



ANNUAL REPORT
2020-2021

Chair's Foreword

Hello Barking Road Runners, and welcome to this year's Annual Report, incorporating the Treasurer's Report. I'm afraid, once again, Covid has meant it has been an unusual year for BRR. However, we have weathered the storm and – hopefully – things will be back to normal or, at the very least, closer to it in 2021-22 Club year, which runs from 1 October to 30 September.

The Club Rules require that the Committee's report and financial statement are presented to Club members each year at the Annual General Meeting (AGM). This is the fourth Annual Report, to provide every member with key information about the Club over the past year.

The Report provides details of the current Committee and other members who have helped the Club during the year, the Club round-up and performance for 2020-21, and the Treasurer's report. We'd usually also include a look at the year ahead but, as for last year, it is still difficult to predict at the moment. However, we are planning on the basis that all our usual Club competitions can go ahead as they did 'pre-Covid', with the exception of the South Essex Cross Country League. The SECCL has been shifted to the spring due to Essex County Council restrictions on the use of its country parks over the winter months.

A big "thank you" to everyone who has made a contribution to the Club in the past year. This might be a formal contribution as a committee member, or an equally important informal role such as helping out at track sessions, at the Club's Phipps 5k race, or at the London Marathon water station. As you know, we're not a company but a 'not-for-profit' community group, run by and for its members. We're hoping that, in the year ahead, more of you can be involved in the various activities that the Club organises, to share knowledge and experience and ensure we remain resilient for the years to come.

As always, if you have any suggestions or feedback, please feel free to let us know; this is your Barking Road Runners and your input is welcomed.

Upwards and onwards in 2021-22!

Alison Fryatt
Chair, Barking Road Runners

Your BRR Committee

The Club is managed by a committee of members, elected each year at the Annual General Meeting. The Committee members for 2020-21 (in alphabetical order) were listed below.

- **Greg Adams** – Media Secretary. Greg joined the Club in November 2017. Greg is responsible for writing the news stories that appear in the Barking and Dagenham Post and in the BRR Blog. Please help Greg to fulfil his role by sending in details of your running achievements, with photos if possible.
- **Rob Courtier** – Club Captain. Rob joined the Club in June 1994. Rob is responsible for running related matters within the Club including motivating members to take part in races and events and, with Alison, representing the Club at interclub discussions. Rob is qualified as a Leader in Running Fitness. Up to and including this year, Rob has also been leader for the Club's water station at Mile 14 of the London Marathon, and the Race Director for the Club's annual August Bank Holiday 5k (the Phipps 5k). Rob is also the liaison point with the Club charity, Richard House Children's Hospice.
- **Nikki Cranmer** – Social Media Secretary. Nikki joined the Club in January 2011. Nikki publicises Club events on Facebook and WhatsApp, to ensure everyone knows what's happening, and to encourage participation in Club events.
- **Alison Fryatt** – Chair. Alison joined the Club in April 2013. Alison chairs the monthly Committee meetings and approves the agendas and minutes. Since qualifying as a Coach in Running Fitness in January 2020, Alison leads the main track session most Tuesday evenings. She represents the Club with Rob at interclub discussions, and helps Rob organise the Phipps 5k and the London Marathon Water station, when they happen! She also produces the BRR Blog (with thanks to other members for content), to keep members in touch with what is happening Club-wise.
- **Belinda Riches** – Membership Secretary. Belinda joined the Club in March 2019. Belinda processes new membership applications, membership renewals, England Athletics (EA) affiliations renewals, membership resignations and manages day-to-day liaison with EA on membership issues.
- **Dee Spencer-Perkins** – Club Secretary. Dee prepares the agendas and takes the minutes for our monthly meetings for approval by the Chair, deals with non-membership correspondence from EA, and ensures that all the necessary administrative arrangements are made for general meetings.
- **Dennis Spencer-Perkins** – Treasurer. Dennis joined the Club in February 2005. Dennis is responsible for maintaining and managing the Club's bank account and presenting an up-to-date record of the Club's financial position at each Committee meeting, and at each Annual General Meeting.

Thanks also to the members who performed much-valued roles for the Club during the year including: Debbie Coyle and John Lang, who have helped with taking the Club track sessions on a Tuesday night; Melissa Lowndes who has acted as the liaison point for Club kit; Jason for his fantastic photography; and all the other people who have helped out during the year. And, of course, thank you to you: there wouldn't be a club without our members and supporters, and we really appreciate your ongoing support.

Club Round-Up 2021-22

It has been good to (begin to) get back to normal in the latter part of the Club year. There was no cross-country season, no grand-prix competition, and the Chingford League season was severely restricted. On the plus side, we were able to hold both a virtual and 'real' handicap competition, the ELVIS series has gone ahead nearly as usual, and other Club activities and events are nearly-normal. Please check the Club's TeamUp page, or the weekly blog, for up-to-date information about Club activities.

Track

In line with Government and EA guidance, our Tuesday track sessions at the Jim Peters Stadium were suspended during the second lockdown in the latter part of 2020. Since track returned earlier in 2021 we have been rebuilding attendance, with track continuing to be a good place for both existing and new members to train safely. The ability to pay track subs in advance directly into the Club bank account has remained a popular option. We have begun to offer teas and coffees after the track sessions some weeks, which provides a good opportunity for members to socialise and get to know each other, though we realise that some people are still uncomfortable with close contact at the moment.

On the downside, the cost of hiring the track has increased to £52.50 a week, which is annoying as we have access to fewer facilities since the main hall and kitchen at the Stadium were handed over to the boxing club. With the weekly track subs for members set at £2 per session, or £3 for non-members; this means we need about 27 members in attendance to cover our costs and avoid eating into Club funds.

To finish on a more positive note, it has been really great seeing the support that members give to each other when participating in the sessions, and we really hope you have all enjoyed the sessions too. Looking ahead, we would like to see more members train to be Leaders in Running Fitness (LIRF), both to improve the resilience of the Club and to provide more variety to the sessions on offer. The Club can provide support with the cost of the training but, in return, we would look to a commitment to take a certain number of sessions each year.

Thursday Night Runs

The Club's Thursday night runs have resumed. While there was still sufficient light in the evenings, these took place in Mayesbrook Park on the hills beside the Lodge Avenue/Roundhouse car park. Since the nights have begun drawing in, the runs have reverted to starting at the Castle Green Centre/Jo Richardson School in Gale Street. All abilities are welcome.

Sunday Morning Runs - Hainault Forest

The Club's Sunday morning runs (except on race days) at 9.30am in Hainault Forest have also resumed, with varying distances and tempos available depending on ability. The runs start at the car park in Fox Burrow Road, last around 60-90 minutes and always finish with refreshments at the Global Café.

August Bank Holiday (Phipps 5K) Race

It was great that our August Bank Holiday 5K race was able to take place this year. Not only is it a valuable source of income for the Club but it is also a very popular part of the East London fives Interclub Series (ELVIS). We were able to go ahead with our plan to rename the race the Phipps 5K, after former Club member Owen Phipps, who sadly passed away from cancer in 2019. His partner, who attended the race and handed out the trophies, was very touched by our tribute to him, and pleased that we drew attention to the fact that his generous donation to the Club of £1,000 was used to fund the new Club flag, banner, and gazebo, which were all on display at the race.

This year there were 238 finishers, with times ranging from a fantastic 15.50 minutes to 51.07 minutes. We hope that participation will be greater next year, but the race still made a surplus to add to Club funds.

parkrun

As part of its commitment to promoting amateur running, the Club actively supports parkrun. We were therefore - along with the rest of the parkrun addicts! – pleased when parkrun was able to return in the summer. Several BRR members support parkrun as Event Directors, Run Directors, or in other volunteer roles across local parkruns. Thank you: parkrun couldn't exist without you.

Media

Greg Adams continued in the role of Media Secretary, giving up his Sunday afternoons and evenings to collate information about the races that members have participated in, and submitting his weekly article to the Barking and Dagenham Post. The Post was grateful that Greg continued to submit articles when sporting news was otherwise in short supply and has continued to publish our stories on a regular basis. Do remember to send information about your races, including photos and interesting details, by Sunday afternoon at the latest, if you want a chance to be featured in the paper. But please don't blame Greg if your information or photos are left out – we have no direct editorial control over what is actually published!

Club Kit

Melissa Lowndes has continued to be our Club kit contact. Our kit supplier is Uniform7, a local company. The link to the BRR Uniform7 microsite can be found below, and on the links tab of the Barking Road Runners website. If there are any items of kit that are not currently included on the website, please let Melissa know and she will see if they can be supplied (though they will have to be in line with the Club's identity and official Club colours).

<https://uniform7.co.uk/product-category/custom-merchandise/barking-road-runners/>

Barking Urban Road Pedallers (BURPs)

BURPS is an informal offshoot of BRR for those who fancy an informal, leisurely cycle as a change from running. Several trips took place on Saturdays over the summer months, mainly on dedicated cycle paths or quiet roads, and always involving refreshments at a café or pub. Most recently we cycled on Rainham Marshes and to Greenwich Park. We hope to continue with these social cycles in 2022.

Membership

Like all clubs, it's been a difficult year for BRR in terms of membership, with some runners deciding not to renew their membership as there was very little activity taking place, and a few people deciding to move to other clubs. However, considering all this, it has been great to see that there has actually been an overall increase in number of members. As at October, the numbers were (2019-20 figures in brackets, for comparison):

- Total membership: 118 (103)
- Paid members: 88 (93)
- 1st claim (England Athletics (EA)): 48 (45)
- 1st claim (non-EA): 49 (37)
- 2nd claim: 11 (11)
- Life Members: 10 (10)
 - 1st claim, with EA: 3 (3)
 - 1st claim, non-EA 6 (6)
 - 2nd claim: 1 (1)

(0) more membership applications are currently being processed.

This was the third year of processing memberships via the EA electronic membership portal. Noting that EA charges a handling fee for each financial transaction through the Portal, this year we asked members if they wished to pay the fee directly to EA, or via the Club. By paying all the money paid via the Club in one go, we minimised the amount of your money that was lost to charges. For next year, we will be asking for subscriptions payments in March, to ensure seamless membership from the start of the new Club year in April.

A reminder that you are responsible for maintaining your own details on the EA members' portal: <https://myathletics.englandathletics.org/portal/Members/Login>. If you are unable to update your details directly, please let a committee member know.

You may not be aware, but the Club pays a member body affiliation fee for being part of England Athletics. For the coming year, the fee will remain at £150 per club. As part of the affiliation fee, the Club receives public liability insurance, and is able to apply for our annual Club race to be EA licensed. We can also participate in EA events and initiatives, and receive discounted rates for EA training like LIRF and CIRF training.

Following the decision to not increase the athlete registration fee from £15 to £16 in 2020 as planned, EA is going ahead with the increase from April 2022. If you plan to participate in a number of EA licensed races across the year, it is well worth registering as an athlete as you get £2 discount for every race you sign up for. You also get

discounts from EA partner organisations, though do check if the discount is better than you can get elsewhere. See the EA website for further details.

2020-21 Performance

Club Handicap 5K

The Club Handicap competition allows all members to compete against each other on a level playing field. Start times are phased, with the slowest runner starting first and the fastest runner starting last, with the aim of everyone having an equal chance of winning.

The summer handicap competition was organised by Greg Adams over the Barking parkrun course. Thanks to those members who officiated at the races. Greg used the results of the virtual handicap series to set starting handicap times, which made for a very close and exciting competition.

The results of the competition (best four of seven races) were:

Position	Name (points)
1	Joyce Golder (492)
2	Emma Botterill (492)
3	Jason Li (487)

Internal Club ELVIS Competition

BRR is proud to be a founding member of ELVIS league, the annual competition for clubs in the East London area. It was so good to see the competition go ahead in 2021, after its cancellation in 2020. For this year, the competition consisted of seven races, one less than usual as Harold Wood Running Club was unable to get landowner permission to go ahead with their race.

BRR holds its own, internal, ELVIS competition, to reward members who represented the Club at the ELVIS races. For this year, the overall results were based on the best four of six races: for fairness, the Phipps 5K is not included when awarding points as most members are required to volunteer at the race.

The results of the Grand Prix Competition (best four of six races) were:

Position	Men (points)	Position	Women (Points)
1	Trevor Cooper (394)	1	Alison Fryatt (394)
2	Jason Li (382)	2	Cristina Cooper (297)
3	Dennis Spencer-Perkins (374)	2	Joyce Golder (297)

Chingford League

BRR was invited to join the Chingford League a few years ago. The Club pays a subscription fee to be part of the League, which means that members can then race for free. At present there is no internal Chingford League club competition. However, given the growing popularity of the League, this issue will be considered at the 2020 Annual General Meeting.

Members' Cup

Alison Fryatt was the winner of the Members' Cup for 2020. The results of the 2021 vote will be announced in November.

Other Trophies

The Club participates in the South Essex Cross Country League. The League consists of clubs from the East London and South Essex area and takes place in country parks within Essex. It usually consists of five races held across the autumn/winter (between November and February). Unfortunately, due to lockdown restrictions, there was no SECCL competition for 2020-21 which meant that the internal Club cross country competition also did not take place.

Given the cancellation, postponement or otherwise uncertainty around most or all eligible races during the year, the Committee once again decided that the Grand Prix and most improved male and female competitions should not be held in 2020-21. Hopefully these competitions will be back for 2021-22.

Club Charity

Richard House Children's Hospice was the Club charity for 2020-21. The outcome of the poll of members regarding the Club charity for the year ahead will be announced in November 2021.

Treasurer's Report

October 1st 2020 – September 30th 2021

The year since last October 2020 has seen an uptick in our finances as the impact of COVID-related lockdowns has lessened, and we have seen a surplus of funds during the last twelve months. In the year ending September 30th 2021, the income against expenditure showed a surplus of £1,201.22.

The two tables that accompany this Report show income and expenditure for 2019-2020 (for comparison), and the closing Club year 2020-2021.

Accounting Basis

The Club's financial year runs from 1st October to 30th September each year.

The accounts are prepared on a cash basis i.e. income and expenditure are recognised when money actually changes hands rather than when bills are received, or goods and services are used. This can result in what appear to be mismatches (e.g. if we pay for track in advance it will appear in the 2020-2021 accounts, even though some track nights might take place in the next financial year).

Membership

In 2020-2021, income from this source was up by 41% on the previous year (a total of £1,213.45), as opposed to only £860.95 in 2019-2020). The latest total is made up of income via two routes: some members join via England Athletics (EA), and others pay directly into the Club's account. These two figures are itemised in Table 2.

Affiliations

A total of £350 was paid in Club affiliations to the Chingford League and England Athletics.

Track Hire

A total of £1,657 was received in track subs during the year 2020-2021, as against expenditure on track hire of £1,562. Although this looks initially like a surplus of £95, in reality this is harder to assess, as £906 of the income was paid in advance.

London Marathon

In 2021, this event took place after the close of our Club's financial year, therefore the income arising from our staffing of the 14-mile Water Station is not shown in our latest accounts. Monies relating to the Marathon coach did pass through our accounts, as is shown on Table 2.

The Phipps (August Bank Holiday) 5k

This year, the popular August Bank Holiday 5K ELVIS race generated a surplus of £778.24. This is in contrast to the previous year, when all the ELVIS races, including our own, were cancelled (a small amount of expenditure was incurred in 2019-2020

because of a payment towards the ELVIS presentation and prize money for our virtual BH5K).

Social Events

There were no Club social events organised during 2020-2021, although the cycling group (the BURPs) enjoyed a number of outings for which no expense was incurred directly by BRR.

Website

A hosting fee of £152.58 was incurred for the website, and the domain name was renewed at a cost of £21.58. We also paid £79.14 for website hosting which was carried over from the previous year.

Miscellaneous

During this year, £53.35 was received from Easyfundraising. A total of £119.50 was spent on new keys for the track, booking the room for the AGM and a gift for two outgoing Committee members.

In Summary

In the last Club year, BRR continued to enjoy a healthy bank balance (and a vibrant membership), despite the difficulties experienced during the COVID lockdowns and restraints.

Our income shows a surplus over expenditure in 2020-2021, and on September 30th 2021 we had **£10,816.64** in our bank account.

Should you require any further details of income and expenditure, please contact me: email dennis.sp7@gmail.com Mobile 0757 871 1876 I will be happy to provide you with further details.

Dennis Spencer-Perkins

BRR Club Treasurer

**Table 1: BRR Income and Expenditure
1st October 2019 – 30th September 2020**

Events	Income £		Expenditure £
Track			56.00
Track Subs in Advance			
Track hire	0.00		1,281.00
Kit	154.00		210.00
Membership	860.95		0.00
EA	0.00		0.00
Club Affiliation: England Athletics	0.00		150.00
London Marathon Water stn	0.00		0.00
London Marathon food. Loxford Club	0.00		0.00
BRR Training	0.00		60.00
Presentation 2019	484.00		544.50
Presentation Trophies 2019	0.00		344.38
Cross Country	0.00		219.00
Handicap 5k	0.00		0.00
BH5k	0.00		90.00
Social events	60.00		540.00
Website	0.00		85.13
Miscellaneous	0.00		1,320.84
Richard House charity	0.00		0.00
Donations	0.00		0.00
Total	3,691.35		4,900.85

**Table 2: BRR Income and Expenditure
1st October 2020 – 30th September 2021**

Events	Income £		Expenditure £
Track Income			0.00
Track Subs in Advance			0.00
Track hire	0.00		1,562.00
Kit	83.00		132.00
Membership paid directly into BRR's Acc	1,084.00		0.00
Membership paid Via EA into BRR's Acc	129.45		0.00
Individual EA Membership	495.00		480.00
Club Affiliation: England Athletics	0.00		150.00
Chingford League affiliation 2020/21	0.00		100.00
Chingford League affiliation 2021/22	0.00		100.00
London Marathon Coach Seats	73.05		73.05
BRR Training	0.00		40.00
Winter Virtual HC	0.00		26.00
Handicap 5k	90.00		70.00
BH5k	2,611.00		1,832.76
Website Hosting April-September	0.00		79.14
Website Hosting 2020/21	0.00		152.28
BRR's Domains name: org.uk	0.00		21.58
Trophies, HC/XC/Members' cup	0.00		136.33
Miscellaneous	53.36		119.50
Total	6,275.86		5,074.64