

LLOYD COWAN BURSARY

England & Wales · Charity number 1200146

Details

Status Registered

Legal form CIO

Registered 2022-08-23

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

Contact

Address 191 Redbridge Lane East
Ilford
Essex
IG4 5DF

Phone 07960956729

Email info@lloydcowanbursary.org.uk

Activities

Objects: ADVANCEMENT OF THE PHYSICAL EDUCATION OF YOUNG PEOPLE BY PROVIDING GRANTS TO FACILITATE ACCESS TO TRAINING OPPORTUNITIES TO LICENSED ATHLETICS COACHES AND ATHLETES WHO, BY REASON OF THEIR YOUTH, DISABILITY, OR SOCIAL AND ECONOMIC CIRCUMSTANCES, HAVE NEED OF SUCH SUPPORT.

Activities: Advancement of the physical education of young people by providing grants to facilitate access to training opportunities to licensed athletics coaches and athletes who, by reason of their youth, disability, or social and economic circumstances, have need of such support.

Classification

- **How:** Makes Grants To Individuals, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, Disability
- **Who:** Other Defined Groups

Geography

- Guernsey
- Jersey
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£5,675	£15,249	-	-
2024-04-05	£6,185	£16,812	-	-
2023-04-05	£51,937	£29,426	-	-

Trustees

Name	Role	Appointed
Abdulazeez Buhari		2021-03-01
Cherry Alexander		2023-02-24
Christine Ohuruogu		2021-03-01
Karen Forbes		2023-02-24
Melanie May Sophia Anning		2021-03-01
Sophie Megan Hahn		2025-10-30

LLOYD COWAN BURSARY

England & Wales - Charity number 1200146

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 06/04/24 Period start date To 05/04/25 Period end date

Charity name: Lloyd Cowan Bursary

Charity registration number:1200146

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The Lloyd Cowan Bursary was set up in 2021 following the death of legendary GB athletics coach Lloyd Cowan MBE. Lloyd was known for his success in guiding, inspiring, and instilling belief in athletes and coaches to help them achieve their potential.</p> <p>The Lloyd Cowan Bursary continues Lloyd's work to advance athletics. The Bursary awards grants annually to UK licenced coaches and unfunded athletes aged 16-23, for whom youth, disability, or social and economic circumstances are barriers to accessing developmental opportunities in the sport.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts	Para 1.17 and 1.19	<p>Across four rounds of grant-giving in Autumn 2021, 2022, and 2023, and 2024, we have awarded 381 annual grants to athletes and coaches in support of their athletic goals. In the current accounting period, 110 grants were distributed to athletes and coaches. These grants included both financial support and access to kit and equipment, through our partnership with a global sporting brand.</p> <p>We have received valuable feedback through testimonials, social media, and emails, which highlight the positive impact these grants have had on recipients.</p>

		In June 2024, we hosted the second <i>Athletics for All</i> event in collaboration with a leading sports event organiser. Held at Lee Valley Athletics Stadium free event introduced 100 primary school children from North London to the sport of track and field and gave senior school young sports leaders an opportunity to support the event.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit.	Para 1.18	The trustees confirm that they have had due regard to the Charity Commission's guidance on public benefit when exercising their duties.

Additional information

	SORP reference	
Policy on grant making	Para 1.38	Applications are invited from UK based and registered athletes aged 16-23, and licensed coaches for whom cost is a barrier to accessing developmental opportunities. The application should demonstrate clearly the difference that the grant will make to the applicant's development and how it will contribute to their progression towards excellence.
Policy on social investment including program related investment	Para 1.38	The Lloyd Cowan Bursary aims to partner with external, sports-related organisations to expand opportunities for both our grantees and the next generation of athletes. We have established successful partnerships with a global sports brand, a leading marathon events organiser, and an athletic equipment supplier.
Contribution made by volunteers	Para 1.38	The trustees are all volunteers and are also supported by one of Lloyd's former athletes who assists with LCB's social media platforms.

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity,	Para 1.20	In four annual rounds of LCB awards from Autumn 2021 to Autumn 2024 we have

<p>identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole</p>		<p>awarded grants to 381 athletes and coaches to support their athletic goals.</p> <p>Recipients have shared feedback through captured testimonials, social media, and emails, highlighting the impact of the grants. Here is feedback from an athlete who received a grant in 2024:</p> <p><i>“Receiving a Lloyd Cowan Bursary means so much to me, as it’s allowed me to order kit that I needed for my winter training to keep me warm whilst training outside. I can save money I would have had to spend on this and put it towards travel and food costs for athletics. I am extremely grateful for the support.”</i></p> <p>Recipients have reported benefits including increased access to competitive opportunities, travel support, purchasing kit, covering gym fees, and assisting with rehab. One coach wrote the following:</p> <p><i>” I am delighted to receive this bursary and I’m very grateful to the Lloyd Cowan Bursary and Amber Anning. This definitely helps ease the financial burdens of a sport where buying new kit is often sacrificed for medical costs/physio/treatment. After a few years of huge injury problems, this will allow me to be able to have some much needed new kit! Thank you!.”</i></p> <p>The grant has enabled coaches to buy equipment, access kit, helped with travel and transport costs to competitions and created new opportunities for recipients within the sport.</p>
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Financial Review

	SORP reference	
<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>At the end of this third reporting period, the charity held reserves of approximately £12,074. These reserves are maintained to ensure the charity's financial stability, cover unforeseen expenses, and support our ongoing activities. The trustees consider this level of reserves appropriate to</p>

		safeguard the charity's operations in the short term.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity's reserves policy ensures the sustainability of our bursary programme over the long term. Donations are primarily used to fund grants and bursaries; however, not all funds are spent each year. Holding reserves allows us to provide consistent support to beneficiaries in future years.
Amount of reserves held	Para 1.22	On 5 th April 2025 our reserves totalled approx. ~£12,074.
Reasons for holding zero reserves	Para 1.22	This is not applicable
Details of fund materially in deficit	Para 1.24	This is not applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	This is not applicable

Additional information

	SORP reference	
The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>The charity's main source of funding comes from donations by individual supporters, businesses, and online campaigns. These contributions were primarily one-off gifts, with some regular giving through our initial Total Giving platform, which was replaced by JustGiving in autumn 2023.</p> <p>Over the past year, donations have made up the majority of our income, allowing us to continue supporting young athletes and coaches with grants.</p> <p>We have also partnered with a global sports brand to give bursary recipients direct access to kit and equipment.</p> <p>We secured 10 places in the 2025 London Marathon, with some participant fundraising reflected in the 2024–2025 balance.</p>
Investment policy and objectives including any social investment	Para 1.46	Not applicable

policy adopted		
A description of the principal risks facing the charity	Para 1.46	The principal risks facing our charity include uncertainty around fundraising income amid the ongoing cost of living crisis. We also face challenges related to trustee volunteer capacity and sustaining supporter engagement. The trustees actively monitor these risks and have measures in place to ensure the charity continues delivering its objectives. They are also exploring ways to expand fundraising opportunities.

Structure, Governance and Management

Description of charity's trusts: SORP	SORP reference	
Type of governing document	Para 1.25	The charity's governing document is its Constitution, as adopted when the organisation was established as a Charitable Incorporated Organisation (CIO)
How is the charity constituted? (e.g. unincorporated association, CIO)	Para 1.25	The charity is a CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are selected based on their range of skills, experience, and commitment to the charity's objectives. New trustees are appointed in accordance with the Constitution, which allows for election by existing trustees. This ensures the board maintains a diverse and capable team to govern the charity effectively.

Reference and Administrative details

Charity name	Lloyd Cowan Bursary
Other name the charity uses	LCB
Registered charity number	1200146
Charity's principal address	191 Redbridge Lane East ILFORD Essex IG4 5DF

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	Christine Ohuruogu		Trustee served for the full year: 06.4.24 - 05.4.25	<i>The LCB trustees are entitled to appoint new trustees, provided a majority agrees.</i>
2	Abdul Buhari		Trustee served for the full year: 06.4.24 - 05.4.25	As above
3	Melanie Anning		Trustee served for the full year: 06.4.24 - 05.4.25	As above
4	Karen Forbes		Trustee served for the full year: 06.4.24 - 05.4.25	As above
5	Cherry Alexander		Trustee served for the full year: 06.4.24 - 05.4.25	As above
6	Sophie Hahn		Trustee served for none of this year. Appointed 30.10.25	As above

Trustees: names of the trustees at the date the report was approved

Trustee name		
Christine Ohuruogu		
Abdul Buhari		
Melanie Anning		
Karen Forbes		
Cherry Alexander		
Sophie Hahn		

Other optional information

N/A

Declarations

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

Signed on behalf of the charity's trustees

Signature(s):

<i>Abdul Buhari</i>	
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Full name(s):

Abdulazeez Buhari	
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Position:

Trustee	
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Date:

30/01/2026



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Lloyd Cowan Bursary CIO	No (if any) 1200146
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Receipts and payments accounts

For the period from	Period start date 4/6/2024	To	Period end date 4/5/2025
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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 £
A1 Receipts					
Donations including gift aid	4,249	-	-	4,249	5,375
British Athletics Supporters Club Donation		-	-	-	300
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	4,249	-	-	4,249	5,675
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,249	-	-	4,249	5,675
A3 Payments					
Bursaries Awarded	4,393	-	-	4,393	13,600
Athletics For All	375	-	-	375	
Postage		-	-	-	8
Website	101	-	-	101	1,577
IT	214	-	-	214	64
Travel	30	-	-	30	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	5,112	-	-	5,112	15,249
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,112	-	-	5,112	15,249
Net of receipts/(payments)	- 863	-	-	- 863	- 9,574
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	12,937	-	-	12,937	22,511
Cash funds this year end	12,074	-	-	12,074	12,937

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	12,074	-	-
		-	-	-
		-	-	-
	Total cash funds	12,074	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Abdul Buhari	Abdulazeez Buhari	30/01/2026	

LLOYD COWAN BURSARY

England & Wales - Charity number 1200146

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 06/04/23 Period start date To 05/04/24 Period end date

Charity name: Lloyd Cowan Bursary

Charity registration number:1200146

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The Lloyd Cowan Bursary was set up in 2021 following the death of legendary GB athletics coach Lloyd Cowan MBE. Lloyd was known for his success in tirelessly guiding, inspiring, and instilling belief in athletes and coaches to help them achieve their potential.</p> <p>The Lloyd Cowan Bursary continues Lloyd's work to advance athletics. The Bursary awards grants annually to UK licenced coaches and unfunded athletes aged 16-23, for whom youth, disability, or social and economic circumstances are barriers to accessing developmental opportunities in the sport.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts	Para 1.17 and 1.19	<p>Across three rounds of grant-giving in Autumn 2021, 2022, and 2023, we have awarded 270 annual grants to athletes and coaches in support of their athletic goals. In the current accounting period, 109 grants were distributed - 69 to athletes and 40 to coaches. These grants included both financial support and access to kit and equipment, through our partnership with a global sporting brand.</p> <p>We have received valuable feedback through testimonials, social media, and emails, which highlight the positive impact these grants have had on recipients.</p>

		In July 2023, we hosted the inaugural <i>Athletics for All</i> event in collaboration with a leading sports event organiser. Held at the warm-up track of the 2012 London Olympic Stadium, this free event introduced 150 primary school children from East London to the sport of track and field.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit.	Para 1.18	The trustees confirm that they have had due regard to the Charity Commission's guidance on public benefit when exercising their duties.

Additional information

	SORP reference	
Policy on grant making	Para 1.38	Applications are invited from UK based and registered athletes aged 16-23, and licensed coaches for whom cost is a barrier to accessing developmental opportunities. The application should demonstrate clearly the difference that the grant will make to the applicant's development and how it will contribute to their progression towards excellence.
Policy on social investment including program related investment	Para 1.38	The Lloyd Cowan Bursary aims to partner with external, sports-related organisations to expand opportunities for both our grantees and the next generation of athletes. We have established successful partnerships with a global sports brand, a leading marathon events organiser, and an athletic equipment supplier.
Contribution made by volunteers	Para 1.38	The trustees are all volunteers and are also supported by one of Lloyd's former athletes who assists with LCB's social media platforms.

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the	Para 1.20	In three annual rounds of LCB awards from Autumn 2021 to Autumn 2023, we have

<p>charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole</p>		<p>awarded grants to 270 athletes and coaches to support their athletic goals.</p> <p>Recipients have shared feedback through captured testimonials, social media, and emails, highlighting the impact of the grants. Here is some feedback from an athlete who received a grant in the 2023 round:</p> <p>“Receiving a Lloyd Cowan bursary means so much to me as it’s allowed me to order kit that I needed for my winter training to keep me warm whilst training outside. I can save money I would have had to spend on this and put it towards travel and food costs for athletics. I am extremely grateful for the support.”</p> <p>Recipients have reported benefits including increased access to competitive opportunities, travel support, purchasing kit, covering gym fees, and assisting with rehab. One coach wrote the following:</p> <p><i>“Absolutely honoured to receive this Lloyd Cowan bursary. Especially given what Lloyd means to the coaching community and the financial commitments it takes. This support gives me more opportunity's to support our athletes with equipment and travel throughout 2024.”</i></p> <p>The grant has enabled coaches to buy equipment, take courses, and travel to competitions in support of their athletes. The overriding view shared was that receiving a grant had created new opportunities for recipients within the sport.</p>
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Financial Review

	<p>SORP reference</p>	
<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>At the end of this second reporting period, the charity held reserves of approximately £12,937. These reserves are maintained to ensure the charity's financial stability, cover unforeseen expenses, and support our ongoing activities. The trustees consider this level of reserves appropriate to safeguard the charity's operations in the short term.</p>

Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity's reserves policy ensures the sustainability of our bursary programme over the long term. Donations are primarily used to fund grants and bursaries; however, not all funds are spent each year. Holding reserves allows us to provide consistent support to beneficiaries in future years.
Amount of reserves held	Para 1.22	On 5 th April 2024 our reserves totalled approx. ~£12,937.
Reasons for holding zero reserves	Para 1.22	This is not applicable
Details of fund materially in deficit	Para 1.24	This is not applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	This is not applicable

Additional information

	SORP reference	
The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>The charity's main source of funding comes from donations by individual supporters, businesses, and online campaigns. These contributions were primarily one-off gifts, with some regular giving through our initial Total Giving platform, which was replaced by JustGiving in autumn 2023.</p> <p>Over the past year, donations have made up the majority of our income, allowing us to continue supporting young athletes and coaches with grants.</p> <p>We have also partnered with a global sports brand to give bursary recipients direct access to kit and equipment.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable
A description of the principal risks facing the charity	Para 1.46	The principal risks facing our charity include uncertainty around fundraising income amid the ongoing cost of living crisis. We also face challenges related to trustee volunteer capacity and sustaining

		supporter engagement. The trustees actively monitor these risks and have measures in place to ensure the charity continues delivering its objectives. They are also exploring ways to expand fundraising opportunities.
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Structure, Governance and Management

Description of charity's trusts: SORP	SORP reference	
Type of governing document	Para 1.25	The charity's governing document is its Constitution, as adopted when the organisation was established as a Charitable Incorporated Organisation (CIO)
How is the charity constituted? (e.g. unincorporated association, CIO)	Para 1.25	The charity is a CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are selected based on their range of skills, experience, and commitment to the charity's objectives. New trustees are appointed in accordance with the Constitution, which allows for election by existing trustees. This ensures the board maintains a diverse and capable team to govern the charity effectively.

Reference and Administrative details

Charity name	Lloyd Cowan Bursary
Other name the charity uses	LCB
Registered charity number	1200146
Charity's principal address	191 Redbridge Lane East ILFORD Essex IG4 5DF

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	Christine Ohuruogu		Trustee served for the full year: 06.4.23 - 05.4.24	<i>The LCB trustees are entitled to appoint new trustees, provided a majority agrees.</i>

2	Abdul Buhari		Trustee served for the full year: 06.4.23 - 05.4.24	As above
3	Melanie Anning		Trustee served for the full year: 06.4.23 - 05.4.24	As above
4	Karen Forbes		Trustee served for the full year: 06.4.23 - 05.4.24	As above
5	Cherry Alexander		Trustee served for the full year: 06.4.23 - 05.4.24	As above

Trustees: names of the trustees at the date the report was approved

Trustee name		
Christine Ohuruogu		
Abdul Buhari		
Melanie Anning		
Karen Forbes		
Cherry Alexander		

Other optional information

The Lloyd Cowan Bursary (LCB) was launched in 2021 following the unexpected death of Lloyd Cowan MBE from Covid-19 complications. Initially, LCB operated under the umbrella of the Youth Charter (YC) charity, which hosted an LCB page on its website and facilitated donations through a Total Giving platform. Contributions made via Total Giving were processed through Stripe and deposited into Youth Charter's bank account. YC also administered LCB's financial transactions, including grant payments, until LCB established its own bank account. Youth Charter has confirmed that these funds were not held in a separate account.

In September 2023, Youth Charter transferred the remaining reserve funds to LCB's account, and in early 2024, it also transferred the Gift Aid due on donations. Youth Charter has also deducted a total of £1,000 in administrative costs—£140 for pre-charity period 2021-2022 and £860 for 2022–24.

In 2023, we invested in a dedicated website to support the charity's work. An initial payment of £1,276.50 was made to the designer in March 2023 via Youth Charter, as noted in the 2022–2023 accounts.

In November 2023, the remaining £1,576.50 was paid from LCB's bank account. Additional costs for setup, hosting, backup, and administration—including Mailchimp and Athletics for All expenses—were incurred throughout 2023–2024. In total, including the second website payment, these amounted to £3,212.

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s):

Abdul Buhari	
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Full name(s):

Abdualzeez Buhari	
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Position:

Trustee	
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Date:

02/02/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Lloyd Cowan Bursary CIO	No (if any) 1200146
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Receipts and payments accounts

For the period from	Period start date 06/04/2023	To	Period end date 05/04/2024
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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 £
A1 Receipts					
Justgiving Donations	978	-	-	978	-
British Athletics Donation	300	-	-	300	-
Gift Aid	4,397	-	-	4,397	-
Prior year donations	-	-	-	-	51,937
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	5,675	-	-	5,675	51,937
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,675	-	-	5,675	51,937
A3 Payments					
Bursaries Awarded	13,600	-	-	13,600	28,150
Postage	8	-	-	8	-
Website	1,577	-	-	1,577	-
IT	64	-	-	64	-
Other prior year expenditure	-	-	-	-	1,276
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	15,249	-	-	15,249	29,426
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	15,249	-	-	15,249	29,426
Net of receipts/(payments)	- 9,574	-	-	- 9,574	22,511
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	22,511	-	-	22,511	-
Cash funds this year end	12,937	-	-	12,937	22,511

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	12,937	-	-
		-	-	-
		-	-	-
	Total cash funds	12,937	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	<i>Abdul Buhari</i>	Abdulazeez Buhari	30/01/2025	

LLOYD COWAN BURSARY

England & Wales - Charity number 1200146

Accounts

Trustees' annual report for the period



CHARITY COMMISSION
FOR ENGLAND AND WALES

Period start date Period end date

Charity name Charity No (if any)

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The Lloyd Cowan Bursary was set up in 2021 following the death of legendary GB athletics coach Lloyd Cowan MBE. Lloyd was known for his success in tirelessly guiding, inspiring, and instilling belief in athletes and coaches to help them achieve their potential.</p> <p>The Lloyd Cowan Bursary continues Lloyd's work to advance athletics. The Bursary awards grants annually to UK licenced coaches and unfunded athletes aged 16-23, for whom youth, disability, or social and economic circumstances are barriers to accessing developmental opportunities in the sport.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts	Para 1.17 and 1.19	<p>Across two rounds of grant giving in Autumn 2021 and 2022, we awarded 160 annual grants to athletes and coaches to support their athletic goals. Through testimonials, social media, and emails, we received feedback on the impact LCB grants have had on recipients.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit.	Para 1.18	<p>The trustees confirm that they have had due regard to the Charity Commission's guidance on public benefit when exercising their duties.</p>

Additional information

	SORP reference	
Policy on grant making	Para 1.38	Applications are invited from UK based athletes aged 16-23 and licensed coaches for whom cost is a barrier to accessing developmental opportunities. The application should demonstrate clearly the difference that the grant will make to the applicant's development and how it will contribute to their progression towards excellence.
Policy on social investment including program related investment	Para 1.38	The Lloyd Cowan Bursary aims to partner with external, sports-related organisations to expand opportunities for both our grantees and the next generation of athletes. We have established successful partnerships with a global sports brand, a leading marathon provider, and an athletic equipment supplier.
Contribution made by volunteers	Para 1.38	The trustees are all volunteers and are also supported by one of Lloyd's former athletes who assists with LCB's social media platforms.

Achievements and Performance

	SORP reference	

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole</p>	<p>Para 1.20</p>	<p>Between Autumn 2021 and Autumn 2022, we awarded annual grants to 117 athletes and 43 coaches to support their athletic goals. Recipients shared feedback through testimonials, social media, and emails, highlighting the impact of the grants. They reported benefits such as access to competitive opportunities, travel support, purchasing kit, covering gym fees, and assisting with rehab. One coach shared that, after 20 years, this was the first time their contribution had felt recognised. The grant also enabled others to buy equipment, take courses, and travel to competitions in support of their athletes. The overriding sentiment was that receiving a grant had created new opportunities within the sport.</p>
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Financial Review

	SORP reference	
<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>At the end of this first reporting period, the charity held reserves of approximately £22,511. These reserves are maintained to ensure the charity's financial stability, cover unforeseen expenses, and support our ongoing activities. The trustees consider this level of reserves appropriate to safeguard the charity's operations in the short term.</p>
<p>Statement explaining the policy for holding reserves stating why they are held</p>	<p>Para 1.22</p>	<p>The charity's reserves policy ensures the sustainability of our bursary programme over the long term. Donations are primarily used to fund grants and bursaries; however, not all funds are spent each year. Holding reserves allows us to provide consistent support to beneficiaries in future years.</p>
<p>Amount of reserves held</p>	<p>Para 1.22</p>	<p>On 5th April 2023 our reserves totalled ~£22,511</p>
<p>Reasons for holding zero reserves</p>	<p>Para 1.22</p>	<p>This is not applicable</p>
<p>Details of fund materially in deficit</p>	<p>Para 1.24</p>	<p>This is not applicable</p>

Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	This is not applicable
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Additional information

	SORP reference	
The charity's principal sources of funds (including any fundraising)	Para 1.47	The charity's principal source of funds comes from donations made by individual supporters, businesses and online campaigns. These donations were raised mainly through one-off contributions and some regular giving to our initial Total Giving donation platform, and fundraising events such as <i>Art of the Athlete</i> in May 2022. In the past year, donations have accounted for the majority of our income, enabling us to support young athletes and coaches with grants.
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable
A description of the principal risks facing the charity	Para 1.46	The principal risks facing our charity include uncertainties around fundraising income, during an ongoing cost of living crisis. Additionally, we face risks related to trustee volunteer capacity and the ability to maintain engagement with supporters. The trustees monitor these risks and have measures in place to ensure the charity can continue delivering its objectives.

Structure, Governance and Management

Description of charity's trusts: SORP	SORP reference	
Type of governing document	Para 1.25	The charity's governing document is its Constitution, as adopted when the organisation was established as a Charitable Incorporated Organisation (CIO)

How is the charity constituted? (e.g. unincorporated association, CIO)	Para 1.25	The charity is a CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are selected based on their range of skills, experience, and commitment to the charity's objectives. New trustees are appointed in accordance with the Constitution, which allows for election by existing trustees. This ensures the board maintains a diverse and capable team to govern the charity effectively.

Reference and Administrative details

Charity name	Lloyd Cowan Bursary
Other name the charity uses	LCB
Registered charity number	1200146
Charity's principal address	191 Redbridge Lane East ILFORD Essex IG4 5DF

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	Christine Ohuruogu		Trustee served for the full year: 23.8.22 - 05.4.23	<i>The LCB trustees are entitled to appoint new trustees, provided a majority agrees.</i>
2	Abdul Buhari		Trustee served for the full year: 23.8.22 - 05.4.23	As above
3				

4	Melanie Anning		Trustee served for the full year: 23.8.22 - 05.4.23	As above
	Frank Attoh		Trustee served for the full year: 23.8.22 - 05.4.23	As above
5	Karen Forbes		Trustee served from 24.2.23 – 05.4.23	As above
6	Cherry Alexander		Trustee served from 24.2.23 – 05.4.23	As above

Trustees: names of the trustees at the date the report was approved

Trustee name		
Christine Ohuruogu		
Abdul Buhari		
Melanie Anning		
Karen Forbes		
Cherry Alexander		

Other optional information

The Lloyd Cowan Bursary (LCB) was launched in 2021 following the unexpected death of Lloyd Cowan from Covid-19 complications. It was established under the umbrella of the Youth Charter charity (YC), which hosted an LCB page on its website and set up a Total Giving donation platform to manage contributions. Donations to Total Giving were paid (via Stripe) into Youth Charter's bank account, with YC then processing LCB's financial transactions (including all grant payments) until we were able to open our own account. Youth Charter has confirmed that our funds were not held separately from their own. In September 2023, Youth Charter transferred the reserve funds to our LCB account.

In March 2023, we incurred the capital expense of the design to set up of a website to support the charity's work. During the reporting period, an initial payment of £1,276.50 was transferred to the designer through Youth Charter.

Declarations

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

Signed on behalf of the charity's trustees

Signature(s):

<i>Abdul Buhari</i>	
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Full name(s):

Abdulazeez Buhari	
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Position:

Trustee	
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20/12/204

Date: