

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

England & Wales · Charity number 1091712

Details

Status Registered

Legal form Charitable company

Company number [04324630](#)

Registered 2002-04-23

Register [View on the Charity Commission register](#)

Contact

Address Victoria Park Harriers
St Augustine's Hall
Cadogan Terrace
London
E9 5EG

Phone 123456

Email info@vphthac.org.uk

Website www.vpthac.org.uk

Activities

Objects: THE COMPANY IS ESTABLISHED FOR THE BENEFIT OF THE PUBLIC WITHIN EAST LONDON WITH THE OBJECT OF PROVIDING FACILITIES FOR PUBLIC RECREATION OR OTHER LEISURE-TIME OCCUPATION AND IN PARTICULAR ATHLETICS IN THE INTERESTS OF SOCIAL WELFARE AND WITH THE OBJECT OF IMPROVING THE CONDITIONS OF LIFE OF THOSE WHO RESIDE AND WORK IN THE SAID AREA.

Activities: Operating community based sports facilities and activities and community development.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services
- **What:** Amateur Sport
- **Who:** Children/young People, The General Public/mankind

Geography

- **Area of benefit:** EAST LONDON
- Hackney
- Tower Hamlets

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£139,894	£146,005	-	-
2024-03-31	£105,063	£81,047	-	-
2023-03-31	£111,283	£111,501	-	-
2022-03-31	£102,506	£117,649	-	-
2021-03-31	£64,716	£82,051	-	-
2020-03-31	£84,640	£118,134	-	-

Trustees

Name	Role	Appointed
DAVID ROBINSON	Chair	2012-05-11
Adam Millbery		2025-11-27
Alan MacDonald		2023-11-23
Alf Vickers		2023-11-23
CORNELIA ABE-MINALE		2013-01-25
Jade Dos Santos		2023-11-23
James Hirst		2023-11-23
Lydia Briggs		2025-04-30
Simon Wharton		2024-11-28
Valerie Wong		2022-12-01

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

England & Wales - Charity number 1091712

Accounts

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

CHAIRMAN'S STATEMENT FOR THE YEAR ENDED 31 MARCH 2025

The Chairman presents his statement for the year:

It has been another very successful year for the club and its members and with a steady stream of new members training and racing with us, both Track & Field and Road & XC. With this growth in recent years our membership is at record levels placing us as one of the biggest clubs in London. The new XC season has started well, both in the Chingford and Met Leagues and in 'one off' races. Throughout the year, many members have also competed in ultra marathons, marathons, half marathons and Fell races. Locally, again we had a significant club presence in both the Hackney Half and Big Half. The captains' reports will cover racing in detail.

Thanks

On behalf of all club members, it's a privilege for me to thank so many club members who have devoted so much of their time and energy over the past year to support the club and assist athletes in achieving new goals. Most, but not all, of these Volunteers and Coaches are listed below:

Board Members:

A huge thanks to all board members who have served throughout the year Simon, Cornelia, Alf, Bessie, Alan, Valerie, Jade, James Hirst and Nat, both in their appointed roles and also for their numerous other responsibilities and contributions to the club and to Lydia who has been appointed as Road & Cross Country Captain during the year. Also, many thanks to Matthew Dawson - Club Welfare Officer representative on the Board.

A special thanks goes to the Board members who have stood down during the year or are not standing for re-election at this AGM - thanks Nat, Valerie & Bessie

Club Coaches, Leaders and Volunteers:

Thanks to all our coaches, leaders and the growing number of volunteers who have joined teams and been appointed into new roles. Thanks to:

- Cornelia Abe-Minale (Athletics Coach Endurance)
- Tony Bunbury (Jumps, Speed, Throws, Endurance) - Monday evening circuits coach
- Kelvin Richards (Level 2 coach - Jumps, Assistant Coach)
- Margaret Nelson (Attendance secretary - Mile End Track Juniors)
- Alf Vickers (Level 3 coach, Hurdles, Speed)
- Claudine Vickers (Level 2 speed, Level 1 Assistant Coach)
- Mick Cairns (Leadership in Running Fitness) Lead coach for Tuesday structured speed work at the community track), Membership Admin
- Steve Hobbs (Coach in Running Fitness) Lead coach for the Thursday Project V Sessions and additional informal training groups. Road Race organiser
- Ammaarah Hafezi (Mara). (First, Aid, Leadership in Running Fitness, Safeguarding in Athletics) Leader of the Beginner Running Groups assisted by Eliza and Irthe
- Aminah Francois (Membership Admin)
- Joe Dale (First Aid, Leadership in Running Fitness, Safeguarding in Athletics)
- Annie Gammon. (Leadership in Running Fitness, Safeguarding in Athletics)

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

CHAIRMAN'S STATEMENT FOR THE YEAR ENDED 31 MARCH 2025

- Simeon Bennet - Support leader and Trophy secretary
- Aoife Murray - appointed Women's Met League Team Manager this season replacing Lydia
- David Jones - Men's Met League Team Manager
- Captains James, Jade, Nat and Lydia and Volunteers Miry, Anna, & all those leading and pacing the different Thursday Tempo runs
- Joyce Berry - Chingford League Team manager to March '25 with support from Lydia, Sim and numerous other volunteers.
- Anna Fiedlerova - Track Judge, Handicap Team Organiser with Timekeepers Major, Richard, Olivia and numerous other volunteer marshals
- Gigi Giannella - Welcome Run organizer

Welfare Officers:

- Matthew Dawson and Eilidh Wagstaff - Lead Welfare Officers
- Erica Brown and Joe Dale - Back-up Welfare officers

The many Volunteers, Parents and Carers who helped organise, marshal & assist at Track and Road & XC Races

Membership Admin Team: Mick Cairns, Aminah Francois & Simon Wharton

The Bar & Social Events Team: Paul Turley, Susan Leese, Sophie Critchlow & Marlis Hasse assisted by numerous Volunteer helpers and Thursday evening cooks.

Clubhouse facilities operated by 'partner' organisations / individuals.

Improvements and alterations carried out during 2022 & 2023, extended and expanded the use of the clubhouse as a fitness centre both for club members and also for a wider section of our local community. These activities includes:

- Member-led Gym sessions on Wednesdays and Fridays
- Fabien Lassonde (Victoria Park Fitness) Strength and Conditioning coaching
- Pilates / Yoga studio with Sam White (Victoria Park Pilates), Gail Wilkinson (Yoga for runners),
- Duncan Orrock (Pilates classes) and others.
- Physiotherapy, Osteopathy, Podiatry , sports massage (Victoria Park Sports Medicine)
- Mums Fit - postnatal exercise classes to improve strength, fitness and posture.

Clubhouse fabric maintenance and improvement is an ongoing task. Details can be seen in the expenditure budget set out elsewhere in the AGM papers.

Mile End

Mile End Stadium is now managed by Be Well on behalf of Tower Hamlets. We are currently renegotiating the Service Level Agreement which sets out the terms of our agreement with Tower Hamlets. Generally Junior club members and club coaches running junior sessions have free access to the track at club training times along with Gym access including fitness machines and equipment which we are responsible for maintaining. In return we provide expertise and guidance in the operation and delivery of Athletics events, work with Be Well in the development of athletics facilities and events delivered at Mile End Stadium.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

CHAIRMAN'S STATEMENT FOR THE YEAR ENDED 31 MARCH 2025

Club Website

The club website is managed by Lee Butler and with input from Club Captains, Adam Millbery with fixtures updates and a number of race report writers. We are currently updating the website and also seeking quotes / advice for a major refresh.

Vphthac

On behalf of the Board, I wish you all safe and well over the coming club year and extend huge thanks to all existing and many new club members for the value and enthusiasm you all bring to the club, for your achievements big and small that we all enjoy and celebrate. We are committed to our ethos of maintaining a strong, caring, inclusive and supportive club, and to build on our achievements and reputation as one of the leading athletics clubs in the London area and increasingly recognised regionally and nationally.

.....
David Robinson

Chairman

Date:

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

The Trustees present their annual report together with the financial statements of the Charity for the year ended 31 March 2025. The annual report serves the purpose of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

Victoria Park Harriers & Tower Hamlets AC is a company limited by guarantee which is also registered as a charity and is under the management of a Board of Trustees. Victoria Park Harriers & Tower Hamlets AC was registered as a charity with the UK Charity Commission on 23 April 2002.

Purposes

The purpose of the Charity, as per its Memorandum and Articles of Association, is the provision of facilities for public recreation or other leisure time occupation and in particular athletics in the interest of social welfare, with the object of improving the conditions of life of those who reside and work within East London. The main activities undertaken in relation to the purposes of the Charity, as per its governing document, have been described further in the Activities and Achievements section of this report.

Public Benefit

In setting objectives and planning for current and future activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to Public benefit, including the guidance 'Public benefit: running a charity (PB2)'. All activities have been undertaken for the furtherance of Public Benefit.

Method of appointment or election of Trustees

The articles of the Charity state there should be a minimum of three trustees. At every annual general meeting one third of the trustees who are subject to retirement by rotation or, if their number is not three or a multiple of three, the number nearest to one third retire from office.

No person other than a trustee retiring by rotation shall be appointed or reappointed a trustee at any general meeting unless he is recommended by the trustees, or a notice proposed by a member eligible to vote at the meeting, and executed by the proposed person, has been given to the trustees within set time limits before the AGM as prescribed in the articles of the Charity.

Organisational structure and decision making

The business of the Charity is managed by the trustees who may exercise all powers of the Company.

ACTIVITIES AND ACHIEVEMENTS

Women's Road and XC Report (Lydia Briggs and Jade Dos Santos)

Last year's successes and growth have continued into 2025 with lots of club records being broken and history being made. We've had many new members getting stuck into racing and being part of the club, which has contributed to the growth of the women's team. We hope to see this growth continue over the next year.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Met League 2024/25

For the first time in the Met League's 58 years, and the club's history, the women won the overall league. This is an incredible achievement for the club, helped by everyone's enthusiasm and commitment to those five grey Saturdays in the winter months. Last season we had 83 women take part in at least one race, with 10 women racing every fixture.

For a rundown of some results:

- Women's A team won, by over 200 points, breaking Heathside's six-year consecutive reign.
- Women's B team: 4th in the entire league out of 23 clubs.
- Women's C team: won Division 2.
- Women's Vet team: won.
- Women's B Vets team: 4th in Division 1 (and first B team). • Women's C Vets team: top of Division 3.

And individually:

- Jade Dos Santos – 3rd in the league overall
- Laura Thompson – 7th
- Catherine O'Shea – 11th
- Kelly Clark – 1st Vet
- Hazel Norton-Hale – 3rd Vet
- Robin Norton-Hale – 7th Vet

Not forgetting, when combined with the Men's Met League performance, we won the Howard Williams Trophy for the first time ever.

Some highlights from the final Met League fixture of last season at Trent Park include Neil Cook waiting at the finish line with a bottle of bubbly, Senior Women securing 1st, 5th, 6th, and 7th, and three U17 girls competing in their final Met League fixture as juniors, who have now joined the Senior Women at Claybury 2025.

Met League 2025/26

We're thrilled that the momentum from last year's success has carried into the current season. Claybury saw a record turnout from our women, a great reminder that our club began as a team of just nine in 2016, and now we make up around 20% of the field. We also witnessed a strong performance from Ciara Boyd-Squires-Long, who not only won the first fixture of the 2025/26 season but also set a new course record. Well done, Ciara!

We also saw an impressive senior debut performance from Lyra MacDonald, who finished in 7th place as an U20 woman. It's exciting to say that we have started the Met League 2025/26 season off on a strong foot, taking home the fixture win and hopefully many more to come. Well done and thank you to all who raced.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Chingford League

The Chingford League is another club favourite, offering an outing for both road shoes and spikes. As a club, we once again proved our strength, with a women's win and the Vets team coming in second to Loughton, and the B team was the first B team out of 22 teams. Individually, we achieved a complete VPH podium takeover with Emily Seager coming 3rd, Lydia Briggs 2nd, and Cat O'Shea 1st in the league, filling up the ever-growing trophy cabinet in the clubhouse.

Assembly League

Thirty of our members turned out and showcased the club at last season's Assembly League. A special mention to our amazing Assembly League organiser Rachel Lovell for her commitment and encouragement in leading our club, who ran in all six races and came first in her age category. Other fantastic seasons were had by Esme Ingram, who came 6th in the league overall, turning up to three of the races, along with Marie Chamillard, Josie von Zitzewitz, and Helen Burns, who also committed to multiple races in the league.

Road Relays

Despite difficulties in scheduling and it being marathon training season for many of our members, we submitted two teams to the 4-stage road relays last September: Molly Bryan, Lydia Briggs, Ellie Daglish, Jade Dos Santos, Lyra MacDonald, Monika Panagoutsou, and Jess McDonald. The A team came 13th, and had the B team been complete, we estimate a 33rd-place finish which is impressive in such a competitive event. We pass on a big appreciation to Lyra and Monika who raced this as one of their first senior events! We hope to showcase more strength in the relays next year.

North London XC Championships

The North London Cross Country Championships saw a small but mighty team travel up to Trent Park in October, hosted on a beautifully sunny Saturday with no mud in sight. VPHTHAC women took home the impressive trophy in 2024 but were not able to retain the title this time round, however we took home a close second place to London Heathside.

This event is unfortunately not as well attended as we would like it to be. It's a highly organised grassroots event put together by loyal volunteers. It was a joyful day out with Russell Toone providing baked goods and solid support to the women's team.

Whilst we did not take home the Senior Women's team title, we did take home the Senior Women's individual title, with Jade Dos Santos coming in 1st place, getting her name on the trophy alongside other club veterans Laura Kaye, Jo Singer, and Rachel Thomas. Well done to Sarah Laing, Jess Hannah, Mia Bennett, Esme Ingram, Mia Wenchy Lai, and Jade Dos Santos for second place on the day.

Isle of Wight Fell Running Championships

The Isle of Wight Fell Running Championships (not for the faint-hearted) saw some impressive results for VPHTHAC women. Jess Hannah, Cat O'Shea, and Hazel Norton-Hale together took home the Senior Women's title, as well as individual rankings: 1st for Cat O'Shea, 2nd for Hazel Norton-Hale, and 4th for Jess Hannah.

The Championships are made up of two races on Saturday - a 3.8 km with 235 m ascent at 11 AM, followed by 12 km with 443 m ascent at 3 PM. This is topped off with a 21 km race made up of 487 m ascent on the Sunday. A growing number of women took part in this year's event - well done to Minna Harrison, Erica Brown, and Yuan Ren who also battled the elevation.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Marathons

The endurance side has been busy, with some fantastic performances so far in 2025.

Ciara Boyd-Squires-Long broke Mandy Dohren's long-standing club record from 2016 (2:52 from London) in Berlin, with a speedy 2:45:08 — well done, Ciara. Elizabeth Allen smashed her previous marathon PB by over 12 minutes to get 2:53 in Amsterdam.

Several of our women also battled the heat of this year's London Marathon, with Kate MacArthur breaking 2:55, alongside other PBs from Cat O'Shea, Hannah Somani, Valerie Wong, and Marissa Sissou for their sub-3 times, and other great PBs from Juliette Wells Gray, Amelia Worley, Jessica McDonald, Emma Frisby, Miry Mayer, Emily Benton, and Emily Hobbs.

Great PBs this year also from:

- Samantha Lamb – Manchester
- Camilla Lozinska-Brown - Copenhagen
- Beatrice Ehrnrooth and Jess Hannah – Paris
- Myla Stiling and Honor Sharp – Brighton
- Beatrix Perks – Amsterdam
- Kathryn Langton – Milton Keynes
- Ellena Alexander – Dubai
- Hetty Partington – Manchester

Notable Records

This year saw other club records broken too.

- **1500 m:** Lyra MacDonald – 4:38.50 (Eltham)
- **Marathon:** Ciara Boyd-Squires-Long – 2:45:08 (Berlin)
- **Half Marathon:** Laura Thompson – 78:24 (Brass Monkey), beating Laura Kaye's 78:46 from the Great North Run
- **5 Mile:** Laura Thompson – 28:26
- **Parkrun:** Laura Thompson – 17:28 (Gunpowder Parkrun)
- **100 km:** Jess Hannah and Cat O'Shea – 12:44:44 (SVP), breaking the previous record of 15:38:22 held by Ellie Tait

Thank You

A huge thank you to everyone who has contributed to the success of these women's performances.

- We extend our heartfelt gratitude to the many club members who have contributed tirelessly to sustain and nurture our club, including Chairman Dave and the entire Board, as well as individuals like Major Carr, Simeon Bennett, and everyone on the membership team.
- Thank you to all of the coaches who continually support our athletes to improve.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Outlook for 2025

- We would love to continue to build on our impressive women's attendance, fostering an inclusive environment and encouraging participation across the club.
- Retain the women's Met League title (wouldn't that be great!) – and we'd love to see the men secure the title from Highgate and retain the Howard Williams Trophy.
- Have a more competitive presence at Southern and National Relay events.
- See continued growth of the club's track mile event – the Mile End Miles.
- Build a women-focused training group to foster team spirit among women.

Men's Road and XC (James Hirst and Adam Millbery)

1. Introduction

It has been a great year for the club with our senior membership growing to over 750 members (up around 50 from last year) and strong attendance at our races, training sessions and events. We've also seen some changes in our team of captains with Lydia taking over from Lily as my counterpart on the women's side and Nat stepping down from his role.

Our focus over the year has been aligned with those in previous years; Met League, SAL, Southern and National Road Relays as well as the many, many races and events throughout the year. Performance against those top-priority events has been largely very strong but I know we can do even better this year coming.

2. Summary of Club Performance

Met League

The only place to start here is the 24/25 Met League season which was historic for our club. For the first time in our 99 year history (and the 58 year history of the Met League), we won the Howard Williams trophy, demonstrating the strength and consistency of our male and female athletes.

Clearly our women's team were a force to be reckoned with and for this season look like they are building on a historic win and going from strength to strength, but I'll focus in this report on some of the highlights from our male athletes.

Team Results

- **Our men's A team were second overall.** We won the first fixture and were second in every fixture thereafter, a hugely impressive achievement. I know many of us hoped we could go one better and beat Highgate – which we comfortably did in the first fixture – but we pushed them very close, with around 250 points between us and them and around 1,600 points to third.
- **Our men's B team were fifth overall** (beating Highgate B in sixth) and our C team were top of division 2.
- **Our men's vets won the Vets Division overall** – as well as every fixture bar one

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Notable Individual Performances

- Alex Lawrence – 3rd
- Seb Lewis – 4th
- Paul Martelletti – 7th
- James Hotham – 9th
- Seb Lewis – 4th
- Paul Martelletti – 1st Vet
- Joe Dale – 2nd Vet
- David Jones – 4th Vet
- Stephen Fabes – 10th Overall

Participation levels.

- In 2024/25 we were the biggest club in the league with a total of 180 athletes.
- In 2024/25 we had an average of 92 people run each race, up from 73 in 2023/24
- Both men and women's participation grew season on season BUT in 24/25, 37% of our total runners were women which is up from 31% in 23/24
- This compares to the league average of 70% men to 30% women, so given we are included in 70/30 numbers we are WAY ahead of all other clubs in terms of equality of participation.

We are competing in the top end and dominating many of the competitions, we also are far and away the biggest in terms of participation. Both of those facts we should be very proud of as a club.

Chingford League

- Men's A and B team won their divisions
- Men's vets also won their division
- Jamie Cornaud was third overall
- David Jones was first V40

Road Races

Southern 12 Stage Relays – a historic best finish for our men with a strong showing from our B team

- **A Team 5th:** Alex Lawrence, Harry Wells, Alex Gladley, Richard Bartram, Paul Martelletti, Dom Howarth, James Hotham, Adam Millbery, Tom Holliday, Luca Minale, Arthur Dickson-Bell, Dom Bolt
- **B Team 29th:** Joe Walker, Greg Divall, Julien Lepretre, Nick Sharp, Kyalo BurtFulcher, Nat Rowland, Kevin Ferin, Tom Fyffe, Carl Sutcliffe, Elliot Dunton, Jeremy Yen, Valentin Lynch

National 12 Stage Road Relays: 10th Overall in UK, 9th in England

Seb Lewis, Richard Bartram, Alex Gladley, Harry Wells, Alex Lawrence, Dom Howarth, Adam Millbery, James Hotham, Tom Holliday, Arth Dickson-Bell, Dom Bolt, Luca Minale. Results: <https://www.race-results.co.uk/results/2025/nat1225.pdf>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

London Marathon

- We had an amazing 58 runners complete the London marathon with Alex Lawrence our first man across the line in an impressive 18th place. Looking at age categories, we had a number of men in the top 100;
 - Alex Lawrence – 15th
 - Tom Holliday – 51st
 - Alex Gladley – 76th
 - David Prosser – 94th
 - James Hotham – 75th
- We also had 75 runners in the Big Half. Another home fixture, with David Prosser breaking the tape for us.

Club Championships

Well done to David Jones and Lydia Briggs for winning the Boswell League and well done to everyone who took part in our club championships this year. Full results can be found on the seniors' records page of the website (<https://vphtac.org.uk/seniors/seniors-records/>)

- **Flowers Mile:** Dominic Howarth, Kyalo Burt-Fulcher, David Jones
- **5km XC:** Joe Dale, Andrew Barrington, David Jones
- **Ten Mile:** Andrew Barrington, Magnus Ross, Dan Kyne
- **Twenty Mile:** Dan Kyne, Ryan Rousseau, George Clancy
- **3.5 Mile** – not held due to poor weather

The Mile End Miles / VPH Club Mile Champs

1st - Kyalo Burt Fulcher, 2nd - Dom Howarth, 3rd - Joe Walker

Mob Match

In a tight contest, we took another victory in the Mob Match against our rivals Eton Manor, despite fielding the smaller team.

3. Thanks

None of the above would be possible without the time and effort of our brilliant volunteers. I can't name everyone but I'd like to call out a few individuals for their efforts over the year;

- Thanks to our amazing coaches Steve and Mick who put so much time and effort into the club and whipping everyone into shape. Thanks also to Miry and Sim who regularly stand in and do an excellent job when our main coaches are away.
- Huge thanks to Mara who has established our beginners run group. This was only set up in the last couple of years but has been a huge success and now forms a regular part of our training schedule.
- Thanks to Lily for her time as women's captain.
- Thanks to Valerie for her work as Treasurer.
- Thanks to everyone at the bar, anyone who has washed, cooked and pulled pints. In particular I'd like to thank Paul who does an amazing job week in week out keeping us fed and watered.
- Thanks to Alan who has transformed our track and field performance and put a phenomenal amount of effort into organising our SAL teams.
- Thanks to Adam and Jade for their work on the Mile End Miles which was a great event. Thanks

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

also to Adam for his brilliant work on the club fixtures.

- Thanks to Aminah and Mick who manage all our memberships in the background. A largely thankless task.
- Thanks to Andreas who put in an amazing shift on the Xmas and summer party making truly delicious cocktails.
- Thanks to Dave for steering the ship and always being on hand to step in when needed. Thanks also to Simon who's helped on many of our club races and events.
- Thanks to Dom Howarth for the completely unenviable task of organising our SOAR vest order.
- Thanks to Lydia and David Jones for their amazing work on the Met League and Aoife for joining the team.
- Thanks to James and Rachel who led on the Assembly League over summer.

- Thanks to Tony for his work running the S&C sessions on Monday evenings.
- Thanks to those who have helped out on Thursdays leading or tail-running and welcoming new members.

I just ran through a lot of names there. It wasn't exhaustive, and sorry if you didn't get a mention, but if you have helped out in any way over the last 12 months, thanks.

4. A Look Ahead

2026

There is lots to get excited about over the next 12 months. The things I'm really excited about are:

i) Met League – I want to see us defend our trophies and dare I say, add more. From the Men's side, a large portion of this will be about focusing on prioritisation. How we can effectively communicate and reiterate the Club's priority fixtures, bringing new people into the discipline and looking for a larger more thorough uptake in participation at all levels throughout the club. Whether this is finding a clear tool on fixture prioritisation, continued advertisement of these fixture dates, race reports and recaps to champion people's progress, or highlighting the progress the club has made in its journey over the past many years, rising from a participatory club in the league, to challenging for the title.

ii) SAL – having won promotion I'm excited to see how we fare against stiffer competition. Building upon the back of the work that Lily, Alan and Dave have done with the Thursday Middle Distance sessions, we hope to bring more people onto the track, de-stigmatise some of the preconceptions around the events and promote opportunities for individuals to pursue new challenges through the summer, matching the club's XC camaraderie, for the other half of the year.

iii) Southern and National Road Relays - In a year of contrasting halves, the Men managed to finish 10th in the UK at the 12 Stage relays, but failed to field a team for even Southern 6 Stage. This is largely down to race prioritisation, some bad luck with injuries, and organisation/logistics. With a tighter grip on this over the next season we would like to see progress on previous results, but also Champion the event throughout the club, at Mick's sessions and Project V, where we can hopefully pick up more people in order to enter numerous teams on Relays day. There is no reason why this club does not have the capacity to field 3-4 at Southern 6 and qualify at least 2 for Nationals.

iv) Centenary – work is being done by Major, Russell and others on our centenary next year which is very exciting. I won't list everything here but keep an eye out.

v) Social growth - Beyond the (centenary) celebration by core members and familiar faces, we hope to extend this to bring in newer and more fringe club members, to grow the core participants of the

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

club and create a more inclusive and participatory focused club, building on this increased social element, here, after major races or at Club Events(parties), we can hope to see increased uptake at races too. This can be supplemented by returning social events such as the Club Beer Mile too.

vi) **TMEM** - 2026 will also play host to the return of the Mile End Miles, which this year doubled as the Club Mile Champs, this event open to the public helped to promote the club within the local community and neighbouring running clubs, give back to the sport, give the younger athletes a platform and invite existing and new members to take on new challenges in the shape of an event/distance new to many.

vii) **ELVIS League** – we are investigating entering the ELVIS league in 2026 to provide more opportunities for our members to race over the spring and summer months.

Overall, there are some key themes we want to focus on, instead of just numerical results:

Participation

As mentioned, we want to look at different vehicles we can use to reinvigorate participation within the club, whether that be in expanding existing events, exploring social elements, expanding people's sporting experiences and bringing in new people or assimilating some of the fringe members that we do not see as often.

Runner Development

By ensuring continued focus on major athletics events (Relays, National XC, Track) we want to ensure we present the right opportunities for the development of the juniors to aspire to and access as some move up into the seniors and keep progressing, and provide continued support for existing members to make leaps forward in fitness in their chosen events/surfaces, but also providing less intense environments that can help pipeline graduates of the club's Couch to 5K/10K program, into club events and local races.

Culture

Ultimately a lot of this comes down to culture: What does Culture look like within VPH, how far does it extend and who does it include, or where does it not really reach? Culture is supporting folks on the club runs in the evening, volunteering at local events or in the clubhouse in the kitchen/behind the bar, culture is cheering people on at club races, championing the juniors, celebrating our results, allying the women's side of the club, assisting newbies, culture is active participation and sometimes putting the club first, wanting to be involved and the turnout we see at Mick's, Steve's or Adam's sessions to grind out a workout along peers weekly. Culture is giving back to not just the sport but the community

For 2026, we can think about how the club is at a very competitive standard, but do we get those people out to races. We have a big footprint but how do we capitalise and utilise this presence. We enjoy and take so much from the sport, but how much do we give back.

Victoria Park Harriers as a whole, vastly outperforms many London-based clubs in much of this (which can be a real challenge in such a transient place) and that can be very obvious on certain days out like MET XC, so we have everyone here to thank for that, but that doesn't mean we can't do more and that we don't aim to do more.

The club has a really good thing going here and we want to make sure as many of our members feel that as possible, existing or new, all throughout the year. This year promises – I hope – more of the same but better. We want to see strengthening turnout at league fixtures, more trophies, more debuts more participation and ultimately see our members enjoying this fine sport.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

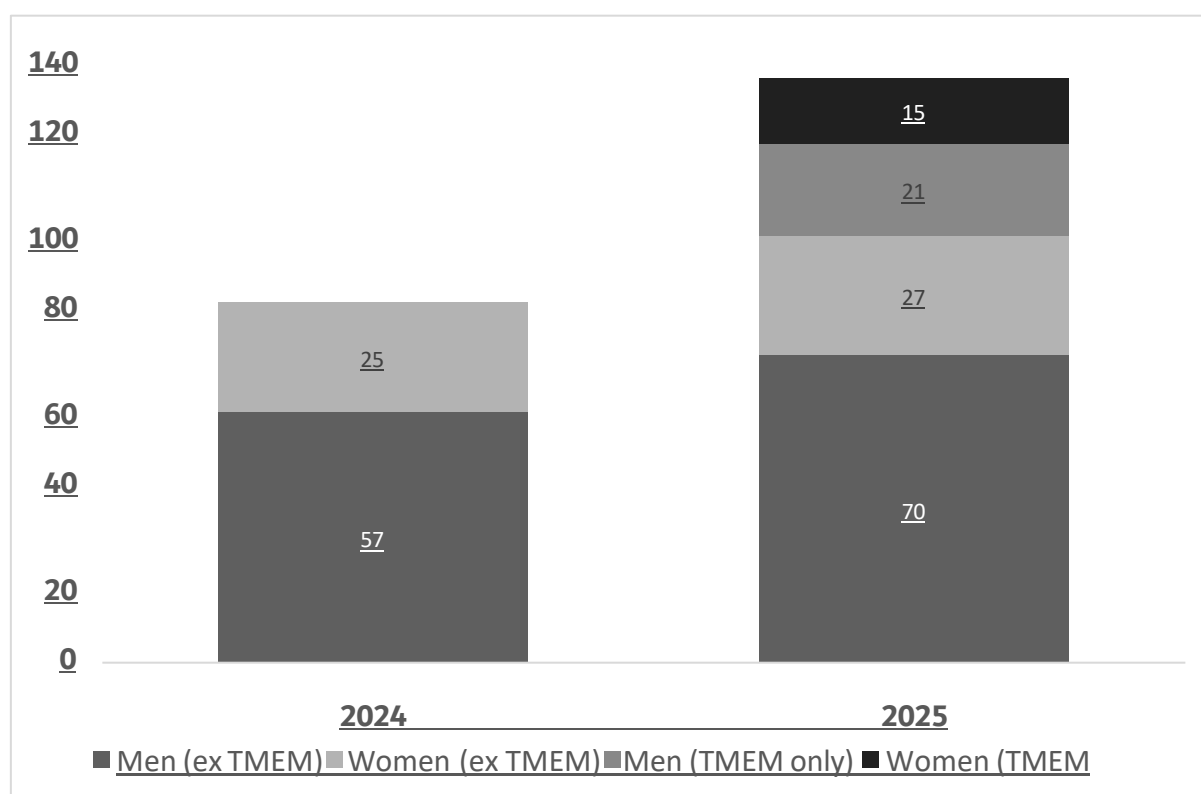
Track and Field (Alan MacDonald)

2025 was a highly successful year for our club in Track and Field, maintaining the trend of strong improvement in both Participation and Performance.

Strong Growth in T&F Participation

According to PO10, 133 of our senior athletes (over 20) participated in a licensed Track & Field meeting in 2025, up a substantial 62% from 82 last year. Hosting The Mile End Miles (TMEM), provided a major boost, although even excluding athletes that only entered TMEM, participation rose by 18%, to 97 athletes. The event with the highest uplift was naturally the Mile itself, although the sprints, steeplechase and men's 5000m also saw healthy increases.

Senior Members (over 20) Participating in Track & Field Meetings



The Mile End Miles

Building on the success of last year's club track mile championships, we secured a licence for an open meeting and introduced The Mile End Miles. Special thanks go to Adam, Jade, Mick, Major, Gigi and to all the officials, pacemakers, volunteers and spectators that helped make the evening such a success. Kyalo Burt-Fulcher and Lyra MacDonald were crowned as our 2025 club mile champions. The event saw participation from 180 athletes (136 seniors and 44 juniors), including 87 club members (64 seniors and 23 juniors). Race footage is available on YouTube, and full results can be accessed on Opentrack.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

TMEM provided a first opportunity for many to put their track training sessions to the test. It was also a gateway for some to compete at other T&F events (SAL and open meetings), a trend we hope continues. We are considering ways to expand the event, while keeping it accessible to all members.

Improving Performance – Individually and as a Club

More Club Records Broken

Seven of our Men's or Women's records were broken (or equalled) this year, up from three last year.

Athlete	Event	Record	Prev Hldr	Prev Perf	Date
Yusuf Bizimana	Mile	3:57.51	Yusuf Bizimana	3:59.85	2021
Luca Minale	3000m	8:10.71	Mehretab Soloman	8:17.95	2011
Luca Minale	5000m	14:04.96	Yusuf Bizimana	14:12.70	2021
Lyra MacDonald	1500m	4:38.50	Lyra MacDonald	4:40.77	2023
Lyra MacDonald	Mile	5:10.82	Lyra MacDonald	5:13.07	2024
Laureen Okoghenu	HT4K	44.93	Laureen Okoghenu	37.26	2024
Zhane Pilgrim	HJ	1.63	Irene Shokan	1.63	1997

(nb U20W Laureen and Lyra and U15G Zhane broke records for their age groups, as well as for All Women at the club. Luca's performances set 'official' club records this year, as he returned to first claim membership)

More High UK Rankings Achieved

15 of our athletes were ranked in the top 100 Men or Women in the UK in 20 events, up from 13 athletes in 18 events in 2024.

Senior Men's Top 100 UK Rankings

Athlete	Age Cat	Ranking	Event	Performance
Yusuf Bizimana	SM	16	Mile	3:57.51
Ezekiel Lowe	U23	18	200	20.85
Kweku Abankwa	SM	29	100	10.35
Darren Morson	SM	47	LJ	7.04
Kweku Abankwa	SM	48	200	21.11
Yusuf Bizimana	SM	48	1500	3:40.75
Joshua Barrett-Mowatt	SM	50	LJ	7.02
Ezekiel Lowe	U23	62	100	10.52
Michael Shonibare	SM	65	400	47.81
Luca Minale	U23	71	5000	14:04.96
Luca Minale	U23	91	3000	8:10.71
Sam Hitchings	M35	97	HT7.26K	40.86

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Senior Women's Top 100 UK Rankings

Athlete	Age Cat	Ranking	Event	Performance
Nereci DaSilva	U20	37	TJ	11.92
Laureen Okaghenu	U20	59	HT4K	44.93
Betsy Agboola	U17	69	400HW	64.52
Michelvi Wamba	U23	84	200	24.33
Robyn Connolly	SEN	91	HT4K	41.76
Rebecca Williams	SEN	92	400	56.06
Miriam Glassner	SEN	92	100HW	15.01
Michelvi Wamba	U23	100	100	11.95

Nb these are senior rankings. Junior and Masters athletes listed also scored higher age group rankings

Increasing Participation and Success in Master's athletics

Participation and rankings among our Masters athletes (over 35s in five-year age categories) continued to rise, with more members competing in the SAL, open meetings, and dedicated Masters events. This year, 49 members ranked in the UK's top 100 across 99 Masters Age Group events—up from 24 athletes in 69 events last year. At TMEM alone, 22 members achieved top 100 UK Masters Mile rankings.

Masters Top 10 Rankings and Championship success

Athlete	Age	Top 10 Rankings & Events	Masters Championships
Paul Martelletti	M45	1st 5000m, 2nd 3000m (7th AT)	
Steve Garrett	M35	1st 400H	
Rebecca Williams	W35	2nd 400m, 3rd 200m, 5th 100m	British and VAC Indoor 2nd (200)
Andrew Jones	M60	2nd 300H, 3rd 400m	
Andre Dahlkamp	M50	4th Pentathlon	British 3rd (Pentathlon)
Kyalo Burt-Fulcher	M35	5th Mile	
David Jones	M40	5th 3000SC	
Cat O'Shea	W35	5th Mile	
Sam Lamb	W50	5th 800m, 7th 1500m	
Sam Hitchings	M35	6th Hammer	
David Shortridge	M50/55	6th 400H	British 2nd (200), British Indoor 2nd (200, 400) European 3rd (4x100), 4th (400H)
Aaron McGrady	M35	8th 5000m	
Esme Ingram	W35	8th 400H	
Alan MacDonald	M55	9th 1500m	British Indoor 2nd, European finalist (1500)
Hazel Norton-Hale	W40	9th Mile	

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

METT Group athletes enjoyed spectacular track seasons

Several athletes from the group achieved multiple PBs on the track (plus several more over longer distances, from 5k to marathon, on the road). They included:

- **Richard Bartram** set three track PBs (1500m, 3000m, 5000m), with his 3:48.89 ranking third all-time for a club athlete, and he represented Guernsey at the Island Games.
- **Kyalo Burt-Fulcher** recorded four track PBs (800m–5000m), achieving multiple strong UK M35 rankings, notably 5th in the Mile, winning the club champs at TMEM in 4:28.52.
- **Harry Wells** earned five track PBs (200m–Mile); his 1:53.41 in the 800m is our club's second fastest in the PO10 era.
- **Dom Howarth** went one better with six track PBs, from 400m to 5000m and kindly helped pace two of our juniors to their own PBs at Mile End.

Promotion as Champions in the Southern Athletics League (SAL)

We got off to a flying start in our crucial first match, where extra points were available against our twin club. From there, we maintained momentum, winning all four meetings and defeating every club in the division. We were crowned champions and earned promotion to Division One for the first time since joining the SAL in 2016.

How the SAL Was Won

Improved Participation and Performance were both crucial to our success. Over 100 members contributed this season: 75 athletes competed as scorers and 21 more exclusively as non-scorers, along with officials (who also scored points) and coaches. Factors underpinning our win included:

Consistent Contributions from some of our top athletes, enabled us to dominate several events. For instance, in the 100, 200 and 400m, our women's team—comprising Michelvi Wamba, Rebecca Williams, Bolu Kearney (an U17W debutant) and Lyra MacDonald—achieved a perfect score of 96 out of 96 points in our first three matches. Hurdling (100/110H and 400H) emerged as another area of strength, led by Betsy Agboola (another U17W debutant) and Steve Garrett, with strong support from Jesse Katabazi, Sarah Laing and others.

Coordinated Collaboration: Six athletes from Coach Clarence Calendar's group (Ezekiel, Farshad, William, Callum, Kai, and Michael S) rotated men's sprinting duties in the first three matches, nearly matching the women's flawless record. Despite being sidelined by injury, Captain Jade dos Santos helped coordinate 15 Senior and U20 Women, who distributed scoring across events from 800 to 5000m and steeplechase and consistently achieved high points totals.

Spirited Support: Each event permits two scoring athletes and B string participants can earn as many points as A string competitors. This season, we consistently filled both scoring positions in almost every event. Some of our highest-scoring athletes were those with less experience but happy to have a go at more technical (and less frequently contested) events, whether utilising skills developed as juniors or at Uni, like Esme Ingram, Sarah Laing, and Laura Hindley, or venturing into new disciplines, as exemplified by Aoife Murray (who wrote about this in her excellent September newsletter article) and James Hirst's pole vault debut. Next season we plan to further expand coaching sessions for senior athletes, to boost participation and skills development.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Renewed Force in the Field: We more than doubled our previous field event points total this season, achieving our highest one-day tally in recent years to help secure victory at our final match. Our outstanding U20 women's trio, Laureen, Nereci, and Irati (coached by Kelvin Richards), received strong support from Akiko, Geneva, Laura and Aoife. In Men's Jumps, the returns of Darren Morson and Subomi Bello bolstered results and inspired junior athletes such as Edgar and Zooey. Sam Hitchings emerged as our highest overall points scorer, leading our men in all four throws. Meanwhile, super-agent Omar Elhag helped recruit Robyn Connolly and coach Tim Campion to our cause, culminating in an unprecedented maximum points score in both Men's and Women's Hammer at Eltham!

Top 20 SAL Points Scorers Over the Season

Athlete	Main Events	Matches	Points
Samuel Hitchings	Throws	4	41
Betsy Agboola	100H, 400H	4	38
Michelvi Wamba	100, 200	4	36
Aoife Murray	400H, SC, Throws	4	35
Jesse Katabazi	110H, 400	3	32
Esme Ingram	400H, SC	3	30
Boluwatife Kearney	100, 200	4	29
Laureen Okoghenu	HT, SP	3	29
Sarah Laing	100H, PV	3	27
Steve Garrett	110H, 400H	3	27
Darren Morson	LJ, HJ	3	26
Lyra MacDonald	400, 800/1500	3	26
Rebecca Williams	200, 400	3	26
Irati Ajanekeko Gomendio	HJ, Javelin	3	24
Oluwasubomi Bello	HJ, TJ	3	24
Nereci Da Silva	TJ, LJ	3	23
Laura Hindley	LJ, Javelin,	2	23
Edgar Wetherall	TJ, LJ	3	22
Akiko Findlay	TJ, LJ	3	21
Ezekiel Lowe	100, 200	2	21

Our aim next season will be to consolidate our position in Division One. We will need to step up again, with even more support and better coordination. Tougher competition will hopefully bring the best out of us!

Please mark your diaries with next season's fixtures:

1. Saturday 16th May: Woodford
2. Sunday 21st June: Mile End
3. Sunday 19th July: Medway
4. Saturday 8th August: Bromley

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Looking to the Future

Investing to Support Athletics

Our club was founded to provide athletic facilities for East London residents, enhancing social welfare through public recreation. Track and Field Athletics, contrasted with recreational running, requires a greater level of financial resource and access to more specialised coaching, officials and facilities. With our local councils and schools cutting back their support, our club increasingly needs to bridge the gap.

Fostering Junior Talent and Strengthening our Club's Future

We are very fortunate to benefit from a team of highly qualified and dedicated coaches. In recent times, their primary focus has been on revitalising our junior athletics programme, overcoming the significant challenges and disruptions brought about during the COVID period. By investing in our junior athletes, we foster talent and strengthen the club's future competitiveness. A notable proportion of the points we accumulated in the Southern Athletics League (SAL) were earned by our Juniors and by Seniors who came through their ranks.

Competing at a Higher Level

Securing promotion to a higher tier of competition within the SAL (and potentially beyond), will allow us to create better development pathways for our athletes to grow within the club. We are also boosting spending to support more athletes taking part in regional and national championships.

More Volunteer Coaches and Officials Needed

With surging numbers of both Juniors and Seniors at the track, we need more volunteers to assist with coaching. Following the example of Anna Fiedlerova, Ed Lowe, Tom Fyffe and Sam Lamb, new Track & Field officials are also urgently required to help our club meet league requirements and ensure smooth competitions. Please reach out to Alf or me if you're interested.

T&F Athletes of the Year

Betsy Agboola

Betsy enjoyed an outstanding first season over the hurdles. In the 300m hurdles, she was a finalist at English Schools Champs, 3rd at the SEAA U17W Champs and Middlesex Champion. Her PB of 44.78 ranked her 13th U17W in the UK. She was also Middlesex champion over the flat 300m indoor and outdoor (ranking 32nd). Betsy stepped up (literally!) to run in both the senior women's 400 and 100m hurdles, along with both relays, at all four of our SAL meetings, scoring 38 points (our 2nd highest individual total). She was 1st in three and 2nd in one of her 400H races and her PB of 64.52 ranked her 69th out of all women in the UK.

Ezekiel Lowe

Ezekiel's 200m of PB of 20.85 ranked him 3rd U23M in the UK (in his first year in the age group) and 18th out of all men in the UK. He ran even faster wind assisted (20.81). Over 100m, Ezekiel matched his PB from 2023, running 10.52, ranking him 14th U23M and 62nd among all men in the UK. Again, he ran faster (10.46) wind assisted. He was a semi-finalist in the UK Champs 100m and also over 60m at the UK Indoor Champs, where he ran 6.84. Ezekiel scored 21 points for us in two matches at the SAL, finishing 1st three times and 2nd once over 100 and 200m and running in relays.

Other athletes shortlisted included: Rebecca Williams, Zhane Pilgrim, Laureen Okoghenu and Michelvi Wamba; Kweku Abankwa, Luca Minale, Sam Hitchings and Paul Martelletti.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Juniors (Cornelia Abe-Minale)

Met League

Last season's Metleague was our most successful since the Covid period.

- U13 boys and girls teams finished 2nd.
- Junior women in 3rd and Junior boys in 4th. The Junior boys' results do not fully represent their performance, as the race combines U15 and U17 athletes, with most of our participants belonging to the U15 age group.
- We finished 4th overall in the Junior trophy. This result reflects the fact that we didn't have complete U11 teams in the boys and the girls.
- We are very pleased that the current cross country season is the first with complete teams in all age groups.

Middlesex County XC Championships

The county Championships were the most successful ever for our team.

- 12 top 10 finishes
- 4 podium results by Ruby James 1st in the U17G and bronze medals for Zayn Ahmed U11B, Khalid Hussein U15B, Lyra MacDonald U17G.
- 2 team wins in the U15B and U17G.

Following these fantastic performances 8 athletes were selected to represent the Middlesex County team in the British National Inter-county Champs (CAU) in Nottingham on March 5th 2025.

English Schools XC Championships in Ardingly 22nd March 2025

6 athletes achieved qualification for the London Schools team for the ES champs in Ardingly

- Max Lamy and Aidan Wolpert in the Junior Boys,
- Khalid Hussein in the Inter Boys,
- Lyra MacDonald, Ruby James and Monika Panoutsou in the Senior Girls

Youth Development League

Lower age group Division 1B U13/15: approx. 35 athletes competed in the YDL in this age group. With performance points we finished 3rd in the league, sadly we had points deducted again though lack of qualified officials and finished 4th overall. In Upper age group Division 2C U17/20, we finished 5th with approximately 20-25 athletes competing

SAL

A significant number of junior athletes also competed in the SAL. Our biggest points scorers were Betsy Agboola, Jesse Katabazi, Bolu Kearney, Laureen Okoghenu, Lyra MacDonald, Irati Ajanlekoko Gomendio, and Nereci Da Silva.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Middlesex Track and Field Champs Lee Valley

Across the age groups we had

- **6 Gold medals;** David Isibor 400m U20M, Betsy Agboola 300m and 300mH U17G, Zhane Pilgrim HJ U15G, Laureen Okughenu Hammer U20W, Enara Ajanlekoko Gomendio Jav U15G,
- **9 Silver:** Leonardo Sharpe 300m U15B, Masao Findlay HJ U13B, Boluwatife Kearney 100m U17G, Alaia Ajanlekoko Gomendio 300m U17G, Evie Broadfoot
 - 1500m U13G, Lyra MacDonald 1500m U20W, Zhane Pilgrim 75mH U15G, Mya Lartor LJ U15G, Carmelita Fadoju SP U15G,
- **8 Bronze:** Jesse Katabazi 400m U20M, Clodia Mukoy NNkunga 100mH U17M, Edgar Wetherell TJ U17B, Mercy Ojo 100m U15G, Zhane Pilgrim 200m U15G, Boluwatife Kearney 200m U17G, Kathryn Hailey 800m U13G, Niah Avaloy-Garela Hammer U15G,

English Schools Track and Field Champs 2025 in Birmingham 11/12 July 2025

6 athletes qualified for English Schools Track and Field Championships

- Boluwatife Kearney finalist Inter Girls 100m
- Betsy Agboola finalist Inter Girls 300mH
- Alaia Ajanlekoko Gomendio finalist Junior Girls 300m
- Zhane Pilgrim Junior Girls 75mH
- Lyra MacDonald Senior Girls 1500m
- Kai Fellows Senior Boys 400m

National Cross Country relays Mansfield Nov 1st 2025

We took 4 teams to Mansfield for the National relays:

- U20W (Lyra MacDonald, Ruby James, Monika Panoutsou) narrowly missed out on a medal in 4th place
- U13B (Matteo Cinesi, Jamal Haji, Beaujack Hudson) came 16th
- U15B (Max Lamy, Aidan Wolpert, Hobbs Dinolt) came 10th
- U17B (Khalid Hussein, Aneirin Lessard, Leonardo Galletto) came 15th.

The junior endurance squad currently has over 60 athletes from age 9 to 18. The sprint, hurdle and jump training groups have approx. 80 athletes. We are now able to fill all age groups from U11 to U20. To have Tom Fyffe as a second coach on board made a significant difference to the training group. We also appreciate the contribution from Alan MacDonald team managing the Southern and National relay teams as well as the team entries for County and National Cross Country Champs.

Coaching and Officials - Alf Vickers

For the first time since before Covid, we have seen a large increase in Junior members. Unfortunately we haven't got the coaches to cope with it and now see ourselves turning some away. Unless we get some volunteers soon, that is going to become reality. The other problem is with large numbers and a shortage of coaches we will stop producing quality athletes.

Two and a half years ago, I started an Officials group. During that time we have seen a few increase their levels of qualification but unfortunately, like the coaches, we haven't recruited anyone. At league meetings it's required that we have at least one Timekeeper, one Track Judge, one level 2 Field Judge, one level 1 Field Judge and 3 volunteers. If not, we either lose or miss out on points. In the YDL, this can cost over 50 points a match, and in the YDL Lower, this meant we dropped from third to fourth in the final league table.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

FINANCE REVIEW

Going concern

After making appropriate enquires, the trustees have a reasonable expectation that the Charity has adequate resource to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

Overview

Cash flow remained strongly positive in the last financial year (2024/25), with higher subscription fees (reflecting an increase in membership), partially offset by increased spending on affiliations, race entries, travel expenses and track hire.

Investment in assets

The following investments were made in 2024/25:

- Purchase of new track equipment including a starter system;
- Repair work, replacement of machines in the gym at Mile End track;
- Electrical work at the clubhouse.

Financial highlights

Income

Recurring income (£)

	2021	2022	2023	2024	2025
Donations	0	308	300	340	300
Subscriptions	37,308	43,443	47,207	45,056	50,675
Cottage Rent	19,260	19,260	20,248	17,655	20,865
HQ Hire	4,740	23,878	32,066	39,007	41,386
Coaching	0	6,025	7,200	9,560	10,000
Club kit	195	1,281	387	1,503	1,319
Bar sales	0	3,913	3,387	9,944	14,312
Other income	3,147	4,332	259	0	0
Bank interest	66	66	229	634	1,037
Total	64,716	102,506	111,283	123,699	139,894

Expenditure

Rates and utility costs were £26,877, a decrease from the previous year (£28,440 in 2023/24). *We note that we have had ongoing queries about our electricity bills with EDF energy since March 2024.*

Maintenance costs decreased to £11,973 (vs £14,348 in 2023/24) as we completed a number of major projects at the club house last year (creation of new treatment room, rental cottage repairs and refurbishment).

Affiliation, track and race entry fees increased sharply, by 24% to £21,981 (vs £17,791 in 23/24).

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Affiliation fees rose due to increased membership and higher EA fees. Track fees rose as we hosted more events and race entries rose, as we paid for more of our athletes to compete in a growing number of events.

Cash Flows

	Closing 31/3/2025	Closing 31/3/2024	Movement 2024-25
Current Account	150,711	125,411	25,300
Development Account	13,795	10,533	3,263
Deposit Account	68,418	67,381	1,037
Total Cash	232,924	203,325	29,599
Investments	20,883	19,749	1,134
Total Cash & Investments	253,807	223,074	30,733
Cash (excl. Dev Acct)	219,129	192,792	26,337

Reserves policy

While the Charity's total funds are in excess of £1.2m, nearly £1m of this is ringfenced in designated funds in relation to the clubhouse property. The trustees consider that an appropriate level of reserves in respect of general funds (ie not including designated funds) is an amount to generate working capital to cover approximately six months of the charity's annual costs, excluding expenditure chargeable against the designated reserves.

Based on the charity's current level of activities, it is considered that a minimum appropriate level of general funds would be £75,000. A significant current surplus gives confidence that the charity is well placed to withstand a sustained unforeseen drop in rental income or to meet substantially increased expenditure going well beyond its budgeted plans, eg on the clubhouse building or on athletic facilities at the Mile End track.

Looking ahead

We anticipate that higher subscription income will be offset by increased expenditure.

Income

- Higher Membership Subscriptions, reflecting increases in membership fees, and increased in membership numbers.
- Lower Coaching income from London Borough of Tower Hamlets Council, as the council has withdrawn funding for the Come & Try athletics programmes we organise during school holidays;

Expenditure

- Increasing Race entry and Travel costs, as we support more athletes and coaches at more events, including increased support for our athletes participating in regional / national events.
- Increased support for junior athletics, including spending to maintain Tower Hamlets and Hackney school holiday schemes at Mile End, following withdrawn or reduced council funding;
- Increased spending on the clubhouse, including completion of work on the bar store room and

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

cottage refurbishment (boiler and bathroom) and further ahead, major works on the main hall and changing rooms, renewing floors, interior and exterior walls;

- Higher EA Affiliation fees, reflecting increased rates and membership numbers;
- Expansion and refresh of club website;
- Implementation of accounting system to support improved frequency and transparency of financial reporting;
- Expenditure on our Centenary celebrations.

This report has been prepared taking advantage of the small companies' exemption of the Companies Act 2006.

Approved by order of the members of the board of Trustees and signed on their behalf by:

.....

David Robinson

Chairman

Date:

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

CONTENTS

	Page
Reference and administrative details of the Charity, its Trustees and advisers	1
Chairman's statement	2 - 4
Trustees' report	5 - 24
Trustees' responsibilities statement	25
Independent examiner's report	26
Statement of financial activities	27
Balance sheet	28
Notes to the financial statements	29 - 44

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2025**

Trustees	David Robinson, Chair Simon Wharton (appointed 28 November 2024) Cornelia Abe-Minale Matthew Dawson Jade Dos Santos James Hirst Alan Macdonald Alf Vickers Valerie Wong Vendula Dohnalova (resigned 28 November 2024) Nathaniel Rowland (resigned 27 November 2025) Elizabeth Venables (resigned 27 November 2025) Lily Zechmann (resigned 28 November 2024) Lydia Briggs (appointed 30 April 2025) Simon Wharton (appointed 28 November 2024)
Company registered number	04324630
Charity registered number	1091712
Registered office	24 Blackberry Court Woodmill Road London E5 9GE
Independent Examiner	MHA Chartered Accountants 910 The Crescent Colchester Business Park Colchester Essex CO4 9YQ
Bankers	HSBC Plc 20-21 Electric Parade George Lane London E18 2LX

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025**

The chairman presents his statement for the year.

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

CHAIRMAN'S STATEMENT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Thanks to the Bar & Social Events Team: Susan, Sophie & Marlis.

Clubhouse

This year we have completed some improvement works at the clubhouse. We have refurbished and altered the layout of rooms within the first floor of the Annexe creating a large Pilates / Yoga studio and a treatment room. This has further increased activity and use of the clubhouse facilities by a wider section of our local fitness community. We have worked with Sam White (Victoria Park Pilates) and Joe Dale (Victoria Park Sports Medicine) in these new projects.

We have also revived the heating system in the Hall with a new boiler and fan convactor heaters plus radiators in the Weights room which also doubles up as a Podiatrist's treatment room on Fridays. We are very fortunate to continue to have Fabien (Victoria Park Fitness) operating in the Hall. He is a great asset to the club and many of our members continue to benefit from his strength and conditioning training.

We still have a Taekwondo Group that use the hall on Saturday afternoons and another group on Monday and Wednesday afternoons.

Mile End

The track at Mile End is managed by GLL for Tower Hamlets. The dedicated track entrance has not re-opened since Covid and users access the track via the Leisure Centre. Junior club members and club coaches running junior sessions have free access to the track and now use a separate entrance. This is rather unsatisfactory and we hope to improve this arrangement with GLL. The Gym at the track is also closed and cannot be used at present. Whilst the management of this facility presents some difficulties, our coaches will continue to hold junior training sessions through the winter months and will prepare for the 2022 track season.

The extent to which we manage to involve more helpers, members and parents to undertake officials training, volunteering and event organising will influence our ability to host and participate in track competition in 2022.

Club Website

Competitive quotes were obtained and the Board have engaged Dave Finch, club member and website designer to build a new 'more user friendly' website.

Huge thanks to Joe Feltham who has managed the website over recent years and who will assist along with a small steering group to work with Dave to bring this about.

VPH&THAC

On behalf of the Board, I wish you all safe and well over the coming club year and many thanks to all existing and our many new club members for what you all bring to the club, for your achievements big and small that we all enjoy and celebrate. We are committed to our ethos of maintaining a strong, caring and supportive club, ready to grasp every opportunity and work our way back to where we were before Covid and building on the reputation and achievements we've gained in recent years and on an exciting bunch of newer members.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

CHAIRMAN'S STATEMENT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

.....
David Robinson
Chairman
Date:

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025

The Trustees present their annual report together with the financial statements of the Charity for the year ended 31 March 2023. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution:

Victoria Park Harriers & Tower Hamlets AC is a company limited by guarantee which is also registered as a charity and is under the management of a Board of Trustees. Victoria Park Harriers & Tower Hamlets AC was registered as a charity with the UK Charity Commission on 23 April 2002.

Purposes:

The purpose of the Charity, as per its Memorandum and Articles of Association, is the provision of facilities for public recreation or other leisure time occupation and in particular athletics in the interest of social welfare, with the object of improving the conditions of life of those who reside and work within East London. The main activities undertaken in relation to the purposes of the Charity, as per its governing document, have been described further in the Activities and Achievements section of this report.

Public Benefit:

In setting objectives and planning for current and future activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to Public benefit, including the guidance 'Public benefit: running a charity (PB2)'. All activities have been undertaken for the furtherance of Public Benefit.

Method of appointment or election of Trustees:

The articles of the Charity state there should be a minimum of three trustees. At every annual general meeting one third of the trustees who are subject to retirement by rotation or, if their number is not three or a multiple of three, the number nearest to one third retire from office.

No person other than a trustee retiring by rotation shall be appointed or reappointed a trustee at any general meeting unless he is recommended by the trustees, or a notice proposed by a member eligible to vote at the meeting, and executed by the proposed person, has been given to the trustees within set time limits before the AGM as prescribed in the articles of the Charity.

Organisational structure and decision making:

The business of the Charity is managed by the trustees who may exercise all powers of the Company.

ACTIVITIES AND ACHIEVEMENTS

Women's Road and Cross Country Report – Lily Zechmann

Introduction

Serving as Women's Road and Cross-Country Captain for the past 6 months, having taken over from Annie in June. So far, it's been very busy with races happening left, right, and centre and league leagues keeping me on my toes! I am thoroughly enjoying my role.

This year I was able to get involved with the SAL events which seemed to be back in full swing since Covid. It was certainly an enjoyable event which brought many athletes in the club together, and a big reminder of the great team vibe we have in the club – especially during the quiet summer seasons.

Training on the track and at Project V continues and we see the benefits this has had on members especially when put into practice at the races. At the races, we have demonstrated great team spirit by working together

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

and cheering each other on.

Every Thursday we welcome a handful of new joiners. It's been lovely to see how quickly new members have integrated into the team and have enjoyed everything this great club has to offer.

Summer 2022

We returned to the Southern Athletics League this summer after the long Covid break. There was strong representation in our home match at Mile End (with the ladies taking 1 st place in 800m, and 5000m race). We also saw athletes heading up to the last event in Kings Lynn. Bravo to our ladies who pushed beyond their comfort zone to sign up to the events that they've never done before – Anna Fiedlerova and Hazel Norton-Hale in the 400m Hurdles, Ellie Daglish and Eilidh Wagstaff in the Steeple Chase, Anna also doing the long jump. Sadly, we did get relegated – mostly due to low turnout at other events when the heatwave hit – we know that this is something where we can work on and will come back fighting next year – with the goal of filling all events next year. We are so proud of our ladies who stepped up to help us score, this is what team spirit is all about!

We also participated in a number of relay events over the summer. Our ladies team was in podium position at the Bridges Relay in August by the O2 Arena. The ladies A team coming home to 1st position and the B team placing 6th – Well done to all, to name a few Valerie Wong, Lydia Briggs, and Claire Hartley.

The Southern and National road relays in September saw another strong performance from our ladies team, finishing in podium position 3rd. Congratulations to Sophie Allen, Laura Thompson, Laura Kaye, and Hannah Somani.

Towards the end of Summer we hosted the Middlesex 10K in Victoria Park, with a handful of medals being won from our ladies. June Barrow-Green, Nicola Kerr, and Susan Leese all claiming silver. The Bronze went to Lily Zechmann, June Barrow-Green, and Nicola Kerr.

Autumn/Winter 2022

Stepping into the colder months, we were unexpectedly blessed with warmer weather in our Cross Country events.

Met League has kicked off to a great start, with around 28 ladies taking part in the first fixture at Claybury in October, and 23 female runners at Wormwood scrubs in November. Wormwood Scrubs never looked so pretty, though some of us miss the muddy and gloomy trademark of this course. We are now in a strong 2nd position – keep up the excellent work ladies!

The Chingford League also saw a strong start for our ladies, with three races completed and three more to go, we are leading in 1st position!

The results so far

- Women's Overall – 1 st
- Women's Vets – 3 rd
- Women's B team – 1 st

As ever, a huge thank you to Joyce Berry for all her organisation efforts in making the Chingford League happen.

Road

Marathons and Half marathons were back into full spring in 2022. Our local event, the Hackney Half in May and The Big Half saw mass participation from VPHers, the roads were coloured in Jade and Blue.

Our ladies participated in marathons all around the country and in various parts of the world – running in Brighton, Manchester, London, and Berlin. Faye Jeacocke and Laura Thompson showcase great performance in London. Mandy Dohren and Hannah Somani running a sub-3 in Manchester. As always, the atmosphere of the London Marathon was unbeatable, and a reminder of how great this sport is – for the runners as well as those supporting and cheering on.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

A big thank you!

There are so many members of the club that we want to recognize, for their continued contribution and efforts in sustaining and maintaining the club: Chairman Dave, and everyone on the Board; Major Carr, Simeon Bennett, and Neil Cook all their work behind the scenes; Len Williams and Richard Norton-Hale for support of the handicaps and Club Championships; everyone at the Bar Staff, including Susan Leese, Sophie Critchlow, Helen Goddard and Marlis Haase. Our coaches, Coach Mick and Coach Steve for their continued efforts on the Track and Project V sessions. Our race managers, Andre Dahlkamp and Anna Fiedlerova, for organizing the handicap races. And lastly, the volunteers who have stepped up to help at the races!

Outlook for 2023

As 2022 comes to a close, we have plenty of things to celebrate – the membership continues to grow and we continue to encourage people to take part in weekly runs at the clubhouse as well as the races.

The goal for next year is to continue increasing participation race events, including Athletics and get out of relegation, and to drive diversity and bring new people into the club!

Men's Road and Cross Country Report – Gav Lau

Our club is on a journey...

The first important point I would like to open with, is for each of us to pause, and acknowledge the journey that the club has endured and persisted through in the last 5, 10, 20+ years. The cross section of the membership today includes many junior athletes, a relatively even split of male and female members, and broad participation across the full range of age categories. Stepping into our community with VPH&THAC today is the result of careful and significant investment of time and commitment to follow things through. Some individuals have come and gone. A special few continue to be active with the club today.

As a club member myself, I expect to be able to have access to as many of the facilities and as large a variety of events as possible, be kept informed of current developments and be able to do so in a friendly and inclusive environment.

To this end there are three recent initiatives that come to mind that have been a priority for the board that should be ready to share with the membership in the new year: (1) the development of a new club website (merging a lot of the information flow about the club and live events that is currently fragmented across many sub-standard channels); (2) the next phase of advertising club roles and making it more accessible for any members to review the nature of each role, time commitment expected and clear method to register your interest; (3) integration of the recent board appointments to function as a new unit, now representing more recent joiners. To improve on the communication of the governance structure and policies. Also the perception of how the board interacts and connects with the membership.

Notable contributions

Every week, I am reminded about the pull of the club spirit and it is clear for us all to see that so many among us are willing to nurture the culture and values we as a community enjoy. Simply to 'play' and 'run', to make new friendships, to listen to each others' experiences and backgrounds, to share other hobbies and interests outside of running. Each year, I reflect on some standout individuals that make material contributions:

A formal personal thank you to Captain Annie Trihan in her capacity as the Women's road and XC Captain. A pleasure to get to know and work side by side with someone so passionate about our club spirit, fiercely loyal to all of us, has a competitive edge and simply the most infectious smile when you are knee deep in mud and can't find a hot drink! Working with the board and our volunteers to deliver some routine sessions during covid as a sanctuary or pocket of normality for our local group was a huge challenge. It taught me a lot about putting faith in other people, recognising and accepting goodwill and positive gestures openly. And that a group committed to a cause coupled with patience and graft, would bring an outcome close to what was envisaged and scribbled on a piece of paper back at the start!

A whole hearted welcome to Lily Zechmann who has showed such credible commitment to get involved from the outset and is clearly getting into her stride as the busy winter season continues.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Please join me to recognise the efforts from our ever present roster of Coaches Tony Bunbury, Mick Cairns and Steve Hobbs. Often the first individuals that new and prospective club members get to meet. Getting familiar with training together in groups, building our confidence around strength and conditioning equipment, doing intervals on a purpose built track or committing to regular hard workouts. Props to Simeon Bennett, Joe Dale and Hugh Murdoch (to name a few) for stepping in to cover sessions on occasions on short notice. And the same sentiment extends to all our amazing track and field based coaches operating at Mile End.

The club handicap has continued to be such a popular cornerstone of our social group nights. The numbers participating have shot up and leveled around 70+ runners over the summer on the fast and flat 5 mile course. A thank you to the reliable cohort of: Major Carr, Ray Russo, Richard Hale, Len Williams. And to more recent club members contributing to the monthly preparations: Anna Fiedlerova, Andre Dahlkamp, Valerie Wong, Katrin Flikschuh.

A huge shout out to the entire women's teams that deliver the loudest cheers of any team on every single race day. Regardless if the rain is sideways, or the hail is coming down the size of golf balls, the VPH women will be spread across the course, willing the front of the pack home until the last of our team are safely back across the finish line.

One of the most important secrets to a strong and healthy runner, is to be fed and hydrated well! And the social hub that waits for us after every thursday evening social run at the clubhouse is of thanks to David Wilkey, Susan Leese, Sophie Critchlow, Paul Turley and all the diligent chefs and bar helpers. This is another hallmark of our club spirit. We are very well looked after, and often spoilt! Please do volunteer to clear up, wash up, take the bins out. Many hands make light work and it shouldn't just be the few that stay late and clear up after us every week.

There are far more names I should mention and thank. I hope that you have received this message from me directly already when we have spent time together at the clubhouse, on race day or out on a field in the jade & blue!

Winter & Spring 2021/22

- The season kicked off with the Flowers mile on 2nd Sep. Nat Rowland came home in 1st place in 4:47 with Ethan Gray (U17B) crossing the line as 1st junior in 5:02.
- This also marked the start of the Boswall league, with the following club events included (alongside the other league and champs fixtures): Flowers mile, 10M road and 5M XC. The full list of winners and individual standings are presented separately during the AGM:
- Congratulations to the overall Boswall League men's winner: Jamie Cornuau (1st). Joe Dale (2nd), Andrew Barrington (3rd).
- Age Category winners: Simeon Bennett (V40); Russell Toone (V50); William Burbridge James (V60).
- Consistent racing from Simeon Bennett participating in the most races 13/20 across the series.
- Kudos to other runners that clocked up at least 10 races: Joe Dale, Russell Toone, Tim Murray.
- The Chingford league returned for a full season. Under the careful stewardship of Joyce Berry. Starting with a rare daytime outing to Hog Hill on Sat 18 Sep. All 6 races were completed as planned with the season finale relays at Wantstead flats giving the spikes one final spin:
 - Teams:
 - Division 1M: 1st
 - Division 1M Vets: 3rd
 - B teams M: 1st
 - Individuals:
 - SM: Jamie Cornuau 2nd
 - SM: Zak Knill 3rd
 - MV40: Joe Dale 6th
 - MV50: Anthony Withstandley 8th
 - MV60: Keith Mussington 4th
- The Hackney Half, on Sun 26 Sep, now seen as an adopted home fixture with so many fellow VPH'ers taking part. Some also racing in the club colours for the first time and experiencing the full scale of support and noise from those of us spectating and volunteering on the day. Fast forward to Sat 22 May and the same Hackney carnival pushed our runners to the finish line nestled in Hackney Marshes. The clear stars of the show

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

being the VPH volunteers stationed at the Cadogan Terrace water station!

- The preamble of the Big Half gave reason for all our club runners a cheer. Then the London marathon race day landed in our sights, in the unusual autumn setting on Sun 3 Oct. And the VPH cheer squad was out in force. Our club runners diligently training in the summer months had their time to shine and run the course in celebration to welcome back this iconic race.
- The Met league didn't disappoint with Race 1 hosted at Claybury Park on Sat 16 Oct. Highgate unfortunately proved too strong for another year, taking the overall team championship, and our club is building a great reputation for bringing out a large team across the day of races. The strength and depth now developing across the competitive age categories is something to be very proud of. Individuals racing their hearts out all over again at Welwyn Garden City, Uxbridge and Wormwood Scrubs (with the final fixture at Trent Park unfortunately canceled on short notice due to bad weather):
 - Howards Williams Trophy (seniors): 3rd
 - Division 1M: VPH A 2nd; VPH B 9th
 - Division 1M Vets: VPH A 2nd; VPH B 12th
- With races rolling through the weekends to the end of 2021, the next marque fixture in our calendar to take place was the 5k Mob Match with Eton Manor on Tue 11 Jan. Hosted by our friendly neighbour at Jubilee Park. An impressive 91 VPH runners on the night with Joe Dale breaking the tape in 16:12 and Laura Thompson 1st female in 19:24.

Summer 2022

- The club competed in Division 2 East of the Southern Athletics League during the summer months. The interest and participation of our classic road & XC membership has been very gradual across recent years and word of mouth is now certainly spreading that this is another fantastic way to compete for the club and be introduced to other members. Thank you to both Cornelia Abe-Minale and Tony MacDowall for organising and managing the teams throughout this season. Many participants also showed great camaraderie to compete in multiple events and braving the jumps and steeple chases to get points on the board. We were unfortunately relegated to Division 3, having finished in 14th place (out of 16), and that was only due to lack of numbers to score across the events. There is no qualifying time requirements with track & field events being open to all, and our senior and junior athletes racing together as a combined team. We look forward to seeing more returning and first-timers for 2023. Please get in touch with one of the track coaches or road captains to find out more about the events, changes to practice and how to register.
- The Assembly league was tentatively introduced with a condensed league covering only 3 fixtures. With the opener in Beckenham Park and two events hosted by our club in Victoria Park. Participation numbers were impressive and a real buzz to the summer series from our members as well as our familiar competitors.
- We are very lucky to have an area of beauty such as Epping Forest so close to our local area, and many club members flocked to the Forest Five series with smiles on faces and trail shoes in the kit bag! The Orion 15 event also took place on 26 Mar, with Pete Dyson (1st) and Fabien Lassonde (2nd) making it on the overall podium.
- As the end of the summer holidays nears, the summer BBQ on Sat 6 Aug was preceded by the infamous "chunder mile". A compact group of three jolly and sheepish competitors brought their own nutrition and toed the line for 4 laps of joy around the cinder track. Props to Dom Howarth (4:36) retaining the title from 2021! Arif Erdogan 2nd and Oliver Jamieson (3rd).
- The annual Southern and National Road Relay events showcase the best athletics clubs across the grass roots level. VPH&THAC were able to field a women's team in the 4-stage race, and two men's teams in the 6-stage race for 2022.
- The men's A and B team competed at the Southern relays event at Crystal Palace, with other prominent clubs also racing at Aldershot on the same day. Our A team, coming 1st at the Crystal Palace event, running a total time of 1hr51m00s was made up of: Alex Lawrence (17:20.40), Adam Millbery (18:09.70), Jack Bibbings (18:35.75), James Hotham (18:49.15), Matt Stevens (19:11.20) and Greg Divall (18:54.6) to win our clubs' biggest relay title to date.
- A very strong roster of 74 mens teams competed in the National Road Relay, with Aldershot Farnham & District taking the win in 1hr43m37s. The mens team raced well to place 44th in a combined time of 1hr53m55s: Adam Millbery (18:17); Jack Bibbings (18:25); James Hotham (18:50); Greg Divall (19:24); Jamie Cornuauud (19:21) and Nick Sharp (19:38). Fantastic achievement for all involved and a big milestone for the club to be

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

competitive in such a high quality field!

Looking ahead to 2022/23

I expect VPH&THAC to push forward on two fronts in sporting context: (1) remain competitive at the top end of the racing calendar, with a strong squad being developed across all distances; (2) encouragement for any member to try out new training sessions, explore a new event on a different running surface / longer race distance / a different city or country.

Give any member the equal chance to represent the running club for the first time and share in the identity of wearing the jade & blue vest stood side by side with your team mates. For the above to succeed, we have the universal and tenacious club spirit that is constantly being reinforced after each club event. Promoting the team aspect and celebration of individual achievements alongside a strong shoulder to lean on at times of disappointment or temporary set backs through injury.

Final Words

As individuals, we all aspire to be respectful, kind and empathetic. These are the values I hope we can preserve within our growing community. Reflecting on the last 12 months, the clubhouse gates remain wide open as they always have been, and we are welcoming in a membership that continues to be diverse in background, experiences and opinions.

I believe we are at an important inflexion point where we should be patient and listen to each other, make compromises, be open to change and approach each conversation constructively and with an open mind. This becomes the next evolution of the club, and I am sure it will look different to today, also for the better in years to come.

Juniors Report – Cornelia Abe-Minale
Middlesex County T & F Championships

The number of junior athletes competing in the County Championships was significantly lower than in previous years. Nonetheless our athletes achieved 3 gold, 5 silver and 6 bronze medals.

Middlesex County Cross Country Champs

5 of our junior athletes achieved top 10 positions. Lyra MacDonald winning the U15G and Luca Minale coming 2nd in the U20M.

Track and Field Leagues

Our club competed with the younger age group U13/15 in the Youth Development League, Southern Division 2B. Our target for this league was to achieve a mid-league ranking. We successfully reached this target. The fact that many of our parents undergone Track and Field officials training and were able to help us reach the necessary officials quota made a positive difference.

The older age group U17/20 competed in the Upper age group league Division 2B. For this league we were competing as a composite team with London Heathside and Highgate Harriers.

As in the new season many of our strongest athletes moving up into the Upper League we have decided to compete 2023 as a single club in this league.

The U17/20 juniors also competed in the Southern Athletics League. All athletes done well in the SAL, however to improve our league position in the future the number of attending adult athletes will have to increase for all league matches.

Track and Field after Covid

The junior training is slowly recovering from the declining numbers after Covid. The sprinters training was massively impacted by the suspension of Head Coach Alf Vickers. Since Alf's return to the track, training is now gaining momentum. The ongoing dispute over the gym use with Tower Hamlets Council has also been a large factor for the overall underperformance of the T & F team. All trainings groups still only using the stadium

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

grandstand for their Strength & Conditioning sessions. We are hoping to come to an understanding with the council before Christmas in order to start with much needed refurbishment of the gym asap.

English Schools Championships

2 of our athletes qualified for the ES Cross-country champs (Lyra MacDonald and Ruby James) and 2 athletes achieved ES track and Field qualification (Lyra MacDonald 1500m and Michelvi Wamba 200m)

Outstanding athletes of 2021/22

- Laureen Okagbenu U15G Hammer, Laureen has improved her performance over a very short time and is now 24 th in the UK ranking with 33.25m
- Lyra MacDonald U15G 800/1500m, Lyra has continued to produce top National performances during the T&F and Cross Country season

FINANCE REVIEW

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

Overview

Cash flow was positive this year with higher subscriptions, stable revenue from HQ hire, partially offset by club activities and races, as well as the maintenance and renovation we were able to complete.

Investment in assets

The following investments have been made in the current year:

- Website upgrade: A new club website has been created and launched (as of October 2023).
- Renovation work at the cottage that is rented out.

The following investment is planned for the current year:

- Repainting of the hallway and stairway next to the bar;
- A treatment room to be created in the small gym room on the ground floor following consultation with Victoria Park Sports Medicine and Victoria Park Fitness, providing additional capacity for sports treatment to club members and the local community.

Financial highlights

Income

A breakdown of the last 4 years recurring income streams is provided below.

Recurring income
(£)

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Membership subscriptions – 8% increase with subscriptions now slightly above pre-pandemic level.

Cottage rent – income from the cottage was as slightly higher at £20.9K

HQ Hire – the conversion of the first floor to a studio and treatment room has substantially increased the revenue from HQ hire.

Expenditure

Travel and subsistence costs were higher than previous years as events returned (£7,446 in 22/23 vs £3,218 in 21/22 although still lower than £10,717 in 19/20)

There were some coaching fees incurred for the Come and Try Athletics events that were able to take place. These are funded either by schools providing income or by specific grants (i.e. LBTH mainstream grant).

Affiliation, track and race entry fees decreased from prior year (£15,580 in 22/23 vs £22,030 in 21/22).

Cash Flows

The table below gives the closing cash position at the last two financial year-ends and also at end September 2022. The club benefited from reduced outgoings in 20/21 and have used this money to renovate the committee room into a studio for hire. The club's calculated minimum cash reserve is 6 months expenditure, approximately £25,000.

Reserves policy

The trustees consider that an appropriate level of reserves in respect of unrestricted funds is an amount to generate a working capital to cover approximately six months of the charity's annual costs excluding expenditure chargeable against the restricted income and funds and designated reserves. Based on the charity's level of activity it is considered that a minimum appropriate level of unrestricted funds would be £25,000.

Future plans

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

The following investments are in process or planned for the current year:

- Repainting of the hallway and stairway next to the bar;
- A treatment room to be created in the small gym room on the ground floor following consultation with Victoria Park Sports Medicine and Victoria Park Fitness, providing additional capacity for sports treatment to club members and the local community.
- There are plans to invest in the gym at the Mile End track.

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Approved by order of the members of the board of Trustees and signed on their behalf by:

.....
David Robinson
Chairman
Date:

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE YEAR ENDED 31 MARCH 2025

The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:

.....
David Robinson
Chair

Date:

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2025

Independent examiner's report to the Trustees of Victoria Park Harriers and Tower Hamlets AC
('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2025.

Responsibilities and basis of report

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Dated:

Cara Miller

ACCA

MHA
Chartered Accountants
910 The Crescent
Colchester, United Kingdom

MHA is the trading name of MHA Audit Services LLP, a limited liability partnership in England and Wales (registered number OC455542).

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2025

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Restated Total funds 2024 £
Income from:					
Donations	4	300	-	300	340
Charitable activities	5	61,994	-	61,994	56,119
Other trading activities	6	76,563	-	76,563	66,606
Bank interest receivable		1,037	-	1,037	634
Total income		139,894	-	139,894	123,699
Expenditure on:					
Charitable activities	7	140,921	5,084	146,005	142,573
Total expenditure		140,921	5,084	146,005	142,573
Net expenditure before net gains on investments		(1,027)	(5,084)	(6,111)	(18,874)
Net gains on investments		1,134	-	1,134	713
Net movement in funds		107	(5,084)	(4,977)	(18,161)
Reconciliation of funds:					
Total funds brought forward		1,224,995	5,084	1,230,079	1,248,240
Net movement in funds		107	(5,084)	(4,977)	(18,161)
Total funds carried forward		1,225,102	-	1,225,102	1,230,079

All income and expenditure derive from continuing activities.

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 29 to 44 form part of these financial statements.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)
REGISTERED NUMBER: 04324630

BALANCE SHEET
AS AT 31 MARCH 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	10	973,158	1,008,632
Investments	11	20,883	19,749
		<u>994,041</u>	<u>1,028,381</u>
Current assets			
Debtors	12	4,848	4,604
Cash at bank and in hand		232,924	203,325
		<u>237,772</u>	<u>207,929</u>
Current liabilities			
Creditors: amounts due within one year	13	(6,711)	(6,231)
		<u>231,061</u>	<u>201,698</u>
Net current assets			
		<u>1,225,102</u>	<u>1,230,079</u>
Total net assets			
		<u>1,225,102</u>	<u>1,230,079</u>
Charity funds			
Restricted funds	14	-	5,084
Unrestricted funds	14	1,225,102	1,224,995
		<u>1,225,102</u>	<u>1,230,079</u>
Total funds			
		<u>1,225,102</u>	<u>1,230,079</u>

The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

.....
David Robinson
Chair
Date:

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

1. General information

Victoria Park Harriers and Tower Hamlets AC is a charitable company limited by guarantee and is registered with the Charity Commission (Charity Registered Number 1091712) and Registrar of Companies (Company Registration Number 04324630) in England and Wales.

In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity. The address of the registered office is given in the Charity information on page 1 of these financial statements.

The nature of the Charity's operations and principal activities are detailed in the Trustees' Annual Report.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Victoria Park Harriers and Tower Hamlets AC meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

The financial statements are presented in sterling which is the functional currency of the Charity and rounded to the nearest pound.

2.2 Going concern

The financial statements have been prepared on a going concern basis. The Trustees have considered relevant information, including the annual budget and forecast future cash flows in making their assessment. Based on these assessments and having regard to the resources available to the entity, the Trustees have concluded that there is no material uncertainty and that they can continue to adopt the going concern basis in preparing the annual report and accounts.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

2. Accounting policies (continued)

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity and it is probable that they will be fulfilled.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the Charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

The Charity receives grants in respect of furthering its charitable objectives. Income from grants are recognised at fair value when the Charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Investment income is earned through holding assets for investment purposes such as shares and property. Where it is not practicable to identify investment management costs incurred within a scheme with reasonable accuracy the investment income is reported net of these costs. It is included when the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the Bank.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Support costs are those that assist the work of the Charity but do not directly represent charitable activities and include office costs, governance costs and administrative costs. They are incurred directly in support of expenditure on the objects of the Charity. Where support costs cannot be directly attributed to particular headings they have been allocated to expenditure on charitable activities on a basis consistent with use of the resources. Governance costs are those incurred in connection with the running of the Charity and compliance with constitutional and statutory requirements.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

2. Accounting policies (continued)

2.4 Expenditure (continued)

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.7 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following bases:

Freehold property	- 10 - 50 years
Athletics equipment	- 5 years

2.8 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

2. Accounting policies (continued)

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

2.12 Financial instruments

The Charity only holds basic Financial Instruments. The financial assets and financial liabilities of the Charity are as follows:

Debtors - trade and other debtors (including accrued income) are basic financial instruments and are debt instruments measured at amortised cost as detailed in Note 12. Prepayments are not financial instruments.

Cash at bank – is classified as a basic financial instrument and is measured at face value.

Liabilities – trade creditors, accruals and other creditors will be classified as financial instruments, and are measured at amortised cost as detailed in Note 13. Deferred income is not deemed to be a financial liability, as in the cash settlement has already taken place and there is simply an obligation to deliver charitable services rather than cash or another financial instrument.

2.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

3. Critical accounting estimates and areas of judgment

Estimates and judgments are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The Charity makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are discussed below.

- Allocation of support costs
- Depreciation rates for tangible fixed assets

4. Income from donations

	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Donations	300	300	340
Total 2024	340	340	

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

5. Income from charitable activities

	Unrestricted funds 2025 £	Total funds 2025 £	<i>Restated Total funds 2024 £</i>
Coaching income	10,000	10,000	9,560
Membership subscriptions	50,675	50,675	45,056
Sale of club kit	1,319	1,319	1,503
Total 2025	<u>61,994</u>	<u>61,994</u>	<u>56,119</u>
<i>Total 2024</i>	<u>56,119</u>	<u>56,119</u>	

Coaching income represents the provision of coaching to local schools, which is funded directly by London Borough of Tower Hamlets and / or the schools involved in the programmes.

6. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2025 £	Total funds 2025 £	<i>Restated Total funds 2024 £</i>
Cottage rental income	20,865	20,865	17,655
Hall hire	41,386	41,386	39,007
Bar sales	14,312	14,312	9,944
Total 2025	<u>76,563</u>	<u>76,563</u>	<u>66,606</u>
<i>Total 2024</i>	<u>66,606</u>	<u>66,606</u>	

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

7. Analysis of expenditure by activities

	Activities undertaken directly 2025 £	Support costs 2025 £	Total funds 2025 £
Providing facilities for public recreation	46,711	99,294	146,005
	<i>Restated Activities undertaken directly 2024 £</i>	<i>Restated Support costs 2024 £</i>	<i>Restated Total funds 2024 £</i>
Providing facilities for public recreation	45,545	97,028	142,573

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Total funds 2025 £	<i>Restated Total funds 2024 £</i>
Coaching fees	5,820	5,040
Awards	661	1,487
Club Kit	2,008	4,948
Travel and subsistence	13,981	14,947
Affiliation, entry and track fees	21,981	17,791
Medical cover	240	-
Athletics equipment	765	199
Training	1,255	1,133
	46,711	45,545

Analysis of support costs

	Total funds 2025 £	<i>Restated Total funds 2024 £</i>
Depreciation	41,414	40,820
Rates and utilities	26,877	31,019
Insurance	4,604	4,364
Repairs and Maintenance	11,973	14,348
Sundry expenses	1,860	925
Governance	4,860	800
Bar restock	7,706	4,752
	99,294	97,028

All governance costs relate to independent examiners fees, further details of which can be found in Note 8.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

8. Independent examiner's remuneration

	2025	<i>2024</i>
	£	£
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	4,860	<i>4,380</i>

9. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2024 - £NIL).

The Charity has no employees (2024 - Nil) and the Trustees are considered to be the Key Management Personnel.

During the year ended 31 March 2025, travel and subsistence expenses totalling £11,337 were reimbursed or paid directly to 6 Trustees (2024 - £16,134 to 8 Trustees).

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

10. Tangible fixed assets

	Freehold property £	Athletics equipment £	Total £
Cost or valuation			
At 1 April 2024	1,750,450	71,230	1,821,680
Additions	-	5,940	5,940
At 31 March 2025	1,750,450	77,170	1,827,620
Depreciation			
At 1 April 2024	741,818	71,230	813,048
Charge for the year	40,820	594	41,414
At 31 March 2025	782,638	71,824	854,462
Net book value			
At 31 March 2025	967,812	5,346	973,158
At 31 March 2024	1,008,632	-	1,008,632

The land and buildings were purchased by a club trust in 1961, which preceded the incorporation of the Charitable Company and was transferred to the Charity in 2003. The land and buildings were revalued by the Trustees in 2008. This revaluation (original value - £nil) is matched by a designated fund which reduces by the amount of depreciation each year.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

11. Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 April 2024	19,749
Revaluations	1,134
At 31 March 2025	20,883
Net book value	
At 31 March 2025	20,883
At 31 March 2024	19,749
All fixed asset investments are held in the UK.	

12. Debtors

	2025 £	2024 £
Due within one year		
Prepayments and accrued income	4,848	4,604
	4,848	4,604

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

13. Creditors: Amounts falling due within one year

	2025	2024
	£	£
Other creditors	1,851	1,851
Accruals and deferred income	4,860	4,380
	6,711	6,231

DRAFT

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

14. Statement of funds

Statement of funds - current year

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2025 £
Unrestricted funds						
Designated funds						
Building improvements	60,635	-	(12,820)	(4,003)	-	43,812
Revalued property fund	947,997	-	(28,000)	4,003	-	924,000
Gym refurbishment	3,000	-	-	(3,000)	-	-
	<u>1,011,632</u>	<u>-</u>	<u>(40,820)</u>	<u>(3,000)</u>	<u>-</u>	<u>967,812</u>
General funds						
General Funds - all funds	213,363	139,894	(100,101)	3,000	1,134	257,290
Total Unrestricted funds	<u>1,224,995</u>	<u>139,894</u>	<u>(140,921)</u>	<u>-</u>	<u>1,134</u>	<u>1,225,102</u>
Restricted funds						
Fitness for Sport Project	4,443	-	(4,443)	-	-	-
Other minor projects	641	-	(641)	-	-	-
	<u>5,084</u>	<u>-</u>	<u>(5,084)</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total of funds	<u><u>1,230,079</u></u>	<u><u>139,894</u></u>	<u><u>(146,005)</u></u>	<u><u>-</u></u>	<u><u>1,134</u></u>	<u><u>1,225,102</u></u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2024 £</i>
Unrestricted funds						
Designated funds						
Building improvements	73,455	-	-	(12,820)	-	60,635
Revalued property fund	975,997	-	-	(28,000)	-	947,997
Gym refurbishment	3,000	-	-	-	-	3,000
	<u>1,052,452</u>	<u>-</u>	<u>-</u>	<u>(40,820)</u>	<u>-</u>	<u>1,011,632</u>
General funds						
General Funds	<u>190,704</u>	<u>123,879</u>	<u>(142,753)</u>	<u>40,820</u>	<u>713</u>	<u>213,363</u>
Total Unrestricted funds	<u>1,243,156</u>	<u>123,879</u>	<u>(142,753)</u>	<u>-</u>	<u>713</u>	<u>1,224,995</u>
Restricted funds						
Fitness for Sport Project	4,443	-	-	-	-	4,443
Other minor projects	641	-	-	-	-	641
	<u>5,084</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>5,084</u>
Total of funds	<u><u>1,248,240</u></u>	<u><u>123,879</u></u>	<u><u>(142,753)</u></u>	<u><u>-</u></u>	<u><u>713</u></u>	<u><u>1,230,079</u></u>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

14. Statement of funds (continued)

Designated funds

Building Improvements

Funds have been set aside to match the net book value of the building improvements with funds being transferred each year to general funds to match the depreciation charge less additions in the period.

Revalued Property Fund

Similarly a fund has been set aside to match the net book value of the revalued property with funds being transferred each year to general funds to match the depreciation charge.

Gym Refurbishment

A sum has been set aside by the Trustees to cover the refurbishment of Mile End Gym where costs are not covered by grants received.

Restricted Funds

Tower Hamlets Fitness for Sport Grant

The Tower Hamlets Council Fitness for Sport Grant was received by the Charity in 2016. This fund was used to fund wheelchair coaching and the provision of coaching in local schools. This has now been fully expended.

Other minor projects

This was funding received for the summer scheme and satellite clubs which has now been fully expended.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2025 £	Total funds 2025 £
Tangible fixed assets	973,158	973,158
Fixed asset investments	20,883	20,883
Current assets	237,772	237,772
Creditors due within one year	(6,711)	(6,711)
Total	1,225,102	1,225,102

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2024 £</i>	<i>Restricted funds 2024 £</i>	<i>Total funds 2024 £</i>
Tangible fixed assets	1,008,632	-	1,008,632
Fixed asset investments	19,749	-	19,749
Current assets	202,845	5,084	207,929
Creditors due within one year	(6,231)	-	(6,231)
Total	1,224,995	5,084	1,230,079

16. Prior year adjustment

The Trustees have reviewed the classification of income and expenditure and have determined that the prior year statements were not reflective of their actual operations. As a result, prior year adjustments have been created to reclassify items to their appropriate income and expenditure codes to assist with comparative analysis.

17. Related party transactions

There were no related party transactions in the year (2024 - £NIL).

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

England & Wales - Charity number 1091712

Accounts

Private and Confidential

Victoria Park Harriers and Tower Hamlets AC
St Augustine's Hall
Cadogan Terrace
London
England
E9 5EG

MHA
910 The Crescent
Colchester Business Park
Colchester
Essex
CO4 9YQ

To Whom it may concern

CONFIRMATION OF REPRESENTATIONS

We confirm to the best of our knowledge and belief that the following representations are made on the basis of having made appropriate enquiries of other trustees and officials of the charity with relevant knowledge and experience and, where appropriate, of inspection of supporting documentation sufficient to satisfy ourselves that, the following representations can be properly made to you in connection with your independent examiner's report on the charity's financial statements for the year ended 31st March 2024:

1. General

We have fulfilled our responsibilities as trustees as set out in the terms of your engagement letter dated 22nd February 2024 under the Charities Act 2011 for preparing financial statements which give a true and fair view in accordance with United Kingdom Accounting Standards (UK Generally Accepted Accounting Practice) (UK GAAP), including the Statement of Recommended Practice, 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102), issued by the joint SORP making body, and for making accurate representations to you.

2. The charity is entitled to exemption from audit and at no time during the year fell into an excluded category. We confirm that the members have not required the charity to obtain an audit of its financial statements for the financial year.
3. We acknowledge that the work performed by you is substantially less in scope than an audit performed in accordance with International Standards on Auditing (UK) and that you do not express an audit opinion.
4. We have made available to you all documents, including minutes of management meetings, necessary for your report. All the charity's transactions have been properly reflected and recorded in the accounting records produced to you. We have not withheld any information, the knowledge of which would cause you to take a different view in your report.
5. The financial statements are free of material misstatements, including omissions.

6. Internal control and fraud

We acknowledge our responsibility for the design, implementation and maintenance of internal control systems to prevent and detect fraud and error. We have disclosed to you the results of our assessment of the risk that the financial statements may be materially misstated as a result of fraud.

We are not aware of any actual, suspected or alleged instances of fraud or irregularities affecting the charity involving management, employees who have a significant role in internal control, volunteers or anyone else where the fraud or irregularities could have a material effect on the financial statements.

7. We confirm we have disclosed to you all information in relation to allegations of fraud or suspected fraud affecting the charity's financial statements communicated by current or former employees, analysts, regulators or others.

8. Going concern

We believe that the charity's financial statements should be prepared on a going concern basis on the grounds that current and future sources of funding or support will be adequate for the charity's needs. We also confirm our plans for future action(s) required to enable the charity to continue as a going concern are feasible. We have considered a period of twelve months from the date of approval of the financial statements. We believe that no further disclosures relating to the charity's ability to continue as a going concern need to be made in the financial statements. We are not aware of any material uncertainties or doubts about the ability of the charity to continue as a 'going concern' for the foreseeable future.

9. Laws and regulations

We are not aware of any events which involve possible non-compliance with statute, regulations, contracts, agreements or the charity's constitution which might prejudice the charity's going concern status or that might result in the charity suffering significant penalties or other loss.

10. Assets and liabilities

The charity has satisfactory title to all assets and there are no liens or encumbrances on the charity's assets, except for those that are disclosed in the notes to the financial statements.

11. We have recorded, as appropriate, all liabilities, both actual and contingent and have disclosed in the notes to the financial statements all guarantees that we have given to third parties.
12. We have no plans or intentions that may materially alter the carrying value and where relevant the fair value measurements or classification of assets and liabilities reflected in the financial statements.

13. Accounting estimates

The methods, data and significant assumptions used by us in making accounting estimates, and their related disclosures, are appropriate to achieve recognition, measurement and disclosure that is reasonable in the context of the UK GAAP financial reporting framework, including the Statement of Recommended Practice 'Charities SORP (FRS102) (second edition – October 2019), issued by the joint SORP making body.

14. Loans and arrangements with officers

The charity has not granted any advances or credit facilities or made guarantees on behalf of directors or trustees other than those disclosed in the financial statements.

15. Legal claims

All claims in connection with litigation that have been, or are expected to be, received have been properly accrued for in the financial statements.

16. Ultimate controlling party

There is no ultimate controlling party.

17. Transactions with related parties

Related party relationships and transactions have been appropriately accounted for and disclosed in the financial statements. We have disclosed to you all relevant information concerning such relationships and transactions and are not aware of any other matters which require disclosure in order to comply with the requirements of the Charities Act 2011 or accounting standards.

18. Subsequent Events

All events subsequent to the date of the financial statements which require adjustment or disclosure have been properly accounted for and disclosed.

19. Grants and donations

All grants, donations and other income, the receipt of which is subject to specific terms or conditions, have been notified to you. There have been no breaches of terms or conditions during the period in the application of such income.

20. Electronic publication of accounts

We do not intend to distribute or publish the financial statements in electronic form,

21. Expenditure recognition

We confirm the following explanations provided in relation to expenditure recognition:
Travel and subsistence expenditure increased by a material amount in the year, and this is due to the closure of Tower Hamlets Community which supplied minibuses. As a result, coaches and other private providers had to be used as an alternative.
Light and heat expenditure increased by a material amount in the year, and this is due to price increases from suppliers for gas and electricity, as well as the introduction of Wi-Fi costs not previously recognised within this category.

Yours faithfully

David Robinson

.....

.....

Signed on behalf of the trustees:

March 28, 2025

Date of approval of accounts by Board:

Company registration number: 04324630
Charity registration number: 1091712

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

CONTENTS

	Page
Reference and administrative details of the Charity, its Trustees and advisers	1
Chairman's statement	2 - 4
Trustees' report	5 - 18
Trustees' responsibilities statement	19
Independent examiner's report	20
Statement of financial activities	21
Balance sheet	22
Notes to the financial statements	23 - 39

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2024

Trustees	David Robinson, Chair Cornelia Abe-Minale Simon Wharton (appointed 28 November 2024) Matthew Dawson Jade Dos Santos (appointed 5 September 2023) James Hirst (appointed 22 June 2023) Alan Macdonald (appointed 22 June 2023) Nathaniel Rowland (appointed 22 June 2023) Elizabeth Venables Alf Vickers Valerie Wong Vendula Dohnalova (resigned 28 November 2024) Lily Zechmann (resigned 28 November 2024)
Company registered number	04324630
Charity registered number	1091712
Registered office	24 Blackberry Court Woodmill Road London E5 9GE
Independent Examiner	MHA Chartered Accountants 910 The Crescent Colchester Business Park Colchester Essex CO4 9YQ
Bankers	HSBC Plc 20-21 Electric Parade George Lane London E18 2LX

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024**

The chairman presents his statement for the year:

It's been another very successful year for the club and its members and with a steady stream of new members training and racing with us both Track & Field and Road & XC. This new XC season has started really well both in the Chingford and Met Leagues and in 'one off races. Throughout the year many members have also competed in ultra marathons, marathons, half marathons and Fell races. Locally, again we had a significant club presence in both the Hackney Half and Big Half. The captains reports will cover racing in detail. We are particularly pleased to have been able to add a Thursday middle distance training group at the track promoted by Alan as a supplement to the existing track training sessions on Tuesdays. This group was originally coached by Rachel McDonald who still designs the sessions which are now coordinated by Lily Zechmann.

Thanks

On behalf of all club members, it's a privilege for me to thank so many club members who have devoted so much of their time and energy over the past year to support the club and assist athletes in achieving new goals. Most of these Volunteers and Coaches are listed below:

Board Members

A huge thanks to all board members who have served throughout the year Cornelia, Alf, Bessie, Alan, Valerie, Lily, Jade, James Hirst and Nat, both in their appointed roles and also for their numerous other responsibilities and contributions to the club.

Thanks to Vendy who stood down as club secretary and moved to Reading but has remained a club member.

We are pleased to welcome Simon Wharton who took over from Vendy in March and to Matthew Dawson - Club Welfare Officer representative on the Board.

Club Coaches and Leaders

Thanks to all our coaches, leaders and the growing number of volunteers who have joined teams and been appointed into new roles. Thanks to:

- Cornelia Abe-Minale (Athletics Coach Endurance)
- Tony Bunbury (Jumps, Speed, Throws, Endurance)
- Kelvin Richards (Level 2 coach - Jumps, Assistant Coach)
- Margaret Nelson (Attendance secretary - Mile End Track Juniors)
- Alf Vickers (Level 3 coach, Hurdles, Speed)
- Claudine Vickers (Level 2 speed, Level 1 Assistant Coach)
- Mick Cairns (Leadership in Running Fitness) Lead coach for Tuesday structured speed work at the community track), Membership Admin
- Steve Hobbs (Coach in Running Fitness) Lead coach for the Thursday Project V Sessions and additional informal training groups. Road Race organiser
- Ammaarah (Mara) Hafezi (First, Aid, Leadership in Running Fitness, Safeguarding in Athletics for the new 'Couch to 5k sessions
- Simon Wharton. Membership Admin
- Joe Dale (First Aid, Leadership in Running Fitness, Safeguarding in Athletics), Support coach for Tuesday community track sessions and 'Couch to 5k' sessions
- Annie Gammon. (Leadership in Running Fitness, Safeguarding in Athletics, 'Couch to 5k.
- Simeon Bennet - Support leader for Tuesday community track sessions & Project 'V'
- Lydia Briggs – Women's Met League Team Manager,
- David Jones – Men's Met League Team Manager
- Helen Goddard - 3 Bridges Race Organiser

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024**

- Captains Lily, James & Jade and Volunteers Miry, Lydia, Anna, & all those leading and pacing the different Thursday Tempo runs
- Joyce Berry - Chingford League Team manager with support from Lydia, Sim and numerous other volunteers.
- Anna Fielderova - Track Judge, Handicap Team Organiser with Timekeepers Major &
- Richard and numerous other volunteers marshals
- Gigi Giannella - Welcome Run organiser

Welfare Officers:

- Matthew Dawson and Eilidh Wagstaff - Lead Welfare Officers
- Erica Brown and Joe Dale - Back-up Welfare officers

The many Volunteers, Parents and Carers who helped organise, marshal & assist at Track and Road & XC Races

Membership Admin Team: Mick Cairns, Aminah Francois & Simon Wharton and Neil Cook, previous Membership Admin

The Bar & Social Events Team: Paul Turley, Susan Leese, Sophie Critchlow & Marlis Hasse assisted by numerous Volunteer helpers and Thursday evening cooks.

Clubhouse - facilities operated by 'partner' organisations / individuals.

Following significant improvements and alterations carried out during 2022, we have continued to extend and expand the use of the clubhouse as a fitness centre both for club members and also for a wider section of our local community. These activities include:

- Member-led Gym sessions on Wednesdays and Fridays
- Fabien Lassonde (Victoria Park Fitness) Strength and Conditioning coaching for runners and triathletes
- Pilates / Yoga studio with Sam White (Victoria Park Pilates), Gail Wilkinson (Yoga for runners),
- Duncan Orrock (Pilates classes) and others.
- Joe Dale (Victoria Park Sports Medicine)
- Mums Fit - postnatal exercise classes to improve strength, fitness and posture.

Mile End

Mile End Stadium is now managed Tower Hamlets. Previously it was managed by Better on behalf of Tower Hamlets. Junior club members and club coaches running junior sessions have free access to the track at club training times.

We have a Gym at the track which is partially back in use and we are in ongoing discussion with Tower Hamlets assisted by England Athletics Club Support Manager (London/South East) Amy Murtagh to bring this back into full use, which will require some investment on improvements and continuing maintenance of fitness machines and equipment.

Club Website

The club website is managed by Lee Butler and with input from Club Captains, Adam Millbery with fixtures updates and a number of race report writers. We are aware that it is not always up to date and this is an area where we do need to make some further improvements.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024**

Len Williams

In March this year, very sadly we said goodbye to Len Williams, a long standing club member whose running career with the club stretched back to the early fifties. He was a good quality distance runner who right from a young age competed at County standard. He also met his wife at the club. More recently many club members will have got to know him as a volunteer, and particularly timekeeping with Major at handicaps and a variety of club races. A lovely, perennially cheerful man, we all miss him.

Vphthac

On behalf of the Board, I wish you all safe and well over the coming club year and many thanks to all existing and our many new club members for the value and enthusiasm you all bring to the club, for your achievements big and small that we all enjoy and celebrate. We are committed to our ethos of maintaining a strong, caring, inclusive and supportive club, and to build on our achievements and reputation as one of the leading athletics clubs in the London area and increasingly recognised regionally and nationally.

David Robinson
.....
David Robinson
Chairman
Date: March 28, 2025

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

The Trustees present their annual report together with the financial statements of the Charity for the year ended 31 March 2024. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution:

Victoria Park Harriers & Tower Hamlets AC is a company limited by guarantee which is also registered as a charity and is under the management of a Board of Trustees. Victoria Park Harriers & Tower Hamlets AC was registered as a charity with the UK Charity Commission on 23 April 2002.

Purposes:

The purpose of the Charity, as per its Memorandum and Articles of Association, is the provision of facilities for public recreation or other leisure time occupation and in particular athletics in the interest of social welfare, with the object of improving the conditions of life of those who reside and work within East London. The main activities undertaken in relation to the purposes of the Charity, as per its governing document, have been described further in the Activities and Achievements section of this report.

Public Benefit:

In setting objectives and planning for current and future activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to Public benefit, including the guidance 'Public benefit: running a charity (PB2)'. All activities have been undertaken for the furtherance of Public Benefit.

Method of appointment or election of Trustees:

The articles of the Charity state there should be a minimum of three trustees. At every annual general meeting one third of the trustees who are subject to retirement by rotation or, if their number is not three or a multiple of three, the number nearest to one third retire from office.

No person other than a trustee retiring by rotation shall be appointed or reappointed a trustee at any general meeting unless he is recommended by the trustees, or a notice proposed by a member eligible to vote at the meeting, and executed by the proposed person, has been given to the trustees within set time limits before the AGM as prescribed in the articles of the Charity.

Organisational structure and decision making:

The business of the Charity is managed by the trustees who may exercise all powers of the Company.

ACTIVITIES AND ACHIEVEMENTS

Women's Road & XC Report 2024 (Jade Dos Santos and Lily Zechmann)

The past year has been a brilliant one for VPH&THAC women. There has been a real sense of team spirit and camaraderie, which has resulted in some amazing performances, achievements, and memories.

Met League 2023/4

Starting off with the Met League 2023/4 season—an amazing season—we were so close to securing the Howard Williams Trophy for the most points from combined men's and women's teams, with only a few points separating us from 1st place. There was much to celebrate:

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

- **Kelly Clark** – 1st Vet Woman
- **Jade Dos Santos** – 4th Overall
- **Women's Vet A** – Win
- **Women's A Team** – 2nd place
- **Lydia Briggs** – 9th place
- **Lily Zechmann** – 17th place

It was a brilliant season, with a real team ethos evident throughout. There was a collective drive to represent the club and support one another. The 2023/4 season felt like the culmination of many years of hard work, encouragement, and league promotion. Just a few years ago, we struggled to field full teams in the Met League...

As always, post-race analysis was provided by Neil Cook, a die-hard Met League fan. For the women, this was the 4th season out of the last 5 that we finished 2nd to Heathside. The men scored their highest-ever points total this year, surpassing the previous total by over 300 points. The women lost to Heathside by a mere 48 points across the 5 races.

Met League 2024/5

We got off to a strong start in the first Met League fixture of 2024. We had a clean sweep, with victories in both the senior men's and women's races. The women won by a total of 20 points, with a standout team performance. A total of 31 women made the trip to Claybury to compete, compared to just 19 in the 2022/3 fixture. This was the first-ever Met League fixture where both the women's and men's teams took the win, giving us a great start to secure the Howard Williams Trophy.

Strong individual performances from Claybury included:

- **Jade Dos Santos** – 5th
- **Laura Kaye** – 7th
- **Cat O'Shea** – 14th
- **Lydia Briggs** – 15th
- **Laura Thompson** – 18th
- **Kelly Clark** – 1st V40 Woman, 16th Overall

Following Claybury, a new course at Horsenden Hill for the second fixture of the season saw 34 women travel to West London to compete. More women competing at these events is something we hope to continue seeing grow throughout this season and beyond. Of the 93 athletes making the trip to West London, women accounted for approximately a third. Despite the higher women's attendance compared to Claybury, we narrowly missed out on the top spot to Thames Valley Harriers by only seven points. However, we extended our lead by 34 points.

Strong individual performances from Horsenden Hill included:

- **Ciara Boyd-Squires-Long** – Fantastic debut, 2nd place, staying close to the lead throughout
- **Jade Dos Santos** – 6th
- **Laura Thompson** – 14th
- **Lydia Briggs** – 15th
- **Kelly Clark** – 1st V40 Athlete, 20th Overall

Currently, both our Women's A Team and Vets A Team are in 1st place, while our Women's B Team is in 5th and our Vets B Team is in 9th. This shows the strength and depth of our women's teams. We hope to continue this trend of growing women's participation alongside strong team performances. We're aiming for a historic year.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

North London XC Championships

The North London XC Championships saw some brilliant results, reflecting the strength and depth of running at VPH. Our women's team brought home the 1st Women's Team trophy, and our B Team came 3rd overall. Not only did four VPH women place within the top 10, but for some, this was their first foray into cross-country racing, including **Olivia Nugent**, who took up running in May this year and placed 35th overall.

Road Achievements

Over the past year, we've witnessed some amazing achievements on the road from VPH&THAC women. Marathons and half-marathons continue to be key events for many of our runners. Here are a few noteworthy achievements and personal bests:

- **Laura Thompson** – 79:52 at the Cambridge Half Marathon
- **Molly Bryan** – 80:08 at the Balf Half
- A number of our women have secured sub-85-minute half-marathons, including **Lydia Briggs**, **Cat O'Shea**, **Hannah Somani**, and **Emily Seagar**.

While the club marathon record remains intact—held by **Mandy Dohren** with an impressive 2:52:44—we've had some athletes break the 3-hour barrier this past year:

- **Lydia Briggs** – 2:57:38
- **Cat O'Shea** – 2:58:11
- **Valerie Wong** – Exactly 3:00:00

Katrin Flikschuh ran an incredible 3:14:27, which ranks her 2nd in the UK for V60 in the marathon distance. This is an incredible achievement from Katrin.

We've also seen several women, through hard work and determination, improve on their marathon PB, including **Miry Mayer**, who knocked 21 minutes off her previous marathon PB at the Berlin Marathon, securing 3:56:06, and **Jess Hannah**, who took 13 minutes off her previous PB to secure 3:24 at the London Marathon 2024. Speaking to Miry about her Berlin experience, it is evident that she felt the VPH support in the air during her Berlin Marathon experience, feeling assured that VPH members were diligently tracking and supporting her from afar.

We've also witnessed impressive performances in both 5k and 10k road races, with our women continuing to improve on their PBs.

Several women competed in the Friday Night Under the Lights event at Battersea Park in September, with PBs across the board. Here, **Jade Dos Santos** broke the club 5k record (previously set by **Rachel Thomas** in 2019) with a time of 17:24. Other strong performances came from **Mia Wenchy** (18:06), **Emily Seagar** (18:29), **Clare Hartley-Majoran** (18:39), and **Valerie Wong** (19:14), who is currently ranked 148th V35 in the UK. Many women are working hard to beat their previous bests, and I hope to see this record broken again in the coming months and years with the support of our coaches.

We have also witnessed continued hard work and progression from **Honor Sharp**, who has brought her 5k PB down from 28 minutes to 19:55. I am excited to see what's to come from Honor!

Katrin Flikschuh is currently ranked 4th for the 5k distance for V60 women, with a time of 20:14.

Over the past year, **Hannah Somani** set a new 10k PB with a time of 37:15 at the Trafford 10k, improving from her previous best of 37:37. We have also witnessed many athletes continually improve on their personal bests. **Ruby James**, U17 Junior, secured 39:50. **Hazel Norton Hale**, V40, also secured an impressive PB of 40:52, being ranked 205th V40 in the UK for this distance. Additionally, we had a great team of attendees at the Pride

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024**

10k in September, held in Victoria Park. Here, many VPH women secured PBs in this distance—**Aoife Murray**, **Honor Sharp**, and **Josselin Polini**—and VPH women won the team prize.

We also fielded a team for the ERRA National Road Relays held in Sutton Park on October 5th, where we placed 28th out of 69 teams. The team included **Emily Seager**, **Mia Wenchy**, **Laura Kaye**, and **Jade Dos Santos**. The sense of team spirit amongst athletes was evident, with the team making the journey up to Manchester to compete.

The sense of community is evident with many solo endeavors from VPH&THAC athletes, continuing to raise the club's profile and achievement record. Most notably:

- **Crews to Coast - Robin Norton Hale**, **Valerie Wong**, **Cat O'Shea**, and **Jess Hannah** took part in a 160km relay race from City to Seaside in July. Their strategy was safetyfirst, meaning they ran a longer route than other competitors. If we take distance into account, they would have been the quickest all-women team of the day. Nonetheless, an impressive show of endurance from this team on the day.
- **Isle of Wight Fell Running Championships**, September 2024 - **Cat O'Shea** took the overall Women's win, making this the second year in a row that the women's title was won by a VPH&THAC woman, with **Hazel Norton Hale** taking the win in 2023. This marked the 6th time since 2008 that VPH&THAC women won the team event, with strong racing from **Hazel**, **Cat**, and **Erica Brown**. **Hazel** took home the V40 gold, **Cat** the overall win, and **Elaine Battson** took silver in the V50 category!

Track Achievements

- **Molly Bryan** secured an impressive 17:35 in the 5000m.
- Both **Lydia Briggs** and **Jade Dos Santos** qualified for the Night of the 10,000m PBs, where they raced alongside some elite competition.

Thank You

A huge thank you to everyone who has contributed to the success of these women's performances. To name a few:

- **Adam Millbery**, who has provided invaluable support in his role as Fixtures Secretary, providing comprehensive information for all upcoming fixtures.
- **Lydia Briggs** and **David Jones**, who have led the Met League administration, promotion, and logistics, supporting the team to its current league positioning.
- **Lily Zechmann**, Women's Club Captain, who has provided steadfast support throughout her role over the past few years, fostering and facilitating a positive women's team ethos and building participation rates. It has been a pleasure collaborating with Lily to support women's performance.
- We extend our heartfelt gratitude to numerous club members who have contributed tirelessly to sustain and nurture our club, including Chairman **Dave** and the entire Board, as well as individuals like **Major Carr**, **Simeon Bennett**, and everyone on the membership team.
- Thank you to all of the coaches who continually support our athletes to improve.

Outlook for 2024

As 2023 draws to a close, we have much to celebrate. Our membership continues to expand, and our commitment to fostering participation in both weekly runs at the clubhouse and races remains unwavering. Our goal for the upcoming year is to further increase women's participation in race events, including Cross Country and Athletics, build a formidable women's team, and continue our efforts to promote diversity and welcome new members into our club.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Middle Distance Training Group Highlights in 2024 - Lily Zechmann

In May, the **Middle Distance Training Group** took off under the guidance of Coach Rachel McDonald. Created for athletes specialising in 800m, 1500m, 3000m, and even 5000m, the group aimed to provide dedicated training for senior members focusing on these distances, particularly those interested in track racing. Now largely member-led, the group continues to meet every Thursday at Mile End, offering a valuable alternative for those not focused on longer races like 10K or beyond.

The group's members have enjoyed a strong season of performances. **Samantha Lamb** ran a solid **2:34 in the 800m** at the Watford Meet in September and followed it up with a strong effort in the 1500m at the Masters Open Track and Field Championships. **Adam Lacey** returned to the 800m after years away from the distance, clocking an impressive **2:00** at the Mile End SAL. Laura Hindley, another returnee to middle-distance racing, shone at the SAL events, delivering strong performances in the 800m and 1500m at Mile End—her first time racing these distances since 2012!

There were personal bests too—**Matthew Dawson** achieved a **17:03** in the 5000m at the Dartford SAL. Meanwhile, **David Jones**, a consistent attendee, made strides in both middle-distance races and the steeplechase, which he took on for the first time this year. David has returned to middle-distance running after competing in these events back in 2017, showing great progress this season.

The Middle Distance Training Group has become a valuable resource for athletes keen to compete in these distances or work on their speed. It continues to offer an encouraging space for those looking to challenge themselves and improve on the track.

Men's Road & XC Report 2024 (James Hirst and Nat Rowland)

A positive year for the men's side of the club with progress made across all major events. Starting on our two main focus points from the year:

Met League 2023/24

A second placed finish for our Men's squad behind Highgate (again!). An increase in our points from 2022 wasn't enough as Highgate also increased their points total. We hoped our consistent second place finishes would be enough to help the club achieve the Howard Williams trophy, unfortunately we needed a victory on the final fixture where we couldn't quite overcome a depleted Highgate squad.

Highest individual point scorers across the Met League season from:

Alex Lawrence – 4th
James Hotham – 6th
Paul Martelletti – 12th
Julien Lepretre – 19th
Dom Howarth – 23rd
Nat Rowland – 30th
David Jones – 36th

Success followed across our B & C squads as well as our Vets performances:

- Men's B won Division 2 and promoted
- Men's C won Division 3 and promoted
- Men's Vets won Division 1
- Men's Vets B won Division 2 and promoted

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

- Men's Vets C won Division 3 and promoted

On an individual level:

- Paul Martelletti top Vet
- David Jones 6th
- Alex Douglas 9th
- Neil Cook 10th

We go again in 2024/25

Road Relays

12 Stage Road Relays – Spring 2024

An impressive set of results for the men's squad with our highest results ever at both Southern and National Road Relay events. At Milton Keynes we finished 6th ahead of some more traditionally prestigious clubs. Alex Lawrence a star performer on the day coming back 2nd on the first leg.

Onto Nationals at Sutton Coldfield and another all-time highest finish of 18th. Alex Lawrence again the standout performance coming back in 3rd place at the end of our first leg.

What stood out across both Southern and National events is that the depth within our men's squad is really deep. 17 different VPH members turned out with no noticeable drop-off in performance.

6 Stage Road Relays – Autumn 2024

At Southern Road Relays, we fielded 2 teams. Our A team finishing 13th and our B team finishing 39th. The A team were 15 seconds away from a top 10 finish which is amazing with a race that lasts just under 2 hours. The margins are minimal. A returning John Payne produced the performance of the day with an incredibly impressive 16th place on a difficult second leg.

Notwithstanding an impressive pair of performances at Southern, it was disappointing that we were unable to field a team at National Road Relays a couple of weeks later. Reasons included availability and prioritising met league the week before. Work around our calendar planning needs to improve which we've discussed and put plans in place for next year. Beyond Met League and Road Relays, other notable performances and events across the year:

Chingford League

Another victory for the VPHTHAC Men's team, consistently finishing 1st or 2nd at each event. A win in the Seniors individual for Jamie Cornuauud. A win in the Masters category for Joe Dale.

Summer 5k Ladder

Again, we ran our summer 5k ladder to create a bit of competition across the group over the distance. Top 10:

1. Luca Minale – 14:07:02 (2nd claim)
2. Alex Lawrence – 14:17:25
3. Paul Martelletti – 14:45:50
4. Rich Bartram – 14:48:07
5. John Payne – 14:49:20
6. Adam Millbery – 14:55:30

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

- 7. Dom Howarth – 15:03:50
- 8. Tom Holliday – 15:05:00
- 9. James Hotham – 15:08:50
- 10. Seb Lewis – 15:11:00

Half Marathons/Marathons

Another year of stellar performances on the road with VPH contingent at big half marathon and major marathon events. Standout performances:

HM

- Alex Lawrence – Bath Half – 65:37
- Paul Martelletti – Wokingham Half – 68:38
- James Hotham – Manchester Half – 69:00 (PB)
- John Payne – Big Half – 69:18 (PB)
- Joe Walker – Paddock Wood Half – 69:24 (PB)

Marathon

- Alex Lawrence – London Marathon – 2:17:41 (PB)
- Tom Holliday – London Marathon – 2:24:56 (PB)
- Dave Prosser – Berlin Marathon – 2:26:47 (PB)
- Dom Baxter – Berlin Marathon – 2:28:22 (PB)
- Seb Lewis – London Marathon – 2:30:37 (PB)

2025

For 2025, we've set goals as a men's squad for what we want to try and achieve:

- Win Met League Division 1
- 2 teams participating at Southern 12-Stage Road Relays
- 2 team qualified for National 12-Stage Road Relays
- Top 15 finish at National 12-Stage Road Relays

2024 has been a great year for progress across the majority of our Men's Squad, building depth at the same time. With Met League, getting two teams in Division 1 will enable our strength in depth to hopefully allow us to be even more competitive. The season has started well so far, 1st after Claybury and Horsenden with a rampaging Highgate keeping us honest. Our B team is currently in 5th place which demonstrates the depth this club has. Our C team is top of Division 2.

As a Men's squad, there is going to be a more concerted effort to prioritise Road Relays in the Spring with teams confirmed shortly after the turn of the year.

2025 is hopefully the year for some rewards following a number of years of setting strong foundations and building a real community within our Men's Road and XC squads.

Track and Field (Alan MacDonald)

2024 was a good year for our Senior athletes on the track, showing healthy progress in both Participation levels and Performances, with strong momentum in middle distance events and among our Masters athletes.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Participation

A similar numbers of athletes, competing in more events

According to PO10, eighty three of our Senior athletes competed in licensed Track & Field competitions (not including our Track Mile Champs) in 2024, down slightly vs 2023, as an increase in women was offset by a fall in men. However, the aggregate number of events entered was up 5.9%, as the individuals competing typically attended more meetings. Notable increases came in middle distances (800, 1500m, 3000m) and 400m. Also Throwing events (albeit off low levels), partially offset by falls in Sprints and in Men's longer distances.

We aim to continue or expand the following initiatives to encourage more members to give Track & Field a try and further boost participation:

Middle Distance Training Group - established to supplement existing coaching sessions that typically focus more on longer distances for Road/XC. As noted in Lily's report, these sessions, planned by Rachel McDonald, have had a noticeably positive effect on T&F participation and performances.

Taster Coaching Sessions – providing opportunities for athletes to (re-)discover hidden talents for Jumps, Throws and Hurdling! As the season progressed, we became more competitive in these events at SAL meetings and we want to maintain positive momentum.

Track Mile Championship – Following a concerted campaign led by **Mick Cairns** to restore it, this was a very successful event. 53 athletes (42 seniors, 11 juniors) took part in seeded races, with **Lyra MacDonald** and **Rich Bartram** winning the trophies as Women's and Men's Club Mile Champions. It was great fun, providing many with their first track race in years (or ever)! We aim to obtain a licence and increase participation next year.

T&F Fixture List – With the help of Fixtures Secretary **Adam Millbery**, we'll continue to compile and publicise a wider list of fixtures for all, including multiple open meetings and masters events, as well as League meetings and Championships. The club was regularly well represented at Wimbledon, Battersea, Watford and Finsbury Park meetings this year, with several athletes recording PBs over multiple distances from 800 to 5000m. Meanwhile, our sprinters enjoyed great success at Stratford and Lee Valley.

Performance

Club Record Breakers in 2024

Athlete	Event	Record	Prev Hldr	Prev Perf	Date
Yusuf Bizimana	800m	1:44.80	Yusuf Bizimana	1:45.74	2023
Michael Shonibare	400m	47.02	Adrien Coulibaly	47.22	2017
Luca Minale *	5000m	14:07.02	Paul Martelletti	14:19.20	2018

* nb as a second claim member (but still one of our own!), Luca's time may not be credited as an official club record. Both **Yusuf Bizimana** (14.12.70 in 2021) and **Alex Lawrence** (14:17.25 this year) have also broken the previous 5000m record. We will thoroughly update and showcase all our Club T&F records in the new year.

Increased Number of Top UK Rankings

Many more of our athletes had great seasons, reflected in numerous PBs and a very strong increase in the number achieving high UK rankings. Even in the ultra-competitive Senior rankings, we saw an uplift, as our club record breakers, Yusuf, Michael and Luca, were joined in the UK Top 100 by **William Andoh** and **Michelvi Wamba** (our standout sprinters in the SAL), **Sam Hitchings** (Hammer), **Joshua Barrett-Mowatt** (Long Jump), **Rebecca Williams** (400m) and all four of our 10,000m finishers at Parliament Hill – **Lydia Briggs**, **Jade Dos Santos**, **Adam Millbery** and **Joe Walker**, who all ran PBs, with times high in the club's alltime rankings - bringing us up to twelve senior athletes ranked in the UK Top 100 in seventeen events vs five athletes in seven events last year.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

	2024				2023			
	Events		Athletes		Events		Athletes	
	Top 100	Top 20	Top 100	Top 20	Top 100	Top 20	Top 100	Top 20
Seniors	17	2	12	2	7	1	5	1
Masters	72	28	25	14	55	18	20	12

Masters Athletes Success

The uplift in rankings among our Masters athletes (over 35s, bracketed in five year age categories), was even more remarkable. See our [website story](#) for details. Notable Masters Championship successes and Top 10 UK rankings included:

Athlete	Cat.	Top 10 Rankings & Events	Masters Championships
Andre Dahlkamp	V50M	Pentathlon (5)	British 4th (Pentathlon), 5th (1500)
Joe Dale	V40M	2000SC (5)	
Steve Garrett (*)	V35M	400mH (1)	World Champs 2nd (400H)
Sam Hitchings	V35M	Hammer (9)	
David Jones	V40M	2000mSC (10)	
Sam Lamb	V50W	800m (7), 1500m (9)	VAC London 1st (800, 1500), World
Paul Martelletti	V40/45M	3000m (4/3), 5000m (3/2)	
Alan MacDonald	V55M	800m (6), 1500m (9)	British Indoor 2nd (800, 1500)
David Shortridge	V50M	100mH (9), 400mH (10)	British Indoor 2nd (400), World
Rebecca Williams	V35W	400m (2), 200m (4), 100m (6)	British Champs 1st (400)

(* Second Claim member)

Southern Athletics League – A strong finish after a difficult start

Our primary Senior T&F performance goal as a club is to push for promotion in the SAL. We ask all our athletes to prioritise SAL fixtures if possible (with consideration for preparing for major championships etc). This year, we under-achieved relative to our potential, as school exams, fixture clashes and injuries severely depleted our squad in our first two meetings. We bounced back, with a resounding victory at Mile End and the strongest showing of the season for our women at Hemel Hempstead, with Captains **Jade Dos Santos** and **Lily Zechmann**, both coordinating and leading from the front, and lifting us out of the relegation zone.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

Top 10 SAL Points Winners

Athlete	Mtngs	Points
Laura Hindley	3	47
William Andoh	3	30
Rich Bartram	2	30
Jade Dos Santos	3	28
Sam Hitchings	3	27
Jesse Katabazi	3	27
Emily Robinson	2	25
Lyra MacDonald	4	24
Edgar Wetherall	4	20
Michelvi Wamba	2	20

(* excludes contribution to relay results)

The SAL is not just for our top athletes. Anybody willing to have a go at some of the less populated events can help us fill slots and gain points. And all participants in all events, scorers and non-scorers, benefit from licenced timekeeping and officials. In total, 61 athletes scored points for us in 2024, with 12 more competing exclusively as non-scorers. And we had a lot of fun along the way! With better coordination and consistency, we can make a more sustained push for promotion next year. **Please mark your diaries with next year's fixtures now!**

1. Saturday 17th May: Stevenage
2. Sunday 22nd June: Luton
3. Sunday 13th July: Mile End
4. Saturday 30th August: Hemel Hempstead

Nominees for Athletes of the Year

Male

William Andoh - Our top male sprinter in the SAL, especially important after Ezekiel Lowe's injury, twice secured sprint double victories (100 and 200m). 4th in the SEAA Southern Champs. Ran a 100m PB of 10.51 (and a wind assisted 10.38) at Lee Valley.

Rich Bartram - Over a very active summer, ran PBs in 800m (1:54.28), 1500m (3:50.65), 3000m and 5000m, with times that rank in the club's all-time top 10 in at least three of the events. Scored maximum points for us in three events at two SAL meetings. Club Track Mile Champion.

Kai Fellows - Ran 49.58, finishing 6th in the EA English National U17 400m final. Finished 3rd in the SEAA Southern final, 6th in the English Schools final and was 12th ranked U17M in the UK.

Paul Martelletti - SBs of 8:41.80 over 3000m and 14:58.42 over 5000m ranked him 3rd and 4th V40M in the UK in 2024. After turning 45, Paul then ran the 3rd fastest 3000m (winning for us at the SAL) and 2nd fastest 5000m by a V45M in 2024 (and 7th fastest of all time)!

Michael Shonibare - equalled and then broke the Club Senior 400m record twice, cutting it to 47.02. 7th in the Senior EA English National Champs final, Middlesex County Champion and 35th ranked Senior Man in the UK. Male Athlete of the Match at the Mile End SAL.

Female

Betsy Agboola - PB of 40.39, when winning the SEAA Southern Champs, ranked her 9th U15W in the UK. Middlesex Champion, 5th at the EA English National Championships and finalist at English Schools Champs. Also ranked 37th over 200m.

Nereci Da Silva - Her Triple Jump PB of 11.91, winning the SEAA Southern Champs, ranked her 4th U17W and in the top 50 of all women in the UK in 2024. EA English National U17 Champion and Middlesex Indoor

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Champion.

Sam Lamb - Won V50W Gold over 800 and 1500m at the VAC London Champs. Competed at the World Masters in Gothenburg, only very narrowly missing out on the final. Ranked 7th in the UK over 800m and 9th over 1500m (and demonstrating her range, 28th over Half Marathon, with a PB of 86:49).

Michelvi Wamba - PBs of 11.91 over 100m and 24.32 over 200m rank her 18th and 13th U20W and 73rd and 80th among all women in the UK. Twice won sprint doubles at SALs and was female athlete of the match at Mile End. Missed our final SAL after receiving her first International call up for England, in a Home Countries international.

Rebecca Williams - Took gold in the 400m at the British Masters Champs, having recently turned 35. Her time of 56.74 ranks her 2nd V35W and top 100 among all women in the UK. She also ranks 4th V35W for 200m and 6th for 100m, running her fastest time since 2016.

Junior athletes report 2023-24 (Cornelia Abe-Minale)

The development of junior athletes is continuing to gain momentum. We are working hard to achieve strength and depth of performance in the individual trainings groups.

The club achieved 4th place in the **Youth Development League**, this is a strong result for us as we still do not have many field event specialists and U13 and U15 male sprinters. 4 athletes achieved qualification for **English Schools Track and Field Champs**:

Betsy Agboola Junior girls 300m , finalist

Kai Fellows, Inter boys 400m, finalist

Khalid Hussein Junior boys 800m

Lyra MacDonald Inter girls 1500m

Stand out athletes of the year:

Betsy Agboola, U15G 300m 40.39s , Gold SE Champs, Final in EA champs and English Schools, new club record

Kai Fellows U17B 400m 49.58s, 3rd SE champs, final in EA and English Schools champs

Nereci Da Silva U17G Triple jump 11.91m, 4th in the National ranking, Gold SE champs, Silver EA champs

Cross Country:

Our junior squad finished 3rd overall in the **Metleague** behind Shaftesbury Barnet and Woodford. Aidan Wolpert individually winning the U13B standings. 4 athletes qualified for the London team for **English Schools XC** champs in Pontefract, Khalid Hussein, Aneirin Lessard, Lyra MacDonald and Ruby James. 5 athletes achieved Middlesex County selection for the **CAU National Inter-county** champs in Nottingham Khalid Hussein, Aneirin Lessard, Aidan Wolpert, Lyra MacDonald, Ruby James

Current Cross country season went of to a strong start in the Metleague and Cross country relays.

National Cross country relays in Mansfield;

8th U13B Matteo Cinesi, Leo Togher, Herbie Dimmock

11th U15B Khalid Hussein, Aneirin Lessard, Aidan Wolpert

11th U17G Lyra MacDonald, Ruby James, Monika Panoutsou

FINANCE REVIEW

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Overview

Cash flow was positive this year with higher utilisation of the clubhouse as a fitness centre by our partners (HQ hire), partially offset by club activities and races, as well as the maintenance and renovation we were able to complete.

Investment in assets

The following investments have been made in the current year:

- Maintenance work at the cottage that is rented out;
- Repainting of the hallway and stairway next to the bar;
- A treatment room to be created in the small gym room on the ground floor following consultation with Victoria Park Sports Medicine, providing additional capacity for sports treatment to club members and the local community.

The following investment is planned in the next 12-18 months:

- Purchase of new track equipment including a starter system (this has already taken place in July 2024 with a cost of £5,940);
- Hall & Men's changing room - wood floor sand and re-seal (estimate £7k)
- Bar store room - Groundworks externally, roof/guttering/flashings (estimate £5/6k)
- West Elevation Hall Windows - timber repairs, decorations, ease and refurbish high level opening windows (estimate £7k)

Financial highlights

Income

A breakdown of the last 4 years recurring income streams is provided below.

Recurring income (£)

	2021	2022	2023	2024
Donations	0	308	300	340
Subscriptions	37,308	43,443	47,207	45,056
Cottage rent	19,260	19,260	19,260*	19,260
HQ hire	4,740	23,878	30,256	40,277
Club kit	195	1,281	387	130
	61,503	88,170	99,015**	105,062

* 2023 Cottage rent figure updated from £20,865 as the tenants prepaid a month's rent of £1,605 in March 2023. Cottage rent has been consistently £19,260 per annum for the last three years.

**2023 Total figure updated to reflect change to the Cottage rent.

Membership subscriptions – a slight decrease in subscription of 4.5%.

Cottage rent – Cottage rent income has consistently been £19,260 per annum for the last four years.

HQ Hire – the increased utilisation of the clubhouse for fitness and wellbeing services as well as the creation of a new treatment room resulted in an increase in the revenue from HQ hire.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

HQ hire (£)

	2022/23	2023/24
Victoria Park Sports Medicine	7,835*	11,203***
Personal training	3,230	5,250
Pilates studio	19,491	23,287
Other	353*	1,085
Total	30,909	40,825

*Figures updated to reflect additional payments of £600 (Victoria Park Sports Medicine) and £52.5 (Other) made post-YE 2022/23 for rental in the 2022/23 financial year.

**Figure updated to reflect change to HQ hire amount from Victoria Park Sports Medicine and Other

***Includes payment of £1,200 (Victoria Park Sports Medicine) made post-YE 2023/24 for rental in the 2023/24 financial year.

Expenditure

Travel and subsistence costs were almost doubled of the previous year and exceeded precovid level. (£13,947 in 2023/24 vs £7,446 in 22/23)

Utility costs have substantially increased, reflecting the increase in energy costs (£28,440 in 23/24 vs £5,092 in 22/23).

Maintenance costs have also increased noticeably, primarily driven by the work done in the cottage for rent and the creation of a new treatment room.

There were some coaching fees incurred for the Come and Try Athletics events that were able to take place. These are funded either by schools providing income or by specific grants (i.e. LBTH mainstream grant).

Affiliation, track and race entry fees increased from prior year as we fielded more athletes across various events (£20,640 in 23/24 vs £18,947 in 22/23).

Cash Flows

The table below gives the closing cash position at the last two financial year-ends and also at end September 2023. The club benefited from increased HQ hire income from higher utilisation of the clubhouse for external partner services in 23/24. The club's calculated minimum cash reserve is 6 months expenditure, approximately £45,000.

Cash position	Closing 31/03/2024	Closing 31/03/2023	Movement 2023-24	Current 01/11/2024
Current account	125,411	101,395	24,016	126,841
Deposit	66,976	66,747	229	66,976
Development account	10,533	11,407	23,141	220,290
Total Cash	221,729	198,587	23,141	220,290
<i>Cash excluding development account</i>	<i>211,196</i>	<i>187,180</i>	<i>24,016</i>	<i>212,626</i>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Reserves policy

The trustees consider that an appropriate level of reserves in respect of unrestricted funds is an amount to generate a working capital to cover approximately six months of the charity's annual costs excluding expenditure chargeable against the restricted income and funds and designated reserves. Based on the charity's level of activity it is considered that a minimum appropriate level of unrestricted funds would be £45,000.

Future plans

- The following investments are in process or planned for the current year:
- Fitness equipment in the gym at Mile End track
 - IT Investments on membership management system.
 - Maintenance works at the clubhouse as noted above under Investment in assets

This report has been prepared taking advantage of the small companies' exemption of the Companies Act 2006.

Approved by order of the members of the board of Trustees and signed on their behalf by:

David Robinson
.....
David Robinson
Chairman
Date: March 28, 2025

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE YEAR ENDED 31 MARCH 2024

The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:

David Robinson
.....
David Robinson
Chair

Date: March 28, 2025

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Independent examiner's report to the Trustees of Victoria Park Harriers and Tower Hamlets AC
('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2024.

Responsibilities and basis of report

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: *MHA*

Dated: March 28, 2025

Cara Miller

ACCA

MHA

Chartered Accountants, 910 The Crescent, Colchester Business Park, Colchester, Essex, CO4 9YQ

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024

	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations	4	340	-	340	300
Charitable activities	5	54,746	-	54,746	55,053
Other trading activities	6	68,159	-	68,159	55,701
Bank interest receivable		634	-	634	229
Total income		123,879	-	123,879	111,283
Expenditure on:					
Charitable activities		142,753	-	142,753	111,501
Total expenditure		142,753	-	142,753	111,501
Net expenditure before net gains/(losses) on investments		(18,874)	-	(18,874)	(218)
Net gains/(losses) on investments		713	-	713	(1,029)
Net movement in funds		(18,161)	-	(18,161)	(1,247)
Reconciliation of funds:					
Total funds brought forward		1,243,156	5,084	1,248,240	1,249,487
Net movement in funds		(18,161)	-	(18,161)	(1,247)
Total funds carried forward		1,224,995	5,084	1,230,079	1,248,240

All income and expenditure derive from continuing activities.

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 23 to 39 form part of these financial statements.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)
REGISTERED NUMBER: 04324630

BALANCE SHEET
AS AT 31 MARCH 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	10	1,008,632	1,049,452
Investments	11	19,749	19,036
		<u>1,028,381</u>	<u>1,068,488</u>
Current assets			
Debtors	12	4,604	5,634
Cash at bank and in hand		203,325	179,549
		<u>207,929</u>	<u>185,183</u>
Creditors: amounts due within one year	13	(6,231)	(5,431)
Net current assets		<u>201,698</u>	<u>179,752</u>
Total net assets		<u><u>1,230,079</u></u>	<u><u>1,248,240</u></u>
Charity funds			
Restricted funds	14	5,084	5,084
Unrestricted funds	14	1,224,995	1,243,156
Total funds		<u><u>1,230,079</u></u>	<u><u>1,248,240</u></u>

The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

David Robinson

.....
David Robinson
Chair

Date: March 28, 2025

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

1. General information

Victoria Park Harriers and Tower Hamlets AC is a charitable company limited by guarantee and is registered with the Charity Commission (Charity Registered Number 1091712) and Registrar of Companies (Company Registration Number 04324630) in England and Wales.

In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity. The address of the registered office is given in the Charity information on page 1 of these financial statements.

The nature of the Charity's operations and principal activities are detailed in the Trustees' Annual Report.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Victoria Park Harriers and Tower Hamlets AC meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

The financial statements are presented in sterling which is the functional currency of the Charity and rounded to the nearest pound.

2.2 Going concern

The financial statements have been prepared on a going concern basis. The Trustees have considered relevant information, including the annual budget and forecast future cash flows in making their assessment. Based on these assessments and having regard to the resources available to the entity, the Trustees have concluded that there is no material uncertainty and that they can continue to adopt the going concern basis in preparing the annual report and accounts.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity and it is probable that they will be fulfilled.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the Charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

The Charity receives grants in respect of furthering its charitable objectives. Income from grants are recognised at fair value when the Charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Investment income is earned through holding assets for investment purposes such as shares and property. Where it is not practicable to identify investment management costs incurred within a scheme with reasonable accuracy the investment income is reported net of these costs. It is included when the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the Bank.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Support costs are those that assist the work of the Charity but do not directly represent charitable activities and include office costs, governance costs and administrative costs. They are incurred directly in support of expenditure on the objects of the Charity. Where support costs cannot be directly attributed to particular headings they have been allocated to expenditure on charitable activities on a basis consistent with use of the resources. Governance costs are those incurred in connection with the running of the Charity and compliance with constitutional and statutory requirements.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.7 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.7 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following bases:

Freehold property	- 10 - 50 years
Athletics equipment	- 5 years

2.8 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.12 Financial instruments

The Charity only holds basic Financial Instruments. The financial assets and financial liabilities of the Charity are as follows:

Debtors - trade and other debtors (including accrued income) are basic financial instruments and are debt instruments measured at amortised cost as detailed in Note 12. Prepayments are not financial instruments.

Cash at bank – is classified as a basic financial instrument and is measured at face value.

Liabilities – trade creditors, accruals and other creditors will be classified as financial instruments, and are measured at amortised cost as detailed in Note 13. Deferred income is not deemed to be a financial liability, as in the cash settlement has already taken place and there is simply an obligation to deliver charitable services rather than cash or another financial instrument.

2.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

3. Critical accounting estimates and areas of judgment

Estimates and judgments are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The Charity makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are discussed below.

- Allocation of support costs
- Depreciation rates for tangible fixed assets

4. Income from donations

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Donations	340	340	300
Total 2023	300	300	

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

5. Income from charitable activities

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Coaching income	9,560	9,560	7,200
Open 5	-	-	259
Membership subscriptions	45,056	45,056	47,207
Sale of club kit	130	130	387
Total 2024	<u>54,746</u>	<u>54,746</u>	<u>55,053</u>
<i>Total 2023</i>	<u>55,053</u>	<u>55,053</u>	

Coaching income represents the provision of coaching to local schools, which is funded directly by London Borough of Tower Hamlets and / or the schools involved in the programmes.

6. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Cottage rental income	17,655	17,655	20,248
Hall hire	39,007	39,007	32,066
Bar sales	11,497	11,497	3,387
Total 2024	<u>68,159</u>	<u>68,159</u>	<u>55,701</u>
<i>Total 2023</i>	<u>55,701</u>	<u>55,701</u>	

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

7. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £
Providing facilities for public recreation	43,794	98,959	142,753

	Activities undertaken directly 2023 £	Support costs 2023 £	Total funds 2023 £
Providing facilities for public recreation	37,240	74,261	111,501

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Total funds 2024 £	Total funds 2023 £
Coaching fees	5,170	6,840
Awards	1,487	925
Club Kit	4,948	5,689
Travel and subsistence	13,947	7,446
Affiliation, entry and track fees	17,040	15,580
Medical cover	-	462
Athletics equipment	199	298
Training	1,003	-
	43,794	37,240

Analysis of support costs

	Total funds 2024 £	Total funds 2023 £
Depreciation	40,820	41,706
Rates and utilities	31,019	16,477
Insurance	4,364	4,986
Repairs and Maintenance	14,348	-
Sundry expenses	925	1,258
Governance	2,551	4,020
Website expenses	4,932	5,814
	98,959	74,261

All governance costs relate to independent examiners fees, further details of which can be found in Note 8.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

8. Independent examiner's remuneration

	2024 £	2023 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	4,380	4,020

9. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

The Charity has no employees (2023 - Nil) and the Trustees are considered to be the Key Management Personnel.

During the year ended 31 March 2024, travel and subsistence expenses totalling £16,134 were reimbursed or paid directly to 8 Trustees (2023 - £2,510 to 3 Trustees).

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

10. Tangible fixed assets

	Freehold property £	Athletics equipment £	Total £
Cost or valuation			
At 1 April 2023	1,750,450	71,230	1,821,680
At 31 March 2024	1,750,450	71,230	1,821,680
Depreciation			
At 1 April 2023	700,998	71,230	772,228
Charge for the year	40,820	-	40,820
At 31 March 2024	741,818	71,230	813,048
Net book value			
At 31 March 2024	1,008,632	-	1,008,632
At 31 March 2023	1,049,452	-	1,049,452

The land and buildings were purchased by a club trust in 1961, which preceded the incorporation of the Charitable Company and was transferred to the Charity in 2003. The land and buildings were revalued by the Trustees in 2008. This revaluation (original value - £nil) is matched by a designated fund which reduces by the amount of depreciation each year.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

11. Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 April 2023	19,036
Revaluations	713
At 31 March 2024	19,749
Net book value	
At 31 March 2024	19,749
At 31 March 2023	19,036

All fixed asset investments are held in the UK.

12. Debtors

	2024 £	2023 £
Due within one year		
Prepayments and accrued income	4,604	5,634
	4,604	5,634

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

13. Creditors: Amounts falling due within one year

	2024 £	2023 £
Other creditors	1,851	1,851
Accruals and deferred income	4,380	3,580
	<u>6,231</u>	<u>5,431</u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

14. Statement of funds

Statement of funds - current year

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2024 £
Unrestricted funds						
Designated funds						
Building improvements	73,455	-	-	(12,820)	-	60,635
Revalued property fund	975,997	-	-	(28,000)	-	947,997
Gym refurbishment	3,000	-	-	-	-	3,000
	<u>1,052,452</u>	<u>-</u>	<u>-</u>	<u>(40,820)</u>	<u>-</u>	<u>1,011,632</u>
General funds						
General Funds	<u>190,704</u>	<u>123,879</u>	<u>(142,753)</u>	<u>40,820</u>	<u>713</u>	<u>213,363</u>
Total Unrestricted funds	<u>1,243,156</u>	<u>123,879</u>	<u>(142,753)</u>	<u>-</u>	<u>713</u>	<u>1,224,995</u>
Restricted funds						
Fitness for Sport Project	4,443	-	-	-	-	4,443
Other minor projects	641	-	-	-	-	641
	<u>5,084</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>5,084</u>
Total of funds	<u><u>1,248,240</u></u>	<u><u>123,879</u></u>	<u><u>(142,753)</u></u>	<u><u>-</u></u>	<u><u>713</u></u>	<u><u>1,230,079</u></u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2023 £</i>
Unrestricted funds						
Designated funds						
Building improvements	73,455	-	-	-	-	73,455
Revalued property fund	1,008,000	-	-	(32,003)	-	975,997
Gym refurbishment	3,000	-	-	-	-	3,000
	<u>1,084,455</u>	<u>-</u>	<u>-</u>	<u>(32,003)</u>	<u>-</u>	<u>1,052,452</u>
General funds						
General Funds	159,948	111,283	(111,501)	32,003	(1,029)	190,704
Total Unrestricted funds	<u>1,244,403</u>	<u>111,283</u>	<u>(111,501)</u>	<u>-</u>	<u>(1,029)</u>	<u>1,243,156</u>
Restricted funds						
Fitness for Sport Project	4,443	-	-	-	-	4,443
Other minor improvements	641	-	-	-	-	641
	<u>5,084</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>5,084</u>
Total of funds	<u><u>1,249,487</u></u>	<u><u>111,283</u></u>	<u><u>(111,501)</u></u>	<u><u>-</u></u>	<u><u>(1,029)</u></u>	<u><u>1,248,240</u></u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

14. Statement of funds (continued)

Designated funds

Building Improvements

Funds have been set aside to match the net book value of the building improvements with funds being transferred each year to general funds to match the depreciation charge less additions in the period.

Revalued Property Fund

Similarly a fund has been set aside to match the net book value of the revalued property with funds being transferred each year to general funds to match the depreciation charge.

Gym Refurbishment

A sum has been set aside by the Trustees to cover the refurbishment of Mile End Gym where costs are not covered by grants received.

Restricted Funds

Tower Hamlets Fitness for Sport Grant

The Tower Hamlets Council Fitness for Sport Grant was received by the Charity in 2016. This fund is being used to fund wheelchair coaching and the provision of coaching in local schools.

Other minor projects

This was funding received for the summer scheme and satellite clubs.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

15. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	1,008,632	-	1,008,632
Fixed asset investments	19,749	-	19,749
Current assets	202,845	5,084	207,929
Creditors due within one year	(6,231)	-	(6,231)
Total	1,224,995	5,084	1,230,079

Analysis of net assets between funds - prior period

	<i>Unrestricted funds 2023 £</i>	<i>Restricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Tangible fixed assets	1,049,452	-	1,049,452
Fixed asset investments	19,036	-	19,036
Current assets	180,099	5,084	185,183
Creditors due within one year	(5,431)	-	(5,431)
Total	1,243,156	5,084	1,248,240

16. Related party transactions

There were no related party transactions in the year (2023 - £NIL).

Certificate Of Completion

Envelope Id: 157C0DD9-E60E-467A-8E0F-04331FC24ACF
Subject: LCVIC02-CH Ursus Property Limited Final Accounts for the year ended 31 March 2024
Source Envelope:
Document Pages: 44
Certificate Pages: 5
AutoNav: Enabled
Envelopeld Stamping: Enabled
Time Zone: (UTC) Dublin, Edinburgh, Lisbon, London

Status: Completed

Envelope Originator:
Belinda Moore
2 London Wall Place
London, London EC2Y 5AU
Belinda.Moore@mha.co.uk
IP Address: 51.145.127.214

Record Tracking

Status: Original
3/28/2025 10:07:49 AM
Holder: Belinda Moore
Belinda.Moore@mha.co.uk
Location: DocuSign

Signer Events

David Robinson
Davidrobinson@vphthac.org.uk
Security Level: Email, Account Authentication (None)

Signature

David Robinson

Signature Adoption: Pre-selected Style
Using IP Address: 92.29.249.84
Signed using mobile

Timestamp

Sent: 3/28/2025 10:24:03 AM
Viewed: 3/28/2025 10:43:41 AM
Signed: 3/28/2025 10:55:37 AM

Electronic Record and Signature Disclosure:
Accepted: 3/28/2025 10:43:41 AM
ID: b6d058ea-3818-4c3a-a681-7dcfd11fd3cf

MHA
cara.miller@mha.co.uk
Security Level: Email, Account Authentication (None)

MHA

Signature Adoption: Pre-selected Style
Using IP Address: 86.177.27.25

Sent: 3/28/2025 10:55:39 AM
Viewed: 3/28/2025 10:56:38 AM
Signed: 3/28/2025 10:57:13 AM

Electronic Record and Signature Disclosure:
Accepted: 3/28/2025 10:56:38 AM
ID: b5038338-1d2c-40ac-91d9-2a104f7f214c

In Person Signer Events	Signature	Timestamp
Editor Delivery Events	Status	Timestamp
Agent Delivery Events	Status	Timestamp
Intermediary Delivery Events	Status	Timestamp
Certified Delivery Events	Status	Timestamp
Carbon Copy Events	Status	Timestamp
Alice Pettigrove alice.pettigrove@mha.co.uk Security Level: Email, Account Authentication (None) Electronic Record and Signature Disclosure: Not Offered via Docusign	COPIED	Sent: 3/28/2025 10:57:15 AM Viewed: 3/28/2025 10:57:28 AM

Carbon Copy Events	Status	Timestamp
Valerie Wong valeriewong@vphthac.org.uk Security Level: Email, Account Authentication (None) Electronic Record and Signature Disclosure: Accepted: 9/13/2024 12:50:23 PM ID: c71df739-b76d-40ec-9e28-cd51fb5f12ba	COPIED	Sent: 3/28/2025 10:57:15 AM

Witness Events	Signature	Timestamp
----------------	-----------	-----------

Notary Events	Signature	Timestamp
---------------	-----------	-----------

Envelope Summary Events	Status	Timestamps
Envelope Sent	Hashed/Encrypted	3/28/2025 10:24:03 AM
Certified Delivered	Security Checked	3/28/2025 10:56:38 AM
Signing Complete	Security Checked	3/28/2025 10:57:13 AM
Completed	Security Checked	3/28/2025 10:57:15 AM

Payment Events	Status	Timestamps
----------------	--------	------------

Electronic Record and Signature Disclosure
--

ELECTRONIC RECORD AND SIGNATURE DISCLOSURE

From time to time, MHA (we, us or Company) may be required by law to provide to you certain written notices or disclosures. Described below are the terms and conditions for providing to you such notices and disclosures electronically through the DocuSign system. Please read the information below carefully and thoroughly, and if you can access this information electronically to your satisfaction and agree to this Electronic Record and Signature Disclosure (ERSD), please confirm your agreement by selecting the check-box next to 'I agree to use electronic records and signatures' before clicking 'CONTINUE' within the DocuSign system.

Getting paper copies

At any time, you may request from us a paper copy of any record provided or made available electronically to you by us. You will have the ability to download and print documents we send to you through the DocuSign system during and immediately after the signing session and, if you elect to create a DocuSign account, you may access the documents for a limited period of time (usually 30 days) after such documents are first sent to you. After such time, if you wish for us to send you paper copies of any such documents from our office to you, you will be charged a \$0.00 per-page fee. You may request delivery of such paper copies from us by following the procedure described below.

Withdrawing your consent

If you decide to receive notices and disclosures from us electronically, you may at any time change your mind and tell us that thereafter you want to receive required notices and disclosures only in paper format. How you must inform us of your decision to receive future notices and disclosure in paper format and withdraw your consent to receive notices and disclosures electronically is described below.

Consequences of changing your mind

If you elect to receive required notices and disclosures only in paper format, it will slow the speed at which we can complete certain steps in transactions with you and delivering services to you because we will need first to send the required notices or disclosures to you in paper format, and then wait until we receive back from you your acknowledgment of your receipt of such paper notices or disclosures. Further, you will no longer be able to use the DocuSign system to receive required notices and consents electronically from us or to sign electronically documents from us.

All notices and disclosures will be sent to you electronically

Unless you tell us otherwise in accordance with the procedures described herein, we will provide electronically to you through the DocuSign system all required notices, disclosures, authorizations, acknowledgements, and other documents that are required to be provided or made available to you during the course of our relationship with you. To reduce the chance of you inadvertently not receiving any notice or disclosure, we prefer to provide all of the required notices and disclosures to you by the same method and to the same address that you have given us. Thus, you can receive all the disclosures and notices electronically or in paper format through the paper mail delivery system. If you do not agree with this process, please let us know as described below. Please also see the paragraph immediately above that describes the consequences of your electing not to receive delivery of the notices and disclosures electronically from us.

How to contact MHA:

You may contact us to let us know of your changes as to how we may contact you electronically, to request paper copies of certain information from us, and to withdraw your prior consent to receive notices and disclosures electronically as follows:

To contact us by email send messages to: nikki.dowding@mha.co.uk

To advise MHA of your new email address

To let us know of a change in your email address where we should send notices and disclosures electronically to you, you must send an email message to us at nikki.dowding@mha.co.uk and in the body of such request you must state: your previous email address, your new email address. We do not require any other information from you to change your email address.

If you created a DocuSign account, you may update it with your new email address through your account preferences.

To request paper copies from MHA

To request delivery from us of paper copies of the notices and disclosures previously provided by us to you electronically, you must send us an email to nikki.dowding@mha.co.uk and in the body of such request you must state your email address, full name, mailing address, and telephone number. We will bill you for any fees at that time, if any.

To withdraw your consent with MHA

To inform us that you no longer wish to receive future notices and disclosures in electronic format you may:

- i. decline to sign a document from within your signing session, and on the subsequent page, select the check-box indicating you wish to withdraw your consent, or you may;
- ii. send us an email to nikki.dowding@mha.co.uk and in the body of such request you must state your email, full name, mailing address, and telephone number. We do not need any other information from you to withdraw consent.. The consequences of your withdrawing consent for online documents will be that transactions may take a longer time to process..

Required hardware and software

The minimum system requirements for using the DocuSign system may change over time. The current system requirements are found here: <https://support.docusign.com/guides/signer-guide-signing-system-requirements>.

Acknowledging your access and consent to receive and sign documents electronically

To confirm to us that you can access this information electronically, which will be similar to other electronic notices and disclosures that we will provide to you, please confirm that you have read this ERSD, and (i) that you are able to print on paper or electronically save this ERSD for your future reference and access; or (ii) that you are able to email this ERSD to an email address where you will be able to print on paper or save it for your future reference and access. Further, if you consent to receiving notices and disclosures exclusively in electronic format as described herein, then select the check-box next to 'I agree to use electronic records and signatures' before clicking 'CONTINUE' within the DocuSign system.

By selecting the check-box next to 'I agree to use electronic records and signatures', you confirm that:

- You can access and read this Electronic Record and Signature Disclosure; and
- You can print on paper this Electronic Record and Signature Disclosure, or save or send this Electronic Record and Disclosure to a location where you can print it, for future reference and access; and
- Until or unless you notify MHA as described above, you consent to receive exclusively through electronic means all notices, disclosures, authorizations, acknowledgements, and other documents that are required to be provided or made available to you by MHA during the course of your relationship with MHA.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

England & Wales - Charity number 1091712

Accounts

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

CONTENTS

	Page
Reference and administrative details of the Charity, its Trustees and advisers	1
Chairman's statement	2
Trustees' report	3 - 11
Trustees' responsibilities statement	12
Independent examiner's report	13
Statement of financial activities	14
Balance sheet	15 - 16
Notes to the financial statements	17 - 32

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2023**

Trustees

David Robinson, Chair
Cornelia Abe-Minale
Faye Jeacocke (resigned 30 September 2022)
Gavin Lau (resigned 2 February 2023)
Anna Trihan (resigned 31 May 2022)
Hugh Murdoch (resigned 19 August 2022)
Alf Vickers
Elizabeth Venables
Lily Zechman (appointed 11 June 2022)
Matthew Dawson (appointed 8 November 2022)
Jade Dos Santos (appointed 5 September 2023)
James Hirst (appointed 22 June 2023)
Alan Macdonald (appointed 22 June 2023)
Nathaniel Rowland (appointed 22 June 2023)
Valerie Wong (appointed 8 November 2022)

Company registered number 04324630

Charity registered number 1091712

Registered office 24 Blackberry Court
Woodmill Road
London
E5 9GE

Independent Examiner MHA
Chartered Accountants
910 The Crescent
Colchester Business Park
Colchester
Essex
CO4 9YQ

Bankers HSBC Plc
20-21 Electric Parade
George Lane
London
E18 2LX

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023

The chairman presents his statement for the year.

Thanks to the Bar & Social Events Team: Susan, Sophie & Marlis.

Clubhouse

This year we have completed some improvement works at the clubhouse. We have refurbished and altered the layout of rooms within the first floor of the Annexe creating a large Pilates / Yoga studio and a treatment room. This has further increased activity and use of the clubhouse facilities by a wider section of our local fitness community. We have worked with Sam White (Victoria Park Pilates) and Joe Dale (Victoria Park Sports Medicine) in these new projects.

We have also revived the heating system in the Hall with a new boiler and fan convactor heaters plus radiators in the Weights room which also doubles up as a Podiatrist's treatment room on Fridays. We are very fortunate to continue to have Fabien (Victoria Park Fitness) operating in the Hall. He is a great asset to the club and many of our members continue to benefit from his strength and conditioning training.

We still have a Taekwondo Group that use the hall on Saturday afternoons and another group on Monday and Wednesday afternoons.

Mile End

The track at Mile End is managed by GLL for Tower Hamlets. The dedicated track entrance has not re-opened since Covid and users access the track via the Leisure Centre. Junior club members and club coaches running junior sessions have free access to the track and now use a separate entrance. This is rather unsatisfactory and we hope to improve this arrangement with GLL. The Gym at the track is also closed and cannot be used at present. Whilst the management of this facility presents some difficulties, our coaches will continue to hold junior training sessions through the winter months and will prepare for the 2022 track season.

The extent to which we manage to involve more helpers, members and parents to undertake officials training, volunteering and event organising will influence our ability to host and participate in track competition in 2022.

Club Website

Competitive quotes were obtained and the Board have engaged Dave Finch, club member and website designer to build a new 'more user friendly' website.

Huge thanks to Joe Feltham who has managed the website over recent years and who will assist along with a small steering group to work with Dave to bring this about.

VPH&THAC

On behalf of the Board, I wish you all safe and well over the coming club year and many thanks to all existing and our many new club members for what you all bring to the club, for your achievements big and small that we all enjoy and celebrate. We are committed to our ethos of maintaining a strong, caring and supportive club, ready to grasp every opportunity and work our way back to where we were before Covid and building on the reputation and achievements we've gained in recent years and on an exciting bunch of newer members.

.....
Dave Robinson
Chair
Date:

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report together with the financial statements of the Charity for the year ended 31 March 2023. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution:

Victoria Park Harriers & Tower Hamlets AC is a company limited by guarantee which is also registered as a charity and is under the management of a Board of Trustees. Victoria Park Harriers & Tower Hamlets AC was registered as a charity with the UK Charity Commission on 23 April 2002.

Purposes:

The purpose of the Charity, as per its Memorandum and Articles of Association, is the provision of facilities for public recreation or other leisure time occupation and in particular athletics in the interest of social welfare, with the object of improving the conditions of life of those who reside and work within East London. The main activities undertaken in relation to the purposes of the Charity, as per its governing document, have been described further in the Activities and Achievements section of this report.

Public Benefit:

In setting objectives and planning for current and future activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to Public benefit, including the guidance 'Public benefit: running a charity (PB2)'. All activities have been undertaken for the furtherance of Public Benefit.

Method of appointment or election of Trustees:

The articles of the Charity state there should be a minimum of three trustees. At every annual general meeting one third of the trustees who are subject to retirement by rotation or, if their number is not three or a multiple of three, the number nearest to one third retire from office.

No person other than a trustee retiring by rotation shall be appointed or reappointed a trustee at any general meeting unless he is recommended by the trustees, or a notice proposed by a member eligible to vote at the meeting, and executed by the proposed person, has been given to the trustees within set time limits before the AGM as prescribed in the articles of the Charity.

Organisational structure and decision making:

The business of the Charity is managed by the trustees who may exercise all powers of the Company.

ACTIVITIES AND ACHIEVEMENTS

Women's Road and Cross Country Report – Lily Zechmann

Introduction

Serving as Women's Road and Cross-Country Captain for the past 6 months, having taken over from Annie in June. So far, it's been very busy with races happening left, right, and centre and league leagues keeping me on my toes! I am thoroughly enjoying my role.

This year I was able to get involved with the SAL events which seemed to be back in full swing since Covid. It was certainly an enjoyable event which brought many athletes in the club together, and a big reminder of the great team vibe we have in the club – especially during the quiet summer seasons.

Training on the track and at Project V continues and we see the benefits this has had on members especially when put into practice at the races. At the races, we have demonstrated great team spirit by working together

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

and cheering each other on.

Every Thursday we welcome a handful of new joiners. It's been lovely to see how quickly new members have integrated into the team and have enjoyed everything this great club has to offer.

Summer 2022

We returned to the Southern Athletics League this summer after the long Covid break. There was strong representation in our home match at Mile End (with the ladies taking 1 st place in 800m, and 5000m race). We also saw athletes heading up to the last event in Kings Lynn. Bravo to our ladies who pushed beyond their comfort zone to sign up to the events that they've never done before – Anna Fiedlerova and Hazel Norton-Hale in the 400m Hurdles, Ellie Daglish and Eilidh Wagstaff in the Steeple Chase, Anna also doing the long jump.

Sadly, we did get relegated – mostly due to low turnout at other events when the heatwave hit – we know that this is something where we can work on and will come back fighting next year – with the goal of filling all events next year. We are so proud of our ladies who stepped up to help us score, this is what team spirit is all about!

We also participated in a number of relay events over the summer. Our ladies team was in podium position at the Bridges Relay in August by the O2 Arena. The ladies A team coming home to 1st position and the B team placing 6th – Well done to all, to name a few Valerie Wong, Lydia Briggs, and Claire Hartley.

The Southern and National road relays in September saw another strong performance from our ladies team, finishing in podium position 3rd. Congratulations to Sophie Allen, Laura Thompson, Laura Kaye, and Hannah Somani.

Towards the end of Summer we hosted the Middlesex 10K in Victoria Park, with a handful of medals being won from our ladies. June Barrow-Green, Nicola Kerr, and Susan Leese all claiming silver. The Bronze went to Lily Zechmann, June Barrow-Green, and Nicola Kerr.

Autumn/Winter 2022

Stepping into the colder months, we were unexpectedly blessed with warmer weather in our Cross Country events.

Met League has kicked off to a great start, with around 28 ladies taking part in the first fixture at Claybury in October, and 23 female runners at Wormwood scrubs in November. Wormwood Scrubs never looked so pretty, though some of us miss the muddy and gloomy trademark of this course. We are now in a strong 2nd position – keep up the excellent work ladies!

The Chingford League also saw a strong start for our ladies, with three races completed and three more to go, we are leading in 1st position!

The results so far

- Women's Overall – 1 st
- Women's Vets – 3 rd
- Women's B team – 1 st

As ever, a huge thank you to Joyce Berry for all her organisation efforts in making the Chingford League happen.

Road

Marathons and Half marathons were back into full spring in 2022. Our local event, the Hackney Half in May and The Big Half saw mass participation from VPHers, the roads were coloured in Jade and Blue.

Our ladies participated in marathons all around the country and in various parts of the world – running in Brighton, Manchester, London, and Berlin. Faye Jeacocke and Laura Thompson showcase great performance in London. Mandy Dohren and Hannah Somani running a sub-3 in Manchester. As always, the atmosphere of the London Marathon was unbeatable, and a reminder of how great this sport is – for the runners as well as those supporting and cheering on.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

A big thank you!

There are so many members of the club that we want to recognize, for their continued contribution and efforts in sustaining and maintaining the club: Chairman Dave, and everyone on the Board; Major Carr, Simeon Bennett, and Neil Cook all their work behind the scenes; Len Williams and Richard Norton-Hale for support of the handicaps and Club Championships; everyone at the Bar Staff, including Susan Leese, Sophie Critchlow, Helen Goddard and Marlis Haase. Our coaches, Coach Mick and Coach Steve for their continued efforts on the Track and Project V sessions. Our race managers, Andre Dahlkamp and Anna Fiedlerova, for organizing the handicapraces. And lastly, the volunteers who have stepped up to help at the races!

Outlook for 2023

As 2022 comes to a close, we have plenty of things to celebrate – the membership continues to grow and we continue to encourage people to take part in weekly runs at the clubhouse as well as the races.

The goal for next year is to continue increasing participation race events, including Athletics and get out of relegation, and to drive diversity and bring new people into the club!

Men's Road and Cross Country Report – Gay Lau

Our club is on a journey...

The first important point I would like to open with, is for each of us to pause, and acknowledge the journey that the club has endured and persisted through in the last 5, 10, 20+ years. The cross section of the membership today includes many junior athletes, a relatively even split of male and female members, and broad participation across the full range of age categories. Stepping into our community with VPH&THAC today is the result of careful and significant investment of time and commitment to follow things through. Some individuals have come and gone. A special few continue to be active with the club today.

As a club member myself, I expect to be able to have access to as many of the facilities and as large a variety of events as possible, be kept informed of current developments and be able to do so in a friendly and inclusive environment.

To this end there are three recent initiatives that come to mind that have been a priority for the board that should be ready to share with the membership in the new year: (1) the development of a new club website (merging a lot of the information flow about the club and live events that is currently fragmented across many sub-standard channels); (2) the next phase of advertising club roles and making it more accessible for any members to review the nature of each role, time commitment expected and clear method to register your interest; (3) integration of the recent board appointments to function as a new unit, now representing more recent joiners. To improve on the communication of the governance structure and policies. Also the perception of how the board interacts and connects with the membership.

Notable contributions

Every week, I am reminded about the pull of the club spirit and it is clear for us all to see that so many among us are willing to nurture the culture and values we as a community enjoy. Simply to 'play' and 'run', to make new friendships, to listen to each others' experiences and backgrounds, to share other hobbies and interests outside of running. Each year, I reflect on some standout individuals that make material contributions:

A formal personal thank you to Captain Annie Trihan in her capacity as the Women's road and XC Captain. A pleasure to get to know and work side by side with someone so passionate about our club spirit, fiercely loyal to all of us, has a competitive edge and simply the most infectious smile when you are knee deep in mud and can't find a hot drink! Working with the board and our volunteers to deliver some routine sessions during covid as a sanctuary or pocket of normality for our local group was a huge challenge. It taught me a lot about putting faith in other people, recognising and accepting goodwill and positive gestures openly. And that a group committed to a cause coupled with patience and graft, would bring an outcome close to what was envisaged and scribbled on a piece of paper back at the start!

A whole hearted welcome to Lily Zechmann who has showed such credible commitment to get involved from the outset and is clearly getting into her stride as the busy winter season continues.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Please join me to recognise the efforts from our ever present roster of Coaches Tony Bunbury, Mick Cairns and Steve Hobbs. Often the first individuals that new and prospective club members get to meet. Getting familiar with training together in groups, building our confidence around strength and conditioning equipment, doing intervals on a purpose built track or committing to regular hard workouts. Props to Simeon Bennett, Joe Dale and Hugh Murdoch (to name a few) for stepping in to cover sessions on occasions on short notice. And the same sentiment extends to all our amazing track and field based coaches operating at Mile End.

The club handicap has continued to be such a popular cornerstone of our social group nights. The numbers participating have shot up and leveled around 70+ runners over the summer on the fast and flat 5 mile course. A thank you to the reliable cohort of: Major Carr, Ray Russo, Richard Hale, Len Williams. And to more recent club members contributing to the monthly preparations: Anna Fiedlerova, Andre Dahlkamp, Valerie Wong, Katrin Flikschuh.

A huge shout out to the entire women's teams that deliver the loudest cheers of any team on every single race day. Regardless if the rain is sideways, or the hail is coming down the size of golf balls, the VPH women will be spread across the course, willing the front of the pack home until the last of our team are safely back across the finish line.

One of the most important secrets to a strong and healthy runner, is to be fed and hydrated well! And the social hub that waits for us after every thursday evening social run at the clubhouse is of thanks to David Wilkey, Susan Leese, Sophie Critchlow, Paul Turley and all the diligent chefs and bar helpers. This is another hallmark of our club spirit. We are very well looked after, and often spoilt! Please do volunteer to clear up, wash up, take the bins out. Many hands make light work and it shouldn't just be the few that stay late and clear up after us every week. There are far more names I should mention and thank. I hope that you have received this message from me directly already when we have spent time together at the clubhouse, on race day or out on a field in the jade & blue!

Winter & Spring 2021/22

- The season kicked off with the Flowers mile on 2nd Sep. Nat Rowland came home in 1st place in 4:47 with Ethan Gray (U17B) crossing the line as 1st junior in 5:02.
- This also marked the start of the Boswall league, with the following club events included (alongside the other league and champs fixtures): Flowers mile, 10M road and 5M XC. The full list of winners and individual standings are presented separately during the AGM:
- Congratulations to the overall Boswall League men's winner: Jamie Cornuauud (1st). Joe Dale (2nd), Andrew Barrington (3rd).
- Age Category winners: Simeon Bennett (V40); Russell Toone (V50); William Burbridge James (V60).
- Consistent racing from Simeon Bennett participating in the most races 13/20 across the series.
- Kudos to other runners that clocked up at least 10 races: Joe Dale, Russell Toone, Tim Murray.
- The Chingford league returned for a full season. Under the careful stewardship of Joyce Berry. Starting with a rare daytime outing to Hog Hill on Sat 18 Sep. All 6 races were completed as planned with the season finale relays at Wantstead flats giving the spikes one final spin:
 - Teams:
 - Division 1M: 1st
 - Division 1M Vets: 3rd
 - B teams M: 1st
 - Individuals:
 - SM: Jamie Cornuauud 2nd
 - SM: Zak Knill 3rd
 - MV40: Joe Dale 6th
 - MV50: Anthony Withstandley 8th
 - MV60: Keith Mussington 4th
- The Hackney Half, on Sun 26 Sep, now seen as an adopted home fixture with so many fellow VPH'ers taking part. Some also racing in the club colours for the first time and experiencing the full scale of support and noise from those of us spectating and volunteering on the day. Fast forward to Sat 22 May and the same Hackney carnival pushed our runners to the finish line nestled in Hackney Marshes. The clear stars of the show

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

being the VPH volunteers stationed at the Cadogan Terrace water station!

- The preamble of the Big Half gave reason for all our club runners a cheer. Then the London marathon race day landed in our sights, in the unusual autumn setting on Sun 3 Oct. And the VPH cheer squad was out in force. Our club runners diligently training in the summer months had their time to shine and run the course in celebration to welcome back this iconic race.

- The Met league didn't disappoint with Race 1 hosted at Claybury Park on Sat 16 Oct. Highgate unfortunately proved too strong for another year, taking the overall team championship, and our club is building a great reputation for bringing out a large team across the day of races. The strength and depth now developing across the competitive age categories is something to be very proud of. Individuals racing their hearts out all over again at Welwyn Garden City, Uxbridge and Wormwood Scrubs (with the final fixture at Trent Park unfortunately canceled on short notice due to bad weather):

- Howards Williams Trophy (seniors): 3rd
- Division 1M: VPH A 2nd; VPH B 9th
- Division 1M Vets: VPH A 2nd; VPH B 12th

- With races rolling through the weekends to the end of 2021, the next marque fixture in our calendar to take place was the 5k Mob Match with Eton Manor on Tue 11 Jan. Hosted by our friendly neighbour at Jubilee Park. An impressive 91 VPH runners on the night with Joe Dale breaking the tape in 16:12 and Laura Thompson 1st female in 19:24.

Summer 2022

- The club competed in Division 2 East of the Southern Athletics League during the summer months. The interest and participation of our classic road & XC membership has been very gradual across recent years and word of mouth is now certainly spreading that this is another fantastic way to compete for the club and be introduced to other members. Thank you to both Cornelia Abe-Minale and Tony MacDowall for organising and managing the teams throughout this season. Many participants also showed great camaraderie to compete in multiple events and braving the jumps and steeple chases to get points on the board. We were unfortunately relegated to Division 3, having finished in 14th place (out of 16), and that was only due to lack of numbers to score across the events. There is no qualifying time requirements with track & field events being open to all, and our senior and junior athletes racing together as a combined team. We look forward to seeing more returning and first-timers for 2023. Please get in touch with one of the track coaches or road captains to find out more about the events, changes to practice and how to register.

- The Assembly league was tentatively introduced with a condensed league covering only 3 fixtures. With the opener in Beckenham Park and two events hosted by our club in Victoria Park. Participation numbers were impressive and a real buzz to the summer series from our members as well as our familiar competitors.

- We are very lucky to have an area of beauty such as Epping Forest so close to our local area, and many club members flocked to the Forest Five series with smiles on faces and trail shoes in the kit bag! The Orion 15 event also took place on 26 Mar, with Pete Dyson (1st) and Fabien Lassonde (2nd) making it on the overall podium.

- As the end of the summer holidays nears, the summer BBQ on Sat 6 Aug was preceded by the infamous "chunder mile". A compact group of three jolly and sheepish competitors brought their own nutrition and toed the line for 4 laps of joy around the cinder track. Props to Dom Howarth (4:36) retaining the title from 2021! Arif Erdogan 2nd and Oliver Jamieson (3rd).

- The annual Southern and National Road Relay events showcase the best athletics clubs across the grass roots level. VPH&THAC were able to field a women's team in the 4-stage race, and two men's teams in the 6-stage race for 2022.

- The men's A and B team competed at the Southern relays event at Crystal Palace, with other prominent clubs also racing at Aldershot on the same day. Our A team, coming 1st at the Crystal Palace event, running a total time of 1hr51m00s was made up of: Alex Lawrence (17:20.40), Adam Millbery (18:09.70), Jack Bibbings (18:35.75), James Hotham (18:49.15), Matt Stevens (19:11.20) and Greg Divall (18:54.6) to win our clubs' biggest relay title to date.

- A very strong roster of 74 mens teams competed in the National Road Relay, with Aldershot Farnham & District taking the win in 1hr43m37s. The mens team raced well to place 44th in a combined time of 1hr53m55s: Adam Millbery (18:17); Jack Bibbings (18:25); James Hotham (18:50); Greg Divall (19:24); Jamie Cornuauud (19:21) and Nick Sharp (19:38). Fantastic achievement for all involved and a big milestone for the club to be

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

competitive in such a high quality field!

Looking ahead to 2022/23

I expect VPH&THAC to push forward on two fronts in sporting context: (1) remain competitive at the top end of the racing calendar, with a strong squad being developed across all distances; (2) encouragement for any member to try out new training sessions, explore a new event on a different running surface / longer race distance / a different city or country.

Give any member the equal chance to represent the running club for the first time and share in the identity of wearing the jade & blue vest stood side by side with your team mates. For the above to succeed, we have the universal and tenacious club spirit that is constantly being reinforced after each club event. Promoting the team aspect and celebration of individual achievements alongside a strong shoulder to lean on at times of disappointment or temporary set backs through injury.

Final Words

As individuals, we all aspire to be respectful, kind and empathetic. These are the values I hope we can preserve within our growing community. Reflecting on the last 12 months, the clubhouse gates remain wide open as they always have been, and we are welcoming in a membership that continues to be diverse in background, experiences and opinions.

I believe we are at an important inflexion point where we should be patient and listen to each other, make compromises, be open to change and approach each conversation constructively and with an open mind. This becomes the next evolution of the club, and I am sure it will look different to today, also for the better in years to come.

Juniors Report – Cornelia Abe-Minale

Middlesex County T & F Championships

The number of junior athletes competing in the County Championships was significantly lower than in previous years. Nonetheless our athletes achieved 3 gold, 5 silver and 6 bronze medals.

Middlesex County Cross Country Champs

5 of our junior athletes achieved top 10 positions. Lyra MacDonald winning the U15G and Luca Minale coming 2nd in the U20M.

Track and Field Leagues

Our club competed with the younger age group U13/15 in the Youth Development League, Southern Division 2B. Our target for this league was to achieve a mid-league ranking. We successfully reached this target. The fact that many of our parents undergone Track and Field officials training and were able to help us reach the necessary officials quota made a positive difference.

The older age group U17/20 competed in the Upper age group league Division 2B. For this league we were competing as a composite team with London Heathside and Highgate Harriers.

As in the new season many of our strongest athletes moving up into the Upper League we have decided to compete 2023 as a single club in this league.

The U17/20 juniors also competed in the Southern Athletics League. All athletes done well in the SAL, however to improve our league position in the future the number of attending adult athletes will have to increase for all league matches.

Track and Field after Covid

The junior training is slowly recovering from the declining numbers after Covid. The sprinters training was massively impacted by the suspension of Head Coach Alf Vickers. Since Alf's return to the track, training is now gaining momentum. The ongoing dispute over the gym use with Tower Hamlets Council has also been a large factor for the overall underperformance of the T& F team. All trainings groups still only using the stadium

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

grandstand for their Strength & Conditioning sessions. We are hoping to come to an understanding with the council before Christmas in order to start with much needed refurbishment of the gym asap.

English Schools Championships

2 of our athletes qualified for the ES Cross-country champs (Lyra MacDonald and Ruby James) and 2 athletes achieved ES track and Field qualification (Lyra MacDonald 1500m and Michelvi Wamba 200m)

Outstanding athletes of 2021/22

- Laureen Okagbenu U15G Hammer, Laureen has improved her performance over a very short time and is now 24 th in the UK ranking with 33.25m
- Lyra MacDonald U15G 800/1500m, Lyra has continued to produce top National performances during the T&F and Cross Country season

FINANCE REVIEW

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

Overview

Cash flow was positive this year with higher subscriptions, stable revenue from HQ hire, partially offset by club activities and races, as well as the maintenance and renovation we were able to complete.

Investment in assets

The following investments have been made in the current year:

- Website upgrade: A new club website has been created and launched (as of October 2023).
- Renovation work at the cottage that is rented out.

The following investment is planned for the current year:

- Repainting of the hallway and stairway next to the bar;
- A treatment room to be created in the small gym room on the ground floor following consultation with Victoria Park Sports Medicine and Victoria Park Fitness, providing additional capacity for sports treatment to club members and the local community.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Financial highlights

Income

A breakdown of the last 4 years recurring income streams is provided below.

**Recurring income
(£)**

	2020	2021	2022	2023
Donations	300	0	308	300
Subscriptions	46,247	37,308	43,443	47,207
Cottage rent	19,263	19,260	19,260	20,865
HQ hire	5,460	4,740	23,878	30,256
Club kit	2,094	195	1,281	387
	73,364	61,503	88,170	99,015

Membership subscriptions – 8% increase with subscriptions now slightly above pre-pandemic level.

Cottage rent – income from the cottage was as slightly higher at £20.9K

HQ Hire – the conversion of the first floor to a studio and treatment room has substantially increased the revenue from HQ hire.

HQ hire 2021/22 and 2022/23(£)

	2021/22	2022/23
Victoria Park Sports Medicine	8,140	7,235
Personal training	3,610	3,230
Pilates studio	11,468	19,491
Other	660	300
TOTAL	23,878	30,256

Expenditure

Travel and subsistence costs were higher than previous years as events returned (£7,446 in 22/23 vs £3,218 in 21/22 although still lower than £10,717 in 19/20)

There were some coaching fees incurred for the Come and Try Athletics events that were able to take place. These are funded either by schools providing income or by specific grants (i.e. LBTH mainstream grant).

Affiliation, track and race entry fees decreased from prior year (£15,580 in 22/23 vs £22,030 in 21/22).

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Cash Flows

The table below gives the closing cash position at the last two financial year-ends and also at end September 2022. The club benefited from reduced outgoings in 20/21 and have used this money to renovate the committee room into a studio for hire. The club's calculated minimum cash reserve is 6 months expenditure, approximately £25,000.

<i>Cash position</i>	Closing	Closing	Movement	Current
	31/03/2023	31/03/2022	2022-23	03/10/2023
Current account	101,395	71,086	30,309	119,340
Deposit	85,785	86,584	-699	85,785
Development account	11,407	14,995	-3,573	10,363
Total Cash		172,665	26,037	215,488
<i>Cash excluding development account</i>		157,670	29,610	234,735

Reserves policy

The trustees consider that an appropriate level of reserves in respect of unrestricted funds is an amount to generate a working capital to cover approximately six months of the charity's annual costs excluding expenditure chargeable against the restricted income and funds and designated reserves. Based on the charity's level of activity it is considered that a minimum appropriate level of unrestricted funds would be £25,000.

Future plans

The following investments are in process or planned for the current year:

- Repainting of the hallway and stairway next to the bar;
- A treatment room to be created in the small gym room on the ground floor following consultation with Victoria Park Sports Medicine and Victoria Park Fitness, providing additional capacity for sports treatment to club members and the local community.
- There are plans to invest in the gym at the Mile End track.

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....
David Robinson

Chairman

Date: 31 January 2024

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE YEAR ENDED 31 MARCH 2023

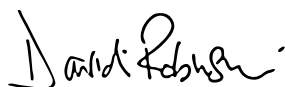
The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:



David Robinson
Chair

Date: 31 January 2024

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2023**

**Independent examiner's report to the Trustees of Victoria Park Harriers and Tower Hamlets AC
(the Charity)**

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2023.

Responsibilities and basis of report

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 

Dated: 31 January 2024

Cara Miller

ACCA

MHA

Chartered Accountants, 910 The Crescent, Colchester Business Park, Colchester, Essex, CO4 9YQ

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023**

	Note	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations	4	300	-	300	308
Charitable activities	5	55,053	-	55,053	55,081
Other trading activities	6	55,701	-	55,701	47,051
Bank interest receivable		229	-	229	66
Total income		111,283	-	111,283	102,506
Expenditure on:					
Charitable activities		111,501	-	111,501	117,649
Total expenditure		111,501	-	111,501	117,649
Net expenditure before net (losses)/gains on investments		(218)	-	(218)	(15,143)
Net (losses)/gains on investments		(1,029)	-	(1,029)	1,366
Net movement in funds		(1,247)	-	(1,247)	(13,777)
Reconciliation of funds:					
Total funds brought forward		1,244,403	5,084	1,249,487	1,263,264
Net movement in funds		(1,247)	-	(1,247)	(13,777)
Total funds carried forward		1,243,156	5,084	1,248,240	1,249,487

All income and expenditure derive from continuing activities.

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 17 to 32 form part of these financial statements.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)
REGISTERED NUMBER: 04324630

BALANCE SHEET
AS AT 31 MARCH 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	10	1,049,452	1,081,455
Investments	11	19,036	20,065
		<u>1,068,488</u>	<u>1,101,520</u>
Current assets			
Debtors	12	5,634	4,986
Cash at bank and in hand		179,549	152,584
		<u>185,183</u>	<u>157,570</u>
Creditors: amounts due within one year	13	(5,431)	(9,603)
Net current assets		<u>179,752</u>	<u>147,967</u>
Total net assets		<u>1,248,240</u>	<u>1,249,487</u>
Charity funds			
Restricted funds	14	5,084	5,084
Unrestricted funds	14	1,243,156	1,244,403
Total funds		<u>1,248,240</u>	<u>1,249,487</u>

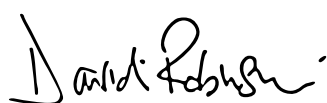
The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



.....
David Robinson
Chair

Date: 31 January 2024

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

1. General information

Victoria Park Harriers and Tower Hamlets AC is a charitable company limited by guarantee and is registered with the Charity Commission (Charity Registered Number 1091712) and Registrar of Companies (Company Registration Number 04324630) in England and Wales.

In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity. The address of the registered office is given in the Charity information on page 1 of these financial statements.

The nature of the Charity's operations and principal activities are detailed in the Trustees' Annual Report.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Victoria Park Harriers and Tower Hamlets AC meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

The financial statements are presented in sterling which is the functional currency of the Charity and rounded to the nearest pound.

2.2 Going concern

The financial statements have been prepared on a going concern basis. The Trustees have considered relevant information, including the annual budget and forecast future cash flows in making their assessment. Based on these assessments and having regard to the resources available to the entity, the Trustees have concluded that there is no material uncertainty and that they can continue to adopt the going concern basis in preparing the annual report and accounts.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

2. Accounting policies (continued)

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity and it is probable that they will be fulfilled.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the Charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

The Charity receives grants in respect of furthering its charitable objectives. Income from grants are recognised at fair value when the Charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Investment income is earned through holding assets for investment purposes such as shares and property. Where it is not practicable to identify investment management costs incurred within a scheme with reasonable accuracy the investment income is reported net of these costs. It is included when the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the Bank.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Support costs are those that assist the work of the Charity but do not directly represent charitable activities and include office costs, governance costs and administrative costs. They are incurred directly in support of expenditure on the objects of the Charity. Where support costs cannot be directly attributed to particular headings they have been allocated to expenditure on charitable activities on a basis consistent with use of the resources. Governance costs are those incurred in connection with the running of the Charity and compliance with constitutional and statutory requirements.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.7 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

2. Accounting policies (continued)

2.7 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following bases:

Freehold property	- 10 - 50 years
Athletics equipment	- 5 years

2.8 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

2. Accounting policies (continued)

2.12 Financial instruments

The Charity only holds basic Financial Instruments. The financial assets and financial liabilities of the Charity are as follows:

Debtors - trade and other debtors (including accrued income) are basic financial instruments and are debt instruments measured at amortised cost as detailed in Note 12. Prepayments are not financial instruments.

Cash at bank – is classified as a basic financial instrument and is measured at face value.

Liabilities – trade creditors, accruals and other creditors will be classified as financial instruments, and are measured at amortised cost as detailed in Note 13. Deferred income is not deemed to be a financial liability, as in the cash settlement has already taken place and there is simply an obligation to deliver charitable services rather than cash or another financial instrument.

2.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

3. Critical accounting estimates and areas of judgment

Estimates and judgments are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The Charity makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are discussed below.

- Allocation of support costs
- Depreciation rates for tangible fixed assets

4. Income from donations

	Unrestricted funds 2023	Total funds 2023	<i>Total funds 2022</i>
	£	£	£
Donations	300	300	308
<i>Total 2022</i>	308	308	

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

5. Income from charitable activities

	Unrestricted funds 2023	Total funds 2023
	£	£
Coaching income	7,200	7,200
Open 5	259	259
Membership subscriptions	47,207	47,207
Sale of club kit	387	387
Sponsorship income	-	-
Event hosting	-	-
Total 2023	55,053	55,053

Coaching income represents the provision of coaching to local schools, which is funded directly by London Borough of Tower Hamlets and / or the schools involved in the programmes.

	<i>Unrestricted funds 2022</i>	<i>Restricted funds 2022</i>	<i>Total funds 2022</i>
	£	£	£
Coaching income	-	6,025	6,025
Open 5	1,329	-	1,329
Membership subscriptions	43,443	-	43,443
Sale of club kit	1,281	-	1,281
Sponsorship income	2,848	-	2,848
Event hosting	155	-	155
	49,056	6,025	55,081

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

6. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Cottage rental income	20,248	20,248	19,260
Hall hire	32,066	32,066	23,878
Bar sales	3,387	3,387	3,913
Total 2023	<u>55,701</u>	<u>55,701</u>	<u>47,051</u>
<i>Total 2022</i>	<u>47,051</u>	<u>47,051</u>	

7. Analysis of expenditure by activities

	Activities undertaken directly 2023 £	Support costs 2023 £	Total funds 2023 £
Providing facilities for public recreation	<u>37,240</u>	<u>74,261</u>	<u>111,501</u>
	<i>Activities undertaken directly 2022 £</i>	<i>Support costs 2022 £</i>	<i>Total funds 2022 £</i>
Providing facilities for public recreation	<u>35,954</u>	<u>81,695</u>	<u>117,649</u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Total funds 2023 £	<i>Total funds 2022 £</i>
Coaching fees	6,840	5,970
Open 5	-	1,709
Awards	925	476
Club Kit	5,689	2,095
Travel and subsistence	7,446	3,218
Affiliation, entry and track fees	15,580	22,030
Medical cover	462	456
Athletics equipment	298	-
	37,240	35,954

Analysis of support costs

	Total funds 2023 £	<i>Total funds 2022 £</i>
Depreciation	41,706	62,075
Rates and utilities	16,477	9,410
Insurance	4,986	3,727
Repairs and Maintenance	-	745
Sundry expenses	1,258	718
Governance	4,020	4,020
Website expenses	5,814	1,000
	74,261	81,695

All governance costs relate to independent examiners fees, further details of which can be found in Note 8.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

8. Independent examiner's remuneration

	2023	2022
	£	£
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	4,020	4,020

9. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2022 - £NIL).

The Charity has no employees (2022 - Nil) and the Trustees are considered to be the Key Management Personnel.

During the year ended 31 March 2023, expenses totalling £2,510 were reimbursed or paid directly to 3 Trustees (2022 - £2,048 to 3 Trustees). Expenses relate to costs of hotel, travel, race entry, office and gym equipment.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

10. Tangible fixed assets

	Freehold property £	Athletics equipment £	Total £
Cost or valuation			
At 1 April 2022	1,740,747	71,230	1,811,977
Additions	9,703	-	9,703
At 31 March 2023	1,750,450	71,230	1,821,680
Depreciation			
At 1 April 2022	659,292	71,230	730,522
Charge for the year	41,706	-	41,706
At 31 March 2023	700,998	71,230	772,228
Net book value			
At 31 March 2023	1,049,452	-	1,049,452
At 31 March 2022	1,081,455	-	1,081,455

The land and buildings were purchased by a club trust in 1961, which preceded the incorporation of the Charitable Company and was transferred to the Charity in 2003. The land and buildings were revalued by the Trustees in 2008. This revaluation (original value - £nil) is matched by a designated fund which reduces by the amount of depreciation each year.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

11. Fixed asset investments

	Listed i vestments £
Cost or valuation	
At 1 April 2022	20,065
Revaluations	(1,029)
At 31 March 2023	19,036
Net book value	
At 31 March 2023	19,036
At 31 March 2022	20,065

All fixed asset investments are held in the UK.

12. Debtors

	2023 £	2022 £
Due within one year		
Prepayments and accrued income	5,634	4,986
	5,634	4,986

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

13. Creditors: Amounts falling due within one year

	2023	2022
	£	£
Other creditors	1,851	1,851
Accruals and deferred income	3,580	7,752
	5,431	9,603

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

14. Statement of funds

Statement of funds - current year

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2023 £
Unrestricted funds						
Designated funds						
Building improvements	73,455	-	-	-	-	73,455
Revalued property fund	1,008,000	-	-	(32,003)	-	975,997
Gym refurbishment	3,000	-	-	-	-	3,000
	<u>1,084,455</u>	<u>-</u>	<u>-</u>	<u>(32,003)</u>	<u>-</u>	<u>1,052,452</u>
General funds						
General Funds	159,948	111,283	(111,501)	32,003	(1,029)	190,704
Total Unrestricted funds	<u>1,244,403</u>	<u>111,283</u>	<u>(111,501)</u>	<u>-</u>	<u>(1,029)</u>	<u>1,243,156</u>
Restricted funds						
Building Improvements	4,443	-	-	-	-	4,443
Fitness for Sport Project	641	-	-	-	-	641
	<u>5,084</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>5,084</u>
Total of funds	<u><u>1,249,487</u></u>	<u><u>111,283</u></u>	<u><u>(111,501)</u></u>	<u><u>-</u></u>	<u><u>(1,029)</u></u>	<u><u>1,248,240</u></u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2022 £</i>
Unrestricted funds						
Designated funds						
Building improvements	57,714	-	-	15,741	-	73,455
Revalued property fund	1,036,000	-	-	(28,000)	-	1,008,000
Gym refurbishment	3,000	-	-	-	-	3,000
	<u>1,096,714</u>	<u>-</u>	<u>-</u>	<u>(12,259)</u>	<u>-</u>	<u>1,084,455</u>
General funds						
General Funds	161,531	96,481	(111,689)	12,259	1,366	159,948
Total Unrestricted funds	<u>1,258,245</u>	<u>96,481</u>	<u>(111,689)</u>	<u>-</u>	<u>1,366</u>	<u>1,244,403</u>
Restricted funds						
Building Improvements	4,378	6,025	(5,960)	-	-	4,443
Fitness for Sport Project	641	-	-	-	-	641
	<u>5,019</u>	<u>6,025</u>	<u>(5,960)</u>	<u>-</u>	<u>-</u>	<u>5,084</u>
Total of funds	<u><u>1,263,264</u></u>	<u><u>102,506</u></u>	<u><u>(117,649)</u></u>	<u><u>-</u></u>	<u><u>1,366</u></u>	<u><u>1,249,487</u></u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	1,049,452	-	1,049,452
Fixed asset investments	19,036	-	19,036
Current assets	180,099	5,084	185,183
Creditors due within one year	(5,431)	-	(5,431)
Total	1,243,156	5,084	1,248,240

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2022 £</i>	<i>Restricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Tangible fixed assets	1,081,455	-	1,081,455
Fixed asset investments	20,065	-	20,065
Current assets	152,486	5,084	157,570
Creditors due within one year	(9,603)	-	(9,603)
Total	1,244,403	5,084	1,249,487

16. Related party transactions

There were no related party transactions in the year (2022 - £NIL).

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

England & Wales - Charity number 1091712

Accounts

Company registration number: 04324630
Charity registration number: 1091712

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

CONTENTS

	Page
Reference and administrative details of the Charity, its Trustees and advisers	1
Chairman's statement	2 - 3
Trustees' report	4 - 15
Trustees' responsibilities statement	16
Independent examiner's report	17
Statement of financial activities	18
Balance sheet	19
Notes to the financial statements	20 - 36

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2022

Trustees	David Robinson, Chair Cornelia Abe-Minale Faye Jeacocke Gavin Lau Charlie Maling (resigned 1 September 2021) Anna Trihan (resigned 1 July 2022) Hugh Murdoch Alf Vickers Elizabeth Venables (appointed 4 November 2021) Lily Zechman (appointed 1 July 2022)
Company registered number	04324630
Charity registered number	1091712
Registered office	24 Blackberry Court Woodmill Road London E5 9GE
Independent Examiner	MHA MacIntyre Hudson Chartered Accountants 910 The Crescent Colchester Business Park Colchester Essex CO4 9YQ
Bankers	HSBC Plc 20-21 Electric Parade George Lane London E18 2LX

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022**

The chairman presents his statement for the year:

It has been a very successful year for the club with a steady growth in membership post Covid. With both returning and new members at the track, growth was a little slower but has built to a dedicated group of junior and senior athletes competing consistently throughout the track season.

Thanks

On behalf of club members, it's a privilege for me to thank so many club members who have devoted so much of their time and energy over the past year to support the club and assist athletes in achieving new goals.

Board Members

Huge thanks to Annie Trihan who has been an outstanding Women's Road & XC captain for 2 years and stood down during the late summer. We had 2 strong contenders to take on this role and the board finally appointed Lily who in a relatively short space of time has proved to be a valuable and inspirational new captain and board member.

Thanks also to Hugh who stood down as club secretary due to work pressures but will continue his forceful role as lead bike for races that we host in the park! Again we had several strong candidates for this role and after a number of discussions with candidates and careful consideration the board are pleased to have appointed Vendy.

Huge thanks also to Faye who stood down as club treasurer after 5 years. Her contribution to the club and board both as treasurer and across all club functions and events has been immense and invaluable. The board are very pleased to have appointed Valerie to take over.

A huge thanks to our other remaining board members, Cornelia, Alf, Bessie and Gav both in their appointed roles and also for their numerous other responsibilities and contributions to the club.

Club Coaches and Leaders

Thanks to all our coaches, leaders and the growing number of volunteers who have joined teams and assisted in new roles. We are continuing to formalise and expand these roles and teams in the coming year.

Thanks to:

- Cornelia Abe-Minale (Athletics Coach Endurance)
- Tony Bunbury (Jumps, Speed, Throws, Endurance)
- Kelvin Richards (Level 2 coach - Jumps, Assistant Coach)
- Margaret Nelson (Sprints, Assistant Coach)
- Tracey Quartey (Throws, Assistant Coach)
- Alf Vickers (Level 3 coach, Hurdles, Speed)
- Claudine Vickers
- Mick Cairns (Tuesday structured speed work at the community track)
- Steve Hobbs for the Thursday Project V Sessions and additional informal training groups.
- Andrew Bates for Sunday runs
- Verity Stroud for Start to Run Helen Goddard for Beginners group & 3 Bridges organiser
- Captains Gav, Annie/Lily and Miry, Anna, Helen; others for Thursday Tempo Runs
- Joyce Berry for Chingford League ... assisted by Reef
- Handicap Team organisers and volunteers : Andre, Anna, Major, Len, Richard and others
- Volunteers and parents who helped organise, marshal and assist at races and monthly handicaps

The Membership Team: Neil, Mike, Gav, Annie, Faye and Major.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

CHAIRMAN'S STATEMENT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

The Bar and Social Events Team: Susan, Sophie and Paul.

Clubhouse

Following significant improvements and alterations carried out during 2022, we have continued to extend and expand the use of the clubhouse as a fitness centre both for club members and also for a wider section of our local community.

These activities include:

- Fabien Lassonde (Victoria Park Fitness) Strength and Conditioning coaching for runners and triathletes
- Creation of a large Pilates / Yoga studio with Sam White (Victoria Park Pilates), Gail Wilkinson (Yoga for runners) and others.
- Joe Dale (Victoria Park Sports Medicine)
- Mums Fit - postnatal exercise classes to improve strength, fitness and posture.
- Taekwondo Group Saturday class

Mile End

Mile End Stadium is managed by 'Better' for Tower Hamlets. Junior club members and club coaches running junior sessions have free access to the track at club training times.

We have a Gym at the track which is closed and cannot be used at present. We are in ongoing discussion with Tower Hamlets to bring this back into use, which will require some investment on improvements and maintenance of equipment. This will only be possible if we can secure anytime use of this facility which we used to have pre-Covid, but is currently proving difficult.

This season we have managed to involve more helpers / members / parents to assist with event organising and volunteering. Further help along with encouraging members / parents to undergo training to become officials will influence our ability to host and participate in track competition in 2023 (training will be funded by the Club).

Club Website

We are very close to going live with our new website (testing in December and will go live early in the new year). This will provide an up to date centralised source for information about the club, all our activities, events, race reports etc., board members, coaches, and all members in additional roles will be listed.

Many thanks to Dave Finch, club member and website designer who we engaged to build the new 'more user friendly' website and to the small steering group (mainly Gav, Faye and Mandy) who have worked with Dave to bring this about.

Vphtac

On behalf of the Board, I wish you all safe and well over the coming club year and many thanks to all existing and our many new club members for the value and enthusiasm you all bring to the club, for your achievements big and small that we all enjoy and celebrate.

We are committed to our ethos of maintaining a strong, caring, inclusive and supportive club, and to build on our achievements and reputation as one of the leading athletics clubs in the London area and increasingly recognised at nationwide events.

DocuSigned by:

David Robinson

423DU3DBU45E4851
 Dave Robinson

Chair

Date: 13/12/2022

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their annual report together with the financial statements of the Charity for the year ended 31 March 2022. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution:

Victoria Park Harriers & Tower Hamlets AC is a company limited by guarantee which is also registered as a charity and is under the management of a Board of Trustees. Victoria Park Harriers & Tower Hamlets AC was registered as a charity with the UK Charity Commission on 23 April 2002.

Purposes:

The purpose of the Charity, as per its Memorandum and Articles of Association, is the provision of facilities for public recreation or other leisure time occupation and in particular athletics in the interest of social welfare, with the object of improving the conditions of life of those who reside and work within East London. The main activities undertaken in relation to the purposes of the Charity, as per its governing document, have been described further in the Activities and Achievements section of this report.

Public Benefit:

In setting objectives and planning for current and future activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to Public benefit, including the guidance 'Public benefit: running a charity (PB2)'. All activities have been undertaken for the furtherance of Public Benefit.

Method of appointment or election of Trustees:

The articles of the Charity state there should be a minimum of three trustees. At every annual general meeting one third of the trustees who are subject to retirement by rotation or, if their number is not three or a multiple of three, the number nearest to one third retire from office.

No person other than a trustee retiring by rotation shall be appointed or reappointed a trustee at any general meeting unless he is recommended by the trustees, or a notice proposed by a member eligible to vote at the meeting, and executed by the proposed person, has been given to the trustees within set time limits before the AGM as prescribed in the articles of the Charity.

Organisational structure and decision making:

The business of the Charity is managed by the trustees who may exercise all powers of the Company.

ACTIVITIES AND ACHIEVEMENTS

Women's Road and Cross Country Report – Lily Zechmann

Introduction

Serving as Women's Road and Cross-Country Captain for the past 6 months, having taken over from Annie in June. So far, it's been very busy with races happening left, right, and centre and league leagues keeping me on my toes! I am thoroughly enjoying my role.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

This year I was able to get involved with the SAL events which seemed to be back in full swing since Covid. It was certainly an enjoyable event which brought many athletes in the club together, and a big reminder of the great team vibe we have in the club – especially during the quiet summer seasons.

Training on the track and at Project V continues and we see the benefits this has had on members especially when put into practice at the races. At the races, we have demonstrated great team spirit by working together and cheering each other on.

Every Thursday we welcome a handful of new joiners. It's been lovely to see how quickly new members have integrated into the team and have enjoyed everything this great club has to offer.

Summer 2022

We returned to the **Southern Athletics League** this summer after the long Covid break. There was strong representation in our home match at Mile End (with the ladies taking 1st place in 800m, and 5000m race). We also saw athletes heading up to the last event in Kings Lynn. Bravo to our ladies who pushed beyond their comfort zone to sign up to the events that they've never done before – **Anna Fiedlerova** and **Hazel Norton-Hale** in the 400m Hurdles, **Ellie Daglish** and **Eilidh Wagstaff** in the Steeple Chase, **Anna** also doing the long jump. Sadly, we did get relegated – mostly due to low turnout at other events when the heatwave hit – we know that this is something where we can work on and will come back fighting next year – with the goal of filling all events next year. We are so proud of our ladies who stepped up to help us score, this is what team spirit is all about!

We also participated in a number of relay events over the summer. Our ladies team was in podium position at the **Bridges Relay** in August by the O2 Arena. The ladies A team coming home to 1st position and the B team placing 6th – Well done to all, to name a few **Valerie Wong**, **Lydia Briggs**, and **Claire Hartley**.

The Southern and National road relays in September saw another strong performance from our ladies team, finishing in podium position 3rd. Congratulations to **Sophie Allen**, **Laura Thompson**, **Laura Kaye**, and **Hannah Somani**.

Towards the end of Summer we hosted the **Middlesex 10K** in Victoria Park, with a handful of medals being won from our ladies. **June Barrow-Green**, **Nicola Kerr**, and **Susan Leese** all claiming silver. The Bronze went to **Lily Zechmann**, **June Barrow-Green**, and **Nicola Kerr**.

Autumn/Winter 2022

Stepping into the colder months, we were unexpectedly blessed with warmer weather in our Cross Country events.

Met League has kicked off to a great start, with around 28 ladies taking part in the first fixture at Claybury in October, and 23 female runners at Wormwood scrubs in November. Wormwood Scrubs never looked so pretty, though some of us miss the muddy and gloomy trademark of this course. **We are now in a strong 2nd position** – keep up the excellent work ladies!

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

The Chingford League also saw a strong start for our ladies, with three races completed and three more to go, we are leading in 1st position!

The results so far

- Women's Overall – 1st
- Women's Vets – 3rd
- Women's B team – 1st

As ever, a huge thank you to **Joyce Berry** for all her organisation efforts in making the Chingford League happen.

Road

Marathons and Half marathons were back into full spring in 2022. Our local event, the Hackney Half in May and The Big Half saw mass participation from VPHers, the roads were coloured in Jade and Blue.

Our ladies participated in marathons all around the country and in various parts of the world – running in Brighton, Manchester, London, and Berlin. **Faye Jeacocke** and **Laura Thompson** showcase great performance in London. **Mandy Dohren** and **Hannah Somani** running a sub-3 in Manchester. As always, the atmosphere of the London Marathon was unbeatable, and a reminder of how great this sport is – for the runners as well as those supporting and cheering on.

A big thank you!

There are so many members of the club that we want to recognize, for their continued contribution and efforts in sustaining and maintaining the club: **Chairman Dave**, and everyone on the Board; **Major Carr**, **Simeon Bennett**, and **Neil Cook** all their work behind the scenes; **Len Williams** and **Richard Norton-Hale** for support of the handicaps and Club Championships; everyone at the Bar Staff, including **Susan Leese**, **Sophie Critchlow**, **Helen Goddard** and **Marlis Haase**. Our coaches, **Coach Mick** and **Coach Steve** for their continued efforts on the Track and Project V sessions. Our race managers, **Andre Dahlkamp** and **Anna Fiedlerova**, for organizing the handicap races. And lastly, the volunteers who have stepped up to help at the races!

Outlook for 2023

As 2022 comes to a close, we have plenty of things to celebrate – the membership continues to grow and we continue to encourage people to take part in weekly runs at the clubhouse as well as the races.

The goal for next year is to continue increasing participation race events, including Athletics and get out of relegation, and to drive diversity and bring new people into the club!

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Men's Road and Cross Country Report – Gav Lau

Our club is on a journey...

The first important point I would like to open with, is for each of us to pause, and acknowledge the journey that the club has endured and persisted through in the last 5, 10, 20+ years. The cross section of the membership today includes many junior athletes, a relatively even split of male and female members, and broad participation across the full range of age categories. Stepping into our community with VPH&THAC today is the result of careful and significant investment of time and commitment to follow things through. Some individuals have come and gone. A special few continue to be active with the club today.

As a club member myself, I expect to be able to have access to as many of the facilities and as large a variety of events as possible, be kept informed of current developments and be able to do so in a friendly and inclusive environment.

To this end there are three recent initiatives that come to mind that have been a priority for the board that should be ready to share with the membership in the new year: **(1)** the development of a new club website (merging a lot of the information flow about the club and live events that is currently fragmented across many sub-standard channels); **(2)** the next phase of advertising club roles and making it more accessible for any members to review the nature of each role, time commitment expected and clear method to register your interest; **(3)** integration of the recent board appointments to function as a new unit, now representing more recent joiners. To improve on the communication of the governance structure and policies. Also the perception of how the board interacts and connects with the membership.

Notable contributions

Every week, I am reminded about the pull of the club spirit and it is clear for us all to see that so many among us are willing to nurture the culture and values we as a community enjoy. Simply to 'play' and 'run', to make new friendships, to listen to each others' experiences and backgrounds, to share other hobbies and interests outside of running. Each year, I reflect on some standout individuals that make material contributions:

A formal personal thank you to **Captain Annie Trihan** in her capacity as the Women's road and XC Captain. A pleasure to get to know and work side by side with someone so passionate about our club spirit, fiercely loyal to all of us, has a competitive edge and simply the most infectious smile when you are knee deep in mud and can't find a hot drink! Working with the board and our volunteers to deliver some routine sessions during covid as a sanctuary or pocket of normality for our local group was a huge challenge. It taught me a lot about putting faith in other people, recognising and accepting goodwill and positive gestures openly. And that a group committed to a cause coupled with patience and graft, would bring an outcome close to what was envisaged and scribbled on a piece of paper back at the start!

A whole hearted welcome to **Lily Zechmann** who has showed such credible commitment to get involved from the outset and is clearly getting into her stride as the busy winter season continues.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Please join me to recognise the efforts from our ever present roster of Coaches **Tony Bunbury, Mick Cairns** and **Steve Hobbs**. Often the first individuals that new and prospective club members get to meet. Getting familiar with training together in groups, building our confidence around strength and conditioning equipment, doing intervals on a purpose built track or committing to regular hard workouts. Props to **Simeon Bennett, Joe Dale** and **Hugh Murdoch** (to name a few) for stepping in to cover sessions on occasions on short notice. And the same sentiment extends to all our amazing track and field based coaches operating at Mile End.

The club handicap has continued to be such a popular cornerstone of our social group nights. The numbers participating have shot up and leveled around 70+ runners over the summer on the fast and flat 5 mile course. A thank you to the reliable cohort of: **Major Carr, Ray Russo, Richard Hale, Len Williams**. And to more recent club members contributing to the monthly preparations: **Anna Fiedlerova, Andre Dahlkamp, Valerie Wong, Katrin Flikschuh**.

A huge shout out to the entire women's teams that deliver the loudest cheers of any team on every single race day. Regardless if the rain is sideways, or the hail is coming down the size of golf balls, the VPH women will be spread across the course, willing the front of the pack home until the last of our team are safely back across the finish line.

One of the most important secrets to a strong and healthy runner, is to be fed and hydrated well! And the social hub that waits for us after every Thursday evening social run at the clubhouse is of thanks to **David Wilkey, Susan Leese, Sophie Critchlow, Paul Turley** and all the diligent chefs and bar helpers. This is another hallmark of our club spirit. We are very well looked after, and often spoilt! Please do volunteer to clear up, wash up, take the bins out. Many hands make light work and it shouldn't just be the few that stay late and clear up after us every week.

There are far more names I should mention and thank. I hope that you have received this message from me directly already when we have spent time together at the clubhouse, on race day or out on a field in the jade & blue!

Winter & Spring 2021/22

- The season kicked off with the Flowers mile on 2nd Sep. **Nat Rowland** came home in 1st place in 4:47 with **Ethan Gray** (U17B) crossing the line as 1st junior in 5:02.
- This also marked the start of the Boswall league, with the following club events included (alongside the other league and champs fixtures): Flowers mile, 10M road and 5M XC. The full list of winners and individual standings are presented separately during the AGM:
 - Congratulations to the overall Boswall League men's winner: **Jamie Cornuau** (1st). **Joe Dale** (2nd), **Andrew Barrington** (3rd).
 - Age Category winners: **Simeon Bennett** (V40); **Russell Toone** (V50); **William Burbridge James** (V60).
 - Consistent racing from **Simeon Bennett** participating in the most races 13/20 across the series.
 - Kudos to other runners that clocked up at least 10 races: **Joe Dale, Russell Toone, Tim Murray**.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

- The Chingford league returned for a full season. Under the careful stewardship of **Joyce Berry**. Starting with a rare daytime outing to Hog Hill on Sat 18 Sep. All 6 races were completed as planned with the season finale relays at Wantstead flats giving the spikes one final spin:
 - Teams:
 - Division 1M: 1st
 - Division 1M Vets: 3rd
 - B teams M: 1st
 - Individuals:
 - SM: **Jamie Cornuaud** 2nd
 - SM: **Zak Knill** 3rd
 - MV40: **Joe Dale** 6th
 - MV50: **Anthony Withstandley** 8th
 - MV60: **Keith Mussington** 4th
- The Hackney Half, on Sun 26 Sep, now seen as an adopted home fixture with so many fellow VPH'ers taking part. Some also racing in the club colours for the first time and experiencing the full scale of support and noise from those of us spectating and volunteering on the day. Fast forward to Sat 22 May and the same Hackney carnival pushed our runners to the finish line nestled in Hackney Marshes. The clear stars of the show being the VPH volunteers stationed at the Cadogan Terrace water station!
- The preamble of the Big Half gave reason for all our club runners a cheer. Then the London marathon race day landed in our sights, in the unusual autumn setting on Sun 3 Oct. And the VPH cheer squad was out in force. Our club runners diligently training in the summer months had their time to shine and run the course in celebration to welcome back this iconic race.
- The Met league didn't disappoint with Race 1 hosted at Claybury Park on Sat 16 Oct. Highgate unfortunately proved too strong for another year, taking the overall team championship, and our club is building a great reputation for bringing out a large team across the day of races. The strength and depth now developing across the competitive age categories is something to be very proud of. Individuals racing their hearts out all over again at Welwyn Garden City, Uxbridge and Wormwood Scrubs (with the final fixture at Trent Park unfortunately canceled on short notice due to bad weather):
 - Howards Williams Trophy (seniors): 3rd
 - Division 1M: VPH A 2nd; VPH B 9th
 - Division 1M Vets: VPH A 2nd; VPH B 12th

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

- With races rolling through the weekends to the end of 2021, the next marque fixture in our calendar to take place was the 5k Mob Match with Eton Manor on Tue 11 Jan. Hosted by our friendly neighbour at Jubilee Park. An impressive 91 VPH runners on the night with **Joe Dale** breaking the tape in 16:12 and **Laura Thompson** 1st female in 19:24.

Summer 2022

- The club competed in Division 2 East of the Southern Athletics League during the summer months. The interest and participation of our classic road & XC membership has been very gradual across recent years and word of mouth is now certainly spreading that this is another fantastic way to compete for the club and be introduced to other members. Thank you to both **Cornelia Abe-Minale** and **Tony MacDowall** for organising and managing the teams throughout this season. Many participants also showed great camaraderie to compete in multiple events and braving the jumps and steeple chases to get points on the board. We were unfortunately relegated to Division 3, having finished in 14th place (out of 16), and that was only due to lack of numbers to score across the events. There is no qualifying time requirements with track & field events being open to all, and our senior and junior athletes racing together as a combined team. We look forward to seeing more returning and first-timers for 2023. Please get in touch with one of the track coaches or road captains to find out more about the events, changes to practice and how to register.
- The Assembly league was tentatively introduced with a condensed league covering only 3 fixtures. With the opener in Beckenham Park and two events hosted by our club in Victoria Park. Participation numbers were impressive and a real buzz to the summer series from our members as well as our familiar competitors.
- We are very lucky to have an area of beauty such as Epping Forest so close to our local area, and many club members flocked to the Forest Five series with smiles on faces and trail shoes in the kit bag! The Orion 15 event also took place on 26 Mar, with **Pete Dyson** (1st) and **Fabien Lassonde** (2nd) making it on the overall podium.
- As the end of the summer holidays nears, the summer BBQ on Sat 6 Aug was preceded by the infamous "chunder mile". A compact group of three jolly and sheepish competitors brought their own nutrition and toed the line for 4 laps of joy around the cinder track. Props to **Dom Howarth** (4:36) retaining the title from 2021! **Arif Erdogan** 2nd and **Oliver Jamieson** (3rd).
- The annual Southern and National Road Relay events showcase the best athletics clubs across the grass roots level. VPH&THAC were able to field a women's team in the 4-stage race, and two men's teams in the 6-stage race for 2022.
 - The men's A and B team competed at the Southern relays event at Crystal Palace, with other prominent clubs also racing at Aldershot on the same day. Our A team, coming 1st at the Crystal Palace event, running a total time of 1hr51m00s was made up of: **Alex Lawrence** (17:20.40), **Adam Millbery** (18:09.70), **Jack Bibbings** (18:35.75), **James Hotham** (18:49.15), **Matt Stevens** (19:11.20) and **Greg Divall** (18:54.6) to win our clubs' biggest relay title to date.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC**(A company limited by guarantee and registered charity)**

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

- A very strong roster of 74 mens teams competed in the National Road Relay, with Aldershot Farnham & District taking the win in 1hr43m37s. The mens team raced well to place 44th in a combined time of 1hr53m55s: Adam Millbery (18:17); Jack Bibbings (18:25); James Hotham (18:50); Greg Divall (19:24); Jamie Cornuau (19:21) and Nick Sharp (19:38). Fantastic achievement for all involved and a big milestone for the club to be competitive in such a high quality field!

Looking ahead to 2022/23

I expect VPH&THAC to push forward on two fronts in sporting context: **(1)** remain competitive at the top end of the racing calendar, with a strong squad being developed across all distances; **(2)** encouragement for any member to try out new training sessions, explore a new event on a different running surface / longer race distance / a different city or country.

Give any member the equal chance to represent the running club for the first time and share in the identity of wearing the jade & blue vest stood side by side with your team mates. For the above to succeed, we have the universal and tenacious club spirit that is constantly being reinforced after each club event. Promoting the team aspect and celebration of individual achievements alongside a strong shoulder to lean on at times of disappointment or temporary set backs through injury.

Final Words

As individuals, we all aspire to be respectful, kind and empathetic. These are the values I hope we can preserve within our growing community. Reflecting on the last 12 months, the clubhouse gates remain wide open as they always have been, and we are welcoming in a membership that continues to be diverse in background, experiences and opinions.

I believe we are at an important inflexion point where we should be patient and listen to each other, make compromises, be open to change and approach each conversation constructively and with an open mind. This becomes the next evolution of the club, and I am sure it will look different to today, also for the better in years to come.

Juniors Report – Cornelia Abe-Minale**Middlesex County T & F Championships**

The number of junior athletes competing in the County Championships was significantly lower than in previous years. Nonetheless our athletes achieved 3 gold, 5 silver and 6 bronze medals.

Middlesex County Cross Country Champs

5 of our junior athletes achieved top 10 positions. **Lyra MacDonald** winning the U15G and **Luca Minale** coming 2 nd in the U20M.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Track and Field Leagues

Our club competed with the younger age group U13/15 in the Youth Development League, Southern Division 2B. Our target for this league was to achieve a mid-league ranking. We successfully reached this target. The fact that many of our parents undergone Track and Field officials training and were able to help us reach the necessary officials quota made a positive difference.

The older age group U17/20 competed in the Upper age group league Division 2B. For this league we were competing as a composite team with London Heathside and Highgate Harriers.

As in the new season many of our strongest athletes moving up into the Upper League we have decided to compete 2023 as a single club in this league.

The U17/20 juniors also competed in the Southern Athletics League. All athletes did well in the SAL, however to improve our league position in the future the number of attending adult athletes will have to increase for all league matches.

Track and Field after Covid

The junior training is slowly recovering from the declining numbers after Covid. The sprinters training was massively impacted by the suspension of Head Coach Alf Vickers. Since Alf's return to the track, training is now gaining momentum. The ongoing dispute over the gym use with Tower Hamlets Council has also been a large factor for the overall underperformance of the T& F team. All trainings groups still only using the stadium grandstand for their Strength & Conditioning sessions. We are hoping to come to an understanding with the council before Christmas in order to start with much needed refurbishment of the gym asap.

English Schools Championships

2 of our athletes qualified for the ES Cross-country champs (**Lyra MacDonald** and **Ruby James**) and 2 athletes achieved ES track and Field qualification (**Lyra MacDonald** 1500m and **Michelvi Wamba** 200m)

Outstanding athletes of 2021/22

- **Laureen Okagbenu** U15G Hammer, Laureen has improved her performance over a very short time and is now 24 th in the UK ranking with 33.25m
- **Lyra MacDonald** U15G 800/1500m, Lyra has continued to produce top National performances during the T&F and Cross Country season

FINANCE REVIEW

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Overview

Cash flow was negative this year; while we saw higher subscriptions, revenue from HQ hire these were offset by club activities and races resuming, as well as the maintenance and renovation we were able to complete.

Investment in assets

The following investments have been made in the current year:

The former committee room has been renovated and is now a pilates studio for hire.

- The heating in the main hall has been repaired.

The following investment is planned for the current year:

- The project to modernise the website has been ongoing for some time - the objective is to make it more relevant to existing members and attract potential new ones.

Financial highlights

Income

A breakdown of the last 4 years recurring income streams is provided below.

Recurring income (£)

	2019	2020	2021	2022
Donations	100	300	0	308
Subscriptions	39,220	46,247	37,308	43,443
Cottage rent	19,257	19,263	19,260	19,260
HQ hire	5,004	5,460	4,740	23,878
Club kit	1,273	2,094	195	1,281
	64,854	73,364	61,503	88,170

Membership subscriptions – 14% increase with subscriptions returning to pre-pandemic level.

Cottage rent – income from the cottage was as per last year at £19.3K.

HQ Hire – the conversion of the first floor to a studio and treatment room has substantially increased the revenue from HQ hire.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

HQ hire 2021/22 (£)

Victoria Park Sports Medicine	8,140
Personal training	3,610
Pilates studio	11,468
Other	660
TOTAL	23,878

Expenditure

Travel and subsistence costs were higher than previous years as events returned (£3,218 in 21/22 v £277 in 20/21, although still lower than £10,717 in 19/20).

There were some coaching fees incurred for the Come and Try Athletics events that were able to take place. These are funded either by schools providing income or by specific grants (i.e. LBTH mainstream grant).

Affiliation, track and race entry fees increased from the prior year (£22,030 in 21/22 v £1,957 in 20/21), this was following the suspension of EA fees in FY21 due to Covid.

Cash Flows

The table below gives the closing cash position at the last two financial year-ends and also at end September 2022.

The club benefited from reduced outgoings in 20/21 and have used this money to renovate the committee room into a studio for hire. The club's calculated minimum cash reserve is 6 months expenditure, approximately £25,000.

Cash position	Closing 31/03/2022	Closing 31/03/2021	Movement 2021-22	Current 26/09/2022
Current account	71,086	78,386	-7,300	94,501
Deposit	86,584	85,152	1,432	85,350
Development account	14,980	14,217	778	10,063
Total Cash	172,650	177,755	-5,090	190,014
<i>Cash excluding development account</i>	<i>157,670</i>	<i>163,538</i>	<i>-5,868</i>	<i>179,851</i>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Reserves policy

The trustees consider that an appropriate level of reserves in respect of unrestricted funds is an amount to generate a working capital to cover approximately six months of the charity's annual costs excluding expenditure chargeable against the restricted income and funds and designated reserves. Based on the charity's level of activity it is considered that a minimum appropriate level of unrestricted funds would be £25,000. As at 31st March 2022, the Charity held unrestricted funds of £1,244,403 and restricted funds of £5,084.

Future plans

The following investments are in process or planned for the current year:

- The website upgrade is ongoing.
- There are plans to invest in the gym at the Mile End track.

This report has been prepared taking advantage of the small companies' exemption of the Companies Act 2006.

Approved by order of the members of the board of Trustees and signed on their behalf by:

DocuSigned by:

David Robinson

493D03D80A5E485
David Robinson

Chairman

Date: 13/12/2022

DocuSigned by:

Faye Jeacocke

0F58A417B988438...
Faye Jeacocke

Treasurer

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE YEAR ENDED 31 MARCH 2022

The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:

DocuSigned by:

David Robinson

423D03D80A5E485

David Robinson

Chair

Date: 13/12/2022

DocuSigned by:

Faye Jeacocke

0F56A417B988438

Faye Jeacocke

Treasurer

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2022

Independent examiner's report to the Trustees of Victoria Park Harriers and Tower Hamlets AC
('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2022.

Responsibilities and basis of report

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 

Dated: 14/12/2022

Cara Miller ACCA

MHA MacIntyre Hudson
Chartered Accountants, 910 The Crescent, Colchester Business Park, Colchester, Essex, CO4 9YQ

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations	4	308	-	308	-
Charitable activities	5	49,056	6,025	55,081	40,557
Other trading activities	6	47,051	-	47,051	24,093
Bank interest receivable		66	-	66	66
Total income		96,481	6,025	102,506	64,716
Expenditure on:					
Charitable activities	7	111,689	5,960	117,649	82,051
Total expenditure		111,689	5,960	117,649	82,051
Net (expenditure)/income before net gains on investments		(15,208)	65	(15,143)	(17,335)
Net gains on investments	11	1,366	-	1,366	3,976
Net movement in funds		(13,842)	65	(13,777)	(13,359)
Reconciliation of funds:					
Total funds brought forward		1,258,245	5,019	1,263,264	1,276,623
Net movement in funds		(13,842)	65	(13,777)	(13,359)
Total funds carried forward		1,244,403	5,084	1,249,487	1,263,264

All income and expenditure derive from continuing activities.

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 20 to 36 form part of these financial statements.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)
REGISTERED NUMBER: 04324630

BALANCE SHEET
AS AT 31 MARCH 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	10	1,081,455	1,093,714
Investments	11	20,065	18,699
		<u>1,101,520</u>	<u>1,112,413</u>
Current assets			
Debtors	12	4,986	3,238
Cash at bank and in hand		152,584	157,666
		<u>157,570</u>	<u>160,904</u>
Creditors: amounts due within one year	13	(9,603)	(10,053)
Net current assets		<u>147,967</u>	<u>150,851</u>
Total net assets		<u><u>1,249,487</u></u>	<u><u>1,263,264</u></u>
Charity funds			
Restricted funds	14	5,084	5,019
Unrestricted funds	14	1,244,403	1,258,245
Total funds		<u><u>1,249,487</u></u>	<u><u>1,263,264</u></u>

The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime. The financial statements were approved and authorised for issue by the Trustees on 13/12/2022 and signed on their behalf by:

DocuSigned by:

David Robinson
 David Robinson
 Chair

DocuSigned by:

Faye Jeacocke
 Faye Jeacocke
 Treasurer

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. General information

Victoria Park Harriers and Tower Hamlets AC is a charitable company limited by guarantee and is registered with the Charity Commission (Charity Registered Number 1091712) and Registrar of Companies (Company Registration Number 04324630) in England and Wales.

In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity. The address of the registered office is given in the Charity information on page 1 of these financial statements.

The nature of the Charity's operations and principal activities are detailed in the Trustees' Annual Report.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Victoria Park Harriers and Tower Hamlets AC meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

The financial statements are presented in sterling which is the functional currency of the Charity and rounded to the nearest pound.

2.2 Going concern

The financial statements have been prepared on a going concern basis. The Trustees have considered relevant information, including the annual budget and forecast future cash flows in making their assessment. Based on these assessments and having regard to the resources available to the entity, the Trustees have concluded that there is no material uncertainty and that they can continue to adopt the going concern basis in preparing the annual report and accounts.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity and it is probable that they will be fulfilled.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the Charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

The Charity receives grants in respect of furthering its charitable objectives. Income from grants are recognised at fair value when the Charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Investment income is earned through holding assets for investment purposes such as shares and property. Where it is not practicable to identify investment management costs incurred within a scheme with reasonable accuracy the investment income is reported net of these costs. It is included when the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the Bank.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Support costs are those that assist the work of the Charity but do not directly represent charitable activities and include office costs, governance costs and administrative costs. They are incurred directly in support of expenditure on the objects of the Charity. Where support costs cannot be directly attributed to particular headings they have been allocated to expenditure on charitable activities on a basis consistent with use of the resources. Governance costs are those incurred in connection with the running of the Charity and compliance with constitutional and statutory requirements.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.7 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.7 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following bases:

Freehold property	- 10 - 50 years
Athletics equipment	- 5 years

2.8 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.12 Financial instruments

The Charity only holds basic Financial Instruments. The financial assets and financial liabilities of the Charity are as follows:

Debtors - trade and other debtors (including accrued income) are basic financial instruments and are debt instruments measured at amortised cost as detailed in Note 12. Prepayments are not financial instruments.

Cash at bank – is classified as a basic financial instrument and is measured at face value.

Liabilities – trade creditors, accruals and other creditors will be classified as financial instruments, and are measured at amortised cost as detailed in Note 13. Deferred income is not deemed to be a financial liability, as in the cash settlement has already taken place and there is simply an obligation to deliver charitable services rather than cash or another financial instrument.

2.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

3. Critical accounting estimates and areas of judgment

Estimates and judgments are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The Charity makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are discussed below.

- Allocation of support costs
- Depreciation rates for tangible fixed assets

4. Income from donations

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Donations	308	308	-
<i>Total 2021</i>	-	-	

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

5. Income from charitable activities

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Coaching income	-	6,025	6,025
Open 5	1,329	-	1,329
Membership subscriptions	43,443	-	43,443
Sale of club kit	1,281	-	1,281
Sponsorship income	2,848	-	2,848
Event hosting	155	-	155
Beginners run	-	-	-
Total 2022	<u>49,056</u>	<u>6,025</u>	<u>55,081</u>

Coaching income represents the provision of coaching to local schools, which is funded directly by London Borough of Tower Hamlets and / or the schools involved in the programmes.

	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Open 5	1,023	1,023
Membership subscriptions	37,308	37,308
Sale of club kit	195	195
Sponsorship income	1,942	1,942
Beginners run	89	89
	<u>40,557</u>	<u>40,557</u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

6. Income from other trading activities

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Cottage rental income	19,260	19,260	19,260
Hall hire	23,878	23,878	4,740
Bar sales	3,913	3,913	-
Miscellaneous	-	-	93
Total 2022	<u>47,051</u>	<u>47,051</u>	<u>24,093</u>
<i>Total 2021</i>	<u>24,093</u>	<u>24,093</u>	

7. Analysis of expenditure by activities

	Activities undertaken directly 2022 £	Support costs 2022 £	Total funds 2022 £
Providing facilities for public recreation	<u>35,954</u>	<u>81,695</u>	<u>117,649</u>
	<i>Activities undertaken directly 2021 £</i>	<i>Support costs 2021 £</i>	<i>Total funds 2021 £</i>
Providing facilities for public recreation	<u>5,046</u>	<u>77,005</u>	<u>82,051</u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Total funds 2022 £	<i>Total funds 2021 £</i>
Coaching fees	5,970	2,800
Open 5	1,709	12
Awards	476	-
Club Kit	2,095	-
Travel and subsistence	3,218	277
Affiliation, entry and track fees	22,030	1,957
Medical cover	456	-
	<u>35,954</u>	<u>5,046</u>

Analysis of support costs

	Total funds 2022 £	<i>Total funds 2021 £</i>
Depreciation	62,075	57,093
Rates and utilities	9,410	7,756
Insurance	3,727	3,549
Repairs and Maintenance	745	3,202
Sundry expenses	718	329
Governance	4,020	5,076
Website expenses	1,000	-
	<u>81,695</u>	<u>77,005</u>

All governance costs relate to independent examiners fees, further details of which can be found in Note 8.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

8. Independent examiner's remuneration

	2022	<i>2021</i>
	£	£
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	4,020	3,960
(Over)/ under-accrual of prior year independent examiners fee	-	(84)
Other services:		
Corporation Tax return preparation and submission	-	1,200
	<u> </u>	<u> </u>

9. Trustees' remuneration and expenses

The Charity has no employees (*2021 - NIL*) and the Trustees are considered to be the Key Management Personnel.

During the year, no Trustees received any remuneration or other benefits (*2021 - £NIL*).

During the year ended 31 March 2022, expenses totalling £2,048 were reimbursed or paid directly to 3 Trustees (*2021 - £13 to 1 Trustee*). Expenses relate to costs of travel, courses, repairs and entry fees.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

10. Tangible fixed assets

	Freehold property £	Athletics equipment £	Total £
Cost or valuation			
At 1 April 2021	1,690,931	71,230	1,762,161
Additions	49,816	-	49,816
At 31 March 2022	<u>1,740,747</u>	<u>71,230</u>	<u>1,811,977</u>
Depreciation			
At 1 April 2021	597,217	71,230	668,447
Charge for the year	62,075	-	62,075
At 31 March 2022	<u>659,292</u>	<u>71,230</u>	<u>730,522</u>
Net book value			
At 31 March 2022	<u>1,081,455</u>	<u>-</u>	<u>1,081,455</u>
<i>At 31 March 2021</i>	<u>1,093,714</u>	<u>-</u>	<u>1,093,714</u>

The land and buildings were purchased by a club trust in 1961, which preceded the incorporation of the Charitable Company and was transferred to the Charity in 2003. The land and buildings were revalued by the Trustees in 2008. This revaluation (original value - £nil) is matched by a designated fund which reduces by the amount of depreciation each year.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

11. Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 April 2021	18,699
Revaluations	1,366
At 31 March 2022	20,065
Net book value	
At 31 March 2022	20,065
<i>At 31 March 2021</i>	<i>18,699</i>

All fixed asset investments are held in the UK.

12. Debtors

	2022 £	2021 £
Due within one year		
Prepayments and accrued income	4,986	3,238
	4,986	3,238

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

13. Creditors: Amounts falling due within one year

	2022	2021
	£	£
Trade creditors	-	2,040
Other creditors	1,851	1,851
Accruals and deferred income	7,752	6,162
	<u>9,603</u>	<u>10,053</u>
	<u>9,603</u>	<u>10,053</u>
	2022	2021
	£	£
Deferred income at 1 April 2021	2,202	4,006
Resources deferred during the year	-	2,202
Amounts released from previous periods	(2,202)	(4,006)
	<u>-</u>	<u>2,202</u>
	<u>-</u>	<u>2,202</u>

Deferred income comprises subscriptions received in the year relating to future accounting periods.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

14. Statement of funds

Statement of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2022 £
Unrestricted funds						
Designated funds						
Building Improvements	57,714	-	-	15,741	-	73,455
Revalued property fund	1,036,000	-	-	(28,000)	-	1,008,000
Gym refurbishment	3,000	-	-	-	-	3,000
	<u>1,096,714</u>	<u>-</u>	<u>-</u>	<u>(12,259)</u>	<u>-</u>	<u>1,084,455</u>
General funds						
General Funds	161,531	96,481	(111,689)	12,259	1,366	159,948
Total Unrestricted funds	<u>1,258,245</u>	<u>96,481</u>	<u>(111,689)</u>	<u>-</u>	<u>1,366</u>	<u>1,244,403</u>
Restricted funds						
Fitness for Sport Project	4,378	6,025	(5,960)	-	-	4,443
Other minor projects	641	-	-	-	-	641
	<u>5,019</u>	<u>6,025</u>	<u>(5,960)</u>	<u>-</u>	<u>-</u>	<u>5,084</u>
Total of funds	<u><u>1,263,264</u></u>	<u><u>102,506</u></u>	<u><u>(117,649)</u></u>	<u><u>-</u></u>	<u><u>1,366</u></u>	<u><u>1,249,487</u></u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2021 £</i>
Unrestricted funds						
Designated funds						
Building Improvements	89,329	-	-	(31,615)	-	57,714
Revalued property fund	1,064,000	-	-	(28,000)	-	1,036,000
Gym refurbishment	3,000	-	-	-	-	3,000
	<u>1,156,329</u>	<u>-</u>	<u>-</u>	<u>(59,615)</u>	<u>-</u>	<u>1,096,714</u>
General funds						
General Funds	115,275	64,716	(82,051)	59,615	3,976	161,531
Total Unrestricted funds	<u>1,271,604</u>	<u>-</u>	<u>(82,051)</u>	<u>-</u>	<u>3,976</u>	<u>1,258,245</u>
Restricted funds						
Fitness for Sport Project	4,378	-	-	-	-	4,378
Other minor projects	641	-	-	-	-	641
	<u>5,019</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>5,019</u>
Total of funds	<u><u>1,276,623</u></u>	<u><u>-</u></u>	<u><u>(82,051)</u></u>	<u><u>-</u></u>	<u><u>3,976</u></u>	<u><u>1,263,264</u></u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

14. Statement of funds (continued)

Designated funds

Building Improvements

Funds have been set aside to match the net book value of the building improvements with funds being transferred each year to general funds to match the depreciation charge less additions in the period.

Revalued Property Fund

Similarly a fund has been set aside to match the net book value of the revalued property with funds being transferred each year to general funds to match the depreciation charge.

Gym Refurbishment

A sum has been set aside by the Trustees to cover the refurbishment of Mile End Gym where costs are not covered by grants received.

Restricted Funds

Tower Hamlets Fitness for Sport Grant

The Tower Hamlets Council Fitness for Sport Grant was received by the Charity in 2016. This fund is being used to fund wheelchair coaching and the provision of coaching in local schools.

Other minor projects

This was funding received for the summer scheme and satellite clubs.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	1,081,455	-	1,081,455
Fixed asset investments	20,065	-	20,065
Current assets	152,486	5,084	157,570
Creditors due within one year	(9,603)	-	(9,603)
Total	1,244,403	5,084	1,249,487

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2021 £</i>	<i>Restricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Tangible fixed assets	1,093,714	-	1,093,714
Fixed asset investments	18,699	-	18,699
Current assets	155,885	5,019	160,904
Creditors due within one year	(10,053)	-	(10,053)
Total	1,258,245	5,019	1,263,264

16. Related party transactions

There were no related party transactions in the year (2021 - £NIL).

Company registration number: 04324630
Charity registration number: 1091712

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

CONTENTS

	Page
Reference and administrative details of the Charity, its Trustees and advisers	1
Chairman's statement	2 - 3
Trustees' report	4 - 15
Trustees' responsibilities statement	16
Independent examiner's report	17
Statement of financial activities	18
Balance sheet	19
Notes to the financial statements	20 - 36

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2022

Trustees	David Robinson, Chair Cornelia Abe-Minale Faye Jeacocke Gavin Lau Charlie Maling (resigned 1 September 2021) Anna Trihan (resigned 1 July 2022) Hugh Murdoch Alf Vickers Elizabeth Venables (appointed 4 November 2021) Lily Zechman (appointed 1 July 2022)
Company registered number	04324630
Charity registered number	1091712
Registered office	24 Blackberry Court Woodmill Road London E5 9GE
Independent Examiner	MHA MacIntyre Hudson Chartered Accountants 910 The Crescent Colchester Business Park Colchester Essex CO4 9YQ
Bankers	HSBC Plc 20-21 Electric Parade George Lane London E18 2LX

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022**

The chairman presents his statement for the year:

It has been a very successful year for the club with a steady growth in membership post Covid. With both returning and new members at the track, growth was a little slower but has built to a dedicated group of junior and senior athletes competing consistently throughout the track season.

Thanks

On behalf of club members, it's a privilege for me to thank so many club members who have devoted so much of their time and energy over the past year to support the club and assist athletes in achieving new goals.

Board Members

Huge thanks to Annie Trihan who has been an outstanding Women's Road & XC captain for 2 years and stood down during the late summer. We had 2 strong contenders to take on this role and the board finally appointed Lily who in a relatively short space of time has proved to be a valuable and inspirational new captain and board member.

Thanks also to Hugh who stood down as club secretary due to work pressures but will continue his forceful role as lead bike for races that we host in the park! Again we had several strong candidates for this role and after a number of discussions with candidates and careful consideration the board are pleased to have appointed Vendy.

Huge thanks also to Faye who stood down as club treasurer after 5 years. Her contribution to the club and board both as treasurer and across all club functions and events has been immense and invaluable. The board are very pleased to have appointed Valerie to take over.

A huge thanks to our other remaining board members, Cornelia, Alf, Bessie and Gav both in their appointed roles and also for their numerous other responsibilities and contributions to the club.

Club Coaches and Leaders

Thanks to all our coaches, leaders and the growing number of volunteers who have joined teams and assisted in new roles. We are continuing to formalise and expand these roles and teams in the coming year.

Thanks to:

- Cornelia Abe-Minale (Athletics Coach Endurance)
- Tony Bunbury (Jumps, Speed, Throws, Endurance)
- Kelvin Richards (Level 2 coach - Jumps, Assistant Coach)
- Margaret Nelson (Sprints, Assistant Coach)
- Tracey Quartey (Throws, Assistant Coach)
- Alf Vickers (Level 3 coach, Hurdles, Speed)
- Claudine Vickers
- Mick Cairns (Tuesday structured speed work at the community track)
- Steve Hobbs for the Thursday Project V Sessions and additional informal training groups.
- Andrew Bates for Sunday runs
- Verity Stroud for Start to Run Helen Goddard for Beginners group & 3 Bridges organiser
- Captains Gav, Annie/Lily and Miry, Anna, Helen; others for Thursday Tempo Runs
- Joyce Berry for Chingford League ... assisted by Reef
- Handicap Team organisers and volunteers : Andre, Anna, Major, Len, Richard and others
- Volunteers and parents who helped organise, marshal and assist at races and monthly handicaps

The Membership Team: Neil, Mike, Gav, Annie, Faye and Major.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

CHAIRMAN'S STATEMENT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

The Bar and Social Events Team: Susan, Sophie and Paul.

Clubhouse

Following significant improvements and alterations carried out during 2022, we have continued to extend and expand the use of the clubhouse as a fitness centre both for club members and also for a wider section of our local community.

These activities include:

- Fabien Lassonde (Victoria Park Fitness) Strength and Conditioning coaching for runners and triathletes
- Creation of a large Pilates / Yoga studio with Sam White (Victoria Park Pilates), Gail Wilkinson (Yoga for runners) and others.
- Joe Dale (Victoria Park Sports Medicine)
- Mums Fit - postnatal exercise classes to improve strength, fitness and posture.
- Taekwondo Group Saturday class

Mile End

Mile End Stadium is managed by 'Better' for Tower Hamlets. Junior club members and club coaches running junior sessions have free access to the track at club training times.

We have a Gym at the track which is closed and cannot be used at present. We are in ongoing discussion with Tower Hamlets to bring this back into use, which will require some investment on improvements and maintenance of equipment. This will only be possible if we can secure anytime use of this facility which we used to have pre-Covid, but is currently proving difficult.

This season we have managed to involve more helpers / members / parents to assist with event organising and volunteering. Further help along with encouraging members / parents to undergo training to become officials will influence our ability to host and participate in track competition in 2023 (training will be funded by the Club).

Club Website

We are very close to going live with our new website (testing in December and will go live early in the new year). This will provide an up to date centralised source for information about the club, all our activities, events, race reports etc., board members, coaches, and all members in additional roles will be listed.

Many thanks to Dave Finch, club member and website designer who we engaged to build the new 'more user friendly' website and to the small steering group (mainly Gav, Faye and Mandy) who have worked with Dave to bring this about.

Vphtac

On behalf of the Board, I wish you all safe and well over the coming club year and many thanks to all existing and our many new club members for the value and enthusiasm you all bring to the club, for your achievements big and small that we all enjoy and celebrate.

We are committed to our ethos of maintaining a strong, caring, inclusive and supportive club, and to build on our achievements and reputation as one of the leading athletics clubs in the London area and increasingly recognised at nationwide events.

DocuSigned by:

David Robinson

423DU3DBU45E48511
 Dave Robinson

Chair

Date: 13/12/2022

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their annual report together with the financial statements of the Charity for the year ended 31 March 2022. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution:

Victoria Park Harriers & Tower Hamlets AC is a company limited by guarantee which is also registered as a charity and is under the management of a Board of Trustees. Victoria Park Harriers & Tower Hamlets AC was registered as a charity with the UK Charity Commission on 23 April 2002.

Purposes:

The purpose of the Charity, as per its Memorandum and Articles of Association, is the provision of facilities for public recreation or other leisure time occupation and in particular athletics in the interest of social welfare, with the object of improving the conditions of life of those who reside and work within East London. The main activities undertaken in relation to the purposes of the Charity, as per its governing document, have been described further in the Activities and Achievements section of this report.

Public Benefit:

In setting objectives and planning for current and future activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to Public benefit, including the guidance 'Public benefit: running a charity (PB2)'. All activities have been undertaken for the furtherance of Public Benefit.

Method of appointment or election of Trustees:

The articles of the Charity state there should be a minimum of three trustees. At every annual general meeting one third of the trustees who are subject to retirement by rotation or, if their number is not three or a multiple of three, the number nearest to one third retire from office.

No person other than a trustee retiring by rotation shall be appointed or reappointed a trustee at any general meeting unless he is recommended by the trustees, or a notice proposed by a member eligible to vote at the meeting, and executed by the proposed person, has been given to the trustees within set time limits before the AGM as prescribed in the articles of the Charity.

Organisational structure and decision making:

The business of the Charity is managed by the trustees who may exercise all powers of the Company.

ACTIVITIES AND ACHIEVEMENTS

Women's Road and Cross Country Report – Lily Zechmann

Introduction

Serving as Women's Road and Cross-Country Captain for the past 6 months, having taken over from Annie in June. So far, it's been very busy with races happening left, right, and centre and league leagues keeping me on my toes! I am thoroughly enjoying my role.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

This year I was able to get involved with the SAL events which seemed to be back in full swing since Covid. It was certainly an enjoyable event which brought many athletes in the club together, and a big reminder of the great team vibe we have in the club – especially during the quiet summer seasons.

Training on the track and at Project V continues and we see the benefits this has had on members especially when put into practice at the races. At the races, we have demonstrated great team spirit by working together and cheering each other on.

Every Thursday we welcome a handful of new joiners. It's been lovely to see how quickly new members have integrated into the team and have enjoyed everything this great club has to offer.

Summer 2022

We returned to the **Southern Athletics League** this summer after the long Covid break. There was strong representation in our home match at Mile End (with the ladies taking 1st place in 800m, and 5000m race). We also saw athletes heading up to the last event in Kings Lynn. Bravo to our ladies who pushed beyond their comfort zone to sign up to the events that they've never done before – **Anna Fiedlerova** and **Hazel Norton-Hale** in the 400m Hurdles, **Ellie Daglish** and **Eilidh Wagstaff** in the Steeple Chase, **Anna** also doing the long jump. Sadly, we did get relegated – mostly due to low turnout at other events when the heatwave hit – we know that this is something where we can work on and will come back fighting next year – with the goal of filling all events next year. We are so proud of our ladies who stepped up to help us score, this is what team spirit is all about!

We also participated in a number of relay events over the summer. Our ladies team was in podium position at the **Bridges Relay** in August by the O2 Arena. The ladies A team coming home to 1st position and the B team placing 6th – Well done to all, to name a few **Valerie Wong**, **Lydia Briggs**, and **Claire Hartley**.

The Southern and National road relays in September saw another strong performance from our ladies team, finishing in podium position 3rd. Congratulations to **Sophie Allen**, **Laura Thompson**, **Laura Kaye**, and **Hannah Somani**.

Towards the end of Summer we hosted the **Middlesex 10K** in Victoria Park, with a handful of medals being won from our ladies. **June Barrow-Green**, **Nicola Kerr**, and **Susan Leese** all claiming silver. The Bronze went to **Lily Zechmann**, **June Barrow-Green**, and **Nicola Kerr**.

Autumn/Winter 2022

Stepping into the colder months, we were unexpectedly blessed with warmer weather in our Cross Country events.

Met League has kicked off to a great start, with around 28 ladies taking part in the first fixture at Claybury in October, and 23 female runners at Wormwood scrubs in November. Wormwood Scrubs never looked so pretty, though some of us miss the muddy and gloomy trademark of this course. **We are now in a strong 2nd position** – keep up the excellent work ladies!

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

The Chingford League also saw a strong start for our ladies, with three races completed and three more to go, we are leading in 1st position!

The results so far

- Women's Overall – 1st
- Women's Vets – 3rd
- Women's B team – 1st

As ever, a huge thank you to **Joyce Berry** for all her organisation efforts in making the Chingford League happen.

Road

Marathons and Half marathons were back into full spring in 2022. Our local event, the Hackney Half in May and The Big Half saw mass participation from VPHers, the roads were coloured in Jade and Blue.

Our ladies participated in marathons all around the country and in various parts of the world – running in Brighton, Manchester, London, and Berlin. **Faye Jeacocke** and **Laura Thompson** showcase great performance in London. **Mandy Dohren** and **Hannah Somani** running a sub-3 in Manchester. As always, the atmosphere of the London Marathon was unbeatable, and a reminder of how great this sport is – for the runners as well as those supporting and cheering on.

A big thank you!

There are so many members of the club that we want to recognize, for their continued contribution and efforts in sustaining and maintaining the club: **Chairman Dave**, and everyone on the Board; **Major Carr**, **Simeon Bennett**, and **Neil Cook** all their work behind the scenes; **Len Williams** and **Richard Norton-Hale** for support of the handicaps and Club Championships; everyone at the Bar Staff, including **Susan Leese**, **Sophie Critchlow**, **Helen Goddard** and **Marlis Haase**. Our coaches, **Coach Mick** and **Coach Steve** for their continued efforts on the Track and Project V sessions. Our race managers, **Andre Dahlkamp** and **Anna Fiedlerova**, for organizing the handicap races. And lastly, the volunteers who have stepped up to help at the races!

Outlook for 2023

As 2022 comes to a close, we have plenty of things to celebrate – the membership continues to grow and we continue to encourage people to take part in weekly runs at the clubhouse as well as the races.

The goal for next year is to continue increasing participation race events, including Athletics and get out of relegation, and to drive diversity and bring new people into the club!

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Men's Road and Cross Country Report – Gav Lau

Our club is on a journey...

The first important point I would like to open with, is for each of us to pause, and acknowledge the journey that the club has endured and persisted through in the last 5, 10, 20+ years. The cross section of the membership today includes many junior athletes, a relatively even split of male and female members, and broad participation across the full range of age categories. Stepping into our community with VPH&THAC today is the result of careful and significant investment of time and commitment to follow things through. Some individuals have come and gone. A special few continue to be active with the club today.

As a club member myself, I expect to be able to have access to as many of the facilities and as large a variety of events as possible, be kept informed of current developments and be able to do so in a friendly and inclusive environment.

To this end there are three recent initiatives that come to mind that have been a priority for the board that should be ready to share with the membership in the new year: **(1)** the development of a new club website (merging a lot of the information flow about the club and live events that is currently fragmented across many sub-standard channels); **(2)** the next phase of advertising club roles and making it more accessible for any members to review the nature of each role, time commitment expected and clear method to register your interest; **(3)** integration of the recent board appointments to function as a new unit, now representing more recent joiners. To improve on the communication of the governance structure and policies. Also the perception of how the board interacts and connects with the membership.

Notable contributions

Every week, I am reminded about the pull of the club spirit and it is clear for us all to see that so many among us are willing to nurture the culture and values we as a community enjoy. Simply to 'play' and 'run', to make new friendships, to listen to each others' experiences and backgrounds, to share other hobbies and interests outside of running. Each year, I reflect on some standout individuals that make material contributions:

A formal personal thank you to **Captain Annie Trihan** in her capacity as the Women's road and XC Captain. A pleasure to get to know and work side by side with someone so passionate about our club spirit, fiercely loyal to all of us, has a competitive edge and simply the most infectious smile when you are knee deep in mud and can't find a hot drink! Working with the board and our volunteers to deliver some routine sessions during covid as a sanctuary or pocket of normality for our local group was a huge challenge. It taught me a lot about putting faith in other people, recognising and accepting goodwill and positive gestures openly. And that a group committed to a cause coupled with patience and graft, would bring an outcome close to what was envisaged and scribbled on a piece of paper back at the start!

A whole hearted welcome to **Lily Zechmann** who has showed such credible commitment to get involved from the outset and is clearly getting into her stride as the busy winter season continues.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Please join me to recognise the efforts from our ever present roster of Coaches **Tony Bunbury, Mick Cairns** and **Steve Hobbs**. Often the first individuals that new and prospective club members get to meet. Getting familiar with training together in groups, building our confidence around strength and conditioning equipment, doing intervals on a purpose built track or committing to regular hard workouts. Props to **Simeon Bennett, Joe Dale** and **Hugh Murdoch** (to name a few) for stepping in to cover sessions on occasions on short notice. And the same sentiment extends to all our amazing track and field based coaches operating at Mile End.

The club handicap has continued to be such a popular cornerstone of our social group nights. The numbers participating have shot up and leveled around 70+ runners over the summer on the fast and flat 5 mile course. A thank you to the reliable cohort of: **Major Carr, Ray Russo, Richard Hale, Len Williams**. And to more recent club members contributing to the monthly preparations: **Anna Fiedlerova, Andre Dahlkamp, Valerie Wong, Katrin Flikschuh**.

A huge shout out to the entire women's teams that deliver the loudest cheers of any team on every single race day. Regardless if the rain is sideways, or the hail is coming down the size of golf balls, the VPH women will be spread across the course, willing the front of the pack home until the last of our team are safely back across the finish line.

One of the most important secrets to a strong and healthy runner, is to be fed and hydrated well! And the social hub that waits for us after every Thursday evening social run at the clubhouse is of thanks to **David Wilkey, Susan Leese, Sophie Critchlow, Paul Turley** and all the diligent chefs and bar helpers. This is another hallmark of our club spirit. We are very well looked after, and often spoilt! Please do volunteer to clear up, wash up, take the bins out. Many hands make light work and it shouldn't just be the few that stay late and clear up after us every week.

There are far more names I should mention and thank. I hope that you have received this message from me directly already when we have spent time together at the clubhouse, on race day or out on a field in the jade & blue!

Winter & Spring 2021/22

- The season kicked off with the Flowers mile on 2nd Sep. **Nat Rowland** came home in 1st place in 4:47 with **Ethan Gray** (U17B) crossing the line as 1st junior in 5:02.
- This also marked the start of the Boswall league, with the following club events included (alongside the other league and champs fixtures): Flowers mile, 10M road and 5M XC. The full list of winners and individual standings are presented separately during the AGM:
 - Congratulations to the overall Boswall League men's winner: **Jamie Cornuaud** (1st). **Joe Dale** (2nd), **Andrew Barrington** (3rd).
 - Age Category winners: **Simeon Bennett** (V40); **Russell Toone** (V50); **William Burbridge James** (V60).
 - Consistent racing from **Simeon Bennett** participating in the most races 13/20 across the series.
 - Kudos to other runners that clocked up at least 10 races: **Joe Dale, Russell Toone, Tim Murray**.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

- The Chingford league returned for a full season. Under the careful stewardship of **Joyce Berry**. Starting with a rare daytime outing to Hog Hill on Sat 18 Sep. All 6 races were completed as planned with the season finale relays at Wantstead flats giving the spikes one final spin:
 - Teams:
 - Division 1M: 1st
 - Division 1M Vets: 3rd
 - B teams M: 1st
 - Individuals:
 - SM: **Jamie Cornuaud** 2nd
 - SM: **Zak Knill** 3rd
 - MV40: **Joe Dale** 6th
 - MV50: **Anthony Withstandley** 8th
 - MV60: **Keith Mussington** 4th
- The Hackney Half, on Sun 26 Sep, now seen as an adopted home fixture with so many fellow VPH'ers taking part. Some also racing in the club colours for the first time and experiencing the full scale of support and noise from those of us spectating and volunteering on the day. Fast forward to Sat 22 May and the same Hackney carnival pushed our runners to the finish line nestled in Hackney Marshes. The clear stars of the show being the VPH volunteers stationed at the Cadogan Terrace water station!
- The preamble of the Big Half gave reason for all our club runners a cheer. Then the London marathon race day landed in our sights, in the unusual autumn setting on Sun 3 Oct. And the VPH cheer squad was out in force. Our club runners diligently training in the summer months had their time to shine and run the course in celebration to welcome back this iconic race.
- The Met league didn't disappoint with Race 1 hosted at Claybury Park on Sat 16 Oct. Highgate unfortunately proved too strong for another year, taking the overall team championship, and our club is building a great reputation for bringing out a large team across the day of races. The strength and depth now developing across the competitive age categories is something to be very proud of. Individuals racing their hearts out all over again at Welwyn Garden City, Uxbridge and Wormwood Scrubs (with the final fixture at Trent Park unfortunately canceled on short notice due to bad weather):
 - Howards Williams Trophy (seniors): 3rd
 - Division 1M: VPH A 2nd; VPH B 9th
 - Division 1M Vets: VPH A 2nd; VPH B 12th

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

- With races rolling through the weekends to the end of 2021, the next marque fixture in our calendar to take place was the 5k Mob Match with Eton Manor on Tue 11 Jan. Hosted by our friendly neighbour at Jubilee Park. An impressive 91 VPH runners on the night with **Joe Dale** breaking the tape in 16:12 and **Laura Thompson** 1st female in 19:24.

Summer 2022

- The club competed in Division 2 East of the Southern Athletics League during the summer months. The interest and participation of our classic road & XC membership has been very gradual across recent years and word of mouth is now certainly spreading that this is another fantastic way to compete for the club and be introduced to other members. Thank you to both **Cornelia Abe-Minale** and **Tony MacDowall** for organising and managing the teams throughout this season. Many participants also showed great camaraderie to compete in multiple events and braving the jumps and steeple chases to get points on the board. We were unfortunately relegated to Division 3, having finished in 14th place (out of 16), and that was only due to lack of numbers to score across the events. There is no qualifying time requirements with track & field events being open to all, and our senior and junior athletes racing together as a combined team. We look forward to seeing more returning and first-timers for 2023. Please get in touch with one of the track coaches or road captains to find out more about the events, changes to practice and how to register.
- The Assembly league was tentatively introduced with a condensed league covering only 3 fixtures. With the opener in Beckenham Park and two events hosted by our club in Victoria Park. Participation numbers were impressive and a real buzz to the summer series from our members as well as our familiar competitors.
- We are very lucky to have an area of beauty such as Epping Forest so close to our local area, and many club members flocked to the Forest Five series with smiles on faces and trail shoes in the kit bag! The Orion 15 event also took place on 26 Mar, with **Pete Dyson** (1st) and **Fabien Lassonde** (2nd) making it on the overall podium.
- As the end of the summer holidays nears, the summer BBQ on Sat 6 Aug was preceded by the infamous "chunder mile". A compact group of three jolly and sheepish competitors brought their own nutrition and toed the line for 4 laps of joy around the cinder track. Props to **Dom Howarth** (4:36) retaining the title from 2021! **Arif Erdogan** 2nd and **Oliver Jamieson** (3rd).
- The annual Southern and National Road Relay events showcase the best athletics clubs across the grass roots level. VPH&THAC were able to field a women's team in the 4-stage race, and two men's teams in the 6-stage race for 2022.
 - The men's A and B team competed at the Southern relays event at Crystal Palace, with other prominent clubs also racing at Aldershot on the same day. Our A team, coming 1st at the Crystal Palace event, running a total time of 1hr51m00s was made up of: **Alex Lawrence** (17:20.40), **Adam Millbery** (18:09.70), **Jack Bibbings** (18:35.75), **James Hotham** (18:49.15), **Matt Stevens** (19:11.20) and **Greg Divall** (18:54.6) to win our clubs' biggest relay title to date.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC**(A company limited by guarantee and registered charity)**

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

- A very strong roster of 74 mens teams competed in the National Road Relay, with Aldershot Farnham & District taking the win in 1hr43m37s. The mens team raced well to place 44th in a combined time of 1hr53m55s: Adam Millbery (18:17); Jack Bibbings (18:25); James Hotham (18:50); Greg Divall (19:24); Jamie Cornuau (19:21) and Nick Sharp (19:38). Fantastic achievement for all involved and a big milestone for the club to be competitive in such a high quality field!

Looking ahead to 2022/23

I expect VPH&THAC to push forward on two fronts in sporting context: **(1)** remain competitive at the top end of the racing calendar, with a strong squad being developed across all distances; **(2)** encouragement for any member to try out new training sessions, explore a new event on a different running surface / longer race distance / a different city or country.

Give any member the equal chance to represent the running club for the first time and share in the identity of wearing the jade & blue vest stood side by side with your team mates. For the above to succeed, we have the universal and tenacious club spirit that is constantly being reinforced after each club event. Promoting the team aspect and celebration of individual achievements alongside a strong shoulder to lean on at times of disappointment or temporary set backs through injury.

Final Words

As individuals, we all aspire to be respectful, kind and empathetic. These are the values I hope we can preserve within our growing community. Reflecting on the last 12 months, the clubhouse gates remain wide open as they always have been, and we are welcoming in a membership that continues to be diverse in background, experiences and opinions.

I believe we are at an important inflexion point where we should be patient and listen to each other, make compromises, be open to change and approach each conversation constructively and with an open mind. This becomes the next evolution of the club, and I am sure it will look different to today, also for the better in years to come.

Juniors Report – Cornelia Abe-Minale**Middlesex County T & F Championships**

The number of junior athletes competing in the County Championships was significantly lower than in previous years. Nonetheless our athletes achieved 3 gold, 5 silver and 6 bronze medals.

Middlesex County Cross Country Champs

5 of our junior athletes achieved top 10 positions. **Lyra MacDonald** winning the U15G and **Luca Minale** coming 2 nd in the U20M.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Track and Field Leagues

Our club competed with the younger age group U13/15 in the Youth Development League, Southern Division 2B. Our target for this league was to achieve a mid-league ranking. We successfully reached this target. The fact that many of our parents undergone Track and Field officials training and were able to help us reach the necessary officials quota made a positive difference.

The older age group U17/20 competed in the Upper age group league Division 2B. For this league we were competing as a composite team with London Heathside and Highgate Harriers.

As in the new season many of our strongest athletes moving up into the Upper League we have decided to compete 2023 as a single club in this league.

The U17/20 juniors also competed in the Southern Athletics League. All athletes did well in the SAL, however to improve our league position in the future the number of attending adult athletes will have to increase for all league matches.

Track and Field after Covid

The junior training is slowly recovering from the declining numbers after Covid. The sprinters training was massively impacted by the suspension of Head Coach Alf Vickers. Since Alf's return to the track, training is now gaining momentum. The ongoing dispute over the gym use with Tower Hamlets Council has also been a large factor for the overall underperformance of the T&F team. All trainings groups still only using the stadium grandstand for their Strength & Conditioning sessions. We are hoping to come to an understanding with the council before Christmas in order to start with much needed refurbishment of the gym asap.

English Schools Championships

2 of our athletes qualified for the ES Cross-country champs (**Lyra MacDonald** and **Ruby James**) and 2 athletes achieved ES track and Field qualification (**Lyra MacDonald** 1500m and **Michelvi Wamba** 200m)

Outstanding athletes of 2021/22

- **Laureen Okagbenu** U15G Hammer, Laureen has improved her performance over a very short time and is now 24 th in the UK ranking with 33.25m
- **Lyra MacDonald** U15G 800/1500m, Lyra has continued to produce top National performances during the T&F and Cross Country season

FINANCE REVIEW

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Overview

Cash flow was negative this year; while we saw higher subscriptions, revenue from HQ hire these were offset by club activities and races resuming, as well as the maintenance and renovation we were able to complete.

Investment in assets

The following investments have been made in the current year:

The former committee room has been renovated and is now a pilates studio for hire.

- The heating in the main hall has been repaired.

The following investment is planned for the current year:

- The project to modernise the website has been ongoing for some time - the objective is to make it more relevant to existing members and attract potential new ones.

Financial highlights

Income

A breakdown of the last 4 years recurring income streams is provided below.

Recurring income (£)

	2019	2020	2021	2022
Donations	100	300	0	308
Subscriptions	39,220	46,247	37,308	43,443
Cottage rent	19,257	19,263	19,260	19,260
HQ hire	5,004	5,460	4,740	23,878
Club kit	1,273	2,094	195	1,281
	64,854	73,364	61,503	88,170

Membership subscriptions – 14% increase with subscriptions returning to pre-pandemic level.

Cottage rent – income from the cottage was as per last year at £19.3K.

HQ Hire – the conversion of the first floor to a studio and treatment room has substantially increased the revenue from HQ hire.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

HQ hire 2021/22 (£)

Victoria Park Sports Medicine	8,140
Personal training	3,610
Pilates studio	11,468
Other	660
TOTAL	23,878

Expenditure

Travel and subsistence costs were higher than previous years as events returned (£3,218 in 21/22 v £277 in 20/21, although still lower than £10,717 in 19/20).

There were some coaching fees incurred for the Come and Try Athletics events that were able to take place. These are funded either by schools providing income or by specific grants (i.e. LBTH mainstream grant).

Affiliation, track and race entry fees increased from the prior year (£22,030 in 21/22 v £1,957 in 20/21), this was following the suspension of EA fees in FY21 due to Covid.

Cash Flows

The table below gives the closing cash position at the last two financial year-ends and also at end September 2022.

The club benefited from reduced outgoings in 20/21 and have used this money to renovate the committee room into a studio for hire. The club's calculated minimum cash reserve is 6 months expenditure, approximately £25,000.

Cash position	Closing 31/03/2022	Closing 31/03/2021	Movement 2021-22	Current 26/09/2022
Current account	71,086	78,386	-7,300	94,501
Deposit	86,584	85,152	1,432	85,350
Development account	14,980	14,217	778	10,063
Total Cash	172,650	177,755	-5,090	190,014
<i>Cash excluding development account</i>	<i>157,670</i>	<i>163,538</i>	<i>-5,868</i>	<i>179,851</i>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Reserves policy

The trustees consider that an appropriate level of reserves in respect of unrestricted funds is an amount to generate a working capital to cover approximately six months of the charity's annual costs excluding expenditure chargeable against the restricted income and funds and designated reserves. Based on the charity's level of activity it is considered that a minimum appropriate level of unrestricted funds would be £25,000. As at 31st March 2022, the Charity held unrestricted funds of £1,244,403 and restricted funds of £5,084.

Future plans

The following investments are in process or planned for the current year:

- The website upgrade is ongoing.
- There are plans to invest in the gym at the Mile End track.

This report has been prepared taking advantage of the small companies' exemption of the Companies Act 2006.

Approved by order of the members of the board of Trustees and signed on their behalf by:

DocuSigned by:

David Robinson

493D03D80A5E485
David Robinson

Chairman

Date: 13/12/2022

DocuSigned by:

Faye Jeacocke

0F58A417B988438...
Faye Jeacocke

Treasurer

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE YEAR ENDED 31 MARCH 2022

The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:

DocuSigned by:

David Robinson

423D03D80A5E485
David Robinson

Chair

Date: 13/12/2022

DocuSigned by:

Faye Jeacocke

0F56A417B988438
Faye Jeacocke

Treasurer

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2022

Independent examiner's report to the Trustees of Victoria Park Harriers and Tower Hamlets AC
('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2022.

Responsibilities and basis of report

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 

Dated: 14/12/2022

Cara Miller ACCA

MHA MacIntyre Hudson
Chartered Accountants, 910 The Crescent, Colchester Business Park, Colchester, Essex, CO4 9YQ

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations	4	308	-	308	-
Charitable activities	5	49,056	6,025	55,081	40,557
Other trading activities	6	47,051	-	47,051	24,093
Bank interest receivable		66	-	66	66
Total income		96,481	6,025	102,506	64,716
Expenditure on:					
Charitable activities	7	111,689	5,960	117,649	82,051
Total expenditure		111,689	5,960	117,649	82,051
Net (expenditure)/income before net gains on investments		(15,208)	65	(15,143)	(17,335)
Net gains on investments	11	1,366	-	1,366	3,976
Net movement in funds		(13,842)	65	(13,777)	(13,359)
Reconciliation of funds:					
Total funds brought forward		1,258,245	5,019	1,263,264	1,276,623
Net movement in funds		(13,842)	65	(13,777)	(13,359)
Total funds carried forward		1,244,403	5,084	1,249,487	1,263,264

All income and expenditure derive from continuing activities.

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 20 to 36 form part of these financial statements.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)
REGISTERED NUMBER: 04324630

BALANCE SHEET
AS AT 31 MARCH 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	10	1,081,455	1,093,714
Investments	11	20,065	18,699
		1,101,520	1,112,413
Current assets			
Debtors	12	4,986	3,238
Cash at bank and in hand		152,584	157,666
		157,570	160,904
Creditors: amounts due within one year	13	(9,603)	(10,053)
Net current assets		147,967	150,851
Total net assets		1,249,487	1,263,264
Charity funds			
Restricted funds	14	5,084	5,019
Unrestricted funds	14	1,244,403	1,258,245
Total funds		1,249,487	1,263,264

The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime. The financial statements were approved and authorised for issue by the Trustees on 13/12/2022 and signed on their behalf by:

DocuSigned by:

David Robinson
David Robinson
 Chair

DocuSigned by:

Faye Jeacocke
Faye Jeacocke
 Treasurer

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. General information

Victoria Park Harriers and Tower Hamlets AC is a charitable company limited by guarantee and is registered with the Charity Commission (Charity Registered Number 1091712) and Registrar of Companies (Company Registration Number 04324630) in England and Wales.

In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity. The address of the registered office is given in the Charity information on page 1 of these financial statements.

The nature of the Charity's operations and principal activities are detailed in the Trustees' Annual Report.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Victoria Park Harriers and Tower Hamlets AC meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

The financial statements are presented in sterling which is the functional currency of the Charity and rounded to the nearest pound.

2.2 Going concern

The financial statements have been prepared on a going concern basis. The Trustees have considered relevant information, including the annual budget and forecast future cash flows in making their assessment. Based on these assessments and having regard to the resources available to the entity, the Trustees have concluded that there is no material uncertainty and that they can continue to adopt the going concern basis in preparing the annual report and accounts.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity and it is probable that they will be fulfilled.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the Charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

The Charity receives grants in respect of furthering its charitable objectives. Income from grants are recognised at fair value when the Charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Investment income is earned through holding assets for investment purposes such as shares and property. Where it is not practicable to identify investment management costs incurred within a scheme with reasonable accuracy the investment income is reported net of these costs. It is included when the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the Bank.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Support costs are those that assist the work of the Charity but do not directly represent charitable activities and include office costs, governance costs and administrative costs. They are incurred directly in support of expenditure on the objects of the Charity. Where support costs cannot be directly attributed to particular headings they have been allocated to expenditure on charitable activities on a basis consistent with use of the resources. Governance costs are those incurred in connection with the running of the Charity and compliance with constitutional and statutory requirements.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.7 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.7 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following bases:

Freehold property	- 10 - 50 years
Athletics equipment	- 5 years

2.8 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.12 Financial instruments

The Charity only holds basic Financial Instruments. The financial assets and financial liabilities of the Charity are as follows:

Debtors - trade and other debtors (including accrued income) are basic financial instruments and are debt instruments measured at amortised cost as detailed in Note 12. Prepayments are not financial instruments.

Cash at bank – is classified as a basic financial instrument and is measured at face value.

Liabilities – trade creditors, accruals and other creditors will be classified as financial instruments, and are measured at amortised cost as detailed in Note 13. Deferred income is not deemed to be a financial liability, as in the cash settlement has already taken place and there is simply an obligation to deliver charitable services rather than cash or another financial instrument.

2.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

3. Critical accounting estimates and areas of judgment

Estimates and judgments are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The Charity makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are discussed below.

- Allocation of support costs
- Depreciation rates for tangible fixed assets

4. Income from donations

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Donations	308	308	-
<i>Total 2021</i>	-	-	

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

5. Income from charitable activities

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Coaching income	-	6,025	6,025
Open 5	1,329	-	1,329
Membership subscriptions	43,443	-	43,443
Sale of club kit	1,281	-	1,281
Sponsorship income	2,848	-	2,848
Event hosting	155	-	155
Beginners run	-	-	-
Total 2022	<u>49,056</u>	<u>6,025</u>	<u>55,081</u>

Coaching income represents the provision of coaching to local schools, which is funded directly by London Borough of Tower Hamlets and / or the schools involved in the programmes.

	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Open 5	1,023	1,023
Membership subscriptions	37,308	37,308
Sale of club kit	195	195
Sponsorship income	1,942	1,942
Beginners run	89	89
	<u>40,557</u>	<u>40,557</u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

6. Income from other trading activities

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Cottage rental income	19,260	19,260	19,260
Hall hire	23,878	23,878	4,740
Bar sales	3,913	3,913	-
Miscellaneous	-	-	93
Total 2022	<u>47,051</u>	<u>47,051</u>	<u>24,093</u>
<i>Total 2021</i>	<u>24,093</u>	<u>24,093</u>	

7. Analysis of expenditure by activities

	Activities undertaken directly 2022 £	Support costs 2022 £	Total funds 2022 £
Providing facilities for public recreation	<u>35,954</u>	<u>81,695</u>	<u>117,649</u>
	<i>Activities undertaken directly 2021 £</i>	<i>Support costs 2021 £</i>	<i>Total funds 2021 £</i>
Providing facilities for public recreation	<u>5,046</u>	<u>77,005</u>	<u>82,051</u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Total funds 2022 £	<i>Total funds 2021 £</i>
Coaching fees	5,970	2,800
Open 5	1,709	12
Awards	476	-
Club Kit	2,095	-
Travel and subsistence	3,218	277
Affiliation, entry and track fees	22,030	1,957
Medical cover	456	-
	<u>35,954</u>	<u>5,046</u>

Analysis of support costs

	Total funds 2022 £	<i>Total funds 2021 £</i>
Depreciation	62,075	57,093
Rates and utilities	9,410	7,756
Insurance	3,727	3,549
Repairs and Maintenance	745	3,202
Sundry expenses	718	329
Governance	4,020	5,076
Website expenses	1,000	-
	<u>81,695</u>	<u>77,005</u>

All governance costs relate to independent examiners fees, further details of which can be found in Note 8.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

8. Independent examiner's remuneration

	2022	<i>2021</i>
	£	£
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	4,020	3,960
(Over)/ under-accrual of prior year independent examiners fee	-	(84)
Other services:		
Corporation Tax return preparation and submission	-	1,200
	<u> </u>	<u> </u>

9. Trustees' remuneration and expenses

The Charity has no employees (*2021 - NIL*) and the Trustees are considered to be the Key Management Personnel.

During the year, no Trustees received any remuneration or other benefits (*2021 - £NIL*).

During the year ended 31 March 2022, expenses totalling £2,048 were reimbursed or paid directly to 3 Trustees (*2021 - £13 to 1 Trustee*). Expenses relate to costs of travel, courses, repairs and entry fees.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

10. Tangible fixed assets

	Freehold property £	Athletics equipment £	Total £
Cost or valuation			
At 1 April 2021	1,690,931	71,230	1,762,161
Additions	49,816	-	49,816
At 31 March 2022	<u>1,740,747</u>	<u>71,230</u>	<u>1,811,977</u>
Depreciation			
At 1 April 2021	597,217	71,230	668,447
Charge for the year	62,075	-	62,075
At 31 March 2022	<u>659,292</u>	<u>71,230</u>	<u>730,522</u>
Net book value			
At 31 March 2022	<u>1,081,455</u>	<u>-</u>	<u>1,081,455</u>
<i>At 31 March 2021</i>	<u>1,093,714</u>	<u>-</u>	<u>1,093,714</u>

The land and buildings were purchased by a club trust in 1961, which preceded the incorporation of the Charitable Company and was transferred to the Charity in 2003. The land and buildings were revalued by the Trustees in 2008. This revaluation (original value - £nil) is matched by a designated fund which reduces by the amount of depreciation each year.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

11. Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 April 2021	18,699
Revaluations	1,366
	<u>20,065</u>
At 31 March 2022	<u><u>20,065</u></u>
Net book value	
At 31 March 2022	20,065
	<u>18,699</u>
At 31 March 2021	<u><u>18,699</u></u>

All fixed asset investments are held in the UK.

12. Debtors

	2022 £	2021 £
Due within one year		
Prepayments and accrued income	4,986	3,238
	<u>4,986</u>	<u>3,238</u>
	<u><u>4,986</u></u>	<u><u>3,238</u></u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

13. Creditors: Amounts falling due within one year

	2022	2021
	£	£
Trade creditors	-	2,040
Other creditors	1,851	1,851
Accruals and deferred income	7,752	6,162
	<u>9,603</u>	<u>10,053</u>
	<u>9,603</u>	<u>10,053</u>
	2022	2021
	£	£
Deferred income at 1 April 2021	2,202	4,006
Resources deferred during the year	-	2,202
Amounts released from previous periods	(2,202)	(4,006)
	<u>-</u>	<u>2,202</u>
	<u>-</u>	<u>2,202</u>

Deferred income comprises subscriptions received in the year relating to future accounting periods.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

14. Statement of funds

Statement of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2022 £
Unrestricted funds						
Designated funds						
Building Improvements	57,714	-	-	15,741	-	73,455
Revalued property fund	1,036,000	-	-	(28,000)	-	1,008,000
Gym refurbishment	3,000	-	-	-	-	3,000
	<u>1,096,714</u>	<u>-</u>	<u>-</u>	<u>(12,259)</u>	<u>-</u>	<u>1,084,455</u>
General funds						
General Funds	161,531	96,481	(111,689)	12,259	1,366	159,948
Total Unrestricted funds	<u>1,258,245</u>	<u>96,481</u>	<u>(111,689)</u>	<u>-</u>	<u>1,366</u>	<u>1,244,403</u>
Restricted funds						
Fitness for Sport Project	4,378	6,025	(5,960)	-	-	4,443
Other minor projects	641	-	-	-	-	641
	<u>5,019</u>	<u>6,025</u>	<u>(5,960)</u>	<u>-</u>	<u>-</u>	<u>5,084</u>
Total of funds	<u><u>1,263,264</u></u>	<u><u>102,506</u></u>	<u><u>(117,649)</u></u>	<u><u>-</u></u>	<u><u>1,366</u></u>	<u><u>1,249,487</u></u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2021 £</i>
Unrestricted funds						
Designated funds						
Building Improvements	89,329	-	-	(31,615)	-	57,714
Revalued property fund	1,064,000	-	-	(28,000)	-	1,036,000
Gym refurbishment	3,000	-	-	-	-	3,000
	<u>1,156,329</u>	<u>-</u>	<u>-</u>	<u>(59,615)</u>	<u>-</u>	<u>1,096,714</u>
General funds						
General Funds	115,275	64,716	(82,051)	59,615	3,976	161,531
Total Unrestricted funds	<u>1,271,604</u>	<u>-</u>	<u>(82,051)</u>	<u>-</u>	<u>3,976</u>	<u>1,258,245</u>
Restricted funds						
Fitness for Sport Project	4,378	-	-	-	-	4,378
Other minor projects	641	-	-	-	-	641
	<u>5,019</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>5,019</u>
Total of funds	<u><u>1,276,623</u></u>	<u><u>-</u></u>	<u><u>(82,051)</u></u>	<u><u>-</u></u>	<u><u>3,976</u></u>	<u><u>1,263,264</u></u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

14. Statement of funds (continued)

Designated funds

Building Improvements

Funds have been set aside to match the net book value of the building improvements with funds being transferred each year to general funds to match the depreciation charge less additions in the period.

Revalued Property Fund

Similarly a fund has been set aside to match the net book value of the revalued property with funds being transferred each year to general funds to match the depreciation charge.

Gym Refurbishment

A sum has been set aside by the Trustees to cover the refurbishment of Mile End Gym where costs are not covered by grants received.

Restricted Funds

Tower Hamlets Fitness for Sport Grant

The Tower Hamlets Council Fitness for Sport Grant was received by the Charity in 2016. This fund is being used to fund wheelchair coaching and the provision of coaching in local schools.

Other minor projects

This was funding received for the summer scheme and satellite clubs.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	1,081,455	-	1,081,455
Fixed asset investments	20,065	-	20,065
Current assets	152,486	5,084	157,570
Creditors due within one year	(9,603)	-	(9,603)
Total	1,244,403	5,084	1,249,487

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2021 £</i>	<i>Restricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Tangible fixed assets	1,093,714	-	1,093,714
Fixed asset investments	18,699	-	18,699
Current assets	155,885	5,019	160,904
Creditors due within one year	(10,053)	-	(10,053)
Total	1,258,245	5,019	1,263,264

16. Related party transactions

There were no related party transactions in the year (2021 - £NIL).

Private and Confidential

MHA MacIntyre Hudson
910 The Crescent
Colchester Business Park
Colchester
Essex
CO4 9YQ

To Whom it may concern

CONFIRMATION OF REPRESENTATIONS

We confirm to the best of our knowledge and belief that the following representations are made on the basis of having made appropriate enquiries of other trustees and officials of the charity with relevant knowledge and experience and, where appropriate, of inspection of supporting documentation sufficient to satisfy ourselves that, the following representations can be properly made to you in connection with your independent examiner's report on the charity's financial statements for the year ended 31 March 2022:

1. General

We have fulfilled our responsibilities as trustees as set out in the terms of your engagement letter under the Companies Act 2006 and Charities Act 2011 for preparing financial statements which give a true and fair view in accordance with United Kingdom Accounting Standards (UK Generally Accepted Accounting Practice) (UK GAAP), including the Statement of Recommended Practice, 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102), issued by the joint SORP making body, and for making accurate representations to you.

2. The charity is entitled to exemption from audit and at no time during the year fell into an excluded category. We confirm that the members have not required the charity to obtain an audit of its financial statements for the financial year.
3. We acknowledge that the work performed by you is substantially less in scope than an audit performed in accordance with International Standards on Auditing (UK) and that you do not express an audit opinion.
4. We have made available to you all documents, including minutes of management meetings, necessary for your report. All the charity's transactions have been properly reflected and recorded in the accounting records produced to you. We have not withheld any information, the knowledge of which would cause you to take a different view in your report.
5. The financial statements are free of material misstatements, including omissions.

6. Internal control and fraud

We acknowledge our responsibility for the design, implementation and maintenance of internal control systems to prevent and detect fraud and error. We have disclosed to you the results of our assessment of the risk that the financial statements may be materially misstated as a result of fraud.

We are not aware of any actual, suspected or alleged instances of fraud or irregularities affecting the charity involving management, employees who have a significant role in internal control, volunteers or anyone else where the fraud or irregularities could have a material effect on the financial statements.

7. We confirm we have disclosed to you all information in relation to allegations of fraud or suspected fraud affecting the charity's financial statements communicated by current or former employees, analysts, regulators or others.

8. Going concern

We believe that the charity's financial statements should be prepared on a going concern basis on the grounds that current and future sources of funding or support will be adequate for the charity's needs. We also confirm our plans for future action(s) required to enable the charity to continue as a going concern are feasible. We have considered a period of twelve months from the date of approval of the financial statements. We believe that no further disclosures relating to the charity's ability to continue as a going concern need to be made in the financial statements. We are not aware of any material uncertainties or doubts about the ability of the charity to continue as a 'going concern' for the foreseeable future.

9. Laws and regulations

We are not aware of any events which involve possible non-compliance with statute, regulations, contracts, agreements or the company's Memorandum and Articles of Association which might prejudice the charity's going concern status or that might result in the charity suffering significant penalties or other loss.

10. Assets and liabilities

The charity has satisfactory title to all assets and there are no liens or encumbrances on the charity's assets, except for those that are disclosed in the notes to the financial statements.

11. We have recorded, as appropriate, all liabilities, both actual and contingent and have disclosed in the notes to the financial statements all guarantees that we have given to third parties.
12. We have no plans or intentions that may materially alter the carrying value and where relevant the fair value measurements or classification of assets and liabilities reflected in the financial statements.

13. Accounting estimates

The methods, data and significant assumptions used by us in making accounting estimates, and their related disclosures, are appropriate to achieve recognition, measurement and disclosure that is reasonable in the context of the UK GAAP financial reporting framework, including the Statement of Recommended Practice 'Charities SORP (FRS102) (second edition – October 2019), issued by the joint SORP making body.

14. Loans and arrangements with officers

The charity has not granted any advances or credit facilities or made guarantees on behalf of directors or trustees other than those disclosed in the financial statements.

15. Legal claims

All claims in connection with litigation that have been, or are expected to be, received have been properly accrued for in the financial statements.

16. Ultimate controlling party

There is no ultimate controlling party.

17. Transactions with related parties

Related party relationships and transactions have been appropriately accounted for and disclosed in the financial statements. We have disclosed to you all relevant information concerning such relationships and transactions and are not aware of any other matters which require disclosure in order to comply with the requirements of the Companies Act 2006, Charities Act 2011 or accounting standards.

18. Subsequent Events

All events subsequent to the date of the financial statements which require adjustment or disclosure have been properly accounted for and disclosed.

19. Grants and donations

All grants, donations and other income, the receipt of which is subject to specific terms or conditions, have been notified to you. There have been no breaches of terms or conditions during the period in the application of such income.

20. Electronic publication of accounts

We intend to distribute the financial statements to members and other interested parties by electronic means and/or to publish them on a website.

Yours faithfully

DocuSigned by:

Paye Jeacocke

UF56A417B988438...

DocuSigned by:

David Robinson

423D03D80A5E485...

Signed on behalf of the trustees:

01/12/2022

Date of approval of accounts by Board:

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

England & Wales - Charity number 1091712

Accounts

Company registration number: 04324630
Charity registration number: 1091712

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

CONTENTS

	Page
Reference and administrative details of the Charity, its Trustees and advisers	1
Chairman's statement	2 - 3
Trustees' report	4 - 12
Trustees' responsibilities statement	13
Independent examiner's report	14
Statement of financial activities	15
Balance sheet	16
Notes to the financial statements	17 - 32

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2021**

Trustees David Robinson, Chair
Cornelia Abe-Minale
Rachel Morison (resigned 25 March 2021)
Faye Jeacocke
Gavin Lau
Charlie Maling
Anna Trihan
Hugh Murdoch (appointed 25 March 2021)
Alf Vickers (appointed 29 October 2020)

Company registered number 04324630

Charity registered number 1091712

Registered office 24 Blackberry Court
Woodmill Road
London
E5 9GE

Independent Examiner MHA MacIntyre Hudson
Chartered Accountants
Boundary House
4 County Place
Chelmsford
Essex
CM2 0RE

Bankers HSBC Plc
20-21 Electric Parade
George Lane
London
E18 2LX

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021

The chairman presents his statement for the year:

It has been a rather stop / start year since our October '20 virtual AGM. Finally however in early spring as Covid restrictions eased we were able to continue training and resume competition in a limited way.

The 2021 Track season has been difficult with less athletes the usual participating and a shortage of officials but nonetheless with the help of our coaches and parent support, our juniors have been able to enjoy training and some competition.

In spite of some Road and XC members moving away from London, with a growing number of new members we have had a very encouraging start to the '21/'22 XC season both in the Chingford League and Met League and many very impressive performances on the road both in recent local Half Marathons and full Marathons, notably London and Manchester. We all hope we can look forward to a full XC season, both leagues and annual fixtures.

Mel McClure

The saddest news has been the tragic death of Mel McClure, a wonderful person, friend and club member and volunteer over many years. We remember her constant kindness and help to us all along with her resilience and determination in some of the most challenging marathons. We miss her greatly and will always remember her with much fondness.

Thanks

On behalf of the club members, it's a privilege for me to thank so many club members who have devoted so much of their time and energy over the past year to help organise, train and motivate athletes into achieving new goals and developing strategies through Covid restrictions to facilitate a return to club training and competition.

Board Members: Following last year's 'virtual' AGM, Rachel stood down as Secretary after many years of dedication to the club. Many thanks to Rachel and to Hugh who has been appointed in her place. At the AGM Alf Vickers was voted onto the Board as Director of Men's Track & Field. More recently Charlie also stood down as Director of Women's Track & Field and we thank her too, particularly for her work with the track juniors. A big thank you to Faye, Annie, Gav, and Cornelia both in their traditional roles but also in battling through government and EA advice to welcome new members and return to near normal training and competition.

Clubhouse Coaches and Leaders: Thanks to all our Clubhouse coaches and leaders : Mick Cairns (Tuesday structured speed work) and Steve Hobbs for the Thursday Project V sessions, whose regular sessions have been the backbone of our training activities, Captains Annie & Gav for regular training and race organising, Sim for race organising, coaching support and trophy management, Andrew Bates (Sunday morning runs), Verity Stroud for 'Run For You' and to all those I haven't named who have assisted with these sessions. Also to Tony Bunbury who has just re-started Monday Circuits sessions.

Track & Field and Youth Endurance coaches: Thanks to Cornelia, Alf, Claudine, Kelvin, Manny, Margaret and more for their work, in particular with young athletes.

Thanks to all volunteers and parents who helped organise, marshal and assist at races and at monthly handicaps with a special mention to regulars Major, Len and Richard on handicap nights and Helen Goddard for the 3 Bridges Event.

Thanks to the Membership Team: Neil, Mike, Gav, Annie Faye & Major.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

CHAIRMAN'S STATEMENT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Thanks to the Bar & Social Events Team: Susan, Sophie & Marlis.

Clubhouse

This year we have completed some improvement works at the clubhouse. We have refurbished and altered the layout of rooms within the first floor of the Annexe creating a large Pilates / Yoga studio and a treatment room. This has further increased activity and use of the clubhouse facilities by a wider section of our local fitness community. We have worked with Sam White (Victoria Park Pilates) and Joe Dale (Victoria Park Sports Medicine) in these new projects.

We have also revived the heating system in the Hall with a new boiler and fan convactor heaters plus radiators in the Weights room which also doubles up as a Podiatrist's treatment room on Fridays. We are very fortunate to continue to have Fabien (Victoria Park Fitness) operating in the Hall. He is a great asset to the club and many of our members continue to benefit from his strength and conditioning training.

We still have a Taekwondo Group that use the hall on Saturday afternoons and another group on Monday and Wednesday afternoons.

Mile End

The track at Mile End is managed by GLL for Tower Hamlets. The dedicated track entrance has not re-opened since Covid and users access the track via the Leisure Centre. Junior club members and club coaches running junior sessions have free access to the track and now use a separate entrance. This is rather unsatisfactory and we hope to improve this arrangement with GLL. The Gym at the track is also closed and cannot be used at present. Whilst the management of this facility presents some difficulties, our coaches will continue to hold junior training sessions through the winter months and will prepare for the 2022 track season.

The extent to which we manage to involve more helpers, members and parents to undertake officials training, volunteering and event organising will influence our ability to host and participate in track competition in 2022.

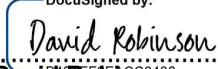
Club Website

Competitive quotes were obtained and the Board have engaged Dave Finch, club member and website designer to build a new 'more user friendly' website.

Huge thanks to Joe Feltham who has managed the website over recent years and who will assist along with a small steering group to work with Dave to bring this about.

VPH&THAC

On behalf of the Board, I wish you all safe and well over the coming club year and many thanks to all existing and our many new club members for what you all bring to the club, for your achievements big and small that we all enjoy and celebrate. We are committed to our ethos of maintaining a strong, caring and supportive club, ready to grasp every opportunity and work our way back to where we were before Covid and building on the reputation and achievements we've gained in recent years and on an exciting bunch of newer members.

DocuSigned by:

.....
David Robinson
Chair
Date: 01/12/2021

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

**TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2021**

The Trustees present their annual report together with the financial statements of the Charity for the year ended 31 March 2021. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution:

Victoria Park Harriers & Tower Hamlets AC is a company limited by guarantee which is also registered as a charity and is under the management of a Board of Trustees. Victoria Park Harriers & Tower Hamlets AC was registered as a charity with the UK Charity Commission on 23 April 2002.

Purposes:

The purpose of the Charity, as per its Memorandum and Articles of Association, is the provision of facilities for public recreation or other leisure time occupation and in particular athletics in the interest of social welfare, with the object of improving the conditions of life of those who reside and work within East London. The main activities undertaken in relation to the purposes of the Charity, as per its governing document, have been described further in the Activities and Achievements section of this report.

Public Benefit:

In setting objectives and planning for current and future activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to Public benefit, including the guidance 'Public benefit: running a charity (PB2)'. All activities have been undertaken for the furtherance of Public Benefit.

Method of appointment or election of Trustees:

The articles of the Charity state there should be a minimum of three trustees. At every annual general meeting one third of the trustees who are subject to retirement by rotation or, if their number is not three or a multiple of three, the number nearest to one third retire from office.

No person other than a trustee retiring by rotation shall be appointed or reappointed a trustee at any general meeting unless he is recommended by the trustees, or a notice proposed by a member eligible to vote at the meeting, and executed by the proposed person, has been given to the trustees within set time limits before the AGM as prescribed in the articles of the Charity.

Organisational structure and decision making:

The business of the Charity is managed by the trustees who may exercise all powers of the Company.

Motions

Additional Club Roles

Background

With the expanding club membership over the last few years, participant numbers at the weekly club sessions and race events have increased significantly; the overall governance, regular communication and general administration to keep club activities going need to be maintained and improved. This has presented an opportunity to invite members that are able to offer their time to help contribute.

Proposal by Gavin Lau on behalf of the Board

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021**

For the Board to prepare a list of potential club roles to delegate specific aspects of the day-to-day running of activities and events; a summary of such club roles to be presented in a table, to be circulated by the board to the membership group with a brief description of the roles and estimated time commitment required.

Positions will be filled, at the board's discretion, by club members who have expressed interest and are able to undertake the role. They will serve for a period of 12 months, after which they may be re-appointed.

ACTIVITIES AND ACHIEVEMENTS

Women's Road and XC (Anne Trihan)

Introduction

I am about to complete my second year of serving as Women's Road and Cross-Country captain. Whilst it remains as big an honour as ever, I am very happy to report that the second year of my tenure has been a lot more 'business as usual' than my first.

I think we all remember that although we were able to enjoy some group running in 2020, the end of the year saw us go into Lockdown number 635. It was a challenging winter on a number of fronts, but the spring saw wider society, and running specifically, open up more and more and bring back to us the events that we are used to and love. By the time summer came around, training and racing were pretty much back to normal.

Due to lockdown and related restrictions on sport, our talented and hardworking ladies may have had few opportunities to train or compete for a large part of this year, compared with 'normal' years. However, our team spirit was undeterred, and whenever it was possible, we gave it our all, whether in training or in races and relished the chance to compete as a team. Additionally, we have welcomed a significant number of new members to the team who have quickly integrated into the team and have enjoyed everything this great club has to offer.

85th Annual Mob Match

This event did not take place this year due to Covid. However, we are looking forward to resuming this great tradition on 11 January 2022.

Met League

Met League did not take place during the 2020-2021 season. However, the 2021-22 season has kicked off to a great start, with 29 ladies taking part in the first fixture at Claybury in October 2021.

Chingford League

Chingford League organised a modified schedule during the past season, sometimes with staggered starts, limited participation and multiple races to allow for social distancing. It was no doubt extra work on the part of the organisers, but our ladies certainly appreciated the opportunity to race when we could!

We ended the season with a number of awards:

- Hannah Knight, 3rd place, overall
- Sue Bint, 3rd Place, V40
- Women's Overall – 1st
- Women's Vets – 1st
- Women's relay team – 2nd place

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021**

As ever, a huge thank you to Joyce Berry for all her organisation efforts in making the Chingford League happen.

Other Cross-Country Championships

No other cross-country championships took place this year, but we are looking forward to a very full Autumn 2021/ Winter 2022 diary!

Isle of Wight Fell Running Championships

Still on the XC -ish front, our more seasoned club members will remember the annual September trip to the Isle of Wight Fell running championships that we have typically taken en masse. After no event being held in 2020, the mighty Jade and Blue returned to the island in 2021. Whilst this year's group was smaller than our usual contingent, they enjoyed the racing on offer and came away with some very strong results:

- Hazel Norton-Hale, 2nd Lady
- First Ladies team (Hazel Norton-Hale, Jo Singer, Hannah Knight)
- Second Ladies Team (Elaine Battson, June Barrow-Green, Louise Vacher)

We are all looking forward to going back in our usual big group in 2022!

Road season

As winter turned to spring, and more and more commercially organised races began to resume, our ladies were naturally ready to for this, particularly in anticipation of the road season and spring marathons. There weren't many spring marathons, but events such as Run Through offered reliable local racing opportunities.

A few of our ladies (and gentlemen) trained through the winter to race at the very scenic Essex Airfield Marathon in April. A 6-lap marathon course is not for the faint of heart, but Jess Lowe ran a new PB of 3.11, whilst Annie Trihan would more accurately describe her experience as "character building."

Spring and summer saw more and more local events trickle back. After a number of postponements, by mid-summer we all began to really believe that autumn marathons and XC might actually be back for good. The Big Half, unusually held in August, was the first mass event back where we felt that racing was back in earnest, and many of our ladies were thrilled at the chance to participate in this race after a delay of a year and a half. Some stellar runs were had by our ladies, with PBs by Jo Hall (87.19), Ollie Capel (88.19), Faye Jeacocke 89.38 and Robin Norton-Hale (90.41) to mention just a few.

The Big Half was closely followed by another local favourite, the Hackney Half. Despite a very warm day, again, a number of PBs were set, including by Emily Seager (91.34) and the overall women's winner Laura Kaye in 79.12!

Marathons

It had been a long time coming, but at last, we were able to race in the marathons that had been postponed from Spring 2020. Our ladies raced in Brighton, Manchester, Chelmsford and of course, the home course of London. Whether you were running or supporting, I think we can all agree it was a great day and exemplified what running is all about for us. There were so many of our members taking part across these events, whether first time or seasoned marathoners, and huge congratulations are due to all who completed the distance. The below lists highlights but a few of our ladies' accomplishments:

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021**

London

- Jo Hall, 3.01 PB
- Hannah Somani, 3.03 PB
- Faye Jeacocke, 3.12 PB
- Vicky Fabbri, 3.33 PB

Manchester

- Valerie Wong, 3.06 PB
- Katrin Flickschuh, 3.28 – First V60 in her first marathon!

Chelmsford

- Robin Norton-Hale, 3.20 PB
- Ollie Capel, 4th lady in 3.07 – her first marathon!
- Lucy Jarvis, 99.37 PB

The autumn marathon buzz was strong, and there is already talk of people booking places for spring marathons in 2022! We look forward to training, racing, and cheering each other on!

Ultras

Despite limited opportunities, our ladies also got involved in some local ultras.

Special mentions go to

- Holly Weir, 3rd Lady at the always-popular club event, SVP50km
- Hannah Knight, 11th lady at the South Downs Way 100m, and 7th lady at the Chiltern Wonderland 50m

Thank you

It's been another far from a normal year, but as always, there are so many people to thank who have helped our club events run as smoothly as possible.

Chairman Dave, and everyone on the Board; Major Carr, Simeon Bennett, and Neil Cook for all their work behind the scenes; Len Williams and Richard Norton-Hale for support of the handicaps and Club Championships; everyone at the Bar Staff, including Susan Leese, Sophie Critchlow, Helen Goddard and Marlis Haase; and last but certainly not least, Coach Mick and Coach Steve for continuing to set virtual sessions even when we were not able to train together, and to restart actual Track and Project V sessions as soon as we could.

Looking ahead

2021 has been a big improvement on 2020, and I think I speak for all of us when I say we are all looking forward to an even brighter 2022!

Men's Road and XC (Gavin Lau)

An unprecedented year, the story so far:

Looking back on this specific period, we collectively as members showed great resilience and adaptability to preserve the spirit of the club, offering coached sessions and member-led group runs where government

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021**

measures allowed it. I am sure I speak for many others in that we are indebted to all the individuals that were and continue to be involved in the preparation and organisation of these activities.

We kept our doors open to welcome new members throughout the lockdown period, who we gratefully acknowledge for making the hardest step to turn up for their first session, who now seem well settled into the club community and are passing on their wisdom to other prospective runners. It has been a pleasure to see the broader membership (that has been fragmented for some time) come together over the past 12 months, and seeing the elation of runners competing in the club vest for the first time, setting new course PBs and being willed across the finish line by the group of avid supporters we regularly amass. I do believe that the many facets of the club allow individuals to pursue their personal training or racing objectives, boosted by the close knit community, for a sporting interest that is often misinterpreted as a solitary endeavour.

The membership sadly said (a temporary) farewell to close friends who relocated away from London due to various circumstances. Some had been longstanding members and all certainly contributed to nurturing the club culture as we experience and enjoy it today. Being able to recognise many alumni across the UK and far reaching international locations demonstrates the extent to which this 'little running club in East London' has served as a meaningful community to those that enter our doors. There will always be a seat at the clubhouse bar reserved for our alumni to visit us and reminisce!

As the report I am presenting to you suggests, club activities and grass roots racing has made a cautious return and the sentiment for the 2021/22 season is one of great optimism, for the growth of the club and also to play our role as a cornerstone in the local community and those that call London their current home.

Notable contributions

Below are select examples of visible contributors to our club. The same sentiment goes to those working in the background to set up events, help on race day, and our perpetual roll call of volunteers at our club sessions!

To the ever present duo of Susan Lease and Sophie Critchlow who selflessly run the clubhouse bar and host events. They, with other regular helpers, open up early to prepare for us, clean/wash up and lock up long after we have headed home. This social hub invites newcomers to meet our current members and welcomes those that are more established the chance to catch up with old friends in a safe and relaxed environment. Something we are very grateful for that fosters a strong sense of community.

Early on in the initial lockdown period, Ebolum Mordi organised weekly run groups on Tuesdays and Saturdays. He continues to be committed to showing up week after week, shepherding the groups through challenging times where people interaction was limited and some runners remained isolated at home. Amazingly humble for such a meaningful contribution to the wellbeing of those around him.

Winter / Spring 2020/21:

Come March 2021, the Chingford League concluded with the final two fixtures being hosted in Hog Hill (basking in sunshine!) and the final team relays in Dagenham. This was often the first outing for new members that joined in the last 18 months to compete for the club, and laid down great momentum to invite others to try. Congratulations to the men's A team that placed as runners-up, 3rd B team and 3rd Vets. Andrew Barrington placed 6th overall to lead our chase in the individual standings. Stephen Fabes won the V40 category. A worthy mention to our women's senior and vet teams who led from the front and both held on to be crowned as overall 2020/21 champions!

Summer 2021:

The summer months welcomed an easing of restrictions, which in turn allowed us to open the doors to the clubhouse with limited and modified activities. I must extend my gratitude to our dedicated and committed club

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021**

coaches (for the seniors, juniors and T&F group) who designed and supervised the weekly sessions. This had been particularly challenging to address the unpredictable and fluid landscape of government and EA guidance.

The club has been well represented across many local and national events that were able to go ahead under modified conditions. Congratulations to all those that competed and raced with grit and a smile on your face to your respective finish lines. Many PBs have been set in unconventional times, and this is truly a reflection on your own hard work and perseverance. We will always be keen to hear of your personal milestones and goals so we can share our support in celebration. In balance, things may not always go to plan and injuries sometimes set us back. The group is also here to listen, offer friendly advice or reassurance, so we can pick ourselves up and know that support is available during your training run or in spirit on race day.

Selected highlights:

- **Monthly Club handicaps:** Another club tradition that takes place on the last Thursday of every month, welcoming our juniors and seniors to run together. Record numbers (c.90 finishers) from the early events that has maintained momentum through 2021. Great to see Major Carr, Ray Russo, Richard Norton-Hale and Len Williams back in the fold and thank them for offering their time at these events.
- **Southern Athletics league:** Participation in the "SAL" from our Road & XC members has improved in the last few years. Fielding teams has been challenging, and it is good to see our members responding to club callings to compete and represent in track events that may be new to them. With another season competed, we look forward to strengthening our ties with the Track & Field group.
- **Lea Valley Ultra (19/6):** A fantastic grass roots race series organised by one of our members David Bone under the Camino Ultra branding. Months leading up to the race saw the regular Sunday group being introduced to trail running, and supporting each other on longer and adventurous runs. A long day out for Will Yeates, Vicky Fabbri, Clive Mehew, Valerie Wong, Andrew Smith and William Burbridge-James. Honourable mention to other individuals who tested themselves across the ultra distance at other events through the summer too!
- **Orion Fell race (25/6):** A rainy evening in Epping Forest, warmed up by the buzz of the friendly hosts Orion Harriers and potential anxiety of the short 5k course with c.400m elevation. Congratulations to Rachel Morison placing as 2nd lady (28:57, 39th overall) and Joe Dale (23:05) for the overall win! A key race that demonstrates the close knit relationship we have established with other running clubs in our local proximity.
- **VPH Chunder mile (7/8):** A precursor to the annual summer BBQ, 8 competitors, and miraculously 8 finishers! Congratulations to Hannah Knight (8:28) and Dominic Howarth (7:34) on their respective 2021 victories. A nod to Simeon Bennett for independent verification of the race and results each year.
- **SVP50 (14/8):** A small but perfectly formed group of c.10 club runners returning to this well loved ultra. Fantastic photos shared by Philippa Cockman et al of the jade and blue navigating through the sweeping views of the course.
- **Big Half (22/8):** 130+ club runners made it to the start line for this much anticipated welcome back to mass participation racing. Well fought PBs and impressive times across the board. Many congratulatory drinks (and sensible race analysis) shared at the wonderful party hosted at the clubhouse. VPH&THAC at its best!
- **Flowers mile (2/9):** This iconic club race signals the start of the new 2021/22 season, and the Boswall league. Congratulations to Eleanor Dalglish (5:55) and Nat Rowland (4:47) as first senior finishers. And to Imogen Scott-Gall (6:08) and Ethan Gray (5:02) as first junior finishers.
- The 2021/22 season kicked off with rigour, which saw VPH&THAC very well represented across the Hackney Half, London Marathon and other marquee events that opened up the autumn season.

Optimistic & excited about what is to come:

With the membership steadily growing over the last 18 months, only until now has it started to converge more regularly at clubhouse sessions and more recently at racing events. The sheer energy levels and power of comradery between racers and supporters alike, and 'speed' at which we have come together has been so refreshing to see, and really excites me to think about what we can build and achieve together in the next 12 months and beyond.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC

(A company limited by guarantee and registered charity)

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021**

This has reminded us of the diverse group of members we are now interacting with on a weekly basis and we are making good progress in our plans to improve governance and general set up to make our activities accessible to the larger numbers and more participant friendly. This includes an upgrade to the website to bring together information onto one platform. Also to share better details on the list of available club roles that members can contribute their time to. All with the important aim to preserve the inclusive and welcoming culture we have long treasured and continue to be competitive in the marquee leagues and races.

On a final note, my thoughts go out to those who have been directly affected by Covid and the circumstances of the pandemic. I sincerely hope that the club has been able to play a small part in offering a sense of routine or social interaction, contributing to your general well being against this difficult backdrop. Please continue to stay vigilant, look after yourself, your loved ones and fellow VPH&THAC club members.

Juniors (Cornelia Abe-Minale)

The junior Track and Field athletes were happy to be able to train again at the Mile End stadium after the Covid outbreak.

It was noticeable throughout all trainings groups that there were fewer athletes attending the trainings sessions. Most athletes struggled with fitness this season.

We competed in 3 different leagues this season, Youth Development leagues: Lower (U13/15) and Higher (U17/20) Age group and SAL (U17/20). The fact that all leagues were friendly leagues helped athletes to get back into racing.

Two athletes qualified for English Schools Championships, Lyra McDonald (Junior Girls 800m) and Michelvi Wamba(Inter Girls 200m).

Both athletes did very well, qualified for the finals and achieved big PBs.

During the last few months Athlete numbers started to increase again and after the end of summer breaks all trainings groups started winter training.

For our club to stay competitive in the Youth Development league we need to recruit more young athletes from U11s up to U15s.

For the next season we are also hoping to recruit more club members as qualified officials in order to help with league meetings.

FINANCE REVIEW

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

Overview

Cash flow was positive this year; Covid's negative impact on our income was offset by a reduction in outgoings, after taking into account depreciation on tangible fixed assets.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC**(A company limited by guarantee and registered charity)****TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021****Investment in assets**

Covid limited the opportunity to invest in our assets in 20/21, however details of future plans for 21/22 can be found in the following pages.

Financial highlights**Income**

A breakdown of the last 4 years recurring income streams is provided below.

Recurring income (£)

	2018	2019	2020	2021
Donations	100	100	300	0
Subscriptions	35,314	39,220	46,247	37,308
Cottage rent	19,260	19,257	19,263	19,260
HQ hire	7,431	5,004	5,460	4,740
Club kit	1,413	1,273	2,094	195
Total	63,518	64,854	73,364	61,503

Sponsorship/Donations – sponsorship is recognised separately totalling £1,942 and was received for the Come and Try Athletics event.

Membership subscriptions – 19% decrease on previous year due to members suspending membership during Covid lockdowns and people leaving London.

Cottage rent – income from the cottage was as per last year at £19,260.

HQ Hire – 13% down on previous year due to group fitness activities being suspended during lockdown. We were able to continue to hire the space out for personal treatments (osteo, massage etc.). Please see breakdown below -

HQ hire 2020/21 (£)

Victoria Park Sports Medicine	2,700
Personal training	1,570
Other	470
Total	4,740

Expenditure

Travel and subsistence costs were significantly lower than previous years due to no events taking place (£277 in 20/21 v £10,717 in 19/20).

There were some coaching fees incurred for the Come and Try Athletics events that were able to take place. These are funded either by schools providing income or by specific grants (i.e. LBTH mainstream grant).

Affiliation, track and race entry fees were also much lower than previous years. With events cancelled across the country, payment of EA affiliation fees were suspended until April '21.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC**(A company limited by guarantee and registered charity)****TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021****Cash Flows**

The table below gives the closing cash position at the last two financial year-ends and also at end of September 2021. The club benefited from reduced outgoings in 20/21 and have used this money to renovate the committee room into a studio for hire. The club's calculated minimum cash reserve is 6 months expenditure, approximately £25,000.

Cash position	Closing 31/03/2021	Closing 31/03/2020	Movement 2020 - 21	Current 26/09/2021
Current account	78,398	40,420	37,978	59,912
Deposit	66,462	66,386	76	85,152
Development account	12,816	13,616	(800)	10,871
Total Cash	177,755	135,080	37,254	155,935
Cash excluding development account	144,850	106,806	38,054	145,064

Reserves policy

The trustees consider that an appropriate level of reserves in respect of unrestricted funds is an amount to generate sufficient working capital to cover approximately six months of the charity's annual costs excluding expenditure chargeable against the restricted and designated reserves. Based on the charity's level of activity it is considered that a minimum appropriate level of unrestricted funds would be £25,000. At the current year-end, the Charity held designated funds of £1,096,714, restricted funds of £5,019 and general unrestricted funds of £161,531.

Future plans

The following investments have been made in the current year:

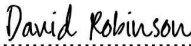
- The former committee room has been renovated and is now a studio space for hire.
- The heating in the main hall has been repaired.

The following investment is planned for the next financial year:

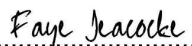
- There are plans to invest and modernise the website to make it more relevant to existing members and attract potential new members.

This report has been prepared taking advantage of the small companies' exemption of the Companies Act 2006.

Approved by order of the members of the board of Trustees and signed on their behalf by:

DocuSigned by:


David Robinson
 Chairman
 Date: 01/12/2021

DocuSigned by:


Faye Jeacocke
 Treasurer

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE YEAR ENDED 31 MARCH 2021

The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

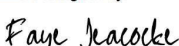
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:

DocuSigned by:

B431EF0BA0C08436...
David Robinson
Chair
Date: 01/12/2021

DocuSigned by:

A62006F8095C45F...
Faye Jeacocke

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2021

Independent examiner's report to the Trustees of Victoria Park Harriers and Tower Hamlets AC
('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2021.

Responsibilities and basis of report

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Dated: 8 December 2021

Cara Miller ACCA

MHA MacIntyre Hudson
Chartered Accountants, Boundary House, 4 County Place, Chelmsford, Essex, CM2 0RE

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2021

	Note	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income from:					
Donations	4	-	-	-	300
Charitable activities	5	40,557	-	40,557	58,325
Other trading activities	6	24,093	-	24,093	25,948
Bank interest receivable		66	-	66	67
		<u>64,716</u>	<u>-</u>	<u>64,716</u>	<u>84,640</u>
Total income					
Expenditure on:					
Charitable activities	7	82,051	-	82,051	118,134
		<u>82,051</u>	<u>-</u>	<u>82,051</u>	<u>118,134</u>
Total expenditure					
Net expenditure before net gains/(losses) on investments		(17,335)	-	(17,335)	(33,494)
Net gains/(losses) on investments	11	3,976	-	3,976	(1,716)
		<u>(13,359)</u>	<u>-</u>	<u>(13,359)</u>	<u>(35,210)</u>
Net movement in funds					
Reconciliation of funds:					
Total funds brought forward		1,271,604	5,019	1,276,623	1,311,833
Net movement in funds		(13,359)	-	(13,359)	(35,210)
		<u>1,258,245</u>	<u>5,019</u>	<u>1,263,264</u>	<u>1,276,623</u>
Total funds carried forward					

All income and expenditure derive from continuing activities.

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 17 to 32 form part of these financial statements.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)
REGISTERED NUMBER: 04324630

BALANCE SHEET
AS AT 31 MARCH 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	10	1,093,714	1,150,807
Investments	11	18,699	14,723
		<u>1,112,413</u>	<u>1,165,530</u>
Current assets			
Debtors	12	3,238	3,180
Cash at bank and in hand		157,666	120,422
		<u>160,904</u>	<u>123,602</u>
Creditors: amounts due within one year	13	(10,053)	(12,509)
Net current assets		<u>150,851</u>	<u>111,093</u>
Total net assets		<u><u>1,263,264</u></u>	<u><u>1,276,623</u></u>
Charity funds			
Restricted funds	14	5,019	5,019
Unrestricted funds	14	1,258,245	1,271,604
Total funds		<u><u>1,263,264</u></u>	<u><u>1,276,623</u></u>

The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

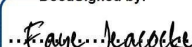
The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime. The financial statements were approved and authorised for issue by the Trustees on 01/12/2021 and signed on their behalf by:

DocuSigned by:

 David Robinson
 Chair

DocuSigned by:

 Faye Leacock

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

1. General information

Victoria Park Harriers and Tower Hamlets AC is a charitable company limited by guarantee and is registered with the Charity Commission (Charity Registered Number 1091712) and Registrar of Companies (Company Registration Number 04324630) in England and Wales.

In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity. The address of the registered office is given in the Charity information on page 1 of these financial statements.

The nature of the Charity's operations and principal activities are detailed in the Trustees' Annual Report.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Victoria Park Harriers and Tower Hamlets AC meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The Charity has applied Update Bulletin 2 and does not include a cash flow statement on the grounds that it is applying FRS 102 Section 1A.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

The financial statements are presented in sterling which is the functional currency of the Charity and rounded to the nearest pound.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.2 Going concern

The financial statements have been prepared on a going concern basis. The Trustees have considered relevant information, including the annual budget and forecast future cash flows in making their assessment. The COVID-19 pandemic and the ensuing economic shutdown has had a significant impact on the company's operations, with projects being delayed. In response to the COVID-19 pandemic, the Trustees have performed a robust analysis of forecast future cash flows taking into account the potential impact on the business of future scenarios arising from the impact of COVID-19. This analysis also considers the effectiveness of available measures to assist in mitigating the impact.

Based on these assessments and having regard to the resources available to the entity, the Trustees have concluded that there is no material uncertainty and that they can continue to adopt the going concern basis in preparing the annual report and accounts.

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity and it is probable that they will be fulfilled.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the Charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

The Charity receives grants in respect of furthering its charitable objectives. Income from grants are recognised at fair value when the Charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Investment income is earned through holding assets for investment purposes such as shares and property. Where it is not practicable to identify investment management costs incurred within a scheme with reasonable accuracy the investment income is reported net of these costs. It is included when the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the Bank.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Support costs are those that assist the work of the Charity but do not directly represent charitable activities and include office costs, governance costs and administrative costs. They are incurred directly in support of expenditure on the objects of the Charity. Where support costs cannot be directly attributed to particular headings they have been allocated to expenditure on charitable activities on a basis consistent with use of the resources. Governance costs are those incurred in connection with the running of the Charity and compliance with constitutional and statutory requirements.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.7 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.7 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following bases:

Freehold property	- 10 - 50 years
Athletics equipment	- 5 years

2.8 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.12 Financial instruments

The Charity only holds basic Financial Instruments. The financial assets and financial liabilities of the Charity are as follows:

Debtors - trade and other debtors (including accrued income) are basic financial instruments and are debt instruments measured at amortised cost as detailed in Note 12. Prepayments are not financial instruments.

Cash at bank – is classified as a basic financial instrument and is measured at face value.

Liabilities – trade creditors, accruals and other creditors will be classified as financial instruments, and are measured at amortised cost as detailed in Note 13. Deferred income is not deemed to be a financial liability, as in the cash settlement has already taken place and there is simply an obligation to deliver charitable services rather than cash or another financial instrument.

2.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

3. Critical accounting estimates and areas of judgment

Estimates and judgments are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The Charity makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are discussed below.

- Allocation of support costs
- Depreciation rates for tangible fixed assets

4. Income from donations

	Unrestricted funds 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Donations	-	-	300
	<u> </u>	<u> </u>	<u> </u>
<i>Total 2020</i>	<u> 300 </u>	<u> 300 </u>	

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

5. Income from charitable activities

	Unrestricted funds 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Coaching income	-	-	2,100
Open 5	1,023	1,023	2,729
Membership subscriptions	37,308	37,308	46,247
Sale of club kit	195	195	2,094
Sponsorship income	1,942	1,942	3,390
Event hosting	-	-	1,640
Beginners run	89	89	125
Total 2021	<u>40,557</u>	<u>40,557</u>	<u>58,325</u>
<i>Total 2020</i>	<u>58,325</u>	<u>58,325</u>	

Coaching income represents the provision of coaching to local schools, which is funded directly by London Borough of Tower Hamlets and / or the schools involved in the programmes.

6. Income from other trading activities

	Unrestricted funds 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Cottage rental income	19,260	19,260	19,263
Hall hire	4,740	4,740	5,460
Bar sales	-	-	1,225
Miscellaneous	93	93	-
Total 2021	<u>24,093</u>	<u>24,093</u>	<u>25,948</u>
<i>Total 2020</i>	<u>25,948</u>	<u>25,948</u>	

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

7. Analysis of expenditure by activities

	Activities undertaken directly 2021 £	Support costs 2021 £	Total funds 2021 £
Providing facilities for public recreation	5,046	77,005	82,051

	<i>Activities undertaken directly 2020 £</i>	<i>Support costs 2020 £</i>	<i>Total funds 2020 £</i>
Providing facilities for public recreation	38,614	79,520	118,134

Analysis of direct costs

	Total funds 2021 £	<i>Total funds 2020 £</i>
Coaching fees	2,800	4,635
Open 5	12	3,067
Awards	-	890
Club Kit	-	2,094
Travel and subsistence	277	10,717
Affiliation, entry and track fees	1,957	16,611
Medical cover	-	600
	5,046	38,614

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2021 £	<i>Total funds 2020 £</i>
Depreciation	57,093	67,443
Light and Heat	7,756	3,961
Insurance	3,549	3,253
Repairs and Maintenance	3,202	(1,083)
Sundry expenses	329	1,320
Governance	5,076	4,626
	77,005	79,520

All governance costs relate to independent examiners fees, further details of which can be found in Note 8.

8. Independent examiner's remuneration

	2021 £	<i>2020 £</i>
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	3,960	3,996
(Over)/ under-accrual of prior year independent examiners fee	(84)	630
Other services:		
Corporation Tax return preparation and submission	1,200	-

9. Trustees' remuneration and expenses

The Charity has no employees (2020 - *NIL*) and the Trustees are considered to be the Key Management Personnel.

During the year, no Trustees received any remuneration or other benefits (2020 - *£NIL*).

During the year ended 31 March 2021, expenses totalling £13 were reimbursed or paid directly to 1 Trustee (2020 - *£982 to 2 Trustees*). Expenses relate to costs of postage, equipment and fees.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

10. Tangible fixed assets

	Freehold property £	Athletics equipment £	Total £
Cost or valuation			
At 1 April 2020	1,690,931	71,230	1,762,161
At 31 March 2021	1,690,931	71,230	1,762,161
Depreciation			
At 1 April 2020	540,124	71,230	611,354
Charge for the year	57,093	-	57,093
At 31 March 2021	597,217	71,230	668,447
Net book value			
At 31 March 2021	1,093,714	-	1,093,714
At 31 March 2020	1,150,807	-	1,150,807

The land and buildings were purchased by a club trust in 1961, which preceded the incorporation of the Charitable Company and was transferred to the Charity in 2003. The land and buildings were revalued by the Trustees in 2008. This revaluation (original value - £nil) is matched by a designated fund which reduces by the amount of depreciation each year.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

11. Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 April 2020	14,723
Revaluations	3,976
	<u>18,699</u>
At 31 March 2021	<u>18,699</u>
Net book value	
At 31 March 2021	18,699
<i>At 31 March 2020</i>	<u>14,723</u>

All fixed asset investments are held in the UK.

12. Debtors

	2021 £	2020 £
Due within one year		
Prepayments and accrued income	3,238	3,180
	<u>3,238</u>	<u>3,180</u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

13. Creditors: Amounts falling due within one year

	2021	<i>2020</i>
	£	<i>£</i>
Trade creditors	2,040	<i>-</i>
Other creditors	1,851	<i>1,853</i>
Accruals and deferred income	6,162	<i>10,656</i>
	10,053	<i>12,509</i>
	2021	<i>2020</i>
	£	<i>£</i>
Deferred income at 1 April 2020	4,006	<i>7,900</i>
Resources deferred during the year	2,202	<i>4,006</i>
Amounts released from previous periods	(4,006)	<i>(7,900)</i>
	2,202	<i>4,006</i>

Deferred income comprises subscriptions received in the year relating to future accounting periods.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

14. Statement of funds

Statement of funds - current year

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2021 £
Unrestricted funds						
Designated funds						
Building Improvements	89,329	-	-	(31,615)	-	57,714
Revalued property fund	1,064,000	-	-	(28,000)	-	1,036,000
Gym refurbishment	3,000	-	-	-	-	3,000
	<u>1,156,329</u>	<u>-</u>	<u>-</u>	<u>(59,615)</u>	<u>-</u>	<u>1,096,714</u>
General funds						
General Funds	115,275	64,716	(82,051)	59,615	3,976	161,531
Total Unrestricted funds	<u>1,271,604</u>	<u>64,716</u>	<u>(82,051)</u>	<u>-</u>	<u>3,976</u>	<u>1,258,245</u>
Restricted funds						
Fitness for Sport Project	4,378	-	-	-	-	4,378
Other minor projects	641	-	-	-	-	641
	<u>5,019</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>5,019</u>
Total of funds	<u>1,276,623</u>	<u>64,716</u>	<u>(82,051)</u>	<u>-</u>	<u>3,976</u>	<u>1,263,264</u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2019 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2020 £</i>
Unrestricted funds						
Designated funds						
Building Improvements	87,819	-	-	1,510	-	89,329
Revalued property fund	1,092,000	-	-	(28,000)	-	1,064,000
Gym refurbishment	3,000	-	-	-	-	3,000
	<u>1,182,819</u>	<u>-</u>	<u>-</u>	<u>(26,490)</u>	<u>-</u>	<u>1,156,329</u>
General funds						
General Funds	93,391	84,640	(118,134)	57,094	(1,716)	115,275
Total Unrestricted funds	<u>1,276,210</u>	<u>-</u>	<u>(118,134)</u>	<u>30,604</u>	<u>(1,716)</u>	<u>1,271,604</u>
Restricted funds						
Building Improvements	30,604	-	-	(30,604)	-	-
Fitness for Sport Project	4,378	-	-	-	-	4,378
Other minor projects	641	-	-	-	-	641
	<u>35,623</u>	<u>-</u>	<u>-</u>	<u>(30,604)</u>	<u>-</u>	<u>5,019</u>
Total of funds	<u>1,311,833</u>	<u>84,640</u>	<u>(118,134)</u>	<u>-</u>	<u>(1,716)</u>	<u>1,276,623</u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

14. Statement of funds (continued)

Designated funds

Building Improvements

Funds have been set aside to match the net book value of the building improvements (less the restricted grants outstanding on them, see restricted funds below) with funds being transferred each year to general funds to match the depreciation charge.

Revalued Property Fund

Similarly a fund has been set aside to match the net book value of the revalued property with funds being transferred each year to general funds to match the depreciation charge.

Gym Refurbishment

A sum has been set aside by the Trustees to cover the refurbishment of Mile End Gym where costs are not covered by grants received.

Restricted Funds

Building Improvements

The Charity was awarded various grants in previous years to fund a refurbishment programme on its club house. Three of the grants had a continuing restriction if the facilities were to be used for other purposes within five years, and so the depreciated cost of these grants has been carried forward in the restricted fund. In 2019/20, the five year term of the grants was fulfilled, and the remainder of the restricted fund was transferred to the designated fund for Building Improvements above.

Tower Hamlets Fitness for Sport Grant

The Tower Hamlets Council Fitness for Sport Grant was received by the Charity in 2016. This fund is being used to fund wheelchair coaching.

Other minor projects

This was funding received for the summer scheme and satellite clubs.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Tangible fixed assets	1,093,714	-	1,093,714
Fixed asset investments	18,699	-	18,699
Current assets	155,885	5,019	160,904
Creditors due within one year	(10,053)	-	(10,053)
Total	<u>1,258,245</u>	<u>5,019</u>	<u>1,263,264</u>

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2020 £</i>	<i>Restricted funds 2020 £</i>	<i>Total funds 2020 £</i>
Tangible fixed assets	1,150,807	-	1,150,807
Fixed asset investments	14,723	-	14,723
Current assets	118,583	5,019	123,602
Creditors due within one year	(12,509)	-	(12,509)
Total	<u>1,271,604</u>	<u>5,019</u>	<u>1,276,623</u>

16. Related party transactions

There were no related party transactions in the year (2020 - £NIL).