



QUEENS PARK HARRIERS COMMITTEE MEETING MINUTES

Monday 6th January 2025

Attendees:

Gavin O'Sullivan, Sophie Barnard, Roma Denetto, Bill O'Connor, Sarah Cooke, Jennifer Armson, Freddie Cooke, Charlie Lawson, Gilly Cross, Jojo Braine, Jodie Whitelaw, Giles Deards

Apologies: Rich Byrne

Purpose (Gavin)

- [The slide deck referenced below can be found here.](#)

The previous committee decided that the purpose statement should be decided on by the new committee.

Slide 2 of the deck shows how we laid out the governance and decision-making workstream. From the governance perspective, there's still some work to undertake, such as the terms of reference and constitution, but this shouldn't stop us looking at the purpose.

Having a clear purpose statement that we're happy with and reflects what we do will help support the membership activities.

Slide 3 has what was included in the pack shared in October, including keywords that came out of that consistently, such as "running community" and "friendly running community," "community-focused," "connecting people," "inspiring people," etc. On the right-hand side is an initial attempt at turning some of those values into a statement that we can use to promote the club.

Gavin has taken these 4 statements and added a fifth to slide 4.

Committee members now have an opportunity to read, reflect and think about which ones resonate, and a Google Form will be shared in the next week or so for members to vote on which statement resonates the most.

If there's a tie, or it's fairly even across the board, Gavin is happy to communicate that over email, and raised that the committee does not need to come back as a committee to agree on it.

Gavin highlighted that this is not a forever statement - it is not set in stone. The committee will hopefully agree on one that resonates that can be used to communicate with the local community and tell them what we do as a club.

Jen shared that she completely supports Gavin's suggested way forward, and reiterated that it is not set in stone and can change - we have to start somewhere.

Gilly asked how many statements we would take forward, and Gavin confirmed we will take 1 statement forward.

Charlie raised that the statements are all broadly similar because they have all been drawn from the same pool of comments and feedback, and that along with the statement, there would be a shorter 'strapline' like the examples in column three on the third slide. Such as: "QPH connecting runners, fostering community, pushing personal limits." Gavin and Charlie agreed to discuss this separately.

Members discussed the potential for straplines, but acknowledged that at this stage to not try to overreach ourselves, we just need a statement to get things going right now. Charlie highlighted that when he took on a role in the membership group last year, it was unclear what the goal was, so a statement will help the membership team give direction to how they will grow the club. When people believe in your 'why' and your purpose, that's when they follow you.

It was noted that this meeting was not the time to discuss final wording, and if members have suggestions for tweaks from a grammar or punctuation perspective, please get in touch with Gavin and he will update this and ensure the committee are aware of any changes.

Gavin noted that a Google Form will be shared in the next few days with the wording that is ready for voting. Members will have 7 days to vote, and then Gavin will communicate back with the group after 7 days.

ACTIONS:

- Gavin and Charlie to discuss a shorter headline that will be supported by the chosen statement.
- Gavin to share a Google Form for committee members to vote on the statement that resonates the most for them.
- Committee members to vote on the statements.
- Gavin to communicate the results of the vote to members.

Membership Fees Review (Gavin)

Gavin thanked Bill for sending over his document last week with ideas and input for the committee, highlighting the critical area of membership fees.

Given that we run from April to March, now is the time when we should be reviewing what our fees should be for the coming year, which gives us an opportunity to do the work and come back with a proposal before the March committee meeting.

Gavin proposed that this is led by Sarah, with support from himself and Charlie, to come back in March with a proposal. The proposal will be communicated before the meeting in March so that committee members have a chance to read it before the meeting.

At this stage, Gavin would like to see what the costs are, and from there come up with a proposal to ensure we have a viable and sustainable club.

It was noted that last year, members were encouraged to pay on time by paying an 'early bird' fee of £70, and any payments after the deadline were £80. The extra £10 was like a 'fine' for late payment.

Gavin proposed that himself and Sarah should look back at May/June time last year and what the uptake was like for early bird versus late payments.

Giles suggested looking into what other clubs offer, and if we are more expensive, then defining what the value add is that we offer. Giles offered to help with that piece of work.

Bill raised that we pay for a lot of race entry fees, such as XC, summer league, and admin and affiliation fees. The Tuesday and Thursday evening training sessions are paid from our subscription, plus the England Athletics registration fee which from April 2025 will be £20 per athlete. This is more than half of the amount many members currently pay. We have to pay this for each athlete otherwise they cannot compete in most races. We don't want to run ourselves too short. Giles affirmed that this shows the outstanding value that our membership is, and that this isn't obvious from an initial click on the website. Gavin suggested reaching out to Bill if they need more input into the costs and other fees. Examples of costs are:

- Chiltern Cross Country League is £300 this winter for the five fixtures regardless of how many members compete over the five fixtures. When entering members into other cross country events the individual costs this winter have been London Cross Country Championships at Parliament Hill £8; Middlesex County Cross Country Championships at Trent Park £9; South of England Cross Country Championships at Beckenham Park £10; The National Cross Country Championships at Parliament Hill £15. The SEAA Cross Country Relays at Wormwood Scrubs were £21 for each women's team of three runners and the Men's teams were £28 for each team of four runners. Other cross country events have slightly less costs.
- In the summer we pay for all the expenses associated with the five Summer League fixtures – there is an affiliation fee plus a cost for every individual at each fixture which amounts to some hundreds of pounds.

Gavin raised that at this stage there is nothing to vote on. The proposal will be circulated to members at least a week in advance of March's meeting, so members have time to review the proposal and vote in the meeting.

Freddie shared that other clubs seem to advertise at around £40-£50, which led to a discussion around the point about the clarity of what's included in the membership. Jen raised that some clubs pay for Summer League races, so a breakdown of the costs and weighing that up against the administrative work that would come with a lower fee (e.g. having to chase people for Summer League fees) versus one lump sum that covers everything (as is now).

Giles raised that this links to Charlie's work around the goals of the club, and the possibility of different membership options for people who might not want to take part in all the races included in our membership. The administrative complexities were acknowledged, and that these are all things that can be weighed up and worked through in the proposal.

Jodie raised that for people who want to do a 'light' thing, there are a lot of run crews around that you can just go and jump in and do sessions with, whereas this is a proper club and we shouldn't be worried about charging the price that is it supposed to be. Training at our track, and being part of events like Summer League are a valuable thing to have. It's too much to start having different levels of membership for people. We shouldn't be afraid of saying this is a really good club, you pay and get really good value for money. Bill raised that a sort-of tiered membership happened in the past and the club nearly went bankrupt. It's better to be over than under and be able to cover any increases that come about. Jojo reiterated this by highlighting that gym memberships are more expensive as are other sports clubs, so advertising in as much detail as possible, people will realise the benefits you get from this membership.

ACTIONS:

- Sarah, Gavin, Charlie will put together the proposal for members to vote on at the March meeting.
- The proposal will be shared with committee members at least a week in advance of the March committee meeting.
- Giles will support the competitor comparison of the proposal by looking into what other clubs charge for their membership fees.

Juniors: Code of conduct (Jodie)

The Juniors Coaches had a review session at the end of last year to see what had gone well and what they wanted to change moving forward.

One thing that came out of this was a code of conduct, what they're calling a Junior Parent, Child Athlete Agreement that Sophie has put together based on their meeting. It will be sent out to parents so that it's clearly what is expected from a behaviour and conduct perspective. This includes appropriate kits, behaviour, and what they expect from the children and athletes so they understand what's expected, and that the Juniors have a big waiting list and rather than based on ability, the coaches will make decisions based on attitude and conduct moving forwards if they feel that someone is not conducting themselves appropriately.

Sophie highlighted that it hasn't been sent out yet, but that it should be emailed out so that it is more official. The Juniors Coaches also need to decide whether it will be signed or at least request a reply acknowledging that the code of conduct has been read.

Bill suggested that the Juniors Coaches should have it signed and dated so that it's there as proof that it has been read. Sophie raised that for the older athletes it's harder because it doesn't make much difference whether their parents have agreed to it or not.

Jen suggested that from a legal perspective, she would recommend that they at least acknowledge receipt, but ideally sign and agree. It can be a simple dot in a box that says

'signed for and on behalf of me and my child', because otherwise it's difficult to enforce.

Middlesex Young Athletes Track and Field League 2025 (Bill)

Bill attended the Zoom meeting on the Junior's behalf, and one outcome of the meeting was whether we will enter the league again as visitors. If so, it will be £200. They want us to decide so that if we go in as a guest, we know whether we need to provide any officials.

There are 4 dates before the summer holidays, and would be a good opportunity for the Juniors to do some racing.

- Saturday 3rd May - Perivale
- Sunday 1st June - Finsbury Park
- Saturday 28th June - Harrow
- Sunday 20th July - Parliament Hill

Sophie raised that her instant reaction was for us to remain as guests. There's no way we can fill enough spaces and have enough officials to justify the full £750 fee. We have had a good turnout at XC, which implies there is an appetite for competition and maybe they'll turn up to track, but Sophie felt we shouldn't do the full £750 membership fee.

The decision must be made by March.

Sophie suggested whether we can ask people if they're interested to get an idea of how many people might come, but it's difficult to predict with juniors because other events can crop up at the last minute which means they won't attend.

ACTIONS:

- Sophie to try to gauge interest, and then let Bill know what the decision is.

PETER HUNT: THANK YOU

Peter joined Queens Park Harriers in 1959. Recently his wife Barbara died. We made a donation of £100 to the Hillside Animal Sanctuary in Frettenham, Norwich in her memory. They have replied thanking us for our donation. Peter has replied thanking the club for our donation in Barbara's memory. Most of you won't know Peter but without his efforts in the past there probably would be no Queens Park Harriers today.

AOB:

Sophie has shared a draft of the incident report with the Welfare Team regarding the juniors incident towards the end of last year.

Gavin and Sophie are on the EA Leadership Course for the next meeting on 3rd March, so Gavin proposed the **next meeting would take place on Monday 3rd March at 6:30pm - 7:25pm**. All agree it is fine to go ahead at that time.

RESULTS:

ROAD:

Sunday 1st December,2024: One In The Park Richmond Half Marathon, Richmond Park :

76 Anifat Bello 2-12-23

102 Finished

Sunday 1st December,2024: Perivale 5 Mile:

193 Sarah Cooke 47-00

194 Ian Cooke 46.59

251 John Walerych 53-08

282 Finished.

Sunday 1st December,2024: Mornington Chasers 10km, Regents Park :

3 Matthew Duckett 35-25

11 Anthony Doolittle 37-53

125 Philip Voke 52-47

265 Finished.

Wednesday 11th December,2024: Run Through Chase The Moon 10 km Queen Elizabeth Park

160 Philip Voke 50-53

254 Finished.

Sunday 15th December,2024:Malaga Marathon, Spain:

2434 Adrian Boylan 3-40-33

3013 Gavin O'Sullivan 3-49-51

5159 Elisabeth Horridge 4-45-15

5748 Finished

Wednesday 18th December,2024: Chase The Moon 10 km : Battersea Park :

34 Yusr Yasin 38-06

70 Chris Thompstone 40-02

247 Sarah Power 50-50

517 Finished.

Tuesday 31st December,2024 : San Silvestre Vallecana, Spain :

10km : 13288 Steve Pond 57-37

Wednesday 1st January,2025: Ely New Years Day 10km :

29 Chris Thompstone 38-14

519 Finished

Sunday 12th January,2025: New Years Day 10km :

(Held on the 12th January owing to the parks being closed because of the severe storms on New Years Day and the new proposed date of Sunday 5th January, 2025) :

19 Tom Moberly 39-49
40 Nick Christie 42-57
49 Gavin O'Sullivan 44-23
78 Fawad Karim 48-26
89 Stephen Pond 49-45
112 Edward Harris 54-42
125 Chetan Khatri 56-37
130 Charles Tatham 57-19
136 Sarah Dent 57-54
139 Kimberley Pond 58-10
166 Sarah Cooke 62-03
167 Ian Cooke 62-03
174 Maryam Hulme 66-28
183 Ziggy Brennan 70-26
189 Sofia Ali 74-50
196 William O'Connor 78-18
202 Finished

CROSS COUNTRY

Saturday 4th January, 2025: Middlesex County Cross Country Championships, Trent Park, Cockfosters Races included the Queens Park Harriers Cross Country Club Championships for 2025.

Senior Women: (8000 metres approximately):

22 Sophie Barnard 33-39 (Club Champion & 1st Vet 55-64)
32 Joanna Braine 36-51 (2nd senior & 1st Vet 35-44)
41 Emma Sutherland 38-16 (3rd senior & 2nd Vet 35-44)
66 Monika Kolterniak 45-54 (1st Vet 45-54)
67 Finished

Teams : (4 to score) : 8th of ten teams with 138 points.

Senior Men (11,750 metres approximately)

35 Maciej Kolterniak 40-23 (Club Champion and 1st Vet 40-49)
36 Robert Duggleby 40-26 (2nd overall & 1st Senior Men)
46 Sam Sutherland 41-44 (3rd overall and 2nd Vet 40-49)
47 Frederick Purcell 42-12 (2nd senior)
62 Stefan Anton 43-53 (3rd senior)
70 Ruben Carvajal 44-48 (3rd Vet 40-49)
83 Luke Kretschmer 46-33
93 Andrew Jackson 47-53 (1st Vet 60-69)
98 Thomas Moberly 48-32
102 Dustin Daniel 49-28
107 John Brosnan 50-31
118 Maurice Quirke 52-21 (2nd Vet 60-69)

132 Finished.

Teams (6 to score) :

1 Thames Valley Harriers 67 points

2 London Heathside 84 points

3 Serpentine Running Club 169 points

Queens Park Harriers were 6th of 10 teams with 296 points.

Teams (12 to score) only Queens Park Harriers. These medals are awarded to the club which has 12 finishers but are not in the first three teams scoring 6 to score. Although Heathside and Serpentine finished more than 12 they finished in the first three teams so not eligible for the 12 to score.

MINUTES: Roma Denetto and Bill O'Connor.