

NEWCASTLE FRONTRUNNERS

England & Wales · Charity number 1189438

Details

Status Registered

Legal form CIO

Registered 2020-05-12

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

Contact

Address C/o Gosforth Leisure Centre
Regent Farm Road
Newcastle Upon Tyne
NE3 3HD

Phone 07940922174

Email info@newcastlefrontrunners.co.uk

Website www.newcastlefrontrunners.co.uk

Activities

Objects: 1.THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN NORTHEAST ENGLAND BY THE PROVISION OF FACILITIES FOR RUNNING AND ATHLETICS, BY PROMOTING AND ENCOURAGING PARTICIPATION, BUT NOT LIMITED TO, THOSE WHO IDENTIFY AS LESBIAN, GAY, BISEXUAL, TRANS, AND OTHER SEXUAL AND GENDER MINORITIES (LGBT+).2.THE PROMOTION OF EQUALITY AND DIVERSITY BY THE ELIMINATION OF DISCRIMINATION AND HOMOPHOBIA IN SPORT AND TO ENCOURAGE LGBT+ INVOLVEMENT IN THE LOCAL AND SPORTING COMMUNITY.

Activities: Newcastle Frontrunners is a running club catering to the north-east of England, and based in Newcastle upon Tyne. We are part of the International Frontrunners network, a family of running clubs which are inclusive and welcome all sections of the community. We aim to reduce homophobia and improve Lesbian, Gay, Bisexual and Transgender (LGBT plus) communities participation in sport and running.

Classification

- **How:** Provides Services
- **What:** Amateur Sport, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Other Defined Groups

Geography

- Durham
- Gateshead
- Newcastle Upon Tyne City
- North Tyneside
- Northumberland
- South Tyneside
- Sunderland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-30	£19,162	£21,663	-	-
2024-08-30	£21,848	£18,961	-	-
2023-08-30	£17,988	£21,812	-	-
2022-08-30	£18,279	£19,082	-	-
2021-08-30	£30,018	£24,042	-	-

Trustees

Name	Role	Appointed
Adam Moxley		2023-11-01
Andrew Melville		2025-11-13
Catherine Biggin		2024-11-13
Claire Chadwick		2024-11-13
David Nevins		2022-11-16
Dr Steven MacDonald		2022-11-16
Joanne Morrissey		2020-11-11
Neill Moseley		2025-11-07
Patrick Gorey		2025-11-13
Richard Boggie		2024-11-13
Stephen Garbutt		2025-11-13

NEWCASTLE FRONTRUNNERS

England & Wales - Charity number 1189438

Accounts

**Newcastle frontrunners-Financial Summary
For the year ending 31 August 2025**

Charity Number 1189438

	31/08/2023	31/08/2024	31/08/2025	Change
Cash in Bank	£ 21,359	£ 24,582	£ 22,383	£ (2,199)
Petty Cash	£ -	£ -	£ -	£ -
Total	£ 21,359	£ 24,582	£ 22,383	£ (2,199)

Income

	Unrestricted funds £	Restricted Funds	Total 2025	Total 2024
Donations	£ -		£ -	£ -
	£ -		£ -	£ -
Charitable activities				
Grants	£ -		£ -	£ -
Membership	£ 4,385		£ 4,385	£ 4,193
	£ 4,385		£ 4,385	£ 4,193
Other trading activities				
5k Run entry fee	£ 7,026		£ 7,026	£ 8,406
5k Run Sponsorship	£ 2,500		£ 2,500	£ 2,679
Fundraising	£ 1,923		£ 1,923	£ 649
Sale of running kit	£ 609		£ 609	£ 3,088
Other income	£ 2,719		£ 2,719	£ 2,833
	£ 14,777		£ 14,777	£ 17,655
Total Income	£ 19,162		£ 19,162	£ 21,848

Expenditure

	Unrestricted funds £	Restricted funds £	Total 2025	Total 2024
Raising Funds				
Costs incurred in hosting 5k	£ 7,063		£ 7,063	£ 4,360
Costs incurred in prizes and awards for 5k				£ -
Other expenditure including running kit	£ 2,557		£ 2,557	£ 4,145
	£ 9,620		£ 9,620	£ 8,505
Charitable activities				
Direct Costs				
UKA registration	£ 267		£ 267	£ 1,061
Events and courses	£ 3,296		£ 3,296	£ 2,410
Training	£ 3,346		£ 3,346	£ 1,996
Small donations	£ 3,790		£ 3,790	£ -
Travel				£ -
Meetings	£ 262		£ 262	£ 199
Support Costs				
Marketing	£ 393		£ 393	£ -
Depreciation	£ 302		£ 302	£ 336
Professional fees				£ -
Governance Costs				
Independant examiners fees for reporting on the accounts	£ -		£ -	£ -
AGM	£ 387		£ 387	£ 1,134
	£ 12,043		£ 12,043	£ 10,457
Total expenditure	£ 21,663		£ 21,663	£ 18,961

Compiled by: Claire Chadwick 15/10/2025

Independently Checked: Patrice Siou 16/10/2025

Newcastle frontrunners-Financial Summary							
For the year ending 31st August 2025							
Charity 1189438							
2024-25 Best View							
	31/08/2023	31/08/2024	31/08/2025	Change			
Cash in Bank	£21,359.00	£24,582.00	£22,383.00	-£2,199.00			
Petty Cash							
TOTAL	£21,359.00	£24,582.00	£22,383.00	-£2,199.00			
Stock 2025							
	Sports equipment	Other equipment		Total		Stock	
Balance brought forward	£1,821.00	£1,204.00		£3,025.00	Balance carried forward		
Additions				£0.00	Additions	£3,025.00	
Balance carried forward	£1,821.00	£1,204.00		£3,025.00	TOTAL	£0.00	
					Depreciation	£302.00	
Depreciation-assumed 10%							
Carried forward	£1,639.00	£1,084.00		£2,723.00	Balance carried forward	£2,723.00	

NEWCASTLE FRONTRUNNERS

England & Wales - Charity number 1189438

Accounts

Newcastle Fronrunners - Financial Summary

For the year ending 31 August 2024

Cha **1189438**

	31/08/2022	31/08/2023	31/08/2024	Chg
Cash in Bank	£24,810	£21,359	£24,582	£3,223
Pretty Cash	£0.00	£0.00	£0.00	£0.00
TOTAL	£24,810	£21,359	£24,582	£3,223

Note that this will not add up exactly to the items totalled below - 1) depreciation

Income

	Unrestricted Funds £	Restricted Funds £	TOTAL 2024	TOTAL 2023
Donations and legacies				
Donations *	£0		£0	£0
	£0		£0	£0
Charitable activities				
Grants	£0		£0	£0
Membership	£4,193		£4,193	£4,529
	£4,193		£4,193	£4,529
Other Trading Activities				
5K Run entry fee	£8,406		£8,406	£9,370
5K Run Sponsorship	£2,679		£2,679	£1,000
Fundraising	£649		£649	£2,568
Sale of running kit	£3,088		£3,088	£338
Other income	£2,833		£2,833	£183
	£17,655		£17,655	£13,459
Total Income	£21,848		£21,848	£17,988

Expenditure

	Unrestricted Funds £	Restricted Funds £	TOTAL 2024	TOTAL 2023
Raising Funds				
Costs incurred hosting 5k Run	£4,360		£4,360	£7,126
Costs incurred for prizes & awards 5K Run			£0	£2,350
Other expenditure including running kit	£4,145		£4,145	£3,100
	£8,505		£8,505	£12,575
Charitable Activities				
Direct Costs				
UKA Registration	£1,061		£1,061	£2,076
Events & Courses	£2,410		£2,410	£2,313
Training	£1,996		£1,996	£2,996
Small Donations	£3,320		£0	£0
Travel	£0		£0	£0
Meetings	£199		£199	£199
Support Costs				
Marketing	£0		£0	£0
Depreciation	£336		£336	£373
Professional fees	£0		£0	£0
Governance costs				
Independent examiners fees for reporting on the accounts	£0		£0	£0
AGM	£1,134		£1,134	£1,079
	£10,457		£10,457	£9,236
Total Expenditure	£18,961		£18,961	£21,812

Comments

Reduction in 5K costs as no medal this year

£3356 invested in running kit

UKA registration reduced due to change in renewal process

Gosforth Academy, GLL & Storage

£2250 Rainbow Home, £420 Kenton Foodbank, £440 BlueSky Trust, £210 Macmillan

Compiled by:	Patrice Siou	15/10/2024	<i>Patrice Siou</i>
Independently Checked:	Lauren Coates	19/10/2024	<i>Lauren Coates</i>

Newcastle Frontrunners - Financial Summary

For the year ending 31 August 2024

Charity No: **1189438**

2023-24 Best View

	31/08/2022	31/08/2023	31/08/2024	Chg
Cash in Bank	£24,810	£21,359	£24,582	£3,223
Pretty Cash	£0.00	£0.00	£0.00	£0
TOTAL	£24,810	£21,359	£24,582	£3,223

Stock 2024

	Sports Equipment £	Other Equipment £	Total £
Balance brought forward	£2,023	£1,337	£3,361
Additions			£0
Balance Carried Forward	£2,023	£1,486	£3,361

Depreciation - assumed 10% depreciation

Carried Forward	£1,821	£1,337	£3,025
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	Stock
Balance Carried Forward	£3,361
Additions	£0
TOTAL	£3,361
Depreciation	-£336

Balance carried forward **£3,025**

NEWCASTLE FRONTRUNNERS

England & Wales - Charity number 1189438

Accounts



NEWCASTLE FRONTRUNNERS ANNUAL REPORT 2022-23



**NEWCASTLE FRONTRUNNERS, C/O GOSFORTH LEISURE CENTRE,
REGENT FARM ROAD, NEWCASTLE UPON TYNE, NE3 3HD. REGISTERED
CHARITY NUMBER: 1189438**

WWW.NEWCASTLEFRONTRUNNERS.CO.UK

CHAIR'S REPORT

Kris Bailey



It's that time again for us to look back on the NFR year. As you can see from the following report we've had a bumper year of activity. Our regular weekly sessions are seeing ever growing numbers, and I hope we are delivering what you want from the club. Obviously I want to thank you all for participating so enthusiastically, our club is nothing without it's members.

We have had a revamp of our social media presence, thanks to the efforts of Steven and David, we even have a tiktok channel...! This is starting to see a surge of new members and we are regularly being asked by other Fronrunner clubs tips and tricks. I look forward to see where we go next!

Following member feedback we have revamped our club kit, and there has been a wave of rainbow vests being seen across the North East (and further afield) in a wide range of races. It has been great to see so many of you achieving your personal running goals.

Northern Pride may have ended up a washout, but we didn't let the rain dampen our spirits and our annual LGBT5K continues to be the highlight of the local running calendar (I might be slightly biased of course). Once again we managed to raise a sizeable donation for our chosen charity Rainbow Homes from this year's race entry fees.

After 5 years on the committee, and 3 years as Chair, I have decided to have a rest.... I am grateful to all the committee members over the years, along with the Coaches, Leaders, other volunteers and all of you, who contribute to making NFR the friendliest running club around.

I wish the new committee every success, and I look forward to the next few years.



TREASURER'S REPORT

Patrice Siou



As another year comes to a close, I am pleased to share with you our closing financial status for 2022-23.

We ended our financial year with £21,359 in the bank. This being some £3,450 lower than at the close last year. However, I am happy to confirm that this still meets our aim of holding 12 months running costs in reserve.

Our income for the year of £17,988 is a mere £291 lower than last year. Income from the LGBT5K represented 58% of the total income, During the year we also held a very successful fundraising evening, which along with other fundraising brought us a total of £2,568 additional income. The remainder of our income came from membership fees and the sale of running kit.

The corresponding expenditure for the year was £21,812, an increase of £2,730 compared to the previous year. A large proportion of this increase can be attributed to the purchase of our new revised running kit. As usual the largest proportion of our expenditure was for the costs of hosting the LGBT5K running festival and UK Athletics membership fees. Other expenditure relate to the normal running costs paid to GLL, Gosforth Academy and equipment storage costs. In addition to this, we continued to support the creation of new LIRFs and CIRFs, entries to the Harrier League and travel subsidies to Frontrunner Grand Prix events

As at the year end we had two significant items not yet accounted for as follows:

- A donation of £1,679 for LGBT5K sponsorship which was received in September 2023.
- Our donation to Rainbow Home of £2,250 from the LGBT5K proceeds which has been paid in October 2023

Every year brings along its own challenges and this year the cost of living crisis had a major impact on the costs of hosting the LGBT5K. We saw costs increase across the board from all suppliers. Therefore, we have to give special thanks to Newcastle Building Society, David Gray Solicitors and Luxe England for their generous sponsorship of the LGBT5K running festival.

We also thank all our members for using Easy Fundraising for their purchases. This is a free and easy way of raising funds for the club as you make your routine purchases online.



MEMBERSHIP REPORT

Hannah Fitzpatrick

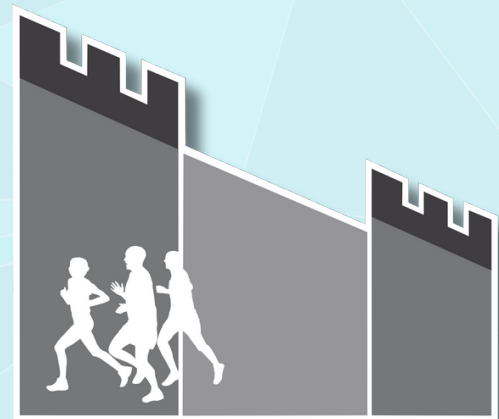


It's been great to see the club maintain its membership levels over the last year. At the time of writing this report, NFR has 134 members (a slight increase on numbers at the time of last year's AGM). We have also seen a small increase in the number of members joining NFR as an England Athletics Second Claim Club.

Membership renewals took place in April, and this year we had 112 members renew- exactly the same figure as the year before! In the last few months we've had a real boost of new members joining, and thanks goes to David and Steven for their work this year in recruiting new runners!

The club also had it's 400th ever member join in April- it's fantastic to think about how many people have benefited from the club since it began. It's also great to see so many members volunteering to support the club as coaches, run leaders, welfare officers, helping at the lgbt5k and in so many other roles. Thank you to everyone who continues to volunteer - your help is vital to meet our charity's aims!

The committee have also been working on lots of projects over the last year, and one we were really proud of was updating our logo and club kit, to recognise the Pride Progress Flag and ensure inclusivity for the entire LGBTQ+ community. Well done to Stu for taking the lead on this, and everyone involved in the kit relaunch!



SOCIALS AND COMMUNICATIONS



Steven MacDonald and David Nevins

As incoming Socials & Communications leads, we wanted to ensure this was a fabulous and eventful year for members, which we hope has offered social events that have appealed to all. Regular opportunities for connection for members across the different rainbow run groups has been really important to us, and our regular post-Rainbow Run socials at the pub have we hoped offered a relaxed environment to meet members you may not typically run with, and offer an opportunity for members who are injured or are returning to running to stay connected with the club. Our Social Sunday runs have continued monthly with leaders co-ordinating runs from Exhibition Park to The Land of Oak and Iron out to the coast - a great opportunity for us to connect over a Sunday brunch afterwards.

Alongside our regular social events, we have held some other social events throughout this year. It kicked off with our Christmas night at Boulevard where we enjoyed the fabulous Christmas show by Danni Dee and the Broadway Dancers before we all enjoyed some drinks together. We started the new year off with a trip to Lane 7 bowling, where we had over 20 members come together in friendly competition - and we found out we had some talented bowlers in the club (not us, however!). Other events we've organised have included a trip to Junk Yard Golf and Myra Dubois at The Stand - both great fun!



Talking of trips, this year NFR were back on international waters post-COVID, with not one but two trips to tackle half-marathon events. First up in April we had over 25 members travel to Berlin to enjoy the Berlin HM. In September (but it could have been the middle of the Summer with the temperature), we had 16 members travel in September for the Copenhagen HM. We so enjoyed the opportunity to meet our sister club, Copenhagen Fronrunners, who made us feel so welcome for the whole weekend and we can't wait to welcome to the North East in the future!

When we talk about trips and our sister Fronrunner clubs, we can't forget the fun we had as we travelled to both Manchester and Glasgow for their events - It's A Piece of Cake 10K and OUTRun. It has been really important for us that we support our sister Fronrunner club events, and we provided coach travel to Manchester and subsidised travel to Glasgow. These are really important events in the Fronrunner calendar as we get to meet up with, create connections, and strengthen the UK Fronrunner family.

With our members travelling across the UK, we also had lots of visiting Fronrunner family at our LGBT5K and Pride events, including our Saturday Pride party at Prohibition that was more exclusive to get into than Berghain - who knew we were so popular? (must have been the fab buffet - or that people were wanting somewhere out of the torrential rain!). However, with all our successes that weekend, we still aren't going to talk about that Sunday brunch again. We got to meet other members from the UK Fronrunner family, including Nottingham and Brighton Fronrunners, who joined us for a post-Great North Run social - though this time we think the torrential rain kept folks away (and stuck in South Shields!).



tbc

This year following some feedback at the AGM, we have really focused on our social media presence - we hope you have noticed. We have increased our followers on all platforms, and we seem to regularly recruit new members via social media and from our visibility with the LGBT5K. We have also started to dabble with TikTok and Reels - we hope you've enjoyed these if you've seen them in your feed...

Finally, we wanted to thank you all for coming along and supporting our big fundraising event of the year - the quiz and raffle, that this year took place at the South Gosforth Social Club. Thank you to quizmaster Allen, to everyone who provided raffle prizes and just generally made it a really fabulous night. We raised £2200, which all goes towards the running of our club and meeting our charitable aims - so thank you again!



LGBT5K 2023



Jo Morrissey and Remy Bullimore

The mantra for arranging our annual LGBT+5k should probably be to expect the unexpected.... Following a comprehensive handover by Jocasta & David (2022 Organisers) we expected everything would run just like clockwork this year!

We soon realised that this was perhaps a little optimistic when Northern Pride decided on a site boundary change which cut right across our 2022 route – so back to the drawing board it was. After some deliberation and route measuring (and trying to avoid the same route as Town Moor parkrun) we came up with a viable route option.

We got the route officially measured and completed the necessary registrations with UK Athletics. Then it was on with the business of agreeing access and permissions with a range of stakeholders including the Freeman and Urban Green.

Luckily we were able to secure the services of UK Timers and BookItZone again this year – they provided a great service with race entries, race numbers and timing.

We really appreciated the fantastic marketing and comms efforts to drive up interest and entries – thanks to Steven MacDonald and everyone else involved in managing our social media and comms this year to maximise the profile of the event – we managed to very nearly sell out!

However, again the unexpected – On the evening of the event, traffic issues for some participants due to closure of the Tyne Bridge and central motorway meant some late starts, along with unseasonably wet weather with heavy rain showers to contend with – UK Timers experienced technical issues with the timing mats – possibly due to the weather conditions or some other unknown factors, the Bangshees had water splashing off their drums, and we had to buy an emergency extra marquee at short notice to keep the finish zone goody bag area dryish.

Despite this, the event seemed to go down well with nearly 600 runners across kids 2k and main 5k races, all embracing the weather conditions and splashing their way around the Town Moor! We still had loads of fabulous fancy dress and big smiles all round. It just goes to show that us runners are a hardy bunch and not put off by the great British summer weather.



A huge thank you to all of the volunteers who make the event possible - all of our race marshalls, those who set up the course, packed the goody bags and provided additional donated items, coordinated volunteers, managed the kids race, looked after health and safety, compered the start line and gave out prizes afterwards, and the sometimes unsung heroes who packed all the soggy kit away afterwards, washed the hi-viz bibs, dried out wet flags and tents, and a myriad of other tasks. We really did all pull together - team NFR should be proud!

Finally, the event couldn't have been a success without our sponsors - this year Newcastle Building Society sponsored the medals, Lux England sponsored race numbers, David Gray sponsored goody bags. This amazing support meant the event managed once again to generate a surplus over costs and we have been able to donate over £2000 to our chosen charity of the year - Rainbow Home - to help them continue their vitally important work to support LGBT+ asylum seekers.



GRAND PRIX

Stuart Forsyth



So this year was my first year on the Committee taking on the Grand Prix Lead, my main aim when taking on the role was to:

1. Encourage members to run together
2. Promote the club
3. Make it Affordable
4. Competitive by introducing the leaderboard
5. Easy to understand

We had a total of 26 races this year dotted all over the North East (and further afield) to try and at least have one race in the vicinity of each member from a wet and windy Blyth sands race to a sunny day trip to Manchester for the piece of cake 10K and a weekend to Glasgow for Outrun.

Points were awarded for competing, 3 points for free events and 6 points for paid events, the individual with the highest number of points at the end of the season was deemed the GP 2023 winner and awarded the winners hoodie and 9 runners up awarded a limited edition NFR snood.

Overall we had a great turnout for each event and had some great competitive banter going with the introduction of the leaderboard so well done to everyone who got involved.



TRAINING

Becky Windsor



What a great year it's been! We had several big races this year, for which unofficial training plans took place. In particular, members trained for the Berlin and Copenhagen half marathons, and the biggest half marathon in the world, the Great North Run. Over 40 members took part in at least one of these, and you should all be so proud.

I took on organising the fortnightly Run Development and Strength & Conditioning sessions following on from Stoddy and Stevie G, and a big thanks to them both for their time. Both of these sessions continue to be a vital part of improving speed and moving up a group at Rainbow Runs, so get yourself there! Organising and leading these sessions has been a pleasure so far, though I have made some questionable music choices during S&C...!

In April, we had a successful track session lead by Allen, Russell, Stevie G and Stoddy at Gateshead Stadium. It was a good chance for members to get their sprint on in some friendly competition, as well as practise good running form with running styles filmed and fed back.



We had several members successfully pass their LiRF courses and join the subgroup of NFR that make the club function; a big congratulations to Will, Helen and Michelle. The club relies on LiRFs and we're always looking for members to join the team.

In July 2023, Al Eccleston passed her CiRF course and joined Allen, Russell and Stevie G as coaches of the club. She has been working towards this for some time and we're thrilled to have her on board supporting members.

After 18 months of being the Training Lead, I am ready to pass the baton on for a fresh approach to the role. It's been a privilege to have been on the committee and see members progress into LiRFs, CiRFs and benefit from the organised sessions.



Newcastle Frontrunners - Financial Summary

For the year ending 31 August 2022

Charity No: **1189438**

	8/31/2021	8/31/2022	Chg
Cash in Bank	£25,975	£24,810	-£1,165
Pretty Cash	£67.40	£0.00	-£67.40
TOTAL	£26,043	£24,810	-£1,233

Note that this will not add up exactly to the items totalled below - 1) depreciation 2) storage cage

Income

	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	TOTAL 2022
Donations and legacies			
Donations*	£0		£0
	£0		£0
Charitable activities			
Grants	£500		£500
Membership	£4,878		£4,878
	£5,378		£5,378
Other Trading Activities			
5K Run entry fee	£7,387		£7,387
5K Run Sponsorship	£4,299		£4,299
Fundraising	£563		£563
Sale of running kit	£352		£352
Other income	£300		£300
	£12,900		£12,900
Total Income	£18,279		£18,279

Compiled by:	Patrice Siou	9
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purchase

Expenditure

TOTAL 2021
£0
£0
£1,200
£5,624
£6,824
£9,755
£3,000
£406
£513
£204
£13,877
£20,702

Raising Funds
Costs incurred hosting 5k Run
Costs incurred for prizes & awards 5K Run
Other expenditure including running kit
Charitable Activities
Direct Costs
UKA Registration
Events & Courses
Training
Small Donations
Travel
Meetings
Support Costs
Marketing
Depreciation
Professional fees
Governance costs
Independent examiners fees for reporting on the accounts
AGM
Total Expenditure

31/5/2022	Patrice Siou
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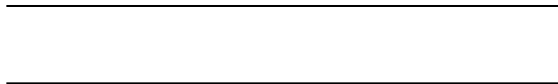
<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	TOTAL 2022	TOTAL 2021
£7,986		£7,986	£9,087
£1,255		£1,255	£43
£1,965		£1,965	£100
£11,206		£11,206	£9,229
£2,256		£2,256	£2,505
£1,966		£1,966	£1,725
£1,936		£1,936	£156
£0		£0	£0
£0		£0	£0
£271		£271	£325
£180		£180	£0
£359		£359	-£282
£0		£0	£0
£0		£0	£0
£908		£908	£298
£7,876		£7,876	£5,329
£19,082		£19,082	£14,559

Comments

2021 donation to Rain
In 2022, club invested.

2022 LiRF training was
Kenton, GLL & Storage

Wix & IFR subs



*bow Home £1,000
£1,757 in replenishing club kit stock*

£1,145 & Christmas party £761

Newcastle Frontrunners - Financial Summary

For the year ending 31 August 2022

Charity No: **1189438**

2021-22 Best View

	8/31/2021	8/31/2022	Chg
Cash in Bank	£25,975	£24,810	-£1,165
Pretty Cash	£67.40	£0.00	-£67
TOTAL	£26,043	£24,810	-£1,233

Stock 2022

	Sports Equipment £	Other Equipment £	Total £
Balance brought forward	£1,460	£1,337	£2,797
Additions	£788		£788
Balance Carried Forward	£2,248	£1,486	£3,585

Depreciation - assumed 10% depreciation

Carried Forward	£2,023	£1,337	£3,227
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2022 Best View

	Stock
Balance Carried Forward	£2,797
Additions	£788
TOTAL	£3,585
Depreciation	-£359

Balance carried forward £3,227

NEWCASTLE FRONTRUNNERS

England & Wales - Charity number 1189438

Accounts



ANNUAL REPORT 2021/2022

Eliminating discrimination and promoting equality and diversity in running for lesbian, gay, bi, trans + people and their friends



Newcastle Fronrunners, C/o Gosforth Leisure Centre, Regent Farm Road,
Newcastle upon Tyne, NE3 3HD. Registered Charity Number: 1189438

WWW.NEWCASTLEFRONRUNNERS.CO.UK

CHAIR'S REPORT

Kris Bailey



It doesn't seem five minutes since I last reflected on our achievements as a club, but a whole Frontrunner year has passed in the blink of an eye...and what a year we have had.

We started the year at a run with our training for the Sunderland Half Marathon. Congratulations to everyone who took part, for some their first half marathon, for others the opportunity to gain a personal best time. Everyone deserves a big pat on the back.

In the summer we hosted a successful LGBT5K as a kick off to Newcastle Pride weekend. This has become a popular fixture in the local running calendar and everyone contributed to making the event a great success. I need to extend my thanks to the organising committee, the volunteers on the day, the bag packers, the sponsors and of course to every single person who took part on the night to make the event a celebration of our club.

Throughout the year we have had a jam packed Grand Prix competition which has seen many of you taking part in a variety of different races. We have travelled to support other Frontrunner clubs across the country, and NFR vests have been spotted far and wide in the UK and beyond. One of our club aims is to tackle homophobia in sport through visibility and participation....and we have been visible everywhere!

As always I ask you to thank our coaches and leaders who contribute so much to making all our club sessions a success. We are always looking for more people willing to take on Run Leader roles to help spread the workload. I also need to thank my fellow committee members, all our volunteers, our ever present talented bakers and every one of you who has contributed to making our club such a warm, friendly and inviting place to enjoy running.

The following Annual Club Report contains details of all our club activities over the year. The year ahead is likely to contain some uncertainties in our day to day lives, but I am confident that NFR will remain a rock-steady constant to brighten our mood. Here's looking forward to 2023!



TREASURER'S REPORT

Patrice Siou



2021-22 marked the year when we came out of widespread Covid restrictions and got back to as near to normal activities as possible.

We continue the work of previous committees in ensuring the financial stability of the club. We ended our financial year with £24,810 in the bank. This represents our reserve and our policy is to aim to cover a 12 month period of running costs, which we have done.

Our income for the year was £2,423 lower than last year. This was almost entirely due to lower number of entrants to our LGBT5K festival and is a trend we have seen across many races after coming out of Covid restrictions. Nevertheless, the LGBT5K festival was a great success with participants enjoying the event. We managed to raise sufficient funds from the LGBT5K festival to agree a donation of £2,350 to the Albert Kennedy Trust. This payment had not yet been made at the end of the financial year.

As usual our main sources of income were the LGBT5K, membership fees and sponsorship. We express our gratitude to David Gray Solicitors, Ubisoft, Luxe England Ltd, International Frontrunners and England Athletics for their generous sponsorship during the year. We also thank members who make purchases via Easyfundraising. This provides a valuable boost to our income and we would encourage all members to use this free facility to provide the club with additional funds while making their routine purchases. Unfortunately, we have had an issue with Amazon smile as a source of fundraising. However, we are endeavouring to resolve this with Amazon and hope that this will be available again soon.

Our largest elements of expenditure as usual were the costs of hosting the LGBT5K and membership fees to UK Athletics. Other than this we always look to improve facilities for our members, in line with one of our main aims. This year we have invested in training an additional 7 Leaders in Running Fitness and we have also purchased a storage cage to store our Strength & Conditioning equipment. In addition to this, we continued to support entries to the Harrier League and travel subsidies to Frontrunner Grand Prix events.

We have also had this year's accounts independently verified by a Chartered Accountant with a clean bill of health and no issues identified.



MEMBERSHIP REPORT

Hannah Fitzpatrick



At the time of writing this report, the club have 127 members; 125 of whom claim Newcastle Frontrunners as their first claim club.

In April 2022, 112 members renewed their membership. Although overall membership figures have dropped from this time last year, I am pleased that retention of members remains high – exactly the same number of members having renewed in April 2021.

We no longer have a waiting list for new members but continue to have a steady input of new runners joining each month. We have had 15 new or returning members join since April – so welcome (or welcome back!). It is always great to see new members get involved, taking part in events, socials and volunteering for the club.

In respect of governance, this year England Athletics introduced its new 'Club Standards' guidelines to help affiliated clubs.

As a committee, we continue to work towards ensuring these standards are implemented by the club, in order that we can protect the club's values and reputation, whilst ensuring that club activity is safe. For example, this year, we have introduced a new health and safety policy, updated our risk assessments and our safeguarding policy.

We are continuing to work on updating our remaining policies to ensure that we comply with England Athletics' and UK Athletics' guidelines.

As ever, the committee are committed to acting upon your feedback to ensure the club represents what members want. The committee meet monthly to discuss outstanding issues and ways forward for the club and take your views on board. You will see throughout the report that the committee have made changes to venues, training sessions and to socials. This year's members survey is still open and it would be great to hear your thoughts.



SOCIALS AND COMMUNICATIONS

Jo Morrissey and Remy Bullimore



The NFR social year started with our 2021 AGM - It was fantastic to see members old and new come along to the Queen Vic Gosforth to socialise, share a drink, buffet, and recognise our collective and individual achievements with the annual awards ceremony.

As incoming Comms and Socials committee members Jo and Remy were ably assisted by Jocasta to make plans for the 2021 Christmas Social. A fine evening was had by all with music from the excellent Hedgehog's Skin band and an ample buffet provided by NFR members. Feedback from the band is that they love playing for NFR as we are all keen to get up and dance our socks off - luckily the floor at Jesmond Cricket Club was strong enough to withstand the vigorous ceilidh dancing!

Throughout the year we've arranged regular evening socials including visits to Barca Art Bar, The Bake One, The Town Wall and the Raven's Quiz. We've also enjoyed post-run Cafe socials after regular Sunday runs as part of our Half Marathon training and schedule of monthly Sunday Brunch runs. Real highlights have been running in the Land of Oak and Iron and heading to Cafe Shrub, and also discovering the lovely Pelaw Coffee Co for the first time - we must go back in 2023!

The club had a fantastic presence at the Sunderland City Runs Half Marathon in May, and we followed this by a post run celebration of everyone's running achievements at Geisha bar & restaurant. Never ones to miss an excuse for socialising, we've also celebrated after a lot of other runs..... Blaydon Race (The Bacchus), Anita Nott 5k (Corner House, Heaton), and the Great North Run (The Hancock).



A highlight of our year is, of course, our annual LGBT5k running festival and pride weekend. This year we made a full weekend of it with NFR hosting a fantastic running event on the Friday evening followed by prize-giving at Urban Green cafe and then, once #LGBT5kFest was over for another year and everything packed away (with a little sigh of relief) a few welcome drinks for the organisers and volunteers at the Wylam Brewery.

The Saturday of pride weekend saw NFR and visiting Fronrunners from London, Birmingham, Edinburgh, Glasgow and Manchester join the pride parade from the Civic Centre to Exhibition Park and spend the afternoon at the pride site. NFR then hosted a pride evening Social at the Holy Hobo and a Sunday Brunch at Camber Coffee, and had a great time catching up with our Fronrunner friends from other cities.



August brought a club trip to OutRun in Glasgow (another great event and evening Celidh hosted by the wonderful Glasgow Fronrunners) and in September, some NFR members enjoyed a coastal walk around Holywell Dene and St. Mary's clifftops..

At the time of writing we are planning what to wear to the Halloween fancy dress run and looking forwards to our November AGM and Christmas 2022 social at Boulevard, Newcastle.

It's been great fun organising and enjoying these aspects of Newcastle Fronrunners this year, and we hope that 2023 brings even more opportunities to get together.

Jo & Remy

LGBT5K 2022

David Rushton and Jocasta Williams



Following the in person event in 2021, it was wonderful to be able to return to the Town Moor for our annual festival of running. In a year which has seen many running events struggling to attract pre-Covid numbers, it was heartening to welcome over 500 participants for our adult and children's races, many sporting unique and colourful fancy dress!

We continued to offer a "virtual run" option this year which once again attracted runners from across the globe, truly putting Newcastle Frontrunners on the global map!



As in previous years, sponsorship was essential to ensure we offer an affordable event for our club members along with our faithful supporters from across the area and beyond. We are once again grateful to David Gray Solicitors and Ubisoft for their generous sponsorship and commitment to inclusion and equality. In addition we would like to thank Luxe England for their sponsorship of the medals.

As some of you will recall, there was some last minute stress to overcome, namely the installation of a full blown music festival right in the middle of our running route! Thanks to the keen negotiation skills of your committee members, all went incredibly well with nobody getting lost on the town moor!

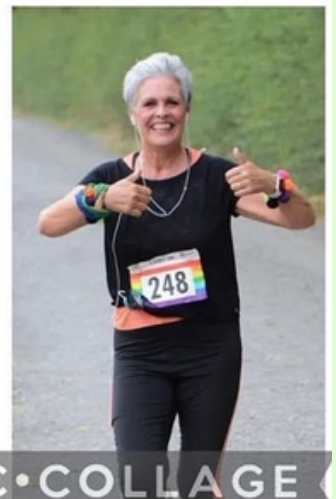


It was a special year for Northern Pride in 2022, seeing them host UK Pride. The increased numbers of people attending Pride added a real sense of buzz around the city and felt as if we were truly a partner in a successful weekend of celebrations.

One of the highlights of the whole event was the enthusiasm of members and their families who gave up their time ahead of the day, as well as making the day itself such a success. We really could not have put on the event without the dedication and commitment of our fantastic members...thank you all so much. A huge thanks also goes out to our volunteers from Newcastle Building society, The Albert Kennedy Trust and Rainbow Homes.

As voted for by our members, the charity beneficiary from this year's running festival was The Albert Kennedy Trust, who work to support young LGBTQI+ people across the country, including a regional centre here in Newcastle. We are pleased to be able to donate £2350 from the money raised during the event, a fantastic amount during such difficult financial times.

A personal note from David...a special and heartfelt thanks to Jocasta who had to bear so much of the difficult tasks ahead of the event; your commitment and determination, often in the face of a mountain of bureaucracy went above and beyond. Thank you so much on behalf of everyone in NFR.



PIC • COLLAGE

GRAND PRIX

Kristian Burgess



This year's Grand Prix was the first full year free of lockdown restrictions, and the club has been able to go to parkruns, and run in races again, throughout the entire year. The year was split into three seasons again, to allow new members the chance to participate later in the year. 5 points were awarded for attending each event, for either running or volunteering, with prizes for the members with most points in each season, and the full year.

Members ran and volunteered at nearby parkruns, such as Herrington Country and Newbiggin-by-the-Sea, and travelled to parkruns beyond Newcastle, including Fountains Abbey and Talkin Tarn. Tyne Green hosted a Pride themed parkrun, and more members volunteered than ran at Jesmond Dene, to avoid the steep hill!

There were also some epic races, with 51 members taking part in Sunderland Half Marathon, 10K or 5K, 63 members volunteering or running at the LGBT5K, and members taking part in the Jedburgh Running Festival Ultra and Ultra Relay. NFR also supported other Frontrunner clubs by going to Manchester's It's a Piece of Cake 10K, Glasgow's OUTrun, and races hosted by Edinburgh, Brighton and Hove, and London.

Well done to all members that took part in at least one event this year, the aim of the Grand Prix is to get members to try out new things, in a group of people, and to socialise and have fun. Please give the committee any feedback you have on how to make it even better next year, either in the members survey, or in person.



TRAINING

Becky Windsor



Having come into the Training Lead role halfway through the year in May 2022, I've had the pleasure of continuing on from the superb work of Allen and Russell who have been organising the rainbow run rota for quite a while. Wednesday sessions (hopefully seamlessly!) continued as usual and a big thanks as always goes to Stevie G and Stoddy for leading Strength and Conditioning (S&C) and Run Development, respectively.



A big highlight of the past year has been the success of the Sunderland Half Marathon training plan. The coaches drew up training plans tailored to each colour group and organised a rota of Sunday run leaders each week to help members follow the plans as closely as possible. We had 34 members complete the Sunderland Half Marathon registered under the Newcastle Frontrunners club, some of whom had never done the distance before! We couldn't be prouder to have helped so many achieve fantastic results.



We had a LiRF & CiRF meeting in July 2022 with positive feedback from our leaders, and there were a few tweaks as a result. The coaches provided recommended paces for our long slow Sunday runs which were added to a pace chart for members to see, and we concluded that the relaxed approach to Sunday runs worked well.



Following the Sunderland Half Marathon, we issued a survey to members about our Run Development and S&C sessions, in order to help as many members attend as possible. For Run Development, I spoke to individuals who were interested in coming along but lacked confidence, worried about being too slow and holding everyone up - this is never the case! In order to introduce members to a Run Development session, we hosted a taster session in place of a rainbow run on a Wednesday. Feedback was positive, with one member saying to me "don't tell anyone, but I really enjoyed that!" (you know who you are...!). Ahead of the session, I posted a guide on how to programme a Garmin watch with the intervals, and also hosted a troubleshooting session on the day.

Feedback about S&C was summarised by three issues; it was too far away, it started too late and it went on for too long. In order to address these, Stevie G shortened the session to 1 hour long, I built on the work of the committee and contacted venues now that the pandemic meant more places were open, and we started at sport@gosforth in October.

Lastly, we had three new LiRFs and two in the pipeline - our club couldn't run (literally!) without them, so a big thanks goes to all the LiRFs and CiRFs.



Newcastle Fronrunners - Financial Summary

For the year ending 31 August 2022

Charity No: **1189438**

	31/08/2020	31/08/2021	31/08/2022	Chg
Cash in Bank	£19,512	£25,975	£24,810	-£1,165
Pretty Cash	£67.40	£67.40	£0.00	-£67.40
TOTAL	£19,579	£26,043	£24,810	-£1,233

Note that this will not add up exactly to the items totalled below - 1) depreciation 2) storage cage purchase

Income

	Unrestricted Funds £	Restricted Funds £	TOTAL 2022	TOTAL 2021
Donations and legacies				
Donations*	£0		£0	£0
	£0		£0	£0
Charitable activities				
Grants	£500		£500	£1,200
Membership	£4,878		£4,878	£5,624
	£5,378		£5,378	£6,824
Other Trading Activities				
5K Run entry fee	£7,387		£7,387	£9,755
5K Run Sponsorship	£4,299		£4,299	£3,000
Fundraising	£563		£563	£406
Sale of running kit	£352		£352	£513
Other income	£300		£300	£204
	£12,900		£12,900	£13,877
Total Income	£18,279		£18,279	£20,702

Expenditure

	Unrestricted Funds £	Restricted Funds £	TOTAL 2022	TOTAL 2021
Raising Funds				
Costs incurred hosting 5k Run	£7,986		£7,986	£9,087
Costs incurred for prizes & awards 5K Run	£1,255		£1,255	£43
Other expenditure including running kit	£1,965		£1,965	£100
	£11,206		£11,206	£9,229
Charitable Activities				
Direct Costs				
LUKA Registration	£2,256		£2,256	£2,505
Events & Courses	£1,966		£1,966	£1,725
Training	£1,936		£1,936	£156
Small Donations	£0		£0	£0
Travel	£0		£0	£0
Meetings	£271		£271	£325
Support Costs				
Marketing	£180		£180	£0
Depreciation	£359		£359	£282
Professional fees	£0		£0	£0
Governance costs				
Independent examiners fees for reporting on the accounts	£0		£0	£0
AGM	£908		£908	£298
	£7,876		£7,876	£5,329
Total Expenditure	£19,082		£19,082	£14,559

Comments

2021 donation to Rainbow Home £1,000
In 2022, club invested £1,757 in replenishing club kit stock

2022 LRF training was £1,145 & Christmas party £761
Kenton, GLL & Storage

Wik & IFR subs

Compiled by:	Patrice Siou	05/09/2022
Independently Checked:	Sandra Overfield	17/10/2022

(Signature)

SEE REPORT

Newcastle Frontrunners - Financial Summary

For the year ending 31 August 2022

Charity No: **1189438**

2021-22 Best View

	31/08/2020	31/08/2021	31/08/2022	Chg
Cash in Bank	£19,512	£25,975	£24,810	-£1,165
Pretty Cash	£67.40	£67.40	£0.00	-£67
TOTAL	£19,579	£26,043	£24,810	-£1,233

2022 Best View

Stock 2022

	Sports Equipment £	Other Equipment £	Total £
Balance brought forward	£1,460	£1,337	£2,797
Additions	£788		£788
Balance Carried Forward	£2,248	£1,486	£3,585

Depreciation - assumed 10% depreciation

Carried Forward	£2,023	£1,337	£3,227
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	Stock
Balance Carried Forward	£2,797
Additions	£788
TOTAL	£3,585
Depreciation	-£359

Balance carried forward

£3,227



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

Newcastle Frontrunners

On accounts for the year
ended

31st August 2022

Charity no
(if any)

1189438

Set out on pages

1-3

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st August 2022.

Responsibilities and
basis of report

As the charity's trustees, 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 all 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:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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:

S. Overfield

Date:

17.10.2022

Name:

Sandra Overfield FCA

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

ICAEW

Address:

29 Lister Street, Ilkley, LS29 9ET

NEWCASTLE FRONTRUNNERS

England & Wales - Charity number 1189438

Accounts

Newcastle Frontrunners - Financial Summary

For the period 12 May 2020 to 31 August 2021

Charity No: **1189438**

	05/12/2020
Cash in Bank	£19,999
Petty Cash	£67.40
TOTAL	£20,067

Note that this will not add up exactly to the items totalled below

Income

	Unrestricted Funds £
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Donations and legacies

Donations*	£55
	<u>£55</u>

Charitable activities

Grants	£1,200
Membership	£7,287
	<u>£8,487</u>

Other Trading Activities

5K Run entry fee	£17,242
5K Run Sponsorship	£3,000
Fundraising	£456
Sale of running kit	£574
Other income	£204
	<u>£21,476</u>

Total Income	£30,018
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Compiled by:

Patrice Siou (

08/31/2021	Chg
£25,975	£5,976
£67.40	£0.00
£26,043	£5,976

v - 1) depreciation, 2) 2019 audit (professional fees) were invoiced ii

Restricted Funds £	TOTAL 2021	TOTAL 2020
	£55	£5
	£55	£5
	£1,200	£0
	£7,287	£4,522
	£8,487	£4,522
	£17,242	£7,488
	£3,000	£0
	£456	£652
	£574	£253
	£204	£423
	£21,476	£8,815
	£30,018	£13,342

Treasurer & T	10.06.22
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nto this banking year but a cost from 2019

Expenditure

	Unrestricted Funds £
Raising Funds	
Costs incurred hosting 5k Run	£16,620
Costs incurred for prizes & awards 5K Run	£89
Costs incurred for prizes & awards 5K Run	£530
	<u>£17,238</u>
Charitable Activities	
Direct Costs	
UKA Registration	£4,290
Events & Courses	£1,725
Training	£166
Small Donations	£0
Travel	£0
Meetings	£325
Support Costs	
Marketing	£0
Depreciation	-£282
Professional fees	£0
Governance costs	
Independent examiners fees for reporting on the accounts	£0
AGM	£298
	<u>£7,086</u>
Total Expenditure	<u>£24,324</u>

Patrice Siou

Restricted Funds £	TOTAL 2021	TOTAL 2020
	£16,620	£3,792
	£89	£5,061
	£530	£1,908
	£17,238	£10,761
	£4,290	£1,900
	£1,725	£2,078
	£166	£1,085
	£0	£0
	£0	£1,024
	£325	£246
	£0	£0
	-£282	£311
	£0	£0
	£0	£0
	£298	£606
	£7,086	£7,250
	£24,324	£18,011

Comments

2020 donation to Rainb
In 2020, club invested :

2021 LiRF+CiRF trainin
2019-20 financial year



ow Home -£4,940.94
£1,152 in replenishing c

g was £1,655 vs. -£955 in 2019-20
had pilates and 6 months of Gosforth Pool use, as well as a track session at Gates

head Stadium

Newcastle Frontrunners - Financial Summary

For the year ending 31 August 2021

Charity No: **1189438**

2019 Assets and Stock

Tangible Fixed Assets

	Sports Equipment £	Other Equipment £
Costs		
Balance brought forward	£2,194	£1,174
Additions		£627
Disposals		
Balance carried forward	£2,194	£1,801
Depreciations		
Basis	RB	RB
Rate	10%	10%
Balance brought forward	£392	£214
Depreciation charge for year	£180	£101
Disposals		
Balance carried forward	£572	£315
Net book value		
Brought forward	£1,802	£960
Carried forward	£1,622	£1,486

2020-21 Best View

	05/12/2020	08/31/2021
Cash in Bank	£19,999	£25,975
Petty Cash	£67.40	£67.40
TOTAL	£20,067	£26,043

Stock 2020

	Sports Equipment £	Other Equipment £
Balance brought forward	£1,802	£960
Additions	£0	£1,152
Balance Carried Forward	£1,622	£1,486

Depreciation - assumed 10% depreciation

Carried Forward	£1,460	£1,337
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Stock

Total £		Stock £
£3,368		
£627		
£3,995		
	Raising funds	
	Opening	£572
	Added in period	£288
	Expensed in period	£383
	Closing	£477

£606
£282
£888

£2,762

£3,107

Chg
£5,976
£0.00
£5,976

Total £	
£2,762	
£0	Running Kit purchased
£3,107	

£2,796

2021 Best View

	Stock
Balance Carried Forward	###
Additions	£20
TOTAL	###
Depreciation	-£281.63