

Fund Her Tri UK

Annual Report 2024



**FUND
HER
TRI UK**
Bringing Gender
Diversity to Triathlon

Women in Tri

Registered Charity Number: 1203093

www.fundhertriuk.org - info@fundhertriuk.org

Foreword from the Chair

As Chair of Fund Her Tri UK (Women in Tri), I am immensely proud to reflect on the incredible progress we have made in 2024. This year has been transformative, with our community **growing stronger, more diverse and more united** in our mission to make triathlon accessible and inclusive for women of all backgrounds.

Our initiatives, the First Triathlon program, Mentorship, Community support and Advocacy, have **empowered hundreds of women** to discover the physical, mental, and social benefits of triathlon. These successes are a testament to the passion and commitment of our volunteers, donors and supporters who share our vision.

Looking ahead to 2025, we remain **committed to breaking down barriers** to participation and fostering a supportive environment where women feel confident to take on swim, bike and run. Together, we will **continue to champion diversity, inspire new triathletes and create lasting change within the sport.**

Thank you for being part of this journey. Your belief in our mission fuels our determination to achieve even greater milestones in the years to come.

Bianca Fernandez-Clark

Chair, Fund Her Tri UK



Introduction

Women in Tri, operating as Fund Her Tri UK, exists to bring more women into the sport of triathlon. Our goal is to **reduce barriers to entry and participation**, with a focus on women starting out in the sport but welcoming all women regardless of their experience level. Over time, we have expanded our impact, offering tailored initiatives such as coached sessions, training plans and mentorship opportunities to support even more women in their triathlon journeys.

We:

- **Empower** women to complete their first triathlon through financial & community support.
- Mentor beginner triathletes with experienced triathletes for **support and guidance**.
- Support women in our community with a **safe and inclusive** space.
- **Educate** through learning and coaching activities.
- Advocate for **gender equality** and **positive change** within the sport.
- **Remove barriers** through a wide range of support.

Our work is powered by community contributions, volunteer dedication and the shared vision of a more inclusive triathlon world.

Our Structure

Fund Her Tri UK operates with a robust structure designed to support our mission and community impact, **entirely driven by volunteers**, as there are no paid roles within the organisation.

During the period, four trustees completed their term, with one re-elected and remaining as Chair, and we welcomed **6 new trustees**, including professional triathlete Laura Siddall, bringing valuable expertise to our leadership.

Our working group comprises **trustees and volunteers**, with each work stream led by a dedicated lead under the oversight of our Chair, who ensures smooth coordination across all operations.

Community leaders play a crucial role in organising social activities and triathlon-related events, including swimming, cycling and running sessions for our members. Additionally, we are supported by an unstructured group of **volunteers** who assist with smaller, ad-hoc tasks, contributing to the dynamic and collaborative nature of our organisation.



Our vision

Fund Her Tri UK envisions a world where triathlon is **accessible, inclusive and empowering for all women, regardless of their background, ability, or circumstances.**

We strive to break down barriers to participation by creating a **safe and supportive environment** where women feel confident to swim, bike and run as part of a welcoming community. Through our initiatives, we aim to inspire more women to discover the physical, mental, and social benefits of sport, **fostering a stronger, healthier, and more equitable society.**



Our policies

In 2024, Fund Her Tri UK undertook a **comprehensive review** of our organisational policies to ensure they align with our **mission and values**, as well as best practices for governance and community engagement. During this period, we created, updated and formally approved the following policies:

- Safeguarding Policy
- Equality, Diversity, and Inclusion Policy
- Health and Safety Policy
- Conflict of Interest Policy
- Data Protection and Privacy Policy
- Diversity and Inclusion
- Funding & Partnerships

These policies reflect our **commitment to fostering a safe, inclusive, and supportive environment** for our community, volunteers, and stakeholders. They provide clear guidelines to uphold the highest standards in all aspects of our work, ensuring accountability and transparency as we continue to grow.

Charitable Programs



First Triathlon Program

The First Triathlon Program (previously known as Sponsorship program) is the cornerstone of Fund Her Tri UK, being our very first initiative and embodying our core mission: **to support women in completing their first-ever triathlon**. This program was created to break down financial barriers at entry level and ensure that women feel empowered to take on the challenge of triathlon.



We review applications from women who want to **take part in their first ever triathlon race** in the UK, up to and including Olympic distance. We encourage athletes to take part in our partner events, or offer support of up to £100 towards entry fees for non-partner events. This support is prioritised for women experiencing financial barriers.



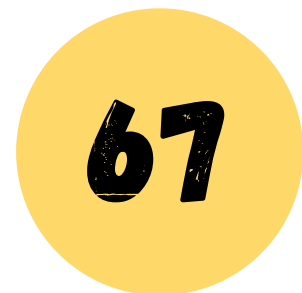
In 2024, we **expanded the scope of the program** beyond covering race entry fees. First-time triathletes across the UK joined our community and gained access to **a wealth of support**, including mentorship, training resources and the opportunity to connect with other women on the same journey.

The program's success would not have been possible without the incredible collaboration of our **race partners across the UK**, who share our mission to make triathlon accessible to more women. Their support has allowed us to offer women the confidence, guidance and opportunities needed to step into the world of swim, bike, and run.

We want to particularly thank **London T100, Blenheim Palace Triathlon, Always Aim High Events, RunThrough Events, VoTwo Events** and **Castle Triathlon Series** for kindly donating free and discounted entries to their events for our first time athletes.

First-triathlon program in numbers

- A total of **46 athletes** received support towards the race entry fees to do their first triathlon via our first-triathlon race program. These athletes competed in races across the country from North Wales, to London, to York to Whitstable. We had a significant 24 of them participating in the London T100 triathlon
- At least **21 additional athletes** were supported via additional community initiatives to complete their first triathlon, this included mentoring, discounted race entries and other community support such as taking part in FHTUK targeted events with fellow teammates.



Mentorship Program

Our mentorship program is our second oldest initiative and another cornerstone of our mission to help women not only enter the sport of triathlon but also **remain engaged and supported** on their journeys.

In 2024, we enhanced the program by introducing **mentoring circles**, allowing 2-4 mentees with similar goals—such as targeting the same distance or event—to be paired with one experienced mentor. This change fostered a **greater sense of community and peer learning** among participants. However, we also continued to offer 1:1 mentorship options for mentees who, for personal or specific reasons, needed individualised support.



Our mentors are experienced female triathletes who volunteer their time with **passion and dedication**. They play a vital role in helping beginners navigate the complexities of triathlon and providing encouragement and guidance to achieve their goals.

The mentorship program focuses on:

- **Training guidance:** Whilst not a coaching program, our mentors help mentees navigate the demands of their training plans and provide advice based on their experience
- **Practical advice:** Covering everything from gear and transitions to race-day strategies.
- **Building confidence:** Overcoming self-doubt and developing a **positive mindset**.
- **Fostering connection:** Creating supportive relationships that extend beyond the program, building lasting networks within the triathlon community.

In 2024, we successfully paired **102 mentees** into **42 mentoring circles**. The program ran two cycles:

- **Spring Program:** Focused on preparing mentees for their target triathlon races, offering guidance and motivation through the peak training season.
- **Winter Program:** Centred on off-season strategies, recovery, and laying the groundwork for successful race preparation in 2025.

By offering both group and individualised mentorship, we ensured the program remained **inclusive and adaptable** to the diverse needs of our community. The mentorship program continues to be a critical initiative in **empowering beginner triathletes** and **fostering their long-term engagement** with the sport.

102

42

Community

347

Our online community was launched in early 2023 after recognising the need to provide a safe space where our athletes—particularly first-timers—could **connect, share their journeys and ask questions**. At the start of 2024 we had 70 members in the community and at the end of the period, we had grown to **347 women**.

Our community is richly diverse, **32% are identifying as part of an ethnic minority (rising to 45% among our London-based members)** and **14% are living with a disability**, both significantly higher than the averages for triathlon.

Beginner triathletes remain at the core of our mission, with an incredible **85% of members having been in the sport for less than three years**.

Our community welcomes all women-identifying triathletes, and we support them in various ways:

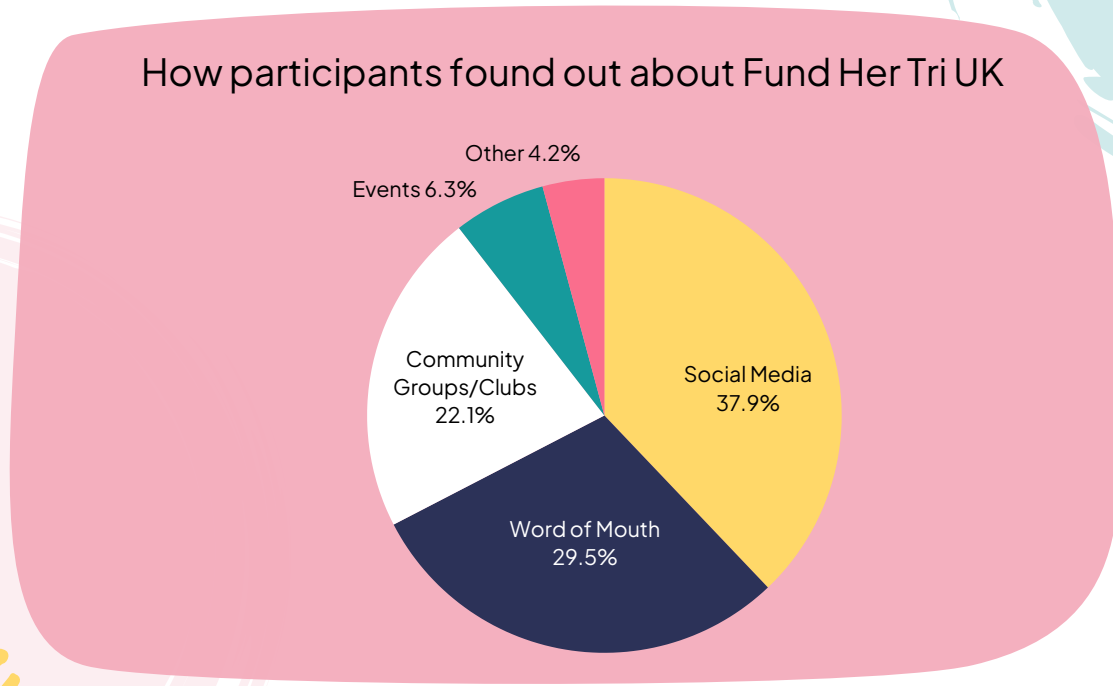
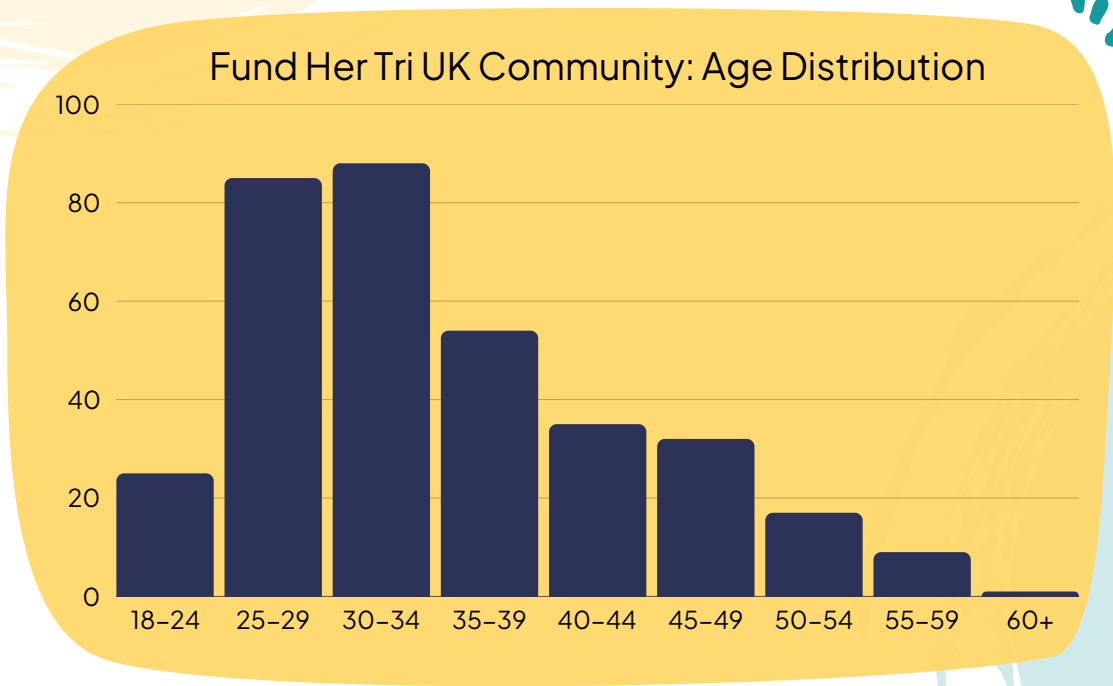
- **Support, connection, friendship and advice:** A safe and empowering space for women to navigate (the often intimidating) triathlon journey together.
- Access to **discounts and opportunities from our partners:** Helping to remove additional financial barriers to the sport.
- **FHT UK team events:** Proudly supported by race organisers who share our mission.
- Training sessions, events, and socials: **Building a wide range of skills** in preparation for their events or just getting together with other women
- **Kit distribution:** Thanks to the generosity of the triathlon community and beyond, we have distributed pre-loved kit to a large number of members. This not only provides access to essential gear, removing barriers, but also promotes sustainability by giving kit a second life.

In 2024, our community collectively achieved **well over 500 finishes** across swim, bike, and run events. This incredible milestone reflects the impact of our work through various programs and wider support initiatives—ranging from **encouragement and advice to practical assistance**, such as sourcing accommodations directly with race organisers (e.g., facilitating access to a changing tent).



Geographically, London remains our largest hub, where we offer a variety of in-person sessions, accounting for approximately **53.89% of our membership**. However, our reach is expanding to other regions, such as the **South East (17%), South West (6.34%) and North West and Yorkshire (7.49%)**, reflecting the growing interest and engagement in these areas. This expansion will allow us to extend in-person sessions outside of London, bringing our programs and opportunities to a **broader audience** across the UK and ensuring that more women have access to swim, bike, and run activities in their local communities.

Our members range from **ages 18 to 60**, with **50% being between 25 and 34**. This range highlights the broad appeal of triathlon and the inclusive nature of our community.



Coaching

In 2024, we **significantly expanded** our educational resources and successfully facilitated in-person coaching sessions to provide **targeted and inclusive support** for our growing community.

Webinars

To reach our diverse and widespread community across the UK, webinars remained our primary method of delivering coaching and education. In addition, we held **informal fireside chats** with the community, focusing on burning topics such as preparing for race events. These conversations provided **reassurance**, **answered questions** and fostered a **sense of camaraderie** among participants. During 2024, we hosted a series of impactful webinars and fireside chats, including:

- Intro to Triathlon
- Swim for Triathlon
- Mobility, Stability and Flexibility for Beginner Triathletes
- Bike Maintenance for Beginners
- T100 Triathlon Prep Webinar
- Race Day Nutrition and Hydration
- Understanding Hormones and Rewriting our Story in Sport
- Top Tips for Off Season
- Pebe Sports Bras
- Cotswold 113 Fireside Chat



These webinars were attended by **over 20 live participants each**, with hundreds accessing the recordings afterward. Most of these sessions were generously donated by coaches free of charge, highlighting the **dedication of the wider triathlon community** to FHT UK's mission of supporting women in the sport.



SWIM



CYCLE



RUN

In-Person Sessions

Thanks to successful grant applications, we delivered several **in-person coaching initiatives** this year in London, making triathlon training more accessible for women of all abilities.

- **Lee Valley Velopark Brick Session**

- Coached bike and run session held at the Lee Valley Velopark.
- Attended by **25 women**, including **professional triathlete India Lee**, who inspired participants with her expertise and encouragement.

- **Open Water Session at Royal Docks**

- A fully coached session introducing **35 women** to open water swimming, many of whom experienced it for the first time.
- Funded by the **RBC Communities Together Grant** and supported by **RBC employees volunteering on the day**.

- **Women-Only Swimming Lessons**

- An 8-week program designed to **teach and develop front crawl techniques** in a supportive, women-only environment.
- Funded by the **RBC Communities Together Grant** and attended by **31 women**, these lessons empowered participants to gain water confidence and take their swimming skills to the next level.

Our coaching efforts in 2024 reflect our commitment to making the sport of triathlon **accessible and welcoming for women of all backgrounds and abilities**, equipping them with the skills and confidence to thrive in the sport.



At the end of 2024, we applied to become a **British Triathlon-affiliated club for 2025**. This affiliation will provide us with insurance coverage for our in-person events and grant us access to the extensive support that British Triathlon offers to clubs.

Staying true to our mission of removing barriers, we have introduced a nominal 'pay what you can' membership model, with a suggested contribution of £5. For those unable to make a payment, we are fully subsidising memberships to **ensure inclusivity for all**.

Advocacy Work

While Fund Her Tri UK focuses on building and supporting our community of women entering and staying in triathlon, it is equally vital to **collaborate with the broader triathlon industry**. By advocating for change, we ensure the sport becomes more welcoming, inclusive and accessible to women of all backgrounds.

Advocacy for Inclusivity at Races In 2024

We partnered with several race organisers to introduce **simple yet impactful** accommodations to increase diversity. One significant example was the introduction of **changing tents** at short-course events, a feature not typically available. London T100 and other races implemented this change, allowing Muslim athletes to transition from swim to bike in full privacy. This initiative alone **enabled dozens of Muslim women to participate** in triathlons across the UK, creating a ripple effect of representation and encouragement.

Although much of our advocacy work has been unstructured—driven by listening to the needs of our diverse community—we have made strides in key areas:

- Advocating for **realistic cut-off times** to accommodate a wider range of athletes.
- Provision of **female toilets with period products, larger swim caps** and **female-fit t-shirts**.
- Championing the introduction of **pregnancy policies** to support women postpartum.
- Pushing for measures that address barriers faced by women in triathlon, including policies that create **safer, more equitable racing environments**.

Collaboration with She Races

In November, we partnered with **She Races** to conduct a **large-scale survey of female triathletes**, identifying barriers to participation at triathlon events. The survey received **over 900 responses** and highlighted numerous challenges women face, many of which FHT UK has already been addressing.

The findings were compiled into a **co-authored report** shared widely across triathlon media and beyond. This report also includes **actionable guidelines for race organisers** to attract and retain more female participants, setting a **benchmark for future improvements in the industry**.



Partnership with British Triathlon and Industry Recognition

Our collaboration with British Triathlon continued throughout the year, contributing to **diversity initiatives and roundtables**. We are incredibly proud that our Chair and co-founder, Bianca Fernandez-Clark, received the prestigious **Gold Pin Award** for her remarkable efforts in promoting diversity and inclusion within the sport.

Presenting at the Triathlon Industry Association Conference

In December, we presented the findings of our triathlon report at the **Triathlon Industry Association (TIA) Conference**. This platform brought together triathlon clubs, coaches, brands, and governing bodies, **fostering important connections** and gaining significant support for our work. The presentation **amplified the needs of our community** and inspired discussions on how the triathlon industry can create more inclusive opportunities for women.



Through our advocacy efforts in 2024, we not only **tackled barriers** but also **built bridges** between our community and the industry, ensuring that triathlon evolves to reflect and support the diversity of its participants. **This work will remain central to our mission in 2025 and beyond.**



Partnerships

Fund Her Tri UK's work relies on **strong collaborations** with numerous organisations. A full list can be found in the appendix, but we would like to specifically highlight some key partners and collaborators who have supported us immensely in 2024. Partnerships and collaborations are essential to our mission, enabling us to **amplify our impact** and **reach more women across the UK**. By working closely with organisations and brands that share our vision, we continue to bring more women into swim, bike, and run.

Cycle Sisters UK

Cycle Sisters is a fantastic organisation **championing Muslim women in cycling**. We work closely with them to bring more Muslim women into swim, bike and run through their **Tri Sisters program**, which we are proud to support. Many participants from Tri Sisters have joined our community and benefitted from our various programs.

We are incredibly grateful to Cycle Sisters and, in particular, to Sarah Javaid for her **unwavering support**. As a newer charity, we have greatly benefitted from their wealth of experience and knowledge, which has helped us grow and create meaningful change.



London Marathon Events

Fund Her Tri UK partners with **London Marathon Events** through their **community programs**, providing access to swim, bike and run events in their portfolio. LME also supports our initiatives, offering valuable cooperation to enhance our programs.

Professional Triathletes Organisation (PTO)

Our primary race partner in 2024, the PTO, has been **pivotal to our success** in the year. Beyond supporting our First Triathlon Program, the PTO also supported our brick session at Lee Valley Velopark (see Coaching section) and facilitated the participation of **professional triathlete India Lee**.

Through collaboration on social media, the PTO has helped us **reach a broader audience**, connecting with women who learned about Fund Her Tri UK through their communications.



Motiv Sports

Motiv Sports' support has been instrumental in **expanding opportunities for beginner triathletes**. The Blenheim Palace Triathlon, which sees **over 40% of participants as first-timers**, has become a cornerstone event for our First Triathlon Program, thanks to their partnership. A number of athletes have also joined our community thanks to BPT marketing materials and mention of Fund Her Tri UK.

In addition, Motiv gave our community **access to other swim, bike and run events in their portfolio**, including the Etape Caledonia cycling sportive in Scotland, where **over 40 women** from our community participated, making it a standout highlight of 2024.

Other Race Partners

Numerous race organisers have partnered with us to **support our advocacy work and implement female-friendly policies at their events**. These include realistic cutoffs, changing tents, and discounted or donated race entries for women.

This collaboration is **driving meaningful change**, creating a ripple effect throughout the triathlon community. Many more race organisers have reached out, seeking our guidance and support to increase gender diversity at their events.

Brand Collaborations

We are proud to partner with several brands to provide our community with **access to triathlon equipment at discounted prices**, further removing financial barriers to participation. In 2024, we collaborated with many brands (listed in the appendix), ensuring that women in the sport are supported with **affordable, high-quality gear**.

Other Collaborations

Beyond formal partnerships, we have received **invaluable support** from a range of organisations and bodies in the industry, each contributing in unique ways. From **advocacy and training opportunities** to **logistical and promotional support**, these collaborations have been key to achieving our mission.

A comprehensive list of our supporters and partners can be found in the appendix. Through these partnerships, Fund Her Tri UK continues to **break down barriers, foster diversity, and inspire more women** to take on the sport of triathlon. We are deeply grateful for the ongoing support of these organisations in helping us drive change and grow our community.



Our Brand Presence

In 2024, we underwent rebranding and launched our **new logo**. Our previous logo, inherited from Fund Her Tri (a sister Charity in the US), presented significant visibility challenges and did not reflect our richly diverse community. With the support of **One Agency**, we developed a **new logo and brand identity** that has transformed our external communications and how we are perceived by the public.

Thanks to the **RBC Communities Together grant**, we funded not only our new logo but also a range of marketing materials, including flags and a branded tent. These resources have **enhanced our visibility** and will help us reach more women in swim, bike, and run.

Social Media

Instagram remains our primary social media platform for showcasing our work, sharing educational resources, and engaging with our community and a wider audience; a significant **38% of our community members found us through Instagram**, showcasing the importance of this channel. We continue to explore its potential to reach more communities and attract more women to triathlon.



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Financial Report

In 2024, we experienced significant income growth, reaching £23,757 – primarily driven by fundraisers from athletes who wanted to support our mission. Our total expenditure for the year was £6,881, covering charitable activities and operational costs. As a **fully volunteer-led** organisation with no paid employees, Fund Her Tri UK directs all funds toward its mission.

We also diversified our income streams by securing grants, most notably the **RBC Communities Together Fund**. This grant supported several impactful initiatives, including our rebranding, which has enhanced our visibility and outreach.

Additionally, we continue to benefit from the generosity of our **monthly donors**, who provide steady support, and **one-off donors**, whose significant contributions have further strengthened our financial position. Their support ensures we can sustain and expand our programs.

While not direct income, we are incredibly grateful to our race partners for **donating race entries** to our First Triathlon Program. In 2024, we received nearly £2,000 worth of entries, allowing more women to participate in triathlon events across the UK and reducing our charitable expenditure in other areas.

These contributions have been instrumental in making triathlon more accessible and inclusive for women, enabling us to grow and better support our community.

Our full accounts are included in the Appendix.



Thank you

Women in Tri / Fund Her Tri UK have been **overwhelmed by our achievements** in the past year, none of which would have been possible without the support of our **regular donors, volunteers, sponsors** and **community members** who have joined us in striving for gender parity in triathlon and entrusted us with their donations, brands, time and talents throughout 2024 to further this aim.

Trustees

Bianca Fernandez-Clark (Chair)

LesleyAnne Roddy (Treasurer) | Ellie Griffin (Secretary)

Lily Caunt | Ginnie Kennedy | Laura Lopez | Laura Siddall



Appendix

Supporters & Partners



Appendix

Supporters & Partners (cont.)

ORCA



Women in Tri

Registered Charity Number: 1203093

Trustees' Report and Financial Statements

for the year ended 31 December 2024

Women in Tri

Annual Report and Financial Statements
For the year ended 31 December 2024

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Women in Tri

Registered office: 49 Marlborough Mansions, Cannon Hill, London, NW6 1JS

Administrative details of the charity, the trustees and advisors

The Trustees present their report together with the accounts of the charity for the period ended 31 December 2024.

The following trustees served from 1 January 2024 and up to the date of the approval of the accounts:-

Lily Caunt	Appointed 16 April 2024
Bianca Fernandez	
Charlotte Greenslade	Resigned 22 November 2024
Ellie Griffin	Appointed 13 April 2024
Werdah Hussain	Resigned 22 November 2024
Virginia Kennedy	Appointed 16 April 2024
Laura Lopez	Appointed 16 April 2024
LesleyAnne Roddy	Appointed 13 April 2024
Laura Siddall	Appointed 28 September 2024
Charlotte Wildblood	Resigned 22 November 2024

Registered Charity Number 1203093

Principal address 49 Marlborough Mansions
Cannon Hill
London
NW6 1JS

Bankers Lloyds Bank plc
PO Box 1000
Andover
BX1 1LT

Women in Tri
Statement of Financial Activities
For the year ended 31 December 2024

	Note	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
Income from:					
Donations and legacies		5,601	-	5,601	2,085
Grants		3,110	3,870	6,980	1,500
Charitable Activities		11,168	-	11,168	1,018
Investment income		8	-	8	-
Total income		19,887	3,870	23,757	4,603
Expenditure on:					
Fundraising costs		500	-	500	-
Charitable activities		6,381	-	6,381	2,042
Total expenditure		6,881	-	6,881	2,042
Net movement in funds		13,006	3,870	16,876	2,561
Total funds brought forward at 1 January 2024		2,561	-	2,561	-
Total funds carried forward at 31 December 2024		£ 15,567	£ 3,870	£ 19,437	£ 2,561

All of the above results are derived from continuing activities.

The statement of financial activities includes all gains and losses recognised in the above periods.

The attached notes form part of these financial statements.

Women in Tri
Balance Sheet

	Note	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
Current assets					
Cash at bank and in hand		15,567	3,870	19,437	2,561
		15,567	3,870	19,437	2,561
Creditors: amounts falling due within one year		-	-	-	-
Net current assets		15,567	3,870	19,437	2,561
Net assets		£ 15,567	£ 3,870	£ 19,437	£ 2,561
Charity Funds:					
Unrestricted funds	4	15,567	-	15,567	2,561
Restricted funds	4	-	3,870	3,870	-
Total funds		£ 15,567	£ 3,870	£ 19,437	£ 2,561

Approved by the board of Trustees on 2025 and signed on its behalf by:

LesleyAnne Roddy

TRUSTEE

The attached notes form part of these financial statements.

Women in Tri

Notes to the Financial Statements - 31 December 2024

1 Accounting policies

a) Basis of preparation of financial statements

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Women in Tri constitutes a public benefit entity as defined by FRS 102.

b) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

c) Income

Donations and gifts are reflected in the financial statements in the period in which they are received.

Income tax recoverable in respect of gift aid donations is brought into account in the same period as the relevant donation.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Gifts in kind donated for distribution are included at valuation and recognised as income when they are distributed to the projects.

d) Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure on charitable activities is expenditure incurred on the charity's operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity. Governance costs are those costs incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

All expenditure is inclusive of irrecoverable VAT.

Women in Tri**Notes to the Financial Statements - 31 December 2024****1 Accounting policies (continued)****e) Debtors**

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

f) Cash at bank

Cash at bank includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

g) Liabilities

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

h) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

i) Accounting estimates and areas of judgment

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The charity makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results.

2 Trustees

No travel and subsistence expenses were paid to trustees to enable them to attend meetings and generally carry out their governance responsibilities (2023 : nil). No trustee received any remuneration or benefits.

3 Analysis of staff costs

No staff were employed by the charity.

Women in Tri**Notes to the Financial Statements - 31 December 2024****4 Statement of funds**

Details of material funds held and movements during the current reporting period

	Fund balances brought forward	Income	Expenditure	Fund balances carried forward
Unrestricted funds				
General fund	2,561	19,887	6,881	15,567
Restricted funds				
Open water swimming	-	3,870	-	3,870
Total funds	<u>£ 2,561</u>	<u>£ 23,757</u>	<u>£ 6,881</u>	<u>£ 19,437</u>

The Open water swimming fund is available to promote participation in open water swimming.

5 Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total 2024
Current assets	15,567	3,870	19,437
Creditors due within one year	-	-	-
	<u>£ 15,567</u>	<u>£ 3,870</u>	<u>£ 19,437</u>