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Chairman's Report - Dave Robinson

It has been another successful and rewarding year for our club with many of our athletes achieving new personal goals and putting in some great performances in team and individual competition over an ever widening range of events. Congratulations to all, whether you have achieved a hard strived for PB or winner's medal.

Many of our achievements are in large part due to the tireless dedication of our coaches, officials and volunteers and on behalf of the club I would like to say an enormous 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.

The individual reports from our Road & XC, Track & Field and Youth Directors illustrate the extent of our participation and achievements over the past year.

In review of some of our objectives from last year we have made significant progress:

Youth Endurance

As well as track training and organising along with the other youth coaches, Alf and Cornelia need a special mention having taken over youth endurance training this past year. Along with successes for many of our young athletes over this summer in distance running on the track, Cornelia has also worked hard preparing a group for the cross country season and they will be competing in the Met League this Saturday at Claybury. It will be excellent to have a new youth team alongside our seniors and I hope we can get as many senior runners to the race early enough to support our youth.

Website development: We have continued to make good progress developing the new site with thanks in particular to Joe Feltham and Neil Cook.

Membership

We are grateful to again to Neil and the many others who help manage the membership database over the two sites and although most seniors now join on line, this year there has been a big and successful effort to get everyone up to date and thanks to all involved.

Clubhouse Improvements:

Planned works successfully completed in the new year.

We have begun to make some progress in new initiatives and expanding the use of the new facilities both for members and also outside users:

- Further use by outside bodies as a Race Venue, for coaching courses and the like.
- The Gym is about to be modified in part to be more suitable for strength and conditioning training and the exercise machines - bikes, rowers, cross trainers, treadmills etc. rationalised, repaired and put back into better working order with appropriate maintenance.

- We have one new hiring of the Hall on a Wednesday evening and have interest from two further groups - 'Yoga for Runners' and a Pilates Group
- We are currently working on the detail of providing some limited further use of the Gym over programmed sessions for members, alongside making the spaces available for use/hire for Personal Training.
- The 'Old Gym' is to be tidied up and will provide a further activity space

Mile End Gym improvements

A programme of work is planned for the refurbishment of the Mile End Gym which will be principally funded by Grants.

With our expanding membership and continued successes, the vphthac vest is increasingly in evidence at a variety of events and competitions. Crucial to our success are our fabulous members, helpers, coaches, volunteers and the support we all give each other. I'm privileged to be a part of our club and look forward to another successful year.

Men's & Women's Road & Cross Country Report – Simeon Bennett

Cross country

As usual, the club competed at:

- Both main cross country leagues (Chingford and Metropolitan),
- North London XC Champs (held near Wembley),
- London XC Champs and South of England Championships (both at Parliament Hill),
- Nationals XC Championships (near Sunderland) a small number of club members represented VPH & TH.

The season ran from October 2012 and concluded at the Chingford relays in March 2013. Bad winter weather disrupted many fixtures including the Ware Cup (cancelled), South of England XC Champs (re-scheduled) and the final Met league fixture (late venue change); all due to an incredibly wet winter. The Club's own XC Champs were not deterred though, running as usual at an incredibly muddy Woodford Golf Course (34 members slithered their way around)

Great team spirit and enthusiasm plus use of the website, Facebook and Twitter meant members (both men and women) had plenty of information and encouragement required to attend the races, resulting in the critical 'strength and depth' required to place well in the leagues. Excellent cross country highlights included

- Metropolitan League: Victory for the Men in Division 2 and promotion to Division one.
- Chingford League: Overall victory for the Women's A team, Women's Vets team, Men's A team, Men's B team
- Chingford League Men's individual winner (Tom Heslop) and 2nd place overall for U17 (Bethan Turner)

Club Championships + Boswell League

For the second year, we held a full complement of races (1, 3.5, 5 mile XC, 10 and 20 mile) with a total of 238 runners across the series. I am grateful to the members that helped me organise these, particularly the Club XC as the course requires lots of work to mark out. At the time of writing, the Boswell League for the year has not been calculated, emphasising the on-going need for more member support behind the scenes.

Handicap + Mob Match

12 monthly handicap events successfully took place with 467 running across the year. The August event held as a race combined with the London Business Houses. In January, Eton Manor hosted the annual mob match at a new course in Leyton as part of their centenary celebrations, with buffet and awards afterwards in the Hare & Hounds, Leyton.

Assembly League

The full complement of 6 races were held once again at Beckenham plus in Battersea, Dulwich and Victoria parks (the club hosting 2 races as usual). Overall the Men were 4th in the A-league, 2nd in

the B-league. The women were 3rd in both A and B leagues. Special mention to Catherine McLaughlin who was 2nd overall woman in her category.

South of England 12 and 6 stage Road Relays

These were cancelled on the morning of the event due to bad weather and a very late decision by the organisers. This was frustrating for many members who were already at or en route to the Milton Keynes venue. Thanks nonetheless again to Tom Heslop and Emily Mosedale who worked hard to pull together men's and women's teams.

Open 5

I was proud to be part of the organisation of the club's 47th Open 5 race in March. The event ran smoothly with great support from members either running or helping. 204 athletes ran + 6 wheel chair athletes competed. Special thanks to Major Carr who worked tirelessly once again as the event director.

Marathon + Other Road Races

27 club members competed at the London marathon with the usual excellent support on the Highway and elsewhere along the course. A few also competed at Brighton Marathon, now becoming a firmly established fixture. The club was well represented at other marathons across the country and beyond.

In the summer, the club competed at both Battersea Park 1 mile relay events and the Westminster Three Bridges relays. Special mention to Rob Pitkethly who worked hard to organise these the club's entries here. Our women had notable success at two 10 mile races (The Harry Hawkes 10 in Thames Ditton and the Dorking 10), taking the Women's Team prize at both events + regaining the Physical Shield trophy.

Fell Running

There has always been a degree of fell running taking place in the club but this year the intensity increased notably. Starting in January with the Box Hill Fell Race. A number of committed club members raced here, then sped back from Surrey to the Chingford league fixture the same afternoon. The club was also represented at Man vs. Horse, Race the Train and the Snowdon fell race in Wales. In September, thirty club members travelled to the Isle of Wight to compete at the South of England Fell Running Championships, taking a number of awards including

- First place for the Men's A Team
- Second place for the Women's A team and Men's B team
- Tom Heslop as second overall senior male, Catherine McLaughlin as first overall FV40 plus June Barrow-Green first overall FV60 (winning all three races in her category). Various other notable results from individuals over the course of the event.

Special mention to Neil Cook who played a key part in organising this grand excursion.

Overall a great season for the club, taking the colours to new levels, new races and some great results which could not all be listed in this report. Everyone who has got involved should be proud. I look forward to another good year over the 2013-14 season.

Women's Track and Field Report – Emily Mosedale

The women competed in the Southern Women's League Track and Field, which saw just four meets across the summer, 2 at Guildford, one in Eton and the final meet was in Oxford. VPHTHAC is in the Premier Division which is highly competitive.

Although, again we did not manage to cover all of the middle distance events, it was great to see some new faces on the track from the senior women including Laura Morgan and Rachel Thomas. As with the last few years myself, Rosie Pitt and Susan Bint played a part in covering the 800m, 1500m and 3000m.

We finished 4th overall out of a total of 8 teams as below.

League Table

	Team	Match Points	League Points
1st	Windsor, Slough, Eton & Hounslow AC	1515.5	30
2nd	Reading AC	1347	29
3th	Guildford & Godalming AC	1193.5	25
4th	Victoria Park Harriers & Tower Hamlets AC	706	15
5th	South London Harriers	694	14
6th	Newquay & Par AC	610	15
7th	Horsham Blue Star Harriers	473	9
8th	Hercules Wimbledon AC	343	6

It is undecided as to whether or not there will be a league next year due to a variety of reasons. The alternative would be a joint men's and women's league, however the AGM is not until December when we will have further news.

Youth Development report – Cornelia Abe-Minale

Leagues

Our “under 15” Girls have been the mainstay of the Women’s Southern league allowing us to finish in our highest ever position of 4th .They have been supported by some “under 17’s” competing as seniors.

In the newly launched UK Development league we were placed in higher divisions, for the first time we fielded an “under 20’s” team in the “under 17/20” division and suffered badly with a lack of girls as matches are decided by joint scores. The boys, having been much stronger, did very well, the team finished 5th of 6.

In the “under 13/15” league we were very short of 2nd year “under 13’s”, especially in the girls and short of numbers in the boys. Never the less our strong under 15’s meant that we finished 4th of 6.

Next year is looking very promising as both leagues we will be much stronger.

Middlesex CS

The club had one of their most successful championships at the recent Middlesex CS. The results were 15 gold; 15 silver and 9 bronze.

Individuals

We didn’t get our usual numbers selected for the English Schools but still managed a Gold with Leigh Thompson in the “under 15” 75 Metre Hurdles and Silver with Nnenna Eronin in the “under 15” Discus.

In the middle distance the group has grown immensely in the past 18 months and is now producing some very good athletes. Entering the Middlesex relays for the first time and having teams in the Met league instead of the odd individual.

Mens Track & Field – Tony McDowall

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Finance Report

See separate attachment: Finance report 2013.pdf



Finance report
2013.pdf

Accounts

See separate attachment: vic02 FinalDrftaccs-9-10-13.pdf



vic02
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