

## Minutes of Lingfield Running Club AGM 2024

Victoria Sports and Social Club, Thursday 11th April, 8 p.m.

The Club Chair, Scott McDonald, welcomed members to the 40<sup>th</sup> AGM of the Lingfield Running Club, at the Victoria Sports and Social Club.

The formal business of the AGM was able to go ahead, as there were more than 17 members present, which is the quorum of 10% of the membership.

### **Present:**

Kath Garrido (President)	Ian Watkins
Scott McDonald (Chair)	Catherine Watkins
Graeme Bennett (Secretary)	Michele Edwards
Gary Spring (Membership Sec.)	Sandra Ankers
Tom Cartledge (Treasurer)	Dave Nottidge
Liz McLennan (Ladies' Captain)	Simon Mills
Keith Chambers (Men's Captain)	Ian Greenaway
Sally Alexander	Fiona Champness
Catherine Wilson	David Watkins
Sarah Ferguson	Judith Cartledge
Dave Worsell	Dave Wilkes
Mark Clayton	Sue Garner
Debbie Wilkes	Trevor Crowhurst
Marie Warner	James Kilfiger
Steve Warner	Chris Ryan
Hannah Cartledge	

### Apologies:

Dee Baker	Robin Mayer
Susie Birch	Jim Parker
Lisa Compton	Maggie Statham-Berry
Helen Davey	Brandon Webb
Robert Healey	

The minutes of the 2023 AGM(s) were accepted (proposed by Chris Ryan, seconded Fiona Champness).

### 1. Chair's report

The Chair began by announcing that the meeting was quorate and could complete the formal business. He then read out his report:

As I come to the end of my 3-year tenure as chair, on thinking about this report, my first thoughts were "where did those 3 years go? ". When I started as chair, we were still subject to covid restrictions but with great assistance from Gary Spring and Trevor we made a great return to club races.

I have seen wonderful individual achievements that have ranged from ultra marathons and for others, it was achieving personal best at various races and wearing the Lingfield colours at cross country.

Our membership has moved up and down and that is only to be expected as our working life sometimes gets in the way. I assure you there is plenty of space for new members!

We now have a great club welfare team in place with Alison Stuart and Helen Davey as dedicated Club Welfare Officers alongside me, supporting both of them.

We have achieved private funding from England Athletics and Lingfield Parish Council which allowed the club to put two members through training courses and we purchased a new gazebo and team flag.

I cannot thank enough the present committee and previous committee members for their support during my three years. I also wish to thank Dee as Social Secretary, Diane Clayton as previous newsletter editor and, during my early days, Trevor for his help with club races. It is also important to recognise the commitment of the Lingfield 10's committee. After no race in 2023, it wonderful to see a return this year on Sunday 30th June.

Last year I even won my first club trophy - the Dennis Crowhurst race.

Over the three years, the one thing that stands out for me most is the club coming together for the Xmas handicap race, turning out in great numbers and supporting Papyrus - which supports Mental Health and Prevention of suicide in young people.

Sadly, during my tenure, some of our members are no longer with us and for me it is important to remember all of them and recognise their contributions to our club.

So, as I finish my three years, the answer to "did I enjoy my time on this Committee?" is a big resounding YES I DID ! This evening, I don't have time to talk about all the great things that have happened during the last 3 years for our club, but I wish everyone the very best of luck in whatever races you are competing in this year and many thanks to everyone for supporting our club.

Motion 1 was presented.

In section 11, to add 'in accordance with the club's formal Grievance and Disciplinary policy,' to the end of sentence one in the second paragraph. This para will now read as follows:

'The management committee will meet to hear complaints within fourteen days of a complaint being lodged, in accordance with the club's formal Grievance and Disciplinary policy. The committee has the power to take appropriate disciplinary action including termination of membership.'

Proposed by Chris Ryan, seconded by Sue Garner, and approved by the meeting. No votes against.

## **2. Secretary's report (Graeme Bennett)**

My role as Secretary is to support the Chair and ensure overall, well-run club administration. If I'm doing that properly, life on the committee should be dull and unexciting. I'll leave others to judge how well I've succeeded.

This year, with eight meetings, we have met our constitutional committee requirements. We have adopted, adapted (and no doubt improved) a range of England Athletics policies and guidance on good governance. We have proposed and amended our constitution at tonight's meeting to reflect any changes required.

We have been open and transparent – briefing members via the newsletter and placing all minutes on the club website for all to read. Gary will say more about the newsletter later. We have also made strenuous efforts to keep the website up to date with everything going on at the club, but please let me know if there is more we could do.

With that, I'll take any questions and then hand over to our Treasurer, Tom Cartledge.

### 3. **Treasurer's report** (Tom Cartledge).

I would like to start off by giving a massive thanks to Debbie Wilkes for all of her time and support in finalising the club accounts for 2023/4.

We started and finished the year with a healthy bank balance supported by the charity donations obtained by our Chairman Scott. Some of this year's expenditure is covered by the following:

- Subs to the Victoria Club
- New Gazebo & Flag
- Additional club kit
- Cross Country affiliations and entries into the Southern's
- Handicap Prizes
- Our end of year bank balance is £3862.27

#### A QUICK CHALLENGE FOR THE MATHEMATICAL ONES AMONG US...

Our total membership income for 2023/4 was £2453.49 SO!!!

- What was the total expense for opening the doors for LRC? £462.00 - this is VSSC membership & public liability insurance.
- We all like our Handicap Series, how much did this cost? £182.63 - this is Christmas handicap prizes + vouchers.
- LRC prides itself on our cross-country heritage at what cost? £452.00 – ladies' & men's Surrey Cross Country League.
- Ongoing coaching support (Wednesday evenings) at what cost? £297.50 - a good increase in attendee numbers bringing in new members from other local clubs.

So just taking into account the above 4 items our overall spend was £1,394.13. That doesn't include any additional kit, sundries that occur during the 12-month period.

For 2024/25 I would like to propose that we remain with our current membership fee of £15.00. With our current membership this would see an income of £2520.00; this would allow the club to support a number of individuals who are progressing or looking to progress with their EA CiRF (Coach in Running Fitness) or EA LiRF (Leaders in Running Fitness) accreditations.

#### Adoption of Annual Accounts

In the printout provided (see page 11 below) you can see the overall income and expenditure for the financial year 2023/4, I will leave you to digest the figures briefly and will answer any questions that you may have.

Adoption of accounts proposed by Sandra Ankers, seconded by Simon Mills. Passed unanimously.

Motion 1 was presented – that fees for the year 1 April 2024 to 31 March 2025 shall be £15, payable by 12 May 2024. Proposed by Debbie Wilkes, seconded by James Kilfiger. Passed unanimously.

### 4. **Membership Secretary and Event Organiser's report** (Gary Spring)

As my three-year stint as Membership Secretary comes to an end, I looked back on the previous years' membership numbers. When I took over the role in 2021, we were at 183 members, this then dropped to 164 in 2022, then down to 162 in 2023 but we're now up to 169. In my defence, when I took over, we'd not charged any subs for a couple of years because of Covid, so I am hoping the 183 number may have been slightly inflated. It

therefore seems that our club operates happily at around 160+ members, regardless of any extra work done by the committee to recruit new members.

On that subject, to promote our club, I recently had some business cards printed up to hand out to the lone runners who pass me by around the village. While most of them responded positively, when I temporarily halted them to hand out a card, unfortunately none of them have so far contacted me or appeared on a club night.

There seems to be about 145 long-term members, who renew each year. Then, over the year, we build back up to over 160. I do try to find out why members resign, and the reasons are varied, ranging from moving away from the area, needing tougher competition or an easier run on club nights or just no longer interested in running. I'm therefore aware that having got someone to join us, we also need to find ways to retain them, especially if they don't get a chance to meet up with our other members.

Our membership is very diverse in both the location of residence and the preferred type and time schedule of running, so a gathering of more than 30 of us at a club event can count as a success! I found that one opportunity to reach more of our membership is through the club newsletter. Over a hundred of you open it each week, (and hopefully read it!), so Graeme and I assume it is an effective way to try and keep you all in contact with each other. For information, this readership number equates to 64.5% of the membership, and though not ideal, Graeme would like it known that it is an increase of 1.5% on the previous year.

We introduced a new feature on members' Favourite races last year, to help broaden your knowledge of our membership base and if any of you have ideas on other new features that will be of interest to most of our membership, I am sure Graeme will be keen to hear them. Graeme also keeps the club website calendar updated with planned runs and races, so if you don't get time to read the newsletter and don't use Facebook, please check our website calendar to see what club events are coming up.

In summary, it's been a lot of fun doing this role for the past three years and I wish my successor all the best. And I just want to assure them not to get despondent when the total membership number refuses to go over 170!

## **5. Run Event Organiser report**

The current plan is more of the same of what we did last year. So, what did we do last year? We returned to having four Handicap club races in May and we also grouped all nine of the Handicap races into one series, like the GP race series. I finally ditched the sugar- and alcohol-based spot awards we had after each race and substituted them with prizes for the overall series winners. Taking into account the whole series of nine races, we had about half the club membership involved in participating in the races or supporting them as volunteers which was very rewarding and hopefully, we'll have similar participation this year.

Last year, once we reached the lighter evenings, all our Club Evening runs included some off-road/trail sections, Tom leading the Thursday session and me doing the Tuesday one. Though the majority of the runs started from the Victoria Club, we did have some runs starting from other locations to add some variety. This includes the monthly Pub Run, plus a new feature of a co-hosted run with Oxted Runners. All this will be repeated this year, and there may be the opportunity to extend the co-hosted runs to include East Grinstead Runners as well.

And now, some information on the Club Handicap races, for those of you new to the club or with bad memories!

We'll hold nine handicap start races over the year, starting with the 5km race, up and down St Piers Lane in April and culminating in the Christmas Handicap race in December. As the aim of the handicap system is for all the runners to finish at the same time, in theory, everyone who enters at least six of the races has as good a chance as the next member, of winning one of the

prizes. The 1st finisher gets 20 points, 2nd finisher, 19 points, down to 11 points for all finishers from 10th place, downwards. The best six scores from the nine races are counted towards trophies for the overall first Lady and Man, plus voucher prizes for the first three places.

Handicaps will be based on your recent times for parkrun, 10km races, etc., plus previous club races as we progress through the race series. I have a handy formula to predict times for different race distances, plus my own method of translating a water-logged East Grinstead parkrun time into something more representative of a dry, flatter surface, and this year, there will be no favourable handicaps if you run with your dog.

All of the above events will be advertised in advance in the newsletter and club calendar, and nearer the day, on the club Facebook page.

### Volunteers

To make sure all the Handicap Start races, especially the four May Races, are run under safe conditions, it does rely on help from the club members, to put out signs and marshal at road crossings. I am hoping that our members' first thoughts are to enter these races, but if you can't run and are available on the day, please look out for my requests for help and let me know what role you are willing to take on.

### Looking for running partners on a non-Club night?

If you want company for a run on a different day and time to the Club runs, don't forget to consider using the Club WhatsApp group 'LRC Runfinder'. As I mentioned earlier, our membership covers a very wide range of pace and distance, both on and off-road, so it is highly likely that we have other members with similar running schedules and pace and distance preferences as you. Please contact one of the club Committee and we can help find them for you.

### Club Runs

A constant concern is being able to accommodate our members' pace needs on an evening club run. I am aware that some of the past members who did not renew with us, left because our Club Runs were either too fast or too slow for their needs. With the relatively low turn-out, compared to our membership number, I accept that the evening Club Run is no longer a key reason why runners join our club, but our committee is still keen to make it suit as many members as possible. Simon Elliott does a great job, leading a group who prefer a slower and shorter run, starting at 6:30pm on Club Nights. We are aware, though, that this time does not suit everyone and over the recent winter period we advertised the addition of a shorter, slower road run at the usual 7pm time, though we only had one taker for the whole period.

I am hoping that, with the lighter, warmer evenings, we'll get more members turning up on Club nights. So, if there is a desire, we have the option to break into decent-sized groups, running at their preferred pace. If some members are still interested in a short, easy-pace off-road run at 7pm on Club Nights, please put a message on our WhatsApp group, or contact me, so I can organise something to suit you.

We're keen to try new off-road routes, so if you have a favourite trail run of about 5 miles, within a twenty-minute drive from Lingfield, please let me know, so we can consider doing it as a club run. The only real requirement is sufficient parking space at the start but, for the sake of avoiding sudden deviations over barbed wire fences, we will also need a cow-free and ideally, llama-free route.

## **6. Ladies' Captain's report (Liz McLennan)**

Well, I'm not a public speaker and in the past have rejected the idea of being Ladies' Captain purely for the reason of doing this report at the AGM. But it goes to show how things evolve and you change when you're in a supportive and friendly club- may still fluff it up!!!

The aims and objectives of the Lingfield Running club are as follows-

- 1- To promote and enjoy amateur athletics, principally running, in a friendly and informal manner
- 2- To promote the club and its objectives within the local community

And I think we do a pretty good job at this across all members ladies and men, As I will hopefully point out in this ladies Captain report.

2023/24 has been a great year and we've achieved a lot this season and the plans for year ahead.

For those who like numbers-

- 74 ladies in the club out of 169.
- 20 ladies take part in the XC season.
- 4 of these are new members.
- 70 LRC lady finishers across all the XC events.
- 3rd Division- 28 teams (last year we were Div2 53 teams).
- 3/28 - Ladies A team finished this XC season.
- 13/26 - Ladies B team finished this XC season.
- Last year were 22nd and 45th respectively out of 53 teams.
- 1st Sally A in V50.
- 3rd Judy H V60.
- 4th Michele E V60.
- Special mention to Maggie who is 1st V70 but this is unofficial as there isn't a category.
- 4 Surrey League fixtures.
- 5 other XC events - more if you want to take part in the Masters XC events (which you enter individually but have to be EA affiliated).
- 14 Grand Prix events- supporting local clubs/events.
- 9 Handicap events- positively promoting our club in the local area.
- 7 Surrey Road league- following tradition.
- 3 East Surrey League races - which is where Maggie is tonight flying the Lingfield flag.
- 19 handmade bobble hats (courtesy of Diane Clayton) raising £194 for the Papyrus charity.
- 14 seats on the minibus aka Fun bus - regularly over subscribed for XC fixtures- supporting a local charity in the process.

A quick round up of the XC 2023-24 season.

Overall, we've been blessed with the weather this year for XC events (can you tell I missed the Epsom Downs downpour).

- The sun has shone for our runs more than not, but the rain since September has meant the conditions underfoot have ensured that we have experienced TRUE cross-country terrain this season - except for Oxshott Woods - 12mm spikes are defo not needed on this course, unless you want to collect/skewer loose roots on the way round.
- The XC relays were a great team day out then ended with torrential rain.
- Oxshott- reminder how chilly it can be - real feeling of apricity (warmth of the sun on a chilly day)
- The fourth and final Surrey Fixture at Lloyd Park - toughest conditions I can remember there. Perfect in my opinion, not in everyone's - but what a sense of achievement at the end (and after a thorough soak of gym kits, shoes and bodies). Then followed by the last East Surrey League fixture in the same location even wetter - respect to those runners who braved the second challenge - extra kudos to you - Michele E and Maggie and the chaps.
- Southernns at Beckenham Place: lovely location, great course mix of terrain and what makes it especially memorable is the course is such that it loops around making sure supporters can pop up and cheer at multiple points.

Those who know me well know I'm a competitive person but have mellowed with age, and now know that it's not all about winning but it's the personal goals, team spirit and support. I think I can speak for the whole team, that we get so much out of supporting each other as well as running. As I always think - times are not important they shouldn't define a good performance what is a good measure is your physical and mental strength and the size of your smile once the race is over. Trying too hard for a time has short term gains.

Time however was a very important factor in the outstanding performance of Jasmin Paris performance at the Barkley Marathons recently - running a very challenging route of 100 miles with the cut-off of 60 hours and achieving it with just 90 seconds to spare. What an inspiring performance. Hopefully her determination will support our ladies to find that strength during a run when they need it. Good luck for those taking part in London and other marathons this year.

To all the brave XC ladies in the club - thank you for giving up your time. We've got such a friendly XC team - each one of you is important to the team. Thank you again. and also to those ladies who represent the club in other events, or attending the training or club runs - you are valued.

For anyone considering join the XC team there are always some delicious homemade cakes - they don't count if they're homemade right? You don't have to commit to every event, you will be welcomed whatever time you have. So, for next season, save the dates of the second Saturday of Oct, Nov Jan and Feb. and the first in November for the XC relays.

#### Grand Prix events

Keith and I enjoyed selecting the Grand Prix events and we look forward seeing you at those details nearer the time of each event as to whether the fun bus is available (subject to the availability of a driver, let us know if you are interested and have the right licence) and there are always others to travel with via car or train. Really looking forward the new events: I think the Blacklands 10k is going to be my new favourite (but I do say that for every event that is in beautiful woodlands). We have added new events and would like your feedback on the plan for next year - keep the same? Add more? Reintroduce old?

We'd really like to do some relays on road/paths (not trail) but we've not found anything suitable - if you know of any or see new events please let us know.

#### EG parkrun takeover

This was a great success - a few new members, but also was another show of how great our club is. We're hoping to do this again in late September.

#### Club News and info

I know Gary has covered club communications, but we urge members to post and share their activities on both the Facebook pages - Friends and LRC Public - so we can promote our club positively in the local community and reach a wider audience. So, if there's one thing to take home from this meeting and you are on FB please do join the group.

We have XC team WhatsApp groups. If you would like to join the ladies' group do let me know so you can be added. As others will advise, there is no pressure - just a good way to keep up to date with arrangements and share positive running vibes.

Thanks to Keith, men's captain; what a great chap you are, and thank you for making sure we're kept to schedule. I'm so pleased to be doing this role alongside you. And after our three years, I'm afraid I may still be asking you questions and advice. You are such a good egg.

Ladies, I'm honoured to be your spokesperson. Please come to me with any questions, suggestions, requests and feedback. You can send me an email to [ladiescaptain@lingfieldrunningclub.co.uk](mailto:ladiescaptain@lingfieldrunningclub.co.uk). Which can be found on the website or FB messenger or via WhatsApp if you have my number.

I have the pleasure of awarding two awards today:

First, the XC award goes to a new, enthusiastic member who has taken part in nearly all XC events - even on some occasions brought her positive little supporter- well done to Natalie Mitchell.

Second, the Ladies' Captain award: it's been hard to choose a lady this year, as it's been such a good turnout for XC, but this member has a busy family life, gets to most XC events, takes part in Grand Prix events and also the weekly club runs (children's lurgy dependant). I think that's given it away - well done Sophie Davis.

## **7. The Men's Captain's report (Keith Chambers)**

Just take a moment to remember two members of the club who passed away last year, Alistair Matson and Richard Adams: gentlemen in the truest sense of the word, friends, and fine runners.

Where has the last year gone? This time last year, I took on this role not quite knowing what to expect, except that I no longer had an excuse for not running cross-country on cold, wet and windy Saturday afternoons.

A year later, and I can report that I've really enjoyed the experience, and that's wholly due to the fantastic teammates that we have here in the club.

Last year our Men's team finished 9th in the 4th Division; this year we finished 5th of 14 teams, only 22pts behind 4th place. A few more numbers ... we've had 23 men and 78 finishes across all events.

There's going to be a few thanks, and I'll start with all the men who came and ran at the cross-country races throughout the season; I really appreciate your support and efforts, I think we've had a really good result in the Surrey XC League this season, based on brilliant individual performances. Tom (1st Senior Man), Jack (3rd V40), and everyone else who has pulled on the Lingfield Running Club vest. During the season we had ten counters in each event, meaning that we didn't collect penalty points for incomplete teams; it does make a difference having a full team.

I appreciate that working hours, and time with families and friends is more important, and that cross-country on a Saturday afternoon takes a big chunk out of the weekend, so thank you all for your support; it's appreciated.

Memorable moments from the XC season.....

- All of us huddling into the gazebo at Epsom during a sharp shower between races, what a great investment the gazebo has proved this year.
- Tom Seller leading home the first leg at the Reigate Priory Relays.
- The Surrey League XC at Holland Sports with post-race disco, BBQ, and open bar.
- The final mud bath at Lloyd Park.
- Most of all, it's been the team spirit; travelling to events together in the 'Fun Bus' and everyone staying around the finish area to cheer home finishing Lingfield runners. We've both said it, Liz and I, there's been great team camaraderie at the XC events.

Aside from the Surrey League, I remember feeling like the oldest participant at the SEAA with a finishing place to match - 714/720, I've never finished so far back, but one lesson I have learned now is to not look back; on the one occasion I did this year, at Lloyd Park, Ian took the opportunity to come past me on the blindside.

And, of course, in February we had the postponement of the Nationals at Telford; nevertheless we still had a great weekend, two good runs and a long walk.



Thanks too, to our non-running supporters, who've come along, wrapped up warm and given us tremendous support around the course. Your encouragement and enthusiasm has been great, and of course to our cross-country cake bakers - magnificent.

Thanks to our Tuesday and Thursday run leaders, and to our Wednesday Speed Session leaders and coaches for the well-structured training.

Liz, it's been great being your opposite number this year. Thanks for your help and support and congratulations to you and the ladies' team on their fantastic performances.

So finally, thanks everyone for your support this last year, hopefully see you at next season's cross countries and for anyone who didn't get to experience LRC on tour, if you can, give it a go come October, you won't regret it.

It's been great fun; thank you.

#### Men's Captain Award

This has been difficult. There are two members who have only missed one cross country race all season, give it their all, seem to be ever present at training sessions during the week and Sunday Striders, both coach at Wednesday night speed sessions, great team mates to have about - how do you choose between them?

Well, I haven't - it's awarded jointly to Ian Watkins and James Kilfiger.

And, as you will probably know by now, the XC trophy goes to Tom Seller.

8. **President's Trophy** – Kath Garrido nominated Helen Davey to receive the President's trophy for 2024. Congratulations. Helen.

9. **Question and answer session** with Simon Mills and Dave Wprsell

Dave and Simon fielded questions from the audience about how they prepared for, and recovered from, their endurance races. It's fair to say that they took different approaches to the types of food and drink they take in a race and to post-race exercise/recovery. But don't leave food testing until the day – work out what works for you well in advance.

Both did like running in the cold, however, and took Ian Greenaway's advice to 'dress for mile two'.

10. **Election/re-election of officers**, committee members and President for the forthcoming year, 2024-2025.

- a. There was no opposition to incumbent members remaining in their term, with the following roles elected:

Role	Name	Proposed	Seconded
Chairperson	Sally Alexander	Scott McDonald	Liz McLennan
Secretary	Graeme Bennett	Fiona Champness	Chris Ryan
Members. Sec.	Laura Stockwood	Scott McDonald	Mark Clayton
Treasurer	Tom Cartledge	Sue Garner	Dave Wilkes
Ladies' Captain	Liz McLennan	Scott McDonald	Sally Alexander
Men's Captain	Keith Chambers	Scott McDonald	Ian Greenaway

President	Brandon Webb	Scott McDonald	Simon Mills
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11. Any other business:

Dave Nottidge and Sarah Ferguson informed members of preparations for the Lingfield 10s races on 30th June and called for more volunteers to help. The race will start and finish at Lingfield College this year. The race has two sponsors – AEG Engineering and Summit Wellbeing - and thanks to them, and a new logo.

Members are encouraged to enter the race but please try and help before and after the race if you possibly can.

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## Income and Expenditure Account

	12 months to 31/03/24	12 months to 31/03/23
	£	£
<b>Income</b>		
Members Subscriptions to Lingfield Running Club	2453.49	1793.00
Members Subscriptions to England Athletics	1530.00	1328.00
Lingfield 10's - <b>Profit</b>	0.00	108.72
Vest Sales	395.60	514.27
C25K	0.00	0.00
Grants	800.00	0.00
Summer Barbeque	89.94	0.00
London Marathon Pasta Party	5.00	0.00
Reigate Relays Cross Country	127.50	0.00
Christmas Handicap	297.60	0.00
Compensation	0.00	200.00
	<b>5699.13</b>	<b>3943.99</b>

<b>Expenditure</b>		
Affiliation Expenses	452.00	480.00
Members Subscription to England Athletics	1530.00	1328.00
Social Events - Summer Barbeque	0.00	0.00
Social Event - London Marathon Pasta Party	0.00	0.00
AGM Expenses, Club Trophies and Prizes	153.00	473.06
Insurance	137.00	137.00
Equipment Purchases and Repairs	499.14	806.21
Website Expenses	120.00	120.00
Vest Purchases	146.39	1104.00
Sundry Expenses (business cards, printer cartridges, flowers, postage etc)	63.13	26.78
VSCC Subs	325.00	250.00
First Aid Training	135.00	0.00
Coaching Courses	0.00	132.50
Entry into Nationals and Southern	150.00	141.00
Speedwork Track Fees (Imberhorne)	297.50	387.50
Wellbeing Workshops etc	0.00	70.00
Reigate Relays Cross Country	127.50	0.00
Christmas Handicap Prizes + Race Vouchers	182.63	0.00
Papyrus <b>Charity Donation</b>	304.00	0.00
Lingfield 10's <b>Charity Donation</b>	0.00	100.00
	<b>4622.29</b>	<b>5556.05</b>

**Excess of income over expenditure/(expenditure over income)      1076.84      (1612.06)**

### Balance Sheet

	12 months to 31/03/24	12 months to 31/03/23
	£	£
<b>Assets</b>		
Running Vests/Tshirts	1484.00	790.39
Debtors	0.00	0.00
Prepayment	212.00	0.00
Cash at Bank	3862.27	3653.54
<b>Total Current Assets</b>	<b>5558.27</b>	<b>4443.93</b>
<b>Liabilities</b>		
Creditors	0.00	0.00
Pasta party paid in advance	50.00	0.00
Lingfield 10'S 2024 setup costs	0.00	0.00
Subs paid in advance	0.00	12.50
<b>Net Assets</b>	<b>5508.27</b>	<b>4431.43</b>
<b>General Fund</b>		
Balance at the beginning of the year	4431.43	6043.49
Income/(Loss) for the year	<b>1076.84</b>	<b>(1612.06)</b>
<b>General Fund balance at the end of the year</b>	<b>5508.27</b>	<b>4431.43</b>