



Annual Club Reports

November 2022

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Kent AC agm 2022
Co presidents' report

We open by giving huge thanks to all those who have given their personal time to keep Kent AC active and flourishing in the last 12 months. Be they team managers, coaches, committee members, event organisers, communications folk, parents or gate volunteers. We know how busy everyone's lives are and the time and efforts given to the club are hugely appreciated and essential to our club's continued success.

Since our last AGM, after years of growth, our membership has stayed exactly the same at 574) with a high proportion of active and local members. The communication within the club has improved significantly over the course of the past few years with the comms team always producing an informative weekly newsletter which is complemented by a strong social media presence. Our pool of coaches and officials continues to grow (but isn't yet big enough) and forms a critical foundation of the club's activities.

After two years disrupted by covid this year has seen a welcome but gradual return to regular competition.

On the country, in senior men's competition our dominance in the Surrey League took a knock, but was slightly compensated by a win in the senior south of the Thames event.

On the track securing promotion in the Southern Athletics League (SAL) was a victory we feel proud of especially as it aligns to our ambitions to reignite ourselves as a multi-disciplined athletics club. It felt good to back at Ladywell arena to host our track club championships this summer (with our first ever field event – long jump – included in September). We saw the return of the Ladywell 10000, which for the first time included segments of the day dedicated to 100m races and a junior handicap race - again demonstrating our desire and commitment to have a broader spectrum of offerings to our members and the broader athletics community .

On the road there were many navy vests at the Manchester and London Marathons, and at the Big Half in September. The Assembly League returned, albeit only 3 fixtures took place. The number of Kent participants, particularly at the first fixture at Beckenham Place Park, goes to prove how popular this event is and we hope things will return to the usual 6 fixtures in 2023. In the national road relays the senior women and men put in comparably good performances: 7/25 and 14/53 respectively. Both were outclassed by the v55 men with 7/34. A first for Kent AC was participation in the Welsh Castles relay; an exhausting trek traversing Wales where the team was rewarded with a 3rd place overall. In the London Marathon our first three scoring men: Ross Braden (2.14, 12th elite and 3rd Briton), Russell Bentley and Joe Hartley, by our calculation, and still subject to confirmation, took the championship for the total quickest time of first three finishers. Many navy blue vests followed.

Mention must be made of Alex Yee's superb achievement of two Commonwealth medals in the triathlon this year.

The most obvious development since pre-covid has been the growth in our junior section, in membership, coaching time and most impressively competition. The continued expansion of our junior section is a key focus area for the club. Not only does it help to build our future bench of athletes, it also demonstrates our commitment to serving the local community. Membership and waiting lists are at an all time high. Moreover from a standing start we fielded teams in all matches and all ages in our inaugural participation in the Kent Young Athletes League. We learned a great deal and that experience will bear fruit next

summer. The energy and enthusiasm of all those involved in the establishing and running of the junior section is palpable and we look forward to seeing it go from strength to strength.

Looking ahead to 2023, a number of committee members are standing down or, subject to membership approval, moving on to new positions. Full details are included in the AGM pack but with thanks to everyone for the time dedicated to their positions in 2022 and previous years. A special mention must be made to Bernie Hutchinson who, after 33 years is reducing his involvement in the membership admin.

In terms of what's ahead, we have worked with new arrangements in Lewisham Council and GLL to maintain access to the track but there are still some finer details to nail down, such as ongoing track fee administration.

In our joint capacity as presidents of the club, along with the committee it is our goal that all members are able to achieve their athletic goals by utilizing the coaching and training opportunities offered by the club; to provide access to meaningful competition irrespective of ability or age; to be friendly, welcoming, inclusive and fair to everyone, and to be run/administered/managed in a way that is responsive to the needs of our members. The longer term aim is for the demographic profile of our members to more closely match that of our local community, something the growth of our junior section is helping to close the gap on.

In closing, thank you again to all our members who have given something to the club this year. 2023 sees the club's 125th anniversary and we look forward to celebrating this milestone anniversary with you all.

Vic Buck and Len Reilly
October 2022

Club Secretary Report

This past year has to some extent been one of consolidation, although that is not to say things have got any easier or the workload on our volunteers has reduced. Our track pass system has been running smoothly since we rolled it out post-pandemic—members have got the hang of it and it is proving good value, although the admin burden is not insubstantial, so thanks to Dave Morgan for building and maintaining the system; and the volunteer coordinators Jacqueline and Laurie (formerly Simon) and gate volunteers for helping us manage the gate on track nights.

Our junior section has also seen a lot of progress after we essentially started again from scratch in Summer 2021. Whilst getting things moving was a huge feat in itself, shaping a structure to enable high quality coaching and good athlete development has proved a huge challenge. Special mention to John Barron (who took on the new role of Juniors Secretary last AGM) for all his work in keeping things moving forward and all the coaches who are giving their time and energy to building the future of the club and our local community.

In comparison to other clubs we are run well. England Athletics has commended us for our work in meeting their [Club Standards](#) (we currently meet 5 of the 7 and are working towards the other 2) and we have been nominated for Club of the Year at the London Regional Volunteer Awards coming up this month. In addition, we have recently been invited to participate in England Athletics' [Regional Club Coaching Leads Programme](#), where we will work closely with the London Region Coach Lead in club development.

I myself have decided to not seek re-election as Club Secretary. It is a critical role that really requires time, energy and enthusiasm to do at a decent level, and my interests have been gradually moving towards coaching and away from general administration. I am sure my successor or successors will keep driving the club to greater heights

Daniel Ansell

November 2022

**KENT ATHLETIC CLUB
TREASURER'S REPORT
ACCOUNTS YEAR ENDED 30TH SEPTEMBER 2022**

This year the Club incurred a surplus of £8,278.39 (last year £15,248.32).

In previous years new members were given a club vest automatically.
The value of the vest (£15) was deducted from Subscriptions received and added to Sale of Kit.
This year the vests were optional and provided at a nominal value.
This has resulted in the value of subscriptions being a lot higher this year
and kit sales showing a loss of £1,351.16

The return of the Ladywell 10,000 generated £2,017.14

The accumulated surplus to date is now £47,055

- Athletes Development Fund has now been combined with Youth fund
- Welfare fund £182
- Youth Fund £4,872

The youth fund has been used this year to train coaches and purchase training equipment.

Total cash held at the end of the year was £55,058 (last year £43,022).
Amounts falling due was £3,229 (last year £699).

Total revenue was £23,725 (last year £18,843).

The revenue generating sources:

- Subscriptions £17,160
- Club draw £1,363
- Ladywell 10,000 £2,017
- Track fees £2,915
- Donations £753
- Easyfundraising £217

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

Total expenditure for the year was £15,447. This is well up on last year as we returned to racing post Covid
The main expenses were

- Race Entry Fees £4,652
- Travel to races £3,827
- Coaching Courses (funded by Youth Fund) £1,985.96
- Athletics Affiliation fees £1,338
- Coaches Kit £1,262

TREASURER David Devlin

Income and expenditure account
Year ended 30th September 2022

	Note	£ 2022	£ 2022	£ 2021	£ 2021
Income					
Subscriptions received	4	17,160.00		13,645.00	
Club Draw	1	1,363.00		1,212.00	
Ladywell 10,000	2	2,017.14	-	82.80	
Donations Received from members		753.00		278.80	
Easyfunraising		217.93		244.09	
LONDON MARATHON VOLUNTEERS		150.00			
EA Grant		500.00		500.00	
Track Fees Surplus	3	2,915.86		3,122.23	
Sale of Kit	4 -	1,351.16	-	76.20	
			23,725.77		18,843.12
Expenses					
Athletics Affiliation fees	5	1,338.00		539.00	
Other Subscriptions	6	379.93		449.13	
Race entries	7	4,652.10		439.00	
Hosting Southern Athletic League matches		537.73			
Travelling	8	3,827.22		160.34	
Training/Coaching courses		1,985.96		670.00	
Coaches Kit		1,262.35			
Stationery/Postage/Telephone		103.99		426.34	
Engraving/Trophy		146.33			
Bank charges (Paypal & Stripe)		620.53		468.99	
Presentation night costs/ Handicap Race and Social				27.00	
Sundry expenses		141.87		57.89	
Depreciation of Gazebo & Track equipment	9	487.57		357.11	
Donations					
			15,483.58		3,594.80
Surplus for the year			8,242.19		15,248.32

KENT ATHLETIC CLUB
BALANCE SHEET
As at 30th September 2022

		£ 2022	£ 2022	£ 2021	£ 2021
Fixed Assets	9				
Gazebo		1,099.00		1,099.00	
Office Equipment		299.00			
Track Equipment		1,039.86	2,437.86	686.54	1,785.54
Accumulated Depreciation			954.58		467.01
Net Book Value			1,483.28		1,318.53
Current assets					
HSBC Current Account		55,058.48		43,022.23	
30 Day a/c balance		0.10		0.10	
Sumup Holding Account		-		76.15	
Stripe Holding Account		124.63		54.03	
Stock of Vests		2,058.65		1,508.90	
			57,241.86		44,661.41
Less Current Liabilities					
Creditors		3,229.78		699.60	
Track Fees prepaid	3	3,385.48		2,558.60	
			6,615.26		3,258.20
NET Current Assets			50,626.60		41,403.21
Total Assets less Current Liabilities			52,109.88		42,721.74
Represented by:					
Accumulated Fund					
Retained Profit & Undistributed Reserves		37,157.14			21,908.82
Transfer from Youth Fund	10	1,656.02			
Surplus for the year		8,242.19	47,055.35		15,248.32
Welfare Fund			182.04		216.00
Athletes' Development Fund					718.10
Youth Fund	10		4,872.49		4,630.50
			52,109.88		42,721.74

Notes to the Accounts

1. Club Draw

Club Draw - Receipts	£ 4,363.00	
Club Draw - Payments	<u>£ 3,000.00</u>	£ 1,363.00

2. Ladywell 10,000

Race Entries Income	£ 2,261.60	
Catering Income	<u>£ 1,992.92</u>	£ 4,254.52
Track Hire	£ 400.00	
Timing Hire	£ 450.00	
Music System	£ 130.00	
Race Numbers	£ 171.93	
Catering Expenses	<u>£ 1,085.45</u>	<u>£ 2,237.38</u>
		<u><u>£ 2,017.14</u></u>

3. Track Fees Surplus

Track Fees received		£ 27,626.60
GLL Track Hire	£ 20,150.00	
Track Pass Sumup Fees	£ 701.19	
Track Social evenings	£ 474.07	
Track Fees prepaid	<u>£ 3,385.48</u>	<u>£ 24,710.74</u>
		<u><u>£ 2,915.86</u></u>

4. Sale of Kit

Vests were made optional for new members this year for a nominal fee of £5.00.

In previous years these were valued @ £15 which was deducted from new joiners subscription fee.

Vest Sales		£ 1,000.00
Opening Stock 01/10/2020	£ 1,508.90	
Vest Purchases through year	<u>£ 2,594.99</u>	
	£ 4,103.89	
Closing Stock 30/09/2021	<u>£ 2,058.65</u>	<u>£ 2,045.24</u>
Vest postage		£ 305.92
Deficit		-£ 1,351.16

Notes to the Accounts continued

5. Athletics Affiliation fees

Assembly League	£	20.00	
Association of Running Clubs	£	386.00	
England Athletics	£	150.00	
Kent County Athletic Association	£	50.00	
Kent Youth Athletic League	£	200.00	
South of Thames	£	7.00	
Southern County Athletic League	£	50.00	
Surrey County Athletic Association	£	40.00	
Surrey Cross Country League 21/22	£	135.00	
Surrey Cross Country League 22/23	£	300.00	£ 1,338.00

6. Other Subscriptions

Zoom - communications annual subscription	£	167.93	
Membermojo - Membership software	£	140.00	
Quickfile accounts software	£	72.00	£ 379.93

7. Race Entries

Beckenham Relays	£	135.00	
British Masters Cross Country	£	446.00	
British Masters Open Relay	£	41.10	
Dulwich Relays	£	105.00	
Kent County Cross Country Champs Vets	£	552.00	
National Cross Country	£	781.00	
National Road relays	£	270.00	
South of England Cross Country	£	873.00	
South of Thames	£	204.00	
Southern Road Relays 2021	£	257.00	
Southern Road Relays 2022	£	388.00	
Welsh Castles Relay	£	600.00	£ 4,652.10

8. Travelling

National Road Relays	£	929.65	
South of Thames	£	179.20	
Southern Road Relays 2021	£	289.60	
Southern Road Relays 2022	£	313.65	
Surrey Cross Country League	£	290.40	
Vets Southern 6 stage Road Relays	£	186.00	
Welsh Castles Relay	£	1,638.72	£ 3,827.22

Notes to the Accounts continued

9. Depreciation (5 year life)

	Cost	21/22 Dep	Acc Dep	NBV
Gazebo	£ 1,099.00	£ 219.80	£ 549.50	£ 549.50
Office Equipment	£ 299.00	£ 59.80	£ 59.80	£ 239.20
Track Equipment	£ 1,039.86	£ 207.97	£ 345.28	£ 694.58
	<u>£ 2,437.86</u>	<u>£ 487.57</u>	<u>£ 954.58</u>	<u>£ 1,483.28</u>

10. Youth Fund

Opening Balance	£ 4,630.50	
Combining both Youth Funds	£ 718.10	
Raised from Junior Taster Day	£ 117.00	
Justgiving Receipts	<u>£ 1,062.91</u>	
		£ 6,528.51
Coaching Courses	£ 1,935.96	
Training Equipment	<u>£ 220.06</u>	
	<u>£ 2,156.02</u>	
Less EA Grant for Coaching	-£ 500.00	
Transfer to P&L		<u>£ 1,656.02</u>
Closing Balance		<u>£ 4,872.49</u>

Kent Athletic Club AGM

Wednesday 2nd November 2022 7:30pm

Membership Secretary Report

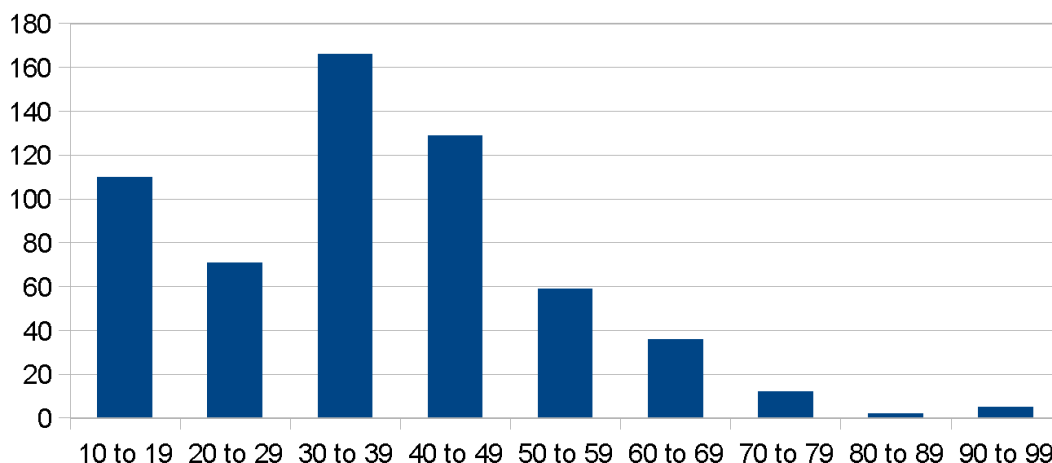
Current membership

Kent AC club active memberships currently stands at 594, an increase of 20 over last year. The main membership categories Senior Men and Senior Women have continued to grow steadily over the years. Also there has been a big increase in Juniors Under 18 and this is mainly to do with the work done by John Barron and others in expanding the junior section of the club. If largely non competitive categories (Coaches, Honorary, Social, Long Term Injured) are removed from the total then the number of potentially competitive members is well over 500. A breakdown by membership type is given below.

Membership Type	2018	2019	2020	2021	2022
Senior Men	179	192	219	243	250
Senior Women	76	82	98	102	109
Junior Under 18	-	-	-	86	106
Student/Mature Student Over 18	-	-	-	32	24
U/17/Students	47	55	55	-	-
Life	14	14	11	13	14
Distant	13	11	12	10	11
Honorary	11	11	15	16	17
Social	36	36	35	35	35
Others*	13	21	19	27	24
Total	389	422	464	574	594

* Active coaches, retired, long term injured.

The overall gender split is 31.5% female and 68.5% male which is broadly similar to previous years. Below is a breakdown of membership by age.



Members joining by year

To date in 2022 154 new members have joined the club. This is down on the 226 that joined in 2021 when the club experienced a surge in membership following the Covid-19 pandemic. In 2020 at the height of the pandemic only 58 new members joined.

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 1st April every year and if a member does not renew by 1st July then they are automatically removed from the membership system.

Year	No.
2022	159
2021	85
2019	61
2018	80
2017	61

As can be seen above there has been a much larger turnover of members over the last 12 months. Of the 159 removed 37 resigned and the remaining 122 failed to renew. It is difficult to know the reason why we fail to retain certain members. Certainly the ease of joining the club via a mobile phone or laptop and paying the subscription fees electronically means we attract a greater number of individuals who may subsequently find that Kent AC is not for them.

Note: members were not removed in 2020 due to the Covid-19 pandemic.

Income from subscriptions

Current subscription rates are £35.00 for senior men and women. Other members (eg full time students, those under 18 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 mens rate.

Year	Description	Number	Amount(£)
2022	Renewals	334	10695
2022	New members	170	5380
2021	Renewals	256	9165
2021	New members	226	4080
2020	Renewals	211	7131
2020	New members	56	1885

New members are currently offered a club vest at a discounted price of £5.00. The cost to the club for a vest is approximately £15.00. Existing members can buy club vests at the £15.00 cost price.

England Athletics registration

Affiliation to EA is now a pre-requisite for many road races and major championship events. Many clubs include the registration fee as part of annual subscriptions. However Kent AC gives the athlete the choice of opting in or out when they join or renew. Registration fees are currently £16.00 but will be raised to £17.00 in April 2023. At the present time 63% of club members are registered with EA up from 56% in 2021.

Bernie Hutchinson
Membership Secretary
20th October 2022



AGM Report

Juniors

November 2022

Junior membership has grown to 104. It's local, diverse, and inclusive. Our volunteer coaching pool has increased from 7 to 15 and parents have come forward to volunteer for a wide range of roles. We have added high jump, javelin, and hurdles. Training session attendance on Tuesday's averages 60%.

Two key initiatives have taken place in the last 12 months. One has propelled us forward competitively and the other, whilst in its infancy, has the potential to help us grow significantly.

In September we launched the **Foundation Group**. The initiative sounds innocuous but without its creation our member growth could be jeopardised. 16 months ago, we couldn't quite believe that one taster event would lead to where we are now however as we absorb new juniors it has become clear that mixing new and inexperienced athletes with those who have received 1 year+ coaching is disruptive for existing athletes, distracting, and time consuming for coaches to manage and has the potential to undermine newcomers who join an experienced group. The Foundation Group has been formed as the entry point and training group for our new joiners – except athletes who arrive with the requisite experience to fit into an events group. Foundation Group athletes may graduate to event groups when appropriate, determined by the coaches and via regular assessments. Our waiting list strategy is directly linked to the availability of places in Foundation Group. Tactically each new intake will reflect the age category most needed for the competitive season ahead.

The **Kent Young Athletics League** provides track & field competition experience for u13/u15 athletes who otherwise may not have the opportunity. 4 matches are held across the summer. Kent AC was invited to join Division 2. In our first season we finished 6 out of 8 clubs however this disguises many important milestones and a few challenges. Competition is galvanising – by the season end 40 juniors had competed, we have a fantastic future ahead in sprint and middle-distance races and our jumps and hurdles athletes will smash it next summer. Throws events are our challenge. We need to recruit more expertise. Over the winter our focus will be to plug the gap. The KYAL series brought athletes, parents, coaches, and volunteers together as a community. Everyone agreed it was exciting to be part of.

The u17's participated in the Southern Athletics League proving their value to the club and achieving great personal results. The best is yet to come from this age group as the future pipeline of athletes swells the ranks of club athletes competing in this competition.

Help! We need more female coaches and members with throws experience so if you are reading this, please talk to us - juniors@kent.org.uk

Finally – We are fortunate to have a growing number of very promising athletes some of whom have achieved great success this year. Their commitment, resilience and attitude are inspiring. Our success this summer gave everyone involved a great confidence boost and reinforced why we do this. We are looking forward to the XC season.

Juniors Sub Committee



AGM

Coaching Secretary Report

2022-2023

Coaching Secretaries Report 2022

2022 the year that ran smoothly in comparison to the previous 2 Covid years with less worry on social distancing and more focus on coaching.

The one main incident that occurred earlier this year was the track accident, but from that came a great sense of togetherness, coaches and athletes, working together to make sure that it wouldn't happen again.

Our coaching team are now back in full flight and producing results and my thanks goes out to all the volunteers coaches included who have put a huge amount of time and effort to get us where we are at the club.

Coaching

This year has seen a phenomenal increase in the numbers of our junior (read our Juniors Sub Committee report) and senior groups with a club membership on the cusp at a staggering 600 and increasing. 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 an all-encompassing Athletic club. 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.

You will see from the list below that we only have 3 active female coaches. We need more women on our coaching team so please step forward and chat to a coach or the coaching secretary who will be more than happy to talk you through what's involved.

England Athletics are offering online courses leading to Coaching qualifications. Anyone interested is welcome to discuss how the club can support you. Please contact the Coaching Secretary coachingsec@kentac.org.uk

Our Current Active Coaching Team qualification levels

Fully Qualified Coaches:

- Andy Lewis
- Hassan Davis
- Juno Field
- Joe Appiah
- Pete Boxshall

- Ken Pike
- Elie Brown
- Ted Aston

Assistant Coaches

- Adrian Musson
- Dan Ansell
- Dan Eliassen
- Stuart Beaney
- Ian Ellwood
- Miguel Stucchi
- Ronnie Hayden
- Rowan Crichton
- Sarah Hanley
- Siggy Robson
- John Barron
- Max Harbord
- Rawlston Morian
- Miguel Stucchi

Leading Athletics

- Tim Sharp
- Jason Searle
- Stephen Jones

Shadowing

- Rawlston Morian
- Bob Drummond

Plus, a great group of volunteers coming through the coaching ranks.

Finally, I would also like to thank the volunteers who also help the coaching team, be it at the gate or taking register or all the admin work, it is good to know you are there to help out behind the scenes as we couldn't do this without you. Athletes, family & friends can step forward to help out and enjoy the fun that coaching brings.

Ted Aston – Coaching Secretary 2022

Comms Report: 23rd October 2022

Comms team: Amelia, Dan P, Claire Oxlade, Ronnie Haydon, Phil Marsden, Anna Delis

Highlights:

- Open rates of the newsletter have increased up to 73%, with the newsletter widely recognised by members and the committee as the key source for club information
- Anna Delis has led Instagram over the past year and will take the role as club Social media manager from November. The Instagram now has 450 followers, with 77 posts since it was started in April 2020
- Twitter now has ~1250 followers, with posts aligned to our Instagram account, predominantly managed by Neil
- Following numerous phishing emails targeted at the committee, we password protected our committee email list published on the club website. This has noticeably reduced the volume of phishing emails received by the committee and the password is included in the newsletter for club members
- Georgina and Jamie have stepped down from their role in writing the newsletter since September, replaced by Claire Oxlade and Phil Marsden. Thank you to Georgina and Jamie for their support over the past 18 months and to Claire and Phil for volunteering

Improvements:

- To support consistency of information across our social media channels and the newsletter we have set up a Kent AC Communications WhatsApp to share key news between our group of volunteers
- The newsletter has been enhanced by i) providing a short summary of key items at the top of the report ii) most important articles at the top iii) keeping pictures to a smaller size to reduce the overall length.

Social Secretary Report

2022 has been a more sociable year than the last 2! It has seen the start of Kent AC parkruns, a monthly park run meet up touring the local park runs. We have had good turnouts at Beckenham, Hilly Fields, Dulwich and Sutcliffe Park runs and plan to continue these throughout the year.

Summer Track Social's were introduced in June and have been a huge success. Held on the last Thursday of every month, these social's have brought together A, B and C group runners after track sessions to eat, drink and share running stories and goals. Thank you to the club for subsidising the food and drink at these events.

We have also had well attended socials to celebrate and refuel following the Big Half, London Marathon and following the summer Assembly League races.

With the start of the XC season and the men and women's races now sharing the same venue, the post XC pub tradition will be encouraged throughout the season. An excellent start to the season at Effingham Cricket Club who hosted the first Surrey League.

After 2 years of covid cancellations and social distancing plans are underway for the Christmas Party on the 10th December. This will also be the first social and awards evening to celebrate the growing junior section!

Katie Rowland

November 2022

Women's road running

2022 has been another year of growth and success for the Kent AC ladies and we are grateful as always to Pete and Ellie for their ongoing commitment and dedication to training and supporting us!

It's been the year of the relays for the women of Kent. Kent AC ladies took home the gold & silver medals at the Dulwich Relays in June and won the Beckenham Park relays in July. We had an excellent turnout at both local events, a new addition to the racing calendar.

The Spring national 6 stage road relays saw the women's best result with the team - Bryony Proctor, Victoria Buck, Clare Elms, Katie Rowland, Parris Williams and Alexa Parker finishing in 7th place at Sutton Coldfield.

In September we entered a record 5 teams to compete at Crystal Palace in the Southern Road relays. Podium finishes for both the V40s taking gold (Vic Buck, Ali Farrall, Dee O'Brien and Vicky Boyle) and the V50s taking silver (Kate Williams, Nicky Hayes, Sarah Young and Andrea Barber).

We gained a team silver medal and prize money at the Vitality 10k (British 10k championships) - Katie Rowland, Georgina Wiley and Sarah Hanley being the first three home.

There have been many notable individual road race achievements across all distances from 5k to the marathon, and more importantly an ever-increasing number of ladies turning up to train with and race for Kent AC. We had 32 women racing in the Big Half, 8 in the London Marathon and several PBs achieved at both.

Katie Rowland

November 2022

Track & Field Report

Kent AC won our sub-division in the Southern Athletics League and successfully earned a place in division 2.

There was participation from across all groups in the club which was crucial to this success. Next year we can hope for even more success with more talented juniors available for selection and hopefully the continued contribution from all of the other groups.

Our fixtures maybe a little further away so recruiting athletes from across the club will be critical to achieving more success.

Ian Ellwood

October 2022

Men's Cross Country

By recent standards, the 2021-22 cross country season wasn't a vintage one. We did have some success, retaining our South of Thames Senior title at Beckenham, but it was a season of rebuilding having lost many of key performers for various reasons since Covid came along. That did mean we had to relinquish our Surrey League title, again to Hercules Wimbledon who were incredibly strong.

Being brutally honest, we didn't put up much of a fight with our position across the four matches slipping from 3rd to 5th as Belgrave and Guildford notably upped their game this season and meant we fell to fourth overall. With the old guard leaving a space for young ones to fill, we did have some promising talent coming through with Isaac Maxwell and Lucas Zurdo making the scoring teams, alongside new finds Cameron Dockerill, Michael O'Shea and Rob Sesemann. The quality of the Surrey League has certainly stepped up in the past few years and we need to make sure we don't get left behind.

Alongside the SoT senior win (6 and 12 to score), we also nabbed a bronze at the junior race, but overall attendance was probably still slightly down on the previous pre-Covid season as the virus still lingered. Nonetheless we did have some further reasons to celebrate with the ever-impressive Alex Yee winning bronze at the National Cross on the hallowed turf of Parliament Hill. He didn't have it all his own way, having to battle back from an early setback after struggling with asthma, and so to grab third in a very talented field was thrilling. Also finishing in the top 100 were John Gilbert (37th) and Noah Armitage-Hookes (95th).

Therefore, definitely a mixed season and one to build on next year with quite a fresh and improving group of runners, but greater participation is needed throughout the season, particularly in the Surrey League where numbers really count.

Dan Pettitt – Men's Championship Cross Country Captain 17.10.2022

Womens Vets Report

A great year for the Kent AC women's vets. Our team finished off the cross country season with a strong performance at the British Masters Cross Country Championships in Tonbridge on 3 March. This autumn we fielded women's vet teams V40 and V50 in the SEAA relays at Crystal Palace on 24 September, and achieved podium places for both teams. An exceptional performance by our V40 team, who were in first place, and Vic Buck for winning fastest leg. Our V50 team got into the medals in second place. We are now anticipating the Kent Cross Country Vets Championships in Dartford in December, with medals to defend in both team and individual categories.

Nicky Hayes
November 2022

Men's Vets Report

The blue riband event of the vets calendar is the Kent county XC in December. Will Pitt won individual silver in the V50s, and leading Kent AC to team silver too. Roger Beardsworth won individual gold in the v60s, and the team won bronze. Julian Spencer-Wood won the individual V70s. The V40s team retained the county title for the umpteenth time.

A week later was the Southern Veterans Cross Country, more local than normal at Lloyd Park in Croydon. Richard Giles was 27th and Tom Sloan 23rd in his category.

March saw the British Masters XC champs at Tonbridge .
The M35 team won silver and the M55 team won bronze.

In September, at the SEAA road relays at Crystal Palace the mens V40 team was third behind and the V60s were second.

All vets should be ready for action at the 2022 County XC vets champs on Sat 3rd Dec.

Jules Gevers

October 2022

Kent Ac Adult Vest Manager's Report

It's been a busy year for vests at Kent AC, with new member numbers strong and many people participating in club competitions and wanting a vest.

Since taking on the responsibility for the adult vests in January 2022 I've dispatched 104 vests. I've set up a tracker for stock and for vests dispatched, so it's been a smooth operation. Restocking has happened twice, once in May and once at the end of October. Current stock is 53 women's vests and 22 men's vests, for a total of 75 adult vests.

All new members (whether they purchase a vest or not) receive an email from me when they join with some useful information on training groups, track etiquette and more. This email will now be phased out and the information added to the welcome pack that is automatically sent to new joiners.

It's been a fun year of trips to the post office and mailing out vests to you all – hope you are enjoying wearing them!

Sofia Contino

November 2022

Records Secretary report

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. Non-power of 10 records are added manually. Work still needs to be done to add these from this year's club championships and to create categories for juniors.

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). This service has only recently reopened after covid and vacancies and there is much recent material to deposit. This include Larry Garnham's 600 page (!) history of the club – lots of results interspersed with very perceptive commentary; this is also on the website and worth a look. Also to be added are four years of committee agendas and minutes.

An important recent addition are the medals of past member John Oliver. John was a member from the early 1950s and a leading light in the 1970s. The medals are of club, county regional and, as a vet, international achievement.

Much of what we create and want to keep is digital. Administrative papers are printed and preserved that way, but 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

October 2022

Officials secretary report

The officials secretary is a new post. Its duties are to find and deploy officials and helpers at our track league matches (Kent youngsters and senior southern league) and club championships, and to encourage members to get officiating qualifications.

We have had a strong showing in the track leagues, though without the required track judge (we weren't asked to supply a starter). This has been balanced by a full squad (more than two dozen people helped out over the summer) of keen field officials and helpers, and one hugely dedicated timekeeper. Not only does their efforts enable competition to take place, it also scores points for the team.

I am very grateful to all of those that have given their time. I hope you enjoyed it too.

Club championships have been more frustrating. England Athletics competition licences require level 2 officials for results to be accepted on Power of 10. As we don't have enough of these our club championships don't appear. We hope this will change next year as EA currently proposes (but haven't yet agreed to) to lower the requirements, or we get more qualified people on our books.

We do need more people to become qualified. At levels 1 and 2 the process is pretty straightforward: an online or in-person course, officiating at licensed events and completing a logbook, plus an H&S course and dbs check. Congratulations to those who have gained qualification this year.

The committee agreed a generous compensation and incentive package for those doing courses and helping out.

Len Reilly

October 2022