced the cost and enabled us to have three days of competition as opposed to just one. The best result of the year came in this event through Darnell Moore who took fourth on the final stage and 12th overall.

A further highlight of the year was collaborating with the Women's Commission which saw three female riders taking part in the Lincoln GP. This is something we hope to build on in the future.

A greater emphasis on training and development is also something that needs to be considered for 2020 following feedback from members and on the back of our successful training day this year.

We had several challenges in finding support personnel during 2019 and I would encourage people to get involved in whatever way they can to support our riders in 2020.

The Road Commission would like to thank the Executive for their support over the past year and all the volunteers who helped in any way with our teams, particularly Maurice McAllister who travelled with all of the teams. Finally, thanks to the riders who showed that they are capable of competing at a high level.

2019 Ulster Teams

Lincoln GP: James Curry, Darnell Moore, Gareth O’Neill, Donal Shearer and Lindsay Watson

Tour of the Reservoir: James Curry, Angus Fyffe, Darnell Moore, Ronan McLaughlin, Ryan Reilly, Gareth O’Neill and Donal Shearer

Manx International: Angus Fyffe, David Montgomery, Darnell Moore, Gareth O’Neill, Donal Shearer and Lindsay Watson

Junior Tour of Ireland: Ciaran Cahoon, Ciaran Dixon, Oisin Doherty, Christopher Donald and Dylan Traynor

Junior Tour of Wales: Ciaran Cahoon, Ciaran Dixon, Cathir Doyle and Nathan Keown

Patrick Withers Chairman Road Commission

Off-road report

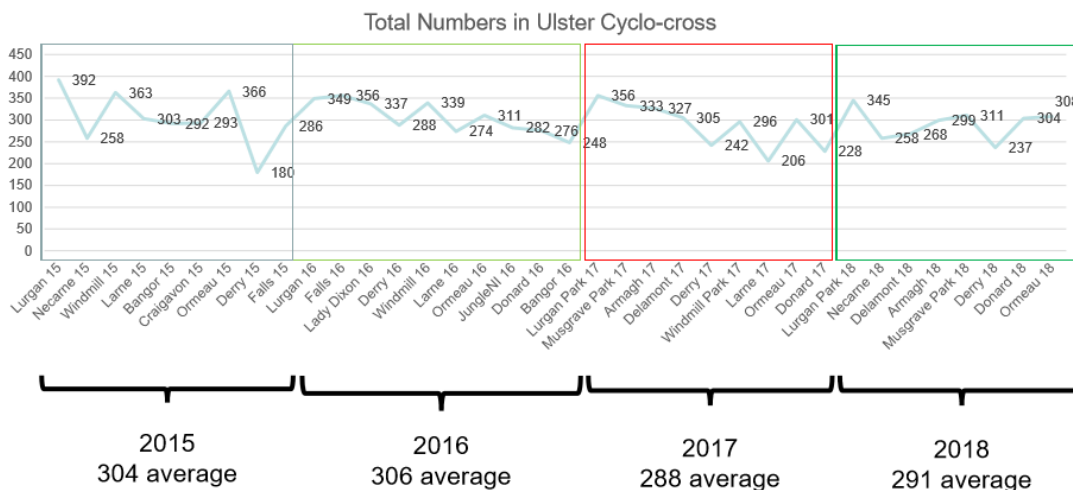
The following report is for the activities of the Cycling Ulster Off-road Commission (CUORC) and off-road racing from the period of October 2018 to October 2019. The commission members are elected at their annual AGM. Details can be found on the commission’s website www.offroadcyclingulster.com.

The biggest challenge for the year has been access to venues. Since December 2018 there has been an issue with hosting off-road racing events in forests in Northern Ireland. The Forestry Service has reviewed its remit and discovered that it had no power to grant event licences to clubs. Race organisers were directed towards forests which have council run trail centres in them (e.g. Davagh, Castlewellan and Rostrevor) as the council could provide event licences to the clubs. The councils then had issues with events being held on natural trails rather than the man made trail centre. The commission had a meeting with the Forestry Service in February and has been involved in two meetings with Newry, Mourne and Down Council who look after Castlewellan and Rostrevor. Through this mediation events did get the go ahead (downhill in Rostrevor and both cross-country and enduro at Castlewellan). A further meeting with the Council has been scheduled.

Cyclo-cross (CX)

2018/2019 season

The 2018-2019 cyclo-cross season saw 8 rounds of the Ulster series plus 2 other CX events (GP Brian Kinning and the McConvey Cross Cup). A breakdown of the attendance figures for the Ulster series is shown below. Race reports and results can be found on www.ulstercyclocross.com.



Ulster CX Championships

The 2018 Cycling Ulster Cyclo-cross Championships was held at Windmill Park, Dungannon by Island Wheelers on 9 December 2018.

	2018	2017	2016	2015	2014
Category	Windmill	Mallusk	Mallusk	Maghera	Drum Manor
Senior men	23	31	33	27	25
Women	15	11	15	12	5
Junior men	6	8	6	9	7
M40	38	42	38	31	23
M50/60	19	24	18	17	8
Under 16	11	14	16	9	9
Under 14	14	9	11	13	11
TOTAL	126	139	137	118	88

2019/2020 season

The 2018/19 season kicked off with the GP Brian Kinning Cyclocross race which was held on 15 September 2019 at Orangefield. This was followed, one week later, by the Phoenix Cycling Club's event at Lady Dixon Park in Belfast.

The 2019 Ulster Cyclo-cross series began in October and has 7 confirmed rounds of which 3 have taken place at the time of this report. Attendee figures below.

Round	Location	TOTAL	Youth	Female
1	Lurgan Park	347	167	20%
2	Necarne	297	131	21%
3	Falls Park	359	155	20%

Ulster CX Championships

The Ulster Cyclo-cross championships are due to be held at Ecclesville in Fintona on Sunday 8 December 2019 by Omagh Wheelers.

British National Trophy Series

The CUORC supported a team of four Under 23 and Junior riders to compete at the 4th round of the HSBC UK National Cyclo-Cross Trophy series at York Sport Village (23/24 November 2019).

Plans are in place to send another team to the same event in 2019.

Cross-country (XC)

Xmtb series

As in previous years, Xmtb started off the season with their cross-country event held at Ormeau Park in Belfast. This year there was only one event scheduled rather than their usual three events.

Date	TOTAL	Youth	Female
March	151	105	24%

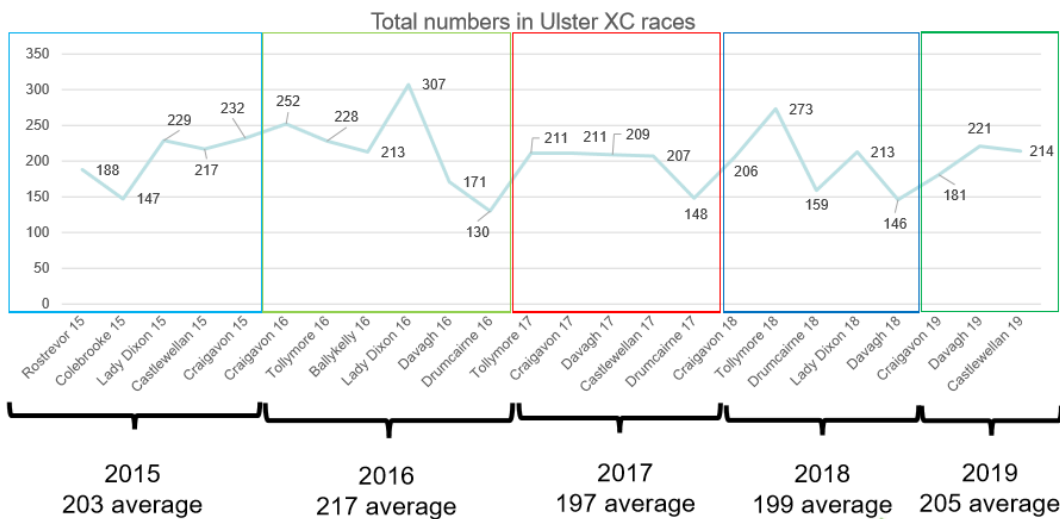
Ulster series

The 2019 Ulster Cross-country Mountain Bike series had only 3 of their 4 rounds taking place due to restricted access to Tollymore Forest.

– Best 3 out of 3 rounds (Youth best 2 out of 3)

Round	Date	Location	Total	Youth	Female
1	April	Craigavon	181	108	25%
2	April	Tollymore*	Cancelled		
3	May	Davagh*	221	102	23%
4	June	Castlewellan*	214	102	24%

Hosted by Apollo CT, Carn Wheelers and Banbridge CC. Two of the races doubled up as Irish National Point Series (NPS) events (shown with * below). The attendance figures were in line with previous years. See trend graph below.



For race report and results go to www.ulsterxc.com.

Ulster XC Championships

Xmtb hosted the Ulster Cross-country Mountain Bike Championships at Lady Dixon Park Sunday 28 July 2019.

	2019	2018	2017	2016
Category	Lady Dixon	Castlewellan	Castlewellan	Castlewellan
Senior men	6	8	9	15
Women	5	5	4	4
Junior men	2	1	1	5
M30	5	11	13	11
M40	21	18	19	20
M50/60	9	5	6	5
Under 16	6	4	8	5
Under 14	12	7	7	15
Under 12	10	6	12	14
Other youth	56	37	71	82
TOTAL	132	102	150	176

British XC Series

The Off-road Commission supported second year Under 16s, Junior and Under 23 riders to attend the British XC Series. Thanks to the support staff for looking after the team. Riders attended all four of the events which took place (one event was cancelled by British Cycling).

Enduro

First Track / Vitus Series

Now in their fourth year, the First Track / Vitus Enduro series continues strongly. Held over 4 rounds riders could complete all stages or just try out some of them in the "Challenger" category. Average attendance 242.

2019 Round	Location	Enduro	Challenger	TOTAL	Female	E-bike
1	Ravensdale	248	9	257	4%	5
2	Big Wood (Ulsters)	243	15	258	6%	9
3	Ravensdale (Nationals)	233	14	247	6%	7
4	Castlewellan	185	20	205	2%	8

Ulster Enduro Championships – 12 May 2019

The Ulster Enduro Championships were held at Big Wood by First Track/Vitus. This event doubled up as Round 2 of the First Track / Vitus Series.

Downhill

National Championships Rostrevor

The only Downhill event to take place in Ulster was the National Downhill Championships which took place on Sunday 21 July 2019 at Kilbroney Park in Rostrevor hosted by Rostrevor MTB club. Results can be found on www.irishdownhillseries.com

TOTAL	Youth	Female
109	10	5%

Rider Development

Youth Camp

The Cycling Ulster Off-road Commission held 5 Youth Camps on Monday evenings over the summer months. These sessions are aimed at youth riders aged Under 12 and work on improving off-road cycling skills. They were held in various locations and attracted, on average, 19 young riders. Thanks to the coaches that helped run these events.

Report compiled by Cycling Ulster Off-road Commission
Martin Grimley (Secretary)

Ulster Track Commission report 2019

The Orangefield Track enjoyed a full season of summer activities in 2019 with weekly sessions held between April and September.

In all 21 sessions were held (with a few cancelled) comprising; accreditation sessions, training sessions; squad sessions; the Ulster Track league, the National Youth Track Championships and the Ulster Track Championships.

It has been pleasing to note that there has been greater interest from non-Youth riders this year, and it is hoped to develop this further for 2020, with the proposed inclusion of two sessions per week to accommodate different age/ability categories.

Currently all sessions are overseen by a minimum of two from Anthony Mitchell, Paul Dixon, Nicola McKiverigan and Doreena White, and we have started to identify additional volunteers who could help share the current and proposed additional workload next year.

Nationally we have had good showing at Youth, Junior, Senior and Master championships, with Ulster riders (Downey, Potts, Young etc.) continuing to feature in Cycling Ireland's High performance programme and we wish them well with their Olympic qualification quest.

We again fielded a Youth squad in British Cycling's Inter-Regional Track Championship in what is now an annual target, which – like all regions involved, experiences peaks and troughs year on year depending on the quantity and quality of youth riders in the system.

We have endeavoured to facilitate additional overseas/indoor opportunities in 2019, however this has proven difficult given the clash with domestic events and availability of volunteer leaders, however when the Irish indoor track comes on-line, hopefully in 2022, this should be less of a problem.

Facility wise, Orangefield continues to be the focus of activities, however we are constantly engaging with the City Council with regard to access, maintenance and potentially replacement. There are also additional difficulties due to the tenancy agreement for the entire complex (including the velodrome) with a local Soccer team, which again we attempt to address with the landlord; Belfast City Council.

Anthony Mitchell Chair, Ulster Track Commission.

BMX Ulster Annual Report 2019

Clubs

Lisburn BMX 158 members

Belfast City BMX 36 members

ECR BMX 10 members

FUNDamentals May/June

Again funded by CU this was another great success with all 3 clubs working together and over 60+ new riders attended the 3 week induction to cycling/BMX finishing off with a race day at Lisburn BMX Track. More FUNDamentals to come before the end of the year.

World Championship Zolder Belgium July

A 40 strong BMX Team Ireland headed to Zolder in Belgium 22 of these riders were from Cycling Ulster, in extremely tough weather conditions with Belgium having its highest ever recorded temperatures of 40 degrees over the 3 days of racing. At one stage the racing had to be postponed until the evening's cooler conditions. Despite this all the riders coped well in the conditions. For some of them it was the first time they raced abroad never mind a world championship event. Highlights for the CU riders was Jamie Harron BCBC making it through 3 motos 1/8 final ¼ final and into the semi final and while lying in a qualifying position got caught up in a crash missing out on the final and ending up ranked 13th in the world for 8 year old boys.

Brian Mallon Lisburn BMX as Jamie did made his way through to the semi finals and along the way had issues with unclipping but was still able to recover and get to the semi chasing that top 8 world plate but unfortunately crashed out on the last berm in his semi while in a qualifying position and ending up placed 13th in the world for 45-50 male.

World Stride Championship Charlotte USA

In October Jacob Jameson BCBC head to the States to compete in the world strider championship getting through the heats into the final where he came away with second place in the final.

UK Nationals.

Two riders competed in all 10 rounds of the UK series Jodie Lynch 15 Girls and Jay Mackness 13 Boys and Jamie Harron 8 Boys completed in 3 rounds. Jodie rode fantastic all season long getting stronger at each round with a best place finish of 3rd at the Peckham round in London finishing 6th overall in the 15 Girls category, Jay had a tough year in the 13 boys with over 70 riders in that age group with a best place finish of 4th in the B final at Glasgow and finishing 20th overall in the championship, Jamie best result was a 1st place at Cyclopark in Kent.

Lisburn Open

With a prize fund of £1500.00 up for grabs for the hole shot on Saturday and racing on Sunday this event attracted riders from Scotland, England and all over Ireland a well organised event and a great spectacle for the spectators and the first of its kind in Ireland for BMX which the Lisburn club are hoping to make it an annual event.

All Ireland Championship

1st Jodie Lynch ECR 15 Girls, Jay Mackness ECR 2nd 13-14 Boys

Training

Training takes place every Tuesday night at the Lisburn BMX club's excellent facility under the watchful eye of Jonathan Reid BCBC (BMX Ireland development coach) and Gareth Doherty (Beardy) BCBC the kids and adults are split into 3 groups – beginners, intermediate and advanced - and each week focus on a particular part of BMX racing and skills. The 2 coaches are helped out with the training by members of the others that have completed the foundation level coaching course. Introduction to BMX days at CS Lewis square and Henry Jones playing fields organised by Belfast City BMX and supported by Lisburn BMX who have also run introduction days and BMX demos in Lisburn city centre square.

Equipment Funding

Belfast City BMX received funding to purchase BMX race bikes and protection equipment the club kindly split the bikes between all the clubs each receiving 4 different sizes of race bike to be used for FUNDamentals and training. We then had a problem of where to store the bike's, so we approached CU for additional funding to purchase a container which we received and positioned at the Lisburn BMX Track meaning we weren't having to transport bikes back and forth for members houses every week.

Tracks

Lisburn BMX still the only track we have in Ulster that can be used for competition and a credit to the club as it is maintained to a high standard and probably the best in Ireland and as good as any tracks in the UK mainland if not better. The club are happy to work with the other BMX club using the track in turn the other clubs help with training days and track improvement/upkeep when needed and all help out on race days.

Belfast City still working with Belfast city council on developing Henry Jones playing fields.

ECR Larne planning/transport NI still have issues with the access road being too narrow even though there is already a football club on the site.

Ormeau track not being used due to surface and upkeep not being carried out by Belfast City Council no fence and unsociable behaviour in and around track.

Armagh currently not being used due to a number of factors, contact has been made with Peter Parke the new head of outdoor youth learning services who seems keen on getting the track up and running, we have been unable to arrange a meeting to see if there is anyway CU can help them get the site up and running.

New Pump Track open in Dromara with Lisburn BMX riders doing demonstration laps at the official opening.

Awards

Jonathan Reid Belfast City BMX awarded Sports Maker children's coach of the year 2019

Training

4 new comms 2 from Lisburn and 2 from Belfast attended a training course run by Phil Townsend from BC achieving the required standard and have been working alongside CI head BMX com through the year. This was organised by BMX Ireland.

Report : Bill Mackness Ulster BMX Commission.

CUYA Annual Report 2019

Once again the Cycling Ulster Youth Academy (CUYA) has had a good year from raising sponsorship for the Eikon Festival of Youth Road Racing to providing opportunities for our U14 and U16 boys and girls to represent Ulster and to be noticed by the National Youth Commission.

We entered Teams in the Tour of Scotland but as this event was so early in the season we were unable to use recent events as part of the Selection Criteria. Attempts to organise selection days were thwarted by the weather. This meant we had to use results for the previous year. This is not an ideal situation but necessary as the riders had to be named early in the season. The riders selected were very well behaved and were able to participate in a lot of top-level racing. They were a credit to their parents and CUYA and great ambassadors for Cycling Ulster.

In early June we held our second Eikon Youth Festival at the Maze complex. The weather was warm and sunny and we had a fantastic day's racing under safe traffic free conditions. All age groups took part in a variety of disciplines. A review of the day suggests that we need to shorten the TT slots to 30 secs as it took a long time to run this particular event,

Medals were presented to every competitor and these were supplied by Colin Finlay through his Plush company while the Jerseys were sponsored by Garth Young and his Powerhouse Sport company. We also had substantial support from a number of other sponsors which meant we came out with a surplus at the end of the day. Many thanks to our other sponsors which include Paul Dixon's firm Richmond, Phil Neil's TAS Racing, David McCall Foundation, Darren Wilson, Traction Finance, Denise Owens and In Touch.

The next event that we sent teams to was the annual Errigal 3-Day International Youth Tour in Donegal. We financially supported eight boys and eight girls in the U14 and U16 age groups and we had some top-notch results. There were wins for U16 boys and U14 girls plus podiums across all age groups. All in all, it was a great weekend with our riders competing and winning against international competitors.

Selections as usual caused problems even though we have clear procedures in place and Committee members are not allowed to be involved in selection if they have a vested interest. There are also strict guidelines which are posted in advance advising parents about the requirements for their child to be considered for an Ulster Team.

The National Youth Commission held three Selection events - in Coalisland, Kanturk, and Castlegregory- for Irish Team Selection. Many of our youth travelled to these events but it does put an additional financial burden on to parents.

The CUYA under the leadership of Peter Brown promoted a very successful Criterium series organised mainly at Nutts Corner Karting Track catering for U6 to U16 boys and girls again in safe traffic free conditions. This was very well received and the feedback was very positive from both parents and riders.

The CUYA Road League was promoted again with points awarded to riders over a season long series of eleven races. We are grateful to clubs across the province who facilitated these events. Gary Rafferty kept the results up to date, and the league was very well supported! Medals are provided by the CUYA for the winners.

We costed a number of events in Britain including the North West Youth Festival in Lancashire and the Inter Provincials but the costs were too prohibitive. Some parents took their children to the North West event at their own expense and had a great time.

We are very grateful to Cycling Ulster for funding us every year as without this support we would be unable to do any of the above.

We have sufficient budget left to allow us to purchase trophies and medals for the various series/leagues. We are planning an end of season Development Day at Maitri Studios in East Belfast along with Cloughmore Extreme to deliver a Skills and Team Building Experience for 30 riders in 2 groups of 15+ for 3 sessions. This will be organised by Colin Finlay.

I would like to thank all our hard-working committee for the endless hours given unselfishly throughout the year and a special mention to our very competent Secretary Doreena White whose minutes of our monthly meetings were superb! Thanks!

Jim McGuire Chairman CUYA

Women's Commission Report 2019

Following on from the AGM held at the end of 2018, the commission had a clear directive that we needed to do more for the women cyclists in Ulster. We took this on board and I believe the commission performed admirably in terms of organising events, teams and initiatives for women cyclists in Ulster.

One of our main initiatives we ran was the Women on Wheels programme. There will be a separate report on this but the main idea behind this scheme was to get more women in Ulster on their bikes and in to clubs. Claire Young took the lead for this initiative and it was extremely successful. It is one of the actions that the commission is most proud of for the 2019 season.

We recognised from the 2018 WCU RR League that there was potential to increase the participation. We went about trying to do this through holding a training day in February. Over 30 women registered and we held the event at Oxford Island activity centre. There was a class lead discussion on training led by Bryan McKinney of MellowVelo coaching, followed by a structured session on the road where the women were split into groups based on ability and experience. All those who attended said the day was a great success, very informative, useful and worth holding again.

Following on this led to a very competitive WCU League which consisted of 6 road races and 2 time trials. The league was so competitive that it went down to the very last race with Teresa Parr of Newry Wheelers the deserved winner. Over 50 women took part in the league. Many of whom went on to represent Ulster at Tour of Omagh and Ras na mBan. Both these stage races were extremely successful for the province picking up a stage win at Tour of Omagh and third best team overall. Ras na mBan the team went on to win

the Best County team for the third time in 4 years. We also sent a team to Lincoln GP as a trial to see if we could combine our resources with that of the road commission. Three riders were sent over with two finishing in the main bunch of a very high-quality field.

With the off-road discipline there were 3 training sessions organised which were lead by Mark Harvey. These sessions were relatively successful however participation could have been better. This may largely be reflective of the fall in numbers of MTB racing. There was also a track training day organised at Orangefield lead by Anthony Mitchell and Paul Dixon. Unfortunately, this date clashed with a number of other events and again participation was low. These are definitely two initiatives that I believe the commission should look to build upon for the 2020 season. We also tried to organise a BMX day with Lisburn BMX club but were unable to find a suitable date.

To conclude, 2019 was a very successful season for the WCU. I believe the value for money the commission got in terms of money spent per result achieved was extremely good. The commission worked hard to get women in to the sport and through the Women on Wheels programme we were able to succeed in this. The women's commission for 2019 has set a good example and put a good platform in place for future commissions to build upon.

Josh Murray : Secretary Women's Cycling Ulster

Women on Wheels Project

Cycling Ulster Women's Commission developed a programme in 2019 with the following aims;

- To increase female participation in leisure cycling in Ulster.
- To increase female CI membership rates in targeted Cycling Ulster clubs.
- To increase female club volunteer coach workforce and female coaching skills.

Club Recruitment and Development

All Cycling Ulster clubs were invited to take part. Brenda Kelly from Sported, delivered a workshop to interested clubs on the barriers to participation and engagement of women and girls in sport. Clubs were encouraged from the start to think about how they would integrate this new group into their usual runs and activities.

Ten clubs signed up: Ards CC, Apollo CT, Banbridge CC, Keevan CC, Foyle CC, Emyvale CC, Strabane Lifford CC, Square Wheels CC, Phoenix CC and Roe Valley CC.

These clubs were offered places on Cycling Ireland Ride Leader Training days and each ride leader was given a Women on Wheels gilet as a token of thanks for volunteering to the project and in recognition of the effort required.

Participant recruitment and registration

Interest was high and in some locations demand was greater than the places available. There were a number of requests for groups in the Carrickfergus/Larne and Ballymena areas. 126 women signed up with 123 taking part in the programme. Group size ranged from 4 to 24 cyclists.

A survey was sent to all those who registered. Out of 60 responses the majority were either occasional cyclists (41%) or hadn't cycled since childhood (29%).

The top three reasons for signing up to Women on Wheels was to cycle as part of a sociable group (81%), to improve cycling skills (68%) and to improve fitness (51%). At that mid-way point 74% intended to continue cycling with their host club when WOW finished.

End of programme event

60 Women on Wheels participants completed a 40mile cycle as part of Keevan CC's charity sportive along with ride leaders and supporters from their clubs.

Cycling Ireland and Club Membership

Cycling Ireland offered a reduced membership rate to those who completed WOW. A number of clubs also waived club fees as it was late in the cycling year. The membership rate from those who registered for WOW is currently at 50%.

Outcomes

Due to Women on Wheels there are now an additional 61 new members in Ulster's cycling clubs, 85% of whom were not regular cyclists before starting the programme. Clubs have reported back that their new members are helping out at club events, riding time trial's, have big sportive plans and entered races for 2020.

To continue to support clubs another Ride Leader training day is planned for November aimed primarily at WOW participants with the hope that they will volunteer either as leaders or assistants for WOW 2020.

Looking forward

Providing an entry level programme to adult females to road cycling and to our clubs is an important area that deserves funding and support from all levels. Without Women on Wheels clubs are left unsupported in this area. Programmes such as this are a small step in increasing female participation and license holders. However, without a governing body led strategic approach to women's cycling in Ireland at all levels the benefits will never be maximised.

It is hoped that this programme could be expanded to include other cycling disciplines. We are currently seeking funding and sponsorship for the 2020 programme.

Acknowledgments

Colin Lauder (Sported NI), Dylan Lyness, Liam Doherty (website design and hosting), Ryan McKinless from Subversive Design (logo and gilet design), Brendan Creeley (training venue and sportive assistance), Tony Corey (photography).

The support and encouragement from the Cycling Ulster Executive has been greatly appreciated.

And last but not least the club ride leaders (male and female) who gave up two or three evenings a week over the summer and did such a fantastic job to provide a pathway for more women into their clubs. The Cycling Ulster Women's Commission recognises their efforts as do the women who took part and provided overwhelmingly positive feedback. Thank you.

Claire Young, Cycling Ulster Women's Commission.

Commonwealth Games Liaison Officer (CGLO) Report – 2018 to 2022

I was appointed as the Commonwealth Games Liaison Officer following my election onto the Executive last year. This means I will act as the primary point of contact for all Commonwealth Games matters. This is an important role as we enter another busy period, with 2021 Youth Games in Trinidad and Tobago before the senior Games in Birmingham during 2022. The role of Liaison officer is part of the CWG initiative to further enhance communication between itself and the relevant governing bodies of sport.

The dissemination of information to the relevant people within Cycling Ulster and Cycling Ireland will be vital in the coming years. The CGLO will represent the Cycling Ulster at NICGC Council meetings and I will be empowered to act on behalf of Cycling Ulster. I will also be expected to play an active role in supporting the NICGC in preparing for each Games which will primarily involve gathering athlete data and acting as a support to the Coach/Manager when he/she is appointed.

Since my appointment I have attended the NICGC AGM and have had meetings with Conal Heatley, the CEO of the NICGC. Recently, along with some of my fellow Executive members, (Tommy McCague, Marian Lamb, Claire Young and Tommy Lamb) we had a lengthy meeting with Conal Heatley where we provided input into a governing body survey which will help guide the way forward for the NICGC. I have also recently met with the Council regarding the Games in Birmingham in 2022.

The Executive has signed up to the Declaration on Sport and Human Rights which can be found at the end of this booklet.

Report by Julie Rea (CGLO)

Mary Peters Trust

Cycling Ulster athletes continue to be supported by Mary Peters Trust (MPT) and are extremely grateful to MPT for this financial aid.

As part of our involvement a small team of old and young Cycling Ulster athletes came out on February 01 to support Mary Peters Spin for a Million fund raiser held in Olympia Leisure centre, Belfast.

In March 2019 Cycling Ulster submitted 9 athletes for MPT funding. Five of these athletes received funding, 3 boys and 2 girls. The total awarded to Cycling Ulster athletes was £2900 with one of our athletes receiving an Ambassadors award of £1000.

A Cycling Ulster athlete represented the association at Mary Peters birthday celebrations on May 31st in the Titanic Quarter.

Mark Moroney (MPT Liaison Officer)

2019 Technical Officer Report

Ulster Road Commissaires

There was a positive start to the year with the Cycling Ireland College of Commissaires hosting both a 'Trainee' & 'Grade A' Commissaire upgrade course in Dublin. Cycling Ulster had a number of attendees in both courses;

Trainee Commissaire Course

- Sam Carson
- Philip Dickenson

National Grade A Upgrade Course

- Jean McGinley
- James McLaughlin
- Tommy McCague
- Paul Devenney

Both Sam Carson & Philip Dickenson successfully passed the Trainee written exam following the course and have spent the 2019 season being assessed at various events and have recently completed their Trainee period and will go forward into 2020 as Cycling Ireland National Grade B Commissaires.

Jean McGinley, James McLaughlin & Tommy McCague all successfully passed both the written and verbal Grade A examinations. Following practical assessments during the season both Tommy & Jean have successfully upgraded to Cycling Ireland National Grade A Commissaire. James has yet to be assessed, which will hopefully come in the early part of the 2020 road season.

Congratulations to all those who successfully upgraded during the year.

Laura Wilson was assigned to schedule and co-ordinate the Commissaire appointments within Ulster for 2019. Despite it being a new role for Laura, she hit the ground running and introduced some improvements to the process. Laura will continue in this role for 2020 and as part of the role will join with the Cycling Ireland College of Commissaires.

The season ended in a very sorrowful note with the passing of Andrew Wills. Andrew was one of our most active Commissaires and will be sorely missed by all the Ulster cycling community, not just for his Commissairing but for his many volunteering roles within cycling and of course his friendship and wit at events.

2019 Road Calendar & Events

While the Cycling Ireland Road Calendar and events suffered the significant loss of the Rás Tailteann in May, the Cycling Ulster calendar had the privilege to once again host the Irish National Road Race Championships in June.

Foyle CC did a fine job as event promoters and are to be congratulated on a memorable Championships in the City of Derry. Following on from the 2015 Road Race Nationals in Omagh, Ulster clubs set the bar high for the running of Cycling Ireland's flagship event.

It was disappointing to see a number of events cancelled during the season. The number of competitors was notably reduced in a number of events, particularly in A4 races in the latter months of the season. This

is something we are looking at and have motions raised for the forthcoming Cycling Ireland AGM which are aimed at helping address the issue.

Event Safety

Following on from engagement with PSNI Road Policing and as a directive from them, a number of briefing sessions for Clubs and Event promoters were held by Cycling Ireland in partnership with Cycling Ulster. These included notices of the introduction of new Highway Code recognised standard road signage for events.

Despite the added expense to Event Promoters it has been encouraging to see the new signs being utilised at events on NI roads.

As a result of a successful application process by Cycling Ulster, a recommended event safety signage supplier was appointed. Graphics Answers agreed to supply Cycling Ulster affiliated clubs with Correx signs and Aluminium signs at a cost of £7 and £9 per item respectively.

This is a significant saving on other quotes received and Event Promoters are encouraged to contact Graphic Answers directly to order supplies of the new signs.

It should be noted that in addition to the agreed road signage as mentioned above, the PSNI had also directed clubs hosting events on Dual Carriageways to make use of VMS signage. Due to the significant cost impact to the events representatives from a number of clubs who host TT events requested further consultation with PSNI Road Policing, which was facilitated at Stormont by Philip McGuigan MLA. It was agreed that these requirements would be revised and that the use of VMS Signs would not be made mandatory.

Support to Ulster Road Event Promoters

Throughout 2019 I have once again liaised directly with clubs, promoters and members to consult with, advise and assist with event promotions and Cycling Ireland Technical Regulations. I remain open to this and where Cycling Ulster members feel I may be of benefit, whether it be for assistance and advice on race promotions, technical regulations or any other related items please do feel free to contact me directly via aarwallace@gmail.com . I may not always have the answer directly at hand, but I will make an effort to source it and assist in resolving any queries or issues who may have.

For Commissaire appointments in Ulster Laura Wilson can be contacted via lwcyclingireland@gmail.com

Aaron Wallace Technical Officer

Admin & Compliance Officer Report

This is a brief overview on the ACO role during the past year which largely involves supporting CU by carrying out general administrative tasks which can cover a wide range of matters.

The main ongoing task throughout the year is the maintenance of the CU website and social media accounts. Communication with members is a key focus for the CU Executive and therefore gathering information directly from commissions, clubs and sourcing information occurs on a weekly basis.

A further part of this is increasing the visibility of CU and our sponsors. The use of vehicles and a new kit has been part of this process, both areas which I have worked on and developed over the past year. This involved the vehicle and kit sponsor launch night and liaising with the sponsors during various periods of the year.

Logistical support by way of kit and vehicle change over for trips by commissions is another primary role that is also assisted by volunteers within CU. I also provide support to some commissions for bookings for events.

I liaise with the CI Events Officer and CU Provincial Co-ordinator about events, this is largely confined to assisting them in the winter for the following year and with the awarding of provincial championships as well as any national championships that Ulster is due to host in a particular year. In instances where CU have awarded sponsorship to some events in the province, I provide materials to the race promoters to highlight CU's involvement.

Improving our relationship with other stakeholders such as local councils and the PSNI has been a further target for CU during this past year and an area I have assisted in by organising and attending meetings and dealing with correspondence.

The area of compliance targets is a matter I liaise with CI on. At a provincial level the main compliance matter for 2019 has been dealing with advice for clubs in relation to registering as a CASC or Charity. There were two events hosted by CU/Sport NI earlier this year and there has been some email correspondence with clubs during the year about this.

Communication with members, clubs and volunteers in relation to various matters can take place on a daily basis.

I want to thank all of the volunteers at club and provincial level who I have worked with over the past year.

Patrick Withers Admin and Compliance Officer

Cycling Ireland Membership Development Officer Report

Introduction:

As Membership Development Officer for Ulster the following report gives an overview of the activities for the past 12 months Sept 2018-Sept 2019.

PCSP "Safer Cycling Project"

Over the last 12 months I have been actively engaged with Cycling Ulster Chairman Tommy McCague and other members of the Cycling Ulster executive committee in the development of their "Safer Cycling" project. This has included meetings with the "Police and Community Safety Partnerships" PCSPs and several local councils to obtain support and resources for cycling clubs. To date I have met with the PCSPs in the council areas of Belfast, Armagh, Banbridge and Craigavon, Mid and East Antrim, Newry and Mourne, Causeway Coast and Glens, Fermanagh and Omagh, Lisburn and Castlereagh, Monaghan, and Ards and North Down. To date the PCSPs in the ABC, and Fermanagh and Omagh council areas have committed £10,000 in support and resources to their cycling clubs. It is hoped that the others will follow with similar support in the coming months. The resources provided to the clubs to date include, Bike Mounted Cameras x 2 and Hi-Viz Gilets x 2 plus Ride Leader training were applicable per club. These invaluable resources will allow clubs to work closer with their local PCSP and PSNI in the reporting of any incidents that involve their cyclists.

Local Council Meetings:

During the past 12 months I have also attended several meetings with Cycling Ulster Chairman Tommy McCague plus other Cycling Ulster executive members with local council CEOs, senior officers, local councillors and MLAs. These meetings are to engage with the local councils in the development / improvement of provision of cycling facilities for clubs and new participants into the sport. Meetings have taken place to date with Belfast City Council, ABC Council, Ards and North Down, Causeway Coast and Glens, Newry and Mourne, and Monaghan CoCo. and are ongoing with several of these councils in the key areas for the sport. Further meetings have been requested and are planned with all other local councils in Ulster in the coming months.

ClubMark:

I have been working on the development and rollout of a new Cycling Ireland “ClubMark” programme for Cycling Clubs in Ulster and ROI as agreed with SportNI. ClubMark will support existing long-term established cycling clubs in the attaining of the Sport NI “ClubMark” programme adhering to best practice throughout the process to ensure success and achievement. The programme was signed off by Cycling Ireland executive board during 2019 and is now available to all clubs in Ulster and RO Ireland clubs who have 20 or more members.

At present there are 13 clubs in Ulster signed up to and who have begun the process of establishing ClubMark in their clubs and include: Ards CC, Killinchy CC, Banbridge CC, Ballymena CC, Cavehill MTB, Titanic CC, Foyle CC, Dunloy CC, Harps CC, Shimna CC, Square Wheels CC, Apollo CC, and Dromara CC. Old Bleach CC were the first club to achieve Clubmark with Cycling Ireland. It is planned to roll Clubmark out to all clubs in Ireland during 2020.

Clubs Development Booklet and Club Section of Cycling Ireland website:

A new club’s resource for all cycling clubs will be available which is the Cycling Ireland Club Development Booklet in early 2020. This new resource is currently with designers for completion and printing and will be distributed to all cycling clubs.

The new Clubs section of the Cycling Ireland website were Cycling clubs now have a dedicated section that includes club development and ClubMark resources plus information on membership recruitment and retention, coach education courses, safeguarding, funding for clubs and how to obtain funding, plus other key club development areas.

Coach Education Courses and Club Development Courses:

Coach Education and club development courses/programmes with cycling clubs have been a key focus over the past 12 months, and the following courses have been facilitated and delivered along with the club development programmes for new participants in Ulster with clubs:

Coach Education Courses:

- Foundation Courses 2019: (31 people)
- Ride Leader Courses - Sept 2018 – Sept 2019:
 - 2018 (55 people)
 - 2019 (125 people to date)
- Sprocket Rocket Training Courses 2019 (12 people)
- Social Media Training 2019 (12 people)
- Generating Income 2019 (16 people)
- First Aid Training 2019 (22 people)

Club Development Courses:

- Bike for Life Programmes 2019 (160 participants)
- Sprocket Rocket Programmes 2019 (220 Participants)

Engage Her Project 2019:

The Cycling Ulster Executive Committee and Apollo CC took part in a 10-month pilot project with “Sported NI” in the area of engaging more women and girls into the sport. The committee and club took part in “Engaging with Women and Girls Insight Training” and were provided with support to develop an Engagement Plan to help them to develop their understanding and work in this area. Through the development and review of women and girl’s engagement plans, the Apollo CC will be equipped and enabled to sustain delivery of existing women and girl’s activity and to further attract new women and girls to activities.

This training with Sported NI also resulted in the development of a new “Women on Wheels” project which was facilitated by the CU Women’s Commission and engaged 10 cycling clubs in the development of women into the sport and the running of a participation programme that concluded with a Sportive in August 2019 at Keevan CC. The WOW 2019 project was a fantastic success and all the clubs who participated increased their female membership. WOW2 will be delivered in 2020 for all interested clubs.

Club Support:

Meetings held with clubs and ongoing regular engagement with clubs and committees on the key areas of club development, membership recruitment and retention opportunities, ClubMark, Funding opportunities for clubs, participation programmes and delivery of programmes and coach education courses for volunteers and the recruitment of volunteers.

Plans for 2020:

New areas / projects planned for 2020 include the following:

Club Workforce Project:

During 2020 an assessment of current Club Workforce in clubs in Ulster and the areas for potential development with the current and newly established cycling clubs will take place. This assessment of the current club workforce currently in Cycling Clubs in Ulster will help identify the key areas, counties, and clubs for growth in Ulster.

Park Cycle Project 2020:

In partnership with the Public Health Agency and several local councils in NI, to establish a new “Park Cycle / Cycle on The Park” programme for participants and cyclists in partnership with local cycling clubs supporting the facilitation of the “Park Cycle” initiatives with opportunities for follow-on membership.

Great Belfast Bike Ride 2020:

Plans are currently underway in partnership with Belfast City Council, Cycling Ireland and Cycling Ulster in the development of a “Great Belfast Bike Ride” for members and will complement the already established “Great Dublin Bike Ride”. Further information will be provided in early 2020 to all clubs on how their members can participate.

Gary Lavery

Membership Development Officer (Ulster) Cycling Ireland

8: Motions

No Motions were received.

9: Election of Officers.

To elect the following officers to the Executive –

• **Secretary**

There was only one nomination for this position.

Claire Young was nominated by Emyvale CC.

• **Two Officers to the Executive**

There were two nominations for these positions.

Tommy Lamb was nominated by Phoenix CC.

Dylan Lyness was nominated by Powerhouse Sport.

This concludes the business of the Annual General Meeting of Cycling Ulster.