

# Committee Meeting Minutes

11<sup>th</sup> July 2023 at Ilford Sports Club

## Notes



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| 1. | <p><b>In Attendance:</b></p> <p>Committee members: Ernie Forsyth (Chair), Andy Catton, Sharon Honey, Bill Green, Wes Clarke</p> <p>Invited: Carlie Qirem, Danny Holeyman</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                               |
| 2. | <p><b>Apologies:</b> Nicola Hopkinson, Gary Floate</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                               |
| 3. | <p><b>Previous Minutes</b> – Previous minutes of meeting: 13th June 2023 agreed and signed as a true record</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                               |
| 4. | <p><b>Coaching :</b></p> <p>EF advised that there was a record number of young athletes competing in the last EYAL match. IAC athletes now way out number Orion H athletes (a complete reversal from previous seasons as joint team) which is causing issues.</p> <p>More helpers with the Development Group are still needed especially as Jeevakan is going to university next year. Another plea required to go out to club members and parents, especially as squad attendance can now be as many as 40.</p> <p>Jeevakan DBS still o/s. EF &amp; GF to chase up. Otherwise, he will have to be suspended from coaching. Jeevakan has said he posted his DBS info to EA several weeks ago. C/F</p> <p>GF – set up a coaches coordination group on WhatsApp. Still trying to organise a coaches meeting but some want face to face others only want on Zoom. C/F</p> <p>EF completed level 2 coaching course at Chelmsford on 24<sup>th</sup> &amp; 25<sup>th</sup> June</p> <p>Emma Dyas requested to undertake an initial level course. Aim to assist then takeover Stuart Bennett's walking squad. Agreed to reimburse course payment once 12 coaching sessions completed (after passing course). GF to confirm actioned.</p> | <p>AC/EF</p> <p>EF/GF</p> <p>GF</p> <p>GF</p> |
| 5. | <p><b>Membership and Subscription (NH).</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                               |

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|     | <p>NH has provided a list to coaches and team managers of members that still have not paid subs and EA fee for 2023/24</p> <p>NH submitted report by email</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| 6.  | <p><b>New Members (NH):</b></p> <p>Chiara Mullings-Smith U15G<br/> Jasmine Shaer U13G<br/> Elias Furreedan U13B<br/> Daniel Guiba U13B<br/> Ethan Guiba U15B<br/> Venisha Ngala U15G<br/> Adaeze Oyem U17G<br/> Tarik Qirem M40<br/> Michael Osunsami M40 (second claim)</p> <p>Rashaun Mullings-Smith U17B (to be confirmed)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| 6.1 | <p><b>Resignations (NH):</b></p> <p>None</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| 7.  | <p><b>Track &amp; Field (AC):</b></p> <p>AC advised SAL at Sandy on First ever IAC league win since introduction of combined men and women teams. Now 3<sup>rd</sup> in league and a good result in last match at Ware on 16/8 will secure promotion.</p> <p>EF – excellent performances in last EYAL at Hornchurch. Next match at Hemel Hempstead on 17/7.</p> <p>Essex 5,000m champs at Cricklefields on Fri 16<sup>th</sup> June. All went well and Essex AA very happy with the event. IAC medallists – Neringa 1<sup>st</sup> F40, F50 1<sup>st</sup> Gaye Young, 2<sup>nd</sup> Hannah Shiekh, 3<sup>rd</sup> Pauline Tester, M50 3<sup>rd</sup> Fabrizio Stefanoni</p> <p>Jordan Hinds, Oliver Blainey &amp; Farris Vakil competed for Essex in SEAA Senior Inter Counties match</p> <p>Essex relay champs (young athletes only) at Chelmsford on Fri 14<sup>th</sup> July. IAC entered 9 teams</p> <p>Essex 10,000m at Braintree on Fri 28<sup>th</sup> July</p> |  |
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| 8  | <p><b>Road &amp; Cross Country (BG) :</b></p> <p>All as fully and excellently reported in club newsletter and press reports. Leading results :-</p> <p>Essex Champs / Pleshey 5 miles – Silver medals Steve Philcox M50, Terry Knightley M60, AC M70; Bronze medals Sam Rahman M40, Neil Crisp M60, Alison Sale F55 &amp; Diane Crisp F60.</p> <p>ELVIS Olympic Park 5k - Ladies 3<sup>rd</sup> Men 4<sup>th</sup>. Ladies 1<sup>st</sup> Neringa 2<sup>nd</sup> Jordan Hinds. 1<sup>st</sup> M50 Steve P, M60 Neil C &amp; M70 AC.</p> <p>ELVIS Newman Hilly 5 – Ladies 1<sup>st</sup> Men 2<sup>nd</sup> 1<sup>st</sup> Lady Neringa 1<sup>st</sup> Man Tom Gardner.</p> <p>Chingford League (non priority) fixtures for 23/24 season :-</p> <p>Wed 4<sup>th</sup> Oct Lee Valley Velopark 5k road</p> <p>Sat 21<sup>st</sup> Oct Eastbrookend Country Park 5m xc</p> <p>Tues 7<sup>th</sup> Nov Hog Hill Cycle Park 5k road</p> <p>Sat 25<sup>th</sup> Nov Trent Park 5m xc</p> <p>Sat 20<sup>th</sup> Jan Epping Forest 5m xc</p> <p>Sat 3<sup>rd</sup> Feb Victoria Park 5m road</p> <p>Sat 9<sup>th</sup> March Wanstead Flats xc relays</p> |    |
| 9  | <p><b>Race Organisation (BG/AC):</b></p> <p>ELVIS Newman Hilly 5 - Wed 5<sup>th</sup> July. All went very well with good feedback. 227 finishers. Commemorative centenary T shirts were well received. NH to provide race accounts in due course. Costs of T shirts to be allocated to Centenary year costs not Hilly 5.</p> <p>Use of credit card reader for on the night entries was very successful. Thanks to CQ.</p> <p>10m XC – provisional date of Sat 30<sup>th</sup> Dec agreed</p> <p>Centenary 100 x 400m relay (plus club photo shoot) date still tba in the Autumn</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | NH |
| 10 | <p><b>Media &amp; Publicity (BG)</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |

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|    | <p>Reports being balanced out between weeks when lots on and those when very little racing to report. Full page great coverage on IAC now is the norm every week.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                     |
| 11 | <p><b>Chigwell Row Portacabin :</b></p> <p>Cleaning, tidying up plus painting needed. 30<sup>th</sup> April date did not happen – New date required. C/F</p> <p>EF – toilet cistern in men's changing room will need replacing some time but currently ok and same with men's shower thermostat. C/F</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <p>ALL</p> <p>EF</p>                |
| 12 | <p><b>Social (SH) :</b></p> <p>100<sup>th</sup> year Centenary Party on 8/7 went very well and was enjoyed by all who attended. Unfortunately, the buffet was very late arriving and quality not as expected. SH to complain to providers. Event account to be provided by SH/WC in due course.</p> <p>ELVIS presentation night – EF to look at booking Dagenham FC Social Club for a Friday night in October (ideally 20<sup>th</sup> to avoid Essex Lge xc clashes)</p> <p>Club annual awards night (seniors and U20) to be arranged in November also at Dagenham FC. EF &amp; AC to organise young athletes (Development Squad) presentations also in November (in Ilford Sports Club)</p> <p>IAC Centenary “promotion” happening at Valentines Park ParkRun on 12/8</p> <p>Centenary 5k handicap run in Valentines Park, to be organised by Sam Rahman, planned for Thursday 31/8 at 19.00. CQ suggested 2.5k race for young athletes before (at 18.00) - agreed</p> | <p>SH</p> <p>EF</p> <p>EF/SH/AC</p> |
| 13 | <p><b>Finance Report (WC):</b></p> <p>Full income and expenditure report and updated balance sheet provided by WC. Despite some considerable expenses of late including coach hire and entry fees the balance sheet is still healthy.</p> <p>Major item for concern is still a quarterly electricity bill received (and paid) for £1,500 for Chigwell Row. WC &amp; EF to check previous meter readings and query with supplier. EF had checked the meter at CR and appears correct in relation to bill.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p>WC/EF</p>                        |

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| 14 | <p><b>Correspondence (AC):</b></p> <p>C/F Development paper from FS still to be fully commented upon by committee. AC requested that all committee members provide their input asap so we can consolidate a reply to FS.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | ALL   |
| 15 | <p><b>AOB</b></p> <p>AC/EF – reported IAC assisted at the Redbridge Schools Quad Kids event at Cricklefields on 26/6. Thanks to Nicola, Lorna, Pauline, Colin and Robin who helped.</p> <p>AC/SH –London Marathon drinks station. To hold a further voting survey amongst members to decide if we continue to support. SH to action in due course. AC to try and find out what other clubs think. C/F</p> <p>AC – Transfer of names on land ownership at Chigwell Row document (TR1) now received from Solicitors. Andy, Ernie, Wes, Martin and Matt to sign. AC, WC &amp; EF signed on 11/7.</p> <p>AC – credit card reader purchased at cost of £46.80. Worked successfully at Hilly 5 and to take coach fare contributions at last SAL match. AC, CQ and Wayne signed up as authorized users.</p> <p>Club priority competition discussion meeting arranged by DH, FS &amp; CQ with Rob S for 2/8</p> | SH/AC |
|    | <p><b>Meeting finished 21.33</b></p> <p><b>Next committee meeting</b></p> <p><b>Tuesday 19<sup>th</sup> Sept at 20.00</b></p> <p><b>at Ilford Sports Club</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |