



# 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		
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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

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them.

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Section C	Objectives and activities
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**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 as 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</b> (Gross income for AR)	7,021	-	-	7,021
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total receipts</b>	7,021	-	-	7,021
<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>	7,503	-	-	7,503
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total payments</b>	7,503	-	-	7,503
<b>Net of receipts/(payments)</b>	- 481	-	-	- 481
<b>A5 Transfers between funds</b>	-	-	-	-
<b>A6 Cash funds last year end</b>	18,491	-	-	18,491
<b>Cash funds this year end</b>	18,010	-	-	18,010



## 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>	18,010	-
	(agree balances with receipts and payments account(s))	OK	OK

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

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

	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		-
			-

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

-

<b>3,523</b>
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<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