



ANNUAL REPORT AND ACCOUNTS
2018-2019

Chair's Foreword

Hello Barking Road Runners, and welcome to this year's 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). Last year, for the first time, we presented a written report rather than giving oral feedback at the AGM. That seemed to work quite well, so we are doing the same this 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 2018-19, a look ahead to 2019-20, and the Club financial report.

We have been doing a lot this year to try and modernise and professionalise how the Club operates, including the TeamUp App, using Webscorer to record results, more structured track sessions, introducing chip timing to our 5k race, even using SurveyMonkey to collect votes for the Members' Cup! At the same time, we have aimed to keep the friendly, inclusive spirit of the Club, where everyone is welcome whatever their ability. Fingers-crossed we have achieved our aim.

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
Chair, Barking Road Runners

Your BRR Committee

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

- **Cristina Cooper** – Membership Secretary. Cristina joined the Club in August 2014. Cristina processes new membership applications, membership renewals, England Athletics (EA) affiliations renewals, membership resignations and manages day-to-day liaison with EA on membership issues.
- **Trevor Cooper** – Club Secretary. Trevor joined the Club in August 2014. Trevor takes the minutes for our monthly meetings for approval by the Chair. In 2018/19 Trevor implemented new technology (Webscorer) to manage the various club competitions, with the results updated and communicated via TeamUp. Trevor also organised the Club's 2019 handicap competition and a designed a new leaflet to publicise the Club.
- **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, leading track sessions, 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** – 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 encourage participation in Club events.
- **Alison Fryatt** – Chair. Alison joined the Club in April 2013. Alison ensures monthly Committee meetings are chaired objectively and efficiently. She approves and issues the minutes from Committee meetings. She also supports the Club Captain in organising track sessions, representing the Club in interclub discussions, and organising the Club's Bank Holiday 5K race and the London Marathon Water station.
- **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. This year Dennis has also been covering the vacant Social Secretary role.

Thanks also to the members who performed much-valued roles for the Club during the year including: Greg Adams who took on the role of drafting our weekly news article for the Barking and Dagenham Post; James and Melissa Lowndes who have brought our kit ordering into the 21st Century; Nige Swaby, who organises our Thursday night Club runs; Jason for his fantastic photography; and the boys who usually end up clearing up the tea and coffee things after track on Tuesday. And, of course, thanks to all our lovely Club members and supporters who have made a contribution to the success of the Club in the past year.

Club Round-Up 2019-20

Track

Although we are primarily a road running club (with a bit of cross country thrown in for good measure) track nights remain very popular for members who want to improve their speed work. Track also provides a safe environment for new members who are just starting on their running journey. We were pleased when England Athletics offered to pay for one of our Leader in Running Fitness (LIRF) qualified members to train as a Coach in Running Fitness (CIRF). Through a bit of hard negotiation, we persuaded them to pay for two courses, saving the Club £510. Alison and Rob are currently part-way through the course and hope to be fully qualified by January, assuming they pass the test! In the meantime, we are trying to make the track sessions more structured, with warm-ups, drills, a main session and cool down and stretches. We are also more than happy if any member wants to get involved and run all or part of a session. Just let Alison or Rob know.

Thursday Night Runs

The Club's weekly road run starts at the Castle Green Centre/Jo Richardson School every Thursday at 7.00pm. Nige Swaby, who leads the run, has devised several routes of around 10k (usually with shortcuts if needed) around the streets of Barking, Dagenham and Rainham. All abilities are welcome. It would be great if some faster runners could come along too, so we could offer different ability groups – at the moment the faster runners loop back for the slower runners so nobody gets left behind. And the fast folk get in some extra distance!

Hainault

The Club's Sunday morning run (except on race days) takes place at Hainault Forest, usually starting at 9.30am with distances varying between 5 and 10 miles. As above, we would welcome faster runners offering to lead a group – you just need to know your way around the forest! We plan to organise a few more hill sessions at Hainault as we head into the autumn/winter, to help prepare for the Cross-country season.

August Bank Holiday 5K (BH5K)

The Club's August Bank Holiday 5K is part of the East London Fives Interclub Series (ELVIS). This year the race was chip-timed for the first time. There were a few teething problems with the chip timing (the company didn't have enough mats to stretch across our start line) but, on the whole it worked well and we will be continuing with chip timing for next year. The chip timing meant that fewer of our members were needed to help organise the event and more were able to run, though a huge amount of work was still needed behind the scenes to make the day a success, including cleaning up a year's worth of grime in the pavilion. We hope members who ran thought it was fair that they were asked to make a small contribution towards the cost of their places, including the chip timing.

A total of 342 runners participated in the race, breaking last year's record of 305, and making our race the third biggest in the ELVIS series this year. In addition, 34 children took part in the fun run (33 in 2018).

Parkrun

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.

Social

The Club has been without a Social Secretary this year and would welcome someone stepping forward to fill the role. However, we have still managed to have a number of Club social events during the year. These included: the 2017-18 Presentation Night; a Christmas Jumper Meal; a charity Night at the Races, the traditional pre-London Marathon carb-loading at China Friend; a post-London Marathon celebration at the Loxford Club, a 35th anniversary meal at the Wood Oven, and a Club beano to Brighton. Looking forward, we have the Presentation Night and Christmas Jumper Meal in the diary, with more events to be organised in the New Year.

Media

During the year, Greg Adams took on the role of Media Secretary. This involves collecting information about the races that members have participated in, and submitting a weekly news article to the Barking and Dagenham Post. Sometimes it can be disappointing when they don't print our articles as they are submitted, but many running clubs don't receive any media coverage at all, so we are very lucky. Do remember to keep those news stories coming in, including photos and interesting details – if there is anything notable/quirky it makes for a more interesting story and is more likely to get coverage. Greg has to submit the copy early on Sunday evening, so it's your responsibility to get the information to him as early as possible if you want a chance to be featured in the paper.

Club Kit

Following ongoing problems with the supply of Club kit, Melissa Lowndes (with the help of James) put a lot of work into sourcing a new supplier who could provide the kit we needed at affordable prices. The new supplier, Uniform7, is a local company and has worked with Melissa to develop our very own catalogue of kit to order online. 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/>

Membership

There was a fall in membership numbers this year; this was partly due to some members moving on to other clubs, and also due to members who were no longer active and uncontactable from our membership list. However, we have had a steady stream of new members joining who are active in Club activities, which is great. At present, there are:

Total Members =108, of which:

Paid 1st Claim (EA) – 50

Paid 1st Claim (non-EA) - 36

Paid 2nd Claim – 12

Life 1st Claim (EA) – 3

Life 1st Claim (non-EA) – 6

Life 2nd Claim - 1

Renewal/Membership portal

For the 2018-19 year, the Club moved the management of its membership to the EA electronic membership portal. Member feedback was that moving to the portal was an easy and straightforward process.

The portal has the following benefits:

- simpler administration;
- increased accuracy of membership information held on file;
- reduced the possibility of cash payment errors/queries;
- safeguards the confidentiality of members' personal details; and
- provides us with group emailing functionality which we did not previously have.

The Club paid £65.05 for the membership service and cashed £1,145 in membership fees banked online (excluding EA fees which in the past would have shown as income in the accounts before being paid out to EA and showing as an expense).

Just a reminder that, by using the EA membership portal, we cannot process payments in advance so payment requests will be emailed to members promptly as of 1st April. This is not affecting club finances or EA status of those members paying EA membership. In the past, we used to employ a manual process whereby money would be taken from the members as early as March and then transferred to EA for those paying EA membership. This is not necessary with the new process as EA payments are instant. Those members unable to access online payments for personal reasons are reminded to discuss with the Membership Secretary privately as to how their membership can be paid.

Members are responsible for maintain their details on the EA members' portal: <https://myathletics.englandathletics.org/portal/Members/Login>. If you are unable to update your details directly, please contact the Membership Secretary to advise of any changes that need to be made.

2018-19 Performance

South Essex Cross Country League (SECCL)

The Club had an excellent turnout across SECCL competition, with 18 different women and 39 men competing for us. This included some of our second claim members who did a great job running for the Club.

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

Position	Male (points)	Female (points)
1	Lee Johnson (399)	Debbie Coyle (400)
2	Steve Philcox (393)	Cristina Cooper (395)
3	Diarmuid Mac Donnell (384)	Natalie Traylen (389)

The SECCL is now split into three divisions, with BRR sitting in the second. We need your help to maintain our current position and, who knows, we could even be promoted to the first division if we try our best.

Chingford League

The Chingford League competition consists of five competitive races, with a final relay race just for fun. Following the Club's trial membership of the League in 2017-18, in which a total of 35 different members took part at one or more of the races, it was decided to join permanently. This means members have free entry to the League races.

The 2018-19 competition got off to a wet and windy start at Hog Hill, but 14 men and 6 women braved the weather conditions to run for the Club. Hopefully we will have nicer weather for the next race at Hog Hill, and we expect the new race at the Olympic Park in December to be popular, too.

East London FiVes Interclub Series (ELVIS)

Sadly, we won no trophies in the overall competition this year, with the BRR male team coming eighth overall, and the female team coming ninth, due to a low level of female participation across the series resulting in penalty scores. Altogether, 26 men and 8 women represented BRR in the ELVIS series. C'mon ladies, we need your support to get off the bottom of the leader board next year!

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

Position	Male (points)	Female (points)
1	Paul Withyman (400)	Natalie Traylen (400)
2	Martin Page (396)	Isabel Pinedo Borobio (396)
3	Antony Leckerman (392)	Alison Fryatt (393)

Grand Prix

Fortunately there was no heavy snow this year, unlike in 2018, which meant that all of the GP races were able to go ahead! The Braintree 5 and High Easter 10k proved popular, but members were less impressed with the Brentwood Half so we have chosen an alternative Half Marathon to kick off the 2020 competition.

The results of the Club competition were (best six of ten eligible races) were:

Position	Male (points)	Female (points)
1	Paul Withyman (599)	Debbie Coyle (600)
2	Martin Page (592)	Cristina Cooper (593)
3	Trevor Cooper (583)	Alison Fryatt (591)

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.

2019 saw the competition return to Barking Park, and the introduction of electronic scoring in Trevor Cooper's capable hands. This has meant that less volunteers are needed to record the scores, though we decided that we still liked the drama of handing out the finish tokens and giving all participants a cheer as they were collected in. Altogether 40 different people took part in the competition but there was one hands-down winner this time. I'm sure nobody begrudged Greg his moments of glory, or his race winnings!

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

Position	Name (points)
1	Greg Adams (400)
2	Les Jay (390)
3	Antony Leckerman (389)

Other Popular Events

Crown to Crown

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. It is not a Club competition but remains very popular with club members. The first race of the series is on Good Friday, with subsequent races usually in the evening of the second Wednesday of each month from May to September. There is an extra race on Boxing Day, usually with a Club lunch afterwards for those who are interested.

London Marathon

The Club is allocated five London Marathon guaranteed entries organising the water station at Mile 14 each year, plus another guaranteed entry based on the number of members who are registered with EA (one place in 2019) – a total of six 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 are area members and have entered the ballot and been unsuccessful, are offered an entry first. Full details are in the Club rules, on the BRR website.

Club results were:

Name	Finish
Lee Johnson	03:01:47
James Lowndes	03:28:01
Cristina Cooper	03:53:01
Antony Leckerman	04:04:11
Charlotte Owen	04:07:36
Martin Brookes	04:23:12
Robin Booputh	04:42:06
Amanda Heslegrave	04:52:45
Sefi Sefilani	05:52:08
Tom Coughlan	05:42:12
Greg Adams	07:40:10

Once again, we had a fantastic turnout on the water station, despite the complicated new online registration process. Thirty-two members volunteered themselves and we had plenty more friends and relations helping to earn the Club's six London Marathon places for 2020. The club also received £300 from the organisers for managing the water station, most of which was used to provide food for the after-Marathon celebration at the Loxford Social Club. We are still awaiting confirmation that the Club will again organise the Mile 14 water station in 2020.

Spitfire Scramble

The Spitfire Scramble, the 24-hour endurance race held at Hornchurch Country Park every July, attracted many members this year and seems to be becoming a staple of the Club calendar despite not being an 'official' Club race. Too many members took part this year for them all to be name-checked, with lots of others just coming along to support. A special thanks to Les Jay for feeding a lot of us over the weekend, and to those who brought gazebos, chairs etc to make the event more homely.

Other Trophy Winners

Members' Cup

Following a poll of members, the winner of the Members' Cup for 2018-19, announced at the end-of-season presentation night, was Jason Li. Well done Jason!

Most Improved Runner

The winner of the trophy for most improved male runner was Greg Adams.

The winner of the trophy for most improved female runner was Natalie Traylen.

Junior Member of the Year

The Junior Member of the Year was Rory Burr, sneaking in just before his 18th birthday.

Club Charity

Following a poll of members, Richard House Children's Hospice was once again selected as the Club charity for the coming year.

2019-20 Look Ahead

Here are some of the events already arranged for 2019-20. Further details of these – and other events as arranged – can be found on TeamUp as/when available.

2019

End of Season Party – 29 November at the Grove Social Club, Grove Road, Chadwell Heath.

Annual Christmas Royal Parks Run - 1 December, with lunch afterwards at the Methodist Central Hall for those who fancy it.

Xmas Jumper Meal - 6 December, Brewer's Fayre, Dagenham. Start time usually 7.00pm. Christmas tops are compulsory!

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

Boxing Day races - 26 December. You have a choice of the Crown to Crown 5k or the Witham Boxing Day 5, depending on how energetic you feel. Both start at 11.00.

2020

New Year's Day parkrun Double – the only day of the year when you can officially run two parkruns in one day. Wanstead Flats at 9.00am then Valentines at 10.00am is traditional, with brunch at the Great Spoon of Ilford (Wetherspoon's) afterwards, though Valentine's has yet to declare that they will have a New Year's Day run. Alternatively, you could try Raphael's Park at 9.00am followed by Harrow Lodge at 10.30am.

Pre-London Marathon Carb Loading – 24 April at China Friend, Station Parade, near Barking Station. Start time usually around 6.00pm, TBC.

London Marathon – 26 April. If you are not running, come and help the Club on the Mile 14 water station. It is very hard work but incredibly satisfying to support the tens of thousands of people taking part in this iconic race, and Club members earn points towards the competition for a 2021 London Marathon place. And, of course, there will be the post-marathon celebration (venue TBC).

parkrun day trip – we are looking at hiring a coach for a day trip to a parkrun in a scenic location, with some other things to do afterwards. Details TBC, but it will be in the summer.

Beachy Head Marathon, Half Marathon and 10K. A Club outing for those who want to travel further afield. The Eastbourne Beachy Head Marathon is one the biggest off-road marathons in the UK, but there are shorter distances for those who just want to enjoy the scenery and get some early training for the cross-country season.

BRR Financial Report

	2018-19	2017-18
Income	£	£
Track fees	2,397.00	2,919.50
Membership	1,237.04	1,520.00
EA - Individual	15.00	975.00
Kit	481.00	214.00
Marathon water station	300.00	200.00
BH5K	2,978.50	2,059.04
Handicap entry fees	122.00	121.10
ELVIS		50.00
Richard House donations	362.97	200.00
Social/Quiz Night	170.00	525.04
Presentation night	385.00	506.00
Sub-Total*	8,448.71	9,289.68
Expenditure		£
Track Hire	2,274.50	3,008.00
Track sundries	169.68	290.65
EA - Individual	15.00	975.00
Club affiliations	290.00	200.00
London Marathon party	155.00	265.00
Cross Country entry fees	332.00	284.00
Handicap prizes	70.00	80.00
BH5K	1,552.50	992.74
Social/Quiz Night	260.00	297.54
ELVIS presentation		280.00
Kit	455.00	130.00
Richard House donations	387.50	225.00
Presentation	473.00	525.70
Presentation trophies	367.24	346.24
trainers/training	60.00	490.00
Website/IT	354.39	1,701.51
Miscellaneous	193.00	35.00
Sub-Total	7,409.28	10,126.38
Balance	+1,039.43	-836.70

Cash Reserves at year end**	10,591.51	8,648.17
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*does not include the ring-fenced £1,000 donation from Owen Phipps.

** 2019 figure is at 23 September and includes the £1,000 ring-fenced donation from Owen Phipps. Consists of cash in bank and £20 track float.

Notes to the Financial Report

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

The accounts are prepared on a cash basis i.e. income and expenditure is recognised when money actually changes hands rather than when bills are received goods or services are used. Probably only of interest to accountants, but it can result in what appears to be mismatches (e.g. if we pay for track in advance, it will appear in the 2018-19 accounts even though some track nights might take place in the next financial year.

Our main sources of income are Membership fees, track fees and the BH5K.

Income and Expenditure

Overall, Club income for the year was £8,448.71, £840.97 lower than the previous year. However, this is slightly misleading as it largely reflects different treatment EA fees, which are now mostly be paid directly to EA through the Membership Portal rather than being paid to the Club first. The Membership Portal also involves a per member transaction charge, which has resulted in slightly lower income from membership fees. Several items of expenditure were balanced by income (kit). Other factors affecting income and expenditure were:

- Track hire costs increased to £49 per session in April 2019, but it was decided not to increase decided to leave track fees unchanged at £2 for members and £3 for non-members for the time being. Overall, the cost of track hire and sundries (i.e. refreshments) is balanced with track fees.
- Net income from the BH5K was £1,426, £358.96 more than 2018. The extra cost of chip-timing was partially offset by increasing entry fees by £2 per participant.
- Training – both the cost of Leader in Running Fitness (LIRF) training and the track night training sessions arranged before the London Marathon (£490).
- Securing the two free places on Coach in Running Fitness training saved the Club £510. Alison will be attending a further three days of EA training at a cost of £20 per day, which are accounted for in the 2019-20 financial year.
- The payment received from EA for managing the London Marathon water station increased by £100 to £300. However, this was at the cost of one of our guaranteed marathon places. We'd rather have the place than the money!

Owen Phipps

As most of you will know, one of the Club's early members, Owen Phipps, sadly lost his fight with cancer recently. Although Owen had left the Club some years ago to join Ilford Athletics Club, he continued to remember BRR fondly and, in his final months, made a donation of £1,000 to Club funds, which we agreed with him would be ring-fenced to purchase a new Club flag and gazebo. Work on the flag is currently underway.

