



East Essex Triathlon Club

Minutes of the Committee Meeting held on the 21st October, 2024

In attendance: -

Ben Brooks, Charlotte Brooks, Zena Shean, Jenny Harley, Mike Grout, Jack Martin, Chris Muers, Matthew Dodd and Ian George.

Apologies received from: -

Liz Payne, Toby Knight, Sue Fuller, Paul Gribbon and Mike Shean

Matters arising from the last Committee Meeting

IG to try to arrange a meeting with Kathryn Davies.

End of Season Awards Night at Westcliff Rugby Club

Jack commented that we had around 30 members confirmed so far, however we could do with around 50 to justify the size of the venue. Ben and Jack were going to encourage more members to come along via social media and IG will send round an e-mail reminder to all members.

League Trophies and Triathlete of the Year

We all agreed this year that we would just award trophies to the league and club championship winners. For the second and third places we would just award some bars of chocolate etc. IG to organise the trophies with Victor Trophies as soon as the adult and youth leagues have been finalised.

Kids Awards

Liz has asked if we were planning a kids end of year event this year and everyone agreed that this would be a great idea. The focus would be on an end-of-season event rather than an awards night. Again with the kids' trophies we would just award trophies to the league and club championship winners.

2025 Events (Entry Fees)

We initially agreed to maintain the same entry fees for 2025, however it was then suggested that we should perhaps introduce an early bird discount to try and encourage people to sign-up much earlier. Everyone thought this would be a great idea, so the committee decided to maintain the same entry fee for those who entered up until the end of February 2025 and then impose a £5 increase thereafter. All things being well, the plan is to open all three events on the 1st January, 2025.

Mike Grout kindly offered to organise some more leaflets for the events and will also include a QR code. The plan would be to order these for early 2025 and distribute them at the local Parkruns and Cross-Country races. Banners were also discussed, and the committee all agreed that there would be a good idea if these could be located at various gyms locally such as BSV, Clements Hall and Virgin for example.

IG did ask whether we could move Grays to August to avoid any clashes but I think everyone preferred the July date so it was agreed to keep with the Sunday the 13th July, 2025.

Club League Events 2025

The general view was that the league events in 2024 worked well so everyone was happy to do the same in 2025. Everyone also agreed that the events should be spread out as much as possible so there were not on consecutive weekends for example. Jack also suggested holding a running race at the track on a Tuesday evening either a 5k or 3k. Everyone agreed with this suggestion.

Regarding the Club Championships, it seems that the Bridge Triathlon will not be taking place in 2025 so either the sprint race at Trifarm or the Blackwater Triathlon were suggested as ideal replacements. They both fall on the same date in early September so the plan was to ask members to vote on whether they would prefer a lake swim or a pool swim.

2025 Membership Fees etc

As membership fees have not risen for a few years, everyone agreed that the membership fee should rise by £5 across all the types of memberships.

Financial Update

Nothing to report.

Weekend Runs/Rides

The idea of regular winters runs on a Saturday morning and rides on a Sunday morning was again discussed and the general view that this would be a good idea if we could get a rota together. Ben and Charlotte were happy to arrange this on a Saturday with the possibility of including a Parkrun as well. The rides on Sunday would again be organised on an ad-hoc basis depending on the weather with the added option this year of East Essex Members joining the Southend Wheelers rides which

normally started a little later so would not be quite as susceptible to the early morning frosts that have besieged some of the East Essex rides which have started earlier.

Voom Nutrition

Ben and Charlotte had been in discussion with Voom Nutrition about having some of their products at our races especially the Aquathlon and the Grays Triathlon.

Any other business

Chris mentioned whether we wanted to hold the kids cycling again in 2025 at Dunton. Everyone agreed that if there was the demand then, we would be happy to carry on with these but to start them later in the year. Chris was going to enquire with Fords at Dunton.

Jack mentioned that one or two members thought that the club training sessions were sometimes a little too serious and perhaps they could be a little more relaxed on occasions. I think the committee generally agreed that all the training sessions (especially the Monday swims and Tuesday running sessions) were coached in a way to try and help all our members improve and had to be structured in a way to try and help achieve this.

Date of next meeting

Monday the 2nd December, 2024 at 7.15 pm at Runnymede.