



**CYCLING  
ULSTER**

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# Cycling Ulster AGM

Thursday 9th November | Quinn's Corner

# 2023

## 2023 Cycling Ulster AGM Agenda: Thursday 9<sup>th</sup> November: Quinn's Corner

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 2022 Annual General Meeting
3. To receive the financial statement to December 2022 approved by Cycling Ireland and the Income and Expenditure Statement for nine months ended September 2023
4. To fix the Cycling Ulster membership levy for 2024
5. To receive reports from
  - Chairperson's Report
  - BMX Commission Report
  - Off-Road Commission Report
  - Road Commission Report
  - Women's Commission Report
  - Youth Commission Report
  - Leisure Commission Report
  - Safeguarding Report
  - Development Officer Report
  - Youth Development Officer Report
  - Mary Peters Trust Report
  - Commonwealth Games Report
6. To elect Officers to the Executive as follows
  - Safeguarding Officer
    - Pamela Ward nominated by VC Glendale
  - Executive Officer
    - James McLaughlin nominated by Island Wheelers
    - Steven Connolly nominated by DB Cycling Club
    - Sean McCourt nominated by VC Glendale
7. Motions
8. Close of AGM
9. Presentation of Special Awards

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

- a. The mover and seconder may speak but any subsequent amendment must be moved, seconded before discussion is allowed.
- b. Members shall be permitted to speak only once.
- c. The right of reply shall be held by movers of motions and amendments following which the motion shall be put.
- d. Such replies shall be confined to answering previous speakers and shall not introduce new matter into the discussion.
- e. 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 the debate;
	To	Put the question;
	To	Move to next business.

## 2. To consider the minutes of the 2022 Annual General Meeting

### Minutes of Cycling Ulster AGM: Saturday 22<sup>nd</sup> October: Glenavon Hotel

#### Attendees:

**Executive Officers:** Tommy McCague (chair), Paul Sanders (secretary), Marian Lamb (treasurer), Steven Connolly, Joanna Gray, Tommy Lamb, James McLaughlin, Julie Rea

**Employees:** Patrick Withers (admin/compliance officer), Mark McKane (youth development officer)

**Guests:** Matt McKerrow (CEO, Cycling Ireland)

**Delegates:** Justin Bloomer, Dany Blondeel, Frank Campbell, Paul Dixon, Carl Fullerton, Martin Grimley, Paul McClintock, Martin Montague, Gary Rafferty, Gregory Rice, Claire Young

**Apologies:** Gary Lavery (membership development officer)

- Tommy McCague opened the meeting by welcoming all present.
- As a quorum of 5% of clubs was reached, the meeting commenced.
- Tommy paid tribute to Oliver Hunter, an executive member for over thirty years, and a minute silence was observed for Oliver and other members who lost their lives over the last year.

#### 1.0 ADOPTION OF STANDING ORDERS

- The standing orders for the orderly conduct of the AGM are outlined in the [AGM booklet](#).
- These were proposed for adoption by Tommy McCague and seconded by Frank Campbell.

#### 2.0 2021 AGM MINUTES

- The minutes of the last AGM, held on 20 November 2021, were agreed as a true and correct record with no amendments requested.
- These were proposed for adoption by Tommy McCague and seconded by Paul Sanders.
- A question was raised from the floor on an agreed action from last year's AGM whereby personal accident insurance would be included in the insurance, when renewing, and that members would have to 'opt out' if they did not want to include this in their premium.
- Further comments touched on the adverse experience of having to deal with three personal injury cases and having to convince people to take out insurance that is not fit for purpose.
- Matt McKerrow clarified that the system was updated immediately after the AGM last year and now prompts renewing members of the personal injury additional premium. He explained it wasn't possible to have an 'opt out' facility within the system. He further clarified the reason personal accident was removed, and is now an add-on, as members had asked for this as they had their own personal accident insurance. A motion could be put forward to amend this if members now felt that personal accident should be made compulsory.
- A motion has been put forward to the Cycling Ireland AGM on 5 November to propose that when renewing Cycling Ireland membership, that the personal cover option be an opt-out option only. The effect of this proposal is that personal insurance is part of the third-party insurance package unless the applicant opts out.

### 3.0 FINANCIAL STATEMENTS

- The financial statement to December 2021, approved by Cycling Ireland, and the income and expenditure statement for nine months up to 30 September 2021 are contained in the [AGM booklet](#).
- These were proposed for adoption by Tommy McCague and Paul Dickson.
- Tommy thanked Marian Lamb for all her hard work in keeping on top of Ulster's finances and ensuring a strong financial position.
- All commissions received full budget requests during 2022, however, not all monies were spent due to cancellation of events.
- Dany Blondeel thanked Ulster members for their support earlier this year.
- Monies had been set aside to fund a youth development officer; however, an application was made to fund this post for a period of three years, and this was successful.
- Commissions will be requested to submit their 2023 plans and budget requests by the end of November.
- Frank Campbell and James McLaughlin to look at equipment for the Road Commission.
- A uniformed approach will be taken, going forward, on suppliers across all commissions.

### 4.0 TO FIX THE CYCLING ULSTER MEMBERSHIP LEVY FOR 2023

- The Cycling Ulster executive proposed that the membership levy of £10 per senior member (exempt for full-time students) would remain the same for 2023.
- The proposal was seconded by Dany Blondeel.
- A unanimous vote was taken in favour of the proposal, and this was taken as accepted.

### 5.0 TO RECEIVE REPORTS

- Tommy summarised his chairman's report, contained within the [AGM booklet](#).
- Accredited marshals - it was clarified that the train the trainer course belongs to Stephen Burns. Marshals don't have to be members of Cycling Ireland, but they do if they are accredited marshals and require insurance. The cost of the course is £195 per person. Family members who regularly marshal can avail of supporter membership to become an accredited marshal. Training is required every five years.
- If any promoters require help with risk assessments, please contact [Tommy McCague](#).
- It was recommended that calendar coordinators need to have a more joined up approach to avoid clashes in other regions.
- The lack of volunteers was raised as an issue and the negative impact this has in being able to go ahead with events. This is an issue across other sports as well.
- Mark McKane, youth development officer, will be engaging with all stakeholders and developing a plan to increase growth in each discipline. Unfortunately cycling is not currently part of a school curriculum. Sustrans are currently working in the school space and Mark to develop a partnership with them.
- Discussion ensued on the motion to reduce wheel depths and the expense the sport has on parents. A motion is going forward at the Cycling Ireland AGM.
- An issue was raised regarding the 'its not a race' campaign where one of the ambassadors is a racer and how this is giving out the wrong message.
- Full commission reports, outlined in the [AGM booklet](#), were taken as read and included BMX, off-road, road, track, women's, youth academy, leisure, safeguarding, membership development, Mary Peters Trust and Commonwealth Games. These were proposed for adoption by Gary Rafferty and seconded by Gregory Rice.
- Marian thanked all commission treasurers for their budgets and reports throughout the year.
- The road commission are keen to run an education programme to train mechanics, masseuse, trainers etc and expressions of interest will be advertised in the next few weeks.

- Volunteers staying away from home can claim £80 per day up to a maximum of £400 to help support events.
- A mileage review will be completed for volunteer expenses as a result of the cost of living increase.

#### **6.0 TO ELECT OFFICERS TO THE EXECUTIVE**

- Paul Sanders was nominated for the role of secretary by Emyvale CC and was duly elected.
- Joanna Gray was nominated for the role of executive officer for a second term by 3Peaks CC and was duly elected.

#### **7.0 MOTIONS**

- No motions received.

#### **8.0 ANY OTHER BUSINESS**

- The club of the year award was presented to Island Wheelers.
- Volunteer of the year award was presented to Claire Young.
- Tommy called for expressions of interest from anyone who may be interested in joining any of the commissions.
- There being no other items of business the meeting concluded.
- Matt McKerrow presented an update on governance progress and changes.

**3. To receive the financial statement to December 2022 approved by Cycling Ireland and the Income and Expenditure Statement for nine months ended September 2023**

<b>CYCLING ULSTER CONSOLIDATED ACCOUNTS to 31st DECEMBER 2022</b>		
<b>Balance as 1st January 2022</b>	<b>£ 78,654.07</b>	<b>€ 125,612.03</b>
<b>Average Exchange Rate Euro to Stg in 2022 = 0.8528</b>	<b>£ 107,121.94</b>	<b>Stg Conversion</b>
<b>Total Opening Balance 1st Jan 2022</b>	<b>£ 185,776.01</b>	
<b>INCOME</b>	<b>Stg Account</b>	<b>Euro Account</b>
Cycling Ulster Youth Academy Participant Levies	£ 1,228.25	
Cycling Ulster Women's Commission Participant Levies	£ 1,567.50	
Capitation	£ 10,481.66	€ 12,288.00
Membership Levies	£ 55,850.00	
National Track Commission	£ 2,683.04	
CU Kit Sponsorship - O'Reilly Stewart	£ 5,000.00	
Rás na mBan Prize Money	£ 281.49	€ 330.00
CU Hubs Sponsorship - McCallen Bikes	£ 3,000.00	
WOW Project	£ 2,000.00	
<b>Total Income</b>	<b>£ 82,091.94</b>	
<b>EXPENDITURE</b>	<b>Stg Account</b>	<b>Euro Account</b>
Admin	£ 354.73	
Admin Euro	£ 193.20	€ 226.50
Bank Fees	£ 209.72	
Bank Fees Euro	£ 56.86	€ 66.66
BMX Commission	£ 2,625.00	
Bursary to Belgian Project	£ 400.00	
Cycling Ireland Auditors	£ 18.34	€ 21.50
Coaching Budget	£ 961.50	
CU Kit	£ 5,111.18	€ 5,992.00
Cycling Ulster Youth Academy (Travel, courses, venue hire)	£ 11,378.10	
Cycling Ulster Youth Academy (Travel, courses, venue hire) Euro	£ 1,590.85	€ 1,865.00
Cycling Ulster AGM	£ 715.00	
Event Equipment	£ 884.00	
Event Safety	£ 55.20	
Event Sponsorship	£ 1,260.00	
Executive Expenses (Venue Hire, Hospitality, Travel, Admin)	£ 4,058.64	
Executive Expenses (Venue Hire, Hospitality, Travel, Admin) Euro	£ 888.40	€ 1,041.50
Leisure Commission	£ 90.00	
Marketing and Publicity	£ 1,452.00	
Miscellaneous	£ 45.00	

Off Road Commission	£	14,715.95	
Off Road Commission Euro	£	296.84	€ 348.00
Planning and Strategy Meetings	£	1,768.58	€ 2,073.85
Prizes and Awards	£	2,072.69	
Professional Affiliation Fee to NI Sports Forum	£	175.00	
Professional Services - Printing of AGM Booklet	£	137.50	

EXPENDITURE CONTD	Stg Account	Euro Account
Road Commission Less Manger's Returns	£ 6,313.75	
Road Commission Euro	£ 8,706.71	€ 10,207.16
Technical Budget	£ 553.50	
Track Commission	£ 4,787.99	
Track Commission Euro	£ 149.28	€ 175.00
Website	£ 251.00	
Women's Commission	£ 5,741.64	
Women's Commission Euro	£ 367.64	€ 431.00
Zoom Facility	£ 155.54	
<b>Total Expenditure</b>	<b>£ 78,541.32</b>	
<b>Total Surplus (Deficit) for the year</b>		
<b>Cashflow Statement 2022</b>		
Opening Balance as of 1st January 2022	£ 185,776.01	
Surplus (Deficit for 2022)	£ 3,550.62	
<b>Closing Balance as of 31<sup>st</sup> December 2022</b>	<b>£ 189,650.49</b>	
Comprising of		
Closing Balance Sterling Account	£ 91,911.89	
Closing Balance Euro Account (With Conversion)	£ 98,738.77	€ 115,781.86
Total of the accounts in sterling	£ 190,650.66	
Currency Exchange Rate Difference	£ 1,000.17	
<b>Total Cash Balances</b>	<b>£ 189,650.49</b>	
<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 2022 to 31st December 2022. These accounts will be presented to the members of Cycling Ulster at the Annual General Meeting to be held on the 9th November 2023</b>		
<b>Signed by Members of the Finance Committee on behalf of the Executive</b>		
Chairperson Tommy McCague Treasurer Marian Lamb Secretary Paul Sanders Finance Officer Pamela Ward		
		Date 1st October 2023



<b>CYCLING ULSTER CONSOLIDATED BALANCE SHEET TO 30th SEPTEMBER 2023</b>		
	<b>STG</b>	<b>EURO</b>
<b>Balance on 1st January 2023</b>	<b>£ 91,911.89</b>	
<b>Average Exchange Rate Euro to Stg in 2023 = 0.8713 GBP</b>	<b>£ 100,880.73</b>	<b>€ 115,781.86</b>
<b>Total Opening Balance at 1st Jan 2023</b>		
<b>INCOME</b>	<b>Stg Account</b>	<b>Euro Account</b>
CUYA Crit Series, Funday, Inter-regional Refund	£ 1,427.00	
CUYA Belgium Trip Participant Levies, Returns and Fund Raiser	£ 11,545.33	
Cycling Ulster Women's Commission Participant Levies, Rtns : BDO	£ 2,058.00	
CUORC Participant Levies and Returns	£ 997.86	
Balance of 2022 Membership Levies	£ 935.21	
Balance of 2022 Capitation	£ 188.20	€ 216.00
Membership Levies and Capitation 2023 - <b>Part Payment</b>	£ 16,680.57	
National BMX Commission	£ 1,300.00	
Cycling Ulster BMX Commission Glasgow Trip Levies	£ 2,350.00	
<b>Total Income</b>	<b>£ 37,482.17</b>	
<b>EXPENDITURE</b>	<b>Stg Account</b>	<b>Euro Account</b>
Admin	£ 233.98	
Admin Euro	£ 125.31	€ 143.82
Asset Expense	£ 1,022.26	
Asset Expense Euro Acc	£ 2,959.11	€ 3,396.20
Bank Fees	£ 122.60	
Bank Fees Euro	£ 43.00	€ 49.35
BMX Commission Euro Account Coaching Course	£ 859.97	€ 987.00
BMX Commission	£ 5,594.94	
Cycling Ireland Auditors	£ 18.73	£ 21.50
CU Kit	£ 4,325.06	
Cycling Ulster Youth Academy (Travel, courses, venue hire, events)	£ 7,619.14	
Cycling Ulster Youth Academy (Belgium Trip) STG	£ 7,104.79	
Cycling Ulster Youth Academy (Belgium Trip) EURO	£ 9,580.85	€ 10,996.04
Event Sponsorship	£ 1,000.00	
Executive Expenses (Venue Hire, Hospitality, Travel, Admin)	£ 2,722.59	
Executive Expenses (Venue Hire, Hospitality, Travel, Admin) Euro	£ 293.98	€ 337.40
Leisure Commission	£ 171.93	
Marketing and Publicity	£ 624.06	
National Road Events	£ 621.95	
Off Road Commission	£ 10,627.09	
Planning and Strategy Meetings	£ 287.80	

Prizes and Awards	£ 485.78	
Professional Affiliation Fee to Commonwealth Games Council	£ 120.00	
Professional Affiliation Fee to NI Sports Forum	£ 182.00	
Refund of Radio Hire	£ 100.00	
Road Commission Less Manager's Returns	£ 7,610.09	
Road Commission Euro	£ 12,277.72	€ 14,091.27

<b>EXPENDITURE</b>	<b>Stg Account</b>	<b>Euro Account</b>
Safeguarding	£ 400.00	
Track Commission	£ 10,546.77	
Youth 3 Day (Accommodation/Travel)	£ 113.81	
Website Maintenance	£ 125.00	
Women's Commission	£ 3,367.40	
Women's Commission Euro	£ 1,679.28	€ 1,927.10
<b>Total Expenditure</b>	<b>£ 92,966.99</b>	
<b>Closing Balance at 30/09/2023</b>		
Comprising of		
Closing Balance Sterling Account 30-09-2023	£ 63,615.92	
Closing Balance Euro Account (With Conversion) 30-09-2023	£ 73,231.18	€ 84,048.18
Total of the accounts in Sterling 30 <sup>th</sup> September 2023	£ 136,847.10	
<b>Total Cash Balances as at 30th September 2023</b>	<b>£ 136,847.10</b>	

#### **4. To fix the Cycling Ulster levy for 2024**

Cycling Ulster levy proposal

#### **5. To receive the following reports:**

##### **Chairperson's Report**

I'd like, from the beginning to thank all our volunteers, riders, Commission and Executive members who have worked tirelessly to promote cycling in Ulster in 2023. This year has been both challenging and rewarding in many ways. I want to focus on the positives while recognising the challenges we face as an organisation in trying to develop the sport we all enjoy so much.

Membership of Cycling Ulster for 2023 sits at 6351, a decrease from 2022. We are continuing to see a decline in Youth numbers which needs addressed. We have a total of 138 active clubs within the province. We will be presenting plans in conjunction with Cycling Ireland to address the decline in youth numbers in the coming months. This challenge should not be underestimated, and I ask all the members of our clubs to play their part for the good of cycling in Ulster.

Our accredited marshal course has seen over 300 volunteers trained to deliver safe marshalling to our many events. This has been very well received by numerous stakeholders and is an example of Ulster leading the way in terms of rider safety for competitive and leisure events. More courses are planned, along with course for event organisers. Cycling Ireland hope to launch the accredited marshal scheme in all provinces in 2024.

The National Road & TT Championships were decided on the roads of Counties Tyrone & Armagh, with the welcome addition of the Women's U23 category. The National Road races were organised by Island Wheelers and were a huge success, with the club rightly receiving high praise from Cycling Ireland, the PSNI, and many of the competitors.

The Youth Commission had their inaugural trip to Belgium, their first youth residential and a successful International Youth stage race. Conor Murphy taking Silver in the TT at the European Youth Olympic Festival. The Cycling Ulster International Youth Tour took place in July, hosted by Foyle CC, with nearly 200 riders contesting races over varying courses. Addressing the decline in youth participation is crucial, requiring closer collaboration among all disciplines to ensure equal participation across the board and international stage.

Track activities continued this year at Orangefield, with twice weekly sessions throughout the season. Several riders won Gold in their National Championships, and our Ulster team competed in the UK Inter Regional Championships.

The Women's Commission ran another successful Women on Wheels Off-road programme with sessions taking place in 5 locations. This year's 'Big Day Out' in Tollymore Forest on 23 & 24 September was even bigger and better than last year with events running over 2 days. Though the Women's Cycling Ulster Road race league was inactive this year, hopes are high for its return in 2024.

The Off-road Commission continued their development of young riders across the disciplines of cross-country with teams heading to the British XC series. This year the commission expanded to include development days for enduro and downhill.

Lisburn BMX club have recently completed a new pump track at their facility which will be a huge advantage to upskilling riders in the coming years. The club continues to grow and introduce new riders to BMX and to a lifelong enjoyment of cycling.

The upgrade of the BMX track at Ormeau Park in conjunction with Belfast City Council, commenced in May, with the track being re-landscaped for the benefit of all users. In 2024, works to fully enclose the track and install floodlighting will begin. Since the upgrade of the track the BMX club and the track have seen a surge in new users and members.

The Armagh BMX facility is currently having remedial works to prepare it for opening and use. The works are being undertaken by our dedicated volunteers led by Glen Doherty and will be completed in the coming weeks. This will enhance the BMX provision and kick start the local ABC BMX Club into life.

The Leisure Commission has been busy with multiple successful initiatives. A collaborative campaign with the PSNI on close passes led to five cycling clubs reporting incidents between May and September, yielding valuable statistics on the matter. The Ulster Leisure series debuted, hosted by Smugglers CC, North Down CC, and Carn Wheelers, with prizes being awarded at our Awards Ceremony which is back for 2023!

Several bike marking events took place and 14 retailers signed up to the Shop Partnership, giving discounts to Cycling Ulster members.

Our new Admin Support Officer, Gemma, started with us in July and has been working on member engagement on our Social Media Channels. We have seen an increase in posting and event sharing which will help market and promote the sport.

Safeguarding courses have now been taken on by our Youth Development Officer, Barry Scott, who delivered a successful session in Oct. Barry started in May and is building up the youth development programmes at present.

Our Membership Development Officer Gary Lavery has had a busy year with the hubs up and running as well as engaging with local authorities and clubs to grow the sport and facilities provided for cycling in the province.

I would like to thank Gary, Barry, and Gemma for their continued support to our volunteers and clubs, as well as to me and the executive.

I would like to thank our sponsors O' Reilly Stewart Solicitors, Donnelly Group and Phillip McCallen E-bikes for their continued support and sponsorship of Cycling Ulster.

Thank you to all Cycling Ulster members and their families for supporting Cycling events throughout the year, with special recognition to all our volunteers.

A special thanks goes out to Julie Rea who after many years on the Executive is standing down this year. She will be missed, but I'm sure, won't be too far away.

## **BMX Commission Report**

### **1. Access to Tracks**

Limited tracks for training and racing remain the single biggest issue for BMX within Ulster. Discussions with the Education Authority about getting access to their disused track in Armagh have progressed and a team of BMX Ulster volunteers are currently carrying out essential works to make the track rideable. A firm commitment from EA for ongoing access remains elusive.

### **2. Improvements to Ormeau BMX Track.**

In May 2023 Belfast City Council undertook significant maintenance to the track consisting of the shaping and reprofiling of several jumps and the resurfacing of the track. Belfast City BMX club (BCBC) members were grateful to be consulted on the proposed works and were happy to assist/guide the contractors executing the work.

The improvements have enabled BCBC to run regular coached sessions at the track which attract a lot of attention from the local kids, many of whom have went on to join the club and begin racing all over Ireland. This is an excellent example of how the all-Ireland sport BMX Racing can be a case study for cross community activity in Belfast, made possible by Cycling Ireland.

BCBC doubled participation numbers over the Summer and have seen a steady increase ever since. In the last month alone, they have 6 new members from the local community and are delighted that half of these are girls. This is surely testament to the growing, broad appeal of BMX Racing.

The Club wish to place on record their sincere thanks Gary Lavery, Tommy McCague and Paul Sanders for their work to bring Belfast City Council to the table, and ultimately securing the monies for this superbly beneficial project.

### **3. Female Only events.**

BCBC and Lisburn BMX 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 10 ladies at each. No money was required to deliver the sessions.

### **4. Ulster BMX Championships.**

Regional Championships took place at Lisburn BMX on 3<sup>rd</sup> September with a total of 59 riders participating. The event was very successful and there are no incidents to report.

### **5. UCI World Championships**

A total of 29 riders from Ulster Clubs travelled to Glasgow for the UCI World championships in August, representing almost half of the total number on Team Ireland (60). BMX is different

than other disciplines as the Challenge class allows amateur riders as young as 8 to compete the week prior to the main Championship event. Notable results included Lily Walker (Girls 9), Samia Hughes (Girls 10) and Lukas Kennedy (Boys 10) making it to Quarter Finals. As well as Freddie Simmons, Brandon Mallon and Keith Redfern in the cruisers. For the first time ever, Ireland was also represented in the 2 other BMX disciplines: Freestyle (Ryan Henderson) and Flatland (Dino Jeffers), both from Ulster. In advance of the World Championships, a trip to Knightswood track was organized for the riders. This trip was very well received and of enormous benefit to everyone who took part. Thanks to Cycling Ulster for part funding the trip.

### **6. Lisburn BMX**

The club has been providing a top-class facility with a brand-new Pump track as well as improvements on site with power supply and new changing and toilet facilities being planned. The works have been long planned and financed by the club and add significant value to the overall BMX infrastructure provision in Ulster. The pump track will improve the kids' jumping and handling abilities, as well as having great fun on it, which is what the sport is all about. Thanks to all the volunteers who gave up their time to help in delivering these facilities. The club has more plans for 2024 and beyond to provide better facilities for our riders.

### **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 2022 to September 2023. 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 commission put out an appeal in January 2023 to Ulster off-road riders to join the MTB Development Squad. We had around 30 applicants. This year there was a focus on providing training for cross-country (XC), enduro and downhill. The first session took place in Tollymore in January 2023 with the cross-country riders having a session in the morning and the enduro/downhill riders a session in the afternoon. This format of session was repeated in February. Also, in February the enduro/downhill riders were invited to join a regular gym session with Colin Ross. There was also a downhill focused training session with Colin in Rostrevor. In April there were further XC/Enduro sessions and another downhill specific session. There was another XC session in June and another one a week before the National Championships at Bellurgan Park.

During the year the commission funded cross-country riders to attend 4 out of the 5 rounds of the British Series. The riders achieved top 10 results with Aine Doherty winning in Round 1 and finishing 4th in Round 3.

An Ulster team of 4 riders was sent to Tweedlove Enduro at the end of April.

The Inter-regional Mountain Bike Championships was planned to go ahead on 2/3 September in Glasgow. The commission held a training session on 16 August with 6 riders in attendance. Before we had a chance to hold another training session, we learned that the championships had been cancelled.

The commission held a cyclo-cross beginner's training day on 10 September with a morning session for youth and an afternoon session for those aged 14 and over.

Race series. In Ulster there was only one cross-country event which was held at Ormeau Park in March. There was no Ulster series or Ulster championships. This was due to the lack of available venues and the lack of willing clubs. Ulster Enduro events are ran as part of the Vitus First Tracks series with 3 rounds held in Ulster. There was no downhill race in Ulster this year. Agreement could not be reached between the host club and the council.

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

## **Road Commission Report**

It has always been the goal in my term as Chair of the Road Commission to put in place a pathway for our riders to help them gain National team selection that has not always been possible due to the lack of contact with the Cycling Ireland high performance unit, this breakdown in communication is being felt by all the regions and I am hopeful this will improve in the year ahead.

In 2023 Ulster riders have shown again they are more than capable of representing their country at the highest level with some outstanding results in all the major championships showing the strength in depth we have in Ulster.

It should be pointed out the time and effort put in by these riders to follow their dreams not always with any input from CI/CU; I feel this is something we should look at to see if there is any way we can help moving forward.

This commission has always judged success not only by results gained in the Ulster jersey but by the number of Ulster riders gaining international selection, on some occasions to the detriment of Ulster teams taking part in our targeted events.

A number of these events were used as preparation for our main goals for the year the Men & Women's national tours.

We gained a number of good results in all these events working with a number of developing riders.

At 2 of these events, we had to include guest riders to complete the teams (Due to the unavailability of riders on international duty) hopefully in the case of the Junior Tour the inclusion of 2 young French riders will help us build a relationship with their teams moving forward.

It would not have been possible to attend these events without the help of a superb group of staff who bring a great deal of experience to the team setup.

We still need to build the team and I would ask if anyone would like to join the Team please get in touch.

## **Team Staff Volunteers**

Mark Harvey,	Mechanic
Joe Kelly (Galway)	Mechanic
James Fielden (UK)	Soigneur

John Buller	Soigneur
Harry Adams	Soigneur
Matty Teggart	Asst Manager & Soigneur
Noel Mc Laughlin.	Team Manager.

## **The Way Forward**

Cycling Ireland is currently undergoing a great deal of change, I believe Cycling Ulster should be at the forefront and lead the way in making some of these changes we have shown over the years we have the structures in place to help develop cycling & riders in Ireland.

I feel we should look at the makeup of our commission and re visit the reasoning behind having these groupings could the money currently being spent be reallocated to new larger commissions.

World Cycling at the top level on the road is changing and we should be looking at our structures to make sure we can go along with these changes.

I would like to thank all the commission members for giving of their time and input and also thank the CU Executive for all their hard work throughout the year.

Frank Campbell

Chair Road Commission

## **Women's Commission Report**

The Women's Commission has had another very busy and successful year. The year kicked off in February with the first of our Next Step Social MTB for intermediate riders in Rostrevor. This has been followed up with sessions at Garvagh in March, Ballycastle in April and our latest session at Davagh Forest in October. The Mountain Bike Leader has taken the sessions to the next level by introducing the use of ramps.

Five clubs stepped up to deliver the WoW off road, 40 ladies took part at Garvagh, Gosford, Castlewellan, Ards and Gortin. The feedback was fantastic, and they are keen to continue the MTB journey. One further Mountain Bike Leader achieved the the Foundation Coaching qualification.

The WoW Road programme took a break this year. All Clubs were emailed to gauge interest and due to the high levels of participation in 2022, the Committee took the decision not to run a programme in 2023. Planning for 2024 has already begun.

In June our previous Chairperson, Lisa White, Sports Nutritionist took an online session on how to tailor training and nutrition to your female physiology and hormones. We received excellent feedback from the 38 who logged in on the day and 5 more received the recording. Huge thanks to Lisa and in lieu of payment, she kindly requested a donation to Marie Curie £150 which has been made.

CU Women's racing saw several women's races being amalgamated and the intermediate women's league cancelled. This was disappointing, however women participated in the Men's races. The



Women's Commission would like to congratulate their Chairperson, Julie Rea on her UCI Grand Fondo World Championship bronze medal in the Medio Fondo.

With two Social Media experts joining the Women's Commission team there has been a positive ramp up in social media engagement. This has been reflected in the increase in numbers at events. We have also started to examine women membership statistics.

The highlight in the calendar was the Women's Commission Big Day Out which was held on 23<sup>rd</sup> and 24<sup>th</sup> September with 60 taking part. The two-day celebration included an overnight stay at Tollymore Mountain Centre. The weekend included Group rides for MTB and Road on both days as well as workshops in yoga, come and try MTB, ebikes, strength and conditioning, nutrition, and roadside repairs. There was £600 raised in the raffle for Kevin Bell Repatriation Trust in memory of our friend and fellow cyclist Sarah Fagan. This was a fantastic day out, thanks to all the volunteers, workshop host, sponsors, Women's Commission organising team and Tollymore National Outdoor Centre, for their dedicated efforts in delivering this two-day event.

Looking forward to the remainder of the year. The Women's Commission is running a Women's Winter Training session online on 27<sup>th</sup> November and possible MTB trip to The Gap on 2<sup>nd</sup> December. For 2024, we are considering many exciting new events such as entering a CU Women's Team for the Mondello 24 hours race.

## **Youth Academy Report**

The CUYA committee members had an incredibly productive year, filled with exciting events and memorable experiences. We organized numerous development weekends, races, and a remarkable development trip to Belgium. Here's a brief overview of our activities:

**Development Day for U10 and U12 Riders** In February, we kicked off the year with a development day at the Belfast Activity Centre. Twenty young riders participated in fun activities in the morning. After a delicious lunch, they were grouped and guided by CUYA members and some parents for off-road MTB rides in the park. The feedback was overwhelmingly positive, and the riders thoroughly enjoyed the day.

**Development Weekend for U14 and U16 Riders** The second development weekend, held on March 5<sup>th</sup> and 6<sup>th</sup>, was dedicated to our U14 and U16 riders at the Tollymore Adventure Centre. The weekend was action-packed, with training rides led by CUYA committee members and parents. Riders were divided into three groups, each with two ride captains and a support vehicle. After lunch, they participated in engaging outdoor activities at the centre. In the evening, we were honoured to have guest speakers, including Matthew Taggart and John Scott, who shared invaluable insights on training, health, diet, life as a pro cyclist, and bike maintenance.

**Castlewellan Trails Adventure** The excitement continued Sunday, March 5<sup>th</sup>, as the group headed to the Castlewellan trails with mountain bikes. Under the guidance of CUYA members and parents, the riders were divided into various groups. It was an unforgettable experience for everyone involved, and the riders had a fantastic time.

**Spring Crit Events** During spring, CUYA organized several crit events at Bishops Court racetrack, Nutts Corner, and Moneymore. These events were especially popular among our younger riders. However,

some older riders faced schedule conflicts due to exams and exam preparation, resulting in lower attendance and a few event cancellations. Furthermore, clashes with youth races in other provinces posed challenges.

**Youth Tour of Scotland Cancellation** With the unfortunate cancellation of the Youth Tour of Scotland, the CUYA made a strategic decision to invest the allocated funds in a development trip to Belgium. CUYA members, along with three other ride leaders, led 15 U14 and U16 riders to Flanders. The week was filled with challenging training rides, including iconic cobbled climbs like the Koppenberg, Paterberg, Muur van Geraardsbergen, and others. On the weekend, our young riders had the opportunity to showcase their skills in various races throughout West Flanders. Some achieved their first podium finishes outside of Ireland or the UK, highlighting their immense potential.

**Acknowledgment** The Youth Academy extends its heartfelt gratitude to the commission for their unwavering support. Without your support, none of our work would be possible.

### **Leisure Commission Report**

The Leisure Commission has been in operation for approximately 17 months. During this time, we lost a couple of members, and we'd like to thank Sheila O'Brien and Brian Milne for their contribution and helping to get the commission started.

#### **Leisure Series**

The commission organised the first Cycling Ulster Leisure Series that comprised of three events across the region. A special thanks go to Smugglers CC, North Down CC and Carn Wheelers for agreeing to their events being part of the first series. Each club received £250 towards event expenses and many of our commission members attended and participated in each event. The series also included prizes for King and Queen of the year and Club of the year. The results will be announced at our awards ceremony on 28 January 2024.

#### **Close Pass Initiative**

A lot of hard work went on behind the scenes regarding raising awareness of the need to give cyclists space when passing them on our roads. We had a joint launch in June with the PSNI and continue to bring the issue to the attention of the All-Party Working Group for Cycling at Stormont.

A number of our clubs took part in a close pass reporting initiative whereby their members reported incidences of close passes and fed these into a central spreadsheet each month. Thanks to Carn Wheelers who piloted the initiative earlier this year and was then rolled out to Killinchy CC, Mallard Flyers CC, 3Peaks CC and VC Glendale. The initiative closed on 30 September resulting in 108 close pass reports with some escalated to the PSNI. This initiative has been invaluable for us to be able to speak more accurately on the issue and quantify the need for further work by the PSNI and our MLAs.

#### **Ride leaders**

The commission funded 15 cyclists to achieve the [Cycling Ireland Ride Leader](#) qualification. This valuable training provided leaders with the necessary skills and knowledge to effectively lead and manage a group of cyclists on the road.

## **Bike maintenance**

This year we have held three bike maintenance sessions hosted by Mikes Bikes in Lisburn. These were held on 1 and 8 August and 19 September and covered bike maintenance basics and some very useful 'quick fixes' for issues arising out on the road. There was great interest in these sessions. Due to their success, we will be looking at organising more in the new year and are interested in any other shops that would be willing to be involved in this programme. We would like to thank Mike and Trish at [Mike's Bike's](#) in Lisburn for giving up their time to host these evenings.

## **Bike registration events**

As the levels of bike thefts are continually increasing, especially in city centres, we have been working to increase members awareness of the [bike register](#) that aims to reunite stolen bikes with their owners. Several clubs were contacted and expressed an interest in offering members the opportunity to register their bikes for free. Sessions were organised for:

- Titanic Quarter Cycling Club March 2023
- VC Glendale May 2023
- Ride on Belfast June 2023
- North Down CC June 2023
- Titanic Quarter, Dock Cafe October 2023

The sessions were a great success and members who attended were very appreciative. In total more than 150 bikes have been registered and we are happy to organise more sessions in the future, especially at sportives to reach more people.

## **Other Events**

[#HerOutdoors](#) community bike ride was hosted in conjunction with [Community Bike Rides](#). We had eight females who joined us on 16 August in Belfast for a leisurely cycle followed by pizza. The commission was pleased to sponsor the event and are looking forward to participating again next year.

The commission also sponsored the Fancy Women Bike ride that was held on 17 September in Belfast. This event was aimed at raising the profile of women cycling in cities for transport, errands, commuting and fun and we even attracted some prominent politicians to take part. This was the first to be held in Belfast and hopefully not the last. These events can be held anywhere in the region so if you would be interested in hosting one in your area in 2024 do get in touch.

Couch to 30k – we were successful in developing a new programme for clubs and individual ride leaders to roll out to encourage people back onto their bikes. This will be offered to clubs again in 2024 so get planning!

## **Charity Donations**

A lot of work is done by members each year in raising vital funding for local charities. Following the pandemic, there has been a massive reduction in volunteering which is negatively impacting local charities, and this is why the commission felt it important to raise awareness of the amazing work our members do each year. We asked for members and clubs to let us know how much they raised and

for who and have been collating this into a central total. This is currently in the region of £150k. We are still asking for members to let us know if you have raised funding this year and plan to roll out a regional wide press release on this later this year.

## Social media

Our Facebook and Instagram pages have grown from strength to strength over the past year. More clubs are engaging with posts and sharing information enabling us to reach more members.

We showcased four clubs through our 'Club Spotlight' initiative by highlighting the fantastic work the clubs do for their members and what they offer. So far DB CC, Emyvale CC, North Down CC, Armagh Down CC and Infinity CC have been highlighted. If any other clubs are interested, please get in touch.

We continually promoted leisure events being held province wide on a monthly and weekly basis throughout the sportive season. This has been well received and highlights events not widely known.

We had a number of initiatives to showcase our members work including Fundraising Friday and two like and share competitions for a set of [See Sense](#) lights. Thanks to See Sense for sponsoring one set of lights and discounting a second set, sponsored by the commission.

## Shop Partnership

We now have 17 shops who offer [10% off to Ulster members](#). These include Downey Cycles, Hicklands Cycles, The Spin Doctor, Roe Valley Cycles, Slane Cycles, Caldwell Cycles, John M. Hanna Cycles, Dave Kane Cycles, Philip McCallen E-bikes, The Cycle Zone, Cycleology, Podium 4 Sport, Fit Studio NI, Feel Good Bicycles, Bannside Hardware, Mike's Bikes and Fustle. Why not ask your local cycle shop if they'd like to join and put them in touch with us.

## Useful guides and documents

We developed several useful guides and documents throughout the year. These include:

[Terms of reference](#) – to be reviewed in 2024.

[Guide for new cyclists](#)

Cycling Ulster leisure commission [strava club](#), please join us!

## Membership – we need you!

We are a small team, and our commission is not at full complement. If you are passionate about cycling and would like to make a difference, please do get in touch with us at [leisure@cyclingulster.com](mailto:leisure@cyclingulster.com)

## 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.

Barry Scott, the Cycling Ulster Youth Development Officer has recently undergone training to deliver Safeguarding Courses for Cycling Ulster members. 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 3 years. Over 40 Access NI checks have been carried out in 2023.

All information regarding Safeguarding and Access NI checks is available on the Cycling Ulster website.

Following the 2021 Cycling Ireland AGM a rule change was made regarding 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 Irelands Articles of Association.**

Julie Rea

Safeguarding Officer

## Membership Development Officer Report

As Membership Development Officer for Ulster, the following report gives an overview of activities for the past 12 months from September 2022 - October 2023.

### CLUB SUPPORT

Meetings throughout the past twelve 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.

## **CYCLING HUBS PROJECT**

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

1. Fermanagh and Omagh Council, Location: Ecclesville Centre, Fintona.
2. Newry, Mourne and Down Council: Location: Downpatrick Leisure Centre, Down.
3. Causeway Coast and Glens Council: Location: Jim Watt Sports Centre, Garvagh.
4. Armagh Banbridge and Craigavon Council: Location: Gosford Forest Park, Armagh.
5. Antrim and Newtownabbey Council: Location: Valley Leisure Centre, Belfast.
6. \*Mid Ulster Council: Location: Dungannon Park, Dungannon.

\*The hub will go on site in 2024.

The 5 cycling hubs are currently being utilised and booked for a wide range of activities with clubs and Cycling Ireland from running of club events, coach education courses, cycling programmes and club meetings.

In March 2023, 30 new bikes (Adult and Junior) were purchased for the 5 operational cycling hubs to allow programmes and coaching to be delivered where equipment was a previous issue.

## **HENRY JONES PLAYING FIELDS PROJECT 2023**

Several meetings have taken place during 2023 with Belfast City Council staff and local councillors regarding the Henry Jones proposed cycling infrastructure 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 £70,000 funding support towards the project. The funding will support areas of the project including public consultation, planning applications/design and a business case.

Ongoing consultation with Belfast City Council project management and senior recreation staff regarding site user agreements have been taking place in the last 12 months and due diligence by the council. It is hoped that a user agreement for the site will be completed before the end of the year to allow planned works to commence on site during 2024.

## **CLUB SELF-ASSESSMENT SYSTEM AND CLUB FRAMEWORK DOCUMENT**

The new Club Self-Assessment Online System and Tool Kit which will support all existing cycling clubs was trialled with 5 cycling clubs in Ulster during February to May 2023. Feedback on the system was then collated from the clubs and amendments and proposed changes to the system are currently being undertaken by the developers before full rollout to all cycling clubs to utilise the new system in November 2023.

The new club self-assessment 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.

The new club framework document for cycling clubs was circulated to all clubs in May 2023. The Club Framework Document has been produced to help support all Cycling Clubs with key areas of club development and to support the review of their current club operations.

## **ALL PARTY CYCLING AND WALKING GROUP**

During 2023 I have attended several meetings. Joanna Gray Cycling Ulster has taken on the role as joint secretariat for the group and Tommy McCague Chairman of Cycling Ulster also attended several of the meetings.

The group was established to help with opportunities and support the development of cycling and cycling infrastructure in NI and is attended by several MLAs.

## **ALL PARTY GROUP FOR SPORT AND RECREATION**

During 2023 I have attended several meetings. Further meetings are planned with this working group, chaired by Mike Nesbitt MLA and all governing bodies and key partners. The group was established to support opportunities for the development of sport in NI.

## **PLANS FOR 2024:**

- 🚲 Club Self-Assessment System, November 2023 to all Cycling Clubs.
- 🚲 During early 2024, an assessment of all the 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.
- 🚲 New Cycling Participation Programmes for Clubs and new cyclists to include Couch to 30K, WOW24.

## **Gary Lavery Cycling Ireland Development Officer**

### **Youth Development Officer Report**

I was employed as the new Youth Development Officer in May 2023 to support clubs in the development of their youth activities and those cycling clubs who are keen to develop new youth sections in Ulster.

During my first 5 months in post, I have been in contact with various clubs and schools to discuss potential for growing the youth programmes.

I have completed my coaching Cycling Skills training and have delivered my first Safeguarding course to 19 participants in Lisburn.

During the summer months I setup several camps throughout the province at 3 out of the 5 hubs as well as supporting a summer club camp for Banbridge CC. Local youth engagement has been positive with over 76 kids involved at the 5 camps with all participants now eligible for a Cycling Ireland licence.

For 2024 I look forward to working with schools to deliver free schools cycling days, covering the following for each class:

- Cycling Techniques.
- Equipment checks and safety considerations.
- Fun coaching skills and cycling activities within the school.

### **Mary Peters Trust Report**

The Mary Peters Trust (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 April 2023, Cycling Ulster endorsed 27 athletes for funding with nine being successfully awarded a total fund of £6000. The athletes included one female and six 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 MPT for their continued support of Cycling Ulster athletes.

### **Commonwealth Games Report**

Two Caldwell Cycles teammates, Curtis Neill and Oisín Ferrity were selected to represent Northern Ireland at the 2023 Commonwealth Youth Games in Trinidad and Tobago (Trinbago) in August with the two-man squad managed by Gary McKeegan.

Both riders were scheduled to ride the Time Trial and Road Race events.

In the Time Trial, both finished inside the top 10, with Ferrity 5<sup>th</sup> and Neill 9<sup>th</sup> in an event where the medals went to South Africa, Scotland, and Australia.

Following up a 5<sup>th</sup> place in the Time Trial two days earlier, Oisín was in the thick of the action from the off in the Road Race, being in a 3-rider break which held a slender 5-second advantage at the end of the first 5km lap. By the end of the second lap, Oisín & Welsh teenager Max Bufton had established a 20 second advantage which they steadily increased to a maximum of over two minutes.

At the line it was a clear two-man sprint, with Oisín having time to cross the line with his arms aloft. Bronze medal went to New Joe Lau from Malaysia with Australia's Sam McKee leading the bunch home at 50 seconds.

This is Northern Ireland's first ever Commonwealth Games cycling gold medal, following Team Time Trial Bronze in 1986, Track Points Bronze in 1990 and Team Pursuit Bronze & Women's Individual Pursuit Silver in 2010.



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## 6. To elect Officers to the Executive as follows:

-Safeguarding Officer

- Pamela Ward nominated by VC Glendale

-Executive Officer

- James McLaughlin nominated by Island Wheelers
- Steven Connolly nominated by DB Cycling Club
- Sean McCourt nominated by VC Glendale

## 7. Motions

-Motion received from Glen Doherty, Belfast City BMX Club.

'Some commissions are made up of only a small number of clubs. To ensure a fair and equal representation, it is proposed that the following approach be taken when filling the posts in Commissions made up of 4 clubs or less:

1. The commission is comprised of no more than 8 people (plus a CU rep) and where possible, shall be made up of equal numbers from each club represented.
2. The roles of Chair and Secretary of the Commission are rotated between clubs each year, with a rep from different clubs each holding one position.

Commissions should develop a rota system to ensure fair and equal representation and sharing of roles/responsibilities between all clubs.

## 8. Close of AGM

## 9. Presentation of Special Awards



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