

Committee Meeting Minutes

16th July 2024 at Ilford Sports Club

Notes



1.	In Attendance: Committee members: Ernie Forsyth (Chair), Andy Catton, Bill Green, Anna Crawley, Danny Holeyman, Carlie Qirem, Neil Crisp (President), Wes Clarke	
2.	Apologies: Diane Crisp, Fabrizio Stefanoni	
3.	Previous Minutes – Previous minutes of meeting 14th May agreed and signed as a true record	
4.	Coaching (EF) EF – numbers in the Development Group continues to grow, total in group now well over 60. Needs 6 coaches and helpers to look after the various groups (sprinters, endurance, throwers and under 12's) on a Tuesday. EF – Letter that went to members parents via WhatsApp group asking for help has resulted in 2 volunteers FS to take on board volunteer recruitment as part of the development plan and pathway between the young athletes groups needs far more coaching resources especially for the sprinters. C/F AC - Craig Burrow has DBS approved and is getting coaching license reinstated (subject to completing a couple of online courses). His "enthusiasm" still requires managing. EF – Dan Wheeler has been encouraged to take a coaching course EF - Coaches meeting to be organised asap	FS EF

5.	Membership and Subscriptions (CQ) 24/25 renewals all in hand																																																											
5.1	New Members <table><tr><td>GEORGIA</td><td>MERCHANT</td><td>U11G</td><td></td></tr><tr><td>RUBY MAE</td><td>MERCHANT</td><td>U11G</td><td></td></tr><tr><td>DONNELL</td><td>LUCKY-OLIGIE</td><td>U15B</td><td></td></tr><tr><td>JAMARI</td><td>HOYTE</td><td>U17B</td><td></td></tr><tr><td>BINETA</td><td>KEITA</td><td>U15G</td><td></td></tr><tr><td>ADAM</td><td>IDOUDRA</td><td>U15B</td><td></td></tr><tr><td>CRAIG</td><td>BURROWS</td><td>SM</td><td></td></tr><tr><td>SOPHIE</td><td>BURROWS</td><td>U15G</td><td></td></tr><tr><td>KELSON</td><td>AVEBUAN</td><td>U15B</td><td></td></tr><tr><td>KAIRAN</td><td>HINDS-KOURTELLAS</td><td>U15B</td><td></td></tr><tr><td>MICHAEL</td><td>OSUNSAMI</td><td>M55</td><td>(2nd claim)</td></tr><tr><td>STEVE</td><td>ALLEN</td><td>M60</td><td></td></tr><tr><td>RICHARD</td><td>MORRIS</td><td>SM</td><td></td></tr><tr><td>THOMAS</td><td>COONEY</td><td>SM</td><td></td></tr></table>			GEORGIA	MERCHANT	U11G		RUBY MAE	MERCHANT	U11G		DONNELL	LUCKY-OLIGIE	U15B		JAMARI	HOYTE	U17B		BINETA	KEITA	U15G		ADAM	IDOUDRA	U15B		CRAIG	BURROWS	SM		SOPHIE	BURROWS	U15G		KELSON	AVEBUAN	U15B		KAIRAN	HINDS-KOURTELLAS	U15B		MICHAEL	OSUNSAMI	M55	(2 nd claim)	STEVE	ALLEN	M60		RICHARD	MORRIS	SM		THOMAS	COONEY	SM		
GEORGIA	MERCHANT	U11G																																																										
RUBY MAE	MERCHANT	U11G																																																										
DONNELL	LUCKY-OLIGIE	U15B																																																										
JAMARI	HOYTE	U17B																																																										
BINETA	KEITA	U15G																																																										
ADAM	IDOUDRA	U15B																																																										
CRAIG	BURROWS	SM																																																										
SOPHIE	BURROWS	U15G																																																										
KELSON	AVEBUAN	U15B																																																										
KAIRAN	HINDS-KOURTELLAS	U15B																																																										
MICHAEL	OSUNSAMI	M55	(2 nd claim)																																																									
STEVE	ALLEN	M60																																																										
RICHARD	MORRIS	SM																																																										
THOMAS	COONEY	SM																																																										
5.2	Resignations CRAIG LIVERMORE																																																											
6.	Track & Field (AC) EYAL Next (and last) match on Sun 21 July at Barnet. Excellent numbers 40+ at two previous matches (5 th and 6 th). Currently 20 th in league. SAL – Next (and last) match at Woodford on Sat 17 August. First three matches 3 rd , 4 th & 6 th . Need a good turnout at final match to ensure we stay out of relegation zone. Vets league – Second match 1 st and Third match 1 st – now unbeaten in two years. Inter league final on Sat 31 August at Abingdon. Essex 5,000m at Brentwood – Pauline Tester F50 gold, Alex Richards SM silver, Jack Nixon SM bronze, Tom Gardner M40 silver																																																											

	Essex 10,000m at Chelmsford – Malcolm Muir M50 silver Essex Mile champs – Jordan Hinds SF silver, Anna Crawley SF bronze Essex young athlete relays at Southend – U15 boys 4 x 100 silver 47.5. Subsequently ran 46.7 in league meeting (second fastest IAC time since 1958). Team invited to compete at Diamond League meeting at Olympic Stadium on Sat 20 July (along with coach EF)	
7.	Road & Cross Country (BG) Full report from BG attached below Essex 5k at Northern Gateway Sports Park, Colchester on Fri 9th Aug Essex 5 miles at Ingatestone on Sun 18 Aug	
8.	Race Organisation (BG/AC) Newman Hilly 5 – Wednesday 10 July went off very well albeit number of runners was down on previous years (due to England football match) 10m XC – committee agreed date for event as Sat 28 December AC - Essex League XC We have been asked to hold the first meeting at Chigwell Row on Sat 5 October	
9.	Media & Publicity (BG) All is still going very well with great coverage, especially of the young athletes races and performances.	
10.	Chigwell Row Portacabin : Cleaning, tidying up plus painting long overdue. To arrange date asap EF – to check thermostat/system as showers very hot again. EF – new flooring required for the ladies changing room	AC/EF/ DH EF

	DH – battle with British Gas over unrealistic overpaid electric bill still ongoing. Complaint to BG gone unanswered. Complaint history now gone to energy ombudsman. Photo of smart meter reading required. EF – to install new smart meter cable	EF
11.	Social (AC) Group attended South Woodham Ferrers 10k plus gathering at Sharon Honey's Group went to Bushy Park parkrun on 13 July 20 July Diamond League outing Date for Summer picnic tba Potential for weekend away at end of Summer discussed again. No immediate ideal venues for this year. May postpone to 2025. Awards night – November date tba. Format to be discussed	
12.	Finance Report (WC) Full income and expenditure report and updated balance sheet provided by WC. Finances still in a healthy state despite some considerable expenses on transport for both seniors and young athletes to league matches Brokers asked to cancel the insurance on track portacabin. No response yet.	
13.	Development (FS). FS not in attendance. All matters carried forward. Development tracking plan updated and distributed to all committee members on 13 May. First priority issues :- New members welcome pack – content being agreed and finalised by with CQ & FS C/F New club kit supply – new sources found by FS and cost comparisons being made C/F	

	Next priority to then be decided upon.	
14.	Correspondence (AC) Email from Rob S received regarding his continued coaching role in the club. AC to respond and get more background and understand his intentions. EF received email from Ilford FC saying they could supply a replacement portacabin on our existing site at Cricklefields for joint usage. Offer to be declined as we need to secure the site for planning our own purpose built facility. AC has written to Vision regarding the planning request process. EF & AC received invite to attend Sports Club AGM on 30 July' Accepted.	AC AC EF/AC
15.	AOB EF – new supply of club medals in hand. Anna C – cake sale at the Hilly 5 raised £335 for Breast Cancer UK in memory of Nicola H. AC to seek matching charity contribution from her employers. NC – members request for competition T shirts. Supplier needs min order of 3 for each size. Agreed as long as those wanting them find 3 buyers. BG – Club T shirt stock 40 (light blue) 9 Centenary version EF – would like to hold a young athletes club champs / pentathlon at track sometime in August	NC EF/AC
	Meeting finished 21:40 Next committee meeting Tuesday 13th August at 20.00	

--	--	--

Road and Cross Country

All as fully reported in club newsletter and press reports.
Leading performances extracted from full BG report :-

Halstead Marathon (Essex Champs)

Terry Knightley 32nd – Essex Silver M60
Steve Chissell 57th – Essex Bronze M60

Dagenham 5 – ELVIS race 1

Steve Philcox 1st M50
Dave Thomas 1st M60
Niel Crisp 2nd M60
Mens team 3rd
Carlie Qirem 6th SF
Ladies team 4th

Sudbury Friday Night 5

Jack Nixon 2nd
Malcolm Muir 9th (1st M50)

Orion Forest 5 (race 1)

Steve Philcox 2nd M50
Dave Thomas 2nd M60

Havering 5 – ELVIS race 2

Steve Philcox 1st M50
Neil Crisp 1st M60
Mens team 3rd
Neringa Masilioniene 2nd SF
Pauline Tester 1st F60
Ladies team 4th

Victoria Park Half Marathon

Joanne Reeves 1st F40

High Easter 10k – Essex Champs

Jack Nixon SM Bronze
Stephen Philcox M50 Gold
Bev Thomas F65 Gold
Terry Knightley M60 Silver
Dave Thomas M60 Bronze
Alan Pearl M65 Bronze
Andy Catton M70 Bronze

Southend Half Marathon

Terry Knightley 1:37:28 4th M60

Olympic Park 5 – ELVIS race 3

Neringa – 1st female
Jordan Hinds 5th female
Ladies team 2nd
Tom Gardner 4th and 1st M40
Mens team 4th

Pleshey 5

Sam Rahman 16th
Alison Sale 3rd F50

Orion Fell Race

Ryder Islam 1st U16
Anna Crawley 3rd SF

Orion Forest 5 (race 2)

Steve Philcox 4th and 2nd M50
Dave Thomas 2nd M60

Newman Hilly 5 – ELVIS race 4

Mens team 1st
Chris King 3rd
Malcolm Muir 4th (1st M50)
Stephen Philcox 5th (2nd M50)
Sam Rahman, Josh Adler and Danny Holeyman completing the team
Neil Crisp 1st M60
Steve Chissell 2nd M60
Andy Catton 2nd M70
Ladies team 7th
Neringa Masilioniene 1st SF – (in last race for the club before returning to Lithuania)
Gemma Ellender 8th

Team positions after 4 ELVIS races – Men 3rd Women 4th