

Colchester and Tendring Athletics Club

Minutes of the Annual General Meeting held on Wednesday 12 November 2025

1. Apologies

None

2. Minutes of the previous meeting

The minutes of the Annual General Meeting held on 13 November 2024 were approved as an accurate record.

3. Matters arising

None

4. Co-Chairs' report

Warren Page provided an overview of the 2024-25 year, in accordance with the report attached as an appendix to the minutes.

Grainne Hallahan was thanked for her valuable and enthusiastic contribution to the Club in the role of Co-Chair, noting that she would be stepping down from the role to focus on coaching.

5. Treasurer's report and presentation of accounts

The Treasurer provided an overview of the Club's financial position, noting that there was a deficit this year due to a variety of factors, including:

- an increased membership offer (including Saturday and weekday indoor training, free coach travel, removal of cross country event participation fees, improved social events / awards ceremonies)
- rising costs (including increased track hire fees, coach hire costs for travel to events, league affiliation costs and England Athletics membership fees)
- reduced membership income following the removal of gate fees and the decision not to increase membership fees in 2024-25.

While the total balance within the current and savings accounts was still healthy, the Committee had decided to increase membership fees for 2026-27 to put the Club on a more stable financial footing. This was informed by a review of membership fees for other local athletics clubs, which had highlighted that the Club was one of the cheapest in the region. It was also motivated by the need to maintain adequate financial reserves to deal with emergencies, noting that savings were currently lower than other local clubs.

The standard membership fee would therefore rise to £140 per year, to be implemented from April 2026. This still represented excellent value for money compared to other athletics and wider sports clubs.

6. Election of Committee

The following nominations were made for committee representation:

- **President:** Alan Palmer
Nominated by Simon Styles and Kate Sandercock
Carried
- **Chairperson:** Warren Page
Nominated by Talie Stevenson and Alan Palmer
Carried
- **Secretary:** Simon Styles
Nominated by Jep Ronoh and Kate Sandercock
Carried
- **Treasurer:** Daniel Partridge
Nominated by Simon Styles and Alan Palmer
Carried
- **Lead Welfare Officer:** Kate Sandercock
Nominated by Alan Palmer and Kay Thompson
Carried
- **Welfare Officer:** Keely Swords
Nominated by Grainne Hallahan and Kay Thompson
Carried
- **Membership Secretary:** Michelle Green
Nominated by Alan Palmer and Talie Stevenson
Carried
- **Committee member:** Jo Partridge
Nominated by Talie Stevenson and Alan Palmer
Carried
- **Committee member:** Kay Thompson
Nominated by Simon Styles and Grainne Hallahan
Carried
- **Committee member:** Talie Stevenson
Nominated by Alan Palmer and Simon Styles
Carried

Members were reminded that Committee meetings were held on the third Thursday of each month. Any matters could be raised with Committee members for discussion at the meetings. Anyone interested in becoming a member of the Committee was invited to speak to the Chairman or Secretary regarding this.

7. Members' motions

None

8. Any other business

A query was raised regarding the drop in the frequency of Club news reports in the local press. The committee member responsible for this had struggled to keep on top of this over the summer due to other commitments, but had been submitting reports in recent weeks. Any help with writing reports would be welcomed. The potential to promote the Club and the achievements of athletes via schools was also discussed.

It was noted that the regular email newsletters from the Co-Chair had been helpful for members to keep up to date with forthcoming events, and that it would be good to continue these following the Co-Chair stepping down from her role. The new WhatsApp cross country group was intended to help with promotion of events. However, the discussions highlighted the need for a Press Officer role within the Club, and this would be picked up for discussion at the next committee meeting.

9. Date of next meeting

The next Annual General Meeting would be held in November 2026 (with at least 28 days' notice provided).



Co-Chairs Report 2024 - 2025

This year certainly hasn't been dull, with plenty of highs and a few lows to keep everyone on their toes.

Administering a club with the breadth of activities that we undertake is a real challenge at times. The club committee has been very diligent in making the best of every situation that has been thrown our way. From a personal perspective, coming back onto the committee after a break of a couple of years has reassured me that the group of people who run our club now, are as good as any who have volunteered for the role in our long history. You might not see it, but the group are 'working' long hours behind the scenes to ensure that every facet of the club comes together as smoothly as possible.

Volunteers are the life-blood of our club - everyone on the keys and registers rota, track and field officials, coaches, committee members - all pulling together to make it happen on a weekly basis.

So, lets have some club admin positives from this year:

We have recruited 5 parents to become new track and field officials for the club.

We have encouraged several of our Coaching Assistants to start progressing towards their full Coach qualification and one has already completed their progression.

We have an unprecedented number of youngsters volunteering with the FUNdamentals groups as part of their DofE award scheme.

Despite being given notice to remove ALL of our own equipment (by the MoD) from the track and being unable to leave any of our kit on site for the foreseeable future, the club committee came together to come up with a viable alternative. We are very grateful to Kate Heap for helping us out of a sticky situation. The storage problem makes life tricky for coaches but we are working through it and we're hoping for a change of direction from the MoD in time.

We held two successful awards nights (summer and winter) plus 'CATs' takeovers of both junior and senior Parkruns.

Now, to the low points -

We have had two disciplinary actions involving coaches. The club is aiming to learn from these issues and take the recommendations made going forwards. Everyone at the club whether they are a coach, an athlete, volunteer or a parent have a responsibility to abide by the club's code of conduct applicable to them. We need collectively, to think before we take an action, or before we say anything - the damaging repercussions of not doing so can be a drain on everyone's time, when that time would be better used for more productive stuff.

We had to say farewell to one of our senior coaches, who has moved clubs for personal reasons, but they are still giving support, from afar, to their former group members, which is helping the transition greatly.

The club has lost the services of long standing throws coach Peter Godron who whilst staying with the club, will now be concentrating on competing and training. We thank Peter for his time and dedication over the years. Replacing him will be no easy task for the Committee.

Next, the competitive highlights for the last year:

Success at Sportshall - The Essex team came 2nd overall at the Eastern final. Increased turn-out by athletes.

NESS XC - Our girls came first, the boys second and overall, our junior team came out top and won the trophy yet again. The excellent seniors team have been promoted to the next pool.

Essex League XC - U13 girls finished third overall and Rowan Stringer finished first U11 boy.

Essex Road Relays - Our Open Men's A team placed 4th in a strong field with the Men's Vets 40 A team coming in 5th in their category.

Essex and Eastern Indoor Championships - increased turn-out and large haul of athlete medals won.

National Cross Country - U13 and U15 Boys teams both placed 28th in the country.

SAL - Our composite team with Ipswich Harriers finished 2nd in the division after a close finish in the final meeting of the year at Norwich

EAL - 5th Overall in the leagues out of 16 - All age groups made the final held in Bury St. Edmunds in September - This is something that not happened for many, many years. U15 boys were pipped for a trophy by the slightest of margins.

EYAL - 17th overall finish - about average for a club our size.

EMAC - Our composite women's team with Ipswich Harriers finished 4th at the final held in Thurrock

Adanna Udechuku wins English Schools U15 girls shot put title at Alexander Stadium in Birmingham. A great result to have a national champion.

In conclusion,

You can see from reading the above, the club is now offering more opportunity than we have for a very long time. The club is even offering indoor training on Saturdays and Wednesdays. However, it is down to the individual athlete, parent, coach, volunteer or official as to how much they wish to make of those opportunities.

The policy of not renewing non-competitive members has paid dividends, as this has enabled new, more competitively minded, people into the club and focused the issue of competition being important to those who hadn't competed for the club before, but who wanted to stay with us. This is a policy that we will be sticking with for the longer term. Better turnout at competition equates to more success in the Leagues - points make prizes after all.

Over the next twelve months, we will look to:

Consolidate the gains made this year.

Push forward with more coach and officials development, keeping our core strengths as strong as possible. Being able to coach our athletes better and allow them to progress fully.

Parent education when it comes to athletics and what they can do to help in the younger ones development.

Helping encourage the senior running section, giving them a voice on the committee for example.

Raise participation in multi-event training across the whole club - enabling us to fill more gaps at track meetings and maximise our potential as a club.

Finding a new throws coach volunteer, someone willing to train up from scratch to be qualified to help youngsters progress.

Finally - The thank yous

Firstly, to fellow Co-Chair Grainne Halloran, who in her year as Chair was a whirlwind of activity and encouragement to everyone at the club - her enthusiasm for all things athletics is unmatched.

To everyone who gives their time in any capacity for the club - you make this club the great thing that it is - Let's all just keep moving in the right direction together and we will have an even better organisation. Thank you for your time.

Warren and Grainne - Co-Chairs
12th November 2025