

STRICTLY CONFIDENTIAL

Minutes of Orion Harriers AGM : Sat 4th October 2025 11:00 am at Orion HQ

Attended: Paul Filler (Chair), Christine Inch (note taker), Tim Wright, Simon Harkness, Clair Harkness, Joanne Wood, Louise Juby, Mark Roberts, Jayne Day, Andy Day, Christine Kennedy, Julie Pond, Hayley Barron, Nikkii Barnett, Lucilla Ashton, Hayley Rogerson, Jamie Stafford, Helen Pearce, Katherine Taylor, Simon Carter, Oliver Purton, Katie Woolf, Harriet Whitehead, Steve Bennett, Sarah Mills, Paul Goodhew, Paul Williams, Chris Inch, Dan Baxter, Wayne McKiernan, Dan Green, Bal Gill, Darren Cordes, Laura Graham Clare, Quin Broadbent

Apologies for Absence

Amelia Davison, Anne De Asha, Andrea MacQueen, Don Taylor, Lisa Barham, Frances Wilson. (The Secretary e-mail address has not worked since the end of September so apologies if anyone else has e-mailed in their apologies)

Minutes of 2024 AGM

Minutes of last year's AGM were approved.

Matters Arising from 2024 AGM - none

Treasurer's report

Paul Goodhew (PG) stated that Dan Carroll and Callum Smyth have supported him this year and have counter signed transactions so thanks to them. A financial statement was presented and not a full set of accounts and that the auditor is aware of this. PG asked if anyone had any questions about the financial statement and there were none. PG stated that legally the club does not have to have an audit but asked that the AGM approve the financial statement.

The financial statement was approved by members. The full accounts will be audited then submitted to the committee for approval and will be attached to the AGM minutes in due course.

Orion Juniors Accounts

These have been audited and were circulated with the AGM meeting papers last week. Members were asked if they had any questions and there were none. Members at the AGM approved the Junior Accounts.

Men's Captain report

Tim Wright read out a report which contained Bob Glasgow's report for the period Oct 2024 to mid Jan 2025 when he stood down, then a report from Tim for the rest of the year.

Bob Glasgow report

Essex League 24/25 - Priority Race Series

Overall individual Roger Maidment V50

Overall Team Vets win

Overall Brian 4th and Mick 5th in the V40

Race 1 - Hainault

Team 3rd, Vets 3rd

Individual : Brian Jenkins 12th, Roger Maidment 14th, Mick McTernan 16th, Rich Smith 23rd, Das Gonnella 35th, Jason Wray 38th

Race 2 - Basildon

Team 4th, Vets 2nd

Individual : Rich Smith 22nd, Brian Jenkins 23rd, Roger Maidment 29th, Mick McTernan 30th, Bob Glasgow 63rd, Reece Barclay 66th

Race 3 - Colchester

Team 4th, Vets 2nd

Individual : Roger Maidment 26th, Brian Jenkins 28th, Mick McTernan 34th, Jason Wray 37th; Jamie Odoki 49th, Bob Glasgow 73rd

Race 4 - Writtle

Notable as a final visit here due to the college not permitting XC anymore

Team 6th, Vets 2nd

Individual : Brian Jenkins 14th, Mick McTernan 23rd, Das Gonnella 47th, Jason Wray 44th, Bob Glasgow 55th, Neil McGoun 70th

Race 5 - Hockley

Team 6th, Vets 1st

Individual : Mick McTernan 18th, Brian Jenkins 25th, Roger Maidment 34th, Das Gonnella 51st, Ed Lunn 69th, Scott McMillan 73rd

Out of the 30 scorers across the series only 3 are seniors! We need to encourage more seniors to our priority races to complement the vets. Any ideas gratefully received.

Chingford League

Overall Division 1 Men A - 2nd

Overall Men B - 2nd

Overall Vet Men - 3rd (with 4 points covering the top 3 and it going down to the relay as a decider)

Graham Wilkinson - 2nd overall V40M (with Brian 4th)

Max Bell - 1st U20M overall (running every race)

We hosted our own challenging, but popular, fixture in January with Mick finishing 5th and the Vets and the B team winning on the day)

Winter Handicap - 12/10

Winner - Helen Pearce

Overall race winner - Jason Wray

Number of runners - 14. Low turnout prompting a move to December when the conditions are more XC

Tiptree 10m Club Road Championship

Great day out for the club. Always good to put the club on the map across Essex and use a different event for the club road championship.

Club champion - Brian Jenkins (2nd overall which is arguably one of the best OH race performances in recent history)

Mick McTernan- 5th, Bob Glasgow 8th

Team gold

Lots of other individual age group awards across the whole club.

Loughton Vets Championships - 19/10

Roger Maidment - Won

Bob Glasgow - 2nd

Tim Wright - 10th

Retained our team prize.

Essex Vets Champs - 14/12

Brilliant day for the club highlighting our great course and excellent organisation skills. Bob Glasgow made this possible by liaising with the Essex XC committee. On the day the course was excellently organised by Paul Williams including a last minute course change. It was proper XC conditions on a classic course.

V50 men - Silver

Scott Reid, Bob Glasgow, Nick Shasha, Dan Gritton

Unfortunately Roger Maidment missed the start as he got the time confused. He would have won the race and brought home team gold.

Redemption awaits

V40 men - Silver

Brian Jenkins 4th, Mick McTernan 6th, Jason Wray 16th, Das Gonnella 19th

Again we were hampered by a runner missing the start and playing catch up. Something to put right this year!

Ware Cup - 21/12

Overall Team 2nd

Roger Maidment won the race back up by Rich Smith, Stephen Thompson and Phu Ly

Ilford Hilly 10m - 28/12

Extreme mud!

Team win Mick McTernan, Will Read Wright and Phu Ly - 1,4,8 overall

Excellent individual win by Mick McTernan

Essex Seniors XC - 04/01

Basildon - Team 18th

7 runners. 1 senior!

I resigned on 18/01/2025.

I would like to apologise for the timing of my resignation, however I felt it was best for myself and the future of the club. Those who know me understand how much the club has meant to me since a child and I believe it is the ultimate accolade to be club captain. I would have loved to have continued but it was clear from certain behaviours that I was not supported by the whole committee.

The club is at its strongest when it's concentrating on its original purpose (competitive racing) but to do this the whole club needs to be focused in the right direction and it was apparent that this was not the case.

I would like to thank everyone who backed me and raced for me. We made many good memories and achieved numerous successes. I proved that an inclusive and approachable captain can achieve great things in a short space of time. I wish the club the very best for the future.

Bob G

Tim Wright report

Following Bob's resignation, Sarah brilliantly stepped up from women's captain to club captain. In the absence of a men's captain, I supported Sarah and co-ordinated the men.

In the Southern Champs at Beckenham (which is always a good course for runners and spectators) on 25th January, we only took a team of 5th, but were led home by Rich Smith with a great run to finish just outside the top 100.

We hosted the 102nd Mercury on 15th Feb with Mick 3rd (2nd V40); Brian 4th (3rd V40); Roger 5th (1st V50) and Will Reed Wright 7th combining to win the Men's and Men's Vets Team races.

The following week saw the Nationals return to a muddy Parliament Hill. A strong team of 13 (special mention to Zoltan for overcoming a scooter injury to make it, less so to me for spending the race in A&E with a bleeding head). Brian led us home, with the team coming 66th in a field of nearly 2,000 runners.

On 1st March, we travelled to a very sunny Richmond Park for our away mobmatch at Ranelagh. A low away turn out of 22 meant the result was never in doubt, despite Brian being second home, edging out Mick by 5 seconds in 3rd.

2 weeks later, we were away again at Coulsdon for the multi-mob matches against SLH and Blackheath. We took 25 south of the river, but didn't have enough to beat a resurgent SLH (which is nice to see), but plenty to beat Blackheath in the overall and the Veterans matches.

The season closed as always with the Orion 15. With a record field of 270 runners, the race was won by James Stockings (now at Wimbledon Hercules). Brian was the 1st V40 and 6th home. With: Mick (8th); Roger (1st v50) and Dasos Gonella we won the mens team and mens vets team prizes.

Into the summer season (which I have had to follow from the sidelines due to my own health issues):

In the Mid week League

Race 1 St Albans: 19 men, led home by Graham Wilkinson, special mention to Pete Bulaitis in 250th place.

Race 2 at home: 57 men again led home by Graham Wilkinson in 5th place, special mention to Pete Spelman in 263rd place. Obviously the best race, thanks to marshals and food.

Race 3 Stevenage:

26 men, Graham 2nd and Brian 3rd, and Pete Spelman 248th

Final race (Hemel) , had left a mountain to climb in terms of relegation: 25 men, book ended by NHF 2nd and Malclom Dhurmendra in 210th.

Disappointing to drop out of Division 1, but the standard is so high, though we do have the quality to bounce straight back next season.

In the Elvis series

1st race clashed with MWL.

2nd race: Havering 6 men Bob G 10th and Dhumendra 153rd

3rd race: Olympic Park: 31 men Pat Brown first Orion and Geoff Mitchell and Pete Bulaitis over 70s.

4th race: 9th July Ilford, Pat our only man

5th race: Valentines Park 10 men Jamie Stafford to Pete Bulaitis

6th race 7 men: Jamie Stafford to Dhurmendra

7th race home: 24 men: Mick in 2nd and completed by Pete Bulaitis

last race Barking Park: 9 men Jamie Stafford to Dhurmendra

Other races we hosted

Fell race

Mick, 1st Orion 5th home and first vet in a record field.

Chris Peter first M60.

Five mile series.

Race 1 19 men, led home by Mark Andrews

Race 2 18 Men, led home by Jamie Stafford in 3rd place

Sam Allum 2nd man over the series

At the increasingly popular 5 OTR:

Series Winner - Graham Wilkinson and V40 🏆

V50 - Bob Glasgow 🏆

V60 - Stuart Manktelow 🏆

V70 - Roger Green 🏆

In the SAL, we were represented by Chris Scott, Graeme and Max Bell. Ted Allaway, Jamie Odoko, Pat Brown and Owen Keen, with Graeme scoring the most points over the 4 fixtures.

Adrian Bell was 2nd in the Essex 10km champs at Woodford, Brian 2nd V40, Nick Shasha 1st v50 and John Whitehouse 3rd v50.

Nick Shasha won silver in the v50 5km.

On the Road

20 men finished the London marathon, first home NHF in 2:26 with Dason Gonella. Scott Reid (7th in his age category), Bob Glasgow, Reece Barclay and Donald Bennett and Stephen Tompson all under 3 hours.

The Whitham 10 saw Bob breaking the hour and first V50.

In the Pleshey half, mens team were third, Bob was bronze in the V50,

Team bronze medals in the Essex 5 mile champs Pleshey in June, Rich Smith, NHF and Nick Shasha, with a bumper Orion turnout.

Bob Glasgow won V50 Silver Essex Marathon at Halstead.

Nick Shasha ran a fantastic 4:45 mile consistently in the top 10 for his age at various distances, but with 4th for the mile.

Looking ahead to the winter, we have the full range of fixtures including plenty of home events. Excitingly the main addition is us hosting the first ever Essex Fell race Championships on 18th April.

Tim Wright

Ladies' Captain report

Sarah Mills read out her report which is set out below. Sarah is standing down and thanks were given to Sarah for doing such a fantastic job as Women's captain and for covering the Club Captain role for a large part of the year. A gift was presented to Sarah.

The Essex league kicked off the Winter Season at Hainault on the 5th October and then we went onto Basildon, Colchester, and a small team at Writtle on the 30th November (as Bob report said was the final time this course is going to be used).

The last race of the season on the 8th Feb was at Hockley and saw the following ladies take home silverware:

Hayley Rogerson 3rd V45

Christine Kennedy Gold V65

Christine Inch Silver V60

Overall Orion Vet women placed 3rd and the senior women came 5th in the series

Chingford League

8th October kicked off the Chingford League at Hog Hill and concluded on the 1st Feb at Victoria Park.

Overall a good finish to the league with final standings for Div 1 the OH women's came 2nd OH vet women 3rd overall; and B team 3rd

Stand out Age cat standings were from

V40 Hayley Rogerson placed 4th

V60 Mary Armitage 2nd

V50 Nikkii Barnett joint second

I also wanted to highlight strong performances from the U20s women Erin Malloy, Kiki Crosby, Keira Bellas and Imogen Smith.

Loughton Vet Champs on the 19th October was not on our GP but it's a race we annually participate in and saw the ladies come in 2nd place

Hayley Rogerson and Julie Pond placing 3rd

Nikkii Barnett and Christine Inch 1st in their age categories

9 November -Stebbing 10 mile Essex champs

Essex Medals went to:

🏆 Karen Lyons V55, Christine Kennedy V65

🥈 Hayley Rogerson V45, Christine Inch V60

🥉 Karen Allworthy V65

Ladies team (Hannah White, Hayley Rogerson & Christine Kennedy)

Essex Vets Champs on the 14th December on Orion soil produced A stellar medal haul by the women.

Team medals went to:

V40 Silver (Hayley R, Jo E, Lucilla and Anna Waterman)

V50 Silver (Nikkii, Lorraine, Katharine Hancox, Julie)

V50 Bronze (Karen Lyons, Janine, Maxi and Jo Plumb)

V60 Gold (Christine Kennedy, Kym, Mary A, Christine Inch)

And individual Gold to Christine Kennedy for V65.

4th Jan Essex Snr XC Champs @ Gloucester Park- no club participation from the women

25th Jan-SEAA Southerns we didn't have any women run at either of these so maybe a focus on these for next year for our section?

Our annual Mercury XC champion was Norma Ortiz

National Cross Country Championships 2025 22nd Feb Katherine Hancock, Erin Molloy , Anna Waterman and Karen Lyons took on a very muddy parliament hill

Club Vets XC champs Mob Match Ranelagh 1 March

Vet champ was Lucilla Ashton , Nikkii Barnett V50 , Karen Lyons , Janine and Mary A V60

Mob match 15th March @SLH: Won against BLACKHEATH

Orion 15 22nd March-great turn out of 270 runners this year and Harriet MacSween was first woman home for OH

Winter GP winners

Final tables for the Winter Grand Prix. Ladies Div 1: Nikkii Barnett, Ladies Div 2: Anna Waterman, Ladies Div 3: Mary Armitage.

Essex Relays 12th April-Colchester

Team of 4 seniors, 3 for vets

Saw us take home Silver team medals for Lorraing Gosling, Julie Pond, Nikki Barnett

Gold for Karen Allworthy, Christine Kennedy, Mary Armitage

Summer fixtures

Witham 10 on 5th May

Louise Juby was 2nd V45

Nikkii Barnett was 3rd V50

Karen Allworthy took 3rd V65

Hannah White, Nikkii Barnett and Louise Juby took 2nd Team Silver

Summer handicap - first lady back was Claire Huggins

MWL

21 May first MWL fixture at St Albans

Home fixture on the 4th June saw a whopping 431 runners cross the finish line and the next race performance outcome at Stevenage meant the club (even though our womens section came 4th overall) was relegated into Division 2 for next year.

Fell Race on the 20th June first woman home was Abbie Balbulian 27:04 of Clapham Chasers

Loughton Summer relays out of 17 teams, the Orion Women's A team came 3rd , B team came 6th, C team 8th and D team 16th

Elvis Races OH women placed 5th overall and 4th in league 1

Other races this summer season were :

Essex 5m-Pleshey : Medals galore Julie V50 silver, Karen L V55 silver, Mary V60 silver, Karen V65 bronze 🏆

British masters Multi Terrain Champs on the 29 June -Karen Lyons came 3rd in her age category -congratulations to her

F5 series Katherine Hancox, Daniella Witten, Christine Inch and Andrea McQueen completed all three races and 2nd Claimer Zoe Woodward was W60 series winner

5k on the rides

Series Winners were : - Julie Pond V50 🏆

V40 - Claire Wagh 🏆

V60 - Christine Inch 🏆

Essex 5k champs in Colchester 8 Aug congratulations to: V50 3rd Nikkii Barnett & 1st V60 Mary Armitage.

Essex Half Marathon Champs at Pleshley on the 14 Sept saw a large group of ladies represent OH and special congratulations go to Teresa Scully Gold, Nikkii Barnett Bronze, Julie Pond Silver, Christine Kennedy Gold, Karen Lyons silver, Norma Orteza Rangle Silver

As this is my last speech as captain for the women's team and brief stint as acting club captain, I wanted to thank the entire women's section especially Hayley Rogerson and Anne and Christine for championing and having faith in me throughout, especially at the beginning of the year. Also thanks to Tim for his guidance and also Bob Glasgow- I had great fun working alongside you and was sad to see you step aside for a role you did so well.

As our section continues to grow, we have lots to look forward to - we have 171 female runners at the club now so it would be great to get more of our members, old and new, out at our club races especially Essex league - which is still seen as out of reach for reluctant racers but, I hope we will still continue to ensure that this league is for everyone - and example of this "give it a shot" attitude was one of the top highlights for me this year. The MWL at home saw many of the Group 6 women race. This is proof that with the right support and guidance this club can produce a fantastic set of runners of all abilities. I'm also very proud of The Judy Ashton trophy. This trophy was presented for the first woman in the Orion 15 this year and sits proudly in our cabinet as proof of how far our section has come. That's it from me and I'd like to wish my successor the very best for the 25/26 season.

Sarah Mills

Presentation to Social Secretary

A presentation gift and thanks were given to Katherine Taylor for doing such a great job as Social Secretary; organising many end of the month drinks; VE day BBQ and the annual awards evening/Xmas party. Thanks also to Katherine for setting up and organising the Wednesday evening training run leaders.

Paul Filler, President reiterated thanks to Sarah and Katherine and also to Anne De Asha who has worked so hard as Club Secretary.

Secretary's report

In the absence of Anne, Christine Inch read out her report as set out below.

Committee meetings were held on 25 November, 27 January, 24 February, 28 April, 9 June, 28 July and 15 September. The committee has moved back to in person meetings.

I can report the attendance at committee meetings this year was as follows:

Paul Filler	6	Bob Glasgow	1
Sarah Mills	6	Anne De Asha	7
Hayley Rogerson	5	Christine Inch	6
Dan Green	7	Paul Goodhew	6
Katherine Taylor	6	Lisa Barham	4
Darren Cordes	6	Hayley Barron	4
Paul Williams	6	Shayne Bellas	1
Amelia Davison	0	Tim Wright	6

Thank you to all committee members for their invaluable contributions this year.

Clubhouse: As the club is now registered to serve food the kitchen has been refurbished. Thanks go to the 100 Club for funding the new fridge freezer. It now needs the refreshment team to work with the clubhouse manager to ensure cleaning and food control in the fridge and freezer meets the required standards. Thank you to Andy and Jayne for improving the cleanliness of the clubhouse overall.

A new shed has been erected for race equipment storage. The clubhouse team now needs to reorganise the store room which has started to overflow with all the initiatives that the club offer – circuits, pilates, yoga, trainer exchange etc.

Splits in the roof gulley caused a water leak into the main clubhouse room and this has now been repaired. The heating system has caused a few problems during the year, requiring a specialist engineer for repairs.

Corporation of London: We have continued to maintain a good relationship with the CoL and the local horse riding association throughout the year, with licences granted for all our races – one horse incident has resulted in some changes to our procedures, including the CoL allowing the use of a megaphone at the start of races to brief runners about safety and other forest users. Extra signage will also be in place along race routes to alert any riders who are unaware of races.

No show race fee: Thank you to all those who competed for us this year in Essex, Southern and Nationals - the club will continue to pay for your entry fee next year. And for those who had registered but weren't able to run on the day – thank you for notifying us of reasons for no shows. It is not a pleasant job asking people to pay the fee if they did not turn up without a reason such as injury.

Insurance, coaching qualifications and first aid: You will appreciate the importance of protecting all our members. As a running club affiliated to England Athletics and a club that hosts many races throughout the year we must ensure that standards are upheld in all areas, especially insurance and qualifications for the safety of all participants. A first aid training course for members was held at the club recently and hopefully this can be an ongoing course – our run leaders should have some first aid knowledge and also we need to ensure we have a number of marshals who are trained in case of incidents during events. England Athletics also requires run leaders to have completed a Leadership in Running Fitness course, so this will be our next push to ensure we are covered by EA insurance.

Awards: A successful awards night and Xmas party saw good attendance. We were proud to introduce a new award this year – The Judy Ashton Trophy – this year, for the first woman in the Orion 15. Judy was one of our first women runners and has been involved with the club for many years.

Thank you: Thank you to everyone who has turned out to run for the club, in whatever race or event and whatever time you achieved. This is the heart of what we do.

The club cannot operate without the help and support of many people, not just committee members. Thank you so much to everyone who has helped in some way over the last year be it run group leaders, Orion active leaders, those who helped with events, run refreshments, lay trails, marshal, organise Marathon drinks stations, clean and organise the clubhouse, run the website and publicise us on social media.

Thank you to the whole committee for your commitment to the club, especially to Bob Glasgow for your captaincy at the start and to Tim Wright for stepping in for the remainder of the year. In what has been a particularly difficult year with an increased workload on everyone else on the committee and beyond, Sarah Mills has stepped up exceptionally into the Club Captain role. And thank you also to Christine Inch as Assistant Secretary – no one appreciates what work goes on behind the scenes to keep the club running smoothly.

It has been sad to see personal issues creating such friction between people and all to the detriment of the club. I hope that moving forward people can see the damage this causes not just to existing members but in the tone it presents publicly. The club is more than this and there is a place for both racers and social runners. This really can be achieved without rivalry.

Thank you to all those I've worked with during my few years back on the committee. I hope I have helped in the club in some way. Wishing you all well for a harmonious future.

Anne De Asha, Club Secretary

Membership report

Dan's full report is set out below. We have 522 members and in addition there are 155 junior members.

The question was asked as to how many new members who joined last year are still members. Dan did not have this information to hand.

Report: As of 1st October seniors currently have 522 membership accounts, vs 538 last year.

378 First Claim (vs 403 LY); 74 2nd (Claim vs 74 LY); 9 Student; 33 Associate; 28 Life

3% decrease (vs 1.7% increase LY)

During the period 1st October 2024==>30th September 2025 71 new members joined vs 89 during the same period last year.

57 First Claim (vs 78 LY); 9 Second Claim (vs 8 LY); 2 Student (vs 2 LY); 3 Associate (vs 1 LY)

This is a decrease of 20.2% new members on the previous year during the same period.

One possible reason for this is that we usually get an influx of new members joining in January, this did not happen in 2025. The committee is aware of this and will look to publicise marathon training once London Marathon places are announced later on in the year, ensuring that Orion Harriers is the destination club for marathon training.

Since 1st October 2025 one further new member has joined (0 FC, 1 SC)

This year membership renewal reminders were staggered with an email reminder sent out 1st September, Spond 12th September and WhatsApp 28th September (overall, the initial reminder was sent 2 days later than 2024) and during the period 1st September 2025==>30th September 2025 75 members renewed vs 74 LY. Many thanks - early renewal is much appreciated!

Since the main renewal email went out 328 members have renewed (including the above) during the period 1st September 2025==>1st October 2025 (vs 331 LY)

252 First Claim (vs 256 LY); 53 Second Claim (vs 54 LY); 6 Student (vs 1 LY); 17 Associate (vs 20 LY)

21 members decided not renew during this period (17 First Claim, 3 Second Claim, 1 Associate)

As of 1st October 2025, we currently have 148 overdue accounts vs 166 LY (LY figures from 4th October)

112 First Claim (vs 136 LY); 20 Second Claim (vs 19 LY); 2 Student (vs 4 LY); 14 Associate (vs 7 LY)

Currently 18 accounts on auto renew have not gone through despite asking members to check their CC details!

Reminders will go to all overdue accounts and will be chased up over the next few weeks.

Following the constitution change in 2023, any member who has not paid their subs by 31st December will have their membership cancelled.

As always, anyone who has difficulty making payments can speak to me or email me in confidence.

Other bits and pieces

-Membership rates have increased for 2025/26. First Claim membership is now £67 and Second Claim is £22.50. We feel this is great value for money compared to some of the other clubs we race against in mob matches, and local rivals.

Membership includes race entry to the Essex, Chingford and MWL leagues, and entry to various county and national races that the club pays for on members' behalf. Affiliation to England Athletics also provides club members with various discounts on race entries and sporting goods/services eg sportsshoes.com

-I've not received any notification from England Athletics yet, in recent years there has been an annual increase in EA registrations and would expect a small increase in April 2026. EA registrations are currently £20.

-This will be my fourth year as Membership Secretary (if re-elected).

-In case anyone was not aware, I also maintain the membership on Spond, including accepting requests from potential new members who want to have a couple of taster sessions before signing up.

-New for 2024/25: Every new member that joined, received a welcome email containing the details for Spond, links to WhatsApp and a call to marshal at least one race per year.

-In October 2024 I took over the EA registrations from Anne. This has been going well.

Dan Green, Membership Secretary

Orion Juniors

Shayne Bellas has stepped down as Junior Manager and has not submitted a report. Thanks were issued to Shayne for the work she has done on the Juniors over the past few years.

Helen Pearce provided a quick update. One of the targets last year was to get some of the older juniors to stay with the club and race as Seniors. This has been achieved with Erin, Arthur, Verity and India registered as Seniors and racing.

There have been two big changes this year - Shayne standing down and Helen thanked Shayne. Chris Finney who has coached the Juniors for 25 years retired earlier this year. A celebration was held for Chris and many of his past athletes attended to wish him well.

There has recently been a push on getting more people trained as coaches. Currently Lorraine Gosling is the only Level 2 coach and it is a key requirement under EA rules for coaching juniors. Roger Keller, a Level 2 coach (who is very active coaching GB para athletes) has agreed to join the team and will be at the track on Tuesday nights. Chris Scott and Dan Baxter are also doing their L2 coaching qualifications. The above are supported by Wayne, Patrick, Owen, Colin, Eddy so thanks to all of them. Thanks to Lorraine and Koen for leading the Sunday and Wednesday junior groups. These groups are now over 12 years old owing to EA regulations.

The autumn season has started well with 100 juniors at the track on a Tuesday. Helen reported that Reece Prescod (former GB sprinter) has agreed to come down to the track one week.

The focus this year will be the Chingford League and not the Essex League. Nor will the Juniors be competing in the EYAL.

Dan and Wayne stated that the Juniors need more people to help out at the track from 5.30 pm on a Tuesday and also for more people to do coaching qualifications (the Club will pay for this if you commit to coaching on a regular basis). If anyone is interested they should contact Helen Pearce or Lorraine Gosling.

Dan B stated that there is potential within the junior group but to take this forward requires resources.

Christine I stated that Jamie Odoki (senior member) is interested in helping and has put Helen in touch with him.

Laura asked what the requirements are to help with the juniors and the response was that they need a DBS check. This is obtained as part of any course but can be done independently if a person is helping rather than coaching.

Tim Wright extended his thanks to Helen and Lorraine for driving things forward with the juniors who are the future of the club.

Club Constitution changes

There were two constitution changes as were set out in the AGM paperwork which were voted on.

- a. To replace the word Ladies with Women throughout the constitution. A vote was taken on this and the motion was passed, with 3 abstentions.
- b. To add the role of Social Media Co-ordinator to be a committee role. The question was asked as to why would the club add a role to the committee when they are struggling to fill all the roles. The response was that it is a very important role to fill and we cannot lose control of social media for fear of getting it wrong. The person responsible for this needs to have authority hence the motion to have it as a committee role. The person responsible for social media has a special skill which cannot just be performed by anyone. A vote was taken and the motion was passed, with 2 people against and 2 abstentions.

The constitution will be updated accordingly by the Club Secretary.

Questions from members to put to the AGM

- A. Member Don Taylor suggested that all members should marshal at least once per year.

Paul Williams stated that we have over 500 members and over the year we need approx 500 marshals for all the races we host, including two county championships events.

It was suggested that most of the AGM attendees already marshaled and/or contributed to the running of the club in some way. Paul also stated that women are 3 times more likely to marshal than men. He also mentioned that England Athletics are getting more stringent about race organisation.

Dan G stated that the Welcome Pack that has been sent out to new members over recent months has included the sentence that the Club expects you to marshal once per year.

Wayne said that the policy should be to help the club out in some way and not just marshalling. Members agreed.

Ideas suggested were : a buddy system to encourage someone who hasn't marshalled before to go out with an experienced person; a league table/award for marshalling. The latter will be considered by the committee.

The conclusion reached was that we cannot force members to marshal/help out but that it should be set as an expectation, communicated in news letters; what's app etc.

Christine I agreed to respond to Don Taylor.

- B. Member Keith Ward suggested that a membership rate for OAP's be introduced in line with the student membership rate.

Christine I read out the e-mail from Keith.

It was stated that to implement this might be seen as discrimination against other members on low income including those in first jobs, with young children, a large mortgage etc

Paul Goodhew as Treasurer stated that if this was introduced and the 28 existing pensioner members took it up the cost to the club would be £1,000 plus £560 for EA registration. Over the next 5+ years an additional 90 people would become eligible and if they all took this up it would result in a £3,300 reduced income for the club which future committee members would need to absorb.

Joanne made the point that we already offer the opportunity for anyone facing difficulties to speak to the Membership Secretary and it will be dealt with on an individual basis. Dan G confirmed that this is the case.

Steve B asked if there could be a rate without an EA registration. Dan G stated that this exists - an Associate member rate.

The conclusion was that an OAP would not be introduced but that communication to members would give examples of what might be considered under "hardship" and invited to contact the Membership Secretary in confidence if they have any concerns about paying.

Christine I agreed to respond to Keith Ward.

Membership question

As a follow up question, Steve B asked about membership rates if somebody joins part way through the year e.g. joined in February so pay their subs then and are now required to pay subs again in October. Dan stated that if anyone joins after 1 April and before 31 July they pay 6m worth of subs i.e. 50% of the annual fee. If anyone joins in Aug & Sept they will get

these 2 months added onto the new year i.e. 14 months before they pay again. Dan stated that this is in line with England Athletics.

Election of Officers

Elections took place using the format of who is standing, proposer, seconder, does anyone else wish to stand. Members raised their hands to support the nominee and any abstentions were counted and noted.

Role	Name	Proposer/seconder	Vote
President	Paul Filler	Tim; Paul W	Unanimous
Men's Captain	None		
Deputy Men's Captain	None		
Women's Captain	Nikkii Barnett	Paul F; Christine I	Unanimous
Women's Deputy Captain	Hayley Rogerson	Christine I; Sarah	Unanimous
Club Captain	None		
Secretary	Andrea MacQueen	Christine; Paul F	1 abstention
Asst Secretary	Christine Inch	Paul F; Sarah	Unanimous
Treasurer	Paul Goodhew *	Paul F; Paul W	Unanimous
Auditor	Andy Lunn	Tim; Dan	Unanimous
Membership Secretary	Dan Green	Paul F; Tim	Unanimous
Fixtures Secretary	Paul Williams	Christine I; Dan	Unanimous
Equality & Diversity Officer	Darren Cordes	Helen; Sarah	2 abstentions
Social Secretary	None		
Social Media Co-ordinator (shared role)	Laura Graham Clare	Christine I; Sarah	1 abstention
Social Media Co-ordinator	Karen West	Helen; Lorraine	1 abstention

(shared role)			
Clubhouse Manager	Andy Day	Paul F; Tim	Unanimous
Website Manager (shared role)	Jamie Gwilliam	Paul W; Sarah	1 abstention
Website Manager (shared role)	Harriet Whitehead	Katie; Katherine	1 abstention
Handicapper	Zach Cohen	Paul F; Dan	Unanimous
Junior Liaison Officer	Lisa Barham	Christine; Lorraine	Unanimous
Lay member 1	Hayley Barron	Christine; Sarah	Unanimous
Lay member 2	Karen Lyons	Nikkii; Paul F	Unanimous
Lay member 3	Sarah Mills	Christine;Lorraine	Unanimous
Welfare Officer	Lisa Barham	Christine I; Tim	Unanimous

Note: *Paul G said that he was happy to stand on the same basis as last year - he got help with the year end accounts and systems side of things to retrieve data from previous years.

Tim Wright volunteered to stand but under the Constitution only 3 lay members are required, as pointed out by Katherine. Tim can be co-opted onto the committee without being voted in at the AGM. Tim is the key person who manages the club's relationship with the Corporation of London.

Thanks were offered to Andy and Jayne Day for their work managing the clubhouse, cleaning etc.

Lorraine stated that she is willing to help Lisa with any tasks within the Junior Liaison Officer role.

Tim apologised that the elections are a long process but that these need to be done this way.

He stated that the Men's Captain; Men's Deputy Captain and Club Captain roles had not been filled, nor had the role of Social Secretary. The Club Captain responsibilities will be covered amongst committee members and volunteers will be asked to act as Men's Team Co-ordinator for specific leagues or races. A volunteer or volunteers will also be sought to organise the Christmas party and other social events.

Jon Whitehouse stated that at his club, the Chair does the management and more strategic direction of the club with the captain's role being to lead teams to races and focus on the motivational aspects.

Somebody is also needed to organise the Forest 5 to take over from Bob J who has done this for many years. This post could be shared.

Any other business

A. Spond/race fees for mob match

Steve B stated that the way Spond is set up, members need to pay in order to "accept" the invitation. This might put people off accepting. Can this be removed and people just pay on the day?

Paul W stated that it reduces admin on the day. Paul W to look into this and if it can't be removed, it will be made clear that members can state in the comments field that they are attending and then can pay on the day.

Mob match transport - on the back of the mention of mob matches, Paul G stated that the subject of hiring transport to away mob matches will need to be discussed. This does not apply for the coming season as there are no away fixtures. Last winter though a coach was hired and then members dropped out in the days leading up to the race, resulting in a large coach for only 18 people with a cost per head of £37.

B. London marathon club places

Steve B requested that the allocation of club marathon places be made more visible. Currently the Club Captain decides and Steve suggested it be done by a committee of people and not just committee members.

Sarah stated that it depends what the individual has done for the club. Tim said that the criteria is published for members.

Steve would like to see a list of names as to who has applied. Louise stated that people might not want their names to be mentioned and for others to know that they have applied for a place.

Katie suggested that those gaining a club place should lead a marathon group, as she did a couple of years ago when she got a club place.

It was suggested that feedback should be given as to why an individual has been given a place in order to increase transparency and possibly feedback to those who haven't been given a place as to why. A member last year thought that somebody had been allocated a marathon place who, in their opinion, hadn't done much for the club.

Christine I stated that this will be discussed by the committee.

C. Coach for marathon training groups

Christine Kennedy suggested it would be useful to have somebody come to the club to coach marathon groups. This would be paid for by the members themselves. Christine I stated that this could be difficult with the different paces of those marathon training. This should be followed up once marathon training starts.

D. London marathon trust

Quin asked if there had been any further visits from the London marathon trust members (who gave us a donation towards the new clubhouse some years ago). Paul W reported that Grant Corton (the club's main contact with LMT) has been in touch with them and has given feedback on the Orion Active initiatives that are taking place as this was one of the conditions of funding. Paul W will check with Grant if LMT requires anything further from the club.

Close of meeting 1:35 pm - Tim thanked everyone for attending