

Chair's Statement

Well, what to say? This year has been like no other. Not a lot to update on, so I'll keep it short.

I'll start by thanking everyone in the club who has worked together to lead on the training sessions between August and November. It was really good to run fast with others whilst we could. Thanks for organising the virtual challenges and handicap, again a nice (?) relief from everyday life in 2020.

For all the runners who have raced this year, well done. We've had a few compete in marathon and ultra distance events, which is a hard task even in normal times.

Thanks to Ross Bibby who has been our Fell Captain for the last few years. Ross is moving to the Lake District and will be stepping down from his role. We will all miss both Ross and Becky when they move, and we wish them all the best and hope to see them soon.

During these challenging times, we have continued to support Leo's financially to help secure a future for the clubhouse. We have also extended our membership year, essentially giving everyone four months' free membership.

I wish you all the best and hope I'll see some of you on a start line next year.

Steph

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Treasurer's Report

The sheets provided in [Appendix A](#) and [Appendix B](#) detail the financial accounts for the Valley Striders Athletics Club for the period 1st Sept. 2019 to 31st Aug. 2020.

I hereby declare that the information given herein is a true and accurate account of all the financial activities for the runners' section of the Valley Striders Athletics Club for the year 2019-20.

Signed:



Dated: 6th November 2020

Mick Tinker, Treasurer

2019-20 Overall Summary

- In a Club year when there has been significant restrictions on our sport for almost half of the year, with no real races or parkruns taking place since March 2020, the Club has continued to maintain a healthy financial position, albeit at the cost of using some of the Club's financial reserves (as explained below)
- From September 2019 to March 2020 events progressed as expected ... membership subscriptions were collected, scheduled training sessions took place, the Meanwood Valley Trail Race was held in September, the Christmas party and presentations were held at Leo's and a number of teams were entered into various regional and national events
- Also, before lockdown, the Club Committee approved 2 donations of £1,000 and £250 to Leo's Crag Lane Repair Fund and various cancer charities in memory of Matthew Adcock, respectively
- Then from March 23rd 2020, everything changed. From the club's point of view that meant no organized races and restrictions on training in groups. All training facilities closed, including Leo's, and most of us became solo runners
- Early on in lockdown, the Committee decided that we should continue to support Leo's by paying the quarterly fees that had been agreed for the year 2019-20, to hopefully avoid them becoming insolvent
- At the same time, the Committee voted to extend the membership year by 4 months at no extra cost to members. Thus, for one time only the membership "year" will be 16 months long (1st September 2019 to 31st December 2020). Subsequent membership years will now be aligned with the calendar year. It was agreed to use some of the Club's financial reserves to cover any shortfalls caused by this decision
- To cover the extended membership year, one third of subs taken in 2019-20 have been marked as carried forward into the new (current) financial year starting 1st September 2020, leaving two thirds to cover the 2019-20 costs
- This process of splitting subs across the financial year will continue and mean that from now on there will be always be 12 months' worth of subs to cover the annual costs
- During the year we paid £4,000 to Leos (as usual), split £2,000 each for Juniors and Seniors, of which £1,000 has been funded from the Club's cash reserves (split equally) and £500 from The Meanwood Valley Trail Race profits (as usual)
- To further ease the financial burden on the year 2019-20, the Committee have voted to also notionally fund the 2 donations mentioned above from the Club's cash reserves (which were valued at £9,361 on 1st Sept. 2019), to the tune of £1,250
- The result of these actions has meant that there was then a small surplus of £209 on the normal balance sheet, which the Committee would like to donate to the [Zarach](#) charity. This amazing organisation

provides beds and bedding for under-privileged children in our area. You are being asked to vote on this proposal in the Virtual AGM survey

- The Club's cash reserves as of 31st August 2020 stood at £8,920

Seniors Specific Details

- The Seniors section ended the year with a surplus of income over expenditure of **£285** - an increase of £76 over the previous year (PY)
- **£7,821** was taken in from subscriptions (£59 down on PY)
- Of this, **£3,690** was paid to EA for first claim memberships (£300 down on PY), **£1,000** to Old Leo's (£500 down on PY) and **£512** to Northern Athletics (£6 down on PY)
- A one-off adjustment of **£1,152** will be carried forward into the financial year 2020-21 to cover the 4 months extension of the membership year
- Another one-off adjustment of **£222** will be carried forward, which came about after England Athletics reduced their member affiliation fees from £16 to £15 after we had already collected £16 from 222 members. This money will be refunded by means a of £1 discount to what members will pay to EA for the year 2021-22
- The Meanwood Valley Trail Race made **£1,698** profit (on takings of £3,255), **£500** of which was used to cover one quarter of the Leo's fees and **£600** donated to each of the Lineham Farm Children's Centre and the appeal in memory of Matthew Adcock
- The 2019 Christmas Party raffle made **£144**, which was donated to Lineham Farm
- Other outgoings consisted of ...
- **£198** for the Club's affiliation to England Athletics, British Triathlon Federation and Yorkshire Vets Association (up £22 on PY)
- **£387** for club member entries into 5 national and regional events (down £36 on PY):
- **£30** for coaching courses (down £360 on PY) and **£304** for Grand Prix and fell running awards (up £64 on PY)
- Other expenses totalled **£66** (down £30 on PY)

Juniors Specific Details

- The Juniors section ended the year with a deficit on income over expenditure of **£76** (compared to a profit of £74 in the PY)
- **£3,537** was taken in from subscriptions (£377 down on PY)
- Of this, **£1,671** (£94 down on PY) was meant to cover entries into 11 junior races but only the PECO race series took place before lockdown, so a one-off adjustment of **£946** will be carried forward into the new year to allow discounts to be applied to the 2020-21 subs
- **£1,500** was paid to Leo's for use of the grounds (prior & post lockdown) and clubhouse (prior to lockdown)
- As for the seniors, a one-off adjustment of **£622** will be carried forward into the financial year 2020-21 to cover the 4 months extension of the membership year
- Other outgoings consisted of **£43** to England Athletics for club affiliation (as PY), **£115** for awards (£107 down on PY) and **£10** for coaching (£90 down on PY)
- No sessions were held at GSAL over the year (£303 paid in PY) and the Junior Meanwood Valley Trail Race did not take place

Membership Numbers

- These are now provided in a separate report, from the Membership Secretary, Bob Jackson. See [Appendix C](#).

The New Year 2020-21 (1st September 2020 – 31st August 2021)

- As things stand, it is difficult to predict what our expenditure will be over the financial year that we are now in. So far there has been none!
- We expect to affiliate to the same bodies as before and continue to pay for the use of Leo's as the Club's headquarters, even though only the Juniors have used the grounds for training so far in this financial year
- A provision has been made in the forecast for coaching costs, awards and team relay races paid for by the Club
- In the hope that things will return to a more normal state over the next 9 months, it is proposed that the portion of the Seniors' membership subscriptions used to run the Club should remain the same as for the year 2019-20 – i.e. £15 for runners and £5 for social members. You are being asked to vote on this proposal in the Virtual AGM survey
- It is also proposed that the Juniors' membership subscriptions are £40 with various discounts available. More details are provided in [Annex A](#), "Juniors Membership Scheme for 2021".
- The bank balance as of 6th November 2020 was £12,116 (which includes £2,942 carried forward from 2019-20 and £176 in subs)
- The annual Meanwood Valley Trail Race due to be held in September 2020 was cancelled due to Covid-19 restrictions, which means that we will not be able to pay £500 of the profits to Leo's (as usual) or donate the remaining profits to charity this time around

Captains' Reports

Road and Cross Country Update

The year got off to an excellent start with both Men's and Women's teams securing top 10 finishes at the Yorkshire XC Championships at Lightwater Valley (Men 10th, Women 9th). The women followed this up with one of their most impressive performances in recent years with a 12th place finish at the Northern Championships a few weeks later. The Men finished in 22nd place.

The cancellation of final PECO XC league meant that the season finished at a very wet and windy West Park, pictured.

The Men secured the Premier Division with John Hobbs and Tom Venning finishing 1st and 2nd in the M40 category and Malcolm Coles retaining the M75 title.



A stormy start to the year resulted in the cancellation of a few races. Quite a few Striders will have been pleased Brass Monkey survived as the trip to York resulted in a number of PBs. First Strider to finish was Matt Hallam who improved his previous half marathon best by almost 3 minutes (71:49) and Hayley Nancolas was our first lady home, edging closer to 90mins with a 90:42 PB. Tom Thomas and Nicola Hartley both showed that their training is paying off by improving their PBs by almost 10 minutes, 73:54 for Tom and 1:48:53 Nicola. Both of them followed this up with PBs at Dewsbury a few weeks later, a 3 minute improvement over 10k for Nicola running 46:49 and a 33:26 for Tom.



Yorkshire XC, Lightwater Valley

One of the last races to take place before lockdown began was Thirsk 10 mile. Rav Panesar and Jonathan Young were the first two Striders to finish and will have been particularly pleased that the race went ahead. Rav secured a new PB of 56:07 and Jonathan broke the hour mark for the first time with 57:52.

Buoyed by the impressive results, we had teams looking forward to making the trip to Ellesmere Port for the Northern Road Relays in March. Unfortunately, this event became one of the first lockdown casualties and there hasn't really been much racing since then.

There have been plenty of virtual offerings over the last few months including Leeds editions of both the Chicago and London Marathons. Jonathan Ball ran 'Chicago' in a very impressive 2:45:46, a fantastic individual

effort. Amanda Spencer showed great consistency and endurance by following up her Sir Titus Trot Marathon victory (3:43:30) with a 3:48:37 for 'London' a few weeks later.

It's been great to see a return of some racing in the latter part of the year. The Big Flat Runway Races at Elvington were popular and we were also well represented at Baildon Boundary Way and the York 5k. There have already been a number of race cancellations for next year but hopefully we will see a 2021 will have a busier racing calendar than 2020.

Despite the lack of races, the revamped training sessions have proved popular. It's been great to see so many new faces, particularly the recruitment of faster women and those who have moved up from the juniors to the seniors. Hopefully, our efforts will be rewarded when racing finally resumes.



Northern XC, Bedale

Myra, John & Daryl

Fell Update

A frustrating and disappointing fell running year comes to an end with only 4 of the Valley Striders championship races able to be completed due to the pandemic. These took place between December 2019 and March this year, with very little able to take place once restrictions were lifted in the summer (bar the odd race such as Wansfell uphill which Dave Middlemas managed to complete). I guess only 2001, when foot and mouth decimated the fell running year, could match 2020 for race cancellations. With so few races completed we took the decision not to award the fell champs this year.

Those of us who were able to attend the covid safe monthly fell sessions led by Simon Vallance have thoroughly enjoyed them, and our thanks to him and all the other leaders and coaches who have led sessions this year when able to. I do know many of the fell runners have been able to get out to the hills to run (when allowed to do so), and here's hoping we get some more races next year to go alongside that.

After five years as VS fell captain I will be stepping down this month (an impending Lake District move the reason), a role I have thoroughly enjoyed, it has been a pleasure to be a member of the club for 8 years and I will be very sad to go. I will however be handing over the reins to the very capable current VS fell champion duo of Jon Pownall and Jenny Hall. They as always will be expertly assisted by Steve Webb, Simon and all the other fell runners at Valley Striders who contribute so much to this section of the club, and will be in touch about plans for 2021 in due course.

Ross

Juniors Report

Membership

At 31 August 2019, our membership was 111

Between September and December 2019, membership renewals were due. 2 transferred to the adult section and 76 renewed as juniors; 33 resigned from the club. 14 new members joined during this period (most of them in September as they'd been trialling with us during the 2019 summer holidays).

A further 3 members joined between January and March 2020. No more joined during spring/summer (for obvious reasons) and our membership at the end of the year was 93.

For more details of the membership numbers see [Appendix C](#).

Training

September 2019 seems a very long time ago, but the training records show that after an average of 30 per session during the summer holidays, then in 10 of the 16 weeks leading up to Christmas we had over 50 attending, with a peak of 67.

We also averaged over 50 in the first 3 weeks of January but then it started to rain ... and rain. We had no choice other than to do road sessions on the Buckstones estate and were very safety conscious; we limited it to two groups of 10 with a child-to-adult ratio of no more than 2 to 1.



After lockdown started in mid-March, we had 6 blank weeks ... but on 28 April we started "Training from Home"; we asked our members to run from home on a Tuesday evening and either send us a Strava trace or just a description of where they ran. These runs would count towards their training attendance medals for 25/50/100 training sessions. Over the next 8 weeks we averaged 25.

We resumed training at Leos on 23 June, firstly with 3 groups of 5 juniors, each doing 3 activities in rotation, each with a parent to lead, giving us bubbles of 6. We then gradually expanded, firstly to 4 groups of 5, then 2 timeslots (5:30 and 6:15) each with 4 groups of 5, giving a capacity of 40 which covered the demand over the school holidays.

Also during the school holidays we invited some prospective members to have some trial sessions with us. 6 of these had run the Peco races earlier in the year and another 2 were siblings of existing members.

But a capacity of 40 would not be enough when everyone was back from holiday the 2nd week in September. Neither was it financially viable - our outgoings to Leos were £2000p.a. and we had other expenses too; our basic membership fee was £22; we needed 90 members just to cover this.

Competition

Competition was busy between September and March.

At junior races on the roads, there were 5 at Wetherby, 16 at Kirkstall and 9 at the Abbey Dash.

We competed in two track and field series. In September, 7 junior Striders competed in one or both York Track and Field outdoor meetings. During the winter another 5 competed in three Sheffield Indoor Track and Field meetings, doing a sprints, 600 or 800 metres, long jump, high jump and shot. Some these were competing in Leeds City or Skyrac colours but they still train with and are members with us.

Most of our competition (and most of our participation) in autumn/winter was in cross-country. In the West Yorkshire League, 13 junior Striders ran at least one race and on average there were 9 at the 4 races. In the Peco League, 84 junior Striders ran at least one race and on average there were 50 at the 4 races (30 brave junior Striders turned up for race 4 at West Park in the mud and sleet). At Peco we invited those on the waiting list to run with us, there were 15 of these (included in the 84). Our juniors also competed in higher competition, 9 in the Yorkshire Championships at Lightwater Valley, 11 at the Northern Championships at Bedale, and 2 at the English Championships at Nottingham.

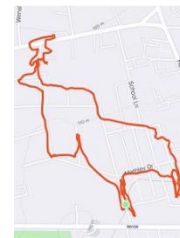
In the West Yorks XC, Alannah Thornton finished 4th overall in the Under-11 Girls. Top 6 finishers in the Peco League were Girls school years 2-4 1st Rebecca Kingston; BSY2-4 5th Edward Nabozny; GSY5-6 2nd Jess Baxter, 3rd Alannah Thornton, 5th Abigail Kingston; BSY5-6 4th James Gostling; GSY9-11 3rd Josie Pawley, 6th Annabel Lim; BSY9-11 5th Jamie Walker.

We also held our own junior mile race in the field adjacent to Eccup Reservoir (in conjunction with the Club Christmas handicap); 14 took part and the winner was Jamie Walker.

Competition closed down in the middle of March. Indeed one of the first events to be affected was the Peco Relays which Valley Striders were due to organise (routes had already been planned).

But we did have some virtual competitions during the late spring and summer. This all started with an email from Pudsey & Bramley AC who invited us to a junior challenge, with years 1 to 6 recording the distance run in 10 minutes and years 7 to 12 the distance in 15 minutes. This was followed by three more events in the same format. Two of these organised by VS, P&B and the Leeds Athletics Network where a total of 10 junior clubs in Leeds were invited and 8 took part. The third of these was organised by the Peco League where 6 of the junior clubs in the Peco League (including clubs from Harrogate and Bradford) took part. The final event was another VS/P&B/LAN co-production where runners recorded the height gained in 8 minutes/12 minutes. We averaged 16 runners at each event and 39 Striders took part in at least one. The Striders teams didn't win any of these events but were comfortably above mid-table in all.

But not every competition has been about racing. We've also had a treasure hunt (plan a training route to go past 10 local landmarks) (13 took part) and Strava Art (plan a route that when plotted on a map makes a picture) (14 took part; our art gallery is now online on the [website](#)).



And since 1 September

12 new juniors have paid to join - 7 out of the 8 who came for a trial in the summer, 2 more via Peco, 1 more sibling and 2 from new enquiries. Another 12 have come for a trial session since 1 September but we are unsure whether we will be able to offer membership to all of them due to capacity.

A few competitions that have restarted; Abs Kingston was at Doncaster for a track & field meeting and at York for the Evensplits 5k, and both Abs and Bec were at Trafford for track & field.

It was hoped that the Peco League would restart in January, maybe just for juniors, we'll have to wait and hope!

For training, the next expansion was on 1 September with a third timeslot (4:45,5:30,6:15) giving a capacity of 60, and later in September a 5th group (and 5th activity) was added to all timeslots. This gave a theoretical total capacity of 75 but a practical capacity of 70 because we know that there only about 20 juniors able to come at 4:45.



Between 8 September and 3 November we averaged 59. This was higher than we achieved in the equivalent period in 2019! The impact of CoVid is that we have had (a) shorter but more intense sessions and (b) better conditions on the playing field (Paul Gabriel has put a lot of work in on the field and there have been no rugby matches to tear up the field); everyone is keen to come!

The final change (at date of writing) was on 3 November when we added a 6th group (and 6th activity); this trial seemed to work well (although probably needs floodlights to be improved), this brings practical capacity to 80 (20+30+30).

This is still short of the membership of 93 that we opened the year with. This is discussed in [Annex A](#), "Juniors Membership Scheme for 2021".

Thank You

And finally, we'd like to thank all the parents who've helped over the last year and particularly the last 4 months.

For information for the VS members who've never seen a junior training session, in normal times we would have 3 or 4 large groups each with a leader (usually "selected" from ourselves, Alistair, Ben, Emma and Tally) and then a number of other parents would have assisted by observing and/or joining in with the activities.

To comply with CoVid bubbles of 6, we've asked parents each to lead groups of 5 children, with a few other parents (at a distance) as assistants ensuring safety on specific activities. We've had as many as 14 groups on an evening i.e. 14 different parents leading, and over 90% of parents have volunteered to be leaders or assistants. The return to training would not have been possible without you, thank you.

Bob and Richard

Appendix

A. Accounts

TRANSACTIONS SUMMARY

New year 2020-21 Forecast			Year just ended 2019-20			2019-20	Previous year 2018-19		
INCOME	EXPENSE	NET	INCOME	EXPENSE	NET	v. 2018-19	INCOME	EXPENSE	NET
£	£	£	£	£	£		£	£	£

SENIORS

INCOME									
MEMBER SUBSCRIPTIONS									
Subscriptions - First Claim Members	3,000.00		3,000.00	3,142.50		3,142.50		3,182.75	3,182.75
1-off adjustment - one third 1st claim subs carried forward	1,047.50	1,000.00	47.50		1,047.50	-1,047.50			
Subscriptions - Social Members	100.00		100.00	157.50		157.50		117.50	117.50
1-off adjustment - one third social subs carried forward	52.50	33.33	19.17		52.50	-52.50			
Subscriptions - Second Claim Members	150.00		150.00	155.00		155.00		589.75	589.75
1-off adjustment - one third 2nd claim subs carried forward	51.67	50.00	1.67		51.67	-51.67			
Current year England Athletics for renewing members	2,800.00	3,000.00	-200.00	3,612.00	3,390.00	222.00		3,735.00	3,735.00
EA overpaid memberships carried forward	222.00		222.00		222.00	-222.00			
Northern Athletics Affiliation (£2 per member)	400.00		400.00	454.00	512.00	-58.00			506.00
Pre-payment of NA fees due October 2021		400.00	-400.00						
Part previous year England Athletics for new members				300.00	300.00	0.00		255.00	255.00
SUB-TOTAL			3,340.34			2,245.33	-1,138.67		3,384.00
OTHER INCOME									
Meanwood Valley Trail Race (held in September)				3,254.50	1,556.50	1,698.00		3,116.50	1,606.84
Donations to the club				16.00		16.00			
Overpayments				2.00		2.00			
Bank Interest	5.00		5.00	8.47		8.47		4.09	4.09
(Coaching award from Leeds Network)								284.65	284.65
(Donation from Northern Athletics for marshalling at XC)								254.00	254.00
SUB-TOTAL			5.00			1,724.47	-327.93		2,052.40
INCOME TOTAL			3,345.34			3,969.80	-1,466.60		5,436.40

TRANSACTIONS SUMMARY

New year 2020-21 Forecast			Year just ended 2019-20			2019-20	Previous year 2018-19		
INCOME	EXPENSE	NET	INCOME	EXPENSE	NET	v. 2018-19	INCOME	EXPENSE	NET
£	£	£	£	£	£		£	£	£

EXPENDITURE									
FEES PAID									
Leo's Fees (split 50:50 with Juniors)	2,000.00	2,000.00		1,500.00	1,500.00			1,500.00	1,500.00
Leos Fees (paid from MVTR profits)	0.00	0.00		500.00	-500.00			500.00	-500.00
1-off adjustment: 3m Leo's Fees paid from reserves			500.00		500.00				
EA Club Affiliation	107.00	-107.00		107.00	-107.00			107.00	-107.00
Yorks Vets Affiliation	16.00	-16.00		16.00	-16.00			16.00	-16.00
British Triathlon Fed. (split 50/50 with VSCC)	75.00	-75.00		75.00	-75.00			52.50	-52.50
SUB-TOTAL		2,198.00			1,698.00	477.50			2,175.50
TEAM RACES ENTERED AND PAID FOR BY THE CLUB									
Northern road relay champs (Autumn 2019)				48.00	-48.00			96.00	-96.00
National road relay champs (Autumn 2019)				54.00	-54.00			162.00	-162.00
National XC Relays (Autumn 2019)				64.00	-64.00				0.00
National XC championship (Feb 2020)			63.00	139.30	-76.30		568.00	568.90	-0.90
National Fell Relays (Autumn 2019)				145.00	-145.00				0.00
(Calderdale Way Relay 2019)	80.00	-80.00						84.00	-84.00
(Bradford Millennium Way Relay 2019)	80.00	-80.00						80.00	-80.00
SUB-TOTAL		-160.00			-387.30	35.60			-422.90
OTHER EXPENDITURE									
Donation to Lineham Farm from MVTR				600.00	-600.00			1,000.00	1,000.00
Donation to Matthew Adcock's charity fund from MVTR				600.00	-600.00				
Donation to Matthew Adcock's charity fund 1-off adjustment - Above donation funded from Club reserves			180.00		180.00				
Coaching Courses	250.00	-250.00		30.00	-30.00			390.00	-390.00
Awarded and purchased Grand Prix T-Shirts	20.00	200.00	-180.00	32.00	239.00	-207.00	47.00	270.00	-223.00
Runners' Awards	100.00	-100.00		96.98	-96.98			16.88	-16.88
Cones for training sessions				9.99	-9.99				
Reels for holding barrier tape				31.15	-31.15				
Donation to Leo's for Crag Lane resurface 1-off adjustment - Above donation funded from Club reserves			500.00		500.00				
(Underpayments)								31.63	-31.63
(Trolley for moving gazebo (split 50/50 with VSCC))								14.50	-14.50
(Printing and miscellaneous costs)								16.01	-16.01
(Stopwatch)								13.60	-13.60
(New Website Costs)								680.00	-680.00
(Leo's keys & padlocks)								19.96	-19.96
(Christmas 2018 party band (split 50/50 with VSCC))								200.00	-200.00
SUB-TOTAL		-530.00			1,575.12	1,030.46			2,605.58
EXPENDITURE TOTAL		2,888.00			3,660.42	1,543.56			5,203.98

TRANSACTIONS SUMMARY

New year 2020-21 Forecast			Year just ended 2019-20			2019-20 v. 2018-19	Previous year 2018-19		
INCOME	EXPENSE	NET	INCOME	EXPENSE	NET		INCOME	EXPENSE	NET
£	£	£	£	£	£		£	£	£

MEMBER SERVICES									
SOCIAL ACTIVITIES AND KIT									
Christmas Party			770.00	625.76	144.24		1,795.00	1,620.00	175.00
Donation to Lineham Farm from Christmas Party Raffle				144.24	-144.24			87.50	-87.50
Striders hoodies and buffs (Donation to YAA from Christmas Party Raffle)			1,236.60	1,245.18	-8.58		1,153.66	1,174.77	-21.11
(Tuesday night food)							18.00	20.00	-2.00
SUB-TOTAL					-8.58	14.53			-23.11
TEAM RACES ENTERED AND PAID FOR BY MEMBERS									
West Yorks Cross Country Series			505.00	511.50	-6.50		520.00	520.00	0.00
Leeds Country Way Relay			528.00	528.00	0.00		528.00	528.00	0.00
YVAA Cross-country			6.00	6.00	0.00				
Yorkshire Cross Country Championship			217.00	218.85	-1.85		154.50	154.50	0.00
Northern Cross Country Championship			150.45	152.00	-1.55		333.00	333.85	-0.85
YVAA Road Relays Summer'19 late payment (Yorkshire Spring Road Relays)			138.00	144.00	-6.00		128.00	128.00	0.00
SUB-TOTAL					-15.90	-15.05			-0.85
MEMBER SERVICES TOTAL					-24.48	-0.52			-23.96

SENIORS TOTALS	7,848.67	7,391.33	457.34	15,928.02	15,643.12	284.90	76.44	16,784.40	16,575.94	208.46
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TRANSACTIONS SUMMARY

New year 2020-21 Forecast			Year just ended 2019-20			2019-20 v. 2018-19	Previous year 2018-19		
INCOME	EXPENSE	NET	INCOME	EXPENSE	NET		INCOME	EXPENSE	NET
£	£	£	£	£	£	£	£	£	

JUNIORS

INCOME								
MEMBER SUBSCRIPTIONS								
Subscriptions - Junior members - discounted	3,460.00	745.00	2,715.00	1,866.00	1,866.00		2,149.20	2,149.20
Subscriptions - New Junior Members Autumn 2020	150.00		150.00					
Adjustment - one third of subs carried forward	622.00	1,153.33	-531.33		622.00	-622.00		
SUB-TOTAL			2,333.67		1,244.00	-905.20		2,149.20
TEAM RACES ENTERED AND PAID FROM SUBS								
Junior entry fees for 10 listed races				1,671.00	1,671.00		1,765.00	1,765.00
Peco Junior XC & Relay entries					378.00	-378.00	444.00	-444.00
Adjustment - Unused race entries carried forward (Meanwood Valley Trail Race 2019) (Washburn Junior Relays 2019) (Golden Acre Junior Relays 2019) (Pudsey Junior Race 2019) (Eccup Junior Race 2019)	946.00		946.00		946.00	-946.00		
SUB-TOTAL			946.00		347.00	-535.00		882.00
OTHER INCOME								
(Meanwood Valley Junior Trail Race May19)							564.09	391.60
(Coaching award from Leeds Network)							31.60	31.60
(Donation from Northern Athletics for marshalling at XC)							32.00	32.00
SUB-TOTAL			0.00		0.00	-236.09		236.09
INCOME TOTAL			3,279.67		1,591.00	-1,676.29		3,267.29

TRANSACTIONS SUMMARY

	New year 2020-21 Forecast			Year just ended 2019-20			2019-20 v. 2018-19	Previous year 2018-19		
	INCOME	EXPENSE	NET	INCOME	EXPENSE	NET		INCOME	EXPENSE	NET
	£	£	£	£	£	£		£	£	£
EXPENDITURE										
FEES PAID FROM SUBS										
Leo's Fees (split 50:50 with Seniors)		2,000.00	-2,000.00		2,000.00	-2,000.00		1,900.00	-1,900.00	
(Leos Fees - paid from MVJTR profits)								100.00	-100.00	
1-off adjustment: 3m Leo's Fees paid from reserves				500.00		500.00				
EA Club Affiliation		43.00	-43.00		43.00	-43.00		43.00	-43.00	
SUB-TOTAL			-2,043.00			-1,543.00	500.00			-2,043.00
OTHER EXPENDITURE										
Awards (e.g. 25/50/100 training session medals)		250.00	-250.00		115.10	-115.10		221.73	-221.73	
New incentive award for 2020-21		250.00	-250.00							
Coaching Courses		400.00	-400.00		10.00	-10.00		120.00	-120.00	
(Grammar School Track Fees)		300.00	-300.00					303.77	-303.77	
Donation to Leo's for Crag Lane resurface					500.00	-500.00				
Donation to Matthew Adcock's charity fund					70.00	-70.00				
Adjustment - Above donations funded from Club reserves				570.00		570.00				
(Donation to Lineham Farm from MVJTR18)								75.00	-75.00	
(New Website Costs)								270.00	-270.00	
(Safeguarding Courses)								20.00	-20.00	
(Track & Field Equipment)								9.97	-9.97	
(Christmas party contribution)								100.00	-100.00	
(Purchase of white stakes)								56.95	-56.95	
SUB-TOTAL			-1,200.00			-125.10	1,052.32			-1,177.42
TEAM RACES ENTERED, PAID OR PART-PAID BY CLUB										
SUB-TOTAL			0.00			0.00	0.00			0.00
EXPENDITURE TOTAL			-3,243.00			-1,668.10	1,552.32			-3,220.42

TRANSACTIONS SUMMARY

	New year 2020-21 Forecast			Year just ended 2019-20			2019-20 v. 2018-19	Previous year 2018-19		
	INCOME	EXPENSE	NET	INCOME	EXPENSE	NET		INCOME	EXPENSE	NET
	£	£	£	£	£	£		£	£	£
MEMBER SERVICES										
TEAM EVENTS ENTERED, PAID BY MEMBERS										
West Yorks Cross Country Series Juniors				180.00	175.00	5.00		144.00	144.00	0.00
Northern Cross Country Championship 2020 (Yorkshire Junior Road Championship)				72.55	72.55	0.00		24.00	24.00	0.00
(West Yorkshire Track & Field)								217.50	195.00	22.50
(City of York Track & Field)								69.00	69.00	0.00
SUB-TOTAL			0.00			5.00	-17.50			22.50
SOCIAL ACTIVITIES AND KIT										
Junior Vests (Christmas Party)				138.00	141.95	-3.95		542.00	537.70	4.30
(Donation to Lineham Farm from Christmas Party)								360.50	312.50	48.00
(Donation to YAA from Christmas Party)									24.00	-24.00
(Lost Property Recovery, donated to Lineham Farm)								5.00	5.00	0.00
SUB-TOTAL			0.00			-3.95				4.30
MEMBER SERVICES TOTAL			0.00			1.05	-25.75			26.80
JUNIOR TOTALS	5,178.00	5,141.33	36.67	4,997.55	5,073.60	-76.05	-149.72	5,903.89	5,830.22	73.67

B. Balance Sheets

BALANCE SHEETS

	New year 2020-21 Forecast	Year just ended 2019-20		Previous year 2018-19
Senior Runners and general transactions				
Reserves Brought Forward from Previous Year	8,465.59	9,360.69		9,152.23
Transactions Summary (Profit/Loss)	457.34	284.90		208.46
One-off donations paid from Club reserves		(M.Adcock & Crag Ln) -680.00		
One-off Leo's fees paid from Club reserves		(3 months) -500.00		
Reserves Carried Forward into Next Year	8,922.93	8,465.59		9,360.69
Membership subs carried forward into Next Year	(4 months) 1,083.33	(4 months) 1,151.67		
EA mbrshp overpayments carried forward into 2020-21		(£1 pp) 222.00		
NA mbrshp pre-payments carried forward into 2021-22	(£2 pp) 400.00			
Money in bank at start of new financial year	10,406.26	9,839.26		9,360.69
Junior Runners				
Reserves Brought Forward from Previous Year	454.61	1,600.66		1,526.99
Transactions Summary (Profit/Loss)	36.67	-76.05		73.67
One-off donations paid from Club reserves		(M.Adcock & Crag Ln) -570.00		
One-off Leo's fees paid from Club reserves		(3 months) -500.00		
Reserves Carried Forward into Next Year	491.28	454.61		1,600.66
Membership subs carried forward into Next Year	(4 months) 1,153.33	(4 months) 622.00		
Pre-paid race entries carried forward into 2020-21		(£11 pp) 946.00		
Money in bank at start of new financial year	1,644.61	2,022.61		1,600.66
All Runners (Seniors + Juniors)				
Reserves Brought Forward from Previous Year	8,920.20	10,961.35		10,679.22
Transactions Summary (Profit/Loss)	494.01	208.85		282.13
One-off payments from Club reserves		-2,250.00		
Reserves Carried Forward into Next Year	9,414.21	8,920.20		10,961.35
Liabilities carried forward into Next Year	2,636.66	2,941.67		
Money in bank at start of new financial year	12,050.87	11,861.87		10,961.35

C. Membership Statistics

Membership Categories as at 31st AUGUST	2016-17	2017-18	2018-19	Resign	Xfr to another cat	No change	Xfr from another cat	Joined	2019-20	Net change	Joined 1Sep to 10Nov20
1st Claim, affiliated to EA through VS (inc. cyclists)	259	229	226	31	12	183	8	18	209	-17	4
2nd Claim (inc. cyclists)	10	8	10	2	1	7		3	10	0	
Cyclists who also run 1st claim, affil to EA through VS	0	6	3	1		2	5		7	4	1
Honorary Life 1st claim, affiliated to EA through VS	5	2	4			4			4	0	
Honorary Life Volunteers	14	17	15	1		14			14	-1	
Social (Inc. cyclists)	16	31	47	19	8	20	10	2	32	-15	
Volunteers (inc. juniors)	5	7	6	2		4			4	-2	
SUB TOTAL ADULTS	309	300	311	56	21	234	23	23	280	-31	5
Juniors, affiliated to England Athletics through VS	9	16	19	2	15	2	4	1	7	-12	
Juniors, not affiliated	83	83	91	30	5	56	13	15	84	-7	
Juniors, social (not training)							1	1	2	2	
Juniors, temporary	9	16	1	1						-1	12
SUB TOTAL JUNIORS	101	115	111	33	20	58	18	17	93	-18	12
TOTAL	410	415	422	89	41	292	41	40	373	-49	17

Membership Categories as at 31st AUGUST	2019-20	Change	Notes
1st Claim, affiliated to EA through VS (inc. cyclists)	209	-17	General reduction due to no recruitment since March. 9 first claimers who no longer run have transferred to Social. See also note for Social.
2nd Claim (inc. cyclists)	10	0	
Cyclists who also run 1st claim, affil to EA through VS	7	+4	5 have changed their primary club from VSAC to VSCC (but most who do both still list VSAC as their primary first club)
Honorary Life 1st claim, affiliated to EA through VS	4	0	
Honorary Life Volunteers	14	-1	
Social (Inc. cyclists)	32	-15	8 social members (including 2 cyclists) converted to 1st claim as a result of change at last AGM and 19 social members resigned
Volunteers (inc. juniors)	4	-2	
SUB TOTAL ADULTS	280	-31	
Juniors, affiliated to England Athletics through VS	7	-12	Junior policy is to affiliate when needed. About 15 juniors competed in West Yorks XC and/or North XC in the winter but many were already affiliated for EA2019/20, only 6 needed new affiliation
Juniors, not affiliated	84	-7	
Juniors, social (not training)	2	+2	
Juniors, temporary		-1	12 have paid for Sep-Dec 2020 and will renew in 2021 if spaces are available
SUB TOTAL JUNIORS	93	-18	33 juniors resigned (about 30%, fairly typical) and 2 transferred to adult. 15 joined before Xmas but none since due to bad weather and CoVid. When renewals are due, we forecast 20 to resign and 5 transfer to adult. We have 20 who have trialled since July and 12 have already joined. Our plan is to have around 85 members while CoVid restrictions in place and then recruit (if possible) from April 2021.
TOTAL	373	-49	

Annex

A. Juniors Membership Scheme for 2021

Summary of proposed membership scheme

- £40 for 1 January 2021 to 31 December 2021
- Covers Tuesday sessions at Leos and GSAL (10 in the summer)
- Reduced rate of £20 for those attending 10 or fewer training sessions
- Discount of £11 to those renewing whose fee for 2019/20 included £11 or more for race entry fees
- Juniors competing in higher competition e.g. West Yorkshire Leagues, York Track & Field League, Yorkshire Cross Country Championships, Northern XC, National XC will also need to pay affiliation to England Athletics and Northern Athletics (total £17), but this can be paid at the time of entering the first such event.
- There will be a new incentive scheme whereby those who take part in nominated races and events will earn points towards awards. The majority of nominated races will be suitable for all abilities and therefore all members will have the opportunity to qualify for the awards. The scheme will be somewhat similar to the 25/50/100 training medals.

Summary of impact on training

We are forecasting 85 full members and 3 at reduced rate giving a total maximum attendance at training of 86. Our practical capacity is 80 as demonstrated at our session on 3 November 2020. As it is likely that each week at least 6 members will (unfortunately) be injured / ill / otherwise engaged we should be able to provide a session for everyone who wants to come.



This of course is dependent on

- CoVid regulations allowing grassroots clubs to train in groups of 6 from 3 December
- ... and not setting a maximum attendance at any one base
- The rugby fields remaining in good condition

Summary of impact on income and costs

The financial forecast for the year ending 31 August 2021 then shows a forecast profit of £37. I regard this figure as "safe" providing we reach our target membership level very early in 2021 (we probably have enough on our waiting list to achieve this)

The remainder of this document describes the detail behind the above summaries

Last year's scheme

The membership year ran from 1 September 2019 to 31 August 2020. The membership fee for most members was £42 per year, comprising

- £22 for club membership
- £20 as an incentive to enter 11 named local races (if a junior decided not to enter one or more races, those fees would go to club funds)

There were a few options/variations

- Juniors wanting to attend 10 or fewer training sessions in the year got a discount of £11 (half of the club membership component)
- Juniors competing in higher competition e.g. West Yorkshire and York Track & Field Leagues, Yorkshire and Northern XC Championships also needed to pay affiliation to England Athletics and Northern Athletics.
- Juniors joining part way through the year paid a pro-rata membership component based on number of months and calculated race component based on races remaining
- Junior social members (not training) £5 (same as adult scheme)

As at 31 August 2020 we had

- 86 standard junior members
- 5 on the limited training option
- 2 social junior members

Last year's incentive scheme

This scheme had been running for 3 years. It was designed to encourage juniors to take part in 11 local races all of which were suitable for all ages and abilities.

It did work in that we advertised these races and junior members knew that there would be many others from the club there. It perhaps didn't work in that £3 per race wasn't a great incentive, especially for the children (who were unlikely to be paying the fees themselves!)

However I do believe that we need to encourage juniors to take part in events. Some clubs go as far as not allowing members to renew if they've not "put the club vest on". If clubs have a limited number of training

spaces, this seems a reasonable approach as freeing up such spaces would allow others to join who are more keen to compete.

Comparison of proposed rates for 2021 vs. last year

Assuming that the year had been normal and all 11 nominated races had taken place

- For those that would have taken part in all of the 11 races in the old incentive scheme, the effective fee goes up from £22 to £40 (80% increase)
- For those that would not have taken part in any of the 11 races in the old incentive scheme, the fee goes down from £42 to £40 (5% reduction)

Extension of last year's membership period

Due to the loss of training for 4 months, the membership year was extended to 31 December 2020 at no extra cost to members i.e. costs incurred during the extra 4 months (e.g. payment to Leos) were taken from club reserves.

Of the 11 named local races, 5 did not take place - entry fees worth £11

Since 1 September, as at 1 November, 12 new junior members have joined, paying membership through to the end of the year, with an option to renew unless "circumstances" change. They've paid an average of £10 each.

Forecast renewals and resignations for year starting 1 January 2021

By looking at whether individual members have attended our sessions since lockdown (and if not, whether this was due to injury), we are forecasting

- We had 93 members at 31 August 2020
- 8 to transfer to the adult scheme
- 21 to resign (none of these have attended training since June)
- 61 of the standard members to renew
- 3 of the limited members to renew
- Assume none of the social members renew
- Total of 64 will renew
- The 12 who have joined since 1 September 2020 to renew
- A further 12 to be offered membership
- **Total membership will be 88 (85 standard, 3 limited)**
- **As limited membership is a maximum of 10 sessions, we need capacity for 86**

Training Capacity

During October 2020 our theoretical training capacity was 75 - 3 sessions (4:45, 5:30, 6:15) with 5 groups at each session, with 5 juniors in each group. But there are only about 20 juniors who are able to come at 4:45 so our practical capacity is 70.

For our session on 3 November we trialled a 6th group at the 5:30 session and this was successful, i.e. we fitted the extra activity in the available space and the juniors seemed to enjoy having more variety.

If we also had a 6th group at 6:15, this would bring up our practical capacity to 80 (20+30+30).

Next April (after the clocks go forward), even if still limited to 5 per group, we could be able to extend the number of groups further, using the trails and/or top field.

Coaching Courses and Other Courses

We would like some parents to go on some courses - it would support them when leading groups and I'm sure they'd bring back some good ideas about improvements and/or variations for our training sessions!

- Leading Athletics - for junior training sessions, biased towards track and field. Half day course used to be £30 to attend, now £20 as 2 online modules 90mins each. Definitely relevant.
- Coaching Assistant - for coaching juniors and seniors, track and field. 2 days, £200?, maybe not relevant
- Athletics Coach - biased towards track & field, 4 days and workbooks, £270, definitely relevant as gives insurance for other leaders
- Leader in Running Fitness - for leading adult runners in endurance and social training sessions, qualification applies to ages 12 and above, but content transferable to juniors (create activities that are suitable for wide range of abilities). One day. Was £160 to attend, now half day online and half day practical £110. Definitely relevant as explains how to lead groups of mixed ability in running activities.
- Safeguarding - online course £10 - would be good to have a few parents "attending" this, perhaps to ensure we had one qualified safeguarder at each of the 3 sessions.
- DBS check - these are free for all volunteers - recommended.

New Incentive Scheme

The new incentive scheme is to replace the old payment for entry fees for local races. This new scheme will incentivise the junior members rather than the parents! It will be open to all juniors in the same way as the awards for training sessions.

The "scoring" will be biased towards events that all junior members can take part in whatever their age and ability (i.e. parkruns and local races), but will also take in county, region and national events. A possible example is

- Parkruns and junior parkruns - 1 point
- Local junior races (Peco, Peco Relay, Meanwood, Pudsey, Eccup, Golden Acre Relay, Kirkstall) - all of these are suitable for all ages and all abilities - 10 points each
- Other local races (Abbey Dash, Washburn Valley) - 5 points
- County, Region and National - 5 points
- Track and Field Meetings - 5 points

The details to be discussed with parents and published before 31 Dec 2020.

If parkruns and competitions don't resume, then some of the money not used in this incentive scheme will be refunded to parents by means of a discount for renewal in 2022

NB We already have some awards for competition, but only 4 are given out every 6 months – 2 trophies for best age-graded performances (boy and girl), and 2 cups (the Pat Umpleby and Bob Jackson participation cups) which require 13 competitions (and 13 training sessions) to qualify.

The difference is that the new awards will go to everyone who takes part in a number of competitions.

Financial Forecast

The finances are somewhat complicated by the fact that Financial Years run from 1 September to 31 August and the Membership Year will run from 1 January to 31 December.

Income (1 September 2020 to 31 August 2021)

Brought forward from 2019-20 membership year one-third of 2019-20 membership fee to cover period 01/09/20 to 31/12/20	£622
Brought forward from 2019-20 entry fees for 5 races not held	£946
12 new members for period 01/09/20 to 31/12/20	£150
85 full members at £40	£3400
3 limited members at £20	£60
0 social members at £5	£0
Less discount for members renewing (63 at £11 and 1 at £8, but also another 4 at £11 who convert to adult membership)	-£745
Carried forward to 2020-21 financial year one third of total membership fees this year (£3460) that are needed to cover 01/09/21 to 31/12/21	-£1153
TOTAL	£3280

Expenditure

Paid to Leos for use of pitches, floodlights and clubhouse	£2000
England athletics club affiliation fee (gives insurance and subsidised training courses etc)(club fee is £150, adults pay 5/7 ^{ths} , juniors 2/7 ^{ths}).	£43
Medals for attending 25/50/100 training sessions	£180
Performance awards and participation awards (each awarded twice a year, each time for one boy and one girl, i.e. 8 awards in total)	£70
GSAL fees (hopefully we can train next summer, alternate Tuesdays)	£300
Coaching courses	£400
New medals or alternative awards for a new incentive scheme for taking part in parkruns, designated local events and other competitive events	£250
Subsidised entry fees to Regional and National competition (assume none take place)	
TOTAL	£3243

We are forecasting a profit of £37.