



HRC Annual General Meeting – December 2025

Chair's Report

2025 has been another busy year with progress made in several areas. Key activities and achievements over the last 12 months include the following:

- The Junior team, including the JJs, has continued to thrive under the watchful eye of our Head Junior Coach, Sil Clay and her dedicated coaching team. It has been heartening to see how much our younger members have improved; we now always seem to have a waiting list of young people wanting to join, which is fantastic!
- Hayley Wilson took up the role of Head Coach and has done a fantastic job at reviewing and refreshing senior training by creating new and more varied sessions for members.
- We have continued to offer high quality training and beginner courses led by our dedicated coaches and run leaders, along with regular Club runs and Time Trials.
- We have continued to offer track sessions at Carver Barracks on a shared basis with Cambridge and Coleridge AC. These sessions remain very popular with members, often with 30-40 members attending each session.
- Subject to demand, Bill Banner has continued to offer a progression group for beginner graduates, helping them increase their confidence and running distance.
- We have welcomed non-members to try out our weekly training and Club runs to decide whether the Club is right for them, as well as to experience running with HRC at monthly time trials and other events. Guests have commented how welcome they feel and as a result, membership has remained steady.
- We have continued to invest in training for our coaches and have increased the number of run leaders, assistant coaches and coaches, to meet the changing needs of the Club.
- We have continued to put our members' health and safety first. Several coaches, run leaders and Thursday night group pacers attended First Aid training to ensure they have the right skills to confidently deal with First Aid issues that arise during training and club runs.
- Thanks largely to the efforts of our Race Directors (Andrew Bell and Hayley Wilson), we once again hosted highly successful events as part of the Suffolk Winter XC League and Summer 5K series, with excellent feedback from participants.
- We took part in a range of other team events, including the remaining Suffolk Winter XC and Summer 5K series events, the Ekiden Relay, the Suffolk Road Relays, and the Round Norfolk Relay.
- Supported by our Club Captains, Kristina Bright and Barry Osborne, a large number of our members competed in both team and individual events throughout the year, both in the UK and in some cases overseas, with some excellent results.

- We successfully hosted the Eastern Athletics Cross Country Championships at Horseheath Racecourse in November, on behalf of the Eastern Athletics Association (EAA). This included the provision of hot drinks, as well as hot food prepared by our very own ultra marathon chef, Andrew Gage.
- We secured funding to help us invest in some additional equipment to support and enhance Club training, as well as jackets for our coaches.
- We held a variety of very successful social events throughout the year, including our annual summer BBQ and Junior Awards. A Christmas Party, incorporating the end of year awards, has also been organised.
- We maintained our compliance with all seven of the England Athletics Club Standards and continued to improve our performance against each of these.
- We continued to embed the Club's mission, vision and values into all aspects of the Club's work, using these as a platform for planning and promoting Club activities.
- The Club website has continued to be reviewed and refreshed on an on-going basis.
- We have raised in the region of £800 towards our charity of the year, the Roald Dahl's Marvellous Children's Charity.

These activities and achievements would not have been possible without the help and support of our members. I would like to give particular thanks to the following:

- Committee members (Joe Winter, Susan Marren, Barry Osborne, Kristina Bright, Sil Clay, Tracy Pelling, Daniel Pelling, Andrew Gage, Horace Shuriah, Stephen Husband, Cheryl Trundle, and Lynnette Garstang) for their dedication, support and hard work in serving the interests of our members over the last year.
- Our new Head Coach, Hayley Wilson, for taking on the role and for the tremendous amount of work she has put in to review and refresh senior training at the Club.
- The senior coaches who have continued to give up their time and sacrifice their own training to plan and lead training sessions for our members and our beginners.
- Our Head Junior Coach, Sil Clay and her team of coaches and assistant coaches for their dedication and for continuing to nurture and encourage our younger athletes.
- The Thursday group pacers who have memorised the routes and turned up each week (come rain or shine) to make sure no-one gets lost while out on club runs.
- Our Race Directors, Hayley Wilson and Andrew Bell, for all the hard work they put in to once again making this year's cross country and summer 5K events hugely successful.
- Our Team Captains (Kristina Bright and Barry Osborne) for encouraging participation in team races and supporting our runners at events.
- Our team of Welfare Officers (Tracy Pelling, James Minnette and Suzanne Pattinson) for making us feel safe and looking after all our interests.
- Matt Cowell for looking after the Club Shop and ensuring members get their orders.
- Ian Elden for working behind the scenes to ensure race results are picked up and used to determine club champ scores and other awards.
- Everyone who has volunteered in any way to support the Club, whether marshalling at time trials and events, organising social activities, selling cakes on the HRC stall, or anything else that doesn't involve running. Your help is always very much appreciated.

Looking forward

Going forward we will look to consolidate and build on the achievements of the last 12 months. The Committee will identify priorities and implement improvement plans that are aligned to the Club's mission and vision, taking account of any feedback we have received from members.

As part of those plans we will, among other things:

- Continue to provide and, where feasible, improve training and other activities that we offer as part of club membership
- Continue to develop and grow our coaching team by offering additional training (where required) and recruiting additional coaches and run leaders to meet increased demand
- Continue to put the safety of our members first by ensuring trained first aiders are on hand during training and club runs
- Ensure members are aware of and adhere to relevant Codes of Conduct, and continue to strengthen and enforce welfare and safeguarding requirements to meet national requirements
- Continue to meet the costs of entries for team races and, where feasible, meet the cost of additional team races to encourage wider participation
- Continue to grow membership by promoting HRC and the benefits of club membership
- Build on the partnerships we have fostered with other organisations and take advantage of potential opportunities that arise, which would benefit Club members.
- Explore the development of a Club Membership APP that could offer a 'one stop shop' for communications and making payments etc.
- Maintain our commitment to support the local community by caring for the environment and raising funds for a nominated charity
- Continue to uphold club values and ensure these are embedded into everything we do
- Assess the impact of increasing costs on club finances and how we generate sufficient income to support and maintain club activities going forward.