



ANNUAL REPORT
2022-2023

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Chair's Foreword

Hello Barking Road Runners, and welcome to this year's Annual Report, incorporating the Treasurer's Report.

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 fifth Annual Report, to provide every member with key information about the Club over the past year. The Club year runs from 1 October to 30 September.

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 2022-23, and the Treasurer's report.

This year we are bidding a fond farewell from her role as Club Secretary to Dee Spencer-Perkins. Dee only stepped in to fill the role on a short-term basis but ended up doing the job – and excellently too – for a number of years. I can't thank Dee enough for the huge help she has been to me as Club Chair, and I still wonder at the sense she manages to make of our discussions at the monthly Committee meetings! We hope she will continue to pass on news of her eco-warrior friend, Dottie Dear, for inclusion in the BRR blog.

Thanks as always all the members, in addition to the Committee, who performed much-valued roles for the Club during the year including: Jess Collett and John Lang, who have helped with taking the Club track sessions on a Tuesday night; Trevor Parkin who has helped with set-up on Tuesdays; Melissa Lowndes who helped to organise TWO London Marathon water stations the past year; Chris Anastasi for being volunteer coordinator at the Phipps 5k and Eastbrookend race; Jason Li for his fantastic photography and promotional activity; Jess again for being Race Director for the Phipps 5k and, along with Joe Stacey, helping to get our teams together for inter-club competitions; Nige for leading Thursday night runs; and all the other people who have helped out during the year (sorry if I haven't named you personally), including by running in Club competitions and volunteering at Club events. Once more, BRR has stood out from other East London clubs as being a great group of people to be part of.

Next year will be our 40th anniversary. I know 1984 was before most of us joined the Club, and before some of you were even born (groan!) but it is something to celebrate, so do please let us have your ideas for how we might do that. And, 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.

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 2022-23 (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. Greg also collects the Club race stats for the Club's various competitions and organises the summer handicap. Greg qualified in 2022-23 as a Leader in Running Fitness and now takes track sessions.
- **Rob Courtier** – Vice Chair. Rob joined the Club in June 1994. Rob helps out in a myriad of ways, from getting up at the crack of dawn to set up the course for BRR-organised races to recruiting volunteers for the London Marathon water station to, alongside Alison, representing the Club at interclub discussions. Rob is qualified as a Leader in Running Fitness.
- **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. She also assists Dennis in coordinating Club kit orders.
- **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 often leads the track session on Tuesday evenings, but now with much-welcomed support from Greg and Jess Collett. She represents the Club with Rob at interclub discussions, and acted as Race Director at the Club's Chingford League race at Eastbrookend Country Park. She also produces the BRR Blog, with thanks to other members for their contributions.
- **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 joined the Club in November 2020. 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. Dee is stepping down from her role this year.
- **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. Dennis organised the winter virtual handicap competition. Dennis has also accompanied Alison at interclub discussions e.g. the Chingford League. Dennis sourced the new Club kit supplier and – with Nikki – coordinates orders.

Club Round-Up 2022-23

Track

Our Tuesday night speedwork sessions at the Jim Peters Stadium have continued to be one of our most popular Club activities, with track proving a great place for new members to get to know us, and for all members to train in safety. We unfortunately had to increase track subs (from £2 to £3 for members and £3 to £4 for non-members) due to ever-increasing track hire fees from Everyone Active, who manage the track. I hope you agree it still represents very good value for money for an hour's training alongside clubmates, plus a cuppa afterwards if you like. Many members now pay their track subs directly into the Club bank account, which reduces the need to bring along cash on the night.

Last year the Club secured some funding from England Athletics to put some members through Leaders in Running Fitness (LIRF) training, so we have more people who can take track sessions. Jess Collett and Greg Adams both volunteered to undertake the training and are now each leading a session once a month. John Lang, as well as usually taking the post-training cool-down stretching, has also led some track sessions. Having more people to lead the sessions means that the Club isn't dependent on just one person all the time, and also means that there is more variety for participants.

Thursday Night Runs

The Club's Thursday night runs, normally led by Nige Swaby, start and finish at the Jo Richardson School/Castle Green Centre in Gale Street, Dagenham and are usually around six miles. We have a hardcore of members of various abilities who attend most weeks but would welcome other participants.

Sunday Morning Runs - Hainault Forest

The Club runs on the trails in Hainault Forest most Sunday mornings (except on race days). The runs start at 9.30am in the car park in Fox Burrow Road, last around 60-90 minutes and always finish with refreshments at the Global Café. All abilities are welcome.

August Bank Holiday (Phipps 5K) Race

This year, Jess Collett took on the role of Race Director for our August Bank Holiday race, the Phipps 5k, on a solo basis, with a little help from Dawn, Rob and Alison before the event and a host of fantastic volunteers on the day. This year there were 316 entrants and 299 finishers, compared to 269 finishers the year before (and 238 the year before that). Two BRR second-claimers, Jack Nixon and Joseph Grange, took first and second places, in gun times of 15.19 and 15.41 respectively. As set out in the Treasurer's Report, the race is one of the biggest contributors to Club funds each year, and it is fantastic to see participation building as we leave lockdown fully behind us.

Eastbrookend Chingford League Cross Country Race

This year the Club volunteered to organise a race, on 21 October, in the 2023-24 Chingford League series. As participants don't pay directly for Chingford League entries, the Club didn't raise any funds from the race, it is just for the kudos, which we earned by the bucket-full! In effect, there is not one race but three: the U11/U13 race, the U17 race, and the adults' race. The latter had 285 participants, not bad on a day that promised atrocious weather conditions although, in the event, the sun came out for the race itself. The feedback from both participants and the overall organisers of the League was unanimously positive, which probably means we have to do the same again next year!

parkrun

Barking Road Runners has very close links with local parkruns, particularly Barking, Valentines, and Harrow Lodge. Club members are involved at all levels, from Event Director to Run Director to regular volunteers and, of course, as runners. Barking parkrun continues to be a good source of new members for the Club. BRR members also like to indulge in a little parkrun tourism and we love the photos with parkrun pop-up banners from the different places that have been visited.

Media

As set out in the BRR Committee section of this report, 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. Please help Greg by posting details of the races you have participated in, including photos, if you want a chance to be featured in the paper and/or the blog.

Club Kit

Following supply problems with Uniform7, our previous Club kit company, we now order our kit through Fastrax, a firm based in the UK which supplies kit to many top clubs. Dennis Spencer-Perkins and Nikki Cranmer coordinate kit orders, so please let them know if you like to place an order. Rob Courtier continues to manage the ordering of the Clubs's distinctive orange hats. See the Club website for details of the kit that is available <http://www.barkingroadrunners.org.uk/club-kit-2/>.

Thank you to Melissa Lowndes for managing our engagement with Uniform7.

High 5 Loyalty Scheme

The Club signed up to be part of the High 5 sports nutrition membership scheme. The Club's special code gives members 40% off the entire High5 range (*except any discounted or promoted products*) and the Club earns 10% cashback on every order placed. The code is exclusive to our Club and cannot be posted on social media that is open to the public. This really is a great discount if you use pre-, during-, or post-activity nutrition. Please ask Alison Fryatt if you would like the Code.

Sportsshoes.com

The Club is signed up to the Sportsshoes.com membership scheme, which gives members of participating clubs a 10% discount on all full-priced items for orders over £50 and free postage and packing, worth £4.99. A new discount code is issued via the Club's WhatsApp group each month. Please don't share this more widely; it is intended for Club members only and we will be removed from the scheme if it is abused.

Members may also get a 10% discount at the Run Active shop in Upminster. It is a good idea to go to a proper running shop to get your gait analysed if you are thinking of trying a different type of running shoe. The address is:

181 St Mary's Lane
Upminster
Essex
RM14 3BL

01708 970350
upminster@runactive.co.uk

Membership

Overall membership numbers have increased since the last AGM. Three membership applications are in process.

As at 20 October 2023, the numbers were (2021-22 figures in brackets, for comparison):

Total membership: 116 (113)
Paid members: 115 (111)
1st claim (England Athletics (EA)): 56 (53)
1st claim (non-EA): 36 (39)
2nd claim: 13 (9)
Life Members: 11 (10) of which
- 1st claim, with EA: 2 (1)
- 1st claim, non-EA 8 (8)
- 2nd claim: 1 (1)

This was the fifth year of processing memberships via the EA electronic membership portal. Members can pay the fee directly to EA, or via the Club. By accepting payments via the Club, we minimise the amount of your money that is lost to handling charges. If a member does not pay their membership fee promptly, they will be removed from Club social media. However, if you have any difficulty paying, please speak discreetly to a member of the Committee; we can arrange for your membership cost to spread over a few months.

You are responsible for maintaining your own details on the EA members' portal, which now has a new website address: <https://myathleticsportal.englandathletics.org/>

If you are unable to update your details directly, please let a committee member know.

EA Affiliation/Registration

Each year, the Club pays a member body affiliation fee for being part of England Athletics. For the coming year, the fee will rise from £150 to £200. As part of the affiliation fee, the Club receives public liability insurance, is able to apply for our annual Club race to be EA licensed, and also gets a guaranteed place in the London Marathon (based on the number of EA registered members). We can also participate in EA events and initiatives, and receive discounted rates for EA education like Leader in Running Fitness and Coach in Running Fitness training.

For 2024, the cost of athlete registration with EA will increase by £2 from £17 to £19. Registered athletes get a £2 discount for every EA-licensed race they sign up for so, if you do ten licensed races, you will get your money back. You also get discounts from EA partner organisations, though do check if the discount is better than you could get elsewhere. See the EA website for further details.

2022-23 Performance

The Club's competitions recognise the achievements of members who participate for the Club, both against other clubs, and against their club mates in BRR. In 2022-23 there were 21 different trophy winners, which shows that everyone has a chance if they consistently take part – you have to be in it to win it!

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, using the results of the winter virtual handicap to set the starting handicap times. This year's competition was as exciting as ever, with the final results going right down to the wire.

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

Position	Name (points)
1	Tom Shorey (487)
2	Nigel Swaby (486)
3	Dennis Spencer-Perkins (483)

Internal Club ELVIS Competition

BRR is proud to be a founding member of East London FiVes Interclub Series (ELVIS), the annual competition for clubs in the East London area. BRR holds its own, internal, ELVIS competition, to recognise members who represented the Club at the ELVIS races. The overall results are based on the best five of seven races: for fairness, our own race, the Phipps 5K is not included when awarding points as most members are required to volunteer.

Position	Men (points)	Position	Women (Points)
1	Stuart Mackay (496)	1	Jess Collett (500)
2	Jagbir Bassi (492)	2	Belinda Riches (497)
3	Martin Page (485)	3	Rosanna Fforde (490)

Grand Prix

Did you know, Grand Prix is French for 'Great Prize'? Each year the Committee selects ten races over different distances, including at least one 5 miles, 10 kilometres, 10 miles and half-marathon race, to form part of the Grand Prix competition. Winners of BRR's Grand Prix get a great trophy!

The provisional results of the Grand Prix Competition (best six of 10 races – subject to the outcome of the Billericay 10k) were:

Position	Men (points)	Position	Women (Points)
1	Martin Page (595)	1	Louise Chappell (595)
2	John George (589)	2	Alison Fryatt (590)
3	Les Jay (568)	3	Nikki Cranmer (489)

Internal Club Chingford League Competition

BRR was invited to join the Chingford League a few years ago. The Club pays an annual subscription fee to be part of the League, which means that members can then race for free. The League competition usually includes three races on tarmac plus three cross country races, then culminates in March with a 4x3000m cross-country relay event. There are six senior team categories (teams of six): Men's A, B and Vet teams, Women's A, B and Vet teams. The A teams are divided into divisions.

The Club's internal competition is based on the best four of six races (excluding the end-of-season relays).

Position	Men (points)	Position	Women (Points)
1	Joe Stacey (397)	1	Heather Haggis (396)
2	Jagbir Bassi (385)	2	Belinda Riches (393)
3	Adrian Davison (381)	3	Emma Paisley (387)

South Essex Cross Country League

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). For the 2022-23 season, one of the races was cancelled due to very bad weather, so only four races took place. The Club organised a race at Eastbrookend Country Park in December, which was a success despite thick fog on the day. We have stood down from organising a SECCL race for the 2023-24 season, as we have organised the Chingford League race instead – new clubs have joined the League who are willing to hold a race.

The results of BRR's internal XC competition (best three of four races) were as follows:

Position	Men (points)	Position	Women (Points)
1=	Stephen Philcox (297)	1	Belinda Riches (296)
1=	Jagbir Bassi (297)	2=	Isabel Pinedo Borobio (291)
3	Rory Burr (289)	2=	Nikki Cramner (291)

Members' Cup

The Members' Cup recognises the member who has contributed the most to the Club over the preceding year, as judged by their club mates. Alison Fryatt was the winner of the 2022 Members' Cup. The results of the 2023 vote will be announced at the Presentation Night on 9 December.

Other Trophies

The Club also awards trophies for the most improved male and female runner each year, based on performance across Club competitions. As it is becoming difficult to find comparative data (to measure improvement against), the Club is deciding whether these trophies should be discontinued and potentially replaced by an alternative trophy or trophies.

BRR Treasurer's Report

1 October 2022 – 30 September 2023

Overview

Once again, our finances show that we have a surplus of income against expenditure. For the year 2022-2023 this surplus is £1,444.26.

The two tables that accompany this Report show income and expenditure for 2021-2022 (Table 1) for comparison, and also for the closing Club year 2022–2023 (Table 2).

Accounting Basis

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

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 2022 – 2023 accounts, even though some Track nights might take place in the next financial year).

Membership

Income from this source has remained steady. In 2023 we received a total of £2,476 from direct payments, EA memberships and 2nd claim runners. This is a slight increase on the total income for the previous year, which was £2,339.98

Affiliations

This year, a total of £300 was paid in affiliations to the Chingford League and England Athletics, a slight increase on the 2021-22 payment of £290.

BRR Training

In the closing financial year we supported two members to take the LiRF training course, and also the LiRF license renewal for one member.

In addition, one member was supported to undertake the new Welfare Officer course. All training costs totalled £390.

Track Hire

In 2022-23, the deficit between income and expenditure in Track hire decreased dramatically from the previous year. Whereas the deficit in 2022 was £621.68, in the financial year that has just closed this deficit had reduced to only £32.92. However, it has to be noted that some of the income is paid in advance, so it's hard to calculate the exact deficit with precision.

On a weekly basis, it is currently £60.45 to hire the track. This cost increases annually in line with inflation. Our track subscription rates are currently £3 (Members), £4 (non-Members) and £1 (Juniors).

London Marathon

The figures for 2022-23 relate to two London Marathon events: 2 October 2022 and 23 April 2023.

We received a total of £400 for staffing the Water Station for these two events, and spent £168.41 on post-event refreshments.

Phipps 5k (BH5K)

This popular event continues to generate income for BRR. In 2022-23 the surplus from hosting the event was £1,042.72. This was very similar to that generated in the previous year (£1,029.46).

5K Handicap

The £1 entry fee for the summer handicap helps to pay the £10 per race prize. The surplus generated by this popular event remains broadly the same at £51, a slight drop on the previous year (£67).

Cross Country

This year we turned a deficit of £298 on this event (resulting from the Club's contribution towards entry fees) into a surplus of £367. This is because we hosted an event in this series in December 2022.

Social Events

As in the previous year, no social events were organised as such. However, there were celebratory drinks and food for runners and volunteers after the 2023 London Marathon and after the Phipps 5K.

Website

In 2022-23 there was slight increase in the cost of running the website, the annual hosting fee now being £172.68 (as opposed to £158.28 in the previous year).

Miscellaneous

During the last financial year, a total of £198.26 was received from Easyfundraising. We also received a first payment of £15.67 from the High5 loyalty scheme. Miscellaneous expenditure is itemised in Table 2.

In Summary

In 2022-23, BRR continued to enjoy a healthy bank balance, with a surplus over expenditure of **£1,565.26**. On 30 September 2023 we had **£13,091.96** in our bank account.

**Table 1: BRR Income and Expenditure
1 October 2021 – 30 September 2022**

Event	Income £	Expenditure £
Track	698.00	139.28
Track Subs in Advance	1,495.00	0
Track hire	0.00	2,675.40
Kit	54.00	0.00
BRR Membership	1,384.38	0.00
2nd claim Members	75.00	0.00
EA Members	880.00	880.00
BRR's Club EA Affiliation	0.00	150.00
BRR's Chingford League Affiliation 2022/23	0.00	140.00
BRR Training	300.00	65.00
Handicap 5k	137.00	70.00
Cross Country	447.00	745.00
BH5K (Phipps 5k)	2,735.60	1,706.14
Trophies, HC/XC/Members cup/ELVIS/BH5k/Mugs	0.00	555.08
Website Hosting	0.00	158.28
BRR's Domain name renewal .org.uk	£0.00	21.58
Website repair	£0.00	56.00
London Marathon water station payment	150.00	0.00
London Marathon Coach seats refund to RC	21.00	21.00
London Marathon Post refreshments	0.00	71.59
Easyfundraising	142.09	0
Bank/Cheques charges	0	47.80
Miscellaneous items listed below	0	0
Richard House, BRR Christmas card donation	100.00	100.00
Daniel Plawiak's Donation	2.00	0
Marker Flags	0	12.09
Ron Viall's Gift for supplying hot drinks at XC	0	13.00
AGM room booking fee	0	40.00
Alison Fryatt to Dennis SP (Phipps 5k correction)	£27.58	27.58
Total Accounts for 2021-2022	8,648.65	7,694.82

Table 2		
BRR Income and Expenditure		
1 October 2022 – 30 September 2023		
Events	Income	Expenditure
Track	£ 812.00	£73.92
Track Subs in Advance	£ 1,881.00	0
Track hire	£0.00	£2,652.00
Kit	£2,350.50	£2,530.66
Kit package charge. £8.50 x 3	£0.00	£25.50
BRR Membership	£1,375.00	£0.00
2nd claim Members	£115.50	£0.00
58 EA Members	£986.00	£986.00
BRR's Club EA Affiliation	£0.00	£150.00
BRR's Chingford league Affiliation 2022/23	£0.00	£150.00
BRR Training	£0.00	£390.00
Handicap 5k	£121.00	£70.00
Cross Country	£1,117.00	£871.60
BH5k	£3,176.50	£2,133.78
Trophies, HC/XC/GPs/BH5k/Chingford/Mem Cup/Engraving	£0.00	£630.75
Website Hosting	£0.00	£172.68
BRR's Domains name renewal .co.uk	£0.00	£23.98
London Marathon water station payment from 2nd/10/2022	£200.00	£0.00
London Marathon water station payment from 23rd/04/2023	£200.00	£0.00
London Marathon Post refreshments. Prince of Wales pub	£0.00	£90.00
Miscellaneous items listed below	0	0
Easy Funding	£198.26	0
Bank/Cheques charges	0	£74.80
Reflex Nutrion	£ 15.67	£ -
Heather Haggis Donation	£7.50	£7.50
Mapometer	0	£10.00
AGM room booking fee	0	£48.00
Wreath for Sandeep	£0.00	£50.00
Total Accounts for 2022-2023	£ 12,555.93	£11,141.17