



ILFORD ATHLETIC CLUB

Annual General Meeting Minutes

Held at Ilford Sports Club 8pm

on 12th MARCH 2024

In Attendance: Andy Catton, Ernie Forsyth, Dave Ainsworth, Anna Crawley, Alan Pearl, Neil Crisp, Dianne Crisp, Bill Green, Richard Woolerton, Steve Chissel, Gary Floate, Wes Clarke, Danny Holeyman, Launa Broadley, Anna Crawley, Dairmuid MacDonnell, John Batchelor, Steve Crane, Carlie Quirem, Tarik Quirem, Fabrizio Stefanoni, C Thake, L Thake.

- 1. Apologies:** Colin Fox, Pam Jones, Robin Davis, Pauline Tester, Dennis Briggs, Jim Tilbrook, Martin Clarke
- 2.** Last years AGM minutes of 14/3/23 were agreed as a true record.

3. Matters arising from last AGM minutes

It was expressed that IAC had a wonderful Centenary year with a great celebration at Fairlop Waters in July. Everyone liked the centenary T-shirts and the 100 x 1 Lap Relay was well attended. The other competitions were well supported. Big thanks to everyone who helped with the planning and execution during the year. Everything that was planned went well.

4. General Secretary's Report:

Many thanks to the Committee, Coaches and Team Managers over the last year. Special thanks to Sharon Honey, Gary Floate as they are standing down from their positions.

A minute silence was held in Memory of Nicola Hopkinson.

Individual performances will not be recorded here as the excellent reports, press reports are all on the website. Huge thanks to Billy Green for producing all of these.

Track & Field has been the most successful season since 1990's. The largest number of Track & Field Athletes competing in the SAL, Eyal & SVL over the three day period in the summer.

In the SAL we finished in 3rd position and have been promoted to Division 2- All credit to Team Managers / Coaches Wayne and Gary

EYAL had a creditable mid table finish. IAC providing the main bulk of Athletes (a reversal with Orion this year.) There were a huge number of PB's, including YA's from the development squad. Some of the YA's stepped up to the SAL Team.

SVL, we won three out of four matches and the overall league again this year for the second year in a row.

IAC also had successful medal hauls in the Essex Track & field outdoor and Indoor championships.

Road & Cross Country. Not so many medals were won this year in terms of numbers of medals but still a lot of excellent performances from YA to Veterans 50,60 and 70.

We achieved some medals in the Essex Road series.

In the Elvis series the Men and Women achieved 2nd place.

There were erratic turnouts in the Essex League cross country. The U17 & U15 boys teams achieved some notable runs.

YA have really developed well in the Chingford league events. IAC also put a team out in the 12 Stage Relays at the Olympic park. The first time for a few years.



We are at mile 7 for the London Marathon Lucozade Station this year. We have 1 place at the moment as just under 60 volunteers have signed up.

There are regeneration plans for Cricklefields. The facility and IAC portacabin is in a dire state. We are short of coaches and officials.

Our Walking section which was one of the top race walking clubs in the country is now in decline.

Thanks to all on the Centenary Committee and Our legendary Presidents Pam Jones and John Batchelor.

It's good to see IAC building back up . Athlete numbers are growing especially the Young Athletes. Thanks to Ernie and Gaye, Steve and others that have helped the development Group. We are always happy for more helpers to help when they can.

Our Finances are healthy but we do need to fund raise for a new clubhouse at Cricklefields and to maintain the Hut at Chigwell Row.

5. Finance Officers Report

Wes Clarke presented the audited accounts. There were no questions. Thank you to Wes for all his hard work.



**ILFORD ATHLETIC CLUB
OFFICERS & HONORARY POSITIONS 2023/24
AND NOMINATIONS FOR 2024/25**

President	Pam Jones & John Batchelor	Dianne & Neil Crisp
Chairperson	Ernie Forsyth	Ernie Forsyth
General Secretary	Andy Catton	Andy Catton
Finance Officer	Wesley Clarke	Wesley Clarke
Membership Officer	Carlie Qirem (acting)	Carlie Qirem
Media & Publicity Officer	Bill Green	Bill Green
Social Events Officer	Sharon Honey	Anna Crawley
Track & Field Officer	Andy Catton	Andy Catton
Road & Cross Country Officer	Bill Green	Bill Green
Walking Officer*	Steve Uttley	Steve Uttley
Coaches Coordinator Officer	Gary Floate	
Development Officer	Fabrizio Stefanoni (acting)	Fabrizio Stefanoni
Youth Development Team*	Ernie Forsyth, Gary Floate, Wayne Hick	Ernie Forsyth, Gary Floate, Wayne Hick
Welfare & Child Protection Officers (Female & Male) *	Carlie Qirem & Steve Crane	Carlie Qirem & Steve Crane
Mens & Ladies Senior Track & Field Manager	Wayne Hick, Gary Floate	Wayne Hick
Mens Road & Cross Country Manager	Fabrizio Stefanoni	Danny Holeyman
Ladies Road & Cross Country Manager	Fabrizio Stefanoni	Carlie Qirem
Walking Team Manager	Steve Uttley	Steve Uttley
Veterans Track & Field Manager	Henry Ricketts	Henry Ricketts
Young Athletes Track & Field Manager	Ernie Forsyth, Wayne Hick	Ernie Forsyth
Mens Road & Cross Country Captain	Danny Holeyman	TBA
Ladies Road & Cross Country Captain	Carlie Qirem	TBA
Mens Track & Field Captain	Vacant	Tom Gardner
Ladies Track & Field Captain	Vacant	Anna Crawley
Auditors	John Mackenzie, Tim Heaney	John Mackenzie, Tim Heaney
President Elect 2026/28	Nomination from committee – Pauline Tester	

* non committee positions

6. To Elect IAC Club Committee officers and Honorary positions for 2024/2025

There was a block vote on all the above posts which were proposed by Steve Crane, Danny Holeyman and seconded by Andy Catton and Neil Crisp also unanimously agreed. By the meeting.

President Elect

Presidents for 2024/2025 are Dianne and Neil Crisp John Batchelor handed the Chain of Office on to them. Thank you to Pam & John for everything they have done and attended during the Centenary year. Pauline Tester was proposed by Andy Catton and seconded by Ernie Forsyth for president elect for 2026-2028 and was unanimously voted by the meeting.



7. To Elect Life Members

None nominated

8. AOB

Our club rules state that Annual membership fees for competing Athletes in all categories applicable to increase (if Any) in England Athletics competition licence fee as previously agreed. Therefore £2.00 increase required by EA for 2023/24 means the subs for the same period will increase by £2. Junior membership will increase to £20 a year. For under 11's there is no EA fee. Once they can compete as rising 11 years they will have to pay their EA fee with their membership. Members will be notified to increase their standing orders.

There was a reminder of Track & Field Safety and protocol for using Social Media. Scanned details attached.

Thank you to everyone who attended the meeting.

Meeting Closed at 20:40pm

Date of Next AGM March 2025 TBC



SAFE TRACK USAGE GUIDELINES

(AS LAID DOWN BY VISION MANAGEMENT AND ILFORD AC COMMITTEE)

1. During Club training times the track and infield area is for the sole use of athletes, officials and coaches. These areas are off-limits to those not training including spectators, family and friends.
2. Take great care when crossing the track and look in both directions. Make absolutely sure your lane is clear before moving onto the track. An athlete already running in a lane has the right of way. Look again before starting your run/walk.
3. Please use a space away from the track such as the High Jump area and the grass for your stretching exercises
4. Keep inside lanes 1,2 and 3 clear for athletes running DISTANCES OVER 100M
5. Keep lanes 4 and 5 clear on BOTH the home and back straights for sprinters
6. Use lane 6 or PREFERABLY THE GRASS SURFACE when warming up or down
7. Walkers should use lane 6
8. ALWAYS WALK OR RUN IN AN ANTI-CLOCKWISE DIRECTION unless on grass area.
9. No athletes should cross the infield /throwing area unless agreed with a coach that no throwing activities are taking place. Please observe the signs around the infield when they are up.
10. As soon as your speed distance has been completed move immediately on to the grass area. DO NOT SIT/STAND AROUND ON THE TRACK
11. ALL ATHLETES HAVE EQUAL RIGHTS FOR FULL USE OF THE TRACK.
12. Young athletes and slower runners MUST KEEP IN SINGLE FILE TO ALLOW FASTER RUNNERS TO PASS.
13. All athletes under the age of 16 are only allowed to use the facilities when supervised by a coach or adult (aged over 18)
14. A shout of "TRACK" means move out of the way of a training athlete as someone is likely to have an accident. Look up the track to make sure it is not you. IF IT IS MOVE FAST
15. Suitable clothing MUST be worn at all times (Minimum of SHORTS and CROP TOP/VEST) WEARING OF HEADPHONES/EARPIECES whilst training is NOT PERMITTED. Only 6mm spikes to be used on the all weather track.
16. SAFE TRAINING FOR EVERYONE IS THE AIM. BE ALERT AND USE COMMON SENSE



USING SOCIAL MEDIA

When using a site that has ILFORD A.C. in the name

RESPECT OTHERS

DO NOT BULLY

Act within the core values of Athletics and the Ilford AC Codes of Conduct

DON'T BE OFFENSIVE

DON'T THREATEN

DON'T USE FOUL LANGUAGE

Don't use personal abuse about anyone

Do not post content that harms not only your reputation but also harms the
Reputation and good standing of Ilford Athletics Club

ENJOY CHATTING WITH YOUR FRIENDS

TREAT OTHERS AS YOU WOULD WANT TO BE TREATED

If you read, hear or see something that offends or upsets you, let your Coach,
Club Welfare Officers, Team Manager or Parents know as soon as possible.

ILFORD AC COMMITTEE