



**ANNUAL REPORT AND ACCOUNTS**  
**2017-2018**



## **Chairman's Foreword**

Hello Barking Road Runners, and welcome to our new Annual Report and Accounts!

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). We usually do this orally, with each Committee member giving an update on their own particular area.

This year we have decided to take a different approach and produce a written annual report and accounts. This means we'll have a permanent record of the Club's achievements across the year, should give all members, including those who can't attend the AGM, an insight into the Club's activities. It should also free up time at the AGM for discussion.

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 2017-18, a look ahead to 2018-19, and the Club financial report.

We hope you find the Annual Report and Accounts interesting. We'd be very glad to hear your feedback, and any suggestions for improvements or additions that we might include for next year.

**Alison Fryatt**  
**Vice-Chair, Barking Road Runners**

## Your BRR Committee

The Club is managed by a Committee, elected each year by the members at the Club Annual General Meeting. The current Committee members are (in alphabetical order):

- **Alain Cooper** – Media Secretary. Alain joined the Club in March 2015. Alain drafts our weekly news article for the Barking and Dagenham Post.
- **Cristina Cooper** – Membership Secretary. Cristina joined the Club in August 2014. Cristina processes new membership applications, membership and England Athletics (EA) affiliation renewals, membership resignations and manages day-to-day liaison with EA on membership issues.
- **Rob Courtier** – Club Captain. Rob joined the Club in June 1994. Rob is responsible for all running related matters within the Club including motivating members to take part in races and events, acting as Race Director at the Club's annual 5k race, and managing the Club water station at the London Marathon. Rob is also the liaison point with the Club charity, Richard House Children's Hospice.
- **Nikki Cranmer** – Fixture Secretary. Nikki joined the Club in January 2011. Nikki publicises Club events on Facebook and WhatsApp, to ensure everyone knows what's happening, and encourage participation in Club events.
- **Alison Fryatt** – Vice Chair. Alison joined the Club in April 2013. Alison collates the results of Club members' participation in races that contribute to the Club's annual competitions, and calculates the points for the Club's Virgin London Marathon places competition. She also organises the Club handicap race, and deputises for the Club Chair when needed.
- **Andrew Gwilliam** – Chair. Andrew joined the Club in August 2012. Andrew ensures monthly Committee meetings are chaired independently, efficiently and without bias. He also liaises with other clubs e.g. regarding the ELVIS league, Chingford League, and South Essex Cross Country League, and is our Webmaster.
- **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.
- **Kresh Veerasamy** – Club Secretary. Kresh joined the Club in December 2013. Kresh compiles the agenda for our monthly committee meetings and takes the minutes for the meetings for approval by the Chair or Vice Chair.

In addition to the above responsibilities, all the Committee members muck in with any tasks that need completing for the Club, as well as attending monthly Committee meetings.

During 2018, the Committee said goodbye and thank you to Maria Bartlett (Membership Secretary), Andy Preston (PR and Marketing) and James Byers (Social Secretary), who all made a contribution to the running of BRR. Kresh Veerasamy and Alain Cooper have also decided not to stand for re-election at the 2018 AGM.

Thanks also to all the non-Committee members who performed much-valued roles for the Club during the year: Rak Sandhu (Vice-Captain), James and Melissa Lowndes (club kit), Di Parsons (Club parkrun stats); and Nige Swaby who has organised our Thursday night runs.

Last but definitely not least, after many years of helping out at Club training nights, Alan Murphy decided to take a step back from attending on Tuesday and Thursday. We appreciate all the help and support that Alan has given the Club over the years and are pleased that we still see him regularly at Barking parkrun and at Club races.

### **Benefits of Club membership**

Of course, the main benefits of being in a running club are non-financial – it's the encouragement and support (and, occasionally, shoulder to cry on) you get from your fellow club members; and its being part of - and making friends across - the wider club scene. But, over recent years, as the Club's financial position has become more secure, we have looked for ways to give back to Club members including:

- Free entry for all Club members wishing to participate in the South Essex Cross Country League (saving £2 per race, up to £10 in total);
- Free entry to the Chingford League (saving £2 per race, up to £14 in total);
- Discount of £1 at track nights (saving approx. £48 a year), plus free refreshments.
- Free post-London Marathon social for all members.
- Free attendance at the ELVIS presentation night.
- Subsidised end-of-season party and presentation night.

During 2018-19 we'll look for further way to ensure our members benefit from being part of BRR, focusing on improving the running experience. The Committee welcomes suggestions, although we can't guarantee to take every suggestion forward.

## Club Round-Up 2017-18

### Innovation

In the latter part of the year we introduced a new 'TeamUp' app to allow members to see all the Club fixtures and social events easily on their mobile phones, and say whether they will be attending/arrange lifts etc. TeamUP allow allows members to let people know about non-Club events they are taking part in. So far it's been a great success.

We are still trying to get to grips with the new Club website and hope soon to get some training on how to update it and add new content. After a few years of decline, use of the club forum dwindled to almost zero, not helped by teething problems with the new website, and the decision was taken to stop its use and concentrate Club communications through the Closed BRR Facebook page and the BRR WhatsApp Group. The new website has, however, seemed to improve our visibility as a Club as we are getting a lot more enquiries from potential members than we did through the old website. We will look to build on and improve the site from that perspective.

### Track

The Club started hiring the track at the Jim Peter's Stadium around four years ago. The purpose of doing so was to provide facilities for members to do speed work to support their performance in Club fixtures and other running events. Track nights have proved really popular, and are a good place both for new members to start running with the Club and for existing members to improve their speed. And, of course, they're good fun too! Our thanks go out to Rak Sandhu, who has recently stepped down from leading the sessions most weeks for around two years. Rak has played a big part in boosting the popularity of track, and also secured three Clubrun training sessions from an EA coach, the first two of which have been a big hit with members. Sessions are now being taken by a wider range of members, and we welcome anyone offering to take a session one week if they would like to get involved.

There was some controversy this year over the Committee's decision to cancel track nights when they clashed with the Club's running fixtures i.e. the Havering '90 ELVIS race and the two Chingford League races at Hog Hill. We appreciate that some members may have been disappointed with this decision, but it is a long-standing policy of the Club not to organise or promote events that clash with Club races, to maximise attendance at those races and avoid conflicting priorities.

We understand that not all our members are competitive and, of course, there is no requirement for any member to race or support Club fixtures if they don't want to. But we believe that taking part in Club events is a great way of supporting the local running scene, fostering community spirit, and helping members to maintain motivation and commitment. Barking Road Runners has rightly earned a reputation for being a friendly and supportive Club and we want to encourage all our members, whatever their age, gender or speed, to participate and achieve their best, and to support their fellow Club members in doing so too.

## Thursday Night Runs

We would now like to encourage more of our members to also take part in the Club's Thursday night road run, which sets off from the Castle Green Centre every Thursday at 7.00pm, led by Nige Swaby. Nige has several run routes of around 10k (usually with shortcuts if needed) around the streets of Barking, Dagenham and Rainham. All abilities are welcome – the faster runners loop back for the slower runners so nobody gets left behind. It's a fun and safe way of getting in an extra run.

## Hainault

The Club's Sunday morning run at Hainault Forest (except on race days) continues to be popular, with tea at the café afterwards proving equally popular! Captain Rob Courtier has organised a few hill sessions during the year which have been particularly well-attended, and we hope to make them a regular fixture in the year ahead.

## Community

As part of its commitment to promoting amateur running, the Club actively supports parkrun. This includes several members who give up their time to be Event Directors or Run Directors at parkrun and junior parkrun and, of course, many more members who either volunteer or run in parkrun – locally, within the UK, or across world – on a weekly basis.

We are in talks regarding possible new clubhouse facilities in Parsloes Park. There is a project to raise funds to demolish the old football changing rooms in the Park and build new facilities. The project has already received confirmation of funding from the London Marathon Charitable Trust and is now applying for FA Sports Foundation funding which they will hear back about in December. They are keen for the project to support the wider community rather than just football, and we hope that, by offering our support, we may be able to gain access to changing/refreshment and perhaps meeting facilities at low or no cost to the Club.

## The Environment

We all love a cuppa and a chat after track on Tuesday evening or the Sunday morning run at Hainault, but this meant getting through at least 100 single-use cups every week. BRR has therefore taken steps to reduce its negative impact on the environment during 2017-18. We have bought china mugs to use at track, and reusable plastic cups to use at Hainault, saving both money and the environment in the long-term.

## Media

With thanks to our outgoing Media Secretary, Alain Cooper, we've had some great coverage in the Barking and Dagenham Post during the year, often getting the headline and main picture in the local athletics section of the newspaper and on the website. Keep those news stories coming in, and remember to get some photos and give some details of your event to add some colour to the story.

## August Bank Holiday 5K (BH5K)

The Club's August Bank Holiday 5K is part of the East London Fives Interclub Series (ELVIS). The race takes a huge amount of effort to organise, and we really value all the help and support from BRR members, family and friends who contribute to the Day. This year, everyone's hard work paid off and the race was a massive success: a record 305 runners completed the 5K race (beating the previous record of 295 set in 2017) and 33 children took part in the ever-popular 2K fun run. For next year we are investigating the use of chip-timing to speed up the results and free up more members to run.

## Social

A few changes of Social Secretary impacted on the number of Club social events held during the year. But we still managed quite a few eating and drinking dates! These included: the 2016-17 Presentation Night; a Christmas Jumper Meal with the 'BRR Choir'; a Quiz Night, with Dave and Janet Finch as the fiendish Quizmasters; pre-London Marathon card-loading at the Speedy Noodle; a post-London Marathon celebration at the Loxford Club, Curry nights and a Thai meal; and Moby Golf.

## Membership

Overall, the Club's membership base is balanced - this year we lost a few members but gained others. All leavers are due to relocating. Current (mid-October) membership statistics are:

- 120 members
- 43/77 female/male split (36% female, 64% male) - we need more girl power!!!
- 100 paying first claim members of which:
  - 2 juniors
  - 65 members of England Athletics (EA)
- 16 life members
- 5 second claim members (1 is a life member)

In terms of managing the membership, as of next year, the Committee has made a decision to move membership management to the EA portal. This will allow for sleeker admin, improved member experience and more efficient processing of membership. The portal will replace the current onedrive membership tracker and all membership payments will be processed electronically via the EA secure portal.

To be able to implement the new process, under the GDPR legislation, we are required to request and obtain consent from our members to share their details with EA. A new membership form will be circulated to all members in due course and we ask everybody's help to complete and return this promptly.

For anyone that has limited access to computer, please discuss with the Membership Secretary (currently Cristina Cooper) who will work with you to facilitate access. Cristina will also help with any other questions/concerns you may have about membership.

## 2017-18 Performance

### South Essex Cross Country League (SECCL)

The Club had a great cross country season, which resulted in us being promoted to the first division of the SECCL. There were only four races in the 2017-18 season as the Thorndon Country Park race was cancelled. The Club had an excellent turnout across the four races that went ahead. BRR won the second division race trophies for XC01, XC03 and XC04, and came second in XC02. The results of the Club competition (best three of the four races) were:

Position	Male (points)	Female (points)
1	Lee Johnson (300)	Amanda Heslegrave (300)
2	Philip Ellul (297)	Cristina Cooper (296)
3	James Lowndes (295)	Alison Fryatt (288)

The Club needs you! Help us achieve our aspiration of remaining in the first division of the SECCL for another year!

### Chingford League

The Chingford League competition consists of five competitive races, with a final relay race just for fun. BRR members had previously participated in the Chingford League as guests. In 2017-18 the Club joined the League on a trial basis, which meant that BRR members were able to race for free. A total of 35 different members participated at one or more of these races, a total of 62 individual race entries. As a result, the Committee decided we should join the League permanently, so members could benefit from free racing.

We made a promising start to the beginning of the 2018-19 competition, with 28 participants in the first race at Hog Hill, with good support, and we hope the rest of the series will be well-attended too.

### East London FiVes Interclub Series (ELVIS)

Sadly we won no trophies in the overall competition this year, with the BRR male team coming fifth overall, and the female team coming ninth, due to a low level of female participation across the series. But there were a number of strong individual performances and we hope to field bigger teams next year.

The results of the Club competition were:

Position	Male (points)	Female (points)
1	Diarmuid Mac Donnell (400)	Natalie Traylen (400)
2	Paul Ward (396)	Cristina Cooper (395)
3	Antony Leckerman (389)	Nikki Cranmer (394)

In addition to the Club's internal competition, the following members won race prizes in the ELVIS series:

- Dagenham – 3<sup>rd</sup> place overall: Lee Johnson
- Havering – 2<sup>nd</sup> place overall: Lee Johnson; 1st MV65: Ron Vialls

- Harold Wood – 2<sup>nd</sup> place overall: Lee Johnson

### Grand Prix

There was a disappointing start to the 2018 Grand Prix competition on 18 March when GP01, the Brentwood Half, was cancelled due to bad weather. The BRR Committee decided that the GP competition should go ahead with nine rather than ten races, as a suitable alternative that would fit into the race calendar couldn't be identified.

There are still a further two races in this year's competition, so the final results are not yet available. This report will be updated when the GP competition is completed and the trophy winners are known.

Position	Male (points)	Female (points)
1	James Lowndes (597)	Nikki Cramner (497)
2	Paul Ward (592)	Alison Fryatt (493)
3	Antony Leckerman (584)	Maxine Brown (300)

In addition to the Club's internal competition, the following members won race prizes:

- Great Baddow - 1st MV60: Martin Page
- Braintree - 2nd place overall: Lee Johnson; 1st FV45: Maxine Brown; 1st MV60: Ron Vials
- Horndon on the Hill: 2nd Place overall: Lee Johnson; 1st MV60: Martin Page; 1st Male Team: Lee Johnson, James Lowndes, Paul Ward, Martin Page

### 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.

2018 saw the Club handicap competition relocate to Mayesbrook Park. Following the reconfiguration of the paths in 2011/12, a new, three-lap, course was required. The course, with its undulations and twists and turns, proved popular with both runners and spectators but we plan to return to Barking Park for the 2019 competition.

The results of the Handicap Competition were:

Position	Name (points)
1	Dennis Spencer- Perkins (398)
2	Trevor Cooper (397)
3	Lee Johnson (393)

### Other Popular Events

#### Crown to Crown

Not a club competition, but very popular with club members, including the dinner afterwards! Crown to Crown is a series of 5k off-road races, all beginning and ending behind the Crown Pub in Westley Heights Country Park, near Laindon. The 2018 series started on a damp Good Friday, though luckily the rain didn't really come down until after the race had finished. Other races take place on a Wednesday evening, so it is more difficult for people to attend, but the C2C still attracts BRR participation at every race. There is an extra race on Boxing Day, for those who want to burn off some Christmas Day calories.

### London Marathon

The Club is allocated six London Marathon guaranteed entries organising the water station at Mile 14 each year, plus another guaranteed entry for each 50+ members who are registered with EA (one entry based on current EA membership) – a total of seven places. The Club allocates these entries on the basis of points awarded for Club races or jobs (e.g. supporting or volunteering at Club events) done. The members with the highest points, who have entered the ballot and been unsuccessful, are offered an entry first. Full details are in the Club rules, on the BRR website. The winners of the Club's guaranteed entries for the 2018 VLM were:

Antony Leckerman; Robin Booputh; Ken Summerfield; Andrew Gwilliam; Ken Summerfield; Paul Ward; Lisa Maughan; and Alain Cooper.

Unfortunately Robin, Lisa, and Alain were unable to compete and deferred their entries to 2019.

Veronica Barikor, Lee Johnson Diarmuid Mac Donnell, Vicky Cooper, Faye Spooner, Manish Sharma, Titi Windapo, James Lowndes, and James Coughlan also participated in the VLM. Club results were:

<b>Overall Place</b>	<b>Gender Place</b>	<b>Name</b>	<b>Half</b>	<b>Finish</b>
548	541	Johnson, Lee	01:25:45	02:52:36
3802	3416	Lowndes, James	01:42:42	03:26:31
4430	3920	Ward, Paul	01:36:28	03:30:34
4828	4223	Mac Donnell, Diarmuid	01:38:51	03:33:24
6944	1245	Cooper, Vicky	01:45:21	03:46:40
12650	3282	Spooner, Faye	02:02:11	04:15:26
17631	12596	Sharma, Manish	01:59:48	04:37:36
21917	15172	Leckerman, Antony	02:03:52	04:55:24
25429	17198	Gwilliam, Andrew	02:07:17	05:11:00
27331	9140	Windapo, Titi	02:24:14	05:19:56
28179	9576	Barikor, Veronica	02:28:24	05:23:47
31552	20246	Coughlan, James	02:31:17	05:42:12
39390	23452	Summerfield, Ken	03:08:15	07:13:03

A fantastic 90 people volunteered to help on the water station, helping to earn the Club's six London Marathon places for 2019, and £200 which was used for the after-Marathon celebration, for runners and volunteers alike, at the Loxford Social Club. It has been confirmed that the Club will again organise the Mile 14 water station in 2019.

## Spitfire Scramble

2018 saw an amazing turnout for BRR at the Spitfire Scramble, the 24-hour endurance race held at Hornchurch Country Park every July. Not an 'official' Club event, members were free to run solo, in pairs or in teams, with other BRR members or with friends and members of other clubs.

Taking part were (in no particular order):

Andy Hiller	Rak Sandhu	Cristina Cooper
Alison Fryatt	Manish Sharma	Antony Leckerman
Melissa Lowndes	Richard Gatehouse	Alex Jeremy
Nikki Cranmer	Lauren Garvey	Steph Keyworth
Sally Bridge	Martin Brooks	Charlotte Webster
Maria Bartlett	Kresh Veerasamy	Natalie Traylen
Andy Preston	James Byers	Tom Coughlan
Andrew Gwilliam	Chris Anastasi	Richard Dudman
Charlotte Owen	Margaret Byers	James Lowndes
	Paul Withyman	

We also had great support from Trevor Cooper, Derv Bartlett, Rob Courtier, Alan Murphy, Alan Cranmer, Kirsten Hiller, Zoe and George Hiller, Dawn Blake and Asha Sandhu.

## John Clarke Memorial Fell Race

The only category 'A' fell race within the M25, the Orion Harrier's race takes place on the Friday closest to midsummer's day every year, and attracts BRR members who fancy a few undulations (more than 50 metres of climb per kilometre to be precise), and the free beer afterwards! This year Paul Withyman, Andrew Gwilliam, Rak Sandhu and Alain Cooper took on the challenge and survived to tell the tale – just!

Club members took part in many, many other races across the UK and abroad, including epic cycling challenges, swimathons, duathlons, triathlons and amazing endurance events. Far too many to mention, but congratulations to everyone on their achievements – YOU ARE THE BEST!!!!.

## 2018-19 Look Ahead

Here are some of the events already arranged for the 2018-19 season. Further details of these –and other events as arranged – can be found on TeamUp.

### 2018

**Dublin Marathon** - Lots of Club members will be taking part in, or supporting, the Dublin Marathon on 28 October 2018.

**Annual Presentation and Dance** – 23 November at the Grove Social Club, Grove Road, Chadwell Heath.

**Annual Christmas Royal Parks Run** - 2 December, with lunch afterwards at the Methodist Central Hall.

**Xmas Jumper Meal** - 7 December at the Brewer's Fayre, Dagenham. Start time 7.00pm. Wear your Christmas top and come along with your best singing voice and an appetite for the BRR annual Christmas knees-up.

**Santathon** – 9 December. Don a santa suit (supplied) and run 5k in support of Saint Francis Hospice.

**Xmas Day parkrun** – 25 December (no, really!) at Barking Park. Always the best Barking parkrun of the year.

**New Year's Day parkrun Double** – the only day of the year when you can run two parkruns in one day. Wanstead Flats then Valentine's is traditional, with brunch at the Great Spoon of Ilford (Wetherspoon's) afterwards.

**Track Special** – 1 January. Track night on New Year's Day will be free of charge for members and guests. Come along and get that 'got to get fit' New Year's resolution off to a good start!

### 2019

**Club 35<sup>th</sup> Anniversary** – June 2019, TBC. We expect to have a special celebration to mark the Club's 35<sup>th</sup> birthday.

**San Sebastian** – November 2019, TBC. Following the popularity of recent overseas trips, we plan to make them an annual event. For 2019, the Club's overseas trip will be to San Sebastian, for the Marathon/Half/10k which takes place in November each year (exact date to be confirmed after this year's race, but likely to be late November).

## Treasurer's Report

### BRR Income and Expenditure

	<b>2017-18</b>	<b>2016-17</b>
<b>Income</b>	<b>£</b>	<b>£</b>
Track fees	2,919.50	3,605.00
Membership	1,520.00	1,338.55
EA - Individual	975.00	868.00
Kit	214.00	678.00
Marathon water station	200.00	200.00
BH5K entry fees	2,059.04	1,849.80
Handicap entry fees	121.10	122.00
ELVIS	50.00	125.00
Richard House donations	200.00	
Social/Quiz Night	525.04	
Presentation night	506.00	541.00
Miscellaneous		20.00
<b>Sub-Total</b>	<b>9,289.68</b>	<b>9,347.35</b>
<b>Expenditure</b>	<b>£</b>	<b>£</b>
Track Hire	3,008.00	2,115.00
Track sundries	290.65	264.94
EA - Individual	975.00	868.00
EA - Club affiliation	100.00	100.00
London marathon party	265.00	
Cross Country entry fees	284.00	300.00
Chingford League fees	100.00	
Handicap prizes	80.00	70.00
BH5K	992.74	1,007.70
Quiz Night	297.54	
ELVIS presentation	280.00	
Kit	130.00	814.80
Richard House donations	225.00	
Presentation*	525.70	1,152.86
Presentation trophies	346.24	
trainers/training	490.00	210.74
Website/IT	1,701.51	1,410.00
Miscellaneous	35.00	802.61
<b>Sub-Total</b>	<b>10,126.38</b>	<b>9,116.65</b>
<b>Balance</b>	<b>-836.70</b>	<b>230.70</b>

<b>Cash at year end</b>	<b>8,648.17</b>	<b>9,604.09</b>
-------------------------	-----------------	-----------------

\* 2016-17 presentation expenditure is inclusive of trophies.

## Treasurer's Comments

Our main sources of income continue to be the Membership fees and the BH5K.

The Club relies on the continuing support of members, and is grateful to all runners and their families and friends for their attendance at the Presentation and other Social events, together with their contribution to the organisation and delivery of all our activities (especially the help given to the BH5K event).

The accounts for this year show an **operating deficit of £836.70**. This is mainly due to costs relating to the new website (which is now paid for). This is in contrast to last year's operating surplus of £230.70.

## Income and Expenditure

Overall, Club income for the year was **£9,289.68**, slightly lower (£57.67) than the year before (£9,347.35). Factors affecting income and expenditure were:

- The decrease in Members' Track Fees from £3 to £2 (contributing to a deficit of £685.50);
- An increase in track hire costs, towards the end of the year, from £45 per hour to £47.50 per hour. Costs are reviewed each year, so there may be a further increase for 2018-19.
- the final payment on the website plus its maintenance cost & license (£1,701.51).
- training – both the cost of Leader in Running Fitness (LIRF) training and the track night training sessions arranged before the London Marathon (£490).

However, in contrast, the income from Membership fees increased this year by 14% (to £1,520) despite fee being held at £15 per year, and the surplus from the BH5K increased by 27% (to £1,066.30), thanks to a higher number of entrants and re-use of equipment purchased in previous years (signage etc). The introduction of chip timing next year will reduce income unless there is an offsetting rise in the entry fee.

## Cash Reserves

Over the year, we have had an average bank balance of £7,751, with an actual balance at 30<sup>th</sup> September 2018 of £8,627.21.

There was also a Track Float of £20, and a tiny BRR float of 96 pence.

Total monies at 30<sup>th</sup> September 2018: **£8,648.17**

**Dennis Spencer-Perkins**  
Treasurer