



THURSDAY 18TH SEPTEMBER
7.30PM
QUINN'S CORNER



**CYCLING
ULSTER**

**AGM
2025**

2025 Cycling Ulster AGM Agenda: Thursday 18th September: Quinn's Corner

Opening Remarks: Paul Sanders (Interim- Chairperson)

Ordinary Business

1. To adopt the standing orders for the orderly conduct of the AGM
2. To consider the minutes of the 2024 Annual General Meeting
3. To consider a statement of Cycling Ulster's accounts for the previous year.
4. To consider reports of the past year's activities.
 - Chairperson's Report
 - Off-Road Commission Report
 - Road Commission Report
 - Leisure Commission Report
 - Track Commission Report
 - Women's Commission Report
 - Safeguarding Report
 - Development Officer Report
 - Youth Development Officer Report
 - Admin and Community Bike Ride Report
 - Mary Peters Trust Report
5. To consider and propose alterations to the rules and /or constitution
6. To consider previously submitted motions
7. To elect Officers to the Executive

Close of AGM

1. Standing Orders for 2025 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 Receive the Minutes of the 2024 AGM

Cycling Ulster Annual General Meeting

Thursday 14th November 2024

Quinns Corner 7.30 pm.

Present:

Tommy McCague (TM), Paul Sanders (PS), Marian Lamb (ML), James Mc Laughlin (JM), Joanna Grey (JG), Pamela Ward (PW). Sean Mc Court (SM), Martin Montague (MM).

Employees: Paul Watson (PW), Gary McKeegan (GM), Stuart Balfour (SB), Michael Black (MB)

Guests: Tom Daly, President, Cycling Ireland. Claire Young, Director, Cycling Ireland.

Delegates: David Adair, Brian Poots, Paul Crothers, Donna Smith, Adrian Hughes, Cathir Doyle, Liz Quigley, Chris McElhinney, Danny McCallion, Frank Campbell, Paul McClintock, Lee-Anne McClintock, Gary Lyons, Gregory Rice, Claire O'Neil, Colin Wilson, Barry Monaghan, Aaron Wallace, Neil Taggart, Martin Duffy, Gerry Heverin, Gary O'Donnell, Dany Blondeel, Jerome McNamara, Kerrin Young, Mark Skeath

Apologies: Carl Fullerton, Gemma Mc Namara.

Welcome:

The Chair TM welcomed everyone to the AGM and thanked Tom Daly for his attendance. A minute's silence was held in memory of friends and family members who have passed away in 2024.

Standing Orders:

The standing orders for the orderly conduct of the AGM are outlined in the AGM booklet. These were proposed by Jim Kelly, seconded by Aarron Wallace, and duly adopted.

Minutes of the 2023 AGM:

The minutes of the 2023 AGM held on 9TH November were proposed by Claire Young, seconded by Colin Wilson, agreed and adopted.

Financial Statements:

The CU accounts for the year to 31/12/23, and income & expenditure to 30 September 2024 are contained in the AGM booklet. The accounts were presented by Marian Lamb, Treasurer. The Chair thanked Marian for all her work and commitment to CU over the years, noting that Marian was standing down at this meeting. The adoption of the accounts was proposed by Jim Kelly, seconded by Colin Wilson, agreed and adopted.

To fix the Cycling Ulster Membership Levy:

The chair informed those present that CU had agreed a deal with CI to continue the membership funding, previously agreed, for a further 3 years. This had removed the CU levy which was previously in place. CU reserve the right to review this agreement in future years. There followed a general discussion on finances in clubs, commissions and CU. PW briefed those present on a refreshed membership offering as well as the wider benefits of membership of CI & CU.

To receive the reports:

The chair gave a summary of his report highlighting the successes of CU members during the year. He also noted some concerns, declining youth numbers, and the new road racing calendar and numbering system. He gave thanks to the staff, members of CU, Commission members and the continuing Executive members.

Thanks were given to the outgoing Executive members, James Mc Laughlin and Joanna Gray for their work on the Executive. A special tribute was paid to Marian Lamb who is stepping down after many years of service to Cycling Ulster, and this was echoed by the members withing the meeting. The chair wished Marian and her husband Tommy Lamb a very happy retirement.

The commission reports and other reports are all contained in the AGM booklet. These were all taken as read by the members present.

The chair then opened the meeting to take questions and comments from the floor. Points raised were as follows:

- Close Pass initiative reporting of incidents. Anyone who does not get a satisfactory response from the PSNI please contact the Chairperson.
- Accredited Marshal course. Will more courses be run for members?
- How many marshals are currently active.
- Marshals need and ID badge. This will come in 2025.
- Will there be a moto marshal course.
- New legislation in Wales may pave the way for changes in NI too.
- Were there any prosecutions resulting from the close pass reports. 103 reports, 1 prosecution for careless driving.
- The road commission are seeking new members contact Frank Campbell.

To consider changes to the Cycling Ulster Constitution:

There were no changes to the Constitution.

To consider previously submitted motions:

No motions were received.

Staff presentation:

Gary Mc Keegan gave a presentation on the plans for CU in 2025. The presentation is to be made available to members. Gary emphasised the staff are available to work with and support the commissions and all disciplines equally. There were several questions from the floor and

GM will follow up with everyone seeking assistance. The chair thanked Gary, Stuart & Gemma for their assistance and commented on their commitment and work for cycling in Ulster.

Election of Officers:

The election of new officers to the executive took place as follows:

Chairperson:

Nominations received for Carl Fullerton & Tommy Mc Cague. Carl Fullerton had emailed the secretary on 13/11/24 to withdraw his nomination. With no other candidates standing Tommy Mc Cague was deemed elected.

Treasurer:

Nomination received for Martin Montague. As no other candidates were standing, Martin Montague was deemed to be elected.

Executive Officer roles x 3:

The chair advised the members present that there were 4 candidates for the 3 positions. The executive felt all offered unique skills for the roles and propose to co-opt the person not elected to the Executive at the first meeting. The nominations were Donna Smith, Rebecca Fitzgerald, Cathir Doyle and Mark Kavanagh. An election then took place presided over by Tom Daly and Tommy Lamb. Rebecca, Cathir and Mark were duly elected. The chair advised that Donna will be co -opted at the first Executive meeting.

The Chair then invited Tom Daly, President of Cycling Ireland to address the members present.

The Chair thanked Tom for his attendance and address to the AGM.

The chair thanked everyone for attendance, wished them all safe travelling and brought the 2024 AGM to a close.

Paul Sanders.

3. To receive the financial statement to December 2024 approved by Cycling Ireland and the Income and Expenditure Statement for nine months ended August 2025

Cycling Ulster Consolidated Balance Sheet 1st January 2025 to 1st September 2025

Cash in Cycling Ulster Bank Account	STG	Euro
Opening Cash Balance at 1st January 2025	£ 107,807.83	€ 68,597.35
Avg Exchange Rate from Euro to Stg in 2025 = 0.8489 GBP	£ 58,232.29	
Total Opening Balance 1st January 2025	£ 166,040.12	

Income	STG	Euro
Bank Refund of Fraudulent Transaction	£ 20.00	€ -
CU Awards Night	£ 1,594.63	€ -
Cycling Ulster Road Commission	£ 2,300.55	€ 2,170.00
Cycling Ulster Track Commission	£ 2,593.50	€ -
Cycling Ulster Womens Commission	£ 1,612.08	€ -
Levy & Capitation Support from Cycling Ireland	£ 40,885.48	€ -
Total Income	£ 49,006.24	€ 2,170.00
Total Consolidated income in GBP	£ 50,848.35	

Expenditure	STG	Euro
Asset Expense inc. Car Purchase	£ 12,085.88	€ -
Audit Fee to CI Auditors	£ -	€ 21.50

Bank Account Maintenance Fees to Bank of Ireland	£ 72.06	€ 31.50
Charity Donation	£ 168.75	€ -
CU Awards Night	£ 3,082.65	€ 56.15
CU General Budget	£ 769.55	€ 1,508.00
CU Kit	£ 3,810.00	€ -
CU Website	£ 74.96	€ -
Cycling Ulster Executive Expenses	£ 1,027.67	€ 42.50
Cycling Ulster Leisure Commission	£ 1,203.87	€ -
Cycling Ulster Off Road Commission	£ 377.00	€ 33.00
Cycling Ulster Road Commission	£ 21,536.31	€ 9,476.25
Cycling Ulster Track Commission	£ 9,700.18	€ -
Cycling Ulster Women's Commission	£ 1,476.75	€ 2,028.00
Electronic banking Fees	£ 40.00	€ -
Professional Body Expenses	£ 189.00	€ -
Total Expenditure	£ 55,614.63	€ 13,196.90
Total Consolidated Expenditure in GBP	£ 66,817.48	

Cash in Cycling Ulster Bank Account	STG	Euro
Closing Cash Balance at 31st August 2025	£ 101,199.44	€ 57,569.55
Avg Exchange Rate from Euro to Stg in 2025 = 0.8489 GBP	£ 48,870.79	
Total Closing Balance at 31st August 2025	£ 150,070.23	

Consolidated Cash Flow in Accounting Period in GBP

**£
(15,969.13)**

Notes:

1. Accounting period does not include 3rd CI Capitation payment due of ca. £21,000
2. Asset Expenditure includes car purchase payment of £7500
3. Road Commission Euro Income includes €2050 of prize money to be dispersed

On behalf of the Cycling Ulster Executive, we certify that these accounts represent a true and accurate reflection of the financial affairs of Cycling Ulster for the period 1st January 2025 to 31st August 2025. These accounts will be presented to the members of Cycling Ulster at the Annual General Meeting to be held on 18th September 2025.

Signed by members of the Cycling Ulster Finance Committee on behalf of the Executive:

Chairperson - Paul Sanders

Treasurer - Martin Montague

Assistant Treasurer - Cathir Doyle

Finance Officer - Pamela Ward

Dated: 15th September 2025



Cycling Ulster Consolidated Balance Sheet 1st January 2024 to 31st December 2024

Cash in Cycling Ulster Bank Account	STG	Euro
Opening Cash Balance at 1st January 2024	£ 98,974.62	€ 82,990.04
Avg Exchange Rate from Euro to Stg in 2024 = 0.8512 GBP	£ 70,641.12	
Total Opening Balance 1st January 2024	£ 169,615.74	

Income	STG	Euro
CU Awards Night	£ 3,365.82	€ -
Cycling Ulster Off Road Commission	£ 95.68	€ -
Cycling Ulster Road Commission	£ 1,296.54	€ 220.00
Cycling Ulster Track Commission	£ 1,548.00	€ -
Cycling Ulster Womens Commission	£ 5,962.10	€ 200.00
Levy & Capitation Support from Cycling Ireland	£ 60,209.13	€ -
School games	£ 1,203.39	€ -
Sponsorship	£ 5,000.00	€ -
Ulster Road Race Championships	£ 2,205.00	€ -
Total Income	£ 80,885.66	€ 420.00
Total Consolidated income in GBP	£ 81,243.16	

Expenditure	STG	Euro
Asset Expense inc. Car Purchase	£ 8,795.65	€ 208.91
Audit Fee to CI Auditors	£ -	€ 21.50
Bank Account Maintenance Fees to Bank of Ireland	£ 174.35	€ 64.80
CU Awards Night	£ 3,946.00	€ -
CU General Budget	£ 924.14	€ 191.76
CU Kit	£ 2,004.98	€ -
CU Leisure Clothing	£ 614.10	€ -
Cycling Ulster AGM	£ 323.00	€ -
Cycling Ulster BMX Commission	£ 504.33	€ -
Cycling Ulster Executive Expenses	£ 1,969.97	€ -
Cycling Ulster Leisure Commission	£ 3,089.48	€ 298.00
Cycling Ulster Off Road Commission	£ 3,788.20	€ 120.00
Cycling Ulster Road Commission	£ 22,124.78	€ 9,451.40
Cycling Ulster Track Commission	£ 9,158.61	€ -
Cycling Ulster Womens Commission	£ 7,194.90	€ 4,456.32
Electronic banking Fees	£ 156.17	€ -
Event Management Costs	£ 3,553.56	€ -
Marketing & Publicity	£ 687.58	€ -
Technical Budget	£ 800.00	€ -
Ulster Road Race Championship	£ 2,342.65	€ -
Total Expenditure	£ 72,152.45	€ 14,812.69
Total Consolidated Expenditure in GBP	£ 84,761.01	

Cash in Cycling Ulster Bank Account	STG	Euro
Closing Cash Balance at 31st December 2024	£ 107,807.83	€ 68,597.35
Avg Exchange Rate from Euro to Stg in 2024 = 0.8512 GBP	£ 58,390.06	
Total Closing Balance at 31st December 2024	£ 166,197.89	
Consolidated Cash Flow in Accounting Period in GBP	£ (3,517.85)	

4. To Receive Reports

Chairperson Report

I am addressing you today at the end of my term as Interim Chairperson of Cycling Ulster. I came into post in March of this year, and the subsequent months have been both rewarding and challenging in equal measure. The rewards have been very plain to see, and I will speak of them later. The challenges have been not so visible but nonetheless demanding and time consuming. Suffice to say that not everyone likes change, however change is inevitable, and we as a volunteer led organisation must change and evolve to reflect the changing landscape of cycling.

One of the standout moments of the season must be the results achieved in the Ras Tailteann. These did not happen by accident, but by hard work and commitment from everyone on the road commission and the implementation of our development plan over the last few seasons. I particularly commend Frank Campbell on his vision in forming the development pathway model and his attention to detail in its outcomes. Our staff members Gary Mc Keegan and Stuart Balfour have been instrumental in the finessing and delivery of the plan along with the members of the road commission.

Our Women's commission unveiled their "New to TT League" this year and what a breath of fresh air it was. The aim was very simple (as are most of the best ideas), introduce women to Time Trialling. They joined forces with our clubs and organised a league over various TT events during the summer. This innovative thinking and engaging with other commissions and clubs shows how we can grow our sport by working together for the greater good of cycling in Ulster. We will also see the intro to Cyclocross this autumn and we hope this to will be a successful venture.

The reports from our other commissions are contained in the booklet and I would recommend to everyone to read them to see how our other disciplines and commissions have progressed during the year.

This year saw a change in the road racing gradings as well as in the categorising of events. As with all changes, some are in favour others not, and some remain on the fence. My own opinion is that each corner of the triangle, riders, event promoters and CU/CI have their own parts to play in the success of any system going forward. The platform used to create and approve events needs to be more user friendly for our volunteers, and a more proactive approach to approval of events will remove many queries that cause unnecessary stress. Riders have their part to play in entering events as early as possible to allow event promoters plan accordingly. We have seen a number of events cancelled this year due to low numbers. I would implore our clubs to engage with CU and the incoming executive when they are planning their events. I would also recommend to the incoming executive to run a series of webinars on running events focusing on planning, costs and business models, and running of events on the day.

Earlier this month our Vice Chair Tommy Mc Cague and I met with the PSNI and relevant Department officials to discuss the Moto Marshal programme. Following the success of the Accredited Marshal this is the next logical step to ensure safer events. This was the first in a series of meetings and will require a change in legislation to accommodate this innovative development. It will also need some political support and further debate. I would recommend to the incoming committee to form a sub committee including all stakeholders and key personnel.

Our Ulster Road Race Championships, hosted by Dunloy CC, was a great success and showcased how clubs can come together to run major events and support fellow cyclists. The racing on the day was first class, and I was lucky to have a bird's eye view as a comm driver on the C1 race. I would suggest to the incoming executive that they lock down the dates for all Ulster events as early as possible and work hand in glove with clubs to host the events. We also saw the debate around gender equality in masters' categories as well as splitting the age categories into 5-year groups. This is something I would recommend the incoming committee review with all stakeholders, being cognisant of all factors. I thank the clubs who assisted in hosting all Ulster Championships this year.

There are several other initiatives to be taken forward following discussions this year, and I will be liaising with the incoming chair and committee during our handover to advise of these initiatives and the thinking behind them.

I wish to pay tribute to Martin Montague, who is stepping down as the Commissaire Co-ordinator. Martin has raised the bar in terms of the role. The new Co Ordinator will be Phil Dickenson, and I am confident he will make his mark in his own professional manner too. I wish both every success.

Along with myself, both Stephen Connolly and Tommy Mc Cague are stepping down from the executive this year. Stephen has gone about his role with quiet confidence and dedication, and I thank him for his inputs over the past number of years.

Tommy came back in to assist as Vice Chair this year and I am eternally in his debt personally for all his counsel and help over the years. I thank Tommy on behalf of everyone involved in cycling in Ulster for his dedication, commitment and work ethic in leading Cycling Ulster for the past 9 years.

I wish the continuing members of the executive, along with the new chair and members every success in the future. I also wish to thank Gary, Gemma & Stuart who collectively and individually contribute so much to the success of Cycling Ulster through their work and energy. I wish Stuart well as he moves to a new role within Cycling Ireland. I would also like to thank James Quilligan CEO of Cycling Ireland for his support and guidance over the past few months. Thanks to both Paul Watson and Donal Gillespie for always being available to assist with a variety of issues. To all the staff of Cycling Ireland for their support of our volunteers in clubs, commissions and the executive I express my gratitude on behalf of Cycling Ulster members.

Paul Sanders.

Off-road report 2025

The following report is for the activities of the Cycling Ulster Off-road Commission (CUORC) and off-road racing from the period of October 2024 to September 2025. The commission members are elected at their annual AGM. Details can be found on the commission's website www.offroadcyclingulster.com. The commission is currently without a chair.

Starting from October 2024 the Ulster cyclo-cross series had 4 rounds, but the first was cancelled due to a storm. A round of the National Cyclo-cross series took place at Falls Park hosted by VC Glendale. The Ulster cyclo-cross championships was hosted by Foyle Cycling Club in December 2024.

The commission were present at all events to provide timing, administration support and promotion. Starting 2025 we were again seeing no enduro or downhill events taking place in Ulster due to the lack of venues and clubs willing to run host.

To try to tackle this issue the commission held a Cycling Ulster Events Working Group online session on Tuesday 15 April 2025.

There were cross-country events with a round of the NPS at Dunmore Mountain hosted by Banbridge Cycling Club in June which was well attended. The Ulster Cross-country Mountain Championships was held in August at Todds Leap, hosted by Team Caldwell Cycles. The championships hadn't been run since 2022 so this was a welcome return.

The commission supported both events and has helped to cover the costs for the Ulster championships. Ulster provided three teams for the Inter-provincial Youth MTB Competition which took place on the first Sunday in September at the McCrystal Cyclo-cross track in County Louth.

The commission hosted three coaching days to prepare the riders for the skills section for this competition with 13 riders at the final session.

The commission held a Q&A online session for women new to cyclo-cross on 26 August 2025. This is being followed up with some a training evening on Tuesday 16 September. Later in September the commission is hosting the Cycling Ulster Youth MTB Ready to Race event at Davagh forest. This is aimed at youth in the Under 10, Under 12, Under 14 and Under 16 age groups. A mix of coaching and timed runs.

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

Road Commission Report 2025

The Cycling Ulster Road Commission enjoyed a particularly successful season in 2025, maintaining a strong focus on rider development and high-level racing opportunities.

Development & Training

Our commitment to development was reflected in three well-attended training days, hosted in Newry, Cushendall, and the Sperrins. These sessions proved invaluable, giving riders the chance to socialise, practise race craft, work with a follow vehicle, and bank quality training miles.

Youth Racing

The youth calendar was structured to maximise experience and progression:

- Youth Tour of Scotland – Eight Ulster riders took part in this prestigious and highly competitive event, delivering impressive results and gaining vital experience.
- Foyle Youth Three Day – A cornerstone of the youth season, this race again drew strong fields across all categories, highlighting the bright future of cycling across the island.
- North West Youth Tour – Another standout event with excellent performances from all riders, capped by Emer Heverin's victory in the U16 girls' race.

Adding to this success, three Ulster alumni – Aoife Craig, Caleb McGreevy, and Emer Heverin – were selected for Team Ireland at the European Youth Olympic Festival, a fantastic achievement and proof of the pathway Cycling Ulster is building.

Junior Racing

Our junior programme began with Rás Mumhan, where riders gained valuable experience in a strong international field. This was carried into the Junior Tour of Ireland, where Ulster was represented by a six-man team alongside three riders in the Irish squad. Despite losing three riders to crashes, the squad delivered strong performances, highlighted by alumni Toby Sweetman's stage win.

U23 & Senior Racing

The Rás Tailteann showcased our developmental philosophy, with four U23 riders supported by two experienced seniors, while two Ulster alumni competed with the Irish squad. The results exceeded expectations:


- Odhran Doogan:
- 3rd Overall
- 2 days in Yellow
- 1st County Rider Classification
- 1st Points Classification
- 2nd U23 Classification
- Multiple top-10 stage finishes
- Jamie Meehan: 2nd Overall GC
- Team: 3rd in County Teams Classification

On the women's side, Aine Doherty, Aliyah Rafferty, Erin Creighton, Elena Wallace, and Jemma Speers rode for the Irish and Cycling Ireland woman's commission teams at Rás na mBan, delivering aggressive, race-animating performances.

Alumni Success on the International Stage

Cycling Ulster alumni continued to shine globally in 2025:

- Adam Rafferty & Seth Dunwoody – Stage wins at the Giro Next Gen
- Darren Rafferty – Debut at the Giro d'Italia
- Conor Murphy – New Irish time trial record
- National Champions – Titles for Aliyah Rafferty, Conor Murphy, Dean Harvey, Aine Doherty, and Jamie Meehan
- World Tour Breakthrough – Jamie Meehan earned a contract with Cofidis after an impressive stagiaire period
- Strong Irish team and podium appearances at races such as the Tour de l'Avenir, Tour of Romania, Prix de Aubange, Tour de l'Ain, GP Ceratizit, and many more.

 Cycling Ulster's 2025 season demonstrated the strength of our development pathway – from youth riders taking their first international steps, to alumni achieving success at the very highest levels of the sport.

Looking to the winter of 25 and 26 season, we would encourage anyone with an interest in helping with road development to contact a member of the road commission or executive as we plan to further develop riders on the road across women and girls, youth, junior, u23 and senior riders.

Cycling Ulster Leisure Commission 2025

2025 is the third full year the leisure commission has been in operation. Our [terms of reference](#) sets out our aims and objectives.

We said goodbye to Lisa-Jane McIlveen who stood down from the commission as secretary this month. We'd like to thank Lisa-Jane for her commitment and enthusiasm whilst in post.

We had another busy year. Below is a snapshot of the hard work of our volunteer members.

Leisure Series

2024

A big thank you to our four host clubs Armagh Down CC, Emyvale CC, Killinchy CC and Omagh Wheelers. Congratulations to the winners of our 2024 leader boards. We presented £50 vouchers for [Caldwell Cycles](#) to our joint Queens of the Year, Joan Potts and Deirdre Kelly from Omagh Wheelers and £100 voucher to our King of the Year, Adrian Kelly from Termon Wheelers. Omagh Wheelers were presented with Club of the Year. Well done to all our prize winners.

2025

The commission organised the third Cycling Ulster Leisure Series that comprises of four events across the region. A special thanks go to Donegal Bay CC, Infinity CC, Foyle CC and Ards CC for being part of this year's series. We will find out who our King, Queen and Club of the Year will be at the awards ceremony early next year.

2026

Plans are already in place for the fourth leisure series with events hosted by Glendale CC, Strabane Lifford CC and Shimna Wheelers. Keep an eye out on our socials for more updates.

Skills sessions

We funded two skills sessions hosted by Emyvale CC and DB CC. Sincere thanks to both clubs for gathering members to take part in this training. The sessions were aimed at improving individual's bike handling skills and techniques whilst making riders more confident and capable in both a group and solo setting.

Bike registration events

Bike theft continues to remain at high levels, especially in city centres, and we have been working to increase members awareness of the [bike register](#) that aims to reunite stolen bikes with their owners. This year, along side promoting organised sessions we asked the clubs participating in the Cycling Ulster Leisure Series to organise a bike marking event at their sportive in order to reach as many riders as possible. We would be happy to organise more sessions in the future, especially at sportives. If this is something that interests your club please reach out and we will do our best to help organise a session.

Shop Partnership

Did you know we have 22 businesses who offer [10% off to Ulster members](#)? These include Bannside Cycles Spares, Caldwell Cycles, Downey Cycles, Hicklands Cycles, Roe Valley Cycles, Slane 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, Mike's Bikes, McCabe Cycles, Fustle, The Bike General, Velo paint works, Victory Chimp, The Bike Emporium, Balloo Hire Centre. Why not ask your local cycle shop if they'd like to join and put them in touch with us.

Useful guides and documents

[A Guide for Solo Cyclists](#)

[Guide for new cyclists](#)

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

Joanna Gray (chair), David Knox (secretary), Rebecca Fitzgerald (comms), PC Convery, John Corrigan and Gary Lyons.

Cycling Ulster Track Commission report 2024

2025 saw us utilise the services of the Ulster Youth Development Officer Stuart Balfour, who was present for most of our Track sessions. It was also pleasing to see two former youth and junior international competitors show interest in assisting with coaching these sessions, and hopefully this can be formalised in 2026 for them to work alongside our experienced volunteer coaches.

As usual it was the Youth category which made up the majority of our attendees, despite sessions being open to any, and all age groups.

Unpredictable weather was again a limiting factor in our activities; however, we still fielded good representation in the Youth national competitions and saw some of our Junior riders progress on to national high-performance squads.

As 2025 is a Youth UK Inter-Regional year (as opposed to School Games) we again prepared a squad for this event which takes place this weekend (20th-21st) in Glasgow. In a reversal of tradition, it was the male category which we have been unable to field a team however we have a strong quartet of girls and wish them all the best for the weekend.

The recent announcement confirming that the indoor velodrome in Dublin is to go ahead will hopefully lead to increased attendance at provincial velodromes as feeder facilities for the national Track which should be operational within 2 years; and looking ahead, we are planning a comprehensive programme for 2026 with planning already underway for next year.



Anthony Mitchell.

Track Commission Secretary. September 2025.

Cycling Ulster Women's Commission

Annual Report 2024/2025

The Cycling Ulster Women's Commission continues to work towards our core aim of encouraging more women into cycling and supporting their development across all disciplines, whether socially or competitively. Over the past year, we have built on previous successes by delivering a varied calendar of events, workshops, and initiatives that have engaged women of all ages and abilities.

We began the year in January with our Winter Wellness event at Tollymore National Outdoor Centre, attended by 43 women. Participants enjoyed mountain bike and gravel rides led by experienced ride leaders before returning to the centre for a hot lunch, followed by yoga and meditation sessions. Alongside this, we launched our twice-weekly Zwift "Spin to Spring" online sessions, offering both structured workouts and relaxed recovery spins. To further support skill development, we also ran She Shreds – Next Level, a series of three coached natural trail riding sessions with Beefy Mullen, which proved very popular with women keen to progress their mountain biking skills.

In February, we moved our focus to education and wellbeing with an online webinar, "The Midlife Woman", hosted by Irene Clarke. This was followed in March, during Women in Sport Week, by a Menopause Workshop, which provided valuable information and encouraged open discussion on a topic that affects many women in sport.

One of our proudest achievements this year was the launch of the New to TT Women's League, which ran from April through to August. This initiative was designed to encourage women who had never tried time trialling before to take part in a supportive environment. We are very grateful to the clubs who stepped forward to host the rounds: Ards CC, Phoenix CC, Carn Wheelers, Banbridge CC, Donegal Bay CC, Island Wheelers, and Ballymena Road Club. The final round, hosted by Ballymena, incorporated the Ulster 10-Mile TT Championships. Across the league, we welcomed 16 women who had never previously competed in a time trial, several of whom have since upgraded to a competition licence, an encouraging sign of the league's impact.

June was another busy month. On the 7th, we held our "Wee Day Out" in Ballycastle, which brought together 30 women for a day of cycling and socialising. Participants enjoyed scenic road spins around the Antrim Glens as well as mountain biking in Ballycastle Forest, before finishing with a BBQ and yoga session. Later that month, on 21st June, 24 women represented the Commission at the Mondello 24-Hour Cycle, an event we returned to for the second consecutive year. Once again, our teams excelled, with each of the Women's Commission entries in the 8-women category finishing on the podium, taking home 1st, 2nd, and 3rd place trophies.

Looking to the autumn, we launched our Women's Intro to Cyclo-Cross League. This began with a training evening in Craigavon, where participants were introduced to essential cyclo-cross skills, including starts, dismounts, and cornering, while also building confidence in the discipline. The league itself runs from early October to late November, offering women a welcoming introduction to a sport that continues to grow in popularity. Thanks to Martin Grimley for his support.

We were disappointed to miss the 2025 edition of Big Day Out due to the current closure and review of Tollymore National Outdoor Centre. We hope the review finds that the centre is invaluable to the outdoors community and without the re-opening, there is a threat to future Women's Commission activities.

Reflecting on the past year, we are proud of the breadth of activity we have delivered and the strong levels of participation across all events. From women trying a time trial for the first time, to teams competing successfully at endurance events, to those simply enjoying a supportive day out on the bike, our programmes have created inclusive and positive experiences. None of this would have been possible without the dedication of our volunteers, the support of host clubs, and the enthusiasm of the women who joined us throughout the year. We would also like to extend our sincere thanks to Cycling Ulster staff, Gemma McNamara and Gary McKeegan, whose input and effort have been invaluable throughout the year.

As we look ahead, the Commission is committed to building on this momentum. Our priorities include developing further pathways for newcomers, expanding our event calendar to provide opportunities across all cycling disciplines, and supporting more women to progress into competitive and leadership roles. We are always looking for fresh ideas and for women who are keen to help drive initiatives forward. We encourage anyone who would like to get involved to contact us and join the 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 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 70 Access NI checks have been carried out in 2025. All information regarding Safeguarding and Access NI checks is available on the Cycling Ulster website. [Safeguarding & AccessNI - Cycling Ulster](#) **Gemma McNamara, AccessNI Administrator**

Ulster Regional Development & Youth Officer report

Introduction

The 2024–25 period has been a year of steady progress for Cycling Ulster, with renewed growth in youth membership (up by around 7%), wider participation initiatives, and strong international performances. Strategic priorities centred on grassroots development, off-road hubs, structured road and track development, and governance reform. New BMX facility due to North Down in 2026.

Participation & Grassroots Development

- Balance bike and pedal bike sessions delivered in Lisburn, Carryduff, and Belfast mid-term, supported by Belfast City Council.
- Seasonal summer and Halloween camps attracted large participation, serving as entry points into clubs.
- Youth Cyclo-cross Series launched in Summer 25 and plans for 2026 are under way, giving beginner riders racing and coaching opportunities in safe environments.
- Partnerships with Outdoor Partnership, Monaghan, Donegal, Fermanagh & Omagh, Mid Ulster, Belfast City and Causeway Coast & Glens councils expanded delivery across the province.

Off-Road Development

- MTB sessions delivered every six weeks with over 80 children participating across three sessions, supported by volunteer coaches.
- Spring camp planned in Mid Ulster (Davagh & Blessingbourne) during mid-term, including youth and female-led sessions.
- Davagh Forest developed as a youth cycling hub; pilot youth MTB timed event this weekend.
- Pilot trail maintenance course launched in March 2025 with Mid Ulster Council and Outdoor Partnership and trail repairs made in most NI council areas. Plans to roll this out further.
- Ongoing advocacy with MLAs and government departments on MTB and gravel trail access; discussions on Maze/LK site, Mid Ulster and/or Belfast as a potential multisport facilities/ cycling centres.
- We have very positive meetings with NI Forestry regarding access to the forest. In 2026 we plan to secure a license for competitive MTB events across a number of sites.

Track Development

- Weekly sessions at Orangefield continued where weather allowed.
- Two successful Glasgow camps in December 2024 (for juniors and beginners), yielding new track accreditations and strong progress.
- Parent feedback highlighted the value of structured feedback and online updates.
- International exposure included representation at the European Youth Olympic Festival (Caleb McGreevy, Aoife Craig, Emer Heverin).
- U18 riders delivered strong results at Rás Mumhan and Junior Tour of Ireland (stage win for Toby Sweetman).

Road Development

- Road Working Group issued updated guidance on race classifications and formats (April 2025).
- Circuit-based youth sessions at Kirkistown showed the concept works but location difficult on a weeknight. In 2026 plans to increase these to improve bunch riding, race craft, and technical skills in safe environments.
- Youth Tour of Scotland podium finish and overall U16 Girls victory at the Northwest Youth Tour (Emer Heverin).
- Strong performances at national level reinforced the pathway for Ulster riders.

BMX Development

- BMX development programme planned rolled out province-wide on a monthly/six-week cycle starting in October 25.
- Focused on four skill/competence groups, with advanced riders preparing for national and UK-level competition.
- Aim is to build a sustainable, coach-led structure similar to the track programme.
- Members have been successful in securing the building of a BMX race track, learn to ride and pump tracks in Bangor Co. Down which will see over £1 million investment in these facilities. Work is due to be completed in 2026. Massive thanks to all involved in getting this over the line.

Governance & Clubs

- AGM held in November 2024 with full reports and executive updates.
- Around 40 clubs engaged for support, with key themes around membership growth, volunteer recruitment, and youth development.
- Belfast City Council considering £500k investment into cycling facilities, Henry Jones.
- Preparations for Commonwealth Games Glasgow 2026 underway; EOIs gathered for track riders and para categories.

- Community Games 2025 county finals scheduled pre-Easter, with national finals on 25 May in Leinster.
- The number of clubs running events increased in 2025 in particular social / leisure events and a growth in Off road, gravel events seem to be attracting larger numbers of both CI members and non-members. This is an area we are working with a number of clubs on to develop.
- Adult membership has declined but the rate of decline has slowed and both at an Ulster and national level we are working to build that membership back up by supporting clubs to improve processes and host new member schemes and make contact with lapsed members through a variety of events.

Capacity Building & Courses

- Safeguarding: 3 online safeguarding workshops delivered between January and April 2025.
- First Aid: Two REC Level 2 cycling-specific courses hosted in February (Women on Wheels) and April (general CU members).
- Bike Skills: Course delivered in Belfast (January 2025) for club coaches from Apollo, Foyle, and Glendale.
- Balance Bike: Pilot course hosted by Omagh Wheelers (February 2025).

Recognition & Support

- Cycling Ulster Awards Night hosted April 2025.
- Mary Peters Trust awarded £3000 in grants (April 2025) to four Ulster athletes (1 female, 3 male) to support kit, travel, and training costs.

Conclusion

The 2024–25 period has been marked by progress across multiple fronts: stronger grassroots participation, consistent off-road and BMX development, structured pathways in road and track, and meaningful club support. Ulster riders delivered success both nationally and internationally, underpinned by capacity-building in safeguarding, first aid, and coaching. With governance reforms, advocacy for trail access, and preparations for the Commonwealth Games, Cycling Ulster is well-positioned to continue building momentum into the winter and 2026.

If anyone has an idea or a question, please contact us via email gary.mckeegan@cyclingireland.ie or call +447751863332

Admin and Community Bike Ride Report (2025)

2025 has been another strong year for Community Bike Rides, with over 1,000 group rides organised by 70 ride leaders, helping more than 3,000 participants enjoy safe and social cycling. Ulster continues to be one of the most active regions, with new ride leaders stepping forward and clubs showing interest in offering Community Bike Rides as part of their pathway to membership.

A major highlight this year was piloting *Park Pedal* in Musgrave Park, Belfast. A family-friendly, traffic-free initiative designed to introduce more people to cycling. After seeing the success of the pilot, Ards and North Down Cycle Campaign and Ards and North Down Council adopted the model, and it has since become a regular monthly fixture in the area. The programme has strong potential to be replicated in other parts of Ulster.

Alongside programme delivery, I have worked closely with Ulster clubs to promote events, capture the excitement of racing and leisure cycling, and share stories that highlight the best of our cycling community. Clubs regularly feedback how valuable it is to have their events highlighted and celebrated on Cycling Ulster platforms. Social media channels have continued to grow in both reach and engagement, giving clubs and commissions a stronger platform to showcase their achievements and raise their profile.

In addition to programme and communications work, I have also supported the smooth running of Ulster activities by administering the Accredited Marshal Scheme and processing AccessNI checks for volunteers.

Looking ahead to 2026, we will continue to train and support new ride leaders, expand Park Pedal into more communities, and strengthen the links between Community Bike Rides, clubs, and Cycling Ulster activities.

Please contact gemma.mcnamara@cyclingireland.ie to discuss how I can help you advertise your events, raise your club profile, or get involved with Community Bike Rides.

- 5. To consider and propose alterations to the rules and /or constitution**
- 6. To consider any previously submitted motions**
- 7. To elect Officers to the Executive as follows**
 - Chairperson**
 - Secretary**
 - Executive Officer x 1**