



## Meeting Minutes

<b>Purpose of Meeting:</b>	Annual general Meeting AGM
<b>Date of Meeting:</b>	24 <sup>th</sup> October 2012
<b>Time:</b>	8.00pm
<b>Location:</b>	Hadham meeting Room - Hilton Hotel Stansted

### Attendees:

Name	Representing	Name	Representing
Mark Harman	Born-2-Tri	Melissa Williamson	Harwich Runners
Teresa Harman	Born-2-Tri	Francesca Williamson	Harwich Runners
Tim Williams	Cambridge Tri ( TEER )	John Reavill	Official
Heather Williams	Cambridge Tri	Carol Macdonald	Triathlon England
Linda Poulter	Cambridge Tri	Peter Pain	Triathlon England
Dan Poulter	Cambridge Tri	Gareth Hall	Triathlon England
Finn Barnes	Cambridge Tri	Rob Lines	Tri-Anglia ( TEER )
Ashley Nicholson	Discovery Tri ( TEER )	Mark Philo	Tri-Anglia
Richard Fuller	East Essex Tri ( TEER )	Simon Breirley	Tri-Anglia ( ANGLIAN )
Sue Fuller	East Essex Tri	Adrian Barbrooke	West Suffolk Wheelers & Tri
Mike Porter	East Essex Tri ( TEER )		

### Apologies:

Name	Representing	Name	Representing
Paul Dutton		Malcolm Hooker	Stortford Tri
Natalie Stone	Discovery Tri	Jonathan Davies	Born-2-Tri

Item	Notes	Action
1.0	<p><u>Introductions</u></p> <p>The Chairman ( Richard Fuller ) Introduced to the floor the TEER Committee members and welcomed The following Personnel :-</p> <p>Gareth Hall - Triathlon England National Development Manager</p> <p>Peter Pain - Triathlon England Eastern Region – Regional programme Manager - Norfolk, Beds, Cams, Herts</p> <p>Carol Macdonald - Triathlon England Eastern Region – Regional programme Manager – Essex, Suffolk</p>	
2.0	<p><u>Presentation of Awards</u></p> <p>Heather Williams the Ex- Performance Director of British Triathlon presented the following awards :-</p> <p><u>Childrens Competition</u></p> <p>The childrens triathlon and aquathon events in 2012 featured over 300 children across the age groups within the eastern region.</p> <p>The Following Category winners were presented to the following winners in Person :-</p>	

Item	Notes	Action
	<p>Male Tristar 4 :- Winner – Daniel Poulter Cambridge Triathlon</p> <p>Male Tristar 3 :- Winner – Finn Barnes Cambridge Triathlon</p> <p>Female Tristars Starts :- Runner Up - Franchesca Williamson – Harwich Runners</p> <p><u>Adult Competition</u></p> <p>Female Veteran :- 3<sup>rd</sup> Placing Elisabeth Ross – East Essex Triathlon</p> <p><u>Attendance Awards</u></p> <p>Official of The Year - John Reavill</p> <p>Coach of The Year - Theresa Harman</p> <p>Volunteer of The Year - Rob Lines</p> <p>Event of The Tear - Norwich Triathlon</p>	
3.0	<p><u>The minutes of the AGM committee meeting 2011</u></p> <p>These were adopted and seconded by Elisabeth Ross</p>	
4.0	<p><u>Chairman's Report</u>: - Submitted by Richard Fuller and is in the Appendices of these minutes.</p>	
5.0	<p><u>Treasurers Report</u>: - Submitted by Malcolm Hooker and is in the Appendices of these minutes.</p>	
6.0	<p><u>Regional head Coach's report</u>: - Submitted by Tim Williams and is in the Appendices of these minutes.</p>	
7.0	<p><u>Regional Programme managers Report</u>: - Norfolk, Beds, Cams ,</p> <p>Submitted by Peter Pain and is in the Appendices of these minutes.</p> <p><u>Regional Programme managers Report</u>: - Essex, Suffolk, Herts</p> <p>Submitted by Carol Macdonald and is in the Appendices of these minutes.</p>	
8.0	<p><u>Technical Co-ordinator's Update</u>: - Unfortunately Jonathan Davies was not present and sent his apologies. No Annual report was Received.</p>	
9.0	<p><u>Election of the Committee Members</u> :</p> <p>The Election of committee members results are as follows :-</p>	

Item	Notes	Action																								
9.0	<p data-bbox="289 239 675 266"><u>Election of the Committee Members</u> :</p> <table border="1" data-bbox="293 289 1393 596"> <thead> <tr> <th data-bbox="293 289 553 338">Position</th> <th data-bbox="553 289 813 338">Person</th> <th data-bbox="813 289 1073 338">Proposer</th> <th data-bbox="1073 289 1393 338">Secunder</th> </tr> </thead> <tbody> <tr> <td data-bbox="293 338 553 386">Chairman</td> <td data-bbox="553 338 813 386">Richard Fuller</td> <td data-bbox="813 338 1073 386">Stand again</td> <td data-bbox="1073 338 1393 386">Un-opposed – AGM Agreed</td> </tr> <tr> <td data-bbox="293 386 553 434">Secretary</td> <td data-bbox="553 386 813 434">Ashley Nicholson</td> <td data-bbox="813 386 1073 434">Stand again</td> <td data-bbox="1073 386 1393 434">Un-opposed – AGM Agreed</td> </tr> <tr> <td data-bbox="293 434 553 483">Treasurer</td> <td data-bbox="553 434 813 483">Malcolm Hooker</td> <td data-bbox="813 434 1073 483">Stand again</td> <td data-bbox="1073 434 1393 483">Un-opposed – AGM Agreed</td> </tr> <tr> <td data-bbox="293 483 553 531">Chief Coach</td> <td data-bbox="553 483 813 531">Tim Williams</td> <td data-bbox="813 483 1073 531">Stand again</td> <td data-bbox="1073 483 1393 531">Un-opposed – AGM Agreed</td> </tr> <tr> <td data-bbox="293 531 553 596">Committee Member</td> <td data-bbox="553 531 813 596">Heather Williams</td> <td data-bbox="813 531 1073 596">Elisabeth Ross</td> <td data-bbox="1073 531 1393 596">Richard Fuller</td> </tr> </tbody> </table> <p data-bbox="289 617 1060 644">There were two committee out-going members - Paul Dutton &amp; Graham Lee</p> <p data-bbox="289 665 1287 693">With one new Committee member being voted to the committee – Heather Williams as noted above</p> <p data-bbox="289 714 1425 741">A summary of full committee members is for Year 2012 – 21013 is as detailed in the Appendices of these minutes.</p>	Position	Person	Proposer	Secunder	Chairman	Richard Fuller	Stand again	Un-opposed – AGM Agreed	Secretary	Ashley Nicholson	Stand again	Un-opposed – AGM Agreed	Treasurer	Malcolm Hooker	Stand again	Un-opposed – AGM Agreed	Chief Coach	Tim Williams	Stand again	Un-opposed – AGM Agreed	Committee Member	Heather Williams	Elisabeth Ross	Richard Fuller	
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9.1	<p data-bbox="289 787 686 814"><u>Date of Next TEER Committee Meeting</u></p> <p data-bbox="289 835 976 863">Next meeting would 2<sup>nd</sup> / 3<sup>rd</sup> week in January : -date to be confirmed</p> <p data-bbox="289 884 443 911">Skype meeting</p>	<p data-bbox="1356 793 1414 821"><b>Note</b></p>																								
10.0	<p data-bbox="289 953 521 980">Meeting closed 21.30</p>																									

# triathlon england – eastern region



## 2012 AGM Appendices

Chairman's Report

Treasurer's Report

Regional Head Coach's Report

RPM Report - Bedfordshire / Cambridgeshire / Norfolk

RPM Report – Essex / Hertfordshire / Suffolk

Technical co-ordinator Report

2012 – 2013 Committee Regional Committee Members

## **Triathlon England Eastern Region AGM – 24 October 2012**

### **Chairman's Report 2012**

Thanks to everybody who's come tonight but particular thanks to my colleagues on the committee who have once again provided fantastic support to the region to ensure the sport continues to develop within the region. Thanks in particular must go to Tim Williams who continues to provide excellent coaching and support for our most promising young triathletes, to Elisabeth Ross who has been behind the scenes ensuring the triathletes look great when they represent the region and to Ashley Nicholson and Malcolm Hooker who have fulfilled the administrative duties as secretary and treasurer to ensure the necessary work to ensure the region can move forwards.

With regards to performances in the region we have seen nearly 500 club triathletes taking part in the Eastern Region series this year, 100 ladies and almost 250 veteran men. It certainly shows where the sport is thriving within the region but also gives clear pointers as to where we have opportunities to increase participation going forwards.

For the children we saw over 300 club triathletes between the ages of 8 and 16 competing in the league series and I think anyone who saw any of the races would agree it was inspirational to see them all, whether they were competing at the very top level of their sport or just taking part to enjoy the sport and their achievements in completing. It is sometimes easy to forget what it takes to complete a triathlon of any length and the children should be congratulated in doing so.

Congratulations to all the region's league and championship winners but more importantly thanks to all those who took part and hopefully enjoyed the experience. Thanks too to all the race organisers who've provided such a rich variation of race for the region this year.

With regards to the rest of the activities it was a shame that we were unable to continue with the Regional Relays in 2012; the change of venue and organiser did not work this year and we are in discussion with the race organiser as to whether we should look to use the same venue in 2012 or look for an event in a more populated location with a greater catchment of triathletes who want to take part in such an event.

On a more positive note we have seen new races, new clubs and larger numbers participating in existing events to prove that the sport is still moving in the right direction. After our fantastic summer and the performances of our triathletes both in the Olympics and on the world stage we can look forward to an increasing level of interest moving forwards.

In summary I'd like to thank everyone who's come here tonight, everyone who's contributed to the ongoing success of the sport in the region and to the competitors themselves for providing a high level of competition and enjoyment for triathlon in the six counties of the Eastern Region.

Richard Fuller

Chair

Eastern Region

**Triathlon England Eastern Region  
Committee report as of 12 September 2012**

**Trading Statement - 1st April 2012 to 31st March 2013**

	Balance c/f	In year income	Balance c/f plus in-year income	Actual to date	Committed but not spent to date	Actual & Committed to Date	Expected Outcome
<b>Regional activity</b>							
Regional Activity	10,909	3,508	14,417	1,303	-	1,303	13,114.03
Coach Education	12,270	4,718	16,988	8,190	-	8,190	8,797.69
Club Accreditation	600	-	600	-	-	-	600.00
Quality events	2,750	-	2,750	-	-	-	2,750.00
Quality officials	1,800	-	1,800	-	-	-	1,800.00
Quality volunteers	250	-	250	-	-	-	250.00
Club quality	555	-	555	-	-	-	555.00
<b>Total Regional Activity</b>	<b>29,134</b>	<b>8,226</b>	<b>37,359</b>	<b>9,493</b>	<b>-</b>	<b>9,493</b>	<b>27,867</b>
<b>Ring Fenced Expenditure</b>							
Herts University Development Officer Grant	2,096	-	2,096	-	-	-	2,096.25
BTF Academy Grant	1,379	-	1,379	-	-	-	1,379.49
<b>Total Ring Fenced Expenditure</b>	<b>3,476</b>	<b>-</b>	<b>3,476</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,476</b>
<b>Totals</b>	<b>32,610</b>	<b>8,226</b>	<b>40,835</b>	<b>9,493</b>	<b>-</b>	<b>9,493</b>	<b>31,342</b>

**Cash Balances at 12 September 2012**

HSBC	£ 6,317.68	
HSBC Savings	£ 25,000.00	
Cash on hand	£ 24.98	
	<b>£ 31,342.66</b>	<b>£ 0</b>
Nett change in cash position since year start	<b>-£ 1,267</b>	

	Income	Expenditure	Balance
IRC	£ -	£ 987.50	-£ 987.50
Schools Aquathlon	£ -	£ -	£ -
Coach Education	£ 4,717.50	£ 8,190.05	-£ 3,472.55

Event Coach Education

Sum of Amount Event	Category	Transaction Income	Expenditure	Grand Total
Coach Education	Misc expense	-	32.50	32.50
	Coaches	-	5,910.00	5,910.00
	Venues	-	1,035.00	1,035.00
	Income	4,992.50	-	4,992.50
	Royalties	-	1,200.00	1,200.00
	Assessment	-	52.55	52.55
<b>Coach Education Total</b>		<b>4,992.50</b>	<b>8,230.05</b>	<b>3,237.55</b>
Regional activity	Income	2,933.00	-	2,933.00
	Annual awards	300.00	275.00	25.00
	Kit	-	987.50	987.50
<b>Regional activity Total</b>		<b>3,233.00</b>	<b>1,262.50</b>	<b>1,970.50</b>
<b>Grand Total</b>		<b>8,225.50</b>	<b>9,492.55</b>	<b>1,267.05</b>

Sum of Amount Heading	Transaction Credit	Debit
Annual Awards	300.00	275.00
BTF Regional Grant	-	8,230.05
Coach Education	7,742.50	-
Inter-regional championships	-	987.50
Miscellaneous	183.00	-
<b>Grand Total</b>	<b>8,225.50</b>	<b>9,492.55</b>

Course and category (blank)	Transaction Income	Expenditure	Grand Total
Coaches	-	2,500.00	2,500.00
Misc expense	-	32.50	32.50
Royalties	-	560.00	560.00
<b>(blank) Total</b>	<b>-</b>	<b>3,092.50</b>	<b>3,092.50</b>
<b>E316</b>			
Assessment	-	52.55	52.55
Coaches	-	2,311.05	2,311.05
Income	2,475.00	-	2,475.00
Royalties	-	640.00	640.00
Venues	-	1,000.00	1,000.00
<b>E316 Total</b>	<b>2,475.00</b>	<b>4,003.60</b>	<b>1,528.60</b>
<b>RTO</b>			
Coaches	-	49.20	49.20
Income	90.00	-	90.00
Venues	-	35.00	35.00
<b>RTO Total</b>	<b>90.00</b>	<b>84.20</b>	<b>5.80</b>
<b>E323</b>			
Coaches	-	1,009.75	1,009.75
Income	2,337.50	-	2,337.50
<b>E323 Total</b>	<b>2,337.50</b>	<b>1,009.75</b>	<b>1,327.75</b>
<b>LTO</b>			
Coaches	-	40.00	40.00
Income	90.00	-	90.00
<b>LTO Total</b>	<b>90.00</b>	<b>40.00</b>	<b>50.00</b>
<b>Grand Total</b>	<b>4,992.50</b>	<b>8,230.05</b>	<b>3,237.55</b>

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## **Regional Head Coach Report - Tim Williams – October 2012**

### **Regional Academy.**

Summary: A slightly disappointing year which saw the Academy lose a little of its impetus. I hope to regain that as we move forwards.

The Academy is (too) heavily based on me. Historically Academy sessions have been focussed primarily on making up the cycling shortfall, so sessions are quite heavily cycling based and therefore so are the coaching requirements. During the last year I was abroad, hospitalised and focussed on other issues, including the Olympics, at key points.

Furthermore the elite racing calendar was a problem in 2012, also due to the Olympics, which meant that there was no racing focus to the season.

Hopefully we'll address all of those issues. I'll come back to how later.

### **Activity**

We had 4 autumn/winter weekend sessions which were effective and reasonably well attended.

The spring was a bit of a disaster: It is always a difficult time with swim & XC champs (and snow). I planned three opportunities to race, in the hope/expectation, that everyone would take at least one. Unfortunately one event was cancelled and only 4 raced in the other two. Furthermore, they were the ones who least needed the experience (James, James, Adam, Elliot)

We had a Training camp in April. (more below)

During the summer we had a cycling session (a Chaingang) three weeks out of four from early May until September. Great for those who can make it, but evening sessions are particularly difficult for parents. The biggest beneficiaries were Armani & Cheyenne – from London Academy!

We had fewer weekend sessions over the summer than in previous years – again, mainly because of weekend clashes with other things in my calendar, and with local races. I'd normally expect about one per month, but we had none in June, July & August.

Results: There were some excellent performances:

George Schwiening was Nat Junior Duathlon champ and won silver at both European and World Champs.

Alice was 4th in series, George 5<sup>th</sup>, Sean 10<sup>th</sup>, Molly 8<sup>th</sup>, James 5<sup>th</sup>,

Top 3 finishes from Sean, JamesK & Alice

Top 10 finishes from James T (8<sup>th</sup>), Alex(5<sup>th</sup>) and Molly (8,7,6). Promising performances from Oliver, Elliot. Wins (non-Elite) from Adam & Connor. Promising results from Adam Edwards.



IRC. Preparation for the IRC was disrupted by the Olympics and post Olympic holidays. We didn't get the full team together beforehand. We were OK (7<sup>th</sup>), but didn't have any podium finishers (best were Finn Barnes & Sophie Alden) and James Kidd's asthma (he led out of the water) meant that we had to carry two low youth scores. (We've been strong in youth boys most years, but even though JK was fastest swim, & JT fastest cycle, neither scored well)

TS2 – Sinead 7<sup>th</sup>, Sarah 16<sup>th</sup>, Elliot 14<sup>th</sup> Peter 15<sup>th</sup>

TS3- Sophie 6<sup>th</sup>, Maddie 9<sup>th</sup>, Finn 5<sup>th</sup>, George 12<sup>th</sup>

Yth – Molly 10<sup>th</sup> Clover 20<sup>th</sup>, Sophie 27<sup>th</sup>, James T 14<sup>th</sup>, Oliver 23<sup>rd</sup>, James K 24<sup>th</sup>

Thanks due also to Geoff Jones (Team Manager), Jenny Swallow (for organising families) and Elisabeth Ross (for organising kit).

### **Tristar Academy**

The Tristar academy didn't get going at all this year. Geoff found that he was not able to spend time on it. I did not have enough time for the youths and juniors, let alone the tristar.

Geoff was looking at a different model, but his model was quite demanding on the co-ordinator.

### **Training camp.**

I organised a five day training camp in Mallorca (because I know it well and was there during the weeks beforehand). We stayed in a villa. My first villa fell through, so I was relieved to find a replacement at very short notice (after I was there!)

Funding: I'd originally intended that the trip would be athlete funded (travel and accom) and that the Academy would pay for training, but that worked out too expensive for a critical mass. So I re-assessed the costs and assigned £1500 of budget to bring the cost per attendee down to £350. As a result 9 (of a realistic 12) were able to go. Two girls, seven boys.

I took a cook Oliver Caddy (also a cyclist & coach) and his partner Edna (female, Spanish speaker & driver) so the group was 12 in total.

The camp worked really well. Everyone wants to do it again! The new villa made travelling to pool and shops a little more difficult, but was cheaper and perfectly sized.

The kids were involved in all of our food preparation, though not the shopping as the trip to the shops was too long.

We had a programme of cycling, which included some long climbs & descents, swimming (pool & sea), running, running off the bike and core stability.

Having finally worked out the accounts the cost to the Academy was £1400.

**Issues to address:**

More coaches & assistance: I'm hoping to involve Abbie Thorrington this year. Abbie is a GB elite international, she recently moved from Loughborough back to Ipswich. Unlike Oly (who would also like to be more involved, she has a car and a driving license – so we'll hopefully be able to hold sessions without me.

Monitoring of athletes: I think that I will shortly have a mechanism for doing this. I've been involved with the development of extensions to a software tool called Race Day, specifically aimed at developing triathletes. I'm just waiting for license numbers to get going.

Race calendar? Hopefully an Olympic free year will see a more balanced Super Series.

Session & calendar planning. I'd just like to get back to the type of programme that we had before this year. I'm happy with that.

Training camps: I'd like to run another training camp at Easter. I think that it might be in the UK. I also plan to run a three or four day swim camp early in the new year (end of Christmas holidays).

Funding: Triathlon England has approval for increased academy funding – mostly enabling me to spend more time (1 day/week), but also in funds for the region. The Region is expected to contribute too.

I will consider using some funds to support athletes racing in Europe next summer (ETU junior cup). I went to one of these races in Portugal this year. It would have been good for several of our juniors. (They would have to pay, the budget would cover a coach to go as support)

**RPM REPORT FOR EASTERN AGM 24<sup>TH</sup> OCTOBER 2012**  
**BEDFORDSHIRE CAMBRIDGESHIRE AND NORFOLK**

<b>Work area</b>	
<b>participation (events/race starts)</b>	CAF Project– Kings Lynn Triathlon Club new club due to open its doors early 2013. Meetings being conducted to form committee. CAF Project- Dunstable runners looking to become an accredited triathlon club. New project to be started in 2013. CAF Project– Victory Swim and Tri Club, North Walsham, Norfolk started up March 2012 CAF Project – BRJ Run and Tri Club now established and thriving!!
<b>Event Accreditation</b>	Monster Ely Middle Distance Race applied for Event Mark Level 1
<b>HE/FE promotion</b>	Links made with Cambridge University
<b>Schools comp</b>	Bedford/Luton School Games 8 <sup>th</sup> March 13
<b>Coach Ed</b>	Level One course Impington Sports Centre, Cambridge course organised for Feb 2013. This course is already oversubscribed. Looking for other venues in Norfolk and Bedfordshire
<b>Coach &amp; Volunteer CPD</b>	Paratri Coach CPD organised for 18 <sup>th</sup> Feb 12 cancelled due to low numbers
<b>Officials</b>	RTO Course 24 <sup>th</sup> March 12 cancelled due to low numbers
<b>Networking</b>	Cambridge Milton Park – Mick Woodhouse UEA Norwich Regular contact with CSPs: Living Sport, Cambridge, Peterborough Active Norfolk Team Luton/Bedfordshire
<b>OW day</b>	Speedo Open Water CPD day. 14 <sup>th</sup> July 2013, CPD in the morning, Novice and Advance swimmers planned for the afternoon. 14 coaches and 19 participants.
<b>TKOS</b>	The Cambridge KoS took place at Impington Sports College. This went very well. 832 School children took part from 12 different schools.
<b>Clubs</b>	Contact with: Tri-Anglia, Cambridge Tri, Ely Tri, Victory Swim & Tri Club, City of Norwich Tri Club, Leighton Buzzard Tri Club, Kings Lynn Tri Club, BRJ Run & Tri Club, Cambridge Uni Tri Club, Dunstable Runners
<b>Club accreditation</b>	Carrying out an overview of Clubmark to bring current clubs up to date and promote Clubmark to those clubs yet to engage

**GOODNEWS STORIES/HIGHLIGHTS:**

1. New club being developed in Kings Lynn foundations in place. This club has already created interest on a web page of 74 registrations and 304 hits.
2. Leighton Buzzard continues to grow with over a 100 members since start up in late 2011.
3. Most clubs are having an increase in membership since the Olympics

**RPM REPORT FOR EASTERN AGM 24<sup>TH</sup> OCTOBER 2012**  
**ESSEX, SUFFOLK AND HERTFORDSHIRE**

<b>Work area</b>	
<b>participation (events/race starts)</b>	CAF Project– Chelmsford Super Sprint Triathlon – Sept 2012. New project started April 2012 CAF Project- West Suffolk Triathlon. Project with West Suffolk Wheelers started April 2012. – Meeting held to discuss project and to start development with key club members. CAF Project– New project with Beccles Triathlon. Novice event with pre race taster sessions.
<b>Event Accreditation</b>	Chelmsford Off road Duathlon – in progress Maldon Tri – Pass Fambridge Middle Distance – completed, USB to be sent to head office Bradwell Long distance –completed, USB to be sent to head office Hockely Aquathlon – in progress Walden Tri – Accreditation Level one pass Braintree Triathlon – in progress Duck and Dash – Freedom Tri, in progress
<b>HE/FE promotion</b>	Links made with Writtle College, Chelmsford Active University project, lead by Howard Davis
<b>Schools comp</b>	Herts Youth Games, to be lead by region.
<b>Coach Ed</b>	Level Two course organised for Feb 2012 held at St Felix School, Southwold. 16 candidates attended. Level Two course Basildon November 2012, course already full. Level One Cedars Upper School – 14 candidates run Sept 2012 Level Two Cedars Upper School – 13 candidates run Oct 2012
<b>Coach &amp; Volunteer CPD</b>	Time to Listen Course, Hertfordshire University – 5 people First Aid Course – Hemel Hempstead Cycling Club – 10 people
<b>Officials</b>	LTO New Hall School, 17 <sup>th</sup> March, Tutor Jonathon Davis. 5 candidates took part RTO 7 <sup>th</sup> July in Herts. 10 candidates form East, South East and London region.
<b>Networking</b>	Contact with Active Essex. Regular contact with Herts Sports Partnership St Albans sport development team Active Universities Suffolk County Sports Development Team – meeting held September. Working with the team on club forum, they will be supporting the event and coming along to discuss issues with clubs.
<b>OW day</b>	Exploring avenues for 2012. New facility to be opened in Basildon, Essex. Redricks Lake, Sawbridgeworth regarding Speedo Open Water CPD day. July 1 <sup>st</sup> 2012, CPD in the morning, Novice and Advance swimmers

	planned for the afternoon. 12 coaches and 25 participants.
<b>TKOS</b>	Event went very well despite the water logged field preventing us from doing the bike course. 500 children attended from 23 schools. 45 volunteers came from local clubs, Writtle College and Shenfield Secondary School. Venue was good but a little small for the size of the event. More schools wanted to attend but we were at capacity at 500.
<b>Clubs</b>	Contact with: Walden Tri, East Essex Tri, Tri Sport Epping Tri Club, Born2Tri, Discovery Tri, Dunmow Tri, Blackwater, Multi sport Management, West Suffolk Wheelers, Ipswich Tri, Tr and Tri Again, Tri anglia, Tri Sport Epping, Discovery Tri, Shirers Triers, Hemel Hempstead Cycling Club, Team Tri Sports, Freedom Tri, Watford Velo, Tri Force, Hoddesdon Triathlon Club, David Lloyd Watford.
	Suffolk Club forum to be held at West Suffolk Wheelers Monday 19 <sup>th</sup> November 7.30pm
<b>Club accreditation</b>	In progress with: Walden Tri, East Essex Tri, Tri Sport Epping Tri Club, Born2Tri, Discovery Tri, Dunmow Tri,
<b>Paratriathlon</b>	Walden Tri to go on Coach Ed in Norwich. Very keen to develop this at their club

**GOODNEWS STORIES/HIGHLIGHTS:**

1. New links to West Suffolk Wheelers. Very positive meeting regarding Quality mark and general club development.
2. New CAF project going well with Beccles Triathlon
3. Club forum booked for November.

Redricks Open Water venue hosted Speedo Open Water Day. Great venue and lots of potential to increase new races and race starts. Day went really well, coaches enjoyed it and learnt a great deal, participants also enjoyed their sessions.



## Summary of Committee Members - 2013

<b>Name</b>	<b>Role</b>
Richard Fuller	Chairman
Ashley Nicholson	Secretary
Malcolm Hooker	Treasurer
Jonathan Davies	Technical Co-ordinator
Carol Macdonald	Regional Programme Manager - Essex, Suffolk, Herts
Peter Pain	Regional Programme Manager – Beds, Cams, Norfolk
Tim Williams	Regional Head Coach
Rob Lines	Committee Member
Elisabeth Ross	Committee Member
Wendy Staines	Committee Member
Heather Williams	Committee Member
Geoff Jones	Committee Member
Natalie Stone	Committee Member
Mike Porter	Committee Member