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# Cycling Ulster AGM

Saturday 22nd October: Glenavon Hotel

2022



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**2022 Cycling Ulster AGM Agenda: Saturday 22<sup>nd</sup> October: Glenavon Hotel**

Chairperson's Address – Tommy McCague

**Ordinary Business**

1. To adopt the standing orders for the orderly conduct of the AGM
2. To consider the minutes of the 2021 Annual General Meeting
3. To receive the financial statement to December 2021 approved by Cycling Ireland and the Income and Expenditure Statement for nine months ended September 2022
4. To fix the Cycling Ulster membership levy for 2023
5. To receive reports
  - Chairperson's Report
  - BMX Commission Report
  - Off-Road Commission Report
  - Road Commission Report
  - Track Commission Report
  - Women's Commission Report
  - Youth Academy Report
  - Leisure Commission Report
  - Safeguarding Report
  - Membership Development Officer Report
  - Mary Peters Trust Report
  - Commonwealth Games Report
6. To elect Officers to the Executive as follows
  - Secretary
    - Paul Sanders nominated by Emyvale CC
  - Executive Officer
    - Joanna Gray nominated by Three Peaks CC
7. Motions
  - No motions have been received
8. **Close of AGM**
9. Presentation of Special Awards

### **1. Standing Orders for 2022 Cycling Ulster AGM**

1. The mover and seconder may speak but any subsequent amendment must be moved, seconded before discussion is allowed.
2. Members shall be permitted to speak only once.
3. The right of reply shall be held by movers of motions and amendments following which the motion shall be put.
4. Such replies shall be confined to answering previous speakers and shall not introduce new matter into the discussion.
5. 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	adjourn debate;
	To	put the question;
	To	move to next business.

**2. To consider the minutes of the 2021 Annual General Meeting****Minutes of Cycling Ulster AGM 2021: Saturday 20<sup>th</sup> November: Armagh City Hotel****Attendees:**

**Executive Officers:** Tommy McCague, Julie Rea, Claire Young, Joanna Gray, Paul Sanders, Marian Lamb, Tommy Lamb

**Employees:**

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

**Guests:** Matt McKerrow (CEO Cycling Ireland), Liam Collins (President Cycling Ireland)

**Delegates:** Colin Wilson, Gregory Francis Rice, Damien Brady, Aaron Wallace, Carl Fullerton, Bill Mackness, Chris McElhinney, Mark Moroney, Jim Kelly, Robbie Silcock, James McLaughlin, Martin McConnell, David McGinty, George Gordon, Steven Bell, Paul McClintock, Gary O'Donnell, Gerard Brady, Mark McEvoy, Ciaran Donnelly, Paul Watson, Jack Watson, Eddie Allan

The 2021 meeting was due to start at 13.00. As a quorum of 21 clubs had been reached the meeting started promptly.

**Chairperson's Address**

Tommy McCague provided an overview on the year's activities which began with highlighting the continuing impact of the pandemic however he also said from the outset that Cycling Ulster remained in a healthy position from a financial and membership perspective.

**Commission Activities**

Teams returned to representing Ulster in competition with immediate success taking place at the Newcastle West 4-Day in August when Chris McGlinchey won the opening stage and wore the yellow jersey until the final stage.

Four boys and four girls were selected to take part in the School Games in England which was a combined road and track competition. Sam Coleman took the best result for the team with an excellent second place in the road race.

The Youth Academy promoted a criterium series which provided traffic free circuit racing and helped prepare riders for national competition.

A mixture of under 16, junior and elite riders took part in the British National Trophy Cyclo-cross Series in Scotland in October and several riders were awarded bursaries to take part in various off-road events abroad during the year.

The success of our Women on Wheels Road programme has seen it being rolled out across the other provinces through the Bike Like Me Initiative which includes some Sports Partnerships. Three Ulster clubs promoted the programme directly this year with over 40 novice female cyclists registering. This programme is being expanded to include MTB in 2022.

The Women's Commission also organised a road league which catered for a mixture of categories and was also combined with training and coaching.

### **Courses**

Virtual coaching courses were held during the year which have included training webinars and nutrition workshops for members. Foundation Coaching, Sprocket Rocket and Trail Cycle Leader courses have also taken place.

### **Infrastructure Projects**

The Department for Communities have invested £60,000 in six regional cycling hubs for the development and growth of cycling in the province. We have been working with councils on their location and have ensured a wide geographical spread. These will be used for the delivery of programmes and initiatives and can be utilised by our Commissions and clubs for their activities. Two of these are currently on site and a third hub will be operational by early 2022.

Engagements with local authorities in Cavan, Monaghan and Donegal are also being explored to establish similar hubs in those counties.

We have agreed a facility use agreement with Belfast City Council for Ormeau Park BMX Track and plans are in place for the refurbishment and upgrade of the track. Armagh BMX Track is another venue that we have been securing better access to for members and clubs which will hopefully be able to be utilised in 2022.

Engagements over the last two years with Belfast City Council about a multi-discipline cycling facility at the Henry Jones Playing Fields has now developed to a stage where it has been recommended for inclusion in the council's Sports Strategic Plan 2021-24.

### **Major International Competition**

I want to congratulate Mark Downey on representing Ireland at this year's Olympic Games in Tokyo. The next major international competition for cyclists from Ulster will be the Commonwealth Games in Birmingham next summer. Julie Rea has been appointed as our representative to the NICGC and has been attending meetings regularly this year in preparation for the event. Anthony Mitchell and Gary McKeegan have been appointed as Manager and Coach respectively by Cycling Ireland.

### **Road Safety**

I want to thank Rosie Leech from the PSNI for her work and engagements with us throughout the year on various matters. Joanna Gray represented Cycling Ulster at an Operation Close Pass event in the Fermanagh and Omagh District Council area this year. This initiative has events in all areas and highlights the importance of motorists providing enough space when passing cyclists.

There remain challenges with having police support in the short term for our major races and we are pressing for progress on the accredited motorbike marshal training with Cycling Ireland. We are also engaging on legislative changes at Stormont which would enable us to rely less on the PSNI for these events.

### **Going Forward**

A provincial strategic plan has been developed this year which is aligned to the Cycling Ireland Strategic Plan. We have identified actions which we will be seeking to deliver in the short and medium term to support the national strategy.

The regional hubs have the potential to have a transformative effect on our sport by enabling more training courses and coaching events to be organised at a local level. This will upskill our volunteers which improves our clubs and further coaching opportunities will support new members and developing talent. We are also hoping that we will be able to recruit a Youth Development Officer in the coming months which will complement the opportunities created by the hubs.

It is intended that more representative teams will be entered into high level national events and international events in all disciplines which will support a pathway for cyclists to transition from provincial squads to national squads.

Through the Membership Development Officer, work will continue on the implementation of the Cycling Ireland Club Quality Mark System which will improve the capacity and functioning of our clubs to support participation and sport development.

We are continuing to try and broaden our approach and engagements with other sporting organisations, local councils and government departments.

### **Concluding Remarks**

I want to take this opportunity to recognise the immense contribution that Oliver Hunter has made to our sport for many decades. He has been a tremendous volunteer who dedicated so much of his time helping cyclists alongside his wife, Carmel, and his daughter Carmel Anne.

I also want to recognise Dylan Lyness for his commitment in recent years following his recent resignation from the Executive.

A special acknowledgement is due to Ciaran McKenna for his support to us during his time as President of Cycling Ireland and wish his successor, Liam Collins all the best and I look forward to working with him over the incoming year.

I want to thank the CU staff, Patrick Withers and Gary Lavery who have continued to be great support to CU throughout the year.

Finally, thank you to our sponsors, in particular Pactimo, Donnelly Group and O'Reilly Stewart Solicitors as well as 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.

### **1. Adopt standing orders of the AGM**

The standing orders for the meeting were contained in the AGM booklet. These were proposed by Jim Kelly, seconded by Ciaran Donnell and accepted.

### **2. Consider Minutes of the 2020 AGM**

Minutes from the 2020 AGM were proposed by Aaron Wallace, seconded by Colin Wilson and accepted.

### **3. Financial Statements**

The Financial statement to December 2020 approved by Cycling Ireland and the Income and Expenditure Statement up to October 2021 and contained in the Annual Report were proposed for adoption by George Gordon; seconded by Mark McAvoy and accepted.

### **4. To fix the Cycling Ulster Levy for 2022**

Cycling Ulster propose that the membership levy is £10 per senior (exemption for full-time students). Following a show of hands all were in favour and the proposal by Cycling Ulster Executive was accepted.

## **5. Reports**

The following reports were all presented in the AGM booklet, Safeguarding, Road Commission, Track Commission, CU Youth Academy, Off Road Commission, BMX Commission, Women's Commission. CWG Liaison Officer's Report, Mary Peters Trust Report, Technical Officers Report, Membership Development Officer's Report. Proposed by Bill Mackness, seconded by Jim Kelly.

## **6. Election of Officers**

The following were elected to Executive positions.

Chairperson - Tommy McCague, nominated by Emyvale CC

Treasurer – Marian Lamb, nominated by Phoenix CC

Safeguarding Officer – Julie Rea, nominated by Phoenix CC

Executive Officer – Tommy Lamb, nominated by Phoenix CC

Executive Officer – Paul Sanders, nominated by Emyvale CC

Executive Officer – James McLaughlin, nominated by Island Wheelers

## **7. Motions**

No motions were received

## **8. Close of Business of AGM**

The AGM concluded at 13.40

### **Close of business**

The meeting ended at 12.30pm



3. To receive the Financial statement to December 2021 approved by Cycling Ireland and the Income and Expenditure Statement for nine months ended September 2022

4. CYCLING ULSTER CONSOLIDATED ACCOUNTS 2021		
Consolidated Euro and Sterling Accounts 01-01-2021 to 31-12-21		
	Stg Conversion @ 0.863 Average	
	Stg Account	Euro Acc
Opening Balance as at 1st January 2021	£ 50,170.59	
	£ 98,558.86	€ 114,204.94
	£ 148,729.45	
INCOME	Stg Account	Euro Acc
Membership Levies	£ 57,601.00	
Capitation	£ 8,850.93	€ 10,256.00
Women's Commission	£ 1,073.63	
National Track Commission Bursary 2021	£ 2,106.49	
National Track Commission Bursary 2020	£ 3,298.39	€ 3,822.00
Total Income	£ 72,930.43	
EXPENDITURE		
CU AGM Venue Hire and hospitality	£ 700.00	€ -
Asset expense	£ 63.94	€ -
Bank Fees	£ 189.96	€ -
Bank Fees Euro Account	£ 55.15	€ 63.90
Bursary to Belgian Project	£ 400.00	€ -
CUYA less income of £667	£ 4,095.57	€ -
CUYA From Euro Account	£ 151.89	€ 176.00
Event Sponsorship	£ 1,100.00	€ -
Executive Expenses	£ 2,645.72	€ -
Executive Expenses From Euro Account	£ 1,485.34	€ 1,721.14
Health and Safety/PPE Consumables	£ 321.04	€ -
Membership Levy - Covid Return to Members	£ 8,200.00	€ -
Membership Levy - Student Membership Return	£ 1,000.00	€ -

Off Road Commission	£ 3,059.02	€ -
Prizes and Awards	£ 914.73	€ -
Professional Association (NI Sports Forum)	£ 175.00	€ -
Professional Services Printing AGM Books	£ 186.00	€ -
Road Commission	£ 2,408.75	€ -
Road Commission From Euro Account	£ 612.73	€ 710.00
Track Commission	£ 4,144.40	€ -
Women's Commission less income of £1051	£ 1,647.38	€ -
Website (Domain name and Hosting)	£ 195.00	€ -
<b>Total Expenditure</b>	<b>£ 33,751.62</b>	
<b>Total Surplus (Deficit) for the year</b>	<b>£ 39,178.82</b>	

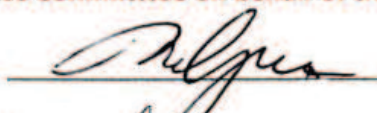
<b>Cashflow Statement 2021</b>		
Opening Balance as of 01-01-21	£ 148,729.45	
Surplus (Deficit for 2021)	£ 39,178.82	
<b>Closing Balance as of 31-12-21</b>	<b>£ 187,908.27</b>	
Comprising of		
Closing Balance Sterling Account	£ 78,654.07	
Closing Balance PayPal Account	£ 64.57	
Closing Balance Euro Account (With Conversion)	£ 108,403.18	€ 125,612.03
Total of three accounts in sterling	£ 187,121.82	
Currency Exchange Rate Difference	£ 786.45	
<b>Total Cash Balances (Euro, Sterling and Paypal)</b>	<b>£ 187,121.82</b>	
<b>Balance Sheet as at 31st December 2021</b>		
<b>Fixed Assets</b>	<b>Equipment</b>	<b>Total</b>
Balance as at 31.12.20	£ 4,798.66	€ 4,798.66
Additions in 2021	£ -	-
Cumulative Depreciation	£ 1,599.56	

<b>Total Fixed Assets</b>	£ 3,199.10	€ 3,199.10
Cash at Bank	-	€ 187,121.82
Debtors	-	-
<b>Total Current Assets</b>	-	<b>€ 190,320.92</b>
<b>Liabilities</b>	-	-
Creditors	-	-
<b>Net Assets less Liabilities</b>		<b>€ 190,320.92</b>

On behalf of the Executive we certify that these accounts represent a true and accurate picture of the financial affairs of Cycling Ulster for the period 1st January 2021 to 31st December 2021. These accounts will be presented to the members of Cycling Ulster at the Annual General Meeting to be held on the 22nd October 2022.

Signed by Members of the Finance Committee on behalf of the Executive

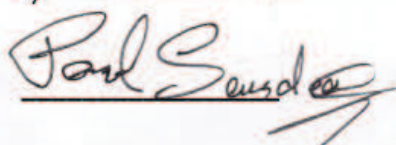
Chairperson Tommy McCague



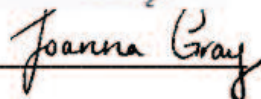
Treasurer Marian Lamb



Secretary Paul Sanders



Leisure/Finance Officer Joanna Gray



Date 7<sup>th</sup> October 2022

CYCLING ULSTER CONSOLIDATED BALANCE SHEET 2022		
Consolidated Euro and Sterling Balance Sheet 01-01-2022 to 30-09-22		
	Stg Conversion @ 0.847Average	
	Stg Account	Euro Acc
Opening Balance as at 1st January 2022	£ 78,654.07	
	£ 106,393.39	€ 125,612.03
Total in Sterling	£ 185,047.46	
INCOME	Stg Account	Euro Acc
Membership Levies	£ 55,850.00	
Capitation	£ 10,407.94	€ 12,288.00
Women's Commission Entry Fees	£ 1,612.50	
WOW Project Cycling Ireland	£ 2,000.00	
CUYA Entry Fees	£ 1,243.25	
Sponsorship CU Hubs (Philip McCallen)	£ 3,000.00	
Sponsorship CU Kit (O'Reilly Stewart)	£ 5,000.00	
Total Income	£ 79,113.69	
EXPENDITURE		
Admin	£ 73.98	
Admin (Euro Account)	£ 151.24	€ 178.56
Bank Fees	£ 153.45	
Bank Fees Euro Account	£ 41.93	€ 49.50
BMX Commission	£ 1,100.00	
Bursaries	£ 575.00	
Coaching Budget	£ 961.50	
CU Kit	£ 5,075.22	€ 5,992.00
CUYA	£ 11,078.10	
CUYA From Euro Account (Leisure Clothing)	£ 1,431.43	€ 1,690.00
Event Equipment (Gazebo)	£ 884.00	
Event Sponsorship	£ 1,260.00	
Executive Expenses	£ 3,007.12	
Executive Expenses From Euro Account	£ 2,268.14	€ 2,677.85

<b>Total Expenditure</b>	<b>£ 65,647.10</b>	
<b>Cash in Hand 30-09-2022</b>		
<b>Sterling Account</b>	<b>£ 98,604.65</b>	
<b>Euro Account</b>	<b>£ 98,680.12</b>	€ 116,505.46
<b>Total Cash in Hand</b>	<b>£ 197,284.77</b>	
Leisure Commission	£ 90.00	
Marketing and Publicity	£ 1,452.70	
Off Road Commission	£ 12,900.05	
Off Road Commission From Euro Account	£ 148.23	€ 175.00
Prizes and Awards	£ 1,519.17	
Professional Association (NI Sports Forum)	£ 175.00	
Road Commission	£ 5,809.08	
Road Commission From Euro Account	£ 6,782.06	€ 8,007.16
Technical Budget	£ 227.50	
Track Commission	£ 3,774.79	
Website (Domain name and Hosting)	£ 201.00	
Women's Commission	£ 4,171.00	
Women's Commission From Euro Account	£ 335.41	€ 396.00

**4. To fix the Cycling Ulster levy for 2023**

Cycling Ulster propose that the membership levy remains at £10 per senior rider with an exemption for students over 18 in full time education.

**5. To Receive the Following Reports****Chairperson's Report****Introduction**

This year has seen a welcome return to our core activities after being disrupted by the impact of the pandemic during 2020 and 2021 and progress has been made in several areas including event safety, enhancing infrastructure, leisure cycling and youth development.

**Membership**

Cycling Ulster's membership levels are similar to recent years, slightly up from the time of our 2021 AGM, currently standing at 6,672 members and 123 affiliated clubs.

Initiatives to increase participation and grow the membership have taken place during the year including the Women on Wheels (road and off-road) Project, establishing a Leisure Commission, and recruiting a Youth Development Officer.

**Commission Activities**

Ulster road teams took part in the Rás Tailteann, Rás na mBan, Junior Tour of Ireland and the Women's Newry 3 Day. There were strong performances in all the events with stage wins for Matthew Teggart and Darcey Harkness at the Rás Tailteann and Women's Newry 3 Day respectively. There were also several road coaching events organised.

The end of 2021 saw a good cyclo-cross season which led into the National Championships in Armagh in January of this year. There wasn't as many cross-country, enduro or downhill events in Ulster this year, however, the commission supported riders travelling to the British Cross-country series and provided bursaries for riders travelling to enduro and downhill events. The Inter-regional Mountain Bike championships was held in Cannock Chase and Ulster sent two teams of four riders. One of the teams achieved second place in the overall event. Cyclo-cross has now started with entry numbers looking promising.

The Track Commission held two weekly sessions at Orangefield from April to September. The activities at Orangefield remain a strong basis for the success of Ulster riders at national level and the Commission also promoted the national junior championships.

The Youth Academy organised the criterium series, ran a road league in conjunction with various promoting clubs and held a training day at the beginning of the year. Teams represented the province in the Youth Tour of Scotland, Ulster International Youth Tour and the School Games.

The Women's Commission has been active in encouraging participation in various aspects of the sport, organising a road league, supporting the Women on Wheels road and off-road projects and holding social cycles. The Women on Wheels Big Day Out took place earlier this month and included women of all disciplines and abilities.

BMX continues to be a growing discipline with ongoing efforts being made to improve tracks, accessibility, and development of new facilities. Ulster was represented in BMX at the School Games for the first time this year and riders competed at national and overseas events during 2022.

### **Road Safety & Events**

At last year's AGM, members were informed that changes to legislation and police support would impact on the running of road events and that Cycling Ulster was working on a sustainable model for marshalling and safety of road events.

This has resulted in the development of the Accredited Marshal Scheme in the North which provides event marshals with the ability to stop traffic. There has been positive feedback from clubs and a good uptake from volunteers.

We are also working with the organisers of this course to roll out a further course to provide event organisers with information on promoting events.

There have been concerns about the cancellation of several competitive events during 2022 and we held a workshop for clubs and promoters in September to identify what may be causing this and recommendations for alleviating this. We will now be engaging with Cycling Ireland to try and implement measures to support events.

We also continue to engage with the PSNI and PCSPs in the region.

### **Advocacy**

Cycling Ulster continues to be active in lobbying government at regional level, local authorities, and the Education Authority for investment in and promotion of cycling.

Representatives have attended the Department for Infrastructure's Cycling and Walking Group and Sport and Recreation Group which enables us to meet with political parties and other stakeholders.

### **Infrastructure Projects**

The Department for Communities have invested £60,000 in six regional cycling hubs for the development and growth of cycling in the province. Five of the hubs are now operational and the final one will be in 2023. Engagements are ongoing with local authorities in Cavan, Monaghan and Donegal are also being explored to establish similar hubs in those counties.

Following the facility use agreement reached with Belfast City Council for Ormeau Park BMX Track, a funding application has now been submitted for £150k to complete the upgrade and refurbishment of the track. Work has been ongoing on accessibility issues around Armagh BMX Track, and we hope to see progress on this.

The Henry Jones Playing Fields Project which would create a multi-discipline cycling facility in East Belfast has made further progress this year and a funding application to support the first phase of the project has been submitted.

### **Major International Competition**

Congratulations to the Ulster riders who represented Ireland at European and World Championships this season. Erin Creighton narrowly missed out on a medal at the World Junior Track Championships as did Matthew Teggart and Cameron Orr at the Commonwealth Games after outstanding performances.

**Youth**

The development of youth cycling is a strong focus for Cycling Ulster and this includes increasing participation as well as providing opportunities for talent development.

The new Youth Development Officer, Mark McKane, will have a key role to play with the participation aspect over the coming years and I wish him well with his new position.

Foyle CC must be commended for stepping forward to promote an extremely successful Ulster International Youth Tour this year. This was a major undertaking and enables our young riders to have a high level event to compete in within the province. It is an event which has the potential to grow in the future and Cycling Ulster will do what we can to support the race.

**Concluding Remarks**

Cycling Ulster is in a strong financial position which has been a result of due diligence and financial management over many years and this will enable us to support our Commissions with their future plans.

I want to take this opportunity to thank event promoters, all the volunteers at club and provincial level for their work over the last year as they remain the backbone of cycling in the province.

I also want to acknowledge our sponsors and partners, including O'Reilly Stewart Solicitors, Donnelly Group, Phillip McCallen E-Bikes, Cycling Ireland, Sport NI, Rank Foundation and the Department for Communities.

The blue riband event of Irish road cycling, the national elite/junior road and time trial championships return to the province in 2023 and I wish Island Wheelers the best of luck with the event.

Finally, thank you to the rest of the Cycling Ulster Executive for their hard work during the year.

**Tommy McCague**

**Cycling Ulster Chairperson**

**BMX Commission Report****Access to Tracks**

Access to tracks for training and racing remains the single biggest issue in the region. Several attempts for funding to improve Ormeau BMX track were unsuccessful. Discussions with the Education Authority about getting access to their disused track in Armagh are ongoing but as yet haven't provided any tangible results.

**Club Outreach Programmes**

Belfast City BMX Club (BCBC) delivered an outreach programme in June, funded by the BMX Commission. Three sessions were delivered at a mixture of flat ground and a pump track in Newtownards. All sessions were full with around 20 kids (aged 6-10) in attendance.

Lisburn BMX (LBMX) is currently arranging a similar programme.



**Female Only event**

BCBC and LBMX both ran events as part of “Her Outdoors” week. Both sessions were aimed at introducing ladies to BMX and were considered a success with around ten ladies at each. No money was required and the potential for making it a monthly session, alternating between BCBC and LBMX is being considered.

**Ulster BMX Championships**

Regional Championships has been provisionally arranged for 9<sup>th</sup> October as the original date of 4<sup>th</sup> September clashed with the School Games.

**School Games**

The BMX Commission was delighted to send the first team from Ulster to compete in the UK school games on 3/4<sup>th</sup> September. The trip went well, and all kids thoroughly enjoyed the experience. It is hoped that future squads will get the opportunity to attend.

**Peter Caldwell****BMX Commission****Off-Road Commission 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 2021 to September 2022. The commission members are elected at their annual AGM. Details can be found on the commission’s website [www.offroadcyclingulster.com](http://www.offroadcyclingulster.com).

The 2021 Ulster cyclo-cross season had six events with the Ulster championships being held at the private cyclo-cross venue – CyclocrossNI in Portadown hosted by Velocity Road Club. October 2021 saw the last round of the Vitus First Track Enduro series and a return to hosting cross-country mountain bike racing for Ards CC at the Leadmines in their Winter Classic in December.

The National Cyclo-cross Championships were held in Armagh by Square Wheels in January 2022. For the cross-country scene, Kinning Cycles held a spring event at Ormeau Park in March. The Ulster XC Championships were held in August by Ards CC at the Leadmines. There was one round of the Vitus First Track Series held in Ulster. This was at Gortin Glen in April 2022. Dromara Cycling Club ran their enduro event at Slieve Croob in July.

The 2022 Cyclo-cross season has started with the Kinning Cycles event in September and the start of the Ulster Cyclo-cross series in October.

During the year the commission funded cross-country riders to attend four out of the five rounds of the British Series. The riders achieved some top ten results.

The Inter-regional Mountain Bike Championships is a youth competition for Under 14s and Under 16s. Ulster sent two teams in September to Cannock Chase in England with one of the teams getting second place overall.



The commission held training days for riders. Under 12s at Gosford in February, XC Development Squad day in February, Enduro/Downhill day in May, XC training day in July and an introduction to cyclo-cross in October.

The commission put in place a bursary scheme for 2022 of £150 per rider. This was in place for riders who were travelling outside of the island of Ireland to compete in off-road races. This bursary was for all four off-road disciplines – Enduro, Downhill, Cross-country, and Cyclo-cross. To date nine riders have taken up that bursary. The riders have provided reports which are on our website [www.offroadcyclingulster.com](http://www.offroadcyclingulster.com). There is another wave of bursaries for cyclo-cross being processed.

**Martin Grimley**  
**Secretary, Off-Road Commission**

### **Road Commission Report**

The Road Commission's aim in recent years has been to try and help the riders develop by way of a strong clear pathway supported by a coaching and race programme but with the difficulties handed us by Covid, 2022 was the first year we were able to action the plan.

The race programme we put together was based on helping riders prepare for targeted events and help them gain experience working as a team. The targeted events were the Rás Tailteann, Rás na mBan and Junior Tour.

We held a number of coaching days that catered for as many riders as possible from all categories. These included training rides and after the spin we had debriefs with our own staff and invited guest speakers all hoping to build on a strong squad mentality.

The women's squad had a home-based stage race as a preparation and learning event where we catered for seven riders covering both elite and junior riders. After one of the stages, we had Irish champion Kelly Murphy spend an afternoon with the squad.

It had been hoped to take an Elite Men's squad to the UK for a stage race which was cancelled. We investigated the possibilities of taking a group of riders to Belgium (Elite & Junior men) but time was not on our side to organise such a trip.

I have discussed the idea of a racing trip to Belgium for 10/14 days with the Leinster region in 2023 which I feel should be followed up ASAP to get logistics booked. A racing trip like this can be used to help our riders and staff gain valuable experience riding/working at a higher level.

The results we achieved in all our targeted events were good, but I feel all the riders leaving these races felt a little disappointed believing we could have done better such was the strength and expectation we had built up within the squads.

I hope the structure put in place this year can be carried on in the future. This will only be possible with help from a strong group of experienced staff which, at present, may not be available in Ulster and may need to be recruited elsewhere.

We were lucky this year to recruit the help of some great back up staff and I would like to thank them on behalf of the riders and the commission.

Francis Daly, Conor Halvey - Junior Tour & Rás na mBan

Brendan O'Hagan, Aislinn Crossey - Rás Tailteann

Mark Harvey - Newry 3 day

A training programme should be put in place to try and form a group of staff to work with staff. This process was started at this year's Rás na mBan where Noel McLaughlin travelled as a fourth member of staff. His help was invaluable and we hope he picked up some tips which will help him moving forward.

As Chairperson I would like to thank all the members of the commission for their help while I held this position, in particular, Barry who spent a lot of his time working with the riders at races and coaching events, and Patrick and Paul, who kept me right with the paperwork.

**Frank Campbell**

**Chairperson, Road Commission**

### **Track Commission Report**

2022 was another successful season for Ulster Track Cycling and Ulster riders.

Our small band of volunteers successfully promoted two weekly sessions from April to September – Mondays for up to and including Under 14s and Wednesdays for Under 16s and above, with well contested and competitive leagues promoted across all categories.

Weather did not overly interrupt our programme this year, however, we were forced to close the facility for a time in May to allow Belfast City Council contractors to carry out resurfacing works on the *back* straight, to compliment the similar works undertaken in the *home* straight last year. These improvements are overdue and welcome, but do not detract from our efforts to eventually have the facility replaced at some time in the future.

Ulster promoted the National Junior Championships at Orangefield in May, which resulted in Ulster taking seven out of the eight titles available: with Erin Creighton dominating all 4 Junior Women's events and Oisin Ferrity and Curtis Neill taking three out of the four Boys Gold medals.

Similarly, in the Youth National Championships in Dublin, Ulster riders collected a total of nine titles and 25 medals, with Emer Heverin dominating all three Under 14 Girls events.

In the latter part of the season there was focus was on preparing riders for the School Games in Loughborough, where four boys and four girls represented Ulster in a range of events comprising Road & Track races.

This annual event is a highlight for Youth riders in these disciplines; however, we do suffer from the fact that our velodrome is outdoors, and our season is a short one, but nonetheless we managed to hold our own on the track and perform well in the road events, with Seth Dunwoody taking the outright win in the Street Sprint & Road Race.

Both Ulster Track Leagues (Mondays & Wednesdays) were well supported, with the Monday Youth league culminating in a prize-giving BBQ evening in August.

Looking forward, there are plans to continue with the two track sessions per week, and others by arrangement, and we look forward to resuming Ulster Track Championships along with leagues and a potential Open Track meeting in 2023.

**Anthony Mitchell**

**Secretary, Ulster Track Commission**

### **Women's Commission Report**

The Women's commission has had another very busy and successful year. After a series of winter workshops on training for success, nutrition, and road skills the team turned their attention to training Ride and Trail Leaders for this year's Women on Wheels (WoW) programmes.

Eight clubs stepped up to deliver the WoW Road programme and, as a new addition to the schedule, 40 ladies also embarked on the first 'Gearing Up' off-road programme. Feedback from both programmes was fantastic, with Road Groups successfully working up to participating in a number of sportives in the early summer.

For the off-road community we also delivered a hugely popular series of Enduro training events and some social 'smiles not miles' events. While these were at times hindered by the weather, they still proved popular and were enjoyed by all who took part.

The Cycling Ulster Women's race league also proved popular, with women from across the province taking part in the events. Despite some setbacks and a few cancellations the league was contested over seven events and won by first year junior, Eleana Wallace. Next year we hope to add more races to the Women's race league. It's important that we have 'Women's Only' races for our juniors and anyone new to racing. The Women's Commission collaborated with the Road Commission to support a development team at the Newry 3-day. For many of the riders this was their first time experiencing both stage racing and how to ride as a team. It was a great experience for everyone.

Any finally, the jewel in the Women's Commission Crown was held on 15<sup>th</sup> October at Tollymore Mountain Centre. Big Day Out saw a fantastic turnout of 60 ladies for road and off-road rides and workshops. This hugely successful event provided an opportunity to round off the year in style with participants enjoying making new cycling friends and riding new routes while supporting the amazing work of World Bicycle Relief. A great day out and one we hope to build on next year. Thanks to all the participants, volunteers, workshop hosts, sponsors, Women's Commission Organising Team and TMC staff for their dedicated and efforts in delivering the first event of its kind, hopefully the first of many.

### **Youth Academy Report**

The CUYA were looking forward to a full season of racing in 2022 after the previous two years. We had planned a full calendar of events for the season with the crit events and five road races as part of the road league.

During February we had a development day in Armagh, and invited riders from U14/U16 to attend. We had 30 riders attend on the day, which consisted of a ride out around the proposed course which was to be used for the Cycling Ireland National Championships due to take place in August and then a discussion around preparation, nutrition, and recovery.

The first round of the crit series took place in March at Bishopscourt raceway. We had over 100 riders attend, and used the day as a preparation day for riders who were selected to attend the Youth Tour of Scotland at the end of March.

The mid-week events took place at Nutts corner raceway and Moneymore Karting Circuit and consisted of criterium only event for Under 6 – Under 16.

The crit series unfortunately this year was not supported as well as previous years, especially the Under 16 Section, which resulted in some of the rounds having to be cancelled. In the end instead of having a full series of seven rounds, the series ended up consisting of five rounds but the riders who did attend had some competitive racing.

We were lucky to have a number of races make up the CUYA Road League for 2022, these were, Dunloy CC, Foyle CC, Phoenix CC, Island Wheelers, and Banbridge CC and we thank all these clubs for their commitment to youth development in Ulster.

For the first time in two years, we sent teams to The Youth Tour of Scotland. This event is by invite only and took place at the end of March. The teams consisted of four male and four female riders, and the race is one of the premier events in the UK youth racing calendar, attracting the best of UK riders. It is a multi-stage race over three days consisting of a TT, two road races followed by a criterium on the final day. Both our teams performed exceptionally well. The experience, confidence and most importantly the friendships the riders gain over the weekend make this a must attend event for the Commission in the coming years.

We offered a number of riders a bursary to attend a very popular event in the UK, the North West Youth Tour, held every year at the end of August in Lancaster/Morecambe. Eighteen riders from Ulster attended the event. The event is run over three days and consists of a TT on day one, road race on day two and finishes with Criterium on the third day. In each age category the field of riders could consist of

up to 80 riders from all over the UK. This was a very successful event for Ulster riders with many of them on the podium for their age bracket.

The committee would like to thank Cycling Ulster and Cycling Ireland for the help and advice over the last year.

### **Leisure Commission Report**

The Cycling Ulster Executive is delighted that a new commission has been initiated this year to be a voice for the leisure membership across the region. An open call was released in March 2022 for interested members to join. The commission represents counties, gender, attached/unattached and are all enthusiastic leisure cyclists. More details on each of our members can be viewed on our Facebook page.

### **Work to date**

- The commission has been out and about talking to members to find out what more we can do for you.
- We developed a terms of reference to align our work and what we want to achieve over the next two years.
- We produced a guide for new cyclists that can be downloaded from [www.cyclingulster.com](http://www.cyclingulster.com).
- We set up a strava club, please join us! <https://www.strava.com/clubs/1044979>.
- We started a partnership with local cycling shops across the region to offer our members 10% off in their stores. Details of shops can be found on the Cycling Ulster website. Please do shop local and support these shops.

### **Are you following us?**

We currently have a like and share competition on facebook and instagram to raise our social media profile. Please give the competition a like and share to win a set of the new ICON3 bike lights, worth £179.99, kindly sponsored by [www.seesense.cc](http://www.seesense.cc). The competition closes 29 October.

### **How can we improve leisure cycling?**

The commission plans to survey as many cyclists as possible across the island of Ireland including members and non-members of Cycling Ireland. We have another set of ICON3 bike lights to give away so please do complete the survey when released.. The survey will be circulated via email to members and across social media in November.

### **Would you like to join us?**

Our commission is not at full complement, and we'd like to expand our membership to represent the Armagh, Cavan, Donegal, Monaghan and Tyrone areas. If you are interested, and reside in these areas, please get in touch with us at [leisure@cyclingulster.com](mailto:leisure@cyclingulster.com).

### **Our 2023 plans**

Work has begun to develop our plans for 2023 based on our discussions with members and clubs over the last few months. We'll be sharing these plans early next year so keep an eye out on our social media and website.

**Joanna Gray**

**Chair, Cycling Ulster Leisure Commission**



**Safeguarding Report**

Safeguarding refers to the process of protecting children (and adults) to provide safe and effective care. Anyone working with persons under the age of 18 should attend safeguarding training and must have Access NI or Garda vetting. If you will be travelling in both jurisdictions, you should have both Access NI and Garda vetting.

Safeguarding courses have been arranged through Sport NI for Cycling Ulster members and they are also available through local council sport development courses. As these courses become available, we will publicise them on the Cycling Ulster website and social media.

Safeguarding training needs to be updated every three years either in person or by taking the refresher course that is available on the Sport NI website. Under Cycling Ireland policy all Access NI certificates must be renewed every three years. Over 50 Access NI checks have been carried out in 2022. If you are unable to access a safeguarding course via your local council, please get in touch and Cycling Ulster can arrange a course with Sport NI.

I have had several meetings with Donal Gillespie, the National Safeguarding Officer. Donal is currently carrying out an audit of safeguarding policies in clubs on behalf of Sport Ireland. This will provide useful information and help Cycling Ireland provide the necessary support for clubs to assist them with all matters associated with safeguarding.

The Cycling Ulster website was reviewed by NSPCC to assess if our safeguarding information could be easily found and was user friendly. The reviewers concluded that Cycling Ulster had a 'really good website which had all the information and clear links to policies'.

Following the 2021 Cycling Ireland AGM a rule change was made with regard to all clubs having a Safeguarding Officer on the committee regardless of the age of the members:

*A club wishing to become an Affiliated Club of Cycling Ireland must apply to the provincial Secretary of the Province in which the club is based. The club must have a minimum of 6 Members and must have a named Chairman, Secretary, Treasurer, Safety Person and Safeguarding Officer. The Safeguarding Officer in the club will ensure the protection is in place for the young or vulnerable members of CI (as defined by Cycling Irelands Code of Practice for Young and Vulnerable Cyclists). The Provincial Executive before forwarding the clubs request to Cycling Ireland to become an Affiliated Club must ensure that the club satisfies the requirements of Article 6 of Cycling Ireland's Articles of Association.*

**Julie Rea**  
**Safeguarding Officer**

**Membership Development Officer Report****Introduction:**

As Development Officer for Ulster the following report gives an overview of activities for the past 12 months Sept 21 - Sept 22.

**Cycling Hubs Project**

Investment of 60k was secured in 2019 (30k) and 2020 (30k) for 6 Cycling Hubs in Ulster from the Department of Communities to support cycling in NI.

5 of the 6 Cycling Hubs are now sited and operational in the following areas:

- Fermanagh and Omagh Council:
  - Ecclesville, Fintona.
- Newry, Mourne and Down Council:
  - Downpatrick, Down.
- \*Causeway Coast and Glens Council:
  - Jim Watt SC, Garvagh.
- Armagh Banbridge and Craigavon Council:
  - Gosford, Armagh.
- Antrim and Newtownabbey Council:
  - Valley LC, Belfast.
- \*Mid Ulster Council:
  - Dungannon Park, Dungannon.

\*The final hub will go on site in 2023.

**Henry Jones Playing Fields Project 2022:**

Meetings have taken place during 2022 with Belfast City Council staff and councillors regarding the Henry Jones project.

A feasibility study contracted by Cycling Ulster was completed in April 2020 by Abacus for the project and has been included in the Belfast City Council Sports Strategic Plan 2021-2024 to enable funding to be designated to the project.

The East Belfast Area Working Group have agreed 70k funding support towards the project. The 70k will support areas of the project including public consultation, planning applications/design and a business case.

In May a funding application was submitted to the Neighbourhood Regeneration Funding Programme for 350k and if successful will support the 1<sup>st</sup> phase of the project to include MTB Trials, Pump Track and a Learn to Cycle facility.

**Ormeau Park BMX Track Project 2022:**

Several meetings have taken place with Cycling Ulster, Cycling Ulster Off Road Commission Chairman, Belfast City Council and BMX clubs over the past 12 months regarding the re-development and upgrading of the Ormeau Park BMX Track.

As a result of the meetings a facility user agreement was agreed in April with Belfast City Council and Cycling Ulster/Belfast BMX Club for the track and an application has been submitted to the Neighbourhood Regeneration Funding Programme in May for 150k to complete the upgrade/refurbishments works of the track.



**Club Self-Assessment System:**

A new Club Self-Assessment Online System and Tool Kit, which will support all existing cycling clubs, has been agreed and is now in its development phase with several clubs agreeing to trial the system before full rollout with all cycling clubs.

The new system will support cycling clubs with a new club development plan covering key club areas including governance, financial, club operations, marketing and communications, facility development, coaching, plus several other key areas.

**Club Support:**

Meetings throughout the past 12 months have been held face to face and online with existing and newly established cycling clubs and ongoing regular engagement with the clubs and their committees on the key areas of club development, membership recruitment and retention opportunities, club self-assessment, funding opportunities, participation programmes and delivery of programmes and coach education courses for volunteers and the recruitment of volunteers.

**Plans for 2023:**

New areas/projects planned for 2023 include the following:

**Youth Development Officers (Connacht and Ulster):**

In March 2022, an application was made to the Rank Foundation and Cycling Ireland were successful in obtaining funding for a three year post to deploy a new Youth Development Officer (YDO) in Ulster who will support clubs in the development of their youth activities and those cycling clubs who are keen to develop new youth sections. The new YDO commenced employment with Cycling Ireland in August.

Support and management will continue to both the new YDO Ulster and existing part-time YDO in Connacht.

**Youth Development Officers (Munster and Leinster):**

In 2023 the recruitment and appointment of full-time development officers for provinces Munster and Leinster. This will allow for consistency of delivery and support to clubs in each province currently being provided by officers in Connacht and Ulster.

**Club Workforce Project:**

During 2023 an assessment of current Club Workforce in clubs in Ulster and the areas for potential development with all current cycling clubs will take place. This assessment will help identify the key areas, counties, and clubs for growth in Ulster especially in youth and with the cycling hubs.

**All Party Cycling Group and the DFI Cycling and Walking Group:**

Further meetings are planned with both these groups, to establish opportunities and support for the development of cycling and cycling infrastructure in NI.

**All Party Group for Sport and Recreation:**

Further meetings are planned with this re-established working group, chaired by Mike Nesbitt MLA and all governing bodies and key partners. The group has been re-established to support opportunities for the development of sport in NI.

**Gary Lavery, Membership Development Officer (Ulster)**

### **Mary Peters Trust Report**

The MPT continues to support Cycling Ulster athletes by providing funding to young riders across the province, whether disabled or able bodied, to achieve their sporting dreams and ambitions. MPT has provided grants to enable athletes to buy kit, travel to competitions, pay for entrance to events and contribute towards costs for warm weather training.

In 2022, Cycling Ulster endorsed 19 athletes for funding with seven being successfully awarded a total fund of £4000. The athletes included four females and three males, and this funding will be a fantastic support towards these young athletes developing their career in sport to the next level.

The Cycling Ulster Executive would like to thank the Mary Peters Trust for their continued support of Cycling Ulster athletes.

**Joanna Gray**

### **Commonwealth Games Report**

Preparations for Birmingham 2022 began in earnest in November 2021 when Gary McKeegan and Anthony Mitchell took over the Performance Lead roles previously filled by Cycling Ireland High Performance staff.

They, along with Cycling Ulster Executive rep, Julie Rea, met on numerous occasions to discuss the process of athlete nomination in partnership with the Cycling Ireland High Performance staff.

Following the final selection of the squad by Commonwealth Games Northern Ireland, unfortunately two riders were ruled out due to last minute injuries, however, it should be noted that there are policies in place and numerous practical reasons why late athlete replacements are not possible, regardless of whether the Games are in England, Australia, India or Canada.

**Northern Ireland Cycling Team Officials: Gary McKeegan and Anthony Mitchell.**

#### **Riders:**

<b>Alice Sharpe.</b>	Track & Road.	
<b>Cameron Orr.</b>	MTB & Road.	
<b>Chris McGlinchey</b>	MTB & Road.	
<b>Darren Rafferty.</b>	TT & Road.	
<b>Joanna Patterson.</b>	TT.	
<b>Matt Teggart.</b>	Road.	
<del><b>JB Murphy.</b></del>	Track & Road.	(Withdrawn prior to Games due to injury)
<del><b>Lydia Boylan.</b></del>	Track & Road.	(Withdrawn prior to Games due to injury)

#### **Track. ALICE SHARPE.**

Due to pre-Games injuries, our Track representation was reduced to one rider, with Alice Sharpe entered in three events, the first of which was the Individual Pursuit where she finished in 9<sup>th</sup> place in a time of 3.32.814.

In the points race, Alice was active in an early move which unfortunately failed to gain a lap, but the

points earned whilst in this move stood by her for the final standings where she ended up in 11<sup>th</sup> place. The scratch race was affected by a crash at mid-distance, which brought the race to a halt and a restart with 20 laps remaining.

Alice rode a tactically astute race, not disadvantaged by being a lone entrant from NI whilst up against multiple riders from England, Australia etc. and chose the right wheels to follow in the closing stages. England's Laura Kenny was unstoppable in the closing three laps with Alice finishing in an excellent 5<sup>th</sup> place – where 3<sup>rd</sup> to 5<sup>th</sup> places were covered by a bike length.

#### **Mountain Bike. CAMERON ORR and CHRIS McGLINCHEY.**

Team NI fielded two strong competitors with Cameron the recently crowned British XC Champion, and Chris likewise the Irish equivalent.

Both had recent UCI World Cup experience, with Cameron an integral part of the British Cycling setup and Chris to a large extent self-funding his international efforts.

This would be Cameron's second appearance for us at a Commonwealth Games, having previously finished 7<sup>th</sup> in Gold Coast four years ago as a 19-year-old, and he entered the event with high hopes of a Team NI medal.

He was in the thick of the action throughout the event, and undoubtedly benefitted from the mechanical mishap which befell Scot Charlie Aldridge.

Two New Zealand riders had gained an advantage by midway in the race, with Cameron circulating with Team GB compatriot Joseph Blackmore in 3<sup>rd</sup> & 4<sup>th</sup> place. In the closing laps the pair looked in line for the bronze medal shoot-out, however, on the final circuit the Namibian rider Alexander Miller caught the pair and rode through to claim bronze, with Cameron outsprinting Aldridge on the line for 4<sup>th</sup> place, nine seconds off a medal.

McGlinchey had been comfortably within the top ten throughout the race, eventually finishing 9th, six minutes behind the winner, Samuel Gaze from NZ.

#### **Time Trial. DARREN RAFFERTY and JOANNA PATTERSON.**

Joanna had previously competed at a Commonwealth Games (Delhi 2010 400m athletics) and is the current (2021) British Time Trial Best-Allrounder and recent 100-mile record setter.

Although well prepared for the event, her placing of 19<sup>th</sup> was below what was envisaged.

Darren Rafferty was one of the youngest riders in the event, and his previous placings at World & European Junior championship level made Team NI hope for a top ten placing. He was seeded in the second wave of starters with early time checks placed him among the front runners.

He put in an excellent performance to end up 8<sup>th</sup> overall with five of the preceding seven finishers being World Tour riders, and whilst one place lower than our previous Games result, the nature of the course and the presence of World Tour riders in the entry made this an outstanding ride from the teenager.

#### **Women's Road Race. ALICE SHARPE**

National Champion Sharpe was the lone NI entrant in the 100k Women's Road Race, and such is the nature of the Games, there is a wide range of abilities in riders, particularly from some of the smaller nations, which resulted in a crash on the 2<sup>nd</sup> lap where Alice was brought down.

She was relatively unhurt, but like the ability of the riders, there are varying abilities of cavalcade drivers, and it took our best efforts to get Alice back into the race by the end of the lap (the only rider involved in the crash to do so).

As would be expected, the race split into various groups despite it being a relatively flat course, and at the finish 24 riders contested the finish, with Alice placing 15<sup>th</sup>.

### **Men`s Road Race.**

#### **MATT TEGGART. CAMERON ORR. CHRIS McGLINCHEY. DARREN RAFFERTY.**

Team NI fielded a strong team in the Men`s Road Race, and it was agreed Matt Teggart would be the team`s lead rider.

He got into an early move on the 2<sup>nd</sup> lap, which proved to be the race winning break, and was active throughout the day.

Chris McGlinchey was at one point in the second chasing group of six but despite holding the 15-rider lead group to 30 seconds in the early stages, the group were eventually caught by the main field who seemed happy with the nations covered in the break, and eventually trailed in over 8 minutes behind the winner.

Teggart rode a tremendous race and was able to put himself in the right place at the right time among the company of Tour de France winners & World Tour riders.

A late move by Welsh rider Geraint Thomas came to nothing, which set up a sprint between five riders who had gained a slender advantage.

Teggart had to change his line in the closing metres and came agonizingly close to a medal but had to settle for 4<sup>th</sup> place, matching our best ever RR result in 2018, however, given the increase in World Tour riders participation, this was an outstanding effort on the day.

1 <sup>st</sup> . Aaron Gate.	New Zealand.	(Conti)
2 <sup>nd</sup> Daryl Impey.	South Africa	(World Tour)
3 <sup>rd</sup> . Finn Crockett.	Scotland.	(Conti)
<b>4<sup>th</sup>. Matt Teggart.</b>	<b>N Ireland.</b>	<b>(Conti)</b>
5 <sup>th</sup> . Fred Wright.	England.	(World Tour)
6 <sup>th</sup> . Lucas Plapp.	Australia.	(World Tour)
7 <sup>th</sup> Ben Turner.	England.	(World Tour)
8 <sup>th</sup> Geraint Thomas.	Wales.	(World Tour)
9 <sup>th</sup> Sam Culverwell.	Guernsey.	(Conti)
10 <sup>th</sup> Sean Flynn.	Scotland.	(Conti)

Overall, our performances were excellent, with 50% of the squad recording top eight finishes and equaling or bettering previous commonwealth Games performances.

### **Anthony Mitchell & Gary McKeegan**

6. To elect Officers to the Executive as follows
  - Secretary
    - Paul Sanders nominated by Emyvale CC
  - Executive Officer
    - Joanna Gray nominated by Three Peaks CC
7. Motions
  - No motions have been received
- 8. Close of AGM**
9. Presentation of Special Awards



INSIDE BACK COVER

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