

STRICTLY CONFIDENTIAL

Minutes of Orion Harriers AGM : Sun 4th October 2026 11:00 am at Orion HQ

ATTENDED: Paul Filler, Andrea MacQueen (Chair), Christine Inch (note taker), Tim Wright, Bob Glasgow, Nikkii Barnett, Louise Juby, Jayne Day, Andy Day, Hayley Barron, Hayley Rogerson, Jamie Stafford, Simon Carter, Sarah Mills, Chris Inch, Darren Cordes, Karen Allworthy, Jon Whitehouse, Frances Wilson, Mark Farrar, Terry Gale, Shayne Bellas, Katharine Hancox, Bob Jousiffe, Brendan Clooney, Karen Lyons, Dave Brock, Koen van Dam, Caroline Grant.

APOLOGIES FOR ABSENCE

Dan Green, Paul Williams, Anne De Asha, Mark Roberts, Helen Pearce, Stephen Thompson, Quin Broadbent, Paul Goodhew, Brian Jenkins.

INTRODUCTION

Paul Filler, as President, introduced the meeting but handed over to Andrea to chair as he is suffering from a cold virus.

MINUTES OF 2025 AGM

Minutes of last year's AGM were approved.

MATTERS ARISING FROM 2025 AGM - none

TREASURER'S REPORT

Paul Goodhew (PG) sent the following which was read out by Bob Glasgow.

Please accept my apologies for not being at the AGM as I have to be with a family member who had a medical event yesterday afternoon. Accounts for the 2025 year end have been produced but have yet to be audited. A 2026 year end financial statement has also been produced and these accounts will be produced once the 2025 ones have been signed off. I leave the role with some sadness, but with the Club in good financial health, and I wish the next person all the best.

The committee took the decision not to circulate either of the documents provided by Paul to attendees as the accounts of the Club had not yet been audited and signed off.

An update was provided to attendees. The 2025 audited accounts should have been done last year and the 2026 are due to be presented at this years' AGM. Neither have been done. The 2025 accounts have been produced, with the help of Mark Roberts, but have not yet been audited.

The bank balance is static and the Club is in a strong financial position. Andy Lunn who has been the auditor for many years has agreed to stand as Treasurer and the focus is to get this all sorted out and get both sets of accounts produced and audited.

The committee apologises that we are not in a position to circulate the accounts.

Andrea thanked Paul G for his work as Treasurer.

Dave Brock asked that if a member has a question about the accounts then who will answer it and it seems to him that nobody is accountable.

Andrea replied that nobody can answer any detail within the accounts at this stage until the accounts have been audited. She stressed that the Club requires an audit under the terms of the constitution but also to satisfy our CACS status and that the committee is working hard to get this done.

Paul G is standing down as Treasurer and Andy Lunn (current auditor) is having conversations with Paul G and Mark Roberts. Once the 2025 accounts have been audited, the 2026 accounts will go through the same process.

Tim stated that there is no suggestion of anything irregular going on but that audit is an important procedural matter. Tim stated that Paul G has “run a tight ship” when it comes to the Club’s finances and has challenged the committee about requests for expenditure to protect the Club’s finances.

Dave Brock asked a question about the electricity bills. Tim confirmed that we are metered. There is one account which covers the whole building, but the Club has a sub meter which is for our use only and therefore we are only paying for what we use.

ORION JUNIORS ACCOUNTS - year end 2026

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. The Junior accounts for 2025 were approved at the Ovt 2025 AGM. Thank you to Chris Inch for producing these.

ORION JUNIORS REPORT

This was written by Helen Pearce and read out by Koen van Dam

Transition

The past year has been a period of transition and the start of a new era for the Orion Juniors. As you all know, Shayne Bellas stepped down as junior manager this time last year. Siobhan Pearce has now stepped down from the committee after many years and Lisa Barham has resigned too. We would like to thank them all for their time with the juniors.

We sadly lost Ron Stone, the founder and inspiration behind the Orion junior section. Jane Farrier's beautiful words are a heartfelt and wonderful tribute to a great man.

Training : We run 3 junior sessions a week.

Tuesdays at the track requires a Level 2 coach to oversee sessions. We started last September with Lorraine Gosling as our only level 2 for a while (Thank you Lorraine). We now have Roger Keller level 4, both Chris Scott and Dan Baxter as level 2 and a pool of 10 other wonderful coaches and assistants, some who are also working towards higher qualifications. Track is now at full capacity with over 100 athletes attending each week and 35 kids currently on the waiting list!

Wednesday evening under EA rules, athletes have to be age 12 and over, and since the start of this season we are now at full capacity there too. Thank you to Koen and Caroline and Lottie Grant for their commitment in running these sessions each week.

The Sunday morning long run, also for ages 12+, is the only session we have with capacity, supported by a pool of dedicated coaches and run leaders.

We weren't expecting that 12 months ago!

Competing

We had a total of 11 athletes compete in the Chingford league last year with 3 individual medals won by Max Bell, Ted Allaway and Lukas Vernal. Our cross country champions are Ted Allaway and Alma McMillan, we will arrange to have their names put on the board. Max Bell and Ted Allaway now also help out as assistant coaches for the juniors on the track, which is very inspiring for the younger runners.

Both our XC champions also participated in the John Clarke Memorial Fell Race in June.

Jacob-Isiah Mbatika won the U10 Quadrathlon at Woodford recently.

We put 3 teams of juniors into the recent Essex XC relays.

The Orion Allstars has become a great success with over 50 athletes competing each month.

And many many athletes competing in the LYG, mini-marathon and Westminster Mile.

Our main ambition now is to encourage more young athletes to compete for the first time this season.

Committee

Instead of a single Juniors Manager, we have distributed the responsibilities and tasks among a few people. We'd especially like to thank Helen Pearce for her tremendous work behind the scenes coordinating the growing number of juniors and as first point of contact at the registration desk and over email, allowing the coaches to focus on their job. But

there's a bigger team behind us, including some helpful parent volunteers. We also get support from older juniors as part of their DofE.

Going forward, we have two new committee members. Scott McMillan as the junior race co-ordinator, assisted by Patrick Brown and Koen van Dam, planning an exciting season. With nearly 200 signed up junior members we hope we can turn all the track enthusiasm and numbers into success in the local leagues and races this coming year.

Wayne Mckiernan joined the committee, too, as parent rep. It's been very helpful to have a strong team to discuss running the juniors section and work together on specific tasks.

We are still looking for an additional committee member to focus on safeguarding as a support to the Club Welfare Officer Lorraine Gosling, if required, so please talk to us if interested. And we can always use more run leaders too.

Closing

As always we would like to thank all our volunteer coaches that give up their time week after week. We will strive to honour Ron Stone in the best way – by continuing to make the Orion Harriers Juniors the welcoming, supportive and encouraging place that he worked so hard to build.

MEN'S CAPTAIN REPORT

Bob Glasgow presented the Men's captain report for the period March 2026 (when he became Captain) to date.

Racing highlights

Essex League:

Overall joint 4th with Chelmsford

Distinct lack of seniors again we need to find a way to recruit more seniors and make racing more appealing!

Vet men topped the table with a comprehensive overall victory winning all 5 races.

Significant contributions from Brian Jenkins, Mick McTernan , Jason Wray, Graham Wilkinson, Shay Joyce and Jamie Stafford

Individual: V40

Graham W 2nd

Brian J 3rd

Mick M 5th

Shay J 7th

Individual: V55

Russell Brown 2nd

Chingford League:

Div 1

6th overall

Vets 4th

Individual

Stephen Thompson 3rd V50

Max Bell 1st U20

MWL: Promoted back to Div 1. Runners up to Bishop Stortford Running Club

Individual:

1st man overall Nick Harris-Fry

3rd Graham Wilkinson

V40

3rd Jason Wray

U20

1st Ted Allaway

ELVIS series:

Div 1 - 4th overall

Individual

Brian Jenkins - V40 Champion

Thanks to Dan Green for being club representative again for the Elvis League.

ELVIS Presentation 09/10/2026 @Forest Gate Tavern 7-11pm

Club men's champions:

Road: MWL - Nick HF

XC Mercury : Mick M

I have to mention the Essex Road race series. Thanks to everyone who has embraced these events and realise that although badged as Essex Championship races they are for all abilities and are all great courses. Our profile as a club has been raised in Essex by having big numbers attend and usually walking away with an array of age group medals. We also now host the Essex Vets Championship, Essex Fell Race Championships and latterly the Essex XC relays. Sorry Paul Williams 😊

Special mentions: Part 1

Ron Stone passed on 01/07/2025 at the age of 93. A huge influence on the junior section since its inception around 1988.

Ken Jones - Ask to be remembered by the club and despite his current poor health still keeps a close watch on the club as my email inbox will testify!

Special mentions: Part 2

Paul G - 3 years as treasurer diligently making sense of a huge raft of transactions and keeping a tight rein on club finances and expenditures. Created an transactional archive for the incoming treasurer something which he never had. Difficult job pulling it all together for the audit particularly if you're not a trained accountant. Thank you very much for stepping up and doing an excellent job. Big shoes to fill.

Paul F - President for the last few years and has been a welcome addition with his encyclopaedia like knowledge of club affairs and history. Always a great place to get sage advice and accurate information. He will still be around the club as much as possible. I personally would like to thank him for always being there for me.

Nikkii B - Made a huge difference in pulling the club together and encouraging a good spread of women racing. Notable camaraderie at league events. She is the real club captain even if she's too modest to admit it!

It's always an honour for the club when members get selected for high level events. Well done to

Nick Harris Fry - Inter Countries Brighton 10k

Susanna Wratten - Inter Countries Brighton 10k

Nick Sasha - England vest at masters level

Finally thank you to everyone who has given up their time to help the club in whatever way they can over the past year. We are a big club who host a lot of races (sorry Paul Williams for the additional burden I provide) so please continue to help, inspire and encourage new members to join in too.

Remember you don't have to be a committee member to contribute to the growth of the club - all ideas are welcome

Bob Glasgow

WOMEN'S CAPTAIN REPORT

Nikkii read out a summary report and the full report which covers lots of the women's achievements this year is set out below.

I've very much enjoyed my first year as Women's Captain, and I'd like to start by thanking **Sarah Mills** for such a seamless handover.

Sarah, you did a fantastic job of fostering such a friendly, supportive, encouraging and welcoming women's section, and I'm very pleased to have been given the opportunity to build on this, this year.

It's been another fantastic year for the women of Orion. We've had success at **club, county, national, European and world level**, but just as importantly, we've seen women taking part, improving, returning from injury, trying something new and supporting one another.

Whether you're aiming for a podium place, chasing a PB, running your first race, returning after injury, supporting your teammates, or simply turning up because you enjoy running and being part of the club, please know that your contribution really has mattered this year.

The Winter Season

The winter season brought some excellent performances and fantastic commitment from our women.

Chingford League

Our women finished second overall, just one point behind VPH. The scoring team, with six to score in each race, was made up of a combination of **Morven Lean, Celine Bradley, Louisa Pointon, Hannah Jump, Harriet MacSween, Katharine Hancox, Louise Juby and Hayley Rogerson**.

With the breadth and depth we have in our women's section, I believe we can go one better next season.

In the Vets competition, our vets team finished an excellent third overall out of 22 teams.

We had individual success too, with **Celine Bradley** finishing runner-up in the **VW40** category, while **Hannah Jump** completed all six races to earn her Ever Present mug.

It would be great to see more women competing in all six races next season, putting themselves in with a chance of an age-category podium finish and, of course, becoming proud owners of one of these coveted Ever Present mugs.

Chingford League Relays

Both our Women's 'A' team and Vets team put in strong performances to win their competitions.

The 'A' team was **Morven Lean, Louisa Pointon, Hayley Rogerson and Celine Bradley**.

The Vets team was **Celine Bradley, Hayley Rogerson, Louisa Pointon** and **Katharine Hancox**.

Essex Cross Country League

Our Vets women finished an excellent third overall out of 31 teams, which shows the strength of our age-group women.

Anna Waterman competed in all five races and won a well-deserved individual **VW40 bronze** medal for the series.

In the main competition, however, we narrowly avoided relegation to Division 2 by just one point. We really need more women to compete next season if we are to avoid finding ourselves in the same position again. Whatever your level, every runner and every position can make a difference to the team.

The following women competed in at least one **Essex XC League** race last season: **Louise Juby, Hayley Rogerson, Katharine Hancox, Jo Elferink, Karen Lyons, Karen West, Hayley Barron, Janine Humberstone-Gilroy, Nikkii Barnett, Christine Inch, Helen Pearce, Anna Waterman, Claire Huggins, Paulina Jorudaite, Lucy Benson, Sweta Jain** and **Ann Lake**, with **Lucy Benson, Sweta Jain** and **Ann Lake** making their **Essex League debuts**.

We should aim to have more women competing in at least four out of the five races next season, to give ourselves a better chance of finishing higher up the main table, as well as winning more individual Essex XC age-group medals.

Essex Senior Cross Country Championships

Just three of our women competed at Gloucester Park in January: **Hannah Jump, Lucy Benson** and **Paulina Jorudaite**.

Southern Cross Country Championships

Erin Molloy was our sole representative in Beckenham.

Thank you, ladies, for representing the club so well.

Next season, it would be great to have more **Senior Women** taking part in both of these championships.

County Level Success

Essex Vets XC Championships

Team

VW40 gold and county champions – Rachel Morison, Norma Ortiz, Hayley Rogerson and Louise Juby

VW50 bronze – Karen Lyons, Jo Plumb, Katharine Hancox and Nikkii Barnett

VW60 bronze – Lisa Smith, Mary Armitage, Christine Inch and Janine Humberstone-Gilroy

Individual

VW40 bronze – Norma Ortiz

VW45 bronze – Louise Juby

VW55 silver – Nikkii Barnett

VW65 gold and county champion – Christine Inch

Essex XC Relay Championships

VW40 gold and county champions – Louisa Pointon, Rachel Morison and Laura Paddison

VW50 silver – Katharine Hancox, Karen Lyons and Jo Plumb

VW60 silver – Mary Armitage, Karen Allworthy and Helen Pearce

We did extremely well this season to win a team medal in every age category at the **Essex Vets XC Championships** and at the **Essex XC Relay Championships**, with a special mention going to our **VW40** women who took the county title in both championships. We almost won an individual Essex medal in every age category at the **Essex Vets XC Championships** too. This is something to aim for, for next year.

Essex Road Relay Championships

Mary Armitage, Christine Inch and Julie Robinson won a super **VW60 silver**.

We're privileged to have such a lovely group of talented **VW60** women at the club, who show up and win a team medal every year at these championships. An inspiration to us all, I'm sure!

We should be aiming to enter a team in every age category at the **Essex Road Relay Championships** next year. We have the strength to do very well across all age groups.

103rd Mercury 10

Hannah Jump was the first Orion woman home, finishing third woman overall and becoming our **Women's XC Champion** for 2026. **Katharine Hancox** won the **VW50** category.

Orion 15

Morven Lean was the overall women's winner, with **Morven Lean**, **Hannah Jump** and **Holly Wood** winning the **Senior Women's** team competition.

The Summer Season

Mid Week League

The women played a huge part in helping Orion regain promotion to Division 1, with runners of all abilities contributing throughout the season.

Our vets team of **Hannah White**, **Louise Juby**, **Hayley Rogerson** and **Katharine Hancox** remained unbeaten all season and took home the gold medals. Individually, **Hannah White** finished first **Open Woman**, **Louise Juby** first **VW45** and **Nikkii Barnett** first **VW55**.

ELVIS Summer Series

Our women finished a very good third overall.

Morven Lean (**Senior Women**), **Katharine Hancox** (**VW50**), **Mary Armitage** (**VW60**) and **Christine Kennedy** (**VW70**) all won their age categories in at least one race, while **Karen West** finished as Orion's first woman home on a number of occasions.

John Clarke Memorial Fell Race

Hosted by the club in June, **Morven Lean** finished second in the women's race. **Katharine Hancox** was first **VW50**, **Harriet MacSween** third **VW40**, and **Hannah Jump** a fab fifth overall, meaning all four Orion women finished inside the top 10.

LAC Midsummer Relays

Our 'A' team of **Laura Graham-Clare**, **Lucilla Ashton**, **Paulina Jorudaite** and **Nikkii Barnett** finished third overall, while our 'B' team of **Karen Lyons**, **Frances Wilson**, **Donna Nicols** and **Lucy Benson** also performed really well.

Ware Cup

At Loughton AC's **Ware Cup**, newcomer **Tash Allin** finished third woman overall. She was followed home by **Nikkii Barnett**, **Christine Inch** and **Lucy Benson**, with the team finishing third overall.

George Richardson Interclub Vets Championship

Nikkii Barnett finished third woman overall and first **VW50**, with **Mary Armitage** winning **VW60**. **Nikkii Barnett, Anna Waterman, Mary Armitage** and **Helen Pearce** finished second as a team.

Southern Athletics League

Well done to all the women who competed in the **Southern Athletics League** over the summer. It's never easy to fill all the events, so finishing fourth overall was a great achievement.

I'd love to see more women giving track and field a go next year. There are lots of different events to try, and you can simply turn up for your event or events if that suits you. Whatever your experience or ability, it would be great to see more of our women involved.

A big thank you to **Patrick Brown, Mary Knapman** and **Jon Whitehouse** for organising the teams, and to **Helen Pearce** and **Ben Fisher** for taking on many of the officiating duties.

Club Champions & Series Winners

Our Orion club champions for 2026 include:

Susanna Wratten – Women's Road Champion

Hannah Jump – Women's XC Champion

Hayley Rogerson – VW40 XC Champion

Katharine Hancox – VW50 XC Champion

Mary Armitage – VW60 XC Champion

Winter Grand Prix 2025/26

The division winners are **Nikkii Barnett** in Division 1, **Hayley Barron** in Division 2 and **Paulina Jorudaite** in Division 3.

Summer Grand Prix 2025/26

The division winners are **Nikkii Barnett** in Division 1, **Katharine Hancox** in Division 2 and **Morven Lean** in Division 3.

5K OTR Series

Hannah Jump won the **Senior Women's** category and **Katharine Hancox** the **VW50** category.

Forest Five Series

Morven Lean was the overall women's winner, **Rachel Morison** won **VW40** and **Nikkii Barnett VW50**.

Essex Grand Prix 2026

With one race still to go in the **2026 Essex Grand Prix**, the **Tiptree 10**, our women have already had a successful season.

Six Orion women have been crowned Essex county champions across a range of distances and age categories: **Susanna Wratten**, **Louise Juby**, **Karen Lyons**, **Teresa Scully**, **Christine Inch** and **Christine Kennedy**.

Essex 20

Lucy Benson, **Evarine Botha**, **Michelle Lawfull** and **Ellie Chambers** represented Orion and, judging by the photos, somehow managed to make racing 20 miles look fun!

Essex and Halstead Marathon

Jo Elferink won **VW40 bronze** and **Karen Lyons** won **VW55 gold**, with **Jo**, **Karen** and **Paulina Jorudaite** taking team bronze.

High Easter 10K

Susanna Wratten finished first woman overall and won **Senior Women's gold**. **Louise Juby** won **VW45 gold**, **Nikkii Barnett VW55 bronze**, **Janine Humberstone-Gilroy VW60 bronze**, **Christine Inch VW65 silver** and **Christine Kennedy VW70 gold**. **Susanna**, **Louise** and **Nikkii** won **team silver**.

Essex 5 Mile Championships

Louise Juby won **VW45 bronze** and **Katharine Hancox VW55 silver**, with **Louise**, **Katharine** and **Karen Lyons** taking **team bronze**.

Essex 5K Championships

Louise Juby won **VW45 silver**, **Nikkii Barnett VW55 silver**, **Karen Lyons VW55 bronze** and **Christine Inch** won **VW65 gold**. **Susanna Wratten** also ran a fantastic 16:59 PB.

Essex Half Marathon Championships

Morven Lean won **Senior Women's bronze**, **Louise Juby** won **VW45 gold**, **Katharine Hancox** won **VW55 silver** and **Teresa Scully** won **VW60 gold**. **Morven**, **Louise** and **Katharine** won **team bronze**.

The final standings of the **2025 Essex Grand Prix**, which concluded last October, also brought success, with **Nikkii Barnett** winning **VW50 silver** and **Mary Armitage VW60 bronze** for the series.

With just one race to go in this year's Grand Prix, **16 women** have competed in one or more races.

The **Essex Grand Prix** is open to all abilities, so it would be lovely to see more Orion women taking part next year.

Fell & Mountain Running

Essex Fell Running Championships

Morven Lean became the inaugural women's champion at the championships, hosted by Orion.

County Honours

Inter-Counties Mountain Running Championships

Morven Lean represented Essex in Sedbergh, Cumbria. Considering there are no mountains in Essex, she performed exceptionally well and thoroughly enjoyed the experience.

Southern Counties 10K Road Championships

Last November, **Susanna Wratten** represented Essex in Brighton, finishing an impressive ninth in 36:33 and helping Essex win team gold.

International & Masters Success

Outstanding performances of the year came from **Christine Kennedy**.

Christine ran a remarkable **VW70 world-record half marathon** of 1:35:40 and became **European Masters VW70** champion in both cross country and the half marathon.

These are exceptional achievements and a wonderful representation of Orion at international level.

Commitment, Comebacks, Debuts & Progress

While medals and championships are wonderful to celebrate, commitment and progress should always be recognised too.

Louise Juby, after several years away from running following surgery, has returned stronger than ever, recording two PBs within weeks and consistently winning Essex medals. She also ran in the **Essex XC League** this year for the first time in six years.

Mary Armitage has made a strong comeback after injury, as has **Karen Allworthy**. **Norma Ortiz Rangel** also returned to racing strongly, while it was lovely to see **Fulva Guist Prole** back at our home **Mid Week League** fixture in July, her first race for three years.

It's also been great to see **Paula Fairlamb** back racing and running at a new level.

Paulina Jorudaite deserves a special mention for competing in more club races than any other woman during the year, showing great commitment and loyalty to the club.

Mandy Simpson, still relatively new to club racing, won our summer Wednesday evening handicap. This is a great example of getting involved and giving something new a go.

Gail Seal, **Ellie Chambers**, **Lisa Barham**, **Shelley Ainsworth** and **Ann Lake** have also shown that they're not afraid of a challenge, setting themselves ambitious personal goals and achieving them.

We've welcomed some fantastic newcomers. **Anna Hamilton-Hay** has made a brilliant start in track and road races, **Laura Paddison** won **VW40 team gold** on her club debut at the **Essex XC Relay Championships**, and **Lorna Lee** has made a great start in the **VW60** age category.

Penny Teoh-Shi, **Lois Kasperkowicz**, **Sweta Jain** and **Ann Lake** have also run well in their debut races this year, while **Donna Nicols** made her club debut at the **LAC Midsummer Relays**.

It's also been lovely to welcome **Joyce Berry** as a first-claim member, having previously been a second-claim member before leaving VPH.

We've seen PBs from **Katie Woolf**, **Harriet Whitehead**, **Anna Barnett**, **Lucy Benson**, **Mollie Allen**, **Katharine Hancox**, **Jasmin Fitzpatrick**, **Susanna Wratten**, **Eimhear McIntyre Gowers**, **Laura Graham-Clare**, **Megan Woolf**, **Morven Lean**, **Katie Goodhew**, **Harriet MacSween**, **Louise Juby**, **Lisa Barham**, **Paula Fairlamb** and **Hannah Barclay**.

Lucy Benson, **Katharine Hancox**, **Janine Humberstone-Gilroy**, **Shelley Ainsworth** and **Tracy Keir** have all made significant improvements through their hard work and commitment. Amazingly, **Lucy** had never run before joining Orion, making her progress even more impressive.

I'm sure this isn't an exhaustive list of wonderful achievements, comebacks and progress, so well done to you too!

It's also been encouraging to see more women of all abilities attending our Tuesday evening track sessions.

A big thank you to **Ray** and **Danny** for setting the training, to **Ollie Purton** for overseeing Groups C & D, and to **Louisa Pointon** for welcoming new runners at the track and introducing them to the club.

What Our Women's Section Represents

What makes me proud of our women's section is that it is inclusive, supportive and encouraging.

We have women with very different goals and abilities, and everyone has a part to play. Whether you're at the front, in the middle or at the back of the field, your contribution is valued.

It's been heartwarming to see some of the women step out of their comfort zone by standing on the start line of their very first club race this year.

Success isn't only measured in medals, trophies and PBs. It's also about turning up, trying something new, returning after a setback, supporting a teammate, volunteering at an event and enjoying being part of the club.

Thank You

I'd like to thank the committee for all their help and support, particularly while I was finding my feet in the role.

I'm sorry to see **Christine Inch** leave her role on the committee. **Christine**, thank you for all your hard work, help and support. It's been greatly appreciated.

Thank you to **Hayley Rogerson** for your support as Deputy Women's Captain.

Thank you also to all our run leaders, who give up their time to plan and lead training runs on a regular basis.

Thank you to everyone involved in organising and supporting our races; our **Race Directors**, marshals, trail layers, refreshments team and everyone else who has helped in some way.

Thank you to **Karen West** for all your hard work on social media, celebrating our performances and showcasing everything that is great about the club.

Thank you to **Mark Farrer** for organising the club's biannual Grand Prix competitions.

And thank you to **Bob Glasgow**, who returned as Men's Captain this year. I've really enjoyed working alongside you.

Looking Ahead

Looking ahead, I have no doubt that we can build on everything we've achieved while continuing to make Orion a successful, friendly, supportive and inclusive club where women of all abilities feel welcome.

So, finally, thank you to every woman who has represented Orion, raced, trained, volunteered, supported teammates, helped at events, or simply turned up and been part of the club this year.

Every contribution helps make the women's section what it is.

It's been a real privilege and honour to be your Women's Captain, and I'm looking forward to seeing what the next year brings.

Thank you.

Nikkii Barnett

MEMBERSHIP REPORT

This was written by Dan Green and a summary was read out by Bob Glasgow. The full report is below.

Overview & Demographics

As of 1st October the seniors currently have 472 membership accounts, vs 522 the same date last year.

345 First Claim (vs 378 LY)

64 2nd (Claim vs 74 LY)

9 Student

32 Associate

22 Life

9.6% decrease (vs 3% decrease LY)

Across the above membership categories the overall split is:

314 (66.5%) Male / 158 (33.5%) Female

The demographics from our England Athletics Portal show:

12 members in age category 20-22
66 members in age category 23-34
176 members in age category 35-49
119 members in age category 50-59
94 members over 60

New Members

During the period 1st October 2025 to 30th September 2026 45 new members joined vs 71 during the same period last year.

33 First Claim (vs 57 LY)
6 Second Claim (vs 9 LY)
4 Student (vs 2 LY)
2 Associate (vs 3 LY)

This is a decrease of 36.6% new members during the same period in the previous year.

I'm hoping that, with additional places available for next year's two-day London Marathon, we can attract more new members than last year who are keen to join us for marathon training.

Of the 45 new members who joined during 2025/26, 33 have renewed their membership (including 10 who joined during the 'extended' membership period).

Of the 71 new members who had joined during 2024/25, 47 are currently members.

Renewals

This year membership renewal reminders were staggered with email reminders sent out 30th August and 17th September, Spond 29th August and WhatsApp 27th September (overall the initial reminder was sent 3 days earlier than 2025) and during the period 29th August 2026 to 30th September 2026 83 members have renewed vs 75 LY. **Many thanks - early renewal is much appreciated!**

Since the main renewal email went out, during the period 30th August 2026 to 1st October 2026 a total of 325 members have now renewed (vs 328 LY).

245 First Claim (vs 252 LY)
51 Second Claim (vs 53 LY)
5 Student (vs 6 LY)
24 Associate (vs 17 LY)

23 members decided not renew during this period (17 First Claim, 5 Second Claim) vs 21 LY

Some of the main reasons for not renewing were: I've moved away from the area and am currently injured.

Overdue Accounts

As of 1st October 2026, we currently have 114 overdue accounts vs 148 LY (LY figures also from from 1st October)

93 First Claim (vs 112 LY)

11 Second Claim (vs 20 LY)

3 Student (vs 2 LY)

7 Associate (vs 14 LY)

Currently 30 accounts on auto renew have not gone through despite asking members to check their Credit card details.

Reminders will go to all overdue accounts and will be chased up over the next few weeks via email, text message and phone calls.

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.

Membership Rates

There will be no increase to membership rates for 2026/27. First Claim membership remains at £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

In April 2026 England Athletics increased athlete registrations from £20 to £23, with the club absorbing this increase. There have been no official announcements from EA regarding any changes to the registration fee for April 2027.

Other

As membership secretary, 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.

Every new member that joins, receives a welcome email containing the details for Spond, links to WhatsApp and a request to marshal at least one of our races/events per year.

I have put myself forward for re-election as Membership Secretary for 2026/27.

Dan Green

SECRETARY'S REPORT

Andrea gave her thanks to the Committee for their hard work this year and in providing support to her when she first took up the role of Club Secretary a year ago.

Thanks especially to those members who are standing down from the Committee, Paul Filler, Paul Goodhew and Christine Inch. A special thanks goes to Christine for all her support and guidance to me.

The focus of the Club Secretary this year has been the Constitution review and we will hear more about this later. We have also started a review of all the Club policies to ensure that they are up to date and comply with latest regulations and EA best practice. This work will continue into the coming year.

There were 7 committee meetings held over the year and attendance was as follows

Paul Filler	5	Bob Glasgow	3 (part year member)
Sarah Mills	4	Andrea MacQueen	7
Hayley Rogerson	5	Christine Inch	5
Dan Green	7	Paul Goodhew	4
Karen West	3	Lisa Barham	2 (part year member)
Darren Cordes	5	Hayley Barron	5

Paul Williams	6	Nikkii Barnett	7
Karen Lyons	3	Tim Wright	4
Laura Graham-Clare	2		

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

Andrea MacQueen

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	Vote
President	Karen Allworthy	Unanimous
Men's Captain	Bob Glasgow	Unanimous
Deputy Men's Captain	Jamie Stafford	Unanimous
Women's Captain	Nikkii Barnett	Unanimous
Women's Deputy Captain	Hayley Rogerson	Unanimous
Secretary	Andrea MacQueen	Unanimous
Asst Secretary	Vacant	N/A
Treasurer	Andy Lunn	Unanimous
Auditor	Vacant	Unanimous

Membership Secretary	Dan Green	Unanimous
Fixtures Secretary	Paul Williams	Unanimous
Equality & Diversity Officer & Junior Liaison Officer	Darren Cordes	Unanimous
Social Secretary	Vacant	N/A
Club Welfare Officer	Lorraine Gosling	Unanimous
Social Media Co-ordinator	Karen West	Unanimous
Clubhouse Manager	Andy Day	Unanimous
Website Manager (shared role)	Jamie Gwilliam	Unanimous
Website Manager (shared role)	Harriet Whitehead	Unanimous
Handicapper	Bob Jousiffe	Unanimous
Lay member 1	Hayley Barron	Unanimous
Lay member 2	Karen Lyons	Unanimous
Lay member 3	Sarah Mills	Unanimous

Note:

Tim Wright volunteered to stand but under the Constitution only 3 lay members are required. 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.

Questions about election of officers: Can Andy Lunn audit the prior years' accounts? The response was Yes. The Club will however need to find a new auditor to audit the 2027 accounts. Scott Reid's name was mentioned as a possibility. The Committee will follow this up.

Dave Brock mentioned that the most important role was the Club Captain and does this role still exist? The Committee seem to have brushed this under the carpet and it is an important part of Orion's history and tradition. If the role doesn't exist then the men's and women's captain do a combined good job so this might be the way forward for next year.

Andrea replied that at the last Committee meeting this was discussed and Bob G and Nikkii said that they would be happy to share the responsibilities of the Club Captain between them.

Dave said that it needs to be written into the Constitution.

SPECIAL BUSINESS

A resolution, which has been circulated to members, has been put forward to update the Club Constitution.

Andrea reiterated that there is no wish to fundamentally change how the Club is run. The document just needs to be clearer and more accessible to members, potential members and third parties (CACS, EA, HMRC). Lot of help in preparing the new proposed Constitution was given by Paul Filler who has the knowledge of what is important for Orion Harriers history and traditions. The new Constitution will retain this and will give the Committee a framework under which to operate.

Now is a good time to review the Constitution as many of the existing committee members have been with the Club for years and are aware of its history, and traditions. This may not be the case in future years.

The clauses we have to retain for EA and HMRC purposes have been retained but a couple of key changes are:

- Club Captain role to be covered by Men's and Women's Captains
- Members are able to vote by proxy as to who is on the committee

We will be taking a vote on the whole document and not clause by clause. Andrea stated the 4 people had voted by proxy in favour of the new Constitution.

Andrea invited members to ask any questions.

Questions about the new Constitution

-How does proxy voting work - is proxy voting only on those who we know in advance are standing for election? Yes, that is correct. People can stand on the day of the meeting but only those attending the AGM in person will be able to vote for these nominees. Members are encouraged to let us know in advance if they wish to stand for a role and this will become more important.

- If there is a longer document and this is changed during the actual AGM how does that work if somebody has voted by proxy on the original document? Tim responded that any constitutional changes need to be submitted by members by 1 September for consideration at the AGM. Things cannot just be changed on the day so this protects members. This will be made clear in any documents which are sent out.

- Dave Brock challenged that people should not be allowed to vote by proxy for the new Constitution as this is an AGM and not an EGM/SGM. Andrea disagreed and stated that it is a Special Resolution (as stated in the documents which were sent out) within the AGM. She stated that there is a difference in the interpretation of the current Constitution and that they would have to agree to disagree.

Voting

Voting took place of those present with 22 members voting to accept the new Constitution; 1 member voting against it and 1 abstention.

(Note that these numbers do not add up to the total of attendees as some attendees had left the meeting early and/or are not members or are Associate members so are not entitled to vote).

ANY OTHER BUSINESS

1. Date for the Christmas party: Karen A stated that some of the members who organised it last year were happy to do so again but it would have to be on Sat 12 Dec which is the same day as the Essex Vets. The Committee reported that it had been discussed and agreed at the last committee meeting to hold the awards evening in the Spring, probably around the end of April, rather than combine it with the Christmas party. Agreed that this would be discussed further at the next Committee meeting.
2. Jon Whitehouse reported that the SAL, where we are in a composite team with Loughton AC, had gone well this summer. Jon thanked those who competed and officiated and thanked Pat Brown for co-ordinating the Orion team.
3. Darren Cordes said that he has started helping with the Juniors and offered thanks to all the coaches and run leaders who work hard with the Juniors.
4. London marathon drinks station. Bob Glasgow stated that Orion will be running 4 drinks stations across the 2 days next April and encouraged anyone interested in helping to sign up on Spond. Koen asked if Juniors can do this and the response was that we would have thought it was for over 18's only.
5. Any personal property that anyone has in the Clubhouse should be removed by the end of October. Anything remaining after this date will be considered to be Orion Harriers property.

CLOSE OF MEETING

Andrea thanked everyone for attending and reiterated that finalising and getting the accounts audited will be a priority for the Committee.

NOTE

Minutes taken by Christine Inch and typed up the following day. The reports included above were submitted by those who wrote them.

Christine Inch: 5 October 2026