

Cambridge Harriers CIO

Trustees Annual Report

For the year ended 31st March 2024

A charitable incorporated organisation registered in England, number 1186795

Registered address: 60a Glenhurst Avenue, Bexley, Kent DA5 3QW

Objectives and Activities

Under the terms of the Constitution dated 25th September 2019, the Trustees have the responsibility of pursuing the objective of the Charity which is to provide community based athletics and associated leisure activities.

Cambridge Harriers was formed in 1890 and so is over 130 years old and has helped many thousands of people enjoy the sport of athletics over this time

The club is based in the Greenwich and Bexley Boroughs of South East London with a track base at Sutcliffe Park Athletics Track in Eltham and a clubhouse in Bexley Village. There is a membership of over 500 and active sections participating in Track and Field events, Cross Country, Fell Running, Road Running and Race Walking.

Structure, Governance and Management

The club became a charitable incorporated organisation in December 2019 and is managed by a group of trustees, who are supported by a team of dedicated volunteer coaches, team managers, officials and administrators. The club which was previously an unincorporated association donated all its assets to the charity.

In 2021 the trustees moved the club's day to day management from a monthly committee meeting to a 2 monthly board meeting whilst appointing trustees in charge of various portfolios and giving them more power to develop their respective area of the club. The board make up is as follows and we would like to express our thanks for all those who stepped up to these roles.

Mick Bond (elected Chair) Track and Field Portfolio

Clem Dixon Endurance Portfolio

Peter Wishart Coaching Portfolio

Lisa Atkinson Marketing Portfolio

Barry Ferguson Officials Portfolio

Sir Alastair MacDonald

David Reader

Malcolm Coomber

Mark Cross

Christian Poulton (Club Secretary)

Phil Pape (Club Treasurer) Finance & General Management

Christine Bond

During the year we appointed two additional trustees and welcomed Jan Clifford and Rebecca Lindsey to the Board

The charity employs no staff

In accordance with the Constitution one third of the trustees have to stand down at the AGM but can apply for re-election. Those standing down and seeking re-election are **Christian to convimr**

Achievements and Performance - Chairman's Report

The year April 23 – March 24 saw continued growth in club membership especially amongst the junior age groups. Membership at the end of the year stood at over 550 compared with 480 a year earlier.

As Chairman I believe this is largely down to improvement in promotion of the club via social media and the schools' program we organise, along with better organisation and delivery of our coaching program making for a better first and lasting impression for new members.

The club has an excellent catchment area, access to top class facilities, a growing coaching team and a dedicated band of volunteer team managers, officials, and helpers.

I believe we are well placed to continue helping all our members with their athletic journey and to make an impression on the National Athletics scene.

I would like to personally thank all those who have acted as trustees for the year especially those who have taken on responsibility for portfolio's and who's own reports are provided below.

Portfolio Reports

Finance and General Management by Phil Pape

The Club finances continue to strengthen, and our funds now stand at £89,694. This is an increase of £13,242 due to the increased membership, now over 550, plus the continued success of our open events both indoors and out. So once again we have been able to hold our membership fees at their present level.

We have continued to develop the Club House with some of the electrics updated, a large screen TV, Wi-fi and Hive heating controls. Bookings continue to grow and we once again remind members that it is free for them.

Our thanks go to David Reader (Club House), Christine Bond(kit), Noel Carmody (membership) and to Phil Pape who is retiring as Treasurer.

Coaching by Peter Wishart

COACHES

Earlier this year we held a coaches meeting which was well attended and very productive. Main discussion points were:

- discussions on the future of coaching – possibility of having to move towards a paid coaching environment
- dealing with the impact of Covid – the effect on athletic development, youngsters in particular
- what coaches did during that time (Covid) to improve their knowledge
- raising the profile of coaches – brief bio of each coach on the website
- the impact of age group changes, which will come into effect April 2026

A coaches workshop was organised to address the impact of Covid. Well presented and delivered by coach Guy Spencer, the interactive workshop covered tests that coaches can use to check the joint RoM of the athletes they

coach, including resistive exercises to improve and maintain joint RoM. Coaches were encouraged to make use of the what was learned. To encourage roll-out, we have started with the Academy youngsters.

Coaching resource:

We participate in (England Athletics) London Coach Coordinators meetings. The aim is to provide feedback to England Athletics, with a view to forming a working group to look at what is needed to be able to do this role successfully within clubs. The working group will look at role descriptions and coaching resources that coordinators find helpful to assist them in this role.

ACADEMY (young athletes)

The Academy comprises the Fundamentals (six week) course for non members, and the Intermediate group. Following the six week course, participants are invited to join the club. At this point we endeavour place them in either the Intermediate group (for one year), or with one of our established coached groups.

We have made changes in how the programme is managed. Since February, Olu Olaleye has been the lead coach, together with new assistants Keziah and Ciara. This now means that our programme is coached “in-house”, something that we intended from inception.

Feedback from course participants is positive; many have expressed a desire to continue athletics with us, and become members.

Endurance by Clem Dixon

Endurance Report

Cross Country

The 2023/24 season was a good one for the Club: participation was up on last year across all categories, for seniors it is now at an all time high, for juniors it is still behind where it was in 2014 to 2018 but is moving in the right direction.

In terms of performance, for the juniors, in the Kent League, after a promising start, we managed to field a complete team for all four fixtures in only one category, the U13 Girls, who finished 4th. At the Kent Champs we did better: a 3rd place for the U15 Boys and 4th places for the U13 Boys, U13 Girls and U15 Girls.

The senior women finished 3rd in the League (both 3 and 6 to score) whereas at the Kent Champs we were only 5th in the 3 to score although 3rd in the 6. The senior men had their best season for a decade: a second place at the last League fixture cemented a final position of 3rd. At the Kent Champs we had to settle for 4th although we were only a few points off second.

As has now become the norm we hosted one of the Kent League fixtures at Footscray Meadows which went off well.

The short notice cancellation of the Nationals due to the car parking fields being flooded caused much disappointment, particularly as we had made a record breaking entry of 64 runners. Entry fees were refunded and much of the accommodation had been booked on a refundable basis but for those that had booked accommodation on a basis that was not refundable, and those that had already travelled by the time that the news broke, subsidy was made on the same basis as if the event had taken place. This resulted in a cost of £1200. The event has been rescheduled for September 14th at the same venue.

The races that we host in Joydens Wood each season continue to be well supported. The total profit for the three events was £1273.

Road running

Our efforts to make the road running section more cohesive are bearing fruit at last: we had 17 at the Paddock Wood Half, 10 at the Lydd 20 and 18 at the Folkestone 10. We were the first male team at both Lydd and Folkestone. Each year it gets harder to get a place in the London Marathon but one way or another we had a record breaking 27 finishers this year, of whom 12 broke the 3 hour barrier and 5 ran personal bests.

Last summer we hosted an Assembly League fixture at Sutcliffe Park for the first time which was well received.

Fell Running

We have had some success in attracting new faces to the sport. We were the 2nd male team at Box Hill with a squad of 8 which included 3 newcomers and we had 3 finishers at the prestigious Edale Skyline race, all of whom were relatively new to that type of running. A large group will be travelling to Snowdonia to take on Cader Idris.

Marketing and Promotion by Lisa Atkinson

Website

The new website has been in use for over 3 years. Still being used regularly.

Instagram

- The main account is posting regularly. Athletes starting to tag Cambridge Harriers more.
- Instagram followers are still increasing, though a little slower now. There are 799 followers (up over 150 in the last year)
- The individual discipline accounts are being used.

Information at Track

The boards are still being used at the Sutcliffe Park.

Contacts are kept updated when changes are made.

Emails to members

The ability to email members is being used more regularly.

Schools Programme – Run by Mick Bond

This program aims to stimulate interest in Athletics in Schools by providing good quality competitions. The off shoot of this is great awareness of the club and an in-built talent selection scheme.

Summer 23

- 3 x "Cambridge Cup fixtures" held in May with 12 girls' schools and 8 boys schools competing.
- Greenwich Schools T&F championships successfully organised with separate dates for boys and girls. Entries from 17 girls' schools and 15 boys' schools.

October 23

Great turnout of over 400 kids, from 14 schools across the borough for the Greenwich Schools Cross Country held in Avery Hill Park.

March 24

Teacher Couse held for 16 secondary Schools teachers to help them improve Athletics teaching in their Schools.

March 24

Greenwich Junior Schools Cross country held for the first time with 18 Schools participating.

Officials by Barry Ferguson

Electronic Timing System

The photo finish camera continues to work well. However, after more than 10 years of service, the wind gauge which takes readings automatically during sprint races has developed a fault and is being repaired by the manufacturers.

The manually operated model, supplied by the track management is temporarily in use.

We are getting more used to using the Roster management software. A strong feature is in getting the race results into results app very quickly. However, we will need the athletes to make their entries to races through the system to keep the numbers up as before.

Officials

Finding new officials continues to be a matter of concern.

England Athletics has introduced changes to the way we can achieve Level one officials qualification in the hope that people will feel less concerned about the process achieve this level. It can be achieved purely by going through the process on line.

So, once you do the virtual officials course, all you are required to do is to then complete the safe guarding and health and safety modules and have your DBS done. You will then be automatically issued your level 1 licence.

The club will return the costs paid for the courses in return for help given at our competitions at home and away.

Track and Field by Mick Bond

The summer of 2023 saw repeated promotion for both our senior and Under 20/Under 17 track and field teams. The latter will now compete in the highest division of the national youth development league which is far higher than we have ever got over the 30 years of the league's existence.

Our pre-season young athletes meeting saw over 170 athletes competing 25% of which were non-members and many of whom subsequently joined.

Our summer open meetings were very well supported as were the indoor 60's during the winter of 2023-24. Club members were offered discount rates for the events, and both made excellent contributions to the club's finances.

Daryll Neita continues to shine on the world stage whilst still finding time to drop into Sutcliffe park on training nights.

In 2026 there are plans to change all the junior age groups and this will see new challenges for us as a club

I would like to thank all those who have acted as Team managers during the year, officiated at meetings or put in the leg work to make our indoor and outdoor meetings successful.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Cambridge Harriers

1186795

Receipts and payments accounts

CC16a

For the period
from

Period start date
1-Apr-23

To

Period end date
31-Mar-24

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Membership and EA registration fees	30,346	-	-	30,346	26,764
Events	31,068	-	-	31,068	27,919
Hire of Club House	11,090	-	-	11,090	8,644
Donations, grants & Interest	1,826	-	-	1,826	1,790
School events	7,095	-	-	7,095	6,675
Kit Sales	2,645	-	-	2,645	1,896
Social Events	624	-	-	624	472
	-	-	-	-	-
Sub total (Gross income for AR)	84,694	-	-	84,694	74,160
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	84,694	-	-	84,694	74,160
A3 Payments					
Trach Hire and Entry Fees	36,191	-	-	36,191	26,843
Club house costs	12,707	-	-	12,707	4,944
Equipment	5,162	-	-	5,162	4,024
Kit purchases	5,036	-	-	5,036	7,849
Servuces	4,320	-	-	4,320	3,544
School events	5,094	-	-	5,094	5,120
Coaching	809	-	-	809	2,198
Administration	2,133	-	-	2,133	9,164
	-	-	-	-	-
Sub total	71,452	-	-	71,452	63,686
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	71,452	-	-	71,452	63,686
Net of receipts/(payments)	13,242	-	-	13,242	10,479
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	76,452	-	-	76,452	65,973
Cash funds this year end	89,694	-	-	89,694	76,452

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank accounts	89,694	-	89,694
		-	-	-
		-	-	-
	Total cash funds	89,694	-	89,694
	(agree balances with receipts and payments account(s))	OK	OK	Agreement Error
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Club House	8500	-	8,500
	Photo Finish	15000	-	15,000
	Mini Bus	7000	-	7,000
	Sundry Equipment	4000	-	4,000
	Kit	5000	-	5,000
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	es Phillip Pae	Phillip Pape	4/13/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name

Cambridge Harriers CIO

On accounts for the year ended

31 March 2024

Charity no (if any)

1186795

Set out on pages

1 and 2

(remember to include the page numbers of additional sheets)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

31 May 2024

Name:

Michael Ellsmore

Relevant professional qualification(s) or body (if any):

Fellow of the Chartered Institute of Public Finance and Accountancy [CIPFA]

Address:

5 Fairford Avenue
Bexleyheath, Kent, Da76qn

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.