



ILFORD ATHLETIC CLUB

Annual General Meeting Minutes

Held at Ilford Sports Club 8pm

on 21st March 2019

1

In Attendance: Andy Catton, Neil Crisp, Bill Green, Ernie Forsyth, James Huddart John Mackenzie, Dennis Briggs, Anthony Young, Nicola Hopkinson, Alan Pearl, Sharon Honey, John Crawley & Dianne Crisp.

2. **Apologies:** Colin Fox, Gary Floate, Wes Clarke, Ian Gains, Pam Jones, Julia Galea, Satha Alaganandasundaram, Rob Sargent Dave Ainsworth, Jenni Sheehan. Natalie Crisp, Eain Begg.

3. Last years AGM minutes of 13th March 2018 were agreed as a true record.

4. **Matters arising from last AGM minutes**
None.

5. **General Secretary's Report:**

Welcome all to the agm. All events and results are mentioned in Bills blog and newsletter the club profile is much improved. Thank you to the committee they are very proactive all officers wish to stand again this year. Thanks to all the coaches and helpers. It has been a good year for the club a special mention goes to Mario Dobrescu has had an excellent year, winning the Essex Schools and club Championships, Mario also came 2nd at the English Schools over 200m and 2nd in the England U15 Champs at long jump and most recently the National Indoor 400m Gold. Gary Floates track and field report was read out item (10) of these minutes and Satha road and cross country report item (9).

The Club finished 16th in Southern T & F men & women league - best position since re-entering the league competition. The Men finished 3rd in the Vets league. There will be a ladies team in 2019.

The Walking Section have numerous new recruits and have seen some strong performances in County, Area, Individual and team medals.

The Newman hilly 5 (Elvis Series) are well supported and give a sizable profit to the club after the donations to Charity of St Francis Hospice and Kevin Newell.

Chigwell Row has had some work completed and is in reasonable shape in the circumstances. The portacabin at the Cricklefields Track needs replacing. Ilford FC may be investing in their own clubhouse so we will watch what happens with this.

A Development Committee is now active and looking into recruitment of Athletes, Coaches and Volunteers.

Sadly Denis Plater passed away this year. One of Ilford's greatest distance runners 2nd on the all time best Marathon list with 2:20;25.

The £15 fee paid to England Athletics goes in full now to EA. Meaning that the Southern AA doesn't receive any funding via the EA fee. There is a proposed £2 charge for the Southern AA licence competition fee.



6. President Elect

Gary Floate has been nominated by Andy Catton, Seconded by Wayne Hick.

7. Finance Officers Report

John Mackenzie presented the audited accounts. Thank you to Nicola Hopkinson for doing a great job with subscriptions. Great that the club races make money for the club and the St Francis Hospice and Kevin. Congratulations and thank you to Wes for keeping the accounts so well. approx. £200 spent on maintenance at Chigwell row. Coaching expenditure has decreased as only paying for courses.

8. ILFORD ATHLETIC CLUB

OFFICERS & HONORARY POSITIONS 2019/20

| | |
|--|--------------------------|
| President | Nicola Hopkinson |
| Chairperson | Ernie Forsyth |
| General Secretary | Andy Catton |
| Financial Officer | Wesley Clarke |
| Youth Development Officer | Wayne Hick & Gary Floate |
| Membership Officer | Nicola Hopkinson |
| Media & Publicity Officer | Bill Green |
| Social Events Officer | Sharon Honey |
| Track & Field Officer | VACANT |
| Cross Country & Road Officer | Satha Alaganandasundaram |
| Walking Officer | Steve Uttley |
| Coaches Co-ordinating Officer | VACANT |
| Schools Liaison Officer * | Ian Gains |
| Welfare Officers (Male & Female) * | Rachel Halpin |
| Men's Cross Country & Road Team Manager | Bill Green |
| Ladies Cross Country & Road Team Manager | Bill Green |
| Men's & Ladies Track & Field Manager | Wayne Hick |
| Walking Team Manager | Steve Uttley |
| Veterans Track & Field Team Manager | Henry Ricketts |

Auditors

John MacKenzie & Tim Heaney

*** non-committee position**

Andy Catton asked for a show of hands from the floor to Elect those willing to stand as above in bulk which was agreed by the Meeting. Any vacancies will try to be filled by the committee over the coming months. Proposed by Neil Crisp and seconded by Sharon Honey.

9. Cross country and Road Officers Report

Summer races

Women

Breege Nordin done 11 races - overall 1st in Women's team - 1st in VF55

Carlie Qirem done 10 races - overall 2nd in women's team – 1st in SF

Nicola Hopkinson done 9 races - overall 3rd in women's team – 2nd in VF55

Men

Stephen Philcox done 12 race – overall 1st in Men's team – 1st in M50

Gary Coombes done 10 races – overall 2nd in Men's team – 1st in M40

Danny Holeyman done 11 races – overall 3rd in Men's team – 2nd in M40

Overall some good performances from Julia Galea, Gaye Van Der Vyver, Jenni Sheehan, & Natalie Crisp

Overall some good performances from Alan Pearl, Andy Catton, Malcolm Muir & John Crawley



Winter XC races

Women

Breege Nordin done 7 races - overall 1st in women's team – 1ST in VF 55
Charlie Qirem done 5 races - overall 2nd in women's team – 1st in SF
Nicola Hopkinson done 4 races - overall 3rd in women's team – 2nd in VF 55

Men

Tom Gardner done 5 races – overall 1st in Men's team – 1st in SM
Sebastian Parris done 7 races – overall 2nd in Men's team – 2nd in SM
Alex Richards done 4 races – overall 3rd in Men's team – 3rd in SM

Overall some good performances from Anna Crawley, Alison Sale & Sharon Honey
Overall good performances from Danny Holeyman, Phil Davies, Malcolm Muir & John Crawley

As usual we had good turnout in both summer & XC races in 2018 and the successful trend continues from 2017.

Satha

10.Track & Field Report

Ilford's 2019 Southern League campaign started off with a very good 3rd place at the opening League Fixture at Lee Valley scoring an impressive 226 points and beating local rivals Newham and Essex Beagles.

Our first away day of the season took us to Perivale, where on a very hot day we took 4th place. Martin Sulanis who has sadly not been seen since, cleared a very impressive 1 metre 96 in the High Jump.

Match 3 saw a welcome return to Cricklefields for our first home match in over 10 years. Unfortunately this was our toughest match of the season and despite some great individual performances, we slipped to fifth place. However it was great for the team to finally race on our home track. Back on the road again for Match four, with a small but determined team travelling to Luton to take another 4th place. Highlight of the day being two Ilford Women Krystle and Gemima both breaking 60's for 400m.

The final match of the season was a really disappointing turn out at Woodford where we slumped to last place.

Despite the disappointment of the last fixture our final league position of 16th place and points tally of 904.5 was our best since returning to the league.

Thanks to all athletes, officials and coaches who helped this season.

At this years Essex Champs Gold medals were gained by Mario Dobrescu, Silver by Farris Patel, Aaron Samuel, Gemima Massamba and Jordan Hinds, with Bronzes for Alex Richards, Jordan Akinpelu, Jak Wright, Esmeralda Mengeyele and Rachel Lawless

In the Essex Relays Champs Gold Medals were gained by the U17 4x 400 boys in a club record time, and also by the senior women medley. With Silver gained by the Senior mens 4x 100, Senior women 4x 100 and U17 men 3x 800.

Aaron Samuel continued his assault on the club 1500m records by knocking almost 7sc off the boys under 17 record. He also won the South of England U17 1500m title and again went to the English Schools.

Without doubt the star athlete of 2018 was Mario Dobrescu, who broke records, some of which were set in the 1960's at 100, 200, 300 (probably), 400 and Long jump. His 200m was the second fastest ever by a U15 boy in the uk and the 300, 400m and Long jump were the 3rd fastest/ longest ever. He won the Essex schools and clubs champs, came 2nd at the English schools over 200m and 2nd in the England U15 champs at Long jump and most recently the National Indoor 400m gold.

Gary Floate



12. To Elect Life Members

none

13 AOB

- John Crawley asked why there was such a big difference in the number of entries at the club 10mile race. Committee/organisers will look the stats and the date to see if it clashes with other races.
- Neil Crisp asked about the London marathon change of water station. The committee were aware of the change and that we get the same amount of places. We are jointly running the 6 miles water station with Springfield Striders.
- Ernie Forsyth said thank you to all our athletes for all their successes this year. Great to see a great turn out in the Elvis and other races also training groups are flourishing. Also Ernie thanked the committee for all their hard work and Alan Pearl for his efforts in cleaning up the Chigwell Row hut.
- There will be a Senior Presentation Evening on the 3rd May 2019 at Dagenham & Redbridge football club where lots of trophies will be awarded.
- Subs are due on 1st April 2019 amount £55 for the annual fee.

Meeting Closed at 20:40pm

Date of Next AGM March 2020 TBC