

# WELSH FELL RUNNERS ASSOCIATION

England & Wales · Charity number 1198219

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2022-03-11

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

## Contact

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**Address** 23 Cowleaze  
Magor  
Caldicot  
NP26 3LE

**Phone** 07809404181

**Email** [blackmore1107@icloud.com](mailto:blackmore1107@icloud.com)

**Website** <https://sites.google.com/site/welshfra/>

## Activities

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**Objects:** THE OBJECT OF THE ASSOCIATION IS THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR PARTICIPATING IN FELL RACING AND RUNNING.THE ASSOCIATION'S ACTIVITIES ARE PRIMARILY, BUT NOT EXCLUSIVELY, FOCUSED ON WALES AND THE BORDERS.

**Activities:** The object of the Association is the promotion of community participation in healthy recreation in particular by the provision of facilities for participating in fell racing and running.

## Classification

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- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Amateur Sport
- **Who:** Children/young People, Elderly/old People, The General Public/mankind

## Geography

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- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-09-30	£7,855	£5,928	-	-
2024-09-30	£8,251	£9,552	-	-
2023-09-30	£8,107	£7,521	-	-
2022-09-30	£7,021	£7,503	-	-

## Trustees

Name	Role	Appointed
<b>Craig Jones</b>	Chair	2022-01-31
Andrew Blackmore		2022-01-31
Eluned Salisbury		2022-01-31
Gareth Jaggard		2022-01-31
LINDA KATHERINE EDMONDSON		2022-01-31
Margaret Oliver		2022-01-31

**WELSH FELL RUNNERS ASSOCIATION**

England & Wales - Charity number 1198219

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# Accounts

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## Chairman of Trustees Annual Report 2025

Dear Member,

This is my fourth Annual Report as Chair of the Trustees since the WFRA became a Charitable Incorporated Organisation in March 2022; and this report marks the end of my 12<sup>th</sup> year as Chairman of the Executive Committee of the Association.

As the outgoing Executive Chair I feel I can look back with some pride and say that the sport is not only more popular, it is somewhat safer, by way of Race organisers receiving better guidance and support. But at the same time decisions have been made which I believe have enabled the sport to remain rooted to its basic traditions.

We continue to have a stable Board of Trustees, supported by an Executive Committee who work hard throughout the year to meet the objective of the Association, namely the *'promotion of community participation in healthy recreation, in particular by the provision of facilities for participating in fell racing and running'*. I am satisfied we are meeting that objective.

The Association has continued its drive towards promoting safety in the mountains whilst not stifling the adventurous nature of the sport, with a firm recognition that there is always an element of risk. Rules are in place for safe competition, and I'm pleased to say there have been no breaches of safety discipline reported that required any form of investigation in the last 12 months.

Two years ago the Association joined with the Fell Runners Association and the Northern Irish Mountain Running Association to agree a policy on gender which was aimed at protecting the female category in the sport. This agreement has been supported by the membership and remains in place with no adverse comment or challenge to date.

The sports remains one of the most affordable mass participation sports, with all of the races registered by the WFRA being arranged on a not-for profit basis, free from commercialism that we have seen in other running disciplines. This allows the sports to remain at a grass roots level and financially accessible by all parts of the community.

### **Finance**

The Association is in good financial health, with comfortable reserves for a rainy day. There has been no increase membership fees for around ten years remaining at £10, and this has been a deliberate approach from the committee, maintaining the view that the sport should be low-cost to members with a no-frills approach.

## **Membership**

When I started as Chair the association had around about 400 members, and last year we peaked at a record 883, so we must have been doing something right. We have also seen a marked and positive increase in female racers, along with an extension in the numbers of older veterans, with some in their 80s still competing which was unheard of when I started racing; long may this trend continue.

I shall be handing over the helm of the Executive Committee to a new person and I wish them all the very best in the role.

Craig Jones,

**Chairman, Welsh Fell Runners Association.**



Charity Name		No (if any)	
<b>Receipts and payments accounts</b>			
For the period from	Period start date	To	Period end date

**Section A Receipts and payments**

	Unrestricted funds	Restricted funds	Endowment funds	Total funds
	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>				
Membership Subs.	7,070	-	-	7,070
Merchandise	129	-	-	129
Donations	344	-	-	344
Investment interest	313	-	-	313
sep 2023 membership	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
	- 0	-	-	-
<b>Sub total(Gross income for AR)</b>	<b>7,855</b>	<b>-</b>	<b>-</b>	<b>7,855</b>
<b>A2 Asset and investment sales, (see table).</b>				
	- 0	- 0	- 0	-
	- 0	- 0	- 0	-
<b>Sub total</b>	<b>- 0</b>	<b>- 0</b>	<b>- 0</b>	<b>-</b>
<b>Total receipts</b>	<b>7,855</b>	<b>- 0</b>	<b>- 0</b>	<b>7,855</b>
<b>A3 Payments</b>				
Insurance	2,470	-	-	2,470
Calendar costs	1,035	-	-	1,035
Event costs	- 0	-	-	-
Awards/ Prizes	1,093	-	-	1,093
Merchandise	- 0	-	-	-
Bank charges	50	-	-	50
Administration Computer costs	47	-	-	47
Administration Stationery	790	-	-	790
Licences	71	-	-	71
Membership Admin	373	-	-	373
Promotion	-	-	-	-
WFRA representation	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>5,928</b>	<b>-</b>	<b>-</b>	<b>5,928</b>
<b>A4 Asset and investment purchases, (see table)</b>				
	- 0	- 0	- 0	-
	- 0	- 0	- 0	-
<b>Sub total</b>	<b>- 0</b>	<b>- 0</b>	<b>- 0</b>	<b>-</b>
<b>Total payments</b>	<b>5,928</b>	<b>- 0</b>	<b>- 0</b>	<b>5,928</b>
<b>Net of receipts/(payments)</b>	<b>1,927</b>	<b>-</b>	<b>-</b>	<b>1,927</b>
<b>A5 Transfers between funds</b>	<b>- 0</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>17,295</b>	<b>-</b>	<b>-</b>	<b>17,295</b>
<b>Cash funds this year end</b>	<b>19,222</b>	<b>-</b>	<b>-</b>	<b>19,222</b>

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

Categories	Details	Unrestricted funds	Restricted funds
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		to nearest £	to nearest £
<b>B1 Cash funds</b>	HSBC Current Account	95	-
	HSBC BMM Account	19,010	-
		-	-
	<b>Total cash funds</b>	<b>19,105</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK
		<b>Unrestricted funds</b>	<b>Restricted funds</b>
	<b>Details</b>	to nearest £	to nearest £
<b>B2 Other monetary assets</b>	September Interest HSBC BMM Account	23	-
	Membership fees for Sept 25 Fabian4	100	-
		-	-
		-	-
		-	-
		-	-
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>
<b>B3 Investment assets</b>			-
			-
			-
			-
			-
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>
<b>B4 Assets retained for the charity's own use</b>			-
			-
			-
			-
			-
			-
			-
			-
	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>
<b>B5 Liabilities</b>	Membership Admin fee Sept 25 Fabian 4	5	-
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	

<b>CC16a</b>
<b>Last year</b>
to the nearest £
7875
26
300
20
30
0
0
8251
- 0
- 0
<b>8,251</b>
2,303
848
34
3,693
269
60
541
564
70
620
378
173
<b>9,552</b>
- 0
<b>9,552</b>
<b>- 1,300</b>
-
£18,596
<b>17,295</b>
<b>Endowment funds</b>



**WELSH FELL RUNNERS ASSOCIATION**

England & Wales - Charity number 1198219

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# Accounts

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## Annual Report 2024

Dear Member,

This is my third Annual Report since the WFRA became a Charitable Incorporated Organisation (CIO) in March 2022; but this AGM marks the end of my 10<sup>th</sup> year as Chairman of the Association.

As Chairman I'm proud to say we ended 2024 with 883 members which is a record number, and a figure that has more than doubled since I started in the role.

We continue to have a stable Board of Trustees, supported by an executive committee who work hard throughout the year to meet the objective of the Association, namely the *'promotion of community participation in healthy recreation, in particular by the provision of facilities for participating in fell racing and running'*. I am satisfied we are meeting that objective.

**Juniors** – Our Junior membership has continued to grow, and has now become an important part of our membership with it's own dedicated race series and championship.

Coordinators Neal Hockley, Tom Meredith are thanks for their commitment to young athletes.

### **Welsh Championship**

We have reviewed our championship format from a series of six races to being a single race contest for short and long distance races respectfully, thus replicating that of the new British Championships format. This being designed to generate greater participation and reduce the burden of travelling on the wider membership.

### **Environment**

Last year I announced a new Environmental initiative, that being an award aimed at recognising and rewarding good practice by individual Race Organisers and Competitors alike. The voting process was well supported by the membership and one of our membership was duly awarded the prize for demonstrating a low carbon approach to attending races.

Craig Jones,

**Chairman, Welsh Fell Runners Association.**



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

Charity Name		No (if any)	
Welsh Fell Runners Association		1198219	
<b>Receipts and payments accounts</b>			
For the period from	Period start date	To	Period end date
	1 Oct 2023		30 Sep 2024

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds
	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>				
Membership Subs.	7875	-	-	7,875
Merchandise	26	-	-	26
Donations	300	-	-	300
Investment interest	20	-	-	20
sep 2023 membership	30	-	-	30
First aid course deposit	0	-	-	-
	0	-	-	-
<b>Sub total(Gross income for AR)</b>	<b>8,251</b>	<b>-</b>	<b>-</b>	<b>8,251</b>
<b>A2 Asset and investment sales, (see table).</b>				
	- 0	- 0	- 0	-
	- 0	- 0	- 0	-
<b>Sub total</b>	<b>- 0</b>	<b>- 0</b>	<b>- 0</b>	<b>-</b>
<b>Total receipts</b>	<b>8,251</b>	<b>- 0</b>	<b>- 0</b>	<b>8,251</b>
<b>A3 Payments</b>				
Insurance	2,303	-	-	2,303
Calendar costs	848	-	-	848
Event costs	34	-	-	34
Subscriptions (IT related)	- 0	-	-	-
Awards/ Prizes	3,693	-	-	3,693
Merchandise	269	-	-	269
Bank charges	60	-	-	60
Training costs	- 0	-	-	-
Administration Computer costs	541	-	-	541
Administration Stationery	564	-	-	564
Licences	70	-	-	70
Membership Admin	620	-	-	620
Promotion	378	-	-	378
WFRA representation	173	-	-	173
1st aid course costs				-
<b>Sub total</b>	<b>9,552</b>	<b>-</b>	<b>-</b>	<b>9,552</b>
<b>A4 Asset and investment purchases, (see table)</b>				
	- 0	- 0	- 0	-
	- 0	- 0	- 0	-
<b>Sub total</b>	<b>- 0</b>	<b>- 0</b>	<b>- 0</b>	<b>-</b>
<b>Total payments</b>	<b>9,552</b>	<b>- 0</b>	<b>- 0</b>	<b>9,552</b>
<b>Net of receipts/(payments)</b>	<b>- 1,300</b>	<b>-</b>	<b>-</b>	<b>- 1,300</b>
<b>A5 Transfers between funds</b>	<b>- 0</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>£18,596</b>	<b>-</b>	<b>-</b>	<b>18,596</b>
<b>Cash funds this year end</b>	<b>17,295</b>	<b>-</b>	<b>-</b>	<b>17,295</b>

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

Categories	Details	Unrestricted funds	Restricted funds
		to nearest £	to nearest £
<b>B1 Cash funds</b>	HSBC Current	568	-
	HSBC BMM	18,520	-
	invoices & cheques not presented	- 1,793	-
	<b>Total cash funds</b>	<b>17,295</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK
		Unrestricted funds	Restricted funds
		to nearest £	to nearest £
<b>B2 Other monetary assets</b>	Memberships chqs not presented	25	-
		-	-
		-	-
		-	-
		-	-
		-	-
		Fund to which asset belongs	Cost (optional)
<b>B3 Investment assets</b>			-
			-
			-
			-
			-
		Fund to which asset belongs	Cost (optional)
<b>B4 Assets retained for the charity's own use</b>			-
			-
			-
			-
			-
			-
			-
			-
		Fund to which liability relates	Amount due (optional)
<b>B5 Liabilities</b>	Invoices not presented	1818	-
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	

<b>CC16a</b>
<b>Last year</b>
to the nearest £
7,595
73
259
-
-
180
-
<b>8,107</b>
- 0
<b>- 0</b>
<b>8,107</b>
2,180
1,724
477
820
312
147
-
66
1,735
<b>7,521</b>
<b>- 0</b>
<b>7,521</b>
<b>586</b>
-
18,010
<b>18,596</b>



**WELSH FELL RUNNERS ASSOCIATION**

England & Wales - Charity number 1198219

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# Accounts

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## Annual Report 2023

This is my second Annual Report since the WFRA became a Charitable Incorporated Organisation (CIO) in March 2022; but this AGM marks the end of my 9<sup>th</sup> year as Chairman of the Association.

As I previously reported last year, 2022 was a momentous year for us, as we became a CIO, establishing ourselves as the leading fellrunning body in Wales, and the de facto National Governing Body.

We have a stable Board of Trustees, supported by an executive committee who work hard throughout the year to meet the objective of the Association, namely the '*promotion of community participation in healthy recreation, in particular by the provision of facilities for participating in fell racing and running*'. I am satisfied we are meeting that objective.

Last year I set out an eighteen-month strategy for the immediate future of the WFRA, and I'm pleased to report that we have made significant progress as intended in all areas, and I shall touch upon them briefly here.

**Juniors** - It was reported that we were introducing a new Junior membership category for 2023, and this has shown to be a very successful enterprise, with an unbelievable 113 juniors joining us. This is testament to the highly successful Junior Championship series, which has grown in strength yet again.

This is supported by the long-standing Midweek Series which incorporates a Junior section and is super popular. Thanks to Coordinators Neal Hockley, Tom Meredith and Mike Blake for their respective contributions; not to mention the many other helpers to make these events possible, herding wild running children, keeping them safe and providing them with amazing experiences.

Our investment is paying off and we are building a strength of new fellrunners, some of whom will I'm certain become fellrunning adults in the future. Some are already demonstrating their prowess and showing many of the seniors a dirty pair of heels!

New juniors can join the same as adults at the reduced rate of £5; visit the Fabian4 website.

The **Women in Fell Running Group** continues to meet, chaired by our Race Calendar Secretary, Linda. This group has done some excellent work engaging with the membership and providing advice to Race Organisers (ROs). Doubtless it has contributed to the new female ROs we have, with more coming on-board for next year's race calendar.

## **Environment**

Last year I announced that we were creating an Environment Policy, and we did just that. Briony Latter was appointed our Environment Officer, and she has developed and published our policy, which is a live document available on our website acting as a resource for ROs and competitors. We welcome new additions and suggestions to that resource.

We will imminently be announcing an exciting new Environmental initiative. This is an award aimed at recognising and rewarding good practice by individual Race Organisers and Competitors alike that can be voted upon by all of our membership, and I'm pleased to personally promote and commend it to all.

## **Strategy for 2024/25**

Having a Strategy helps us to form a plan for the future, and to set goals for what we aim to achieve. We may not always fully achieve all we want to do but having that plan at least gives us a road map to work to, with best endeavours as volunteers. To that end I will be looking to review our plan for the next two years and will work with the committee to help me form a new strategy going forward.

I'm sure that much of what we are already doing will feature again in the new strategy, but I would like to see additions added such as bilingual matters and further website/archive development.

I will be seeking to form a pool of volunteers willing to assist with English-Welsh translation in order to improve our use of Welsh language online.

The rich history of Welsh fell racing is important, and I believe it is the duty of the WFRA to be the guardian of the safe keeping of race results for the future, so we will be revamping the once loved online archive of results for all to see. Many of us still have old pre-electronic typed and hand-written results from years gone by, and I'd like to them captured and stored in this repository.

**Finally**, I'm pleased to say that the Welsh Fell Runners Association has grown considerably in the last couple of years, with membership growing to well over 850, which is a double the number we had at the end of the pandemic. This of course has been bolstered by the many new Juniors members. I'm sure this trend will continue.

We continue to work closely our partners, and recently that relationship building has been extended to close liaison with the other three home nation fellrunning organisations on a matter of joint policy which has proved beneficial to all of us, and we plan to maintain those links going forward.

Craig Jones,

**Chairman, Welsh Fell Runners Association.**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Welsh Fell Runners Association

1198219

## Receipts and payments accounts

CC16a

For the period from	01-Oct-22	To	30-Sep-23
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### 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 £
<b>A1 Receipts</b>					
Membership Subs.	7,595	-	-	7,595	5,942
1st aid course deposit	180	-	-	180	900
Merchandise	73	-	-	73	17
Donations	259	-	-	259	163
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>8,107</b>	<b>-</b>	<b>-</b>	<b>8,107</b>	<b>7,021</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>8,107</b>	<b>-</b>	<b>-</b>	<b>8,107</b>	<b>7,021</b>
<b>A3 Payments</b>					
Insurance	2,180	-	-	2,180	2,069
Calendar costs	1,724	-	-	1,724	1,945
Ordnance Survey map licence	66	-	-	66	
Subscriptions (IT related)	477	-	-	477	364
Awards/ Prizes	820	-	-	820	640
Merchandise	312	-	-	312	805
Bank charges	61	-	-	61	49
Training costs	147	-	-	147	1,480
1st aid related costs	1,735	-	-	735	151
<b>Sub total</b>	<b>7,521</b>	<b>-</b>	<b>-</b>	<b>7,521</b>	<b>7,503</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>7,521</b>	<b>-</b>	<b>-</b>	<b>7,521</b>	<b>7,503</b>
<b>Net of receipts/(payments)</b>	<b>586</b>	<b>-</b>	<b>-</b>	<b>586</b>	<b>- 481</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>18,010</b>	<b>-</b>	<b>-</b>	<b>18,010</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>18,596</b>	<b>-</b>	<b>-</b>	<b>18,596</b>	<b>- 481</b>

## 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 £
<b>B1 Cash funds</b>	General Cash Fund	18,596	-	
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>18,596</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Two way radios available for loan	Unrestricted	1,500	700
	WFRA banner (x2)	Unrestricted	Not known (2005)	-
	Start banner x2	Unrestricted	Not known (2005)	-
	Finish banner x2	Unrestricted	Not known (2005)	-
	12 Storm shelters	Unrestricted	Not known (2005)	120
	WFRA Tear drop flags (x4)	Unrestricted	400	120
				-
<b>B5 Liabilities</b>	<b>Details</b>	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	
	<i>A Blackmore</i>	Andrew Blackmore	06/11/2023	

**WELSH FELL RUNNERS ASSOCIATION**

England & Wales - Charity number 1198219

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	1	October	2021		30	September	2022

## Section A Reference and administration details

**Charity name** Welsh Fell Runners Association

**Other names charity is known by**

**Registered charity number (if any)** 1198219

**Charity's principal address**  
 23 Cowleaze  
 Magor  
**Postcode** NP26 3LE

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Craig Jones	Chairman		The Board of Trustees and/ or the general membership
2	Andrew Blackmore	Secretary		
3	Linda Edmondson	Calendar Secretary		
4	Ellie Salisbury			
5	Margaret Oliver			
6	Gareth Jaggard	Registration & Safety Officer		
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

**Names of the trustees for the charity, if any, (for example, any custodian trustees)**

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Election by members and/ or appointment by the Board of Trustees

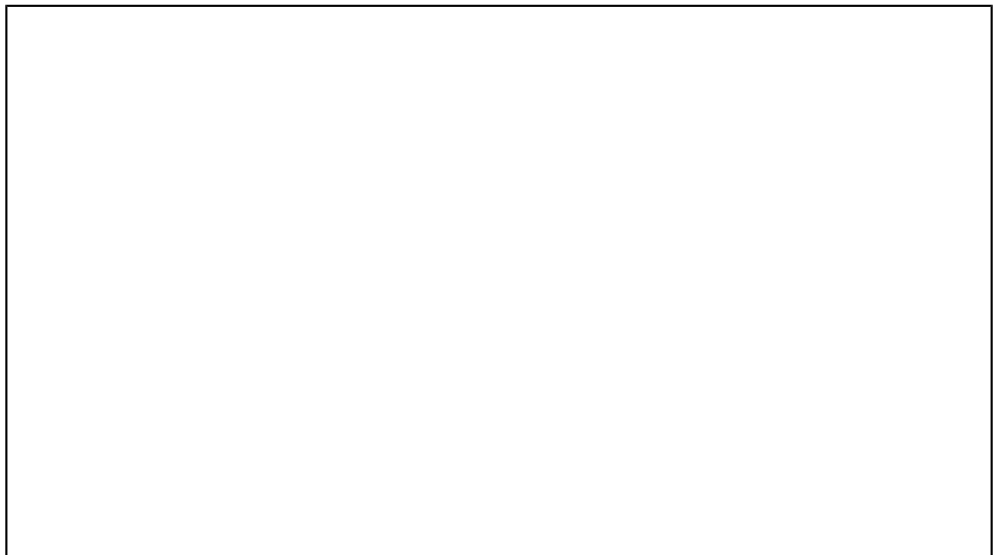
**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage

--

them.



## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

The object of the Association is the promotion of community participation in healthy recreation, in particular by the provision of facilities for participating in fell racing and running.

### Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Upon becoming a CIO the Association has developed a strategy for the committee to work towards, and also as a way of informing members what we aim to achieve. To that end we have published a 2022/23 strategy which sets out our objectives for that time period. It's ambitious, as anyone who has experience of voluntary working will tell you it's sometimes hard to find the time, but having a target gives us something to work towards.

In summary main activities completed in the period:

- The development, publication and management of a comprehensive calendar of races for seniors and juniors.
- The organisation of a national race championship and regional series of races.
- Organised a number of seminars and training sessions for the general membership and specifically race organisers to develop and deepen important skills and knowledge associated with fell running.
- Facilitated appropriate levels of public liability insurance cover and made this available to race organisers subject to compliance with the Association's safety and race registration requirements.
- Published an updated race organisers' handbook setting out relevant requirements.
- Maintained an appropriate website and social media presence to communicate and promote the Association's work.

## Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

#### Juniors

Along with incorporation we have also worked on a number of other fronts, intended to bring additional benefits to Welsh fellrunning and members of the association. The most significant new development for 2022 was the investment in Junior fellrunners. During 2021 we were most fortunate to recruit new committee member Neal Hockley, already known for working with Eryri Juniors, who agreed to help set up a new Juniors Section, including a new North and South Wales Junior Race Series. Along with support from Hannah Hopkinson who has led for the South, we established what was a very successful Junior Series of 6 races in each region.

Our investment in this area has also involved joint working with Welsh Athletics, and in April a Fell/Mountain Development Day for Under17/15 year olds was run in North Wales, with it being part-funded by the WFRA. This was a positive move and one I hope can be repeated.

There is no doubt that development of Juniors is significant for the future of our sport, and it's hoped that some of today's Juniors will go on to become Seniors of the future.

New for 2023 - we will accept Junior as associate members at the reduced cost of £5, which will include nearly all of the usual member benefits.

#### Women in Fellrunning sub-group

In recognition of the continuing low number of women and girls participating in fell races the WFRA has established a Working Group to examine reasons for this and to hopefully encourage greater participation. The Group is chaired by Linda Edmondson (Calendar Secretary), along with other members drawn from the wider fell running/race organisation community.

The group has gathered data via a survey of a small group of female fellrunners; and will be working through the results to inform the next steps and consider ways in which we can assist people to take part and potentially help to remove barriers to participation.

There is a wider benefit to this, as many of the barriers faced by females are just as relevant to a diverse range of people; and having an understanding of any barriers can hopefully inform decision making in the future.

#### Race Safety, Risk Assessments & Race Organiser Liaison meetings

Another addition to the Committee last year came in the form of Gareth Jaggard, our new Safety Officer. Gareth comes with a wealth of knowledge and understanding of safety and has made a big impact already. Gareth is actioning a newer, more proactive approach we are taking towards safety, with a heavy emphasis on helping Race Organisers to appreciate the importance of recorded risk assessments, and the personal drawbacks of not doing them. This work will have a knock-on effect of improving safety for runners.

We have held a series of Race Organisers (ROs) workshops. Borne out of a hastily arranged meeting during Covid times, these meetings are informal meetings of ROs, to discuss issues affecting them and to allow for a two-way conversation with the committee. They will allow for opportunity to network

with other organisers and the sharing of knowledge and good ideas.

Currently the committee is looking closely at how we categorise races, and how we can help members, particularly newcomers to the sport to make informed decisions on participation. The old system has been around for many years and isn't particularly helpful in helping individuals understand the complexities of some of our more challenging races.

#### **Training – First Aid & Navigation**

In the last few months we have funded First Aid courses for members, both in the South and North. These were free to members and were delivered by professional trainers who put together content relevant to the outdoors. The take-up wasn't quite a popular as we expected, and accordingly we will review the frequency of these in the future. Those that did attend reported that they were excellent and much knowledge was gained allowing them to feel greater confidence should the need arise where they had to help a fell runner, or indeed anyone in need of first aid.

We remain committed to helping members brush up on their first aid skills.

Another area we are keen to deliver on is navigation training, as this is one area where people find themselves a bit lost, literally at times. It well known that many fellrunners 'follow the one in front', and lack of ability or confidence in being able to find your way contributes to decisions on whether to take part in some races where navigation skills could become necessary.

#### **Environment**

Lastly, something that forms part of all of our lives these days, is the impact we are making on our environment, and fell running isn't immune from that. Our sport like any other activity uses resources, some of which are harmful to the environment, and whilst fell running is a fairly 'green' activity, it still has an impact. Accordingly, we are developing an Environmental Policy which is near to completion. It's a short document offering encouragement and advice on considering our impact, and how Race Organisers and runners alike can make a difference.

**Brief statement of the charity's policy on reserves**

The Association will maintain a prudent level of reserves to absorb any costs arising from a reasonable worst case adverse scenario.

**Details of any funds materially in deficit**

Not applicable

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:


- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

**Section F Other optional information**

**Section G Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Craig Jones	
<b>Position (eg Secretary, Chair, etc)</b>	Chairman	
<b>Date</b>	23/01/2023	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Welsh Fell Runners Association

1198219

## Receipts and payments accounts

For the period from	1-Oct-21	To	30-Sep-22
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### 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 £
<b>A1 Receipts</b>				
Membership Subs.	5,942	-	-	5,942
1st aid course deposit	900	-	-	900
Merchandise	17	-	-	17
Donations	163	-	-	163
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>7,021</b>	<b>-</b>	<b>-</b>	<b>7,021</b>
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>7,021</b>	<b>-</b>	<b>-</b>	<b>7,021</b>
<b>A3 Payments</b>				
Insurance	2,069	-	-	2,069
Calendar costs	1,945	-	-	1,945
Room hire	151	-	-	151
Subscriptions (IT related)	364	-	-	364
Awards/ Prizes	640	-	-	640
Merchandise	805	-	-	805
Bank charges	49	-	-	49
Training costs	1,480	-	-	1,480
	-	-	-	-
<b>Sub total</b>	<b>7,503</b>	<b>-</b>	<b>-</b>	<b>7,503</b>
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>7,503</b>	<b>-</b>	<b>-</b>	<b>7,503</b>
<b>Net of receipts/(payments)</b>	<b>- 481</b>	<b>-</b>	<b>-</b>	<b>- 481</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>18,491</b>	<b>-</b>	<b>-</b>	<b>18,491</b>
<b>Cash funds this year end</b>	<b>18,010</b>	<b>-</b>	<b>-</b>	<b>18,010</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B1 Cash funds</b>	General Cash Fund	18,010	-
		-	-
		-	-
	<b>Total cash funds</b>	<b>18,010</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
<b>B3 Investment assets</b>			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
<b>B4 Assets retained for the charity's own use</b>	Two way radios available for loan	Unrestricted	1,500
	WFRA banner (north)	Unrestricted	Not known (2005)
	Start banner (north)	Unrestricted	Not known (2005)
	Finish banner (north)	Unrestricted	Not known (2005)
	WFRA banner (south)	Unrestricted	Not known (2005)
	Start banner (south)	Unrestricted	Not known (2005)
	Finish banner (south)	Unrestricted	Not known (2005)
	Bank Statements & Acc access hardware		-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
<b>B5 Liabilities</b>	Two way radios available for loan	Unrestricted	-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
A Blackmore	Andrew Blackmore

**CC16a**



**Last year**  
**to the nearest £**

<b>4,554</b>
-
-
<b>300</b>
-
-
-
-
<b>4,854</b>

-
-
-

<b>4,854</b>
--------------

<b>1,996</b>
<b>900</b>
-
<b>173</b>
-
<b>454</b>
-
-
-
<b>3,523</b>

-
-
-

<b>3,523</b>
--------------

<b>1,331</b>
-
-
<b>1,331</b>



**Endowment funds**  
to nearest £

-
-
-
-

OK

**Endowment funds**  
to nearest £

-
-
-
-
-
-

**Current value (optional)**

-
-
-
-
-

**Current value (optional)**

700
-
-
-
-
-
-
-
-
-

**When due (optional)**


Date of approval

2/10/2023