

## Colchester and Tendring Athletics Club

### Minutes of the Annual General Meeting held on Wednesday 13 November 2024

#### 1. Apologies

Grainne Hallahan, Chris Harvey, Kate Sandercock

#### 2. Minutes of the previous meeting

The minutes of the Annual General Meeting held on 8 November 2023 were approved as an accurate record.

#### 3. Matters arising

An update was provided on the motion previously raised by David Waterman regarding track safety for younger athletes. A range of changes had been made to session timings and track management in order to address the issue.

#### 4. Chairman's report

John Henington provided his first report as Chairman, as circulated to members in advance of the meeting (Appendix A). It had been a successful year, with improved competition engagement / performance and increased attendance at training sessions. More volunteers were always welcome to support the ongoing development of the Club, with a particular plea for Team Managers to help support summer track and field competitions.

#### 5. Treasurer's report and presentation of accounts

Jane Milburn provided an overview of the financial accounts. The Club had taken the decision earlier in the year to remove the training gate fee and increase the annual membership fee. A surplus had been generated during the year to date, noting that membership renewals had recently been processed covering the period until the end of the membership year in March, but that there were a range of outgoing costs for the next two quarters. The hammer cage being out of action had resulted in a 25% reduction in track hire fees, which had contributed to the surplus. The current financial situation meant there was no need for any further increases in membership fees. Coaches had been asked to identify any equipment needs, in order to use the funds for the benefit of members.

In order to ensure financial propriety, the Club Secretary noted that any expenses above £25 had to be signed off by the Committee.

#### 6. Election of Committee

The following nominations were made for committee representation:

- **President:** Alan Palmer  
Nominated by Simon Styles and Kate Sandercock  
*Carried*

- **Chairperson:** John Henington  
Nominated by Talie Stevenson and Alan Palmer  
*Carried*
- **Secretary:** Simon Styles  
Nominated by Jep Ronoh and Jane Milburn  
*Carried*
- **Treasurer:** Daniel Partridge  
Nominated by Simon Styles and Alan Palmer  
*Carried*
- **Lead Welfare Officer:** Grainne Hallahan  
Nominated by Alan Palmer and Jane Milburn  
*Carried*
- **Welfare Officer:** Kate Sandercock  
Nominated by Grainne Hallahan and Kay Thompson  
*Carried*
- **Membership Secretary:** Talie Stevenson  
Nominated by Alan Palmer and Jep Ronoh  
*Carried*
- **Committee member:** Jo Partridge  
Nominated by Talie Stevenson and John Henington  
*Carried*
- **Committee member:** Kay Thompson  
Nominated by Simon Styles and Grainne Hallahan  
*Carried*
- **Committee member:** vacancy

Jane Milburn (outgoing Treasurer), Jep Ronoh (outgoing Lead Welfare Officer) and Chris Harvey (outgoing Welfare Officer) were thanked for their service to the Committee.

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 were invited to speak to the Chairman or Secretary regarding this.

## 7. Members' motions

None

## 8. Any other business

None

**9. Date of next meeting**

The next Annual General Meeting would be held in November 2025 (with at least 30 days' notice provided).



## Chairmans Report 2023/2024

I can't believe that it's been a year since I took on the Chairman role- it really has been an honour to lead the club and we've achieved so much in 12 months but it's really exciting to me that I think we can still do so much more!

I'm not going to make this a long boring report as I think you've had enough emails from me over the last year. A lot has changed in the last year- hopefully you all feel that most of it has been positive and that you're happy with the direction of the club. This is really important to me personally so if you have any questions or input never hold back and please let me know.

So what have we been up in the last year?...

From a club admin perspective, we got rid of the gate fee, moved away from paper sign ins (almost) and Talie (in addition to membership) has applied a huge amount of excel wizardry throughout the club. He ran the Club survey, made summer competition sign ups a much more efficient process and without him the Junior NESS XC would just be a fun run with no results.

In terms of Competition, we have really stepped up this year in pretty much everything we've done. Last winter, with Grainne leading the charge, we had a big increase at Sportshall participation and many also went to the regional finals; that momentum seems to be continuing this year even with the rather busy event timetable.

We continued to do well at Cross Country- we came 2nd in NESS league and had great results and turnout at the Essex League with 6 out of 8 teams finishing higher than the previous season. At the Essex Champs we had 170% more runners than the previous year and this year is looking even better. We have started the season in excellent form- at the recent XC double header we showed how strong we are with excellent results in both the Essex League and NESS.

Before this year's Track and Field season we introduced targets to try and encourage more people out to compete and the result was that we really exceeded expectations. In EAL we almost got every team to the Final by right and we had our best EYAL performance for many a year- getting to the plate final in future doesn't see like an unrealistic aim if we keep improving. The turn out we got at the critical EYAL match in Chelmsford was simply amazing and definitely one of my (many) highlights in 2024. T&F comps is where the true team ethos of the club shines through- people cheering on team mates regardless of discipline and everyone doing what they can to help the club achieve the best result it can.

I can't mention the summer T&F season without mentioning the U15 Boys 4x100 relay team who won Essex Gold and, in the process qualified for the national relay Champs at Birmingham. This was one of those pinch me moments as a Chairman over the season- I really hope we can repeat this and have more teams that make it next year! Big Congrats to Otse, Jacob N, Jacob A, Feyi and Finn and a big thanks to the people who supported that whole process and, of course, to the parents who took them to the finals.

Whilst in recent times it's mainly been about the Junior this year the Seniors have been slowly growing- we have a great year at EMAC and more are competing at SAL. The Senior Endurance Group is now very healthy looking and we're having a real presence at local events. We're almost fielding

full teams at Essex League and we topped our division at our first NESS XC- A huge change from a few years ago. This is another of my personal favourite achievements as its important that we grow the club and have a broad range of ages at the club.

So that's a recap on what we've achieved in terms of performance- I hope it gives everyone pride to be a part of it as everyone who puts on the club vest and competes is leaving their mark. I truly believe we can still achieve more- According to Statman Bob Kimber we've had 94 athletes compete already this winter season (everything inc Sportshall etc) compared to 126 last year in total and we still have the Indoor season to come!!

Moving forwards into next year we really want to keep increasing our turnout at all events and build on what we achieved this year. We're still waiting to see what T&F events we will have as the EAL is struggling to find someone to lead it nest year so there's chance it might not happen or be a bit different. Once we know we'll reassess the competition targets and also try to look at what transportation options we can put in place to really make next year even bigger and better than this one.

So, this almost brings me to end of this report and to highlight the most important aspect of us running the club.... I know it's a broken record... None of this would be possible without the Coaches, Officials, Team Managers, Helper and the Committee. We all give our time voluntarily and many of us have busy lives and full-time jobs. Don't ever think that you need to be an experienced Athlete to contribute to the running of the club- Many of us started out as a Parent bringing their child to the club and have ended up supporting the club in a variety of ways.

We always need more Officials to help with the running of the T&F events in the Summer and with more people signing up we will definitely need more Team Managers. If we get more people helping it lessens the load on everyone and we can split it up into manageable pieces. None of the tasks are that challenging and there is always someone to help you find your way. When the request goes out for help, please respond as without your help things might get cancelled and this will impact the experience for everyone.

I've mentioned Grainne and Talie who, as committee members, have done a lot this year but everyone on the committee has helped make the club what it is- ensuring a balanced approach to the pastoral care at the club, ensuring it runs smoothly by booking the track, Buses, equipment and a lot more , updating the website/Facebook, organising events, sorting club kit out, writing reports... the list just goes on and on- there's a tremendous amount of effort behind the scenes that's often not visible so I personally want to thank the committee and all the volunteers for their support over the last 12 months- without it we wouldn't have a club at all.

John Henington

Chairman

Colchester and Tendring AC

[Chairman.catac@gmail.com](mailto:Chairman.catac@gmail.com)

PS- I know I said I wouldn't make this long and boring so apologies for completely failing on that front!