

Orion Harriers

Minutes of 102nd Annual General Meeting

8 October 2022 @ 11am: Jubilee Retreat, Bury Road, Chingford

In attendance:

Gareth Allen (Joint Treasurer) Andy Kennedy
Hayley Barron Geoff Lunn
Shayne Bellas (Junior Secretary) Phu Ly
Bill Bennett Mick McTernan
Steve Bennett (Hon. Handicapper) Dave Milner
Quin Broadbent Helen Pearce
Grant Corton (Committee Member) Roy Perrott (Honorary Secretary) Brendan
Clooney James Quartly
Andy Day (Junior Manager) Hayley Rogerson
Angie Flight (Ladies' Captain) Richard Rule
Ben Francis Lucy Smith
Terry Gale Richard Smith
Bob Glasgow (Committee Member) Callum Smyth (Joint Treasurer) Lorraine
Gosling (Junior Committee Member) Katherine Taylor
Laura Graham-Clare Steve Thompson
Dan Green (Membership Secretary) Ray Valins (Associate Member) John Harris
Paul Williams (Fixtures Secretary) Brian Jenkins David Wilson (Club Captain)
Gwilym Johnston Daniella Witten
Bob Jousiffe (President) Tim Wright (Committee Member)

1. President's welcome

The President (Bob Jousiffe) welcomed those present and thanked them for attending.

2. Apologies for absence

Apologies had been received from Paula Fairlamb, Lucy Humphreys, Chris Inch, Christine Inch, Katie Inch, Ken Jones, Sarah Mills and John Sable.

3. Minutes of the 2021 AGM and matters arising

The minutes were approved.

4. Treasurer's Report (Callum Smyth)

A copy of the accounts was circulated before the meeting. They show income of £33,604 and a deficit for the year of £14,023, due primarily to the final payment towards the club house extension. There was a £54k fall in income but this was driven by the exceptional income in FY21 of £55k from the London Marathon club house extension grant and a one off donation, also towards the club house, of £8k. The club's income in real terms has

increased as a result of increased membership and the resumption of racing following the pandemic.

The club is not immune to rising costs, such as gas and electric and membership software costs have also increased. The committee is alive to the need to increase club revenue and is open to suggestions (such as sponsorship, etc.).

The President thanked Gareth and Callum for their hard work and dedication throughout the year and for the measures that they have taken to improve our practices, which have included the addition of a card reader to take payments instead of cash.

5. Junior Treasurer's report (Chris Inch)

Chris Inch was on holiday but had shared his report before the meeting.

The long-term financial aim of the Junior section has been to break even over time. This year we have made a surplus of £3,199 following last year's surplus of £2,163. This means we will not need to increase training subs or Junior Membership fees this year.

This surplus has been achieved by retaining and increasing the membership as evidenced by a small increase in membership income, though we are down from the pre-pandemic high of 2018/19; by a return to weekly training throughout the year whereas in the two previous years this key activity of the Juniors was severely restricted by the pandemic (this has been partially offset by the increase in track costs-see below); an increase in support from the Sir Jack Petchey Foundation of £1,000 which has enabled us to continue to upgrade our equipment without using our own money; and a grant from English Athletics which has allowed us to spend their money on improving our coaches rather than, again, using our own. Much of this expenditure is expected to revert to coming from our own resources in the current year.

The two large increases in expenditure, track hire (up by £2,590) and transport to athletics meetings (up by £1,900) are due to a return to post-pandemic levels of training at the track (offset by the increase in track subs) and a full year of track competition rather than just the one meeting last year.

Save for one abstention, both sets of accounts were unanimously approved and the President thanked the Treasurers for their help and hard work throughout the year.

6. Junior Manager's report (Andy Day)

We now have 171 junior members, which is an increase on previous years. There were some good performances during the year. On the track, in particular, we won seven Essex medals. Dave Sterrey is very ill and so we will need to look elsewhere for the sponsorship money that he used to give. It has been a pleasure to run the junior section and Andy is not handing over to Shayne, assisted by Helen, who will take the club to the next level.

7. Club Captain's report (Dave Wilson)

This is attached in Schedule 1. Brian Jenkins asking why we have stopped the Captain's newsletter. The answer is that we now have a series of regular updates instead but if the new Captain wants to restart it, he can.

The President thanked Dave warmly for his two years of service as Club Captain and three as Men's Captain. During his tenure, Dave steered us towards the completion of our new clubhouse. He worked tirelessly throughout Covid to organise as many races as we could, much of this work unseen by members. He also launched several initiatives, such as: the KEE sessions; a new supplier for our kit; setting up training sessions on Spond; enabling the 2020 AGM to take place via Zoom; and using his IT skills to keep the club functioning throughout the pandemic.

8. Ladies' Captain's report (Angie Flight)

This is attached in Schedule 2. Like Dave, Angie is stepping down as Ladies' Captain. On behalf of the club, the President thanked Angie warmly for her contribution. Although unable to run for long periods due to injury, Angie had helped to bring new women into the club, supporting them and encouraging them to race. She had updated the members' welcome pack and organised the Santa Dash each year.

9. Honorary Secretary's report (Roy Perrott)

England Athletics have a new scheme where they give assistance to clubs in need of some support on the coaching side. We applied with the juniors in mind and (post-meeting: end of October) we were lucky enough to be accepted. They have assigned a **coaching coordinator** who will work with us for ca. two days per month to help develop our coaching structure.

We may be able to apply for some **limited funding** from LBWF, which our ward councillor Kay Issa mentioned in passing when she attended our club house opening. We will make further enquiries.

Also at the opening, another LBWF councillor suggested that we should apply for a 30 mph speed limit on Bury Road and a **pedestrian crossing** outside the club house. We also need the street lights on Bury Road to function more reliably.

We have had early warning that County **race fees** are likely to double from £6 to ca. £12 per runner. This is because of the increasing cost of hiring venues and paying for first aid. This is another reason why we have to consider raising subs next year.

We have a friendly relationship with **Epping Forest Heritage Trust** who act to protect and preserve the forest. They were recently instrumental in ensuring that an application for a large, inappropriate depot on the forest borders near Waltham Abbey was rejected. Some of our members are members of EFHT and Louise Vacher is a trustee. They are looking for another trustee and anyone interested should contact Louise.

10. Membership subscriptions (Dan Green)

We have had 66 new 1st claim and 21 new 2nd claim members this year, bringing our senior membership to 434 (362 x 1st claim; 72 x 2nd claim). 214 x 1st claim members and 43 x 2nd claim members have renewed already this year (most on auto-renew).

The time has come to increase our membership fee from £55 to £60. This will take effect from next year (i.e. 2023/24). EA have increased their fee by an additional £1 per member; and race fees are going up (almost doubling in the case of the county champs). Subs have not increased for seven years. The committee will also consider a late payment charge, not so as to penalise late payers but to reduce the admin involved in chasing payment, which is a significant drain on the Membership Secretary's time. It was suggested from the floor that this could be presented as a discount for early payers, which would be more palatable. Bill Bennett commenting that the penalty may be a nightmare to administer and no member should be signing up unless they are willing to pay and on time.

Brian Jenkins saying that he had predicted at the time that extending the club house would lead to an increase in subs and this was now happening. However, it was pointed out that, whereas the extension has led to an increase in energy consumption, the more significant factor is inflation and the huge rise in energy prices.

11. Club house keys

The committee believes that it is time to replace the lock on the front door to the club house. More than 80 keys have been issued over the years. A recent audit shows that some are unaccounted for, while others are in the possession of members who no longer need them. It costs £13 to issue a new key. If we had a break-in, the insurers may not pay

out because so many keys are in circulation and our lease actually stipulates that only two keys (sic) are to be issued.

The cost for a new lock (plus 20 keys) will be ca. £600. The committee has drawn up a new key policy which will allocate a key to run leaders and others who need one on payment of a £20 deposit. The key will be returnable on demand. We considered other options, such as a key code system, but it would be too expensive and would require the door to be replaced.

The President said that any members who had comments or suggestions would be welcome to raise them with the committee after the meeting.

12. Election of officers

Business then turned to the election of officers for the coming year. As previously mentioned, Dave is standing down as Club Captain. Bob Glasgow was happy to stand but wanted the meeting to know that he would not be able to attend all the races because of his job and he also has commitments as a race director at the Roding Valley parkrun. He sees the relationship with the junior section as very important and would like to work with Shayne Bellas, who is standing to replace Andy Day, on this. Paula Fairlamb is standing down as Social Secretary and the President thanked Paula for her sterling work and the numerous initiatives that she had worked on.

The following officers were proposed and seconded and duly elected to serve the club (unanimously unless stated):

<i>President</i>	Bob Jousiffe (two abstentions)
<i>Men's Captain</i>	Bob Glasgow
<i>Men's Deputy Captain</i>	Richard Smith
<i>Ladies' Captain</i>	Sarah Mills (one vote against)
<i>Ladies' Deputy Captain</i>	Hayley Rogerson
<i>Club Captain</i>	Bob Glasgow (no vote needed)
<i>Hon. Secretary</i>	Roy Perrott
<i>Hon. Assistant Secretary</i>	Anne de Asha (one abstention)
<i>Hon. Treasurer</i>	Callum Smyth and Gareth Allen
<i>Hon. Auditors (x 2)</i>	Andy Lunn (one abstention) and Ben Francis (one abstention)
<i>Membership Secretary</i>	Dan Green
<i>Hon. Fixtures Secretary</i>	Paul Williams (one abstention)
<i>Equality & Diversity Officer</i>	Andy Kennedy (two abstentions)
<i>Social Secretary</i>	Katherine Taylor (one abstention)
<i>Clubhouse manager</i>	Andy Day
<i>Hon. Website Manager</i>	Bob Glasgow
<i>Hon. Handicapper</i>	Steve Bennett (one vote against)

<i>Committee members (x3)</i>	Tim Wright, Lucy Smith, Steve Bennett
<i>Junior Manager</i>	Shayne Bellas
<i>Junior Secretary</i>	Helen Pearce
<i>Junior Treasurer</i>	Chris Inch
<i>Junior Committee members</i>	Katie Inch (Junior Liaison Officer), Lorraine Gosling and three others tba

13. AOB

Paul Williams mentioning that South London Harriers and Blackheath's numbers have been dwindling in recent years. They had proposed a four-way mob match between all four clubs but Ranelagh weren't keen. It is likely that there will be three-way mob match next year, while keeping the fixture against Ranelagh separate. Brian Jenkins expressing his hope that this will not lead to a downgrading of these fixtures.

Tim Wright pointing out that next year will be the 100th running of the Mercury. We want to make this a festive occasion and have set up a sub-committee for this purpose. Possibilities include: replica t-shirt; Edwardian moustaches; centenary cake; special mementos; advertising in local press, etc. Suggestions from members gratefully received.

Paul Williams mentioning that the Milocarrians (the running club for the military services) have, after an absence of many years, invited Orion to attend their annual cross country race at Sandhurst this year. There is a 14 Oct deadline for anyone who is interested. It is an interesting course and it would be good if we could field a big team.

Brian Jenkins querying why the Winter Grand Prix this year included the Nationals and other non-Orion races. This is to encourage a strong attendance at the premier XC race in the country and it was pointed out that it is 12 fixtures to score from 21, so runners do not need to run every race.

Finally, Bob Glasgow mentioned that we have printed a small number of fixture cards for the Winter season, which can be picked up at the club house.

14. End of meeting

After a thank you to the President for chairing, the AGM concluded at 2pm.

Roy Perrott
Honorary Secretary

24 September 2023

Schedule 1

Club Captain's report

To start with I would like to thank everyone for joining us for this Annual General Meeting today. This will be the last AGM where I address you as Club Captain, so I am very proud to have served this wonderful club.

I am glad that we now have a season ahead of us that should not be marred by COVID-19. The 21-22 season started with some COVID hangovers with Essex League not being able to release their complete fixtures, as they were unable to secure venues for all of them. We were also not given the Southern and Nationals details.

I will now go through the various events that we participated in the 21-22 Season starting with our priority Cross Country League in the Winter fixtures, the Essex League.

In September the **Essex league** began with a strong 3rd place finish at Hockley for Orion. On 30th October at Writtle, the Men took 2nd place. Our highest finish in Essex league last season. 18th December, Great Notley Country Park, Orion Men took 3rd spot. 22nd January Ilford fixture where we again had a clash with Chingford League. A small elite team were sent over to Hainault forest and took 3rd spot. The final Essex league had a disappointing turn out. Getting our fast guys to commit to going to Writtle for the second time in so many months was too much. The team disappointingly didn't even field 6 scorers. The attendance was not helped by the fact that Havering had already won the league and Southend were pretty much guaranteed 2nd place. Overall a 3rd place finish This was our best performance in Essex league since the 2017-2018 season. A small but really strong number team of runners really delivered this. Nick Harris Fry, Rich Smith, Lewis, Dan Moses, George Day, Nathan Boase and Colin Read all doing their bit. With a few other runners also contributing over the season. Hopefully we can challenge more this season in the senior and in the V40 category. In the Essex League, the ladies finished 5th (and 7th in the Vets).

Chingford League started with Hog Hill on 18th September. A bright but forever hilly 5k course, taking 2nd place to a very strong Vicky Park. Race 2 Dagenham 2nd October 2021. We had a clash with Essex league Cross Country Relays at Weald Country Park, so didn't have a great turn out. Race 3 was a glorious 5k fixture at the Velopark on 20th October where a sea of Orion turned out. Over 100 Harriers were there from the Juniors and seniors. Race 4 at Trent Park on 27th November 2021. A new course saw a win from Nick Harris-Fry. Orion coming 2nd to Vicky Park once again. Race 5: our home Chingford league was a great day out. Paul William's new course was the hilliest and muddiest course that the Chingford league has seen in recent years. Orion took 3rd spot. Race 6 Victoria park 5 miler, Feb 5th. Race 6th Wanstead Flats, 5th March. We had the overall winning team of Ben Francis, Rich Smith, George Day and Lewis Harknett (who also took the fastest time of 10:44 for the 2 mile course). They also secured us 2nd spot in the league,

keeping ahead of Eton Manor. Victoria Park winning every race except the relays. So a 2nd place finish in the Chingford League to a strong Vicky Park, which was a fair result.

Mobmatches: 30th October 2021, South London Harriers 150TH Anniversary. A great day out saw us take a mob of 28 runners to this fantastic race. Whilst we gave a good account of ourselves, none of the teams including Ranelagh, Blackheath or Thames Hares & Hounds could match the numbers or depth of SLH on this day. 14th November Blackheath: a small mob of 23 went to Blackheath. A great course through trees up and back. Orion beat Blackheath by 429 points to 477 points. 12th Feb the Mercury and Ranelagh mobmatch: a glorious day that saw the Mercury host a Mob match against Ranelagh. 71 Orion Harriers faced off against Ranelagh. The mob match was easily won by Orion with 460 to 1053 with 25 to score. It was also the XC Champs. Nick Harris Fry was crowned King and Clare Huggins as XC Queen. The 10 mile handicap was won by Paul Goodhew that day.

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We also hosted two **Orion 15s** in the last year. 20th November 2021: this was the COVID postponed from 2020 edition. Mike Roberts was the first Harrier home in 1hr 41 mins, followed by Brian Jenkins and Mick McTernan. Lucy Charles Barclay was the first woman back in 1hr 51, followed by Rebecca Armstrong and Hannah White. 26th March 2022: Mick McTernan was the first Harrier home in 1hr 44. Brian Jenkins was just behind and secured the V40 XC champs. Will Reed Wright was 3rd back. Colin Read secured the V50 Champs. John Smith took the V60 XC Champs. Mary Armitage was first lady home regardless of age categories and took the V50 XC champs.

Winter Handicap 9th October was won by Danny Fitzsimons.

Essex Vets at Writtle on 4th December: a great day for Orion at the Essex Vets Championships. Hosted at Writtle College, our teams took home a large collection of Essex medals. Men's V40 - Team bronze (Nick Shasha, Brian Jenkins, Bob Glasgow & Neil McGoun). V45 - Individual silver Nick Shasha. V50 - Team bronze (Colin Read, Scott Reid, Tim Wright, Declan Hamblin. Ladies: 1st V65 - Christine Kennedy; 2nd V55 - Mary Armitage; 2nd V60 - Christine Inch; 3rd V50 - Anna Louis. Ladies team: V50 Silver; V60 Gold.

Ware Cup: Vicky Park took gold but Orion Men were close behind them to earn second place.

Essex Senior Champs at Basildon on 8th Jan. Orion men a very respectable 4th; ladies 5th.

Southerns at Beckenham Park in Kent 29th January. Our cross country diehards turned out to this 15km race...only to see some people running it in Vaporfly's. Maybe Beckenham didn't quite qualify as a proper cross country course. Southampton AC won the event. Orion came 23rd, just behind London Heathside.

Nationals Parliament Hill 26th February: out of the 2,100 runners that took on the supper muddy and hilly course: Lewis came 267th; Rich Smith 386th; Mick McTernan 528th. For the women, Hayley was 482nd; Christine 537th; and Karen Lyons 699th.

2022 Essex Road Relays at Colchester 10th April 2022 5k distance: Our V60 ladies (Karen Allworthy, Julie Robinson and Christine Kennedy) won V60 gold. The Orion men finished 8th at this event.

That concludes the Winter fixtures.

Grand Prix Winners

Men division 1 was won by Brian Jenkins, Dave Wilson second and Colin Read 3rd. Men's division 2 was won by Will Reed-Wright, with John Sable and Nick Harris Fry getting promotion. Men's division 3 was won by Stephen Thompson, with Andy Lunn and Colin Smith getting promotion. Men's division 4 was won by Mick McTernan, with Dan Moses and Phu Ly getting

promotion. The 2nd claimer league was won by James Stockings.

Moving on to the **Summer fixtures:**

The summer fixtures started with Orion **Pentathlon Day** 3rd April. A day to stir up some interest in the SAL and let people try track and field.

Summer Handicap 14th May: won by Zoltan Fodor.

Midweek League: MWL scores 12 runners. This league also combines Men's and Women's results to give an overall league standing. The first fixture was a super-fast course at Stevenage which was shy of 10k. The Men's team was 4th, as was the team overall. St Albans was the second fixture and after a poor turn out, the Men finished last. The team finished 5th overall. The third fixture was at Chingford. The home advantage showed what we could do as a team when everyone turns out. The Men finished in 1st spot and the team second overall. Despite a great result in Chingford, we went into the final scoring fixture at Trent Park on 30th June needing to beat Watford Joggers to ensure we avoided relegation. The Men finished in 4th place and the

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ladies finished 4th. This left us 4th overall and most importantly ahead of Watford Joggers!!! So ensuring we will be division 1 next season.

SAL: Thanks to Katie Inch whose fantastic organisational skills really shone as she managed the SAL for Orion. She did a great job, with support from the likes of Shayne Bellas, Helen Pearce, her mum Christine, Ben Fisher, Chris Scott, Andy Day, Bob Jousiffe and Paddy Brown. I confess this was the first time I have ever competed in the SAL. It was the first time that I ran the 800m since school. Great days out. In the May fixture at Lea Valley we finished 6th with 138 points. In June, we took 5th spot with 147 points. In July, we finished in 4th Spot with 173 points. In August, we finished in 6th spot with 68 points. At the end of the season, the team finished 6th and scored 7 league points. I would like to congratulate Chris Scott and Emily Sharpe for being our top men's and women's point scorers and Deelan Bushdari for knocking 17 seconds off his 1500m PB over the season.

ELIVS League: a league that is popular with some of our members whilst still not being our priority league. The Men finished 6th overall and the Woman 4th.

Forest five: is always popular and always brings in a lot of money for the club. We see a lot of members marshal for these. Don and Bob put in a lot of effort for these races.

John Clarke Memorial Fell Race: took place on a very hot evening in June. Joe Dale won the race once again with Harrier Ollie Bushdari taking 2nd place. Clare Huggins was the first Orion woman home. A great evening then followed with Tim once again taking over bar duties and many bottles of ales were consumed.

Loughton Relays on 28th June: Orion Men were clear winners at this event with a team made up of Henry Giddens, Mick McTernan, Rich Smith, Gareth Allen. Orion Women also took gold with a team Ella Wilson, Hannah White, Clare Huggins and Fran Gamble.

5k on the Rides: once again Bob Jousiffe and Paul Williams did a lot of work for this series. 10th August Rich Smith was overall winner in a time of 17:28 seconds, Russell Brown was second in 18.25 and Stephen Thompson 3rd in 18.32. Claire Huggins 20.15, Fran Gamble in 20.42 and Hayley Rogerson in 21.20. 17th August: Reece Barclay won in a time of 16.59, Paul Quinton second in 17.37 and Sam Kennedy 3rd in 18.38. Hayley 21.16, Liz Rossberg in 22.12 and Angie in 23.26. 24th August James Stockings was 1st in 16.03, Richard Smith second in 17.03 and Paul Quinton 3rd in 17.15. Clare Huggins in 19.47, Hayley Rogerson in 20.18 and Angie Flight in 23.20. A special thanks to Katherine Taylor and Steve Bennett for doing so much to make the 5k on the Rides such special evenings. So many members had positive comments from these races and

the post-race drinks.

King of the Ching: 10th June. This fantastic race organised by Mick McTernan, Paddy Brown and Will Reed-Wright is now in its second year and is fast becoming a cult classic as racers try not to fall in the Ching river. Mick won the race, with Brian just behind him. Will took 3rd spot. Zoe Woodward was first lady home with Karen Lyons and Jo Plumb in 2nd and 3rd.

Mad Mile on 31st August: another cult classic race saw Jason Wray win a time of 5.06, Sam Kennedy 2nd and Ben Knight 3rd. Emily Goodhew was first woman back in 6.47, followed by Ellie Williams and Jo Plumb.

The Orion **Road Race Championships** were held in September: the Pleshey Half marathon was selected as the race for the Road Champs. This was a very popular choice with a great turn out. Nick Harris Fry and Claire Huggins won the Champs. Nick ran 1hr 11 and Claire 1hr 34. Essex medals were won by Nick, Paul Quinton, Rich Smith and Bob Jousiffe.

Summer Grand Prix

Men division 1 was won by Dan Carroll, followed by Steve Bennett and Dan Green. Men's division 2 was won by Stephen Thompson, followed by Gary Bartlett and James Collett. Men's division 3 was won by Paul Goodhew, Gwilym Johnston and Scott Reid. The 2nd claimer league was won by Paul Stockings.

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That concludes our Summer fixtures and the season as a whole.

Special mentions

Nick Harris Fry for breaking the club's marathon record with a time of 2hr 28 mins 34 seconds.

Joe Owen breaking the club's 800 metres in a time of 1min 48 second 53. A record that had stood for over 10 years.

Nathan Boase- Boys' Captain Nathan broke Frankie Conway's 12 year record at U20s level in the 1500m in a time of 3minutes 58 seconds 02. In recent months he has also earned an Essex vest and smashed his goals for 800m (in 1min 57sec). Also broke the under 20s 3k record 8.38.

Lewis Harknett who took the silver medal for the U23 3K Steeplechase for the English

Champs. Joss Foot: Southern and National U23 Champion in Javelin.

Now I would like to finish with a few other points to share with the membership

Thanks to Don Taylor for hosting another **quiz**. This fantastic evening was hosted in this very clubhouse. A lot of fun and beer was had! The money raised by this evening along with a kind donation from the Orion 100's club allowed us to buy the new Orion Gazebo. The Gazebo will be well used and has already offered us shelter in horrible weather and from the sun during the SAL. Thanks to Ray Valins and Don Ford for the ongoing work they put into the 100 Club.

Also many of you have noticed the **lockers** in the clubhouse. Thanks to Jackie Bass for donating them and then Bob Glasgow and Steve Taylor for transporting them here. Callum Smyth, Ben Francis Eric Paul and I had hours of fun putting them up.

This year we looked to encourage more interaction between Juniors and Seniors. The juniors held a competition to design a t-shirt for the Orion **Athlete of the Month**, sponsored by the Seniors. Shayne, Angie and I saw so many fantastic designs. The winner of the competition was Chloe Summers, with Henry Gillman coming second. Chloe was awarded a shirt with her own design and Henry got some chocolate.

Orion still struggle with some of our best runners going off to **university** and not coming back to Chingford. But we are very happy to see young and improving runners like James Quartly who ran a 3.15 marathon last week and Seb Mills getting stuck into their racing. Ollie & Deelan Bushdari also just keep getting quicker.

We also wanted to reduce some of the **workload** of certain club positions. The Membership Secretary has always been a massive role. That role's responsibilities have been shared between Dan Green and Anne de Asha to make it more manageable. They have both done an amazing job. Steve Bennett became the Club Handicapper and Grand Prix guru...stepping into the big shoes of Bob Jousiffe. These roles often invite some hard questions from members but Steve is more than ready for them. Well done Steve.

We have seen more **run leaders** step up and take out groups. This is great to see.

We have a new **coach** in the form of Eric Paul. He coaches at the track on Tuesday and held a KEE sessions on how to run a marathon. We had a lot of good feedback from that.

We have also partnered with **Re-Run** for them to take our old running shoes and gear trying to promote sustainability.

Thanks to Andy and Jayne Day for their hard work maintaining this **clubhouse** and the service they give to this club.

Finally I would really like to thank all the **members** who contributed to this club. Those who laid trail or marshalled or contributed in some way to make this club run. I would especially like to thank the committee for the service they have offered the club. Thanks to Roy, Bob J, Paul, Sarah, Bob G, Dan Green, Hayley, Anne de Asha, Katie, Andy, Tim Wright, Callum & Gareth.

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And also to the following who will be stepping down from the committee: Grant, Paula, Angie, Patrick Brown and Khurram.

Thanks for the excellent work. But please remember you don't need a committee position to contribute to this club!!! There is always plenty to go around.

Schedule 2

Ladies' Captain's Report

I have been your Ladies' Captain for approx 2 ½ years of which the first tenure was spent in lockdown. The last year has seen the transformation of the clubhouse. I hope you like the green paint! When choosing the colours we wanted the common areas to be in our club colours, so we thought that given we are based in Epping Forest to bring the outside in!

Hopefully you will have seen some useful items added to the Ladies' changing areas, including hairbrush/clips/hair bands. I know how frustrating it is when you tie your hair back before about to stepping out on the field and it breaks! I am sure we all have been there!

At the next committee meeting, we are also discussing a possible section for children to sit/relax etc while waiting for their parents/to head out for a run etc, which would include some toys/books/bean bags.

Feedback has historically been provided that you wanted a more inclusive club and I hope that you have seen these changes over the past couple of years.

We have had 23 new ladies joined last year which is absolutely fantastic.

As most of you know, I am hanging up my hat this year as Ladies' Captain and I would like to thank everyone for their kind words and support.

Dave has already mentioned the ladies' results. In the **Winter Grand Prix**, Katherine Taylor was the Div 1 champion and Christine Kennedy the Div 2 winner. In the **Summer Grand Prix**, Claire Huggins won Div 1, Christine Inch Div 2, Jo Plumb Div 3 and Zoe Woodward 2nd claim.

I would like to finish with a few other points to share with the membership:

Orion Active: start up and add the beginner 0-5k to active program flyer - Lisa Smith happy to

head up as contact. We need to get leaflets printed off as Steve B was doing this at work.

Super Stars: Lucy Charles Barclay is now the 2 x world triathlon champion (she's currently in Hawaii competing). Christine Kennedy - won 10k and half marathon at World Masters in Finland. Clare Thurgood 77th in snr ladies Inter-counties. Sophie Magson on her USA Uni Debut won her 5k race at an impressive time of 18:36 and was Essex 1500/3000m Champion too. Mary Armitage has had a fantastic season this year being the first OH lady home for the Orion 15 and winning silver in MWL.

It was lovely to see Nikki Barnett coming back to running.