

Liquid Motion

AGM 2023



AGENDA

REVIEW OF 2023

PLANS FOR 2024

TREASURERS REPORT

COMMITTEE FOR 2024

ANY OTHER BUSINESS



2023 REVIEW

67 MEMBERS - UP 50 PERCENT ON 2022

AFFILIATION FOR 2024 IS PENDING

MEMBERSHIP FOR 2024 WILL BE OPEN SOON

LIKELY TO NEED FULL RACE LICENCE TO TAKE PART IN CLUB DUATHLONS,
AQUATHONS, TRY A TRI



2023 REVIEW



DUATHLONS

3 DUATHLONS, 29th DECEMBER , 6th FEB AND 17th MARCH

There was 20 plus in February and March and there were a few new Faces in March with the Try a Tri being the next event.



2023 Review - ST PATRICKS DAY



CLUB TOOK PART IN THE PARADE FOR THE FIRST TIME -
HAD A GREAT TIME AND WON A PRIZE
INCREASES AWARENESS OF THE CLUB -
WILL LOOK TO DO IT AGAIN IN 2024



2023 REVIEW - CLUB TRY A TRI



VERY SUCCESSFUL - SOLD OUT

A NUMBER OF NEW AND RETURNING MEMBERS

35 COMPETITORS ON THE DAY -

INCLUDING FIRST TIMERS AND THOSE RETURNING TO TRIATHLON

VERY WELL ORGANISED BY ELIZABETH ,ANTOINETTE, ALMA, FIONA

WOULD HOPE TO COME BACK FOR 2024

BUT WILL HAVE TO CHAT TO T.I. ABOUT HOW TO ORGANISE -



2023 REVIEW - TRAINING



TRACK TUESDAY - TUESDAYS AT 5 AT THE RUNNING TRACK

ZWIFT SESSIONS - WEDNESDAYS AT 7.30 -

SEE WHATSAPP GROUP - WEBSITE

BIKE SESSIONS - WITH BALLINA C.C., 3 GROUPS - SUNDAYS @ 9 AM

SWIMMING - TUES AND THURS @ 9 WITH TOMAS -

MORNINGS WITH STEPHEN

ENNISCRONE AND CROSSMOLINA SWIMMING GROUPS

IN THE SPRING / SUMMER



2023 REVIEW - RACES



WE HAD GROUPS AT SEVERAL RACES THROUGHOUT THE YEAR INCLUDING

WESTPORT - LOUGH KEY

LOUGHREA - MULLAGHMORE

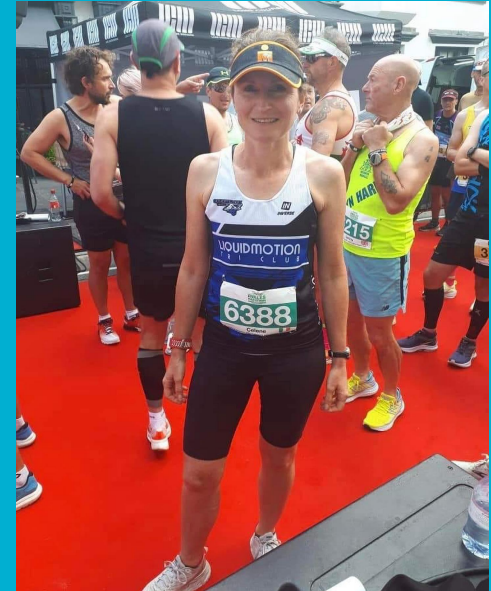
CASTLEREA - BLACKSOD

IM CORK 70.3 AND FULL



2023 REVIEW – MEMBER ACHIEVEMENTS

DAVID CREAN AT I.M. WORLD CHAMPS IN NICE
CELINE SANDS AT I.M. WORLD CHAMPS IN KONA
NUMEROUS MEMBERS AT I.M CORK 70.3 AND FULL
MEMBERS AT DUBLIN MARATHON
COLIN DOCKERY AT ULTRA TRAIL SNOWDONIA
BARRY LOFTUS AT MARATHON DES SABLES
PODIUMS FOR LM MEMBERS AT SEVERAL RACES THROUGHOUT THE YEAR



2023 REVIEW - CLUB NIGHTS



NUTRITION PRESENTATION WITH DR AILIS BROSANAN

S AND C NIGHT IN QUAY FITNESS WITH PAUL GINTY

CLUB HOODIES ORDERED - CLUB CONTRIBUTED €10 PER HOODIE

OPEN TO IDEAS FOR 2024

2023 REVIEW - SALMON RUN 23



GREAT SUCCESS, GREAT FEED BACK FROM ALL INVOLVED

170 ENTRIES -

A NUMBER OF OUR OWN MEMBERS ON THE PODIUM

THANKS TO THE ENTIRE RACE TEAM, PARTICULARLY ALBERT FOR COMING ON AS RACE DIRECTOR.

THANKS TO TELUS FOR SPONSORSHIP, USE OF THEIR OFFICE, AND INTEREST IN THE RACE AND IN HELPING OUT WITH IT



2024 PLANS - SALMON RUN 24



KEITH O BRIEN - RACE DIRECTOR FOR 2024

TELUS ARE CONFIRMED AS MAIN SPONSORS FOR 2024

2024 - FESTIVAL WEEK DOESNT SUIT FOR TIDES

POTENTIAL FOR THE WEEK AFTER

27TH - 10.30 28TH 11.20

10TH AUGUST - 9.30 - 11TH 10.20

LATE JUNE IS NO GOOD

SALMON RUN 24



CLUB IS 20 YEARS OLD IN 2024 -

PUSH THE BOAT OUT ON THIS ONE -

GOODY BAG - T SHIRTS -ETC - PRIZE MONEY

WE NEED DIFFERENT LEAD MARSHALLS - TRANSITION - SWIM - BIKE -
RUN

WE NEED TO GET ON TO SMALLER SPONSORS WITHIN THE CLUB -
MEDALS - TROPHIES - BARRIERS - RACE IS JUST COVERING ITSELF

PLANS FOR 2024



CHRISTMAS PARTY 2023 - LOFT - 15TH DEC 8PM

DUATHLONS FOR 2024 - TEAM TO ORGANISE - DUATHLONS AND AQUATHONS WILL MOST LIKELY REQUIRE A FULL LICENCE - IF THAT IS THE CASE - IT WOULD MAKE SENSE TO DO THEM AS SANCTIONED EVENTS AND ALLOW LOCAL CLUBS TO ENTER - BUT WITH A LIMIT ON TOTAL NUMBERS

CHRISTMAS DUATHLON - DATE

TRAINING CONTINUES- ZWIFT WILL BE COMING BACK SOON

AQUATHONS - EARLIER IN YEAR - JULY - AUGUST ,



PLANS 2024



TRY A TRI - DEFINITELY WORTH EXPLORING DOING IT AGAIN,

WILL NEED A TEAM TO ORGANISE

WEEKEND AWAY. A GOOD GROUP RACED- ONLY A FEW STAYED OVER -

OLYMPIC RACE TOO LONG, LATE IN THE SEASON, WEATHER -

LOOK INTO A SPRINT RACE IN THE SUMMER AND COMMIT TO IT EARLY

CHANGE GEAR SUPPLIER - APEX CLOTHING - NO MINIMUM ORDERS - ONLINE SHOP -

LESS HASSLE FOR THE CLUB -

PLANS 2024



OLIVER HARKING - COACHING DAY - SWIM ANALYSIS - BIKE FIT - TURBO SESSIONS - RUN COACHING - ANALYSIS - TRAINING ZONES ETC

SOUTH OF FRANCE TRAINING WEEKEND - SEANIE - OLYMPIC POOL - LOADS OF TRAILS - CHEAP FLIGHTS - PICK UP FROM AIRPORT - ALL MEALS -

TRI-LEADER TRAINING - TRIATHLON IRELAND JAN 7TH

OPEN TO ANY OTHER IDEAS -

TREASURERS REPORT



COMMITTEE 2024

CHAIRPERSON

SECRETARY... KEITH O BRIEN

TREASURER ... FIONA KELLY

PRO ... ELIZABETH QUINN

LADIES OFFICER .. ALMA LOFTUS AND ANTOINETTE HARGADON

COLIN IS STEPPING DOWN FROM HIS POSITION AS TREASURER, HE HAS BEEN ON THE COMMITTEE FOR A NUMBER OF YEARS NOW AND WE WOULD LIKE TO THANK HIM FOR ALL THAT HE HAS DONE OVER THE YEARS



ANY OTHER BUSINESS

