

F25 Coogee AGM

Thanks for joining !!

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President's address



As we close the FY25 season, I am incredibly proud to reflect on a year of friendships, growth, and resilience. Our members have trained, raced, and supported one another - from sprints to ultras, from local to international events, always representing the blue and gold spirit of Coogee Triathlon Club with pride.

Despite rising living costs and race fees, our committee has worked hard to keep membership fees among NSW's lowest while delivering exceptional value. We've reintroduced swim squads, launched Indigenous-designed club kit, provided free monthly strength sessions and bike workshops, and delivered subsidised programs like "Finish Lines Not Finish Times." Our Heffron races, social events, and partnerships with The Wright Physio, Hurt Locker Tri, MC Cyclery, mapleROO, and WYN Republic have brought more benefits than ever before.

A heartfelt thank you goes to our incredible committee, sponsors, and every single member who has trained, volunteered, cheered, or raced in FY25. You are the reason this club thrives. I look forward to building on this foundation as we move into FY26, ensuring we remain welcoming, affordable, and ambitious in everything we do.

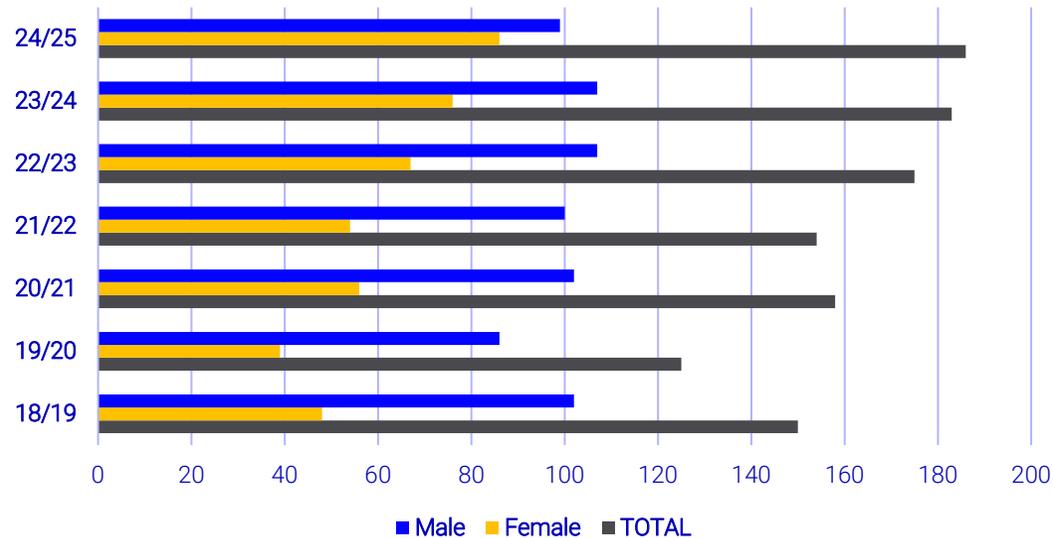
Julia Warning President, Coogee Tri Club

Club Membership

During the 2024/2025 season, we had 185 adult members, with a split of 86 females and 99 males.

	18/19	19/20	20/21	21/22	22/23	23/24	24/25
TOTAL	150	125	158	154	175	183	185
Male	102	86	102	100	107	107	99
Female	48	39	56	54	67	76	86

Membership



10 years

- Benjamin Harg
- Daniel McFarland
- Emma Finnerty
- Iain Bowker
- Lisa Moorhouse
- Mark Johnston
- Mark Ronald
- Michael Howard
- Norman Abelowitz
- Stephen Norbury
- Thomas Payne
- Victor Sumsky

5 years

- Rob Crackles
- Scott Francis
- Tash Johnston
- Andrew Scott

New Life Members: Loren Irons



Massive shout-out to Loren who is stepping down after 10 years on the Committee. Loren has gone above and beyond for our Club, making improvements in every single aspect - from creating and growing our training sessions, to improving our kit options and design, to building our social media and member comms, to race support and supporting our newbies to gain confidence and skills. Loren has created a lasting legacy shaping Coogee into the strong community it is today. Loren's expertise and passion continues to inspire and develop athletes through her hugely successful coaching business Hurt Locker Tri which she is taking from strength to strength. Please join us in celebrating Loren and all of her achievements with Coogee Triathlon Club Life Membership!

Training Sessions

Swim

Sunday Ocean Swim (All year)

11:00am

South Coogee Beach Veranda

Laps of Coogee Beach

Pool Squads*

Wednesday MORNING

6:15am-7:15am

Thursday EVENING

5:45pm-6:45pm

Prince Alfred Park Pool

All abilities welcome

*requires paid entry and

\$5 to cover lane hire

Bike

Thursday Mornings Intervals

5.45am Summer

6:00am Winter

Greenhouse cafe, Centennial Park

All abilities welcome

Pace groups range from P5

development squad to P1

Saturday Mornings

hosted by MC Cyclery

Multiple groups for safe-sized bunches catering for abilities with various paces, typically at 20kmph, 25kmph and 28kmph for a total of 35-40kms

Visit their socials for more details

[MC Cyclery Facebook](#)

Run

Track Tuesday (All year)

6.00pm E.S. Marks Athletics*

45-60 min of intervals

All abilities welcome!

*requires paid entry

Friday (Summer)

Jog, Dip and Sip

6:15am

South Coogee Beach Verandah
5km social run, followed by a dip and coffee

Brick

Monday

Swim Runs (Summer)

6.00am

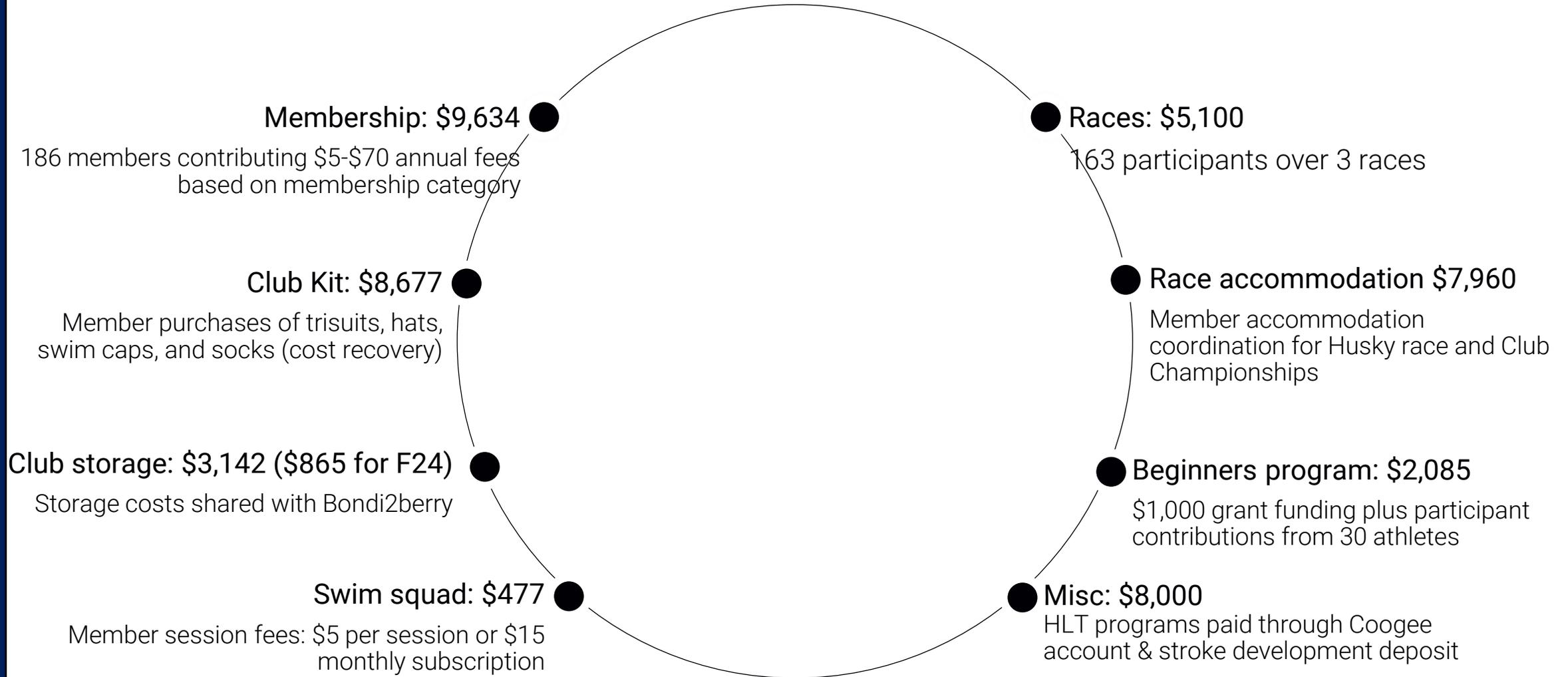
Clovelly SLSC lower stairs

45-60min swim/runs

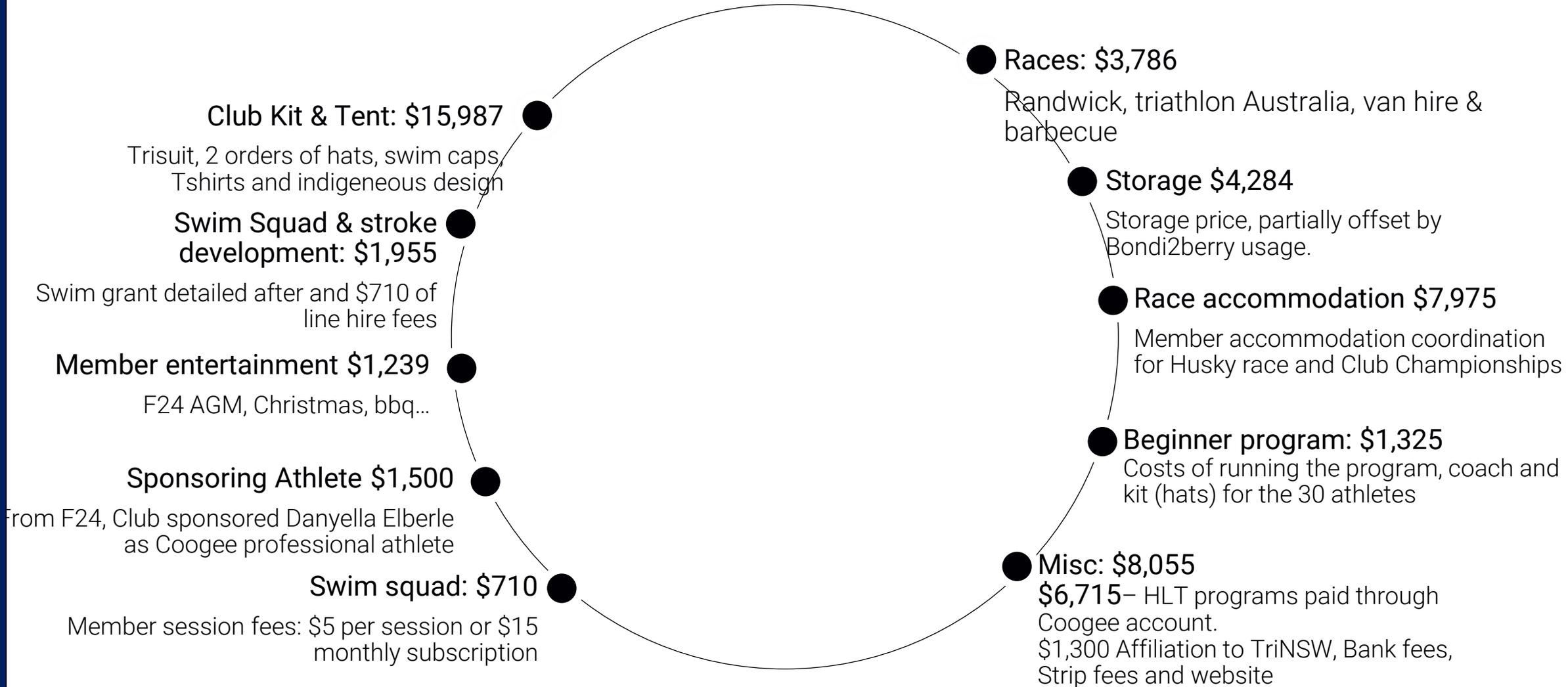
All abilities welcome

*Note that you will be swimming in your shoes across Clovelly Beach

\$45k Annual Club Income Sources



\$46k Annual Club Expenses



Club Kit Launch: Building Community Through Quality Gear

Club Kit Investment: \$14k Invested, \$9k Revenue, \$2.8k Current Stock

Trisuit



New partnership with Wyn delivers premium quality trisuits! To boost visibility at races and support our members, the club has subsidised \$50 per trisuit for the first 20 orders. Total club investment: \$1,000
Stock: 1 W size Small

Hats



Stunning indigenous artwork by local artist Caitlin Trindal celebrates the beautiful landscapes of Koojay/Coogee. Investment: \$600.

Great response with 2 orders already! Remaining stock: 48 hats

Socks



Affordable socks and hats help new members feel part of the club community without the bigger investment of trisuits or cycling kit!

No more stock

Swim Caps



Swim squad is back! These caps proudly show our club spirit in the pool. Current stock: 33 caps

Lead Tshirt



Our new Lead T-shirts serve a dual purpose: increasing visibility so new members can easily identify session leaders, and showing appreciation for the dedicated volunteers who step up to lead our training groups

Swim Grant

At the end of F24, we received a \$3,961 grant from NSW Office of Sport to build swimming confidence, improve accessibility, and reduce barriers to entry for swimmers

To maximize member benefits, we've allocated the grant across four key programs, with events running throughout F25 and F26

Stroke development Beginners/Steady



Beginner-level stroke development addressing swimming as the main barrier for new triathletes.

Two 6-week programs with professional coach Lisa Maragon (one in F25, one in F26)

2x \$690

Stroke development Confident +



Advanced stroke development for confident swimmers focusing on technique refinement and speed improvement.

Two 6-week programs with Lisa Maragon (held in F26).

2x \$690

Ocean swim



Two sessions per skill level teaching ocean swimming confidence and triathlon-specific techniques, including proper buoy sighting and open water navigation. (held F26)

2x \$250

Swim Squad



Relaunching our swim squad program! To help members establish new training habits and support program growth, we're offering the first two months free to all participants.

\$550

Races & Events



3 Races across the year

Three sold-out Heffron Park triathlons this year with exciting new improvements including our new aid station. Huge thanks to everyone who raced, cheered, and volunteered to make these events amazing!



Rebecca Hay / Dany

A special session for female triathletes featuring sports dietician Rebecca Hay on nutrition and hormonal fueling, plus our own pro triathlete Danyella Eberle sharing her inspiring journey from beginner to professional. Thanks to both speakers for their incredible insights and open advice!



Bryn – Race director

Thank you for everything you've done for the club this year! Organizing races is no easy task, and you've done a stellar job. Congratulations!



Christmas

Celebrating Christmas with friends, barbecue and the beautiful new Coogee Tent !

Finish Lines not Finish Times Program



Program Overview: A 6-week beginner triathlon program for women, supporting 30 participants in building confidence and skills across swim, bike, and run disciplines.

Key Highlights:

26 out of 30 registered participants completed the race

15 women swam across Coogee Bay for the first time

15 group training sessions including ocean swim confidence, transition practice, and brick sessions

Strong community building through WhatsApp group and social events

39.8% increase in club Instagram reach with 42,837 views across posts

Program Impact:

100% of participants felt supported by coaching

100% would recommend the program to friends

Many participants seeking full club membership and planning future races

Successfully reduced barriers to triathlon entry for new athletes

Funding:

\$1,000 NSW Office of Sport grant

\$1,000 participant contributions (\$35 per person)

Delivered in partnership with Hurt Locker Tri

Result: A highly successful community program that exceeded expectations, built lasting connections, and created new triathletes passionate about continuing their journey.

Member Survey & Program Results Summary



Thank you to everyone that filled in the survey this year! Your feedback gives the committee valuable insights into how we grow and improve as a club.

Our 2025 member survey reveals that **community and friendship** are what members value most about Coogee Triathlon Club. Members consistently highlighted our inclusive culture, structured training sessions, and supportive environment as key reasons for joining and staying engaged.

Key Strengths: Free structured training sessions, particularly swim squads, and our welcoming approach to beginners and athletes of all levels.

Areas for Improvement: Earlier communication about training sessions, stronger committee presence at races (especially Club Champs), year-round club kit availability, and better integration of newcomers into existing programs.

Member Priorities for 2026: More race opportunities including local events and biathlons, increased social events to build community connections, and continued focus on being welcoming and inclusive for new members.

Bottom Line: Our community-first approach is working brilliantly, and with improved communication and more opportunities to connect, we can make 2026 even stronger!





The Wright Physio

Physio and Massage

The Wright Physio is owned & operated by Tim Wright and his team. Established in 2011, The Wright Physio aspires to offer you professional & quality care, with your personal treatment goals the focus of every consultation.

Member benefits:

- \$25 off your initial Physio consult
- \$20 off every standard Physio consult
- Free members-only Strength and Conditioning sessions



MC Cyclery

Bike Shop and Bunch Rides

MC Cyclery love helping people ride to healthier lives. They pride themselves on going out of their way to take care of their customers. MC Cyclery always offer great value for money.

They love riding their bikes - all day every day.

Member benefits:

- 10% discount on accessories and services
- 5% discount on TT bike fits
- Access to MC open group rides on Tuesdays and Saturdays
- Women's social rides every second Wednesday
- Register on Stack Team App to join the rides!



Hurt Locker Tri

Personalised Triathlon Coaching

Coogee Tri Club has refreshed our partnership with Hurt Locker Tri. This includes funding thanks to Triathlon NSW "Finish Lines not Finish Times" program for HLT to run our female beginners 6 week training program for the third year.

- Coogee Triathlon Club members will continue to receive a 10% discount for ongoing personalised coaching



mapleROO

Natural nutrition for endurance athletes

mapleROO provides all-natural, gut-friendly fuel powered by pure organic Canadian maple syrup. To learn more about the benefits of maple syrup for endurance athletes, check out their [podcast!](#)

- Coogee members get 20% off, get in touch for your discount code!