



AGM

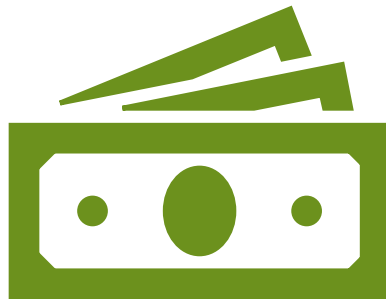
16th April 2024

Agenda

1. Welcome & Intro – Heather Graham
2. Financial Accounts – Kevin Stone
3. New Committee for 2024/25 – Phil Hodgson
4. Review of the year
 - Running – Ian Pickles
 - Juniors – Mark Bowman
 - Welfare – Ant Gibson
5. Looking forward – Richard Harrison

Treasurer's report - Kevin Stone

1 April 2023 – 31 March 2024



South Leeds Lakers Accounts as at 31 March 2024

Bank Balance as at 31/3/2023

10,175.70

Bank Balance as at 31/3/2024

11,631.19

Increase

1,455.49

| Category | Income | Cost | Grand Total |
|------------------------------|------------------|-------------------|-----------------|
| Bah Humbug | 8,477.67 | -4,159.92 | 4,317.75 |
| WYWL | 995.36 | -319.72 | 675.64 |
| Veterans | 381.50 | -124.50 | 257.00 |
| Donations | 152.94 | | 152.94 |
| Fundraising Events | 240.00 | -140.00 | 100.00 |
| Affiliation Fees - Members | 1,390.00 | -1,666.00 | -276.00 |
| Affiliation Fee - Club | | -150.00 | -150.00 |
| Kit | 2,134.60 | -2,738.82 | -604.22 |
| Juniors / Track Hire | 2,250.00 | -4,627.93 | -2,377.93 |
| Wheatfields Donation | 330.00 | -330.00 | 0.00 |
| Christmas party | 325.00 | -331.98 | -6.98 |
| Hunslet Nelson | 4.00 | | 4.00 |
| Awards Night | | -186.25 | -186.25 |
| Lakers' Birthday Party | | -140.23 | -140.23 |
| Website | | -108.00 | -108.00 |
| Club Marathon Place | | -69.99 | -69.99 |
| C25K - Medals, Certificates | | -63.24 | -63.24 |
| Beeston Festival | | -35.00 | -35.00 |
| Coaching/Run leaders | | -20.00 | -20.00 |
| Hunslet Handicap - Engraving | | -14.00 | -14.00 |
| Grand Total | 16,681.07 | -15,225.58 | 1,455.49 |

Commitments

| | |
|--|------------------|
| Bank Balance as at 31/3/2024 | 11,631.19 |
| Track Hire 2024 | -3,320.00 |
| Affiliation Fee - Club | -931.00 |
| Affiliation Fee - Members | -200.00 |
| Cycling/Holbeck Event - Restricted Funds | -1,788.55 |
| Available Funds | 5,391.64 |

Your committee for 2024/25 - Phil Hodgson



Your Laker Committee 2024/25

Chair - Richard Harrison

Governance Secretary - Antony Gibson

Treasurer - Claire Burgess

I&D Officer - Tracy Allison

Welfare Officer - Heather Graham/Antony Gibson

Running Rep - Ian Pickles/Shelly Parker

Junior Rep - Martin Lee



Review of the year

Running – Ian Pickles



Activities and updates

- Hosted 3 successful races
- Held a very successful 'Couch to 5k'
- Increase in numbers at Track Evening
- Lots of coaching Sessions, including sessions at the track
- Raised money for Wheatfields with our Hunslet Handicap
- Another successful 'Run for the Homeless'
- After Run Club Events
- Found a safe and friendly environment to use as base
- Increase diversity of run choices



Juniors –
(a.k.a the future 😊)



Juniors Intro

- All Year-Round sports club, for 8-14yr olds
- Free to attend and will never charge for the sessions
- Every Fridays 6-7pm at South Leeds Stadium, which we share with the adults track session & Wendy's coaching sessions
- EA Sessions - Fundamentals of Athletics
- Running, Jumping & Throwing
- Evaluate - measurements and testing
- Feedback - Rewards
- **FUN**



Our Coaches

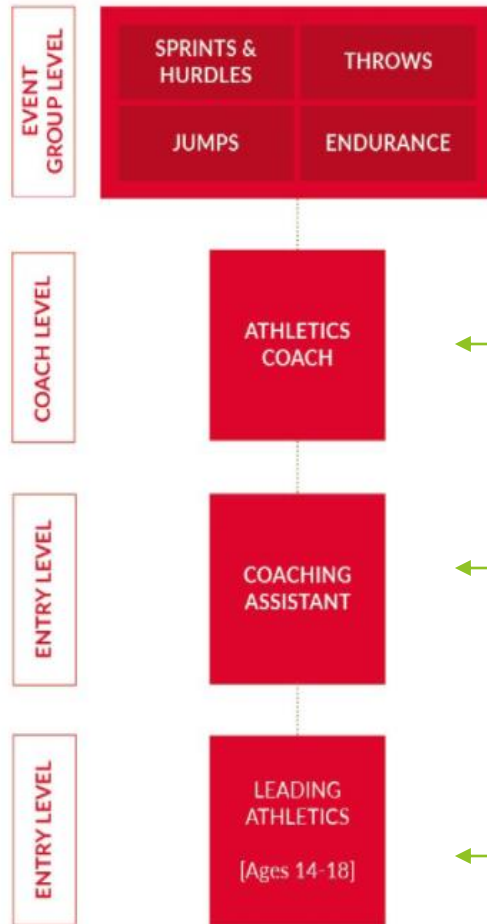




QUALIFICATIONS



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Coaching Development Pathway

←→ Martin

←→ Ian, Rachel, Mark

←→ Richard, Phil, Sarah, Kathryn & Ben



Member Info

- Since start up, nearly 250 juniors have now come to a session 😊
- In 2022, we had 130 different attendees, up 50 from 2022
- Weekly Attendance;
 - Y1 - 25
 - Y2 - 22
 - Y3 – 21* (still equates to +1000 interactions!)
 - Y4 – 36
 - Y5 YTD - 34

*New location, New Day, Post COVID landscape

- 13 different postcodes represented;
BD10, BD11, DN40, LS9, LS10, LS11, LS12, LS13, LS16, LS27, LS26, WF1, WF3

What Have We Been Up to?

UK Athletics Champs



**Nov 23
Celebrated 2yrs
at JCC**



PECO X Country Dec-Feb



Schools X Country



Bah Humbug & Xmas Party



Things Coming Up.....



Welfare - Ant Gibson



Activities and updates

- Addition of second welfare officer in May 2023. So, we have one female and one male.
- Welcome chat for new members when they attend club night for first time.
 - Follow up email with useful info and links to web site.
- New confidential email inbox for all Welfare related issues.
 - Welfare.lakers@gmail.com
- New web site with lots of up-to-date news and useful information.
 - www.southleedslakers.co.uk

- Separate Facebook group - Keeping Mentally Healthy with the Lakers
- Mental Health Awareness week - 13th - 19th May 2024.
- Walk and talk groups from the Nelson during the summer, at the track during the winter.
- Always open to suggestions and feedback.



Looking forward and closing remarks - Rich Harrison