

Victoria Park Harriers & Tower Hamlets Athletics Club

Directors Reports for 2014 AGM

- 1 **Chairman's Report** (page 2)
- 2 **Finance Director's Report** (page 4)
See also the accounts document issued with these reports
- 3 **Road & XC Running Report** (page 6)
- 4 **Men's Track & Field Athletics Report** (page 7)
- 5 **Women's Track & Field Athletics Report** (page 7)
- 6 **Junior Endurance Running and Athletics Report** (page 7)

1. Chairman's Report 2014

It has been another successful and very 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.

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. I cannot mention all of you by name but the club is deeply indebted to you all.

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

I would also like to make special mention of all my fellow Board members this year. The club was fortunate to have Laura Morgan take over as Women's Road and XC captain in Dec 2013. She has been a great asset and contributor on the Board, able to share some of Simeon's enormous load and also is taking on further new initiatives. Of course the more she takes on from Sim, the more he does anyway. To most members, Simeon is the force and face of the club, ever rising to the enormous challenges of a rapidly growing, successful and friendly club...not to mention his own personal successes in road, xc, and this year in the Comrades ultra-marathon. On behalf of the members many thanks to you all.

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

Youth Endurance

Cornelia has again been tireless in nurturing an ever growing youth endurance section with continuing successes in Met League and various youth competitions and championships. Her report is attached.

Website development Continuing thanks to Joe Feltham, Neil Cook and Simeon

Membership

We are grateful again to Neil for managing and co-ordinating the membership database over the two sites and also Alf who has been tireless similarly at the track.

Clubhouse Matters

We have continued to make progress with further initiatives and expanding the use of the new facilities both for members and also outside users:

The 'Old Gym'

We have this year also managed to upgrade the 'Old Gym' room in the Annexe, which now provides an excellent smaller space for the club and outside hirers. Currently we have 3 groups hiring the space : My Local Pilates - 4 sessions / week, Yoga for Runners on E=Wednesday evenings and recently a group for pre and post natal fitness group on thursday evenings. This is good for the club , good for the local community and brings in a bit of income which can help us maintain the facilities hopefully increasingly better as time goes on.

Weights facility and strength and conditioning

We also must thank Victor Sarramian who we have worked with to improve our weights facility and provide a more effective and targeted ' strength and conditioning' resource for our members, both with and through Victor and also with Tony Bunbury at Monday evening circuits. Thanks to both.

Changes to Club Opening Hours

Over recent years there have been a few member key-holders enjoying the privilege of 24/7 access to the club's facilities. This was not always the case and the arrangement has from time to time been abused by a few members.

It has become increasingly apparent and is very much part of the club ethos that all members should be treated equally and that no member is or should be entitled to enhanced and greater use of the club facilities than any other.

Additionally, and further brought into focus with the sad and untimely death of Roger Brooks a few months ago on his own in the clubhouse, the Club has a 'Duty of Care' to its members and to their welfare while using the club facilities and some 'supervision' has to be in place to ensure the safety and security of our clubhouse and its users.

There will in future be no 'out-of hours' general member use of the clubhouse. We have begun the process of consulting the membership and trying to extend regular club hours for general member use. The process will involve procedures including:

- 7 Regularising club hours for general members and adopting new procedures for opening and locking up the clubhouse
- 8 Establishing a clear programme of club hours . At some of these times, member use will be restricted by Events, Hall Hirings or Weights room hirings.
- 9 Key-holding will to be restricted to officials and a rota of members who will take responsibility for operating the various club sessions.
- 10 Establishing a clear 'Code of Conduct' concerning use of the clubhouse and it's facilities.

We have a constantly growing number of both new and well established club members. Many both enjoy the regular club sessions but also make a significant contribution to the club and its membership by competing for the club, coaching, volunteering, marshaling, helping with catering, attending working parties etc,. We will be looking to these members in particular to assist the safe and secure operation of some new / lapsed club training times e.g Saturday and Sunday mornings.

A number of members have offered their services. The contact for this process will for the time being be myself and we aim to have a new regime in place for the new year, with any associated key lock changing , access control etc,.

Your Club

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.

Dave Robinson – Chairman of the Board

2. Finance Director's Report 2014

FINANCE REPORT

Overview

Whilst the previous year was financially dominated by refurbishment of the club house this current year (2013/14) has been one of consolidation and strengthening of the cash position. The Club finances are almost back to the position pre the Club house refurbishment. Cash flow has been positive and the club is fortunate to have secured a number of grants as well as continuing to receive regular income from several of sources, namely member subscriptions, cottage rent and facilities hire.

Investment in infrastructure

The main club house refurbishment was completed at the end of 2012/13 year. The full facilities came back into use in March 2013. As a result the current year saw very low repairs and maintenance costs.

However the club has continued to invest in its facilities:

- 1 Old gym refurbishment - £2,700 invested in the room, already repaid through hire to yoga, Pilates and other interested groups
- 2 Athletic equipment in main hall / gym - £3,500 on gym furnishings and equipment
- 3 Mile end gym refurbishment – Tim Howells has run the project securing £28,750 in grant income from London Marathon Trust, the club has committed funds of £3,300 in supporting equipment purchases.

Financial highlights

Income

Membership subscriptions - an increase on the prior year of £4,078 substantially due to the efforts of Neil Cook, Alf Vickers, Major Carr, Simeon Bennett and others ensuring members at Victoria Park and Mile End do pay their fees.

Grants – London Marathon Trust have committed to provide a grant of £28,750 towards the cost of refurbishing the gym area at Mile End stadium which is used exclusively by Club members. The Club will also receive Olympic legacy equipment to furnish the gym, estimated to be valued at £35,000. The Club has committed £3,300 of its own funds buy additional equipment. Total value of the project is £73,000.

Grants – LBTH mainstream grant secured in the prior year for schools/disability coaching programme over the next 3 years was partially drawn down in the year. The total amount secured over 3 years was £15,000.

Hall Hire - Hiring of the HQ facilities expanded in the year with the refurbishment of the old gym providing additional smaller space for hire. The main hall remains hired to a number of separate users. This source of income for the club should expand considerably over coming years. The wider use of these facilities remains a key focus for the coming year.

Open 5 – The event continues to operate on a breakeven basis, providing great publicity for the club and our facilities.

Expenditure

Travel and subsistence were costs are roughly in line with the prior year. The costs mainly arise from travel to and from track matches in the summer months and mini bus hire. Costs vary annually dependant on track match locations each season.

Club kit was in demand in the period as membership expanded; all kit is sold at purchase cost.

Coaching fees include coaching at schools, summer/holiday athletic programmes and wheelchair / disability coaching at Mile End. These are funded either by schools providing income or by specific grants (i.e. LBTH mainstream grant).

Cash

Club funds have recovered well during the year.

<i>Cash position</i>	Closing 31/03/2014	Closing 31/03/2013	<i>Movement</i> 2013-14
Current account	25,578	12,269	13,309
Deposit	45,488	35,252	10,236
Development account	13,241	4,221	9,020
Total Cash	84,307	51,742	32,565

The total cash balance at 27 October 2014 was £84,214.

Future plans

The following areas are being considered for spending in the current year:

- Increase revenue from hiring out the Club House facilities (Old gym and main hall / gym)
- Support grant application to improve gym facilities at Mile End (£3,300 from club)
- Refurbish the kitchen area of the bar at HQ (funded from bar profits).

Ian Warren – Director of Finance

3. Men's and Women's Road & XC Running Report 2014

Cross country

As usual, the club competed at:

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

Disruption:

The season ran from October 2014 and concluded at the Chingford relays in March 2014. We had another wet winter – the Ware Cup was cancelled yet again due to flooding but we didn't have same disruption as the previous season. The Physical Shield relays were also cancelled, whilst uncertainty and then late confirmation of the 6/12-stage road relays meant the club did not enter a team due to schedule clashes.

Metropolitan League:

The men retained their position in Division 1, fought so hard for in the 2012-13 season, finishing a comfortable 7th (B team were 6th in Div 3). The Women finished fifth in division 2, with our veteran women finishing a commendable 3rd in their division. This league grows in popularity each year due to the quality of the racing and venues, the club must continue to make every effort to attend every race in this league if we are to maintain our respectable standing.

Chingford League:

Overall victory for the Women's A team, Women's Vets team, 2ND place for the Men's A and Men's B team. Individual 2nd place for Men's individual overall positions (Tom Heslop) and 2nd place for Women's individual overall position (Susan Bint). Sue also took top spot for the Women's Vet category, with Naomi overall third and second in the Vet and SuperVet categories respectively.

Club Championships + Boswell League

I was proud to arrange and run the full compliment of races once again (1, 3.5, 5 mile XC, 10 and 20 mile) with a total of 245 athletes competing across all events, including a record turnout for the Club 20. Thanks once again to those who've helped me with these races, particularly at the XC at Woodford where the course requires lots of work to mark out.

Thanks to the good work of June Barrow-Green and Duncan Steen this year seen an uplift in the reporting of the Boswell League, with a fight for the top spots for both the women and the men. Drama all the way, with Tom Heslop and Neil Cook fighting for the top spot in the mens, with Naomi Bourne and Jo Singer neck and neck for the Women. Overall winners were Neil and Naomi in this long standing league.

Handicap + Mob Match

11 monthly handicap events successfully took place with 520 running across the year (a 20% increase on 2012-13 figures). The January Mob Match against Eton Manor also took place, back on Well St Common (124 athletes competed in total). The 2015 event is planned to be back at Eton Manor's venue – with a view that the event alternates venue each year.

Assembly League

The full complement of 6 races were held once again. Three at Beckenham, one at Battersea and two in Victoria Park (the club hosting 2 races as usual). The club had a fantastic season. With the VPH Men's teams winning both the A and B leagues. Additionally Paul Martelletti won the overall mail prize, whilst Matthew Thompson took 1st MV40

The Women's team came second overall in this highly competitive league. With three races at Beckenham, the odds were stacked against us given past examples, yet we had an unprecedented turn-out this year to get us to this position. Jo Singer took fourth women overall and 1st FV40, whilst Sue Bint was first FV35.

Open 5

I was proud to be part of the organisation of the club's 48th Open 5 race in March. The event ran smoothly with great support from members either running or helping. Over 192 athletes ran + 4 wheel chair athletes competed. Special thanks to Major Carr who worked tirelessly once again as the event. For the 2015 race to go ahead we will need a new volunteer race director to step up and take over from Major who has many other commitments throughout the year. Without a director there will be no race in 2015.

Marathon + Other Road Races

At least 45 club members competed at the London marathon with the usual excellent support on the Highway and elsewhere along the course. Celebrations were in order as Elaine Battson made it her 100th marathon, and as usual there was a brilliantly executed post marathon party organised by Rob Pitkethly. Special mention to Jo Singer who finally broke the 3 hour marathon barrier with a 2hr 58min finish.

Later in the year Mandy Dohren, whose running has gone from strength to strength then broke the club's women's marathon record with an impressive 2hr 56mins at Berlin, just a few seconds from the women's record. Naomi Bourne also ran superbly in the Paris marathon this year, finishing with a championship time of 3hour 14mins.

This year also seen the inaugural Hackney Half marathon, in which 58 club members ran, with a number marshalling and supporting along the route. A testing day for many due to the heat but a plethora of pb's across all sections of the club in this great local event.

In the summer, the club competed once again 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 men and women had more success at the 10 mile distance, returning to the Harry Hawkes 10 in Thames Ditton. Including 2nd overall (Tom Heslop), 3rd overall (Ben Wickham), 3rd MV40 (Paul Gaimster), 2nd woman (Sue Bint) and for the second year – women's team prize.

Fell Running

The club's interest and success in fell running continues to gather momentum and builds upon the many successes of the 2012-13 season, despite the club's location in what may be the flattest corner of London. Starting in January with the Box Hill Fell Race. For the second year running, a number of committed club members raced here, then sped back from Surrey just in time to make the Chingford league fixture the same afternoon. A cohort of runners also represented the club at the steep Brecon Fans races, which saw newer club member Fin Gall lead the lads in the Pen Y Fan run.

The Orion Fell race saw Kelly Clark, who decided to add an extra half a mile to the course, get first lady.

This was followed in September by the annual trip 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
- Third place for the Women's B team
- Josselin Polini as second overall senior male
- Jo Singer as first overall FV40 plus, followed by Catherine McLaughlin in 2nd place.
- June Barrow-Green first overall FV60 (winning all three races in her category) and Louise Vacher took the lead in the FV50 category.

Various other notable results from individuals over the course of the event. Yet again, 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 involved should be proud for their contribution and achievements, we look forward to further success in the 2014-15 season.

The standard of running continues to improve, where previously we have struggled for attendance at many of the league matches in the recent past, this last 18 months has seen significant increase in the numbers of women competing, which is great for the sport and great for the participants. We hope to continue to see this increasing trend, raising the profile of the club as we are seen more and more as a major player in the London leagues.

Simeon Bennett Men's Director of Road & XC
Laura Morgan – Women's Director of Road & XC

4. Men's Track & Field Athletics Report 2014

Report to follow

Tony MacDowall – Men's Director Track & Field Athletics

5. Women's Track & Field Athletics Report 2014

Report to follow

Charlotte Nicholls – Women's Director of Track & Field Athletics

6. Junior Endurance Running and Athletics Report

Reports to follow

Cornelia Abe-Minale – Women's Director of Youth

Alf Vickers – Junior Athletics Head Coach