



Cycle Seahaven

17th ANNUAL GENERAL MEETING

Wednesday 20th May 2026 – Commencing 7.30pm – Seaford Baptist Church

Members attending – the meeting commenced at 7.30pm

Denis Bass, Sharon Bass, Roger Case, Yvonne Knight, Dave Geering, Clive Aberdour, Tony Rowswell, Mary Rowswell, Kate Carver, Ricki Carver, Dorinda Dodd, Steve Westwood, Kevin Kingston, Rachel Baker, Terri Crombi, Michelle Baldwin, Sarah Winser, Sharon Chladek, Carol Bryant, Cathy Allen, Kim Green, Steve Green, Paul Norris, Ian Cairns, John Burnell, Tom Race, Tina Chamsler.

The meeting was quorate.

The Business of the meeting was contained in a PowerPoint presentation with club photos inbetween. Should anyone wish for copy of the presentation please contact the club Secretary.

1. Chairman's welcome

The Chairman welcomed everyone to the club's 17th AGM and explained that the AGM is simply to go through the business of the club to ensure that we are conforming to our rules, update members on the work of the club and use the opportunity to meet up with each other in an enjoyable environment.

2. Apologies for absence

Roger White, Nigel Harwood, Sally Hardy, Ron Craig, Mike Godwin, Dave Wilton, Jane Wilton, Roger Lambert, Bill Wates, Rod Lambert, David Fraser, David Tyler, Gill Peissel.

3. Approval of AGM Minutes for May 2025

Approval of the minutes from the 2025 AGM was proposed by Tony Rowswell, seconded by Sharon Bass and approved by a show of hands from the floor.

4. Chairman's report

The Chairman delivered the following report;

2025 has been a year of consolidation for us, during the year we saw some changes to the committee, however we have risen to the challenge and progressed with a smaller core committee. Today we are managing our club with a committee of four, subject to a vote later we have me continuing as Chairman, Roger Case as club secretary and Yvonne as treasurer along with Terri Crombie co-opted as our Membership secretary. But more importantly with a group of seven subcommittee members who each do a superb job assisting us to manage the club, without their commitment and professionalism we wouldn't be able to operate to the level we do today, and so, in no particular order these are our team.

Gill Peissel – Club administrator and Cycling UK liaison

Clive Aberdour – Website Coordinator and Newsletter editor

Dave Geering – Dr Bike Lead and Merchandise coordinator

Sally Hardy – external contact with Seaford Scene & Peacehaven Directory

Sarah Winser – Well Being Team Lead

Mike Godwin – RL Meeting coordinator and First Aid kit coordinator

Ian Cairns – Local Liaison officer.

In recognition of all the work that our team does please join me by giving them all a round of applause.

We are always keen to develop the Club and if anyone present at this meeting or perhaps you know someone who would like to join either the core committee or maybe our subcommittee then please let anyone of us know, if you are interested, please chat after the meeting finishes. Last October we trialed First Aid training managed by a professional from Seaford Sailing club, we offered free training to any CSH member, we are considering repeating this with a similar course.

This leads us nicely to the forthcoming year; we will continue to focus our attention on cycle rides to suit the many different groups within our club. We have many Ride leaders, but we need active ride leaders to increase the number of rides on the calendar.

Thank you everyone,

5. CSH Chosen Charity

The Chairman introduced the selection of a charity to be supported by the club for the next two years after supporting the local RNLI for the last two years. There has been a very good response this year and is as follows;

<u>Charity</u>	<u>Votes before AGM</u>	<u>Additional Votes at AGM</u>	<u>Total</u>
St Wilfrid's Hospice	0	13	13
Cycling Without Age	2	8	10
RNLI	2	1	3
East Sussex WRAS	1	5	6
Seaford Lifeguards	1	5	6
East Sussex MNDA	2	7	9
Walk, Wheel, Cycle Trust (SUSTRANS)	1	1	2
Dementia UK	1	7	8
Seaford Downs Syndrome & Special Need			
Support Groups	1	3	4

Consequently the CSH charity for 2026-2028 is **St Wilfrid's Hospice**.



6. Membership Secretary's report

Membership Secretary Terri Crombie report

Total Number of members – 246

Breakdown of memberships

Individual – 136

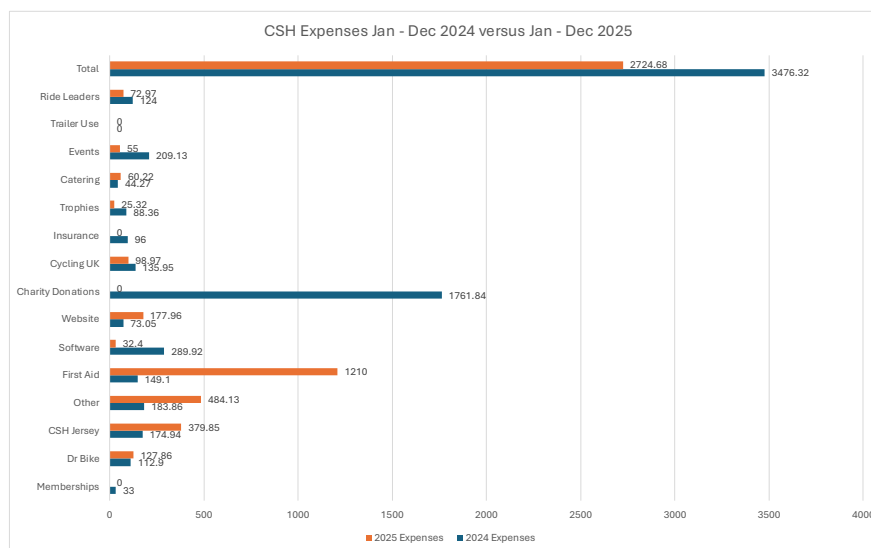
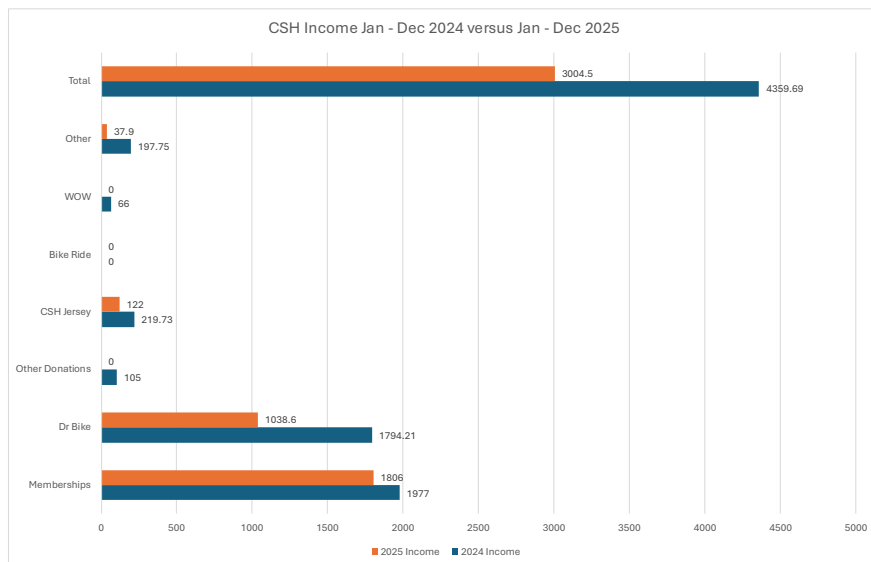
Household – 48 – 110 individuals

There were no questions from the floor.

Denis B thanked Terri for stepping into the Mem Sec role in January on a co-opted basis and has fulfilled the role very well.

7. Treasurer's report

The following Treasurers report was presented by the Yvonne Knight;



FY26 Income & Expenses YTD

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	Jan-26	Feb-26	Mar-26
Opening Bank Balance	£4,336.29	£5,207.18	£5,441.59
Memberships	£1,410.00	£124.00	£20.00
Jersey	£0.00	£70.00	£57.00
BISL Insurance		£44.66	Contra
Jersey	-£534.86		
Web Hosting			-£230.26
Bank Charges	-£4.25	-£4.25	-£4.25
BISL Insurance			-£44.66
			Contra
Closing Bank Balance	£5,207.18	£5,441.59	£5,239.42

Questions from the floor

The final reconciliation of support for the local RNLI will be in the minutes of the next committee meeting on 1st June 2026

8. Ride Leaders coordinators' reports

Roger C compiled the following ride stats;

CSH Rides 10.03.25-20.04.2026

	Posted	Cancelled	Ridden
Road	202	53	149
MTB	145	9	136
WOW	12	1	11
Total	359	63	296

Incidents reported 5

Mike Godwin's report was read by Roger C

We still need volunteers to organise the 2026 Multi Ride?

More regular weekend mtb rides need to be posted.

Excellent Gravel rides are now a regular addition to the calendar by Laurence.

The Monday format works well for E and Manual riders, two different routes but same cafe stop.

Relaxed E riders are now joining the Manual riders, only the other week we had 14 riders including 6 E bikes and 8 Manual.

Weekly fun now, reviewing cafe stop prices, a sure sign of retirees watching and looking after their pensions.

Jim House is doing a brilliant job, currently reviewing all of Tony Roswell library rides, we are now visiting areas not visited for some years, yes, stopping to see where we are, sometimes mud, all very familiar

Anyone interested in becoming a Ride Leader please discuss with RL on your next ride.

9. Dr Bike report

Jamie Simmons provided the following Dr Bike end of season summary 2025;

Sessions Held	Peacehaven	10
	Newhaven RNLI	1
	Sustainable Seaford	1
Number of Bikes receiving attention		101
Number of Bikes Security Marked		0
Number of Bikes Donated and Sold		14
Total Raised for our Charity		£994.25

There was a question about the lack of security tagging and it was explained that it requires a dedicated session and/or a dedicated volunteer.

Dave Gearing has taken over the Dr Bike lead and reported that the first session this year on 2nd May went well and was full-on from 10.00 to 12.00.

Denis B and Roger C reported encouraging conversations with members of the public at the Dr Bike session.

10. WOW report

Sarah Winsor presented the following report;

Good evening everyone,

Tonight, I want to talk about something incredibly important within our club — the strength, encouragement, and community created through WOW — Women On Wheels.

Cycling can begin as simply riding a bike, but very quickly it becomes so much more. It becomes confidence. Friendship. Freedom. Achievement. And for many women, it becomes a way of rediscovering belief in themselves.

WOW is not about separating women from the wider club — it is about helping more women feel able to become part of it. It creates a welcoming space where riders can build confidence, ask questions without fear, improve skills, and realise they are far more capable than they first believed.

One of the most powerful things about Women On Wheels is that every rider matters.

It does not matter whether someone is fast or slow, experienced or nervous, returning after illness, starting later in life, or clipping into pedals for the very first time. Everyone belongs.

Within a mixed cycling group, WOW plays an incredibly valuable role. It strengthens the entire club. When women feel supported, encouraged, and visible, the whole cycling community becomes more inclusive, more understanding, and more connected.

We see women encouraging one another up hills, celebrating personal victories, supporting each other through setbacks, and sharing laughter over coffee stops. Those moments may seem small, but they build confidence that reaches far beyond cycling itself.

WOW also shows that cycling does not look just one way. There is no “perfect cyclist.”

Cyclists are mothers, daughters, grandmothers, professionals, carers, beginners, athletes, people managing health challenges, and people rebuilding confidence after difficult times. Every single rider brings something valuable to the group.

And importantly, WOW exists alongside the support of our wider mixed cycling club.

The encouragement from fellow riders, ride leaders, and club members helps create an environment where everyone can thrive together with mutual respect and shared enjoyment of the sport we love.

Cycling teaches resilience. It teaches patience. Sometimes it teaches us that progress is simply turning up on the difficult days. Women On Wheels reminds us that strength is not always loud — sometimes it is quietly showing up, getting back on the bike, and trying again.

So tonight, let’s celebrate WOW not just as a cycling group, but as a community that empowers women, builds friendships, supports wellbeing, and inspires people to believe in themselves.

Because when women support women — and when clubs actively create space for everyone to succeed — amazing things happen.

Thank you.

11. Wellbeing report

Sarah Winser presented the following report;

When we think about a cycling club, we often picture the obvious — the rides, the miles, the challenge, the shared love of being out on two wheels. But what truly makes a club strong isn’t just how far or how fast we go — it’s how well we look after each other along the way.

That’s where our well-being signposting team comes in.

In a cycling club, people arrive for many reasons. Some come for fitness, some for friendship, some for headspace, and some because life has become a little heavy and they need an outlet. What we’ve recognised is that while cycling is powerful for wellbeing, it’s not always the full answer. And that’s okay. Our role as a well-being signposting team is not to fix, diagnose, or replace professional support. Our role is to notice, to listen, and to gently guide.

Sometimes that looks like a quiet conversation at the start of a ride. Sometimes it’s checking in when someone hasn’t been around for a while. Sometimes it’s recognising when a tough hill isn’t just physical — it’s personal.

And when those moments come, we help point people in the right direction. That might be towards local well-being services, mental health support, social groups, or even just another member who understands what they’re going through. We act as a bridge — connecting people to the wider support that exists beyond the club.

But just as importantly, we help create a culture.

A culture where it’s normal to ask “Are you okay?”

A culture where no one feels they have to keep up — physically or emotionally.

A culture where turning up, however you feel, is enough.

Because not every ride is about performance. Sometimes, it’s about showing up when it’s hard.

Sometimes, it’s about riding side by side in silence. And sometimes, it’s about knowing that if you need more support, someone will help you find it.

The beauty of a cycling club is that we move forward together. And our well-being signposting team helps ensure that no one gets left behind — not on the road, and not in life.

So as we continue to ride, let’s also continue to look out for one another. Let’s keep the conversations open, the support visible, and the pathways to help clear and accessible.

Because the strongest clubs aren't just built on miles — they're built on people, connection, and care.
Thank you.

12. Election of 2025/26 committee

The Chairman reported the following;

It is our intention to continue to manage the club with a core committee and a group of dedicated members who are sub-committee members who, if they wish, or not, attend committee meetings. Therefore, I have put myself forward as Chairman, Roger Case as club Secretary and Yvonne as our Treasurer. We also have Terri Crombie who was coopted earlier this year as our Membership secretary. Therefore, we have four committee members who are the proposed committee. Are there any questions from the floor on this proposal? May I have a proposer and seconder for these appointments please.

There being no questions the approval of the proposal was proposed by Sarah Winsor, seconded by Dorinda Dodd and approved by show of hands from the floor.

13. Any other business (pre-registered questions only)

There being no pre-registered questions the chairman introduced the following;

Our Club Newsletter – Clive has very kindly and very professionally produced the club Newsletter for almost 16 years, at the last AGM it was agreed with Clive that he would produce a quarterly online version of the Newsletter. This has proven to be successful; Clive is encouraged by the 80 people reading the on-line newsletter compared with the previous format.

The Jersey project – For many years we have made club jerseys available to members. Since 2021 we have used our current supplier, and we intend to continue with them. We have a sample of stock Jerseys here and they are available for members to purchase from us tonight. In addition, we are currently working on the 2026 project available to all members. I am pleased that Dave Geering is now fully operational as our Merchandise Geru. We have several items for sale, please chat with Dave.

First Aid Training - Last year we carried out a trial, offering all members the opportunity to participate in First Aid training which gave all attending a First Aid certificate of competence. This was paid for by the Club, I propose we offer the same facility again for later this year, any comments?

A discussion followed with general comments that the Piddinghoe venue was too small and the course not really meeting the club's requirements. Experiences of alternatives and previous courses were also discussed.

The Chairmen suggested a volunteer to help coordinate the process would be a very helpful way forward.

14. Award of CSH trophies and Special Commendations

The Chairman introduced the awards and special commendations as follows;

Finally, I am delighted to present three awards this evening, these are our committee awards, these members have demonstrated to us their outstanding contribution to the development of Cycle Seahaven over the past year or more, before I do that we have a very special award to make to our longtime friend – Tony Rowswell. Tony has been a club member for many years, sadly due to health issues recently Tony has given up riding for the time being. The committee and I'm sure many others want to thank Tony for his contribution to the success of the club and as a result tonight we are making a special award, it is a trophy which is a lifetime achievement award for everything that you have done for the club, Tony, please accept this award and the trophy is your to keep and in addition you are entitled to free club membership for life.

And now we have the 2026 Committee awards

The first goes to Michelle Baldwin in recognition of her commitment to the development of the 2B rides for those riders who want to get back to cycling.

The second award goes to Nigel Harwood, sadly due to other personal commitments he cannot be here to accept the award, the committee recognised the selfless acts of kindness and support to many other riders whilst out on club rides and on other occasions too.

Chairman's closing comments.

Following a vote of thanks from the floor to the Chairman he thanked everyone who attended and looked forward to another successful year for Cycle Seahaven and declared the **meeting closed at 20.35**