



East Essex Triathlon Club

Minutes of the Committee Meeting Held on the 21st of September 2026

In Attendance:

Graeme Silcock, Nia Silcock, Paul Gribbon, Ian George, Charlotte Brooks, Ben Brooks, Nathan Clarke, Cally Jupe, Same Jupe & Kay Bennett.

Apologies Received From:

Zena Shean, Chris Muers, Matthew Dodd.

Agenda Items:

- Finances
- Hog Hill
- 2027 Club Event
- Winter Cycling / Club Rides
- Christmas Socials / Runs
- New Training Sessions / Updates
 - Adult Thursday Night 50m Swim Sessions at BSV
 - Kids Cycling
 - Eastern Region Development Squad
- Next Years Events
- Coaching Updates
 - BTF Coaching Courses in Region
 - Disability / Paratriathlon Coaching Pathway
 - Swim Bike Run Leaders
 - Kids Sessions
- AGM Date

Matters arising from the last Committee Meeting:

N/A.

Finances:

Club account remains in good standing, this month the invoice for the new clubhouse has been paid and expenses for flooring. Additional storage boxes may be required, but this will be offset with money generated from the Awards Night which will go back into the club.

Hog Hill

Ian & Graeme noted that the lower track at Redbridge Cycling Centre remains closed awaiting resurfacing. Paul also noted that the invoice has been paid for our session, so if this cannot go ahead then they need to either refund or provide another date. Southend Wheelers have had the same issue and had to move one of their road races to another date. Ian to check with Redbridge Cycling Centre on latest updates.

Additional Updates (As of 26th October):

Redbridge Cycling Centre's lower track remains closed and is experiencing delays, the committee has collectively agreed to postpone this year's event. For the Tristar league, this is now complete and placings finalised. For the Adult league this will end following the last duathlon in the league.

2027 Club Event

Charlotte has put out a poll for the 2027 club event; majority has chosen the Cotswold 113. Charlotte has managed to secure discounted entries for the event, EETC members will need to transfer the entry fee to the club, then they will receive an email confirmation from the event organiser where they can register with a code that will set their entry fee to £0. More details to follow in due course.

There are also a lot of interest from member in doing T100 London across multiple distances, with recommended to look at adding some of these distance into the league in the future. The "EETC Mums" have pre-registered for the super sprint, sprint, and Olympic distance events.

Additional Updates (As of 26th October):

Bulk entries have been confirmed with Cotswold 113 and members have paid their entry fees. More details to follow in due course via EETC socials.

Winter Cycling / Club Rides

Open discussion on winter cycling and club rides, lots of members including new members have expressed interest in coming out on club rides but are worried they cannot go the distance/speed of current rides. There is interest from members in having multiple groups to accommodate more abilities, in addition to some dedicated rides for new starters. There is a large contingent of new members in the Stanford-le-hope, Basildon & Wickford areas. Graeme suggested publishing rides a month in advance and potential rotating around 3-4 routes so we can reach members across more areas. Rotating round areas may also give more opportunities for riders in those areas to take on ride leader roles in the future also. Ben has identified several different route options and meeting points which could be done on rotation. Ben to post out details on socials and WhatsApp groups to members.

Christmas Socials / Runs

Consensus from committee was to go ahead with organising the Christmas Run from the Hullbridge Café (same as 2025), but meeting/starting a little bit later to account for the opening of the gate.

For the kids section Nia suggested looking at some of the local runs such as the Rudolph Run or a local parkrun like Billericay (same as 2025), post to go out to parents to gauge interest in organising another kids Christmas run.

New Training Sessions / Updates

Adult Thursday Night 50m Swim Sessions at BSV: Thursday night swim sessions now arranged, and lane reserved through BSV. These will run over two blocks, Block 1 October (5 sessions for £35) and Block 2 November (4 sessions for £28). Each block must be paid for upfront. Total costs for both blocks are £450. Currently 5 members signed up for Block 1 and 3 for Block 2.

Kids Cycling: Following interest from parents, venues have been identified for the possibility of hosting winter cycling and/or conditioning sessions. Costs are around £30-40 for an hour. If we were to go ahead with indoor cycling using turbo trainers, we would need to book for at least 2 hours to account for setup / teardown. BTF have sent out details to clubs reference the Eastern Region Develop Squad, Graeme to put out details to Tristar parents and gauge level of interest, we would need 12 participants to make these sessions viable, but with potential clashes with Eastern Region Development Squad this may not be viable.

Eastern Region Development Squad: BTF have sent out details of develop squad sessions out to clubs in the region, these have been shared with EETC Tristar parents. ~4 parents have come forward with interest from their kid(s) to attend these sessions. Graeme has introduced those interested on a 1-2-1 basis with the head coach at Walden Tri who host these sessions. Cycling sessions run on Saturdays at Walden's facilities, in addition to weekday sessions. Anyone parents/kids interested in these sessions can reach out to Graeme who can put them in touch with the organisers.

Additional Updates (As of 26th October):

We have now covered the costs of the Thursday night swim sessions (£450), by the end of Block 2 we will be in profit with proceeds going back into the club. If these sessions are to continue, we need to book for January before the end of the year to secure the lane. Graeme to follow up with members and coaches to see if we continue into 2027, noting that if we do not continue that it is very unlikely, we will get the opportunity to have a 50m lane again due to increased demand from local swimming clubs,

Next Years Events

Ian has spoken to BSV to look at dates for our 2027 events, proposed dates are:

- Basildon Aquathlon 21st March 2027
- Basildon Triathlon 22nd May 2027

Ian would like to step down from the role of Race Director for these events. Graeme has asked Ian to share a list of duties / job description with the committee so anyone interested can see

what is involved. For 2027 as a club, we need to look at distributing some of these tasks/roles out, so the onus is not on a single person.

Niall also wants to step down from the Race Director role at the Grays Triathlon, Graeme to speak to Niall to get checklist of what is required and liaise with Impulse Leisure to look at dates.

Graeme raised the organising of the MOB Match, last year several clubs expressed interest in running this as a possible series with each club taking a turn. Ben to reach out to clubs and investigate options for 2027.

Additional Updates (As of 26th October):

Date have now been provisionally confirmed for all our events subject to paying the invoices once received:

- *Basildon Aquathlon 21st March 2027*
- *Basildon Triathlon 22nd May 2027*
- *Grays Triathlon 18th July 2027*

Impulse Leisure have also confirmed that they will invoice EETC the same amount as the 2026 event.

Coaching Updates

BTF Coaching Courses in Region: Earlier in the year Graeme fed back to BTF about the lack of coaching courses in our region, and the need for better access so we can train future coaches. Following feedback BTF has now arranged for two Group Coach courses to take place in our region, one in 2026 and one in early 2027. Graeme is enrolled on the Group Coach course in 2026/2027; places have been reserved from Matt Kane and Chris Muers subject to their availability.

Disability / Paratriathlon Coaching Pathway: BTF are running a second pilot of the Disability / Paratriathlon Coaching Pathway. Graeme put name forward for the pilot and has been accepted onto the course, this will run from October 2026 through to 2027. BTF will cover the cost of the course, and work with Graeme and EETC to help the club become more inclusive and offer more opportunities for potential athletes and future members. There will be an opportunity to host an event/session at EETC in 2027 as part of this course, this will be supported by BTF. Graeme to update as course progresses.

Swim Bike Run Leaders: Nia and Sam are interested in undertaking the BTF swim bike run leaders award, this would give the club additional flexibility and support to the coaches on nights when numbers surge and we need extra hands with the Tristars. Courses are now available on the BTF website.

Kids Sessions: Our Tristar section has grown considerably this year and there is a consensus from coaches that we should perhaps look at having a 3rd coach or additional helpers available for Tuesday track sessions. Graeme to speak with Zena when back from vacation to setup a meeting for the coaches to discuss having additional coaches on hand or standby. Coaches to also look into hosting a hearts and minds session with parents to ensure Tristars are not under too much pressure, within our club we have registered professionals (e.g. Physiotherapists) who

can advise on over training, recovery and importance of not doing too much while Tristars are still developing. To be discussed further at next committee meeting and with coaches.

Additional Updates (As of 26th October):

BTF Coaching Courses: Graeme had call with BTF regional rep 26th October for club affiliation and discussed coaching courses, only two places remain for the 2027 Group Coach Course in our region, places can be reserved if we want to secure them. Additional dates for courses in our region are TBC.

Kids Sessions: Zena has updated rota for Tuesday night track sessions to have 3 coaches, 1 for adults, 1 for kids, and 1 as spare coach for either kids or adults depending on numbers. With an increase in adult numbers, we may need to look at having 4 coaches in the future, coaches to monitor sessions and discuss at next committee meeting.

AGM Date

Consensus from committee is to host AGM towards end of January, Graeme to speak to Rayleigh Cricket Club for available dates to hire their hall and bar.

Additional Updates (As of 26th October):

The Rayleigh Cricket Club has been booked for Friday the 29th of January, hall and bar has been booked. Details have been added to newsletter and sent out to members.

Date of Next Meeting

Monday 16th November 2026 at Runnymede Swimming Pool at 19:15.