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# COMMITTEE ANNUAL REPORTS

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NOVEMBER 2020

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## President's Report

### Major disruption to competition, training, and operation/funding of Ladywell Arena

**2020 has been a challenging year.** Covid has disrupted all our lives: employment, family life and physical and mental health have been severely impacted in many ways. Normal training and competition ground to a halt. The future of Ladywell Arena is in the balance. But it has also been a year where Kent AC **members demonstrated enormous resourcefulness and spirit.**

**Virtual Time Trials** were very popular early on with many KAC participants, and strong national results. However, it was the **KAC Virtual Series (Marathon, Comrades, UTMB)** which really fired up enthusiasm. They were an amazing success thanks to Ben Cook and Barny Day and their many collaborators for organising them. Making them into team events with seeding really helped to mix things up and promote cross-group friendships. 128 people ran in the Comrades!

Members were inspired by BLM to take action, and I am pleased to say that we have set up **the Equality, Inclusivity and Diversity Working Group**. There are several threads being worked on. Track and Field has been identified as an area where we need to encourage participation, from youths onwards, and improve unity as a club.

Many members **volunteered** and I thank you all. The Member Help Member scheme was very well supported, and many members helped out with hot food deliveries for vulnerable people as part of the local Jericho Road Project. It is heartening to think that we have lots of people ready to lend a hand.

**Club Championships** were a welcome return to actual races, and a chance to get an official time on Power of 10 – again thanks to everyone who helped organise all 3 nights. A huge amount of effort by many people to put them on, but well appreciated by all racers. A shame not to be at Ladywell but taking over Sutcliffe Park with a sea of blue vests made them all feel like a true KAC night.

**“Secret” XC** has also been a big success – short course XC (even shorter than Parkrun) in Beckenham Place Park is hard work, but great fun and good for spectators (government rules permitting).

**Committee Members** have worked very hard this year – navigating the changing rules has been a challenge. Despite the lack of racing and training the workload has been massively higher than usual. It is clear that with strict adherence to EA guidelines required that we are stretched in terms of coaching and organisational capacity. I thank all committee and co-opted members who gave their time. Many thanks to Ted and the coaches for the track reopening plan, and to Neil and Susie for their welfare and Covid coordinator roles.

Dan and Amelia started the **KENTversation** podcast of their own initiative. I have found it fascinating to hear about other club members, thanks to them and all the interviewees. **Club communication** has been massively improved with the introduction of the comms team. Amelia, Dan, Georgina and Jamie have done a fantastic job of providing a weekly bulletin – I love the format.

The big challenge for us all going forward is the track at **Ladywell Arena**. Lewisham Leisure Services have terminated Fusion and brought in GLL (aka Better) and they are looking to offload the Arena via a **Community Asset Transfer**. Lewisham have not yet issued any documents related to it, so we cannot say what it would look like, or if we support it, but it will clearly impact us massively. In the meantime, the club membership as a whole has to **fund access to the Arena** – more detail in Dave Morgan's report.

I hope that lockdown is over again soon, and we get back to the Arena – volunteers and coaches are on standby. And hopefully general life becomes less restrictive allowing some competition to resume too.

Best Wishes, Stay Safe and Thank You,

**Alan Curtis**

## **Club Secretary Report**

I'm pleased to report that the Club 250 for the first time achieved 100% allocation of all 59 numbers to members and their families. Thank you to those that participated and raised £1,116.00 a significant amount in a year when the club has been unable to host the Ladywell 10000 and benefit from this and other fundraising activities.

Pre-Covid, the range and number of activities club teams participated in was expanding, and the club was increasingly being called upon to provide volunteer support in order for events to take place. Therefore, to facilitate a Kent AC response we introduced the role of Volunteer Coordinator. A shared role (Megan Williams & Simon Allen).

The first initiative introduced was last November on Tuesday club evenings. The role of 'welcome' coordinator to help new and prospective members with advice and information about the club. 9 members volunteered for the roster. Whilst the role was temporarily put-on ice now the track has reopened their immediate role is to work with the committee to manage gate access on club training nights. Heather Castle has succeeded Megan.

In the days immediately following the initial pandemic lockdown in March and with hospital admissions rising we assembled a 'member help member' volunteer support group. 31 members came forward to help other Kent AC members who may have been impacted by the Coronavirus. Thanks to everyone that participated and to Georgina for organising.

The committee has successfully adapted to Zoom monthly meetings, however going forward I think a combination of online and offline meetings will become the norm. Some miss the Blythe Tavern....

We receive a new member enquiry almost every day. It's not a surprise given that Strava has seen a 61% jump in running activity year on year in London. The majority are from adult roadrunners. Encouragingly, more women and parents of juniors than hitherto are also making enquiries.

New members receive their club vest by post. At the same time, we now add new members to the appropriate What's app and Google groups to ensure they know what's happening from day 1.

The closure until recently of the Ladywell Arena has created behind the scenes a new and demanding club role. Liaising with Lewisham Leisure Services and GLL (new operator) has been demanding. I'm pleased to report that Dave Morgan has kindly taken on the role allowing me to step back.

Since July I have been facilitating the working party's efforts on diversity, inclusion and equality. 11 members are involved in what is probably one of the club's biggest initiatives that hopefully will have long-lasting benefits for Kent AC, its members and the local community. Many thanks to those involved.

Much of my role is generating material that ultimately is added to the club website. We are very lucky to have a site that is regularly updated. This effort is led by Jules Gevers one of the many club volunteers that we depend on.

I'm stepping down from this role to focus on the work of the diversity, inclusion and equality group. I've enjoyed my year as Club Secretary and would like to thank committee members and past presidents for their support.

Finally, please welcome your new club secretary Dan Ansell who I'm confident will bring a renewed vigour to the role.

**John Barron**

**KENT ATHLETIC CLUB  
TREASURER'S REPORT  
ACCOUNTS YEAR ENDED 30<sup>TH</sup> SEPTEMBER 2020**

This year the Club incurred a deficit of £657.50 (last year a surplus of £4,179).

In an unprecedented year for us all, we had many members not renewing their memberships resulting in reducing the income from subscriptions by £2,248. We also missed the opportunity to host the Ladywell 10k fundraising event which raised £2577 in 2019.

The accumulated surplus to date is now £20789

We also have three funds:

- Athletes' Development Fund £1,150
- Welfare fund £216
- Youth Fund £5022

Total cash held at the end of the year was £25,234 (last year £31,359).

Amounts falling due was £1053 (last year £5,570).

Total revenue was £9,598 (last year £14,501).

The revenue generating sources:

- Subscriptions ££7,906 (down £2,248)
- Club draw £1,116 (up £183)
- Donations £211
- Easyfundraising £228
- Profit from Kit Sales £136

Total expenditure for the year was £10,255 (last year £10,322).

This year the committee decided to put funds towards the club presentation night £1,352 and the club Christmas party £1,540.

We also purchased a branded gazebo this year for £1,099 to take to events.

Other expenditure includes Affiliation fees £661, Race entries £2,223 and travel £1,776.

Most of the travel was spent on subsidising the trip to the National Cross Country (£1136)

Some affiliation fees were canceled this year due to cancelled events.

We also gave a donation of £350 to the NHS in April in lieu of race entry costs which we ran virtually.

TREASURER

DAVID DEVLIN

**KENT ATHLETIC CLUB****Income and expenditure account****Year ended 30th September 2020**

		£	£	£	£
	<i>Note</i>	2020	2020	2019	2019
<b>Income</b>					
Subscriptions received		7,906.00		10,154.00	
Club Draw		1,116.00		933.00	
Ladywell 10k		-		2,576.95	2,576.95
Donations Received		211.00		430.09	
Easyfunraising		228.79		-	
Sale of Kit		136.29		407.40	
			9,598.08		14,501.44
<b>Expenses</b>					
Athletics Affiliation fees	1	661.00		1,123.00	
Other Subscriptions	2	195.00			
Race entries	3	2,223.10		2,331.00	
Travelling	4	1,776.85		3,528.16	
Race promotion		80.06		25.00	
Training courses		705.00		808.00	
Postage		27.64		37.16	
Engraving/Trophy		542.50		103.81	
Bank charges (Paypal)		369.35		502.36	
Presentation night costs		1,352.75		57.49	
Christmas party costs		1,540.45			
Sundry expenses		321.98		457.45	
Depreciation of Gazebo	5	109.90			
Donations Given		350.00			
			10,255.58		10,322.43
<b>(Deficit)/Surplus for the year</b>					
			<b>(657.50)</b>		<b>4,179.01</b>

**KENT ATHLETIC CLUB**  
**BALANCE SHEET**  
**As at 30th September 2020**

	£ 2020	£ 2020	£ 2019	£ 2019
<b>Fixed Assets</b>				
Gazebo	1,099.00			
Accumulated Depreciation	<u>109.90</u>			
Net Book Value		989.10		
<b>Current assets</b>				
HSBC	23,892.06		30,903.76	
Paypal account	1,342.59		455.88	
30 Day a/c balance	0.10		0.10	
Stock	2,008.05		1,126.70	
		27,242.80		32,486.44
<b>less Current Liabilities</b>				
Creditors	1,053.63		5,570.07	
		<u>1,053.63</u>		<u>5,570.07</u>
		<u>27,178.27</u>		<u>26,916.37</u>
Represented by:				
<b>Accumulated Fund</b>				
Retained Profit & Undistributed Reserves		21,447.62		17,093.71
Less deficit for the year		(657.70)		4,179.01
Athletes' Development Fund		1,150.00		1,150.00
Welfare Fund		216.00		231.00
Youth Fund (Just Giving)		5,022.35		4,262.65
		<u>27,178.27</u>		<u>26,916.37</u>

## Notes to accounts:

Note 1:

### Affiliation fees:

Surrey County Athletics Association	£	40.00
Kent County athletics Association	£	50.00
Association of Running Clubs	£	364.00
Southern Athletics League	£	50.00
South of Thames	£	7.00
England Athletics Club Affiliation	£	150.00
		<u>661.00</u>

Note 2:

### Other Subscriptions fees:

Membermojo		75.00
Quickfile		72.00
Flickr		48.00
		<u>195.00</u>

Note 3:

### Race Entries:

National Cross Country	£	674.80
Kent County Cross Country	£	310.00
Southern XC	£	302.00
Southern Relays	£	272.00
SEAA Cross country	£	252.50
South of The Thames	£	212.00
Vets Cross Country	£	135.00
National road relays	£	36.00
SEAA 12 Stage - Mostly Refunded	£	28.80
		<u>2,223.10</u>

Note 4:

### Travelling:

National Cross Country	£	1,136.60
Surrey Coss Country League	£	253.25
National 6 Stage Relay	£	387.00
		<u>1,776.85</u>

Note 5:

### Depreciation of Gazebo

The Gazebo's value has been given 5 years. Due to limited use in it's first year it has only been depreciated it has only been depreciated by 10% but subsequent years it will be 20%

		Value
04-Feb-20 Purchase	£ 1,099.00	
30-Sep-20 Depreciation	-£ 109.90	£ 989.10
30-Sep-21 Depreciation	-£ 219.80	£ 769.30
30-Sep-22 Depreciation	-£ 219.80	£ 549.50
30-Sep-23 Depreciation	-£ 219.80	£ 329.70
30-Sep-24 Depreciation	-£ 219.80	£ 109.90
30-Sep-25 Depreciation	-£ 109.90	£ -



## Membership Secretary Report

### Current membership

Kent AC club active memberships currently stands at 464. The main membership categories (Senior Men, Senior Women and Under 17/Students) continue to steadily rise year on year. What effect Covid-19 will have on these figures next year remains to be seen. If largely non-competitive categories (Coaches, Honorary, Social, Long Term Injured) are removed from the total then the number of potentially competitive members is around 400. A breakdown by membership type is given below.

Membership Type	2016	2017	2018	2019	2020
Senior Men	138	167	179	192	219
Senior Women	58	77	76	82	98
U/17/Students	51	46	47	55	55
Life	13	13	14	14	11
Distant	8	12	13	11	12
Honorary	10	9	11	11	15
Social	28	35	36	36	35
Others*	11	12	13	21	19
<b>Total</b>	<b>317</b>	<b>371</b>	<b>389</b>	<b>422</b>	<b>464</b>

\* Active coaches, retired, long term injured.

### Members joining by year

Appendix I contains a chart showing the number of new members joining by month over the last 20 years. Key events that have had an effect on this activity have been documented.

### Removals by year

Members are removed for a variety of reasons including resignation, moving away from the area and joining other clubs. However, the vast majority of removals are due to non-payment of subs despite the member being notified several times. Normally subscriptions are due on the 1<sup>st</sup> April every year and if a member does not renew by 1<sup>st</sup> October then they are automatically removed from the membership system. However due to the coronavirus pandemic the committee decided to temporarily pause requests for payment from the membership. At the present time 128 members have yet to pay their 2019/20 subs. Various factors may contribute to this figure from economic hardship caused by the pandemic and the lack of coaching, training and competition. The committee will need to discuss how this issue is resolved by the end of the year

Year	No.
2019	61
2018	80
2017	61
2016	109
2015	57
2014	42
2013	46
2012	31
2011	44
2010	29

### **Income from subscriptions**

Current subscription rates are £35.00 for senior men and women. Other members (e.g students, those under 17 and those living more than 50 miles from the track) pay a reduced rate of £25.00. Life members make a one-off payment of ten times the senior men's rate. The increase in income evident from 2017 to 2019 can be explained by the corresponding increase in membership numbers. Our membership software previously lumped together all payments, but these can now be split and reported separately as shown below. The difference in income between 2019 and 2020 is largely due to the 128 unpaid memberships noted above.

Year	Description	Amount (£)
2020	Renewals (211 members)	7131
2020	New members (56 members) *	1885
2020	Total income	9016
2019	Income	14920
2018	Income	14139
2017	Income	13021
2016	Income	8755
2015	Income	7820
2014	Income	6490
2013	Income	4680
2012	Income	4310
2011	Income	4300

\* New membership includes a club vest. The cost to the club is about £15.00 per vest.

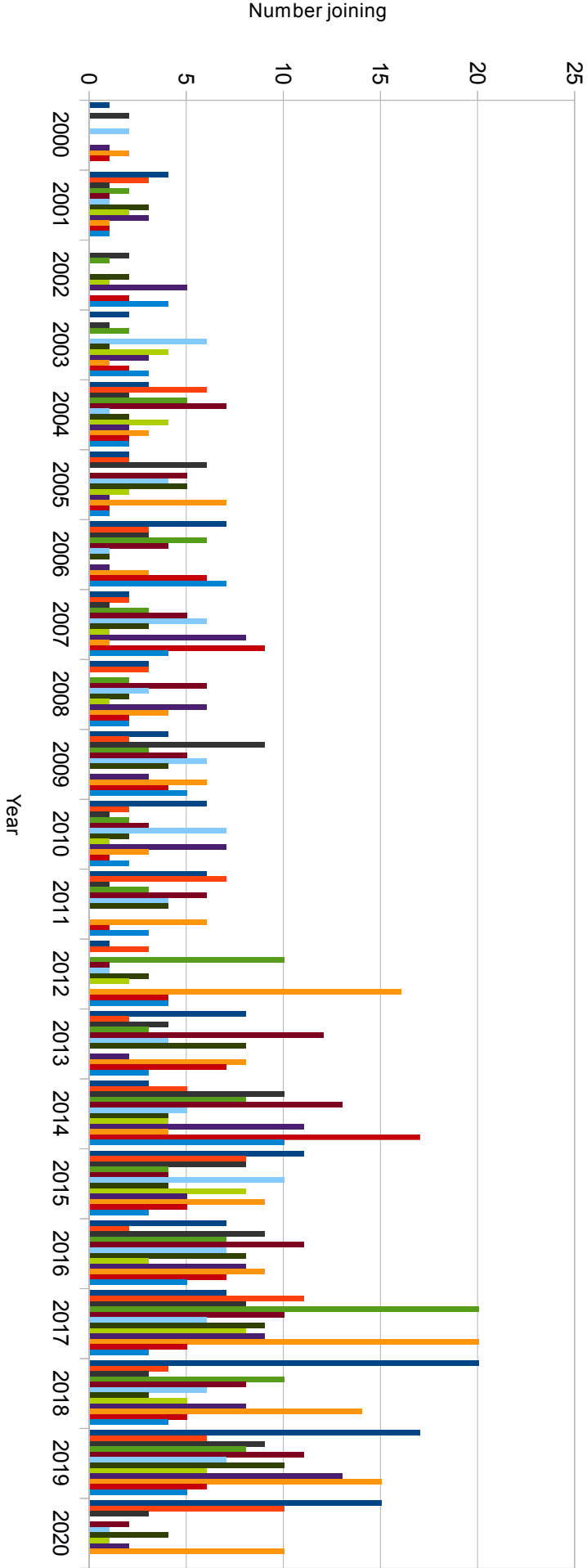
### **England Athletics affiliation**

Affiliation to EA is now a pre-requisite for many road races and major championship events. Many clubs include the affiliation fee as part of annual subscriptions. However, Kent AC gives the athlete the choice of opting in or out when they join or renew. Affiliation fees are currently £15.00 having been briefly raised to £16.00 and then lowered again to £15.00 as the pandemic took hold.

### **Bernie Hutchinson**

Appendix I

Kent AC new members analysis 2000 - 2020



Significant Events

- 2012 London Olympics
- 2014 Online membership available via club website
- 2017 Membership available on mobile phones following website revamp and move to online membership system
- 2020 Covid-19 outbreak

## Coaching Secretary Report

For what may have been expected to be a less active year for coaching and training, 2020 has proved to be quite the opposite for our coaches at Kent AC.

The Pandemic threatened to close our coaching channels but what could have been a gloomy year in coaching has been turned on its head by our innovative coaches. Instead of sitting at home waiting for lockdown to finish, many of our coaches worked hard to provide a range of virtual and online Zoom training sessions and this has continued during both lockdown periods. Out of lockdown and with strict EA and Government restrictions in place our coaches were at the forefront in getting athletes back into structured on road training as we waited for the reopening of Ladywell Arena. Now reopened, the Arena provides a fun and safe environment for our juniors and a place for our coaches to plan, organise and deliver a range of Athletic disciplines, developing skills and techniques within a well-structured Covid-19 secure environment.

I would like to thank all the coaches and the Covid-19 Coordinating Team for their input in producing the 'Covid Secure Environment Strategic Plan'. The plan was put together in the early stages of the Pandemic and provides the basis for our safe return to the Arena.

I am pleased to report that our coaching team has expanded since last year and I would like to welcome the following coaches to our Kent AC Family:

- Ellie Brown - Ellie will be working alongside Pete Boxshall in the Advanced Women's Group. Ellie will also host an injury support group and a prenatal and postnatal support group.
- Juno Field – Sprints/Jumps/middle distance
- Hassan Davis – Sprints/Middle Distance
- Chris Greenwood - TBC
- Siggy Robson – Assisting the Junior Girls Group
- Kate Williams - TBC

### Kent AC Training Groups:

#### Training Groups Overview:

Middle- and long-distance running seniors (29 min to 32 min 10km runners and 800/1500m runners of similar ability)

Long distance senior (33min – 40min 10K Runners)

Tuesday's: Long Distance (Seniors) Women's Group and 40+ mins 10K men

1500m and distance runners – advanced women  
Sub 20 5K & or sub 40 10K

Sprints/Hurdles/Jumps

Running: Tuesday Girls Group for school years 7-11

Running Boys Group for school years 7-11: Tuesday & Thursday sessions

Sprints/Hurdles/Jumps

Sprints/Hurdles

#### Coaches

Ken Pike

Stuart Beaney/Ben Cook/Barney

Adrian Musson

Pete Boxshall/Elle Brown

Joe Appiah

Ted Aston/Sarah Young/Ziggy Robson

Spenser Lane

Juno Field

Hassan Davis

England Athletics are offering online courses leading to Coaching qualifications. Anyone interested is welcome to discuss how the club can support you. Please contact Ted Aston, Coaching Secretary [coachingsec@kentac.org.uk](mailto:coachingsec@kentac.org.uk)

**Ted Aston**

## **Communications Secretary Report**

Since taking on the role earlier this year, I am very pleased with the two new additions to communications the team has made: the weekly newsletter and the KENTversation podcast.

Creating a communications team of myself, Dan, Georgina & Jamie has been fundamental to the success of these new additions and enabled us to distribute responsibilities.

The newsletter has been running since the start of August and goes out to all 400+ members. Approximately 250 people open the newsletter each week with 5-10% clicking on the links. Thanks to Jules, each release is published directly onto the club website. The main purpose of the weekly newsletter, to enable all members to be up to date with the key news each week through a consistent and concise communication channel. The newsletter appears to be serving this purpose well with some great feedback from members and it has further capacity to help encourage participation in races and share successful results.

The KENTversation podcast was released to help runners feel better connected during lockdown. Again, this has been well received by our club members and I have enjoyed interviewing members from across the club, finding out about their backgrounds and aspirations. I have since realised that the podcast does a lot more than just keep runners connected, helping improve collaboration across the different groups as well as reveal the diversity and hidden talents that many of our members have. I'm sure there are many interesting stories, careers and backgrounds the majority of the club would have never known about, and a lot more still to discover. We have now released an impressive 27 episodes with over 2000 downloads.

Next year:

The newsletter is planned to continue; however, we look to make some improvements to make sure that all parts of the club are fairly represented by including more updates on our track & field events in the club. For this, I am looking for a representative from the T&F section to send fixtures and results to us when they have them.

We also have a new member in the team, Ronnie Hayden.

I am aware that for some members, the newsletter goes to their junk. We have some ideas to try and help prevent this that I will work on, with the goal of achieving an open rate of 75%.

The podcast begun weekly however is now operating on a more ad-hoc basis. We plan to continue this going forward and post more regularly on our KENTversation Instagram to keep listeners up to date when there are new releases.

We always welcome feedback as to how our communications team can improve. Thank you to the committee for the support, the comms team of Dan, Georgina and Jamie for their hard work, and our members for their helpful feedback, performances and stories which fill out the newsletter and podcasts each week.

**Amelia Pettitt**

## **Men's Cross Country**

In a time before the word 'lockdown' laced our lips, we managed to have a strong cross-country season full of silverware and promise.

In summary, the men's team achieved complete domination in the primary target of the season, which was to regain our Surrey League title that was surrendered to Hercules Wimbledon the previous season. A more thorough statistical analysis of our season was sent out earlier in the year, but in short, we managed to win all four league fixtures (believed to be a league first) with each performance becoming more impressive. This wouldn't have been possible without consistent key performers, but it was also amazing to see the numbers we turned out and we even achieved the 'perfect' B-team score in the first fixture at Effingham (i.e., no other team managed to place a B-team finisher before we had completed our ten). Our cumulative league score was 722 points against Hercules' 1095, but there were also some highly credible individual performances worth mentioning. Our Surrey League captain, John Gilbert, won the men's individual category, just a single point ahead of Jim Allchin. Neil Phillips, who continued to improve through the season won the V40 category, whilst there is also talent coming through with Isaac Maxwell notching up a win in the U20 category.

There were great team performances in the South of Thames races to compliment the Surrey League domination, with wins in both the Junior at Mitcham and the Senior at Croydon. Owen Hind managed 3<sup>rd</sup> place finishes in both races, with the Junior being particularly pleasing as Kent managed eight in the top fifteen to take both 1<sup>st</sup> and 2<sup>nd</sup> in the 4-to-score team category.

In the biggest championship races, Kent's performances were arguably not as strong, but respectable nonetheless, placing 8<sup>th</sup> in the Southern at Parliament Hill and 10<sup>th</sup> and 11<sup>th</sup> in the 6- & 9- to score at the National in Nottingham respectively. Jim Allchin managed a great 17<sup>th</sup> place finish in the Southern with John Gilbert the highest scoring in the National in 15<sup>th</sup> place.

However, it would have been difficult to ask for anything more from the cross-country season in 2019-20 and I felt it set us up really well for what would have been the Spring Road Relay and Marathon season. The National 12-stage, in particular, was a real club target and with lockdown intervening in the week before the Southern, it's a real shame not to have seen what could have been. Regardless, my hope is still that we get to race on the country in some form, but with races dependent on council permission for many courses the likelihood of having the big races is slim. As it stands, there remains the first Surrey League of the season on 5<sup>th</sup> December at Denbies, but that all hinges on whether we leave lockdown as planned...

**Dan Pettitt & John Gilbert**

## Senior Men's Road Report

Although the 2020 Road Racing Report may be expected to be light on achievements, it is still bulkier and fuller of achievement than one might expect. Looking at the year chronologically, one of the first major championships which Kent took part in was the Big Half in London which incorporated both the Kent AC Club Championship and the EA Championships. This race saw a huge number of pbs from club members, with sub 70 minutes required to take a medal in the Kent AC Club Championships which was incorporated into this race with the medallists all running pbs to boot. Owen Hind took club gold in 66:50, followed by Anthony Johnson in 68:04 and then a very welcome return to form by Joe Hartley in 69:56 for his first ever sub 70 clocking. Attention would normally have turned to the Southern and National 12 stages with the club looking to medal in both, however the relays fell to the COVID pandemic. Kent were set to field an exceptionally strong team which on paper included both Alex Yee, Paul Pollock, Owen Hind and John Gilbert, which and along with the rest of the club's strongest runners this perhaps represented the club's best chance of getting on the rostrum at the National following top 6 showings in the previous 2 years. Sadly, we will never know what this team would have done – hopefully 2021 will provide another opportunity.

Beyond the Big Half, racing largely took on the virtual format with a few socially distanced races taking place towards the end of the year. A huge thanks must be given to the double act of Ben Cook and Barny Day who set up a number of club virtual challenge, including the Kent AC Comrades Challenge and the Ultimate Tour of Mount Blanc, which saw teams compiled from many separate training groups leading to new “virtual” friendships being formed within the club as runners time-trialled largely on local roads to set times to contribute to their teams. The virtual format was also rolled-out nationally with races ranging in distance from 800m to the Marathon. One of the tougher virtual races was the virtual “London Marathon” which saw runners largely having to head out on their own in far from ideal conditions to solo the 26.2 miles. Kent AC newcomer David Mohring was first home in this with 2:38 and 37<sup>th</sup> place overall followed by Tom Thain (2:48), Neil Phillips (2:56) with Tim Copley also just dipping under the 3-hour barrier.

Outside of the races described above there were some outstanding individual performances, a selection of these is detailed below in races which took place both pre- and post-lockdown. Top of the tree is Alex Yee's 13:26 5k at the Podium 5K race which took place in August. Not only is this a club record, but it was also inside the UK 5k Road Best, however such was the quality of the race that Alex was only 2<sup>nd</sup> on the night behind Marc Scott in 13:20. The other outstanding performance of note on the road came from Owen Hind. Owen finished 3<sup>rd</sup> and ran 10K pb with 29:11 in a top-quality field at the Chichester 10k in January, defeating some big names in the process and narrowly missing the club record held by Paul Pollock. Kent also sent a contingent to the Armagh 5k in February with Owen Hind running 14:02 for a road PB and at the time a club record. In the same race Ben Harding also just dipped under 15 minutes for the first time with 14:59. A couple of other races are worth mentioning where Kent fielded strong teams: Firstly, the Trafford10K which took place in March saw the Kent AC Trio of John Gilbert (31:22), Chris Greenwood (31:37, 1st V45) and Russ Bentley (31:45) all finish in the top 30 in a high-quality race run in poor conditions. Secondly, the Folkestone Half in September where again poor conditions were encountered, but saw Kent AC dominate placing 10 runners in the top 20 and Anthony Johnson taking victory with an impressive solo 68:24.

It is difficult to predict how 2021 will unfold for the club, road relays perhaps represent the best possibility of a return to normality. One recent event set up by Ben Noad which saw clubs from the Surrey and Met Leagues compete against each other at Wimbledon in October saw groups of runners setting off at regular short intervals. Kent AC as a club came 3<sup>rd</sup> overall and many of the team said it was the closest thing to normal racing since the pandemic took hold. The club hope that this event will be repeated in the future.

James Bowler – Kent AC Road Running Captain

## **Women's Cross Country**

The 2019/2020 XC season entered 2020 with the Kent county champs, in which we had the largest number of entries in recent memory. The team ran strongly, with Katie Rowland finishing in 6<sup>th</sup>, Sarah Hanley in 9<sup>th</sup> and Eliza Grant in 20<sup>th</sup> to come 2<sup>nd</sup> in the 3 to score team. In the 6 to score team, the team was completed with Ali Farrell was 26<sup>th</sup>, Jen Berg was 28<sup>th</sup> and Danielle Spencer came 31<sup>st</sup> to come 2<sup>nd</sup> in the 6 to score team.

Following the strong effort for the Kent champs, another solid team turned out for the Southern XC at Parliament Hill. The race lived up to all expectations, with the weather treating us to a cold, muddy course, testing even the hardest of cross-country fanatics. The team came 16<sup>th</sup> overall, with Sarah Hanley 42<sup>nd</sup>, Alexa Parker 96<sup>th</sup>, Teresa Murphy 146<sup>th</sup> and Megan Williams 192<sup>nd</sup> all turning out gutsy performances in difficult conditions.

The National Cross country lived up to the legend of being a weekend of fun and tough running. Wollaton Park was the wettest it has been for a number of years, complete with river crossing and log jumps. The team had their strongest placing, finishing 16<sup>th</sup> overall, with only 82 places between our first and fourth scorer, showing our strength and depth.

The Surrey League had 2 fixtures in 2020: in Wimbledon Common on Jan 11<sup>th</sup> and Richmond Park on February 8<sup>th</sup>. The team finished 4<sup>th</sup> overall with 497 points, with only 167 points separating the top 4 teams, only 52 points behind 3<sup>rd</sup>. There were many stand out performances over the season, with Amelia Pettitt winning the first fixture in Priory Park, Reigate and Katie Rowland finishing 10<sup>th</sup>. In the second fixture of the league at Mitcham Common, Jen Berg had a strong debut, finishing in 29<sup>th</sup>.

There were too many strong performances at all the races to detail each one specifically and our team standing is based on the strength and depth we have from across the women's side of the club. We have a particularly strong women's vet's team and eagerly await the Surrey league to decide if they will host separate age group team competitions. We even managed 17 competitors in the 4<sup>th</sup> Surrey League fixture, with strong showings across all the age groups up to V60, a notable mention should go to Suzanna Davies who finished the race whilst pregnant!

Our good friend Corona put paid to the start of the 2020/21 XC season, cancelling not only the first two Surrey League races, but also the cross-country relays.

We will eagerly await what 2021 brings in terms of the virus, vaccines and races. Thank you to everyone who raced, helped with the organising of races and supported the teams, especially Pete Boxshall who supported every fixture and Ellie Brown for her support with coaching.

**Sarah Hanley**



## **Women's Road Running**

Big Half 2020 - 44 women ran for Kent AC with a bucket load of many PBs in blustery conditions. The day was reasonably cold but sunny and not as windy as in previous years. Many people really pushed themselves hard for times as the threat of corona virus was starting to loom in the near distance. Kate Williams finished 3<sup>rd</sup> in W55-59, Nicky Hayes was 4<sup>th</sup> in the same category, Jen Smith was 5<sup>th</sup> in W40-44 and Teresa Murphy was 6<sup>th</sup> in the same category. Just outside the top 10 in her age category and coming back from injury, Kersha Dwyer was 13<sup>th</sup>.

National road relays virtual 5km with 6 to score (A team 10<sup>th</sup>) Amelia Pettitt, Sarah Hanley Georgina Wiley, Alexa Parker, Jen Berg, Teresa Murphy, (B team 52<sup>nd</sup>) Ali Farrall, Vic Buck, Alison Thompson (just back from having a baby), Vicky Boyle, Kate Williams and Susie Fairbrass. In the 12 to score competition, the team came 5<sup>th</sup>- what an achievement and truly showed the strength and depth of road running in the club, with the teams mixed ages.

Amelia Pettitt organised many virtual team events during the first lockdown, many of which were completed on the road and in the park, giving us the opportunity to show off the hard winter training we had all done. There were many unofficial PBs across a number of distances so thank you to her for her ace organisational skills.

There was strong female representation in the Kent AC virtual London Marathon challenge, with a notable mention for Georgina Wiley who was not far off her PB pace running on her own in Greenwich Park!

The virtual racing continued with the British Masters virtual 5km: V35-44 team finished 14<sup>th</sup>: Georgina Wiley (18:20), Teresa Murphy (19:16), Amanda Nio (21:07) and Vicky Boyle (22:31) only 1 minute 9 seconds behind HHH. The V45-54 team finished 7<sup>th</sup>: Dee O'Brien (19:41), Ali Farrall (19:58), Vic Buck (20:26) and the V55-64 team finished 12<sup>th</sup>: Kate Williams (21:49), Nicky Hayes (23:45), Ronnie Haydon-Jones (24:19)

A standout road racing performance in between lockdowns was Georgina Wiley's 10km PB in Belfast of 37:04 and winning the Fleetwood half marathon in exceptional wet and cold conditions in 1:24.

The autumn road racing season finished prematurely with the second lockdown with the 5km Road Race Relay mob match in Wimbledon Park on 17<sup>th</sup> October, team finished 3<sup>rd</sup> in a fun afternoon of racing in the new normal, between covid lockdowns. Runners were lined up in waves and started 1 minute apart, giving competitors the chance to catch people in the wave before them. Pete said the race would be undulating... we all know that means there was a massive hill in the middle!!

Again, a massive thank you to Pete and Ellie for their coaching support throughout this tumultuous year!

**Katie Rowland**

## **Ladywell 10000**

Sadly it was not possible to host Ladywell 10000 in 2020 as neither the track was open, nor England Athletics permitting and licencing 10000m events.

The club still has ambition to host Ladywell 10000 in 2021 and will communicate further plans to the membership once restrictions are lifted and events can be licenced again. If 10000m licencing looks a long way off but shorter distances are permitted (e.g., 3000m) then we look to host a different event - e.g., Ladywell 3000, however with current restrictions it may be much lower key than previous events.

## **Re-Opening of The Track**

When the Ladywell Arena closed its doors in March due to the pandemic, Lewisham Council took the opportunity to move the contract for leisure services from Fusion to Greenwich Leisure Limited (GLL). This protracted negotiation delayed re-opening the track and we've consistently kept pressure on Lewisham Council to reopen it as soon as possible. Lewisham Council have ambitions to hand over the track for Kent AC and other users of the club to manage as a Community Asset Transfer. However, as a committee we felt we were not in a position to consider this, either on our own or part of a consortium, and requested the council proceed to reopen the track as a like for like basis.

Negotiations were eventually successful, and we succeeded in getting the track reopened for a trial session on Thursday 29th October, followed by the first Tuesday night training on 3rd of November prior to the second national lockdown when unfortunately, the track closed for a second time. When pandemic restrictions are lifted, Kent AC will be able to return to the track without delay.

The reopening of the track is under a different model to before. The track is no longer open to the public and the gym remains closed. The track is only open when Kent AC hires the track for exclusive member training only.

Kent AC has to collect payment from members to recoup the hire cost which will take form as a monthly/annual fee as opposed to a per session fee. We need the membership to support the club with prompt payments because without this support it will become uneconomical for Kent AC to keep the track open. We also need all our members to muck in and help out with admin duties that GLL will no longer be there to do, such as opening/closing the track, checking valid memberships, and COVID requirements. A volunteer rota will be set up in due course.

The Kent AC hours are Tuesdays (5:45pm-8:45pm) and Thursdays (6:30pm-8:30pm).

**Dave Morgan**

## **Working Party's Report on Diversity, Inclusion and Equality**

The Kent AC Committee, in response to the "Black Lives Matter" campaign, established a Working Party to examine issues surrounding Diversity, Inclusion and Equality and their impact on membership.

Since July the Working Party has met via Zoom on a monthly basis. Time constraints have necessitated that we have had to limit our terms of reference to focus mainly on diversity. Our primary focus has been on the Club's declining track and field presence and how this should be addressed in the context of the multi-ethnic demography of the local area.

Our view, in part, based on the experience of working party members and coaches Conrad Williams, Joe Appiah and Juno Field suggests that by directing our focus on the recruitment of young track & field athletes Kent AC can potentially reproduce the success achieved by Larry Garnham and Mick Barlow in the 1990's (<https://www.kentac.org.uk/about/club-history/lewisham-athletic-club-1994-1997/>)

A starting point has been to liaise with local schools with a view to informing them of our track and field offer and activities. Our aim is to have ongoing dialogue with PE staff on a range of issues relating to support and participation. We are of the view that it is desirable to establish a network of local feeder schools which it is envisaged will become an important source of recruitment. At the present time we are also giving consideration to constructing a more formal arrangement to accommodate young athlete recruitment, retention and development. More detail relating to this proposed initiative will be given to the Club Committee and membership in due course.

In May of next year, it is our intention to recommend to the Club Committee that a Young Athletes Taster Day be put on at the Ladywell Arena. This would be an advertised event providing the opportunity for prospective young athletes to experience at first hand our facilities and our strong commitment to developing inclusive track and field athletics in the Borough.

A diverse membership will only be retained if the experience that Kent AC provides truly reflects their needs and aspirations. In our opinion it is fundamental for Kent AC to prioritise a critical review of the organisations diversity and equality profile. We therefore propose to develop a 'draft' policy and practice review framework, to ensure they are inclusive and non- discriminatory. The aim is to increase awareness and provide a sense of reassurance of the Club's commitment to equal opportunity for all.

Much more discussion needs to take place and we would encourage members to engage in ongoing dialogue to ensure Kent AC is a diverse and inclusive sporting organisation reflective of the demography of the Lewisham community.

At our next meeting members will review and reflect on work to date. As agreed with the Club Committee, we will then formulate a plan of action, with appropriate recommendations, for its consideration.

**Alf Regan: Susie Fairbrass: Joe Appiah: Ted Aston: Barny Day: John Barron: Jen Smith: Ed Matthews: Juno Fields: Conrad Williams.**