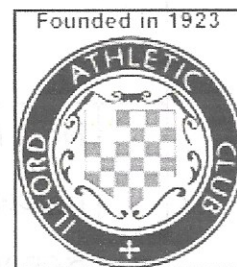


# Ilford Athletic Club

## Committee Meeting Minutes

7th September 2021



### Notes

1.	<b>In Attendance:</b> Ernie Forsyth (Chair), Nicola Hopkinson, Andy Catton, Wes Clarke, Bill Green  Rob Sargent (invited)	
2.	<b>Apologies:</b> Gary Floate	
3.	<b>Previous Minutes of full committee meeting: 9th April 2021</b> minutes agreed and signed as a true record	
4.	<b>Coaching:</b>  EF advised that Foundation Group (ages 9 to 14) coaching has now grown well with about 25 new athletes training. Can cope with 20 every Tuesday evening with at least one assistant. Regulars now being asked to join the club U11 at £15, 11 and over £35 (inc UKA fee). A small competition event planned for them on Tuesday 12th October. Also 2k run at the Parsloes Park park run on 19th Sept.  Starting blocks were purchased as agreed at the April meeting. Blocks either under control and responsibility of Nat Senior for competition or stored in the portacabin at track.  Carlie Qirem has qualified as level coach.  RS attending UKA Endurance Conference in Leeds 11th to 13th Nov.	

5.	<b>Membership and Subscription</b>	
6.	<b>New Members</b> Elected - Ronan Edwards (transfer from Orion) - still to pay plus form Weininger Irwin	NH
6.1	<b>Resignations</b> None	

7.	<b>Track &amp; Field:</b> AC Excellent club individual performances in both SAL & EYAL and 16 medals in Essex AA County Champs. Ahmed Abdulle performances to rank 5th on club all time list for 5,000m and 3rd rankings for 10,000m All credit to coaches and team managers. Request to EA for coaching sessions for Javelin & HJ was chased up. Javelin coach was to provide sessions in Sept but track now closed plus EA required more than one IAC coach to attend. AC to follow up for next Spring. Cricklefields closed until 24th Sept for essential track repairs. New steeplechase barriers on order (Vision)	AC
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### **Road & Cross Country**

BG Great turnout in most ELVIS series races.

Last race Valentines Park - 26/9

Advance entries required this year for Chingford League series, before first race at Hainault Hog Hill Cycle Circuit on Sat 18th Sept. Due to large number of athletes per RS. Members advised. Awards to be given out for 2019/20 season at first event. IAC 1st ladies and mens team in Div 2.

All Chingford Lge dates put out on IAC WhatsApp

All Essex Lge xc race dates put out on IAC WhatsApp

Essex xc relays (Weald Park - Sat 2nd Oct) entries to be in by 19th Sept. At present expect to enter SM, SW, U15 & U17 teams

10m xc date debated. Decided upon Sunday 13th Feb.

AC - Essex Lge venues still need for two dates. 15th Jan race is an issue with no volunteer club. Discuss IAC putting on at Hainault Forest using Woodlands Trust land but council park for parking and toilets. Agreed if possible and league require our help.

All Essex champs races put out on IAC WhatsApp

Upcoming Essex champs races :-

Pleshey Half Marathon 19/9

Stebbing 10 - 14/11

Chelmsford 10k - 21/11

Full winter season fixture list prepared by BG (with assistance from AC, GF & RS). To go on website.

9	<p><b>Race Organisation.</b></p> <p>AC/BG/NH Newman Hilly 5 – Wed 14th July went off very well</p> <p>Provisional income and expenditure figures gone to WC. NH still to provide final account.</p> <p>Agreed £1.50 of each entry fee to once again be donated to St Francis Hospice.</p> <p><b>10m xc</b> - BG to organise with assistance from AC &amp; NH. AC to organise permit and contact Woodlands Trust. Date agreed as Sunday 13th Feb</p> <p>Young athletes xc relays in conjunction to be agreed if GF &amp; WH agree to organise.</p>	<p>NH</p> <p>BG / AC</p> <p>GF / WH</p>
10	<p><b>Media &amp; Publicity</b></p> <p>BG Great coverage continues in Ilford Recorder</p> <p>Events and results are on Facebook and Email. New IAC WhatsApp group created to communicate fixtures and priority IAC races and results and assist team manager proving very successful.</p> <p>Instagram also going ok well with young athletes input from Jak Wright</p>	
11	<p><b>Chigwell Row Portacabin</b></p> <p>BG Spring clean definitely needed - plus painting. Priority for say March next year.</p> <p>EF - some lights not working. Bulbs to be replaced ?</p>	<p>ALL</p> <p>EF</p>

12	<p><b>Social</b></p> <p>EF - Presentation awards night agreed with SH for Friday 5th November at Dagenham &amp; Redbridge FC (7.30) Tickets £5 (under 14's free), family rates tba.</p> <p>Award winners to be decided by coaches and/or committee asap. EF to circulate list.</p> <p>ELVIS awards night Friday 8th October.</p> <p>Following request from Paul Grange for young athletes events SH to liaise to establish what they want and confirm to PG that we need a YA representative to communicate on this. No progress c/f</p>	<p>EF</p> <p>SH</p>
13	<p><b>Finance Report</b></p> <p>WC Balance Sheet / I &amp; E Account &amp; Chigwell Row</p> <p>I &amp; E detailed report and comments provided by WC.</p> <p>Expenditure for young athletes tracksuits approved. Criteria as agreed by email correspondence by committee. 28 tracksuits at a total spend of £1,142 (after deduction of £280 sponsorship / donation). EF has ordered from Prokit.</p>	
14	<p><b>Correspondence</b></p> <p>AC - None other than usual Essex AA minutes</p>	

15	<p><b>AOB</b></p> <p>Fixture list - discussed and confirmed fully inclusive of training groups for benefit of ALL members and not exclusive in any way. BG preparing</p> <p>Regional awards (London) - EF put forward IAC for club of the year</p> <p>Honours board - AC has chased up sign writer to pick up board to get started. All names of Presidents and internationals provided plus club badge.</p> <p>ELVIS - mens team winning trophy (won by IAC in 2019) missing. Agreed IAC to arrange to replace. NOW FOUND</p> <p>New club T -Shirts - BG remaining stock 10 small &amp; 10 medium</p> <p>ISC / Football clubs - EF &amp; AC updated committee on meeting and conversations with ISC Directors and Barkingside FC. ISC still looking for IAC member to go on ISC Board. Last board meeting minutes with accounts requested but not yet forthcoming. Joanne Duncan (ex international shot putter) was to be the "athletics rep" on the ISC Board but resigned after their last AGM. We learnt she has rejoined but had not told us. We agreed to her appointment only if she fully communicated with IAC committee.</p> <p>New UKA Athletes/Coaches/Officials Codes of Conduct gone out to all members. Essex AA Safeguarding policy agreed at last Essex meeting. To be distributed to all clubs.</p>	AC
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	<p><b>Meeting finished 9.28</b> <b>Next committee meeting</b> <b>Tuesday 12th October</b></p>	
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