



ANNUAL REPORT
2019-2020

Chair's Foreword

Hello Barking Road Runners, and welcome to this year's Annual Report, incorporating the Treasurer's Report. I'm afraid Covid is mentioned much more in this Report than I would like, but it has had such an impact on our year – as it has for all sports clubs - that it cannot be ignored.

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 third Annual Report, to provide every member with all the key information about the Club over the past year in one place.

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 2019-20, and the Treasurer's report. We'd usually also include a look ahead to 2020-21 but, at the moment, it really is impossible to say what we can expect for Christmas, let alone the next year.

We decided not to go ahead with the 2020 AGM as a face-to-face meeting due to Covid and, instead, to hold a 'paper' exercise. We asked for nominations for Committee roles and for any proposals for rule changes.

Cristina and Trevor have decided to step down from their Committee roles for 2020-21. A big "thank you" to them both for their valuable contribution to running the Club. The rest of the Committee volunteered to continue in their roles and, as there were no other nominees, have been re-appointed.

Dee Spencer-Perkins has kindly offered to cover the Club Secretary role on an interim basis but we need to fill this role and the Membership Secretary role permanently so please let one of the other Committee members know if you're interested in helping out. Offers of help in other areas are always welcome too; For example, you might fancy organising a race or an evening or daytime run, leading all or part of the track session (the warm-up, main session, or cool down) or maybe a social event when we're allowed them again. You don't need to join the Committee if it doesn't appeal.

There have been no proposals this year for rule changes, or other key topics for discussion. But, if you have any suggestions or feedback, please feel free to let us know; this is your Barking Road Runners – run by members for members - and your input is welcomed.

Here's to a better 2020-21!

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 Committee members for 2019-20 (in alphabetical order) are 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.
- **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 virtual 2020 handicap competition.
- **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. Rob is qualified as a Leader in Running Fitness and usually leads the warm-up session at the track each week. Rob would usually manage the Club's water station at Mile 14 of the London marathon, and be Race Director for the Club's annual August Bank Holiday 5k (BH5K). Unfortunately, Covid put paid to both this year. 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 encourage participation in Club events.
- **Alison Fryatt** – Chair. Alison joined the Club in April 2013. Alison chairs the monthly Committee meetings. Since qualifying as a Coach in Running Fitness in January 2020, Alison leads the main track session most Tuesday evenings. She represents the Club in interclub discussions, and helps Rob organise the Club's Bank Holiday 5K race and the London Marathon Water station, when they happen! This year, Alison has been producing the BRR Blog, to keep members in touch with what is happening Club-wise during the Covid crisis.
- **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 who has provided free online HIIT sessions for members since March, and has also provided great cooldown sessions after track; Paul Wyatt who has helped run track sessions; John Lang who has given us stretching sessions on Tuesday; James and Melissa Lowndes who have acted as the liaison point for Club kit; Nige Swaby who organised our Thursday night Club runs until forced into shielding; Jason for his fantastic photography; the boys who set out and cleared up the tea and coffee things after track on Tuesday when we were still allowed them (Alan, Chris and Jason); 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 2020-21

It's certainly been a strange year, and it ain't over yet. We were disappointed when some of our cross-country races were cancelled due to bad weather; who would have thought, back then, that we would lose most of the races that we had planned to do, not for something mundane like the weather but because of the worst pandemic the world has seen for over a hundred years? Some of us have had more time to train than we would usually do, but there wasn't much to train for! Others have had to shield loved ones. I'm sure we are all hoping things will be back to normal sooner rather than later.

Track

In line with Government and EA guidance, our Tuesday track sessions were suspended from the first lockdown in March until the end of July. Track has proved more popular than ever since then, with several new members finding us online and coming along to join in the sessions. The ability to pay track subs in advance has meant you no longer have to bring cash along with you to track, and also means less cash handling, which is a good thing at the current time.

On the downside, when we returned to the Jim Peters Stadium we were unable to use the indoor facilities for Covid reasons, so no teas and coffees could be provided after our sessions. Then the main hall was handed over to a boxing club so we have now lost its use permanently. But, on the upside, Everyone Active, who manage the track on behalf of the local authority, have agreed that we can still have use of the kitchen and the changing rooms so – when we can use the building again – we will be able to provide refreshments again. We haven't seen the boxers on a Tuesday night yet but, if we do, hopefully we can rub along together OK.

Alison Fryatt was pleased to gain her Coach in Running Fitness qualification in January. Unfortunately, Rob Courtier, who was also taking the qualification, was poorly and was therefore unable to complete the training course. However, Rob has continued to use his Leader in Running Fitness training to provide the warm-up sessions at track.

Thursday Night Runs

The Club's weekly road run starts at the Castle Green Centre/Jo Richardson School every Thursday at 7.00pm. Like our track sessions, the Thursday night sessions were cancelled when we were in the first full lockdown. They resumed when lockdown eased

although we have missed Nige Swaby, who usually leads the run, as he was still shielding. Rob stepped into the breach and organised several gruelling hill work sessions which have proved popular. 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. Yet again, the runs had to be cancelled during the initial full lockdown, but we brought them back as soon as we were allowed. We have also organised a few internal Club races – the Tad 5 – to provide some much-needed competition.

August Bank Holiday 5K (BH5K)

It was so sad that our August Bank Holiday 5K race couldn't take place this year. Not only have we lost a valuable source of income for the Club, but we had also planned to rename the race the Phipps 5K, after former Club member Owen Phipps, who sadly passed away last year but kindly left the Club a donation of £1,000. See the Finance Report for more information.

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 – locally, within the UK, or across world – on a weekly basis. Parkrun has been sadly missed since its suspension due to Covid, although some of you have been completing the various parkrun challenges and (not)parkruns. The Daily Munch café must also have missed the influx of Barking Road Runners looking for their weekly fry-up fix after parkrun.

Media

Greg Adams continued in 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

Melissa Lowndes (with the help of James) has continued to be our Club kit contact, though circumstances have meant that few of us have needed new kit to wear at races. 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)

As a result of so many running events having been cancelled BRR has organised a Bike group for members and friends, aptly named Barking Urban Road Pedallers (BURPS). These rides have helped members and friends to keep fit and have also helped those that have running injuries to carry on exercising.

The BURPs' trips (which can be any day of the week) have so far included: Southend, Rainham Marshes, Leigh-on-Sea, Tilbury, Camden canals and the Royal Parks. On these trips we don't race or try for PBs, just a leisurely cycle with friends.

Of course, running is the Club's main objective. However, cycling is just one way of uniting BRR Members and keeping us exercising together in these difficult times when so many of our races are cancelled.

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, there has been very little change in the overall number of members. As at October, the numbers were (2018-19 figures in brackets, for comparison):

- Total membership: 103 (108)
- Paid members: 93 (98)
- 1st claim (England Athletics (EA)): 45 (50)
- 1st claim (non-EA): 37 (36)
- 2nd claim: 11 (12)
- Life Members: 10 (no change)
 - 1st claim, with EA: 3
 - 1st claim, non-EA 6
 - 2nd claim:1

Three more membership applications are currently being processed.

This was the second year of processing memberships via the EA electronic membership portal. Once again feedback was that paying via the portal was a lot quicker and easier than the old, manual, payment method. And, of course, it meant less cash handling which this year was a bonus. A downside is that the Club has to pay a handling fee for each transaction, but hopefully you will all feel it is worth it for the added simplicity. Thank you to Cristina for introducing this innovation, which will make life a lot easier for her successor in the Membership Secretary role.

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.

2019-20 Performance

South Essex Cross Country League (SECCL)

One of the few Club competitions that was able to go ahead before Covid took hold, but it wasn't without its problems; After a good start, the series was hit by very poor weather which meant that two races were cancelled. To enable our own competition to go ahead, we added our own, internal, Club race in Hainault Forest to the series.

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

Position	Male (points)	Position	Female (points)
1	Joe Stacey (299)	1	Debbie Coyle (300)
2	James Lowndes (297)	2	Rosie Fforde (294)
3	Rory Burr (291)	2	Charlotte Owen (294)

Chingford League

The Chingford League competition consists of five competitive races, with a final relay race just for fun. The Club pays a fee to be part of the League, which means our members have free entry to the League races.

As usual, the races at Hog Hill proved the most popular with BRR, with attendance dropping off later in the series until we reached the relay race, which just managed to sneak in before lockdown began. But six of our men (Hadley Grant, Paul Grange, Gary Coombes, Antony Leckerman, Les Jay and Martin Mason still managed to make it into the top scorers list for their age categories. The BRR Male A, B and V teams came 10th, 9th and 11th out of 16 in their respective groupings and the Female A and B teams came 10th and 7th out of 16 respectively.

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.

As we were unable to meet in groups when the handicap series was due to start, we instead decided to hold a virtual competition. Participants could pick their own 5K course and choose their own time to run it during handicap week. Trevor worked out the handicaps and calculated the results. Overall, 46 runners participated with 23 running five races and eight completing all seven races. Some enjoyed it so much they have continued their own handicap races in Barking Park.

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

Position	Name (points)
1	Gopal Myilsamy (490)
2	Kevin Wotton (468)
3	Jason Li (466)

Other Trophies

The outcome of the Members' Cup vote will be announced shortly. Thanks to Jason – last year's winner – for organising the vote and ensuring record numbers of you voted!

Given the cancellation or postponement of most or all eligible races during the year, the Committee decided that no trophies should be awarded for the Grand Prix, ELVIS, or most improved male and female competitions. Hopefully the competitions will be back for 2020-21.

Club Charity

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

Treasurer's Report

October 1st 2019 – September 30th 2020

It has been a very challenging year. Covid-19 has played havoc, with many losing their lives or becoming very sick, and in view of this, the fact that so many of our races and events have been cancelled really pales into insignificance. However, BRR members continue to meet and run together, and despite the fact that our income has been considerably less than last year, we are still solvent and positive!

Below are two tables: the first shows income and expenditure for 2019/20, and the second shows comparable figures for the previous year (2018/19). The following notes explain some of the main differences between the two financial years.

Accounting Basis

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 are 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 2019-20 accounts even though some track nights might take place in the next financial year).

Membership

In 2019/20, income from this source was down by £376.09 as we only began charging membership fees from August onwards, starting at £10.00 in recognition that there had been no physical Club activities from March to the end of July.

London Marathon

For obvious reasons, there was no financial activity here in 2019/20. We would normally receive an income of £300 for staffing the water station, and would have spent approximately £150 on the post-Marathon social event.

BH5K

For the same reason, there is limited financial activity relating to the Bank Holiday 5k. In the previous year we banked £1,426, but zero in 2019/20 as all the ELVIS races, including our own, were cancelled. However, our contribution towards the previous ELVIS presentation (£80) was paid on October 8th 2019, and there was prize money for our virtual BH5K (£10), making a total expenditure in this category of £90.

Social Event

BRR had a Coach trip (Beano) to Brighton in October 2019, but some money for the trip was paid in advance in July/August and this was accounted for in the 2018/19 Accounts. The £540.00 shown is for the coach.

Donation

The effect of Covid is not the only cause of the sharp drop in income between 2018/19 and 2019/20.

In 2018/19, BRR was left a generous donation of £1,000 by a former Club Member, Owen Phipps, who sadly passed away. This made a considerable difference to the income total for that financial year (£9448.71), thus adding to the sharp contrast with the 2019/20 total income (£3691.35).

Website

A Hosting Fee of £85.14 was incurred for the website.

Miscellaneous

Included in this category for 2019/20 are the timing app, Webscorer, and the gazebo, Club flag and banner, the latter mainly paid for with the donation from Owen Phipps.

In Summary

The net result of the cancellation of both the Marathon and local events such as the BH5k and other ELVIS events has resulted in a dramatic drop in our income in 2019/20. The donation of £1,000 in 2018/19 further increases the difference when looking at the total figure.

However, to offset this, we have needed to spend considerably less in the last financial year – not only with respect to the Marathon and the BH5K, but also on track hire and cross-country events.

In conclusion, in 2019/20 our expenditure exceeded our income by £1209.50, and on September 30th 2020, we had £9,377.21 in our bank account.

I hope this explains some of the working of BRR's Accounts. If you require any more information please contact me: e-mail dennis.sp7@gmail.com Mobile 0757 871 1876.

Dennis Spencer-Perkins

Treasurer

Income and Expenditure 2019-20			
Events	Income £		Expenditure £
Track	1,572.40		56.00
Track Subs in Advance	560.00		0.00
Track hire	0.00		1,281.00
Kit	154.00		210.00
Membership	860.95		0.00
EA	0.00		0.00
Club's Affiliations i.e. 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 (hosting fee)	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
Income and Expenditure 2018-19			
Events	Income £		Expenditure £
Track	2,397.20		169.68
Track hire	0.00		2,274.50
Kit	481.00		455.00
Membership	1,237.04		0.00
EA	15.00		15.00
Club Affiliations i.e. England Athletics	0.00		290.00
London Marathon Water stn	300.00		0.00
London Marathon food. Loxford Club	0.00		155.00
BRR Training	0.00		60.00
Presentation 2018	385.00		473.00
Presentation Trophies	0.00		367.24
Cross Country	0.00		332.00
Handicap 5k	122.00		70.00
BH5k	2,978.50		1,552.50
Social events	170.00		260.00
Website	0.00		354.39
Miscellaneous	0.00		193.00
Richard House charity	362.97		387.97
Donation	1,000.00		0.00
Total	9,448.71		7,409.28