

VPH&TH AC - AGM 2012 Reports from Directors and Others

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* Please also see separate Signed Annuals Accounts for the year to March 31st 2013

1. Chairman's Report - David Robinson

When I was elected chair last November, the club was anticipating a busy year ahead and 2012 has certainly lived up to expectations with as many new challenges as successes.

Firstly, however, on behalf of all our members, I would like to say a massive thank you to all the people who have devoted so much of their time and energy over the past year to provide the organisation, facilities, coaching etc, which we all take for granted. A special mention for our officials and coaches who not only run our training sessions but also organise club championships, co-ordinate and help run track meetings, league races, various other events and much more besides. Additionally our youth coaches not only train our young athletes but also have the added responsibility of care and guidance of youth members in both their athletic and social development.

Our membership has grown significantly in recent years with a general increase in demand for fitness and race training at all levels. 2012 has added to this and inevitably brings its own challenges of dealing with increased demand. Our coaches and training sessions both at Mile End and the clubhouse are at full stretch.

This also comes with the increasing interest in a wider range of athletics events. In the past the main focus for new members was to compete for the club in league races, track meetings, mob matches etc,. Whilst this is still true, new members are joining the club with a wide variety of aims and interests. Club members and teams have competed in Fell races, trail events, triathlons, aquathons, half & full marathons, 10k's, Open races & Events, park runs... etc. Our focus therefore has needed to be a little wider than in the past. Already there has been a natural response to this and we are in the middle of new initiatives which will help us grow our membership base and cover a wider compass of activities and events and improve our information and communications.

Crucial to all these initiatives / improvements are our members and this year we have made good progress in many areas with both new and existing helpers / coaches and general volunteers willing to contribute and help expand our potential:

Website development: This is crucial to everything we do and we are well on the way to moving over to a much improved and updated site in respect of accurate base information concerning fixtures, contacts, coaching, officials, results with members search facility, race reports, etc,. Thanks to all who have had input on this and especially to Joe Feltham and Neil Cook who are close to making this live. (We do still need updated 'static' information re coaching schedules, coaches and officials).

Membership: Alongside the website development we have also initiated an on line joining form linked to a secure club database and shortly hope to add a secure on line payment facility. On going too will be the manual input of existing members along with Youth members who will continue to use a paper form.

Clubhouse Improvements:

As most of you will know we have finally been successful in obtaining substantial grant funding to tackle the first phases of the clubhouse refurbishment. This has been mainly due to a huge amount of time and effort from Major, Ian, Simeon, Simon and Brenda. This phase of the work will create an improved level access

hall with a weights room and fitness area together with new and improved changing facilities including a disabled WC, change and shower room.

Over this winter and into Spring we need to further develop our strategy for extended use of the new facilities both for club members and also for use by outside groups. This may include:

- . monday - friday evening gym use.
- . structured gym sessions, strength & conditioning etc,
- . daytime hall use by 'outside groups'
- . increased hosting /hire of venue as HQ for Open Races.
- . limited indoor winter Track & Field training (jumps/ strength&conditioning)
- . etc.,

Any extended use of our clubhouse by members and a wider fitness community will also need to be balanced by a new level of cleaning, maintenance and some management / caretaking.

Returning to the core business of competing, we are enormously proud of all of our athletes who have competed both at the highest possible levels this year and across such a wide range of events. I'm sure many will be mentioned in Director's reports so I won't tread on any one's toes or run the risk of getting something wrong but a few things to remind us:

This Year Perri has inspired athletes up and down the country.

This year the numbers and quality of our top middle distance and endurance athletes have definitely surged again with great performances at the Southern Counties 12 stage Relays (in spite of Meretab's extra lap), the Southern Fell Race championships, and many other individual and Team event.

This Year our Youth made up 9 or it might have been 11 in the end out of the 60 strong London Team competing in the ESSA National Schools's Athletics Championships.

There have been strong individual and team performances in the Men's British League, Southern Men's and Women's Leagues, the XC Leagues and numerous annual races.

A final specific (personal) objective I would like to see the club reach - for the 2013 winter season is to grow our Youth Middle distance and Endurance section. Track youth coaches are seeing an increased interest in this direction - maybe a bit of the Mo Farah effect, and there is definitely scope, both on track and off road to develop training and up the numbers in our youth teams for the XC winter leagues. This will depend as ever upon volunteers and coaches (new and existing) and hopefully also finding a new director of Youth Development to help co-ordinate this effort.

I hope I can continue to do my bit for the club in 2013 and in case you haven't got the message yet, this brilliant club is about you - all the members, coaches, officials, etc. and the support we all give each other.

2. Finance Report - Ian Warren

Overview:

The year has been dominated by seeking grants monies for the refurbishment project, a total of £150,000 has been secured to date. The work involve has been substantial and began back in early of 2011. Additionally we have received an equipment grant from Sport England and recently been notified we are very likely to be successful in gaining a Tower Hamlets Mainstream grant towards primary school and disability coaching, the amount will be £15,000 over 3 years.

Separately this summer we were able to work with UKA during this summer to purchase Olympic and Paralympic tickets for distribution to club members at cost.

In terms of the financial results, 2011/12 was a stable year for the club. The statement of financial activities shows net income of £71,796, which translates to a small net deficit of £204 once unrealised grant income and property depreciation are excluded. In cash terms there has been cash surplus of £6,835 over the year.

Financial highlights:

The main items of income and expenditure are discussed below:

Income:

Grant income is dominated by two £50,000 grants for refurbishment work which were awarded in the year, the cash will follow only on presentation of invoices supporting the work done. In addition the club was awarded a grant of £8,426 for track and gym equipment at Mile End.

The hiring of the HQ hall to external groups has grown demonstrating the commercial viability of renting out these facilities; this is an area we hope to build on substantially once refurbishment work is complete. Cottage rent is slightly increased due to a rent rise in the year.

Coaching income dropped substantially (decrease of £13,134) in the year as spending cuts prevented local schools from continuing with coaching at levels previously seen. Coaching expenditure has decreased by £10,309. All schools coaching costs are funded by the school, specific grants or out of the development account surplus. No general club funds are used in this area.

The club continues to support wheelchair and disability coaching at Mile End, these cost the club £1,650 in the year.

Expenditure:

Travel and subsistence costs are down £5,569 on the prior year due primarily to BAL costs being reduced as the prior year included matches at Glasgow and Guernsey.

Repair and maintenance costs are down £7,860 due to the prior year including £6,500 for the hall ceiling work and, separately the fact that no additional works have been undertaken in the lead up to the refurbishment project.

Open 5:

The Open 5 in 2012 fell outside the 2011/12 financial year (7th April 2012) and thus all related income and costs have been excluded from the accounts in line with accounting principals.

The table below sets out the costs for the 2012 race compared to 2011. The race this year was put on by Major Carr and a dedicated team of club members.

Open 5	2012	2011	Change
Entries / Catering	2,475	3,479	(1,004)
Sponsorship	1,000	2,500	(1,500)
Donation	-	1,500	(1,500)
	<u>3,475</u>	<u>7,479</u>	<u>(4,004)</u>
Prizes / prize money	2,350	1,812	538
Stuweb race timing	600	882	(282)
Other running costs	707	970	(263)
	<u>3,657</u>	<u>3,664</u>	<u>(7)</u>
Net (cost)/income	(182)	3,815	(3,997)

Cash: The club funds improved against the prior year position:

Cash position	Closing 31/03/12	Closing 31/03/11	Change
Current account*	79,020	69,407	9,613
Development account	3,193	5,971	(2,778)
	<u>82,213</u>	<u>75,378</u>	<u>6,835</u>
* of which on deposit	65,465	50,000	15,465

Surplus cash held is on deposit with Scottish Widows in a specific charity deposit account, which was opened in September 2011.

Accounting disclosures:

A new designated reserve was established in the year to separate out the contribution towards the club HQ refurbishment project from club funds. The amount set aside is £30,000.

The accounts this year included a reserves policy for the first time. The policy provides an estimate of the minimum level of unrestricted funds the club should retain at all times to fund 6 months of working capital. This amount was assessed as £20,000.

Capital commitments and related party notes disclose the value of the refurbishment project commitment; the fact that the architect firm used is under joint control of David Robinson, the club chairman; and the reduced fee levels charged.

3. Men + Women's Road and Cross Country - Simeon Bennett + Holly Gilbert

Men + General

Cross Country:

I worked hard to keep member participation in cross country leagues and individual races as high as possible this year. As a result we were represented at all the events including Chingford and Metropolitan Leagues, Ware Cup (Victory to the men's team, fourth place for the womens'), Middlesex County XC Championships, North London XC Champs and, of course, the South of England (Brighton) and English National Cross country Champs (Parliament Hill) fielding full teams at almost every event.

There was a great buzz to the cross country this year. I'd like to thank other members who turned up to compete and additionally helped out along the way by offering lifts, assisting on the day, keeping team spirits high, bringing post-run treats, carrying the club flag to races and posting up results to the noticeboard etc.

Annual Mob match:

The start of January bought out many members for the annual Mobmatch against local friends and rivals Eton Manor. With over 100 runners in total, the first men's and women's places were won by Eton Manor but the club won comfortably the team prize once again.

Open 5 Mile:

Once again, many members of the club turned out to run (nearly 20) or support (nearly 30) the event on Easter Saturday this year. The field was not quite as large this year but still a sizable turnout with over 200 athletes participating in this historic event. We hope to put it on once again in 2013 but it will be dependent upon an organising committee and race director to put themselves forward to take on the huge organisational challenge, particularly

Assembly League:

There was some disruption to the league this year due to Olympic activities at the O2 and in Victoria Park. As a result other races were held in Blackheath, Battersea Park and Dulwich Park. The regular route in Victoria Park also had to be modified for the one race we held there. However, members rose to the challenge and we saw great turnout at many of the events, including Beckenham which traditionally has not always had such a strong turn out. Overall 3rd in Mens 'A' and 'B', 4th in Womens.

Club Championships and Boswall League:

We were able to hold the full compliment of internal races: 1 mile, 3.5 mile road, 5 mile XC, 10 and 20 mile road which were well attended and supported by club members and their families. Thanks to Neil Cook who compiled the Boswall League results for the year.

12 Stage and 6 Stage Relays

Once again, the club built upon the momentum of the road relays, re-started by Rob Birchley in 2010, this year Tom Heslop took over the organisation and the club was able to field 2 teams at the South of England 12-Stage relays, held at a new venue in Milton Keynes in March. Tom went on to take a small group to the 6-stage relays in Aldershot in late summer 2012. I'd like to thank Tom for his hard work and commitment here, he's expressed a desire to continue this in 2013.

The Olympic fever brought a record number of new member applications and attendees at the Tuesday and Thursday training sessions, with well over 50 members participating.

A special note of thanks to Major Carr who helped out the majority of the events listed above (including the Open 5 in which he was hard-working race director, thanks also to Pats Carden here) and of course to all other members who helped out during the course of the year. Without the members involved, we would not have a Road & XC section.

Women:

The women's team has continued to perform well this year in both the road and cross country leagues. Unfortunately, I was unable to attend most of the races due to my pregnancy and thanks go to Sim for covering for me throughout the year.

This year, as for last year, we fielded a women's team at the southern six-stage road relays in March. We were unable to get a team together for the four-stage relays later in the year and need to ensure that the enthusiasm of those that tend to offer to compete in these events gets passed on to other female club members, so that we are able to get teams together in future.

As the club continues to grow, so should the strength of the women's team. I will be stepping down as director this year as I am unable to give the role the time and effort it deserves, but I hope that someone else will take over and continue to push forward women's road and cross country running within the club.

4. Men's and Women's Athletics: Emily Mosedale and Tony MacDowall

Women (Emily):

Southern Women Track & Field League (Premier) - Senior Women (Road & XC)

The senior women, from the Road and Cross Country side of the Club, represent VPHTHAC at the Southern Women's Track & Field League, competing in the middle distance races including 800m; 1500m; 3000m.

The first meet of the season was a home match, always an advantage, at Mile End before the Olympics got underway. We managed to get 3 runners out to cover each distance race; Sue Bint, Linda Ingram and it was great to have Phillipa Cockman race on the track for the club for the first time.

The second meet was in Guildford and we managed again to cover each of the distance races with stalwarts Sue Bint, Linda Ingram and the return of Hazel Norton-Hale; each taking on at least one of the challenges.

For the penultimate meet, after an eventful journey to the track following a last minute venue change and poor traffic on the M25, there was a full team to cover all of the races in both streams. Again Sue Bint and Linda Ingram both put in excellent performances. Gesine Junker made a most welcomed comeback along with Mel Mclure. We had another new addition to the team, Monique Geraghty, whose enthusiasm was inspiring.

The fourth and final match suffered a little due to the distance between London and Exeter, but as always we could rely on Linda Ingram making the journey to represent the club, participating in both the 800m and 500m.

Sadly we were affected by injury again this season including myself (Emily Mosedale), Rosie Pitt and Sue Bint. But I hope, that come next season, we will all be fighting fit again and will be able to get a full team for each match.

Mens Track and Field report (Tony):

2011 season was so successful that we decided to enter a B team in the Southern Men's League for the 2012 season to ensure that all athletes are able to find track races. With Simon Basey managing the B team they performed admirably to finish 2nd in Division 2 North. The Men's A team performed well in the British Athletics League (BAL) Division 3 to finish 4th overall. Long travelling distances for matches and fixtures clashing with other events prevented the team from challenging for promotion.

BAL Match 1 Derby:

A clash with London 10k and unavailability of some key athletes meant that we were short in some key events. This meant a number of athletes had to fill in and cover events despite the team performed well to finish 4th only missing out on 3rd place by half a point. Wins on the day came from Tunde Balogun (B 100M), Hamiim Lubega (A 400M), Ashley Wilson (B 110H), Men's 4x100, Nick Stanisavijec (A HJ 2.05), Adelmi Akandi (B HJ) and Sam Sillah (B TJ). Athlete of the match went to Tom Heslop for shattering his PB in the 800m by over 3 seconds to record 1.56.54. Tom had to share the award with Tunde Balogun who ran a seasons best to win the 100m B string in 10.84.

BAL Match 2 Southampton:

A stronger team made it to Southampton for the second match but unfortunately traffic jam meant that we only just made it to the start of the meeting. So long jumpers, pole vaulters and high jumpers did not have much time to warm up. The lack of warm up cost us precious points as one of our pole vaulter recorded no height and run up issues cost our B string long jumper as he finished last. Going on current form both should have been on for a top 3 finish at the very least. This coupled with our A string 100H being DQ for a false start cost the team considerable points. Despite this we finished 4th and again only missed out on 3rd. With a bit more luck we could have been challenging for the lead. Wins on the day came from Alex Murdock (A 100m and 200M), Tunde Balogun (B 100M), Hamiim Lubega (A 400M), Alec Wing (B 110H), Mehretab Soloman (B 1500M), David Alcock (B 3000M), Men's 4X100 and Adelmi Akandi (B HJ).

BAL Match 3 Derby:

The opening ceremony of the Olympics and a number of injuries cost the team dearly as a severely depleted team competed at Derby. This meant that many athletes stepped up and had to double up or do three events or in Sam Sillah's case do eight events. Such is the quality in the British League that despite the fighting spirit of the team we ended up finishing 7th in a closely contested match which ended our faint hopes of promotion. Wins on the day were very hard to come by but Alec Wing (B 110H), Adelmi Akandi (B HJ) and Sam Sillah (B TJ). Athlete of the match went to Jason Richards-Thompson who jumped a new personal best of 14.14m in the triple jump. In addition to the great jump he has a further two jumps that were well in excess of 14.50m but they were marginal fouls.

BAL Match 4 Swansea:

With the Olympics over many of the team had called time on their season but some inspirational talk from the team manager convinced some to do one last outing before commencing winter training. Many of the team must have regretted agreeing to come along as it took us six hours to get to Swansea. The team started the day with the sole purpose of trying to beat local rivals Havering Mayesbrook by two places to overtake them in the league. Wins on the day came from Jordan Aromasodu (B 400H), Paul Martelletti (A 5000M), Kamal Thompson (A LJ) and Darren Morsen (B LJ). Athlete of the match award went to Kamal Thompson for a great win in the long jump. Kamal was leading the competition until the 5th round when the athlete from Southampton overtook him. Kamal responded superbly to match the winning distance of 7.02m with his final jump. Kamal won on count back by only 3 cm. He is only 18 years old so a great performance and hopefully many more to come over the next few years. He was superbly backed up by Darren Morsen who was laying in 2nd place for the entire competition until the final round where he overtook the Southampton athlete to claim the B competition. We finished 4th on the day and overtook Havering Mayesbrook as we finished 4th overall in the league.

I think the first thing I should mention is the large numbers of under 18's coming to the track since the Olympics, most groups having had a break during September returned to training 2 weeks ago and we now have over 100 on the track on training nights.

It would be safe to say that without our young athletes we wouldn't field a women's league team as the over 15's make up the senior team, we have just about survived in the premier division for another year, we have such a young team you hope it will get better.

Once again we had a good contingency picked by London at the English Schools Championships (10 athletes) with one individual medallist (Bronze Ajibola Aderemi) and one relay (Gold Dorica Santos).

Five new club records in the age groups, 3 under 15 boys (all by Ajibola Aderemi), 1 in the under 13 boys (Nial Mackenzie) 33 years old 1500, and 1 in the under 20 (Kamal Thompson) 37 year old Long Jump.

We held our own in the young athletes league which will undergo big changes in 2013, the under 13 & 15 teams will be in one division on Saturdays and the under 17 & 20 team in another on Sundays.

6. Publicity report - Susan Leese

Local Press: Changes in personnel at several local papers has seen an increased interest in reviewing athletics within the sports pages. East End Life, the Hackney Gazette and the East London Advertiser have all featured stories about both track & field and road & cross-country.

National Press & Radio: Being Olympic year and given our proximity to the stadium there has been an amount of interest from both press and radio from outside of the area. Local runs enjoyed by the Harriers were featured in Runner's World and radio stations interviewed members about their views on the lasting legacy of the Games.

The success of athletes such as Perri Shakes-Drayton and Paul Martelletti continues to highlight the club and its talent.

Web Site: Thanks to Joe Feltham for keeping the Web site updated with news and fixtures.

Information for Prospective Members and Enquiries: Mel McClure has continued to do a valuable job responding promptly to enquiries sent to the club.

Race Hosting: The hosting of various races in the park assists in raising the profile of the club, in particular the facilities we have on offer.

7. Strength & Conditioning Report (Circuit)- Tony Bunbury

Circuits has consolidated the progress made last year with typical class sizes in excess of 20 athletes on Monday evenings. The open door policy continues to attract new club members who use Victoria Park. New enquires are always welcomed with a full explanation of VPH&THAC weekly activities, including track and field.

With the commencement of phase 1 of the club refurbishment, circuit's has relocated to Gym. The plan is to familiarize the athletes with the gym equipment while introducing elements of the Olympic lifts.

Main Function:

1. Improves muscle tone and general strength.
2. Enhances the cardiovascular system.
3. Carves away body fat at about 800 Calories per hour.
4. Provides an alternative training session that complements and improves your running.
5. Improved VO2max and lactate threshold.
6. Aerobic workout which avoids another repetitive run session that could result in an injury.
7. Improved core strength resulting in better running posture.

Structured:

1. The class starts with a gentle warm-up run of about one mile, which includes dynamic exercises during the last half mile.
2. Light short stretches and a jog back to the club house to start the work out.
3. 22-24 exercise stations (15 stations in the Gym) which work the arms, stomach and legs in turn.
4. Typically, repetitions are performed for 30- 45 seconds with 15 seconds to move to the next station (Modified for the Gym).
5. On completion of all the stations. Athletes take a 3 minutes break while I change a few of the stations with new exercises.
6. Step 3 & 4 is now repeated but for a shorter duration to ensure total quality.
7. Finally, we stretch and cool-down.

Typical Exercises:

1. Crunches (About 6 different formats).
2. Single leg Squat Thrusts.
3. Press-up
4. Lunges
5. Bench Dips
6. Dumbbell Laterals
7. Dumbbell Biceps curls
8. Body-weighted Squats
9. Skipping
10. Running step-up
11. Squatting against the wall.
12. Speed work via the exercise ladder
13. Oblique twist
14. Chest raises
15. Punch Bag
16. Jumping Jack
17. Strides
18. Steps Machine
19. Burpees (Double leg squat thrust with jumps and press-ups for good measure).

Gym Modifications includes:

Triceps Push-Down, Seated Press, Shoulder Press, Dips, Cable Upright Row, Overhand pull-Up, Static Hang, Back Extension, Inclined Crunch, Leg Press, Lying and seated leg Curls and the Olympic lifts. The above exercises are performed in a friendly atmosphere to a wide-selection of music to suit all. This is my eleventh year of running the circuit class. The class is designed for athletes of all ages and all abilities.

Future for Strength and Conditioning at VPH&THAC:

Avoid single point failure by encouraging other club members to become Strength and Conditioning coaches. This will enable us to make maximum use of the “New” gym for all VPH&THAC members.

Thanks:

I would like to thank all the regularly circuit members for your help and encouragement throughout the year, your feedback is most appreciated. In particular I would like to thank Sophie Critchlow for coaching the class on a number of occasions.