



Annual Club Reports

November 2021

TABLE OF CONTENTS

PRESIDENT'S REPORT	3
CLUB SECRETARY REPORT	4
TREASURER'S REPORT	6
JUNIOR SUB-COMMITTEE REPORT	9
COACHING SECRETARY REPORT	11
COMMUNICATIONS SECRETARY REPORT	13
SOCIAL SECRETARY REPORT	14
WOMEN'S CROSS COUNTRY REPORT	15
MEN'S CROSS COUNTRY REPORT	16
MEN'S ROAD RUNNING REPORT	17
WOMEN'S ROAD RUNNING REPORT	19
WOMEN'S VETS REPORT	20
MEN'S VETS REPORT	21
TRACK ADMINISTRATION & LADYWELL 10000 REPORT	22
RECORDS SECRETARY REPORT	23
VOLUNTEER CO-ORDINATING REPORT	24

President's Report

Return to Ladywell Arena

After a few nights in November and December 2020 Ladywell Arena access finally started in earnest at the end of March 2021. I'd like to thank the committee and members for their efforts in making this happen and function smoothly. Without the new model of Monthly/Yearly Passes we would not be in a position to fund your access to Ladywell Arena, and without gate volunteers and online session registration we would not be able to demonstrate Covid secure operation to the satisfaction of GLL/Better.

Juniors

This year saw the successful delivery of a Junior Taster Day in May, and the start of a program that has resulted in unbelievable growth in our Junior Section. It has been a lot of work and I want to thank everyone who has put the time in to make it happen and keep it going. It is great that because of this we now have Athletics coaches down at the track – I believe that closer integration with our Track and Field colleagues is a major improvement for our club.

Olympic Success

Congratulations to Alex Yee on his Olympic medals – and special thanks to him for coming down to the track letting us see them and being so generous with his time. It has also been a major profile booster for the club, and a great advert for the character of Alex. I felt very lucky to be able to tell people that Alex is in our club.

Gradual Return to Competition

I am very glad that events are restarted and that the calendar is stabilising to a degree. I am hoping that we move back to a more normal timetable and that the rhythm of training and representing your club gets re-established in the coming months.

End to My Tenure

As you know I have moved away to Cumbria – working from home has opened up opportunities that I thought would not come until retirement from work. The club still faces significant challenges as we hopefully come out of the pandemic era, not least of which is Lewisham Council exploring options for a new operator for Ladywell Arena. Despite the successes of Zoom based and Hybrid (Blythe Hill Tavern + Zoom) committee meetings I have concluded it is best for the club to have a President who is on the ground. My tenure has covered the entire pandemic (to date) – so it has been a challenging time, but it has also been a time of growth, reflection and modernisation for the club. I hope that I have helped lay a foundation and direction for further improvements and I wish the next President every success in their term. I remain a member and will hopefully see you occasionally.

Alan Curtis, KAC President

Club Secretary Report

Taking on the role at last year's AGM as seemingly no one else could stomach the idea, I have largely been attempting to facilitate the shaping, driving and progressing of the Club by giving agency and ownership to Club Officers and the Membership to build the Club they want. (I.e., delegating as many tasks as I can justify.)

The Club governance structure has developed in such a way in the past year or so such that the Committee felt it necessary to codify this in a change of Club Rules: to allow for new Committee Officer posts.

The developments of these posts are quite separate. The *Track Administration Officer* post is a codifying of the role Dave Morgan has been doing with great efficiency for over a year. It involves variously liaising with key stakeholders of Ladywell Arena, as well as developing and maintaining our track payment solution.

The new *Juniors Secretary* post will formalise, streamline and strengthen the relationship between the Committee and the Juniors section of the Club. Currently the Juniors are administered by a Juniors Sub-committee (see Junior Sub-Committee Report for details) which is not directly represented—it reports to me and then I report to Committee.

In addition to these new posts we also are looking to appoint an *Officials Secretary* to help us overcome some barriers that the officious UKA are putting up, namely the difficulty in obtaining race licenses without license track officials at hand. This new role will help the Club build and manage a cohort of officials.

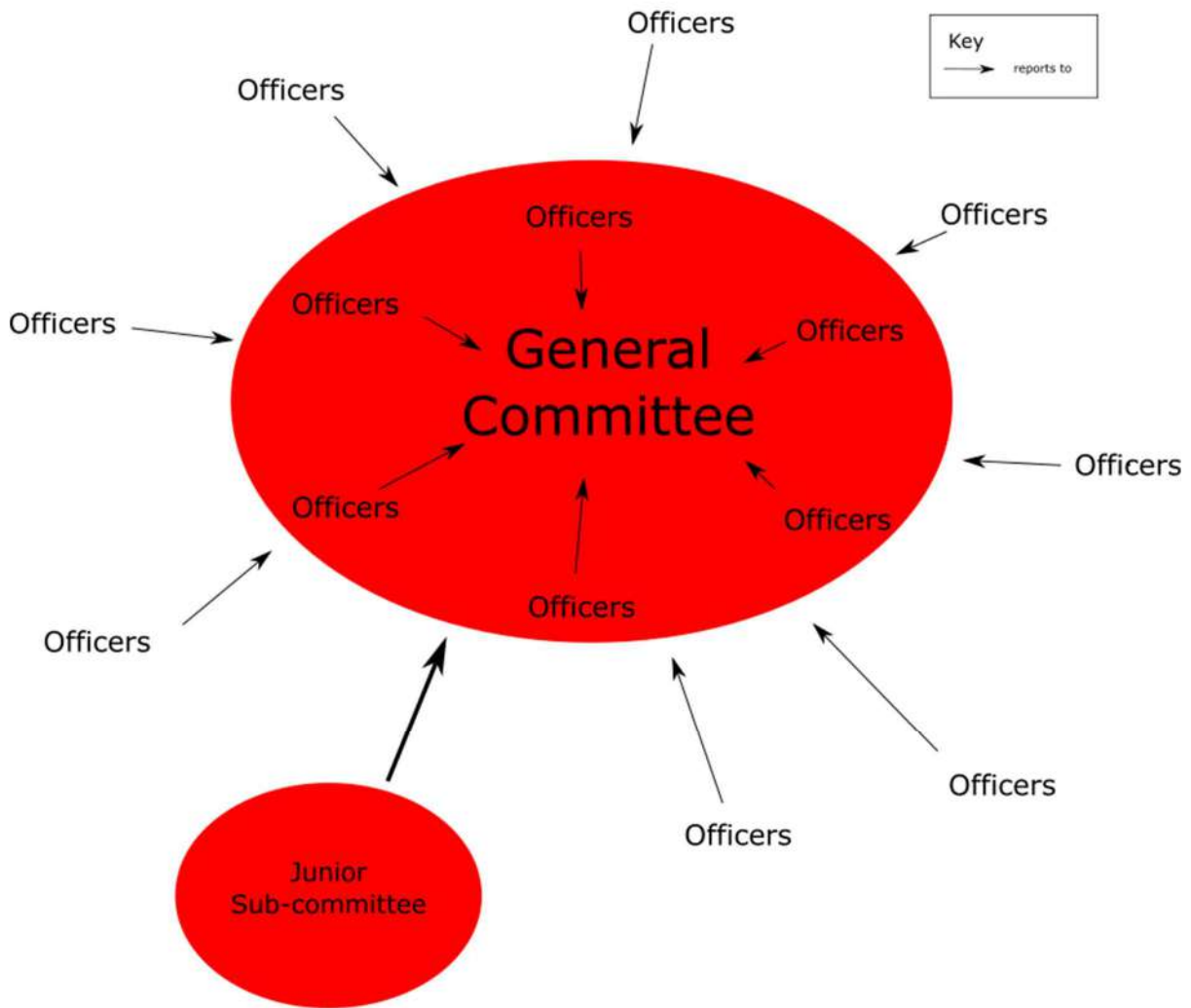
In a related note, it was a shame that we did not host Track & Field Club Championships this year. The lack of race license was a large cause for this; but perhaps the focus on the license distracted a little from the key objective of organising competition between us *for the fun of it*. A Club Pentathlon anyone? I found this report in "*The History of Kent Athletic Club to 2011*" of such a thing. (It is available in the 'About' section of the website; report is on pp. 458-459 with full results).

7Aug93 Club Champs at Ladywell

The club pentathlon championships was now one of the main social events on the calendar. With Larry Garnham's enthusiasm, and sterling work from Dennis and Norman Fairbrass, and Ron Hale these club champs were eagerly anticipated with no fewer than eleven Kent athletes and three guests competing across the five events. Not only did it attract the best all round athlete from the 'B' team, Neil Booth but also the precocious talents of Jeff Harrod and the all round abilities of Mick Barlow. As well as a trio of distance runners. And of course the whole event was capped off with quite a few beers and a curry at the Himalaya to finish around midnight.

Finally, a schematic of our current Club structure (because let's face it, most people only look at the pictures).

Kent AC Governance Structure



Daniel Ansell

November 2021

KENT ATHLETIC CLUB
TREASURER'S REPORT
ACCOUNTS YEAR ENDED 30TH SEPTEMBER 2021

This year the Club incurred a surplus of £17,806 (last year a deficit of £657.50).
It has been a record year for membership with subscriptions generating £13,645.

This is the first year that the club has had to hire the track and collecting fees from members.
We have an surplus of £5,680 in this pot.

There are a couple of reasons for this:

- We had a discounted hire price for the 1st 3 months
which was extended to the end of May when after reopening in March
- The Income from track hire includes those who have already paid for Oct, Nov, Dec 2021

With the cancelation of the Ladywell 10k we incurred a small cost from refunding entries

The accumulated surplus to date is now £38,706

We also have three funds:

- Athletes Development Fund £718
- Welfare fund £216
- Youth Fund £5,749

(The Development fund has reduced by £431.90. These funds were used the Juniors Taster Day)

Total cash held at the end of the year was £43,022 (last year £25,234).

Amounts falling due was £699 (last year £1,053).

Total revenue was £21,401 (last year £9,598).

The revenue generating sources:

- Subscriptions £13,645 (up £5,739)
- Club draw £1,212 (up £96)
- Track fees £5,680
- Donations £278
- Easyfundraising £244

We also received a £500 grant from England Athletics for training

Total expenditure for the year was £3,484 (last year £10,255).

With very little racing this year there was not much spent on Race entries or Travel.

Subscriptions are up this year as we took out a Zoom subscription for virtual meetings
and we had to upgrade our membership package to facilitate over 500 members

There were a number of items purchased for training at the track this year, totalling £686.54
These are being depreciated over 5 years

TREASURER David Devlin

Income and expenditure account
Year ended 30th September 2021

	£	£	£	£
	2021	2021	2020	2020
Income				
Subscriptions received	13,645.00		7,906.00	
Club Draw	1,212.00		1,116.00	
Ladywell 10k	- 82.80		-	
Donations Received	278.80		211.00	
Easyfundraising	244.09		228.79	
EA Grant	500.00			
Track Fees Surplus	5,680.83			
Sale of Kit	- 76.20		136.29	
		21,401.72		9,598.08
Expenses				
Other Subscriptions	449.13		195.00	
Race entries	439.00		2,223.10	
Travelling	160.34		1,776.85	
Race promotion			80.06	
Stationery/Postage/Telephone	349.12		27.64	
Engraving/Trophy			542.50	
Bank charges (Paypal & Stripe)	468.99		369.35	
Presentation night costs/ Handicap Race and So	27.00		1,352.75	
Sundry expenses	135.11		321.98	
Depreciation of Gazebo & Track equipment	357.11		109.90	
Donations			350.00	
		3,594.80		10,255.58
Surplus/(Deficit) for the year		<u>17,806.92</u>		<u>(657.50)</u>

KENT ATHLETIC CLUB
BALANCE SHEET
As at 30th September 2021

	£ 2021	£ 2021	£ 2020	£ 2020
Fixed Assets				
Gazebo	1,099.00		1,099.00	
Track Equipment	686.54	1,785.54		
Accumulated Depreciation		467.01	109.90	
Net Book Value		<u><u>1,318.53</u></u>		<u><u>989.10</u></u>
Current assets				
HSBC	43,022.23		23,892.06	
Paypal account	-		1,342.59	
30 Day a/c balance	0.10		0.10	
Sumup Holding Account	76.15			
Stripe Holding Account	54.03			
Stock of Vests	1,508.90		2,008.05	
		<u>44,661.41</u>		<u>27,242.80</u>
less Current Liabilities				
Creditors	699.60		1,053.63	
		<u>699.60</u>		<u>1,053.63</u>
NET Current Assets		43,961.81		26,189.17
Total Assets less Current Liabilities		<u><u>45,280.34</u></u>		<u><u>27,178.27</u></u>

Represented by:

Accumulated Fund

Retained Profit & Undistributed Reserves	20,789.92	21,447.62
Surplus for the year	17,806.92	(657.70)
Athletes' Development Fund	718.10	1,150.00
Welfare Fund	216.00	216.00
Youth Fund (Just Giving)	5,749.40	5,022.35
	<u>45,280.34</u>	<u>27,178.27</u>



AGM Report

Junior Members

November 2021

Kent AC Junior membership will reach 100 by the year end. This has been achieved through the combined efforts of more than 40 members and parents.

Our junior membership is local, diverse and includes students from more than 30 schools in Lewisham.

Background

At the February 2021 Committee meeting the EDI working group shared their ideas for growing Junior Athletics membership as one strand in developing a club wide Equality, Diversity, and Inclusion strategy.

In response to the presentation the Club Committee formed a Juniors Sub Committee to explore ways of moving the proposals forward.

5 members of the committee (Dan Ansell, Ian Ellwood, Sarah Hanley, Ted Aston, and Neil Gordon – Orr) together with John Barron and Juno Field volunteered to progress the initiative.

Introduction

In March the Sub Committee was established to lead, develop, and extend an accessible, safe, sustainable offer of activities for 11–17-year-olds with opportunities to progress into competitive specialisms across track, field, road, and cross-country events. At this point we had 5 junior members plus other youngsters attending sessions weekly.

To grow junior membership the sub committee agreed the quickest route was to hold a ‘taster’ event at the end of May. We reached out to 11 local secondary schools and 6 primary schools (year 6). Our hope was to enlist 20 new juniors in fact 65 subsequently joined!

Age & Gender Mix of Junior Members

- 60% are female and 40% male
- The average age of a female junior member is 13 and male 14
- Approximately 20% of members are inactive
- Sprinting is the most popular discipline closely followed by Middle Distance and Long Jump

Immediate Challenge

1. Coaching & Recruitment of Coaches

The number of coaches required to sustain regular weekly training sessions for run, jump and throw is considerable. Remarkably in less than 6 months we now offer on a regular basis:

- Long Jump
- Sprinting
- Middle Distance
- Javelin
- Endurance/XC

However, we have reached the point where coach to athlete ratios will suffer if we don't expand our coaching pool. As a temporary measure we have introduced a waiting list that we hope will provide us with a 'coach recruitment window' before adding more athletes in late spring 22. We plan to start actively recruiting new coaches from next month.

In 2022 we aim to add, High Jump, Hurdles, and a broader Throws offer

England Athletics

EA have been very supportive. They recently provided an experienced coach to lead a series of Throws & Plyometrics Coaching Workshops at no cost to the club. We hope to build on the relationship by inviting other experts to share ideas & techniques with our Coaches and to motivate our junior athletes to try new disciplines.

Organisation

It is taking time to understand how we should best organise ourselves, but key decisions taken over the course of the year are starting to pay dividends. The most important is the appointment of a head coach. We needed someone to coordinate the broad range of disciplines junior athletics comprises. Hassan Davis volunteered for this role. Two parents have played important roles. Sally Ellis (Attendance/track pass) and Anne Hepple (Comms). As we grow junior membership, we hope more parents will come forward.

Thanks

Without the club infrastructure behind this project, it would not have progressed so quickly. The 5 committee members who offered their support from the outset has proved invaluable and the Membership Secretary, Bernie Hutchinson, Club Treasurer David Devlin, and Dave Morgan couldn't have been more helpful. The Comms team have been incredibly supportive, thank you and Jules Gevers we appreciate your help with the numerous update requests to the website.

The list of volunteers who have helped is considerable. Thank you.

Eric Glover, Jo Wrake, Will Pit, Richard Giles, Roger Beardsworth, Len Reilly, Emma-Louise Wagstaff, Isabel Bradley, Jen Smith, Sofia Contino, Dan Bowers, Andrew Mundy, and Brian Ellis.

Special thanks to our Coaches.

Siggy Robson, Sarah Young, Dan Eliassen, Katie Ray, Andy Lewis, Ronnie Hayden, Rawlston Morian and Tracey Griffiths.

Finally

Paul Crompton for all your video and photography expertise and Coach Adrian Musson who has been holding parent training sessions on Tuesday evenings. They are a big success. Thank you.

Coaching Secretary's Report 2021

Lockdown Coaching

It's 34 weeks since we returned back to the track, coaches dusted off their whistles and athletes tied up their shoe laces as we emerged out of lock down on 30th March this year. Lockdown brought an array of ideas on how to keep our athletes motivated and our coaches continued to communicate through social media, providing guidance and training plans targeted at virtual races bringing people together to train in socially distanced limited sized groups.

Back on Track

There was a huge behind the scenes effort to ready ourselves in getting back onto the track. Our coaches not only had to prepare for any unknown and unscheduled races and events that may or may not lie ahead but also to weave themselves through the complexities that Covid restrictions brought and the tough rules set by UK Athletics to create a covid secure environment, with the flexibility to stay within the parameters of ever changing Covid rules and to keep our athletes safe. Coaches began to work on a Strategic Plan and over a series of Zoom and email communications produced the document that they, volunteers and athletes could work with. We were back at the Arena!

Coaches

This time last year our club officially had 5 fully qualified coaches and 2 assistants that were actively coaching at the arena. I would like to thank the huge contributions made by our coaches and group leaders Ken, Pete, Adrian, Joe and Stuart have given towards coaching and leading our ever growing senior groups over the years and decades and to Ellie who has recently joined in coaching senior athletes while assisting Pete and starting up her own group.

Since our return to track earlier this year and the start of our new junior athlete and track & field initiative, our coaching hub has flourished with a new and energetic influx of new coaches. There's an enthusiasm in our coaching pool that I have not seen during my time at Kent AC. Our Junior section has grown to a staggering 100 membership in the past 6 months since our tester day in May 2021 and so has the number of our coaches and with club support some have now already taken their first steps by obtaining their assistant coach qualifications together with those already in the process of obtaining them. I would like to give a big welcome to our new coaches

Assistant Coaches (& to be):

- Dan Ansell
- Dan Eliassen
- Heather Castle
- Ian Ellwood
- Katie Ray
- Ronnie Hayden
- Rowan Crichton
- Sarah Hanley
- Siggy Robson

Fully Qualified Coaches:

- Andy Lewis
- Hassan Davis
- Juno Field

I would also like to say a special thank you to our coaches of the junior girls group Sarah Young and Siggie and a special thank you to Sarah who will be sadly leaving our coaching pool after 6 years. Thank you Sarah for all your hard work and the time you gave in volunteering for the club with your excellent coaching skills.

Thank you all for the amazing time and commitment you all give to Kent AC

Structure

In the short time that we have managed to develop our coaching pool we have also developed the start of a coaching structure to see the junior group into the future. A new role in the club was developed to bring Track & Field specific support to the junior group and we are delighted that Hassan Davis has accepted the role as Junior Head Coach. Hassan is an all round level 2 coach as part of being a specialist speed coach with knowledge across the board in Track & Field and I am personally delighted to have such a high calibre of coach heading the junior team.

Coaching

This year has seen a phenomenal increase in the numbers of our junior and senior groups with a club membership on the cusp of 600. Our athlete interest in endurance & middle distance runners and sprints together with our now ever popular jumps and throws groups has seen the club move forward into the bright light of the all encompassing Athletic club it can be. However, the buck doesn't stop here! As we grow over the next months and years our athletes will need coaching to guide them along their athlete journey.

Our club needs coaches and will do for the foreseeable future and as a voluntary organisation we look to our members to help to make this happen. Our club support system has developed over the past year to help those wishing to pursue a coaching career in the club. Any coach will tell you how rewarding being a coach is. If this is something that you would like to consider then please feel free to ask me or perhaps have a chat with some of the other coaches and we will be happy to take you along the first steps in coaching.

Finally I would also like to thank the volunteers who also help the coaching team and although you may not be qualified or perhaps not wish to become a coach, it is good to know you are there to help out. Athletes, family & friends can step forward to help out and enjoy the fun that coaching brings.

Kind Regards

Ted Aston

Coaching Secretary

Coach in Running Fitness

Athletics Coach Jumps

coachingsec@kentac.org.uk



Communications Secretary Report

The communications team was formed in June 2020 to help produce the weekly newsletter. The team now consist of 5 members rotating responsibility for completing the newsletter on a 3-week basis.

- Amelia & Dan
- Georgina & Jamie
- Ronnie

Each newsletter is opened by over 300 club members. The newsletter contains information on upcoming races, training, club events etc. and is the key point of contact to relay information. The newsletter has also been an integral part to the inclusive and open nature of our club, ensuring all training and competitions are advertised to everyone. Previously, a huge amount of communication had been delivered via WhatsApp groups and email sub-groups resulting in inconsistencies.

With the growth in the junior section, the junior news has been included each week increasing visibility of the activity within this section.

Key to the success of the communication team, is the relay of information from the committee members to the comms team each week. The weekly email the comms team send to the committee on a Friday evening/Saturday morning appears to be working well to collect key information. I am thankful to those who have contributed by sending relevant items to include in the newsletter. Feedback is always welcome on how this could be improved.

Improvements for the communications team to focus on include:

- The consistency of information included in the newsletter, with equal representation of gender, age and event type (track, road, cross country).
- Improving the link between communication in the newsletter and other committee owned tools; email distribution lists, website additions, track whiteboard.
- Assisting new members with joining WhatsApp groups and oversight of the communication delivered through these channels.

Amelia Pettitt

Social Secretary Report

2021 has been another quiet year on the club social activities front. With some resemblance of a new normal in the Summer, Amelia & Dan organised an excellent social at the Signal Pub in Forest Hill following a club Handicap race. This was very well attended and enjoyed by all. There was also a good turn-out at Little Faith for drinks after the Big Half, and the Chandos following the London Marathon. With the return of the Surrey League XC, it's been great to see that the tradition of the post-race pub trip is back. After Christmas festivities in 2020 were restricted, this year's Christmas Party will take place at The Sylvan Post, Forest Hill on the 18th December after the South of the Thames Senior XC race - get your ticket to enjoy a festive re-fuel after 5 miles of mud! Dinner tickets available [here](#), or join later for drinks & music (tickets [here](#)). I hope to have more social events to report in 2022!

Katie Rowland

Kent AC Women's Cross Country Report

The 2021 cross country season has just only just begun, and it has been a historic start to the season with the Men's and Women's Surrey cross country league deciding at their respective AGMs to merge the leagues into one competition with one set of rules for the league.

The first Surrey league cross country fixture was held on 16th October at Richmond Park, and we had the rules of the league for 2nd claim runners count against us. We hadn't realised that only one 2nd claim scorer can score for each completed team. We had 15 women running which although is a solid number for the first fixture, unfortunately it wasn't our strongest team, with several women unavailable for this race. The weather also wasn't on our side, with a torrential downpour just as the race was starting, making conditions underfoot tricky. New joiner, Abby Oliver (2C) (first claim club Liverpool Harriers) was our first runner home in 9th, followed by Amelia Pettitt (2C) in 20th (first claim club Vale Royal) Jen Berg was 37th, followed by Jo Wint (137th), Siobhan Wakely (143rd) and the team was finished by Susanna Davies (158th). The A team finished in 18th and the B team finished in 25th.

The second Surrey league race was held on 13th November at Wimbledon Common. We had 24 women running for Kent AC, and the number of competitors appears to be growing with each race the club enters. It was arguably the biggest turn out we've had in the women's side history. The first runner home was Alexa Parker who came 20th, followed by Sarah Hanley (25th), Jen Berg (42nd), Teresa Murphy (60th) and Wendy Mathie (79th) making up the first scoring team.

So far, Kent AC women's A team are in 11th place overall and the B team are in 20th (7th B team). We are hoping that strong showings in the 3rd and 4th fixtures will improve the team's current standings.

We also entered a women's team for the South of the Thames Junior Race in Aldershot on 21st November and the scoring team were Genevieve Blanch, Caoimhe Nic Fhogartaigh, Kate Williams and Eliza Grant. The women put in a strong performance and finished 2nd.

What a strong start to the cross country season Kent AC women have had so far and fingers cross that Covid allows us to finish the season as we have started, we should have strong showings for the team for the rest of the season. The next race is the South of the Thames Senior race in Beckenham Place Park which we are helping to host. If any women are not keen to run 7-7.5 miles of cross country, the organising team will be pleased to have volunteers for marshalling. The club Christmas party is planned to take place later that evening so it should be a momentous day for all involved.

As always, we should thank Pete Boxshall, Ellie Brown, Adrian Musson and Ted Aston for their ongoing coaching expertise for the various women's groups and supporting the fixtures.

Sarah Hanley

Men's Cross Country Report

Since we convened last year, it was a relatively quiet first 9 months from a cross country perspective, with nothing significant taking place during the winter of 2020-21. A group of keen runners kept busy early on Saturday mornings with the 'Secret XC' series – a nomadic form of short-course cross country racing taking place mostly in Beckenham Place Park, but real cross country racing wasn't back until October... and, boy, was it good to be back.

The Surrey League is now two fixtures in, and the standard of competition is higher than ever. The first race on a dry Richmond Park course was fast and furious, with the Men's team finishing 3rd (narrowly behind Belgrave in 2nd), but Hercules Wimbledon came out the traps flying with a very strong win. We haven't been at our strongest with several key runners missing or on their way back to form, but despite probably running better as a team in the second fixture at Wimbledon Common, we have a very tough battle on our hands to retain our Surrey League crown this season.

The only other fixture on the cross so far this season has been the South of Thames Junior last Sunday. Hastily rearranged to Aldershot after having lost out on the booking in Morden Park, this no doubt impacted numbers attending the fixture, although Kent were still among the most represented. Guildford & Godalming swept the Men's race with a very strong team filling the top places, with our Kent Men's team managing to wrap up a 3rd place finish. It was some way off being able to defend both our 4-to-score and 8-to-score trophies from 2019, but I'm confident that we'll be a much stronger team on home turf at Beckenham on Saturday 18th December for the Senior.

Beyond that there remains some uncertainty with the Southern Championship, which has yet to find an alternative home with the National being held at Parliament Hill in February. This looks to be the latest calamity from the SEAA after the Road Relays saga, but I'm hopeful that the runners who keep this sport afloat will find a solution... Going forward we can hopefully see a return to strong numbers racing for the club. There's been a feeling of the season falling out of sync with an Autumn London Marathon, but I'm keen to make sure cross country is seen a club priority, including potentially greater representation at new fixtures next year.

Dan Pettitt

Kent AC Mens Road Running Report

The 2021 Road Running year for Kent AC started out amidst full lock-down with cancelled races replaced by virtual races, however it slowly but surely rose like a phoenix from the flames back to the familiar home of the National 6 Stage Road Relays at Sutton Park in October, hence this report being compiled in reverse chronological order. As one of the highlights of the road running calendar, Kent AC put in a strong showing at Sutton Park in October, fielding two strong sides with the A and B teams finishing 25th and 52nd respectively overall out of the 79 starting clubs. Owen Hind clocking the fastest leg of the day for Kent AC closely followed by Sean Fitzpatrick in a race run in perfect conditions which saw AFD breaking the course record to win.

The club had qualified for the above event via its performances from 2019, not via the usual route of the SEAA 6 Stage 2 weeks before, as these were cancelled (Google "SEAA" & "Ineptness" for further information). However, the running community rallied magnificently to put on a replacement event the same weekend in Milton Keynes where Kent AC fielded a solid team which went on to take 12th place in a field of 40; Sean Fitzpatrick claiming the scalp of Owen Hind to take the clubs quickest leg on this occasion. Of course, Owen was just warming up for the National! At Milton Keynes however, it was the vets who stole the show by winning the titles in the M40, M50 and M60 categories more than making up for their ineptness to organise and buy train tickets from Euston as they went home with the medals, beer and cheer! Chris Greenwood also running the quickest vets leg of the day with some distance to spare at this event.

Normally spring road running would be dominated by the 12 Stage road relays, however due to the ongoing pandemic these were cancelled, but credit must be given to Ben Noad and his team for putting on a replacement race at Wimbledon in a Covid-safe environment which saw groups of runners setting off at 1 minute intervals in teams of 10. This event was keenly contested and saw many top runners from the regions top clubs turn out. Kent AC finished 6th on the day, annoyingly only a minute or so outside the medals. Owen Hind had a great run for the club clocking 14:51 over 5k on the very hilly course, Owen was in fact 4th quickest overall on the day with Anthony Johnson 13th overall with 15:09.

One positive element of the pandemic has been that club members who wouldn't necessarily communicate have come into contact from teams they have been placed into for virtual relays. A club handicap ran in February over 5 miles which dovetailed with a national competition at the same time. Overall, the club had 77 runners across 10 teams with the teams captained by Nick Ostrowski and Ben Cook coming out joint winners based on handicap time with the team captained by Teresa Murphy quickest overall. Of course, there were some dubious handicaps entered with the likes of Noah Armitage-Hookes, John Barron and Bernie Hutchinson ending up with 5 mile times of 20 and 21 minutes meaning that they need to be watched carefully for future handicap events! In the National 5 mile virtual relay competition the mixed relay team of Anthony Johnson, Owen Hind, Russ Bentley, Noah Armitage-Hookes, Katie Rowland, Sarah Hanley, Victoria Buck and Teresa Murphy came 12th overall with Anthony clocking the equal 4th quickest time nationally with 23:58.

Away from team competition there were some outstanding individual performances. Apologies to anyone who has been missed, but please find a selection below:

Paul Pollock represented Ireland in Olympics over the marathon in the brutal conditions of Sapporo in Japan.

Chris Greenwood should end the season as the top M45 ranked runner in the UK over the Half Marathon thanks to his 69:17 at Paddock Wood. Chris also sits 6th over the full distance with his 2:28 from London and 7th over 10k (32:32)

Jonathan Beatty and Will Pitt were picked to represent England Vets at M40 and M50 level over the Half Marathon at Richmond

A couple of regular Kent AC 2nd Claim Athletes have also put in superb performances over the year, first Nick Torry who is ranked 2nd M40 over the Marathon with 2:18 and 5th M40 over 5k with 14:36 and then Ross Braden who broke the 2:20 barrier in London with 2:19:33.

As outgoing road running manager there are 3 points, I have listed below that I believe we need to focus on to develop in order to be competitive at national events, ultimately we need to decide what we want to be successful at as a club (see point 2), but the mean age of the nucleus of the team isn't getting any younger so point 3 will be critical in reversing this.

- 1.) Prioritise the National 6 and 12 Stage Road Relays, particularly the latter and build the season around these, this may mean proactively spending a season or two focussing on shorter distances over the summer and developing the speed-endurance to enable the fast leg turnover required to do well at these events
- 2.) Move away from the Kent AC Marathon Syndrome
- 3.) Actively develop and work with the new youth program and give this time to develop

Please be responsive and courteous to the incoming Road Running Manager and give him your full support for these events

James Bowler

Road Running Manager

Women's Road Running Report

The women's team continues to grow in strength and depth, with too many notable individual results to include here! We continue to be incredibly grateful to Pete and Ellie for religiously giving up their time and supporting us all through training and racing! Thank you.

Wimbledon 4 stage Road Relay - an excellent start to the season with a dominant victory at the Wimbledon Relays in April. The team was made up of Sarah Hanley, Alexa Parker, Georgina Wiley, Isabel Bradley, Genevieve Blanch and Katie Rowland. They finished almost two minutes ahead of second place Herne Hill Harriers and placed three runners in the top 10 overall.

Representing England! Vic Buck and Ali Farrall represented England in the master's championships on the 12th September in Richmond. An incredible achievement and an inspiration to us all!

London Marathon - Outstanding results at the much-awaited London Marathon in October, which included:

- Georgina Wiley: 2:57.23
- Victoria Buck: 3:06
- Eliza Grant: 3:08
- Lara Bromilow: 3:08.35
- Nicky Hayes: 3:32.40
- Leanne 3:42
- Sarah Young 3:52
- Anna Delis: 4:03.02
- Zuzana Nemekova 4:08
- Jo Wint: 4:15.44

Autumn National 4 stage Road Relays - we fielded a very strong women's team at Sutton Coldfield with Alexa Parker, Jen Berg, Sarah Hanley and Teresa Murphy. In a competitive field, we placed 29th with excellent times by all.

Katie Rowland

Women's Vets Report

Nothing specific to report in terms of Vet specific team races as we haven't done any since last the AGM!

Was good to see that the Southern Road Relays have finally introduced more than one Vets category 😊 unfortunately we were unable to field a team largely due to the short notice and out-of-town venue.

Some notable individual runs over the year Victoria Buck and Ali Farrall both running in English Masters Vets for Half marathon, Nicky Hayes placed highly in her age category 6th in the recent 2021 London Marathon.

Many women doing many runs - too many to mention- including road, trails, marathons and ultramarathons.

A good proportion of the female members are over 35 (the ridiculously young age for Vet women category) so we have the numbers for Vets team racing but with many conflicting races, individuals other commitments it is still difficult to raise teams.

It would be good going forward if we can identify some key Vets races for both the men and women over the year and include them in the Newsletter/ race calendar to encourage participation.

Kate Williams

Men's Vets Report

No surprise that there was limited racing in the Men's Masters 2020/21 season due to covid.

In September, the SEAA relays were on. And then they weren't because SEAA cancelled them. Milton Keynes stepped in and organised the MK SOAR relays at very short notice. We fielded teams in all categories. And even better, we cleaned up all the team competitions, winning the V40, V50 and V60 categories. Well done to Neil Phillips, Rob Laing, Phil Sanders, Chris Greenwood, Len Reilly, Chris Lydon, Tom Webb, Will Pitt, Bernie Hutchinson, David Child, Julian Spencer Wood and John Barron. All the winners received Soar beanies, so we now have the trendiest vets team this side of the Medway!

To add to his beanie, Will Pitt earned a well-deserved MV50 international vest, running at the Leeds Abbey dash 10k in a fantastic 35:17. Paul McCrone finished 10th in the V50 category at the British Masters Road 10k champs. Jon Beatty was also due an international V40 vest from performances in 2020, but unfortunately injury meant he was unable to cash in.

We had some highly notable 2021 UK rankings performances, Roger Beardsworth 2nd V60 in 10000m, Chris Greenwood 1st V45 in Half Marathon, Julian Spencer-Wood 4th in the V70 400m, Che Compton 13th V45 in the Half Marathon and Tom Sloan 9th V45 in everyone's favourite event the 3000SC.

At the faster end of the spectrum, super-vet Joe Appiah had a standout season in the V50 category with a sack-full of top 10 UK rankings and a British and European V50 100m hurdles record.

The next major race is just a few days away now, the Kent County Master XC Champs on 4-Dec-2021. We have a proud history in the event, having won the V40 title for the last umpteen years. There were no races in 2020, so we'll be looking to retain our 2019 V40 title along with good results in the V50s and V60s as we have assembled our strongest teams in many years for those classifications.

Jules Gevers and Stuart Beaney

Ladywell Arena – Update

Ladywell Arena reopened to Kent AC at the end of March with the new operator only allowing the club to use it by block booking. This put the responsibility of collecting the hire cost back from members directly. Both the club and its members rose to this challenge and now the track pass system and gate volunteers are firmly embedded into the club training nights.

The club has successfully covered the cost of the 2021 bookings and has even had a little extra to reinvest into further track hours - mostly extending additional sessions to support more use (i.e., training, juniors, junior competition and external coaching). The policy is to attempt to break even with fees and the small excess that has been made in 2021 will be carried forward over to 2022 as a rainy-day fund (i.e. to help cover the cost if a loss is encountered).

A big thank you to all club members (and parents) who have volunteered to help at the gate and check memberships. This is a crucial role and really helps ensure compliance across the club which protects the Tues/Thurs/Sun setup. If you ever find yourself injured, tapering for a race, or having a break from running then this is a great time to volunteer. Each member only needs to volunteer a couple of times a year to make it a success and it's a rewarding social activity too.

Ladywell 10000

Organising Ladywell 10000 is a challenge at the best of times but this year the post-covid restrictions made it even harder. Nonetheless we overcame all barriers and opened entries 4-weeks prior to the race. Sadly this did not seem enough time as there was not enough interest in the race to make it viable and go ahead and so the event was cancelled. There are many reasons for lack of interest but the club will need to have a re-think for 2022 whether Ladywell 10000 is an event that the running community is still interested in or whether the key fundraiser for the club needs a refresher and remodel into an alternative event.

Dave Morgan

Records secretary Report to Kent AC 2020 and 2021 agm

This post has two roles, to collate and keep up to date the club's athletics records and rankings, and to manage its historical documents and archives.

In recent years, and thanks to Julian Gevers for the technical side, the website now has senior and age group records and rankings back as far as club newsletters have provided data. A more recent addition is a chronological list of the club's presidents, secretaries and treasurers. If you know of corrections or additions please let me know. Julian has also arranged things so that the website is automatically updated from power of 10.

The club's historical records are housed at Lewisham's history library in the central library, though we still own them (this type of hybrid arrangement is very common in local authority archive services – I know as I run one). Frustratingly the service has been closed due to covid, so currently we have no access. Prior to lockdown I added in a few more recent newsletters. Waiting to be added is Larry Garnham's 600 page (!) history of the club – lots of results interspersed with very perceptive commentary. It is also on the website and worth a look. Waiting to be printed to be added are three years of committee agendas and minutes. When the library reopens I intend to ask about using the small display space outside the local history sections door for a small exhibition to mark our 125th anniversary in 2023.

There is a system in place with the secretary and treasurer to pass on the important records that we know we want to keep for the future: committee minutes and agendas, agm papers and reports, membership etc.

If you are one of the six discipline managers please supply a short written report to the agm – it is the best single summary and source of achievements for members now and in the future.

Of course much of what we create and want to keep is digital. The club's website has been registered with the British Library as one to be periodically copied and permanently preserved by them, so the weekly newsletter and race results and anything else published on it will be there for the future.

Len Reilly

Nov 2021

Gate-volunteer co-ordinator report

I've been co-ordinating the C team volunteers since Heather Castle left London in August, alongside Simon Allen who co-ordinates the B team. It's a fairly simple and straightforward role (asking for volunteers via WhatsApp and in-person at the track, and letting the volunteers know what they need to do) but it's often a struggle to get enough volunteers, with repeated calls going out, and at the risk of sounding like a stuck record. At Tuesday and Thursday track sessions, there should be two gate volunteers to check track passes and session sign-ups, ideally one from B and one from C.

The majority of the volunteers come from the C group and they are disgruntled that they are doing the lion's share due to the B team's desire to train seemingly absolving them from the need to volunteer. Simon (B team co-ordinator) is aware of this and in an effort to remedy the situation has suggested that the B team would be more keen to volunteer if they could finish early, so that they can still train. However, as C group start earlier, this is not an option for them, so in this scenario, a C group member is missing a session to volunteer, whilst a B group member is not. I don't really have any idea of the involvement of the other training groups who use the track on Tuesdays and Thursdays i.e., the A, Women's, and Juno's groups. We put the volunteering call out to our respective B and C team WhatsApp groups, and our email addresses are included in the weekly newsletter. The vast majority of members volunteer via WhatsApp though.

Suggested solutions to the above issues include:

- 1) Members agreeing to volunteer x amount of times per year when you renew your membership (I - and hopefully Simon! - would be happy to administer this).
- 2) One or more members of each training group is responsible for checking track passes for their own group at the start of each session, but not at the gate; this would be a different person or persons each session and would enable volunteers to train as well. This might get a bit difficult as there are always latecomers to each session.
- 3) We do it on trust.
- 4) Ask Better to check passes.
- 5) We employ someone (perhaps a parent of the junior group?) to man the gate each session. Obviously nobody would be available twice a week for 52 weeks a year so we'd need a back-up plan for absences; would the stand-ins get paid?

There's a great atmosphere at Kent and I would hate to see resentment grow between the B and C groups, or within the C group, as it's often the same people who volunteer time and again.

From a personal perspective, it's been great working with Simon and getting to know many more members of the club (both B and C groups) through co-ordinating the volunteers.

Jacqueline Armit