

Company registration number: 04324630
Charity registration number: 1091712

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2019



VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2019**

Trustees

David Robinson, Chair
Cornelia Abe-Minale
Simeon Bennett (resigned 25 November 2018)
Rachel Morison
Charlotte Nichols (resigned 25 November 2018)
Faye Jeacocke
Cheryl Evans
Gavin Lau (appointed 25 November 2018)
Charlie Maling (appointed 25 November 2018)

Company registered number

04324630

Charity registered number

1091712

Registered office

17 Thorpe Pall Road
London
E174DN

Accountants

MHA MacIntyre Hudson
Chartered Accountants
New Bridge Street House
30-34 New Bridge Street
London
EC4V 6BJ

Bankers

HSBC Plc
20-21 Electric Parade
George Lane
London
E18 2LX

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
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CHAIRMAN'S REPORT
FOR THE YEAR ENDED 31 MARCH 2019

This past year has again seen exceptional individual and team achievements along with a constantly growing membership and increased participation in broad spectrum of events and competition. The enthusiasm and commitment of members, coaches and volunteers is testament to our inclusive and strong club community and the growing reputation we are achieving across a wide variety of events and competition. Our strong youth track and endurance sections continue to grow with more young athletes competing at county and national level. The youth section of the club has developed and grown significantly in recent years and become a very important part of our club.

Thanks

On behalf of club members, it is a privilege for me to thank so many people for making this a great club. On behalf of the club membership, thanks to all who have devoted so much of their time and energy over the past year to provide the organisation, facilities, coaching etc, which we all take for granted: our officials, coaches, volunteers and a growing number of other dedicated members who help run, organise and co-ordinate training sessions, monthly handicaps, club championships, track meetings, league races, regional events, Marathons, Ultras and various other events including Fell Racing on the Isle of Wight, the Open 5, and an ever increasing number of open races and competitions where our club is achieving significant results.

Additionally our youth coaches not only train our young athletes but also have the added responsibility of care and guidance of youth members in both their athletic and social development.

I will leave the detail of this year's amazing athletic achievements to the Team Captains Reports.

Thanks to Board members, Rachel, Faye, and our great team captains, Cheryl, Gavin, Cornelia and Charlie who, along with both long serving and new members have been pivotal in the promotion, organisation and ongoing success of our club, continuing or taking on new responsibilities this year, to name but a few: Sim, Neil Cook, Joe Feltham, Joyce, Vicky, Hugh Murdoch, Mandy, Mike Shepherd .. and of course to Major who officiates both for us and for all the leagues and championships at both track and endurance competitions across the entire spectrum of the club's activities.

Thanks to all our Clubhouse coaches: Tony Bunbury (Monday Circuits), Mick Cairns (Tuesday structured speed work) whose regular sessions are the backbone of our training activities, Steve Hobbs for the Thursday Project V sessions ... and for all who have assisted with the Welcome Run programme. The location of Mick's winter training sessions to the Community track at the Olympic Park has been a great success and very popular. After a few trial sessions there last season, we have committed to a full schedule of training through this winter.

Thanks to all our Track and Field and Youth Endurance coaches for their long hours and complete dedication in particular to our young athletes... to Cornelia, Charlie, Alf, Kelvin, Manny, Margaret and more.

Thanks to all volunteers who have marshalled and helped out at races and at monthly handicaps. (special mention to regulars Major, Len and Richard on handicap nights)

A very special thanks this year to Cheryl who has been an incredible Women's Road & XC captain for two years with her fabulous enthusiasm, organisation, inspiration and support to our strong and amazing women. She has embraced her full Captain's role along with Gavin, race and event planning and she will be missed too for her incisive input across all club matters in her role on the Board. She is stepping down with the even more important role of motherhood approaching ... and we wish her great happiness in this. She will continue her support to the new Captain and will I'm sure 'be back'.

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Getting Involved

With a growing club and a full events calendar, there are an increasing number of roles for volunteer groups to organise and help with a variety of club admin, communications, facilities & equipment etc.,. Many new members have taken on roles and embraced volunteering as noted already but we will continue to encourage members to help / volunteer in all areas and particularly to assist our Captains with the extensive 'Race Calendar' - the monthly handicaps, League and Regional races, Club Championships, Open Events etc,

Track & Field officials: there is a critical shortage of club officials to run events at Mile End and SAL away fixtures. There has been some interest amongst members and 'parents' following recent requests for volunteers and initiatives to offer training courses ahead of next season. This is another area that is vital to the success of our club and in particular of our young track athletes.

Youth Section & Welfare

Training young people and vulnerable adults does bring increasing challenges and it is both a requirement of England Athletics and important for our club that we have safeguarding policies and procedures in place and an appointed Welfare Officer. Welfare covers a range of issues such as safeguarding and protecting children, anti-bullying etc, and as an absolute minimum, we are mandated to meet our statutory responsibilities to safeguard and protect children and vulnerable adults. We are very fortunate that Sam Duggan has agreed to continue in the role of Welfare Officer again this year.

England Athletics now require coaches to take an online safeguarding course every 3 years to coincide with coaching licence renewal and DBS check.

The club takes these matters very seriously and, as it may be as long as 2/3 years for some coaches before they take this course, Charlie Maling ran 2-hour safeguarding workshop to which all Coaches were invited. Although attendance was a bit disappointing it was extremely informative and useful and very well received by those who attended... we will repeat this course for those who were unable to attend.

Premises - Mile End

GLL are seeking to regularise our 'roles and responsibilities' at Mile End and we expect to enter into a Service Level Agreement (SLA) in the not too distant future. This note was in my report last year. Following various changes at Mile End, Alf has been the club's representative and has advised that this is now back on the Agenda. This should bring some added responsibility and 'possibly' cost for the club, primarily in respect of control of the use of the gym and gym equipment. Any 'agreement' will be reviewed by the Board before commitment.

Premises - Clubhouse

The Pilates Room

We have continued good use of this space by My Local Pilates and occasional use by other groups.

PT and strength and conditioning

Fabien Lassonde (Victoria Park Fitness) has continued PT and strength & conditioning coaching with both club members and other clients this year. This is a much valued and popular resource and we are very lucky to have Fabien both as a trainer and competitor for club.

Along with Tony Bunbury's popular Monday circuits / strength and conditioning session, our gym and weights facilities are well used by members. Thanks to both.

Hall Hire/ Hosted Events

We have a number of regular Hall users including winter use by 'Our Parks' Yoga on Saturday mornings funded by LBTH. The clubhouse is also used for number of Charity Events and one-off hirings.

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Cottage

We manage the letting of the Cottage ourselves rather than through Agents as in the past. This continues to provide a good income for a little extra work.

Bar and Social Activities Team

A big thanks to the Susan, Sophie, Marlis and Helen for a great year of regular club nights, 'Party Evenings' and Race Event catering along with all the incredible additional volunteer cooks and helpers...

Thanks (cont)

To all our members - for what you all bring to the club, for your achievements big and small that we can all enjoy and celebrate.. and your part in building a strong, caring and supportive club with an increasingly impressive athletic reputation.

Men's road & cross country report – Gavin Lau

Reflecting on another year of competition and growth for the club, the 2018/19 season has delivered outstanding team prizes and notable individual results (on all surfaces). The most significant observation I have had in my first year representing you as the Men's Captain, is the extent of the day-to-day interaction between you as members, making a valuable collective contribution in driving our current values and principles. Ongoing recognition should be given to the commitment and leadership of the Board, Cheryl, Sim and many others (past and present) in the many years preceding 2019, whom have carefully shepherded and moulded the club in to its current form.

We should take this opportunity to recognise our collective commitment and sacrifices we have made to achieve our objectives for the year gone by. The elation in crossing the line with a new PB or showing resilience to go again following a relative disappointment. The goals may be arbitrary to others, but the real enrichment comes from the journeys we have travelled and the experience in our back pockets. It is certainly an exciting prospect to continue on this trajectory together.

CROSS COUNTRY

The club continued with tradition and fielded men's, women's and mixed teams to the longstanding XC fixtures, which included:

- Both main XC leagues (Chingford and Metropolitan)
- Middlesex and Essex County Championships
- NOTT, North London, Southern and London (Parliament Hill) XC Championships
- Ware Cup and Vets XC Champs (hosted by Loughton AC)

Met League

2018/19 was a genuine inflexion point for the club and its recent history competing in this prestigious league. With Captain Cheryl, Sim and Neil leading the charge in promoting and encouraging participation, we recorded our best ever attendance with 156 individuals representing the club across the five familiar fixtures. The strength and depth of our teams included many runners that were new to XC as well as the seasoned cohort. Enthusiasm and camaraderie were present in equal and generous measure. This culminated in a very strong showing against our rival clubs (such as Highgate and London Heathside).

We achieved strong podium finishes, with the men's A team leaving it all out there to place 2nd in the overall top-tier leagues. Both the men's B and men's Vet teams topped their respective standings in 1st position. Paul Martelletti placed 2nd overall in the individual competition, Steve Hobbs 1st in the V45 category, Jeremy Gold 3rd in the V50.

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Chingford League

Another prominent fixture in our winter calendar. The men's teams gave a good account of themselves throughout the season, finishing with the classic relays at Wanstead Flats. The men's A team were not able to regain the Chingford Shield from a strong Orion team, placing 2nd overall (with the men's B and men's Vet teams both making the podium for the season and placing 3rd). Paul Mee showed consistency and form to place 3rd in the individual V50 category. We have a good incentive for 2019/20 to keep our momentum and aim to podium again across the board, or even compete for the league win! As ever thank you to Joyce Berry and those that helped organise the teams on each race day.

Other XC Successes

After achieving a 2nd place finish in Nov-17, Paul Martelletti celebrated the win at Parliament Hill at the London XC Championships in Oct-18. The club also managed to take 5th place in the team competition. Paul followed this up with an impressive 6th place finish at the Southern XC Championships (and the club 9th in the team competition), back at Parliament Hill in Jan-19. Aaron McGrady placed a respectable 14th in the Middlesex County XC Championships held on the 12km course at Greenford in Jan-19.

ROAD RUNNING

The monthly handicap has proved as popular as ever, with Captain Cheryl and Coach Cornerlia and Charlie omnipresent in organising the event, and a thank you to the regular helpers and volunteers over the course of the year. The participation from both the junior and senior members continues to increase, and we will record the results in perpetuity.

The 2019 Mob Match with Eton Manor did not disappoint. Slight controversy from the hosts, with our Top 5 away team frontrunners veering off course to clock a few extra metres en-route to the finish line. With over 100 participants on the night, a testament to the goodwill and strong friendships we have established with another running club, this annual fixture continues to epitomise that events can simply be 'fun'. The win went to Eton Manor this time round, but 2020 will be our year, back on home turf.

Assembly League

Come spring and summer, a welcome change of terrain compared to the selection winter fixtures. The Assembly League continued with tradition and held six fixtures, including two hosted by our club at Victoria Park. The Men's A and B teams put in a good shift and both placed 3rd in the overall team competition. With three men in the top 20: Joe Dale (9th) Aaron McGrady (12th) and John Payne (17th) respectively.

National Road Relays

The SEAA (South of England Athletics Association) and ERRA (English Road Running Association) organise annual road running events open to all registered clubs across the country – which draws similarities to the FA Cup in football. We fielded a team in Sep-18 at Crystal Palace, and this marked the start of our recent presence at the Road Relays. Coach Steve Hobbs organised the men's team, achieving 17th place at the SEAA 'Southern Relays in Mar-19 at Milton Keynes, which qualified the club to compete at the ERRA National Road Relays in Apr-19 at Sutton Park, Birmingham. Through grit and determination, the men's team finished 27th out of 68 teams on the day. A fantastic achievement for the individuals involved and a nod to the pedigree of runners that represent the jade and blue at these prestigious relay events.

Marathons and other Races

The 2019 London Marathon clocked 77 club runners on the start line. Heroic performances all round and a swift 02:25:10 run by Ewan Cameron to come home in 23rd place as a non-elite. The post-race party on the Sunday evening at the clubhouse was a great celebration for participants and those out on the course supporting alike, closing out an eventful winter and spring marathon season.

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As the reach of the club spills beyond the UK and spreads further afield, it has been fantastic to see a number of excursions (#VPHontour), presenting a great opportunity to chase PBs and share the experience with fellow club mates. Notable home fixtures now seem to include the Big Half, the Hackney Half, the Harry Hawkes 10 (and the Amsterdam marathon festival!).

The road race calendar also includes a relatively permanent set of fixtures that we as a club host annually: the Chingford league, Assembly league, Mike Penman 10k, the Middlesex County 10k and Pride 10km. The participant feedback generally reflects the high level of care and organisation invested into each of these events by the respective race organisers, and are only possible with members being generous with their time to volunteer and address the many tasks required in advance of these events.

2019 was a milestone year for Rodney Mushanganyisi, who ran his 10th Comrades Ultramarathon in South Africa. He received a unique gold race number to immortalise his superb efforts. Camaraderie personified, as Rodney was joined this year by fellow club runners: Steve Hobbs, Neil Cook, Duncan Steen, Simeon Bennett and Paul Gaimster.

CLUB CHAMPIONSHIPS, BOSWALL LEAGUE & OPEN 5

The annual series of Club Championships welcomed a stellar number of members to the 2018/19 edition (Flower mile, 3.5, 5 mile XC, 10 and 20 mile). And a new 5000m Track Championships introduced in 2018. The second edition of this event held in Jul-19 proved to be an overwhelming success. The essence of these events reflect the balance of participation and competition that we strive to give our members. The preparation and hosting of these events is a credit to all those involved in any capacity throughout the year.

The coveted Boswall league was fiercely contested this season, and the worthy winners were Aaron McGrady and Captain Cheryl Evans. Statistics that speak for themselves, leading by example. Captain Cheryl amassed 17 starts in BL accredited fixtures. Aaron showed form and consistency to place in the top 3 for the club in all but one of his 12 races. There were many highlights attributable to the long list of participants, one specific mention is reserved for June Barrow-Green, who won the women's V40 (as a V60), and raced the most out of all participants from the club. An inspirational achievement for us all and humbling on a personal level. Thank you again to Vicky Fabbri and those that helped collate, validate and calculate the final results, which is a gargantuan task and decides the bragging rights for another year to come.

As is tradition, the 'Spirit of Cross Country' awards, kindly donated by June Barrow-Green, will be presented at the AGM. This is complemented with the announcement of the Most Improved Athlete. A reminder and congratulations again to last year's winners of 2018, Jo Hall and Dr Stephen Fabes.

The highly anticipated Open 5 event was again hosted in Apr-19. This classic road race event continues to draw a crowd, and a special thank you to Race Director Joe Feltham, Major Carr, Vicky Fabbri and other volunteers pivotal to the smooth running of the 2019 event. Jessica Lowe was first lady home in 5th, and Paul Martelletti placed 3rd in the men's race. The provisional date for next year is Saturday 28 March 2020.

FELL & TRAIL RUNNING

January 2019 welcomed a number of spritely participants at the 38th running of the Box hill Fell Race. Three club members placed in the top 10: Aaron McGrady (2nd), Andrew Barrington (4th) and Fabien Lassonde (6th), and the club also claimed the 1st and 4th team prizes on the day.

The summer Fell Race hosted by Orion in Jun-19 saw 126 runners take on the undulating course. 13 club members competed, with Joe Dale placing 4th and Kelly Clark taking the win as first lady.

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One year gone by, and another successful trip across the Solent to the 2019 Isle of Wight Fell Running Championship Series. Thank you to Neil Cook and those that contributed to the planning as ever. Strong team performances and individual prize winners across the board: winning all three team prizes for both the women's and men's teams and many other category medals. Rachel Thomas won the women's individual competition (setting a new course record along the way); Laura Kaye placed 2nd. Jossi Jadawin won the men's competition, with Aaron setting a course record in the first race.

A small contingent of runners including a number of first time trail racers made the journey to Snowdonia and completed various distances (from half marathon to ultra-distance) that passed the mountain summit. Joe Dale took the win for the half marathon, with Jossi Jadawin and Fabien Lassonde placing 4th and 5th respectively in the ultra.

A hardy group travelled back to the iconic Llanwrtyd Wells course to compete in Man Vs Horse, with Paul Martelletti and Jossi Jadawin finishing in 2nd and 4th place respectively.

THANK YOU

I echo the sentiments of the board, the Chairman and Captain Cheryl. As a club community, it is striking how our affiliation brings the best out of each of us, even in testing times, the recognisable traits on display are selflessness and generosity. Please join me in saying thank you to those who have contributed a significant amount of time and effort over the years, long before many of us had joined.

And also to those who we have recently welcomed, and continue to carry the same ethos and high bar set by our predecessors, in volunteering at events and helping with the overall administration of the club and its members. It is very reassuring to see our club thrive week-in week-out (which is well documented by our resident photographers: Simon Bonner and Gigi Giannella), and long may it last!

LOOKING AHEAD

October 2019 has reacquainted us with the Chingford and Metropolitan XC leagues. The club will continue to prioritise the Met league as we aspire to maintain our podium positions. We will do our best to keep you informed about fixtures, news and opportunities to get involved with the club throughout the year, via the regular newsletter or social media announcements.

As the Spring / Summer season draws closer, it will present a great opportunity to integrate the Road & XC and Track & Field groups together. We made very modest progress, occasionally fielding athletes at the SAL fixtures. More can certainly be done in terms of committing early to compete for the club at these track events, and also getting involved in open initiatives to receive formal training as track officials. These small steps will contribute to demystifying any preconceptions, and hopefully increase our familiarity with the activities and individuals involved that invest a lot of time tirelessly organising and supporting this aspect of the club.

Lastly, as the club continues to grow in popularity and inevitably membership numbers, it is important for us to make an honest assessment of how we plan to preserve our core values, with one key objective to ensure that all members feel welcome, are able to pursue the activities they enjoy, and have equal opportunity to get involved in aspects that may be completely new or out of their respective comfort zones. I will commit to leading by example and work with the Board and other members of the club to organise events that we are closely associate with, encourage participation and promote inclusiveness for athletes of all abilities.

Women's road & cross country report – Cheryl Evans

The Women of VPH&THAC had another spectacular year, with great success, both individually and as a team. I would like to congratulate everyone on your performances and thank you for being a part of team VPH&THAC. Here I will highlight some of the many achievements of the 2018-19 seasons.

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Met league

What an exciting season of XC this was, we battled the Saharan heat of Claybury, the storms at Welwyn, dived in to the rapids of Uxbridge, weaved the trails of Wormwood and tackled the traveller of Ally Pally, with high spirits and team camaraderie, we achieving our most successful results ever.

The Women's A team came 2nd overall. B team won division 2 and C team came second in division 3, meaning both were promoted. Our Vets team took the win!

Superstar Rachel Thomas, ran exceptionally well throughout the season, battling fiercely at the front of the pack. The points were close going in to the final race, but Rachel fought the hardest and took the final and overall win.

Kelly Clark and Kat Gundersen stormed the season too, winning the V35 and V40 categories. Hazel Norton- Hale was also 3rd in the V35.

Chingford league

After winning pretty much everything the year before, expectations were high for our team at the Chingford league this season. Professionally organised by Joyce Berry, we did not disappoint, with the A team winning the league and our Vets team coming second.

Individually Jo Singer won the VW40 category and June Barrow-Green the VW60.

Massive thank to Joyce for all of your hard work.

Assembly league

The results for the VPH women throughout the 2019 Assembly league season were almost as variable as the courses set at Beckenham. We were few in numbers for the first race of the season, as usual and at the second race on home turf, due to the proximity of the date to the London marathon, held 2 days before. However, we fielded strong teams throughout the rest of the season and both the A and B teams finished second to Kent AC.

Our top scorers were Laura Kaye, racing at 5 of the 6 events, Jo Hall, Rachel T, Dr Hannah Somani, Rebecca Fode, Ellie Tait Heather Birtwistle and Sinead Boland. Jo Singer won the V45 category. Amy Blackburn-Lau, Sarah Stewart and Kelly Clark raced consistently well throughout the season.

London Marathon

VPH&THAC had over 50 members take part in the VMLM this year. June B-G placed 3 rd overall in the V65 category in an impressive time of 03:46:34. PBs were achieved by many of our women including Helen Nickols (39min PB) Jo Hall (26min PB) Annie Trihan (7min PB) and Faye Jeacocke (5min official PB). Phillipa Carr made her marathon debut in 04:11:56.

There was an abundance of encouraging support from club members around the course, helping make those 26.2miles a bit more enjoyable!? Weary runners and club mates partied into the night at the clubhouse after, sharing stories, laughter and many drinks!

Other Marathons

London was not the only marathon to deliver stella performances.

PBs were run at Manchester marathon by Heather Birtwistle (3:21), Verity Stroud (3:43) and Emily Catmur(3:43 16min pb).

Rachel T placed 6 th overall at Brighton marathon, with a 9 minute PB and a long overdue sub 3hr time of 2:53.

Amelia Evans ran a post baby PB of 3:44 at Chester marathon.

Jo Hall beat her London marathon PB in the autumn at Abingdon (3:06).

Kelly Clark also PBed at Abingdon (3:13).

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Laura Kaye won 'Britain's hardest half marathon' – The Midsummer munro and also came second at the tough Snowdon half.

Annaka Charters won the Dartford Bridge half marathon (1:25) in June.

Fiona Cobb ran a long-overdue PB at Southend Half marathon (1:59).

Yuan Ren ran Oxford half marathon in a time of 1:44.

Jess Lowe ran 85.14 at Amsterdam Half.

At Ealing Half Rachel T placed 2nd and Jo Hall added another PB to her year.

The Big Half and Hackney Half, two local half marathons were enjoyed again this year.

VPH&THAC were lucky enough to be given 125 community entries for The Big Half. June B-G placed 2nd in her age category. Alice Bruggan made her debut in the blue and jade vest at Hackney half.

Thanks to everyone who worked on the official VPH water station.

Ultras

Going longer but not making it look harder Alison Walker set 6 Malaysian records (50k, 50 miles, 100k, 100 miles, 6hrs, 12hrs) at the Tooting 24hr race in September, completing a total of 186 loopy miles on the track. Alison previously came second lady (8 th overall) at the Samphire 100 mile race, in a Spartathlon qualifying time of 21:36hrs, withstanding sub zero temperatures, 80mph winds and 8000ft of climbing. Her dedication to training is almost as large as her love for beer, Alison also placed third at the beer lovers marathon in June and first lady at the VPH chunder mile.

Also hitting the mega miles – Annie Trihan placed 4 th at the SVP50. New member Kelsey Price placed 4th at the Stort 30, UK trail running champs, only 21 seconds off of 3rd place.

Isle of Wight

Another warm and friendly weekend was enjoyed by club members on the Isle of Wight, for the Southern Fell running champs. Rachel T, Laura Kaye and Kelly Clark formed the winning team overall. Jo Hall, Hazel N-H, Steph Velez took 2nd. These results were repeated in the SEAA competition with Jess Lowe, Yuan Ren and Erica Brown forming the 3 rd placing team.

Rachel T won the overall competition setting a 10-second course record in the first race.

Laura K came second in the overall SEAA competition. Nicola Kerr was 3 rd FV40 and Elaine Battson 1 st FV50. In addition, Jo Singer was first V40 in race 1, Mandy first and Sue Bint second V40 in race 2.

SEAA Road relays

Our team comprised of Mandy Dohren, Rachel T, Jo H, Martha Lloyd, Hannah S and Kat G headed to the SEAA Road Relay Championships 6 stage relays in March and raced exceptionally well placing 8th in the whole country.

Vitality London 10,000m

Following the success of our team at the road relays, VPH&THAC were invited to enter a team for the Vitality London 10,000m. Rachel T (36:45), Laura Kaye (37:29) and Mandy Dohren (37:54) were 9th UKA Women's Championship Team.

Our B team of Dr Hannah Somani (39:29), Jess Lowe (39:38) and Jo Hall (39:40) were 23rd .
The C team of Anne Norton (42:05), Heather B (42:10) and Emily Mosedale (45:19) were 55th.

Middlesex 10k

Our women's master team of Hazel N-H, Emily Mosedale and Robin Norton-Hale won Gold. Hazel, Steph V and Emily M won the overall bronze team prize.

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Club records

Records galore for Rachel Eve Thomas, who once again has been setting the pace across all distances. Firstly, in May at the Vitality London 10k we saw Rachel run 36:45 taking Holly Weir's 2011 record of 37:49 by over a minute.

At the club 1m championship in September, Rachel extended her existing club and road record from 5:15 to a blistering 5:09. At the club 20m champs Rachel set the new women's road and club champs 20m record running 2:09:54, a staggering 5mins quicker than her 2018 record.

Rachel extended her own Half Marathon record, once again at Ealing Half, running a stunning 79:35, breaking her previous record by almost a minute.

At the Isle of Wight Rachel broke all her own existing 2018 records (20:19/1:01:01/1:35:11) by significant margins (19:35/59:13/131:44)

The August 5m Club Handicap saw both men and women's senior records broken. Laura Kaye ran a fantastic 29:22 taking Annie Faye's 2017 record of 30:57 by a minute and a half.

Final notes

I would like to welcome all of our new and returning members this year; I wish you a long and prosperous membership with the club and hope you will join us at some of the races mentioned here soon... (particularly XC).

Sadly, our women's team has suffered some significant injuries throughout the year. I wish anyone still on their road to recovery, all the best. I hope you will not be a stranger to the club, during your recovery.

I could write forever about our brilliant women, many of whom I missed out of my report, for this I would like to apologise. Thank you all SO much for being part of team VPH&THAC!

I would like to thank many people within the club, without their support VPH&THAC could not run.

These include:

Chairman Dave, Major Carr, Captain Gav, Sim, for your continued hard work and unwavering dedication to the club, behind the scenes.

All of the coaches including Mick Cairnes on Tuesday evenings and Steve with the butt kicking Project V.

To everyone who has volunteered, this is a vital part of keeping the club going. There are plenty of ways to give back to your club, please do get involved.

Special mention to Len Williams and Richard Norton-Hail of all of the help with the handicaps and club champs.

The bar and events staff, including Susan Leese, Sophie Critchlow, Helen Goddard and Marlis Haase.

The whole of the board.

Neil, Vicky, Joe, Julian, Annie, Hugh, and everyone who I again may have missed here.

I am sad to be stepping down from my role as Women's Road and XC captain this year. It has brought me much joy and pride. The successes are all down to the wonderful women and their dedication, perseverance, intelligence and bravery. I have felt very lucky to have been surrounded by such friendly, generous, inspirational and supportive club mates. I hope to continue to be a big part of the club I love. #VPH4eva!

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Track and Road Juniors – Cornelia Minale

Another successful year for our club juniors.

Last winter saw a record number of 7 athletes qualifying for the English Schools Cross- country Championships and 5 athletes representing the county in the British National Inter-county champs in Loughborough. In the Indoor National Championships Michelvi Wamba and Karrell Harris won Silver, both in 200m.\

The next generation of sprinters came through with Taneesha Hegba-Mbayen (U13G), winning 200m Gold in the SE Indoor champs.

The outdoor season started well with 22 medals in the Middlesex County Champs, 15 of them Gold. At the English Schools Championships we saw the following athletes reaching podium.

Positions:

Kia Dubarry-Gay 200m Gold Senior Girls

Yusuf Bizimana 1500m Gold Senior Boys

Diane Mapamboli TJ Bronze Senior Girls

Jaiden Gaston 400m Bronze Inter Boys

Internationally Dianne Mapamboli represented England in the England International Champs in TJ and Nayanna Dubarry-Gay wore the GB vest in the 4x400mrelay in the World Junior Champs.

In the lower age group Youth Development League league we achieved our goal to stay in our league group for the next year. Also our older juniors helped to keep the club in the current SAL league.

Worrying is the current trend of low numbers in U11 and U13 entries, especially boys. We have never before struggled so much in recruiting new young athletes.

We are looking forward to a successful Cross-country season. The first races looked very promising, but also here we are losing points through low numbers in the lower age groups.

Women's Track & Field– Charlie Maling

It has been another year of extremes for VPH & THAC on the track and field. To echo the Chair's report, there have been exceptional performances, both in the league meetings and at English Schools for our younger athletes. We held onto our place in the Southern Athletics League division two, narrowly avoiding relegation on match points. However there was a tense wait at the final fixture while calculating whether we had done enough to stay up.

This season we have had a strong squad on the track side, winning maximum points in many of the events, but have struggled to fill events on the field, and this shows in the match results. It would be great to see more of our athletes trying their hand at jumps and throws to enable us to field a full team - I'm happy to facilitate this. A particular thank you to Millie Lovell and Pablo Garcia, our multi-eventers, who have literally competed in every event humanly possible to gain points in the field this season.

There have been lots of new faces in the 3000m and 5000m events this season, with a much improved turnout from the 'clubhouse' athletes at many of the fixtures. This is fantastic and shows the breadth of our club's ability on the track when we work together as one team.

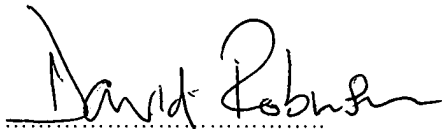
VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee)

CHAIRMAN'S REPORT
FOR THE YEAR ENDED 31 MARCH 2019

A particular mention goes to Ewan Cameron, Carl Selya-Hammer, Rachel Thomas and Hannah Somani, who were at the SAL matches without fail, leading the field and picking up maximum points for the club. And of course to Tony MacDowall, our previous track captain, who still continues to compete, support and rally our athletes.

It has also been great to see the next generation of under 17s taking part in the SAL. The juniors bring new talent and enthusiasm to the squad, and also get the opportunity to compete against older athletes with more race experience. Thanks to all the track coaches who continue to develop our young athletes (and our older athletes in some cases!).

Our biggest area for development next season will be to encourage more officials to join us. We have an incredibly committed core team at the track - I would like to thank Major, Alf, Kelvin and Margaret who are out rain or shine, officiating, supporting and running the SAL and YDL meetings. However we desperately need to spread the load and get more people involved and qualified. The club can facilitate training for anyone who is interested in becoming an official for track or field events. It would be fantastic to build on the more unified approach we are seeing, with athletes who would normally train at the clubhouse coming out to race the SALs, by also building a core of track and field officials across both sides of the club.



David Robinson
Chairman

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee)

TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2019

The Trustees present their annual report together with the financial statements of Victoria Park Harriers and Tower Hamlets AC for the year 1 April 2018 to 31 March 2019. The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) as amended by Update Bulletin 2 (effective 1 January 2019).

Since the Charity qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

Objectives and Activities

Policies and objectives

The Charity is established for the benefit of the public within East London with the object of providing facilities for public recreation, or other leisure time occupation, and in particular athletics, in the interests of social welfare, and with the object of improving the conditions of life of those who reside and work in said area. The Charity's activities are in line with its stated objectives.

Public benefit

The Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers and duties. The public benefit of the Charity's activities are outlined under 'Objectives and Activities' above.

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

Overview

Cash flow was negative year on year due to essential repairs and maintenance of the clubhouse roof. This was funded directly from the current account, which resulted in the current account closing on £21K. The position of this has improved as of end September '19.

Investment in assets

Investment in the club-house continued with shelves and benches added to the bar. A new boiler was also installed in the cottage.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee)

TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2019

Financial highlights

Income

A breakdown of the last 4 years recurring income streams is provided below.

**Recurring income
(£)**

	2016	2017	2018	2019
Donations	1,764	1,050	100	100
Subscriptions	32,048	31,979	35,314	39,220
Cottage rent	17,587	17,655	19,260	19,257
HQ hire	8,518	8,175	7,431	5,004
Club kit	662	1,014	1,413	1,273
	<u>60,579</u>	<u>59,873</u>	<u>63,518</u>	<u>64,692</u>

Sponsorship/Donations– the funds received in this period were mainly from Greenwich Leisure and events hosted in the park, such as London Pride 10k and Middlesex 10k. Sponsorship is filed separately at £6.1K.

Membership subscriptions – 9% increase on previous year, thanks to all the efforts of Neil Cook, Alf Vickers, Major Carr and others ensuring members at Victoria Park and Mile End pay their fees.

Cottage rent – income from the cottage was as per last year at £19.3K

HQ Hire –income from clubhouse was down on previous years. Please see breakdown on next page.

HQ hire 2018/19 (£)

Pilates	3,704
Personal training	1,300
Other	<u>0</u>
	5,004

Expenditure

Travel and subsistence costs are higher than previous year. These costs mainly arise from minibus-hire for travel to and from track and road/x-country races for juniors and events outside of London for seniors. Coaching fees include coaching at schools, summer/holiday athletic programmes and wheelchair / disability coaching at Mile End. These are funded either by schools providing income or by specific grants (i.e. LBTH mainstream grant).

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee)

TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2019

Affiliation and race entry fees increased on previous year, reflecting growing membership and increased member participation in events.

Cash Flows

The tables below give the closing cash position at the last two financial year-ends and also at end September 2019. The club's calculated minimum cash reserve is 6 months expenditure, approximately £25,000. Cash commitments are shown as at 31 March 2019.

Cash position	Closing 31/03/2019	Closing 31/03/2018	Movement 2018 - 19	Current 26/09/2019
Current account	20,948	27,296	-6,348	23,417
Deposit	66,320	66,256	64	66,320
Schroders Deposit	16,439	15,540	899	16,439
Development account	14,201	15,856	-1,655	12,779
Total Cash	117,909	124,947	-7,038	118,956
<i>Cash excluding development account</i>	103,708	109,091	-5,383	106,177

Cash commitments

	2019	2018
Allocated cash		
- External coaching	16,000	16,000
- Mile End gym		600
- Tenancy deposits	2,405	2,408
- HQ roof	5,368	10,297
Minimum cash reserves	25,000	25,000
Total allocated cash	48,773	54,305
Total cash	117,909	124,947
Unallocated cash	69,136	70,642

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee)

TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2019

Reserves policy

The trustees consider that an appropriate level of reserves in respect of unrestricted funds is an amount to generate a working capital to cover approximately six months of the charity's annual costs excluding expenditure chargeable against the restricted income and funds and designated reserves. Based on the charity's level of activity it is considered that a minimum appropriate level of unrestricted funds would be £25,000.

Future plans

The following areas are being considered for the current year:

- Possible refurbishment of committee room for external rental.

Structure, governance and management

Constitution

Victoria Park Harriers & Tower Hamlets AC is a company limited by guarantee which is also registered as a charity and is under the management of a Board of Trustees. Victoria Park Harriers & Tower Hamlets AC was registered as a charity with the UK Charity Commission on 23 April 2002.

Method of appointment or election of Trustees

The articles of the Charity state there should be a minimum of three trustees. At every annual general meeting one third of the trustees who are subject to retirement by rotation or, if their number is not three or a multiple of three, the number nearest to one third retire from office.

No person other than a trustee retiring by rotation shall be appointed or reappointed a trustee at any general meeting unless he is recommended by the trustees, or a notice proposed by a member eligible to vote at the meeting, and executed by the proposed person, has been given to the trustees within set time limits before the AGM as prescribed in the articles of the Charity.

Organisational structure and decision making

The business of the Charity is managed by the trustees who may exercise all powers of the Company.

This report was approved by the Trustees, on 15/12/19 and signed on their behalf by:



David Robinson
Chairman



Faye Jeacocke
Director of Finance

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2019

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF VICTORIA PARK HARRIERS AND TOWER HAMLETS AC (the 'company')

I report to the charity Trustees on my examination of the accounts of the company for the year ended 31 March 2019.

RESPONSIBILITIES AND BASIS OF REPORT

As the Trustees of the company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I can confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Dated:

20 December 2019

Chris Harris CPFA

MHA MACINTYRE HUDSON

Chartered Accountants

New Bridge Street House
30-34 New Bridge Street
London
ECV4 6BJ

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

**STATEMENT OF FINANCIAL ACTIVITIES INCORPORATING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2019**

	Note	Unrestricted funds 2019 £	Restricted funds 2019 £	Total funds 2019 £	Total funds 2018 £
INCOME FROM:					
Donations	2	100	-	100	100
Charitable activities		48,829	-	48,829	46,066
Other trading activities	4	26,466	-	26,466	27,695
Investments	5	66	-	66	45
TOTAL INCOME		75,461	-	75,461	73,906
EXPENDITURE ON:					
Charitable activities		163,092	-	163,092	110,665
TOTAL EXPENDITURE		163,092	-	163,092	110,665
NET EXPENDITURE BEFORE INVESTMENT GAINS					
Net gains on investments	11	(87,631) 898	-	(87,631) 898	(36,759) 128
NET EXPENDITURE BEFORE TRANSFERS		(86,733)	-	(86,733)	(36,631)
Transfers between Funds	14	29,093	(29,093)	-	-
NET EXPENDITURE BEFORE OTHER RECOGNISED GAINS AND LOSSES		(57,640)	(29,093)	(86,733)	(36,631)
NET MOVEMENT IN FUNDS		(57,640)	(29,093)	(86,733)	(36,631)
RECONCILIATION OF FUNDS:					
Total funds brought forward		1,333,850	64,716	1,398,566	1,435,197
TOTAL FUNDS CARRIED FORWARD		1,276,210	35,623	1,311,833	1,398,566

All income and expenditure derive from continuing activities

The Statement of Financial Activities includes all gains and losses recognised during the year.

The notes on pages 20 to 32 form part of these financial statements.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)
REGISTERED NUMBER: 04324630

BALANCE SHEET
AS AT 31 MARCH 2019

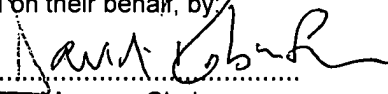
	Note	£	2019 £	£	2018 £
FIXED ASSETS					
Tangible assets	10		1,218,250		1,283,171
Investments	11		16,439		15,540
			<u>1,234,689</u>		<u>1,298,711</u>
CURRENT ASSETS					
Debtors	12	2,954		3,705	
Cash at bank and in hand		101,469		109,408	
		<u>104,423</u>		<u>113,113</u>	
CREDITORS: amounts falling due within one year	13	(27,279)		(13,258)	
NET CURRENT ASSETS			<u>77,144</u>		<u>99,855</u>
NET ASSETS			<u>1,311,833</u>		<u>1,398,566</u>
CHARITY FUNDS					
Restricted funds	14		35,623		64,716
Unrestricted funds	14		1,276,210		1,333,850
TOTAL FUNDS			<u>1,311,833</u>		<u>1,398,566</u>

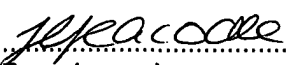
The company's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The Trustees consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved and authorised for issue by the Trustees on 15/12/19 and signed on their behalf, by:


David Robinson Chair


Faye Jeacocke

The notes on pages 20 to 32 form part of these financial statements.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

1. ACCOUNTING POLICIES

1.1 General information

Victoria Park Harriers and Tower Hamlets AC is a charitable company limited by guarantee and is registered with the Charity Commission (Charity Registered Number 1091712) and Registrar of Companies (Company Registration Number 04324630) in England and Wales.

In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity. The address of the registered office is given in the Charity information on page 1 of these financial statements.

The nature of the Charity's operations and principal activities are detailed in the Trustees' Annual Report.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

1.2 Basis of preparation of financial statements

The Charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

The Charity has applied Update Bulletin 2 and does not include a cash flow statement on the grounds that it is applying FRS 102 Section 1A.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

The financial statements are presented in sterling which is the functional currency of the Charity and rounded to the nearest pound.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

1. ACCOUNTING POLICIES (continued)

1.3 Income

All incoming resources are included in the Statement of Financial Activities (SoFA) when the Charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity and it is probable that they will be fulfilled.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the Charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

The Charity receives grants in respect of furthering its charitable objectives. Income from grants are recognised at fair value when the Charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Investment income is earned through holding assets for investment purposes such as shares and property. It includes dividends, interest and rent. Where it is not practicable to identify investment management costs incurred within a scheme with reasonable accuracy the investment income is reported net of these costs. It is included when the amount can be measured reliably. Interest income is recognised using the effective interest method and dividend and rent income is recognised as the Charity's right to receive payment is established.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the Bank.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

1. ACCOUNTING POLICIES (continued)

1.4 Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is categorised under the following headings:

- Costs of raising funds includes costs incurred seeking voluntary contributions through donations and investment management costs;
- Expenditure on charitable activities includes all costs incurred on furthering the objects of the Charity; and
- Other expenditure represents those items not falling into the categories above.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

Support costs are those that assist the work of the Charity but do not directly represent charitable activities and include office costs, governance costs and administrative costs. They are incurred directly in support of expenditure on the objects of the Charity and include project management carried out at Headquarters. Where support costs cannot be directly attributed to particular headings they have been allocated expenditure on charitable activities on a basis consistent with use of the resources. Governance costs are those incurred in connection with the running of the Charity and compliance with constitutional and statutory requirements.

1.5 Tangible fixed assets and depreciation

All assets costing more than £500.00 are capitalised.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Land and buildings	-	50 years
Athletics equipment	-	5 years
Building refurbishment	-	10 years

1.6 Investments

The Charity has equity investments in listed and unlisted entities. Fixed asset investments are a form of basic financial instrument are initially recognised at their transaction value and subsequently measured at their fair value using the closing quoted market price or the share of the Net Asset Value of the fund (if unlisted). All gains and losses are taken to the Statement of Financial Activities as they arise.

The Statement of Financial Activities includes all net gains and losses arising on revaluation and disposals throughout the year. As investments are revalued to fair value continuously, no realised gains or losses arise.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

1. ACCOUNTING POLICIES (continued)

1.7 Debtors and creditors receivable / payable within one year

Debtors are recognised when the Charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Creditors are recognised when the Charity has a present legal or constructive obligation resulting from a past event and the settlement is expected to result in an outflow of economic benefits.

1.8 Cash at Bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.9 Tax

The Charity is an exempt Charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. It therefore does not suffer tax on income or gains applied for charitable purposes.

1.10 Financial instruments

The Charity only holds basic Financial Instruments. The financial assets and financial liabilities of the Charity are as follows:

Debtors - trade and other debtors (including accrued income) are basic financial instruments and are debt instruments measured at amortised cost as detailed in Note 11. Prepayments are not financial instruments.

Liabilities – trade creditors, accruals and other creditors will be classified as financial instruments, and are measured at amortised cost as detailed in Note 12. Taxation and social security are not included in the financial instruments disclosure. Deferred income is not deemed to be a financial liability, as in the cash settlement has already taken place and there is simply an obligation to deliver charitable services rather than cash or another financial instrument.

1.11 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

1. ACCOUNTING POLICIES (continued)

1.12 Judgements and key sources of estimation uncertainty

The following judgements (apart from those involving estimates) have been made in the process of applying the above accounting policies that have had the most significant effect on amounts recognised in the financial statements:

- Allocation of support costs
- Depreciation rates for tangible fixed assets
- Financial instrument policy

1.13 Going concern

The financial statements have been prepared on a going concern basis as the Trustees believe that no material uncertainties exist. The Trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the Charity to be able to continue as a going concern.

2. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds 2019 £	Restricted funds 2019 £	Total funds 2019 £	Total funds 2018 £
Donations	100	-	100	100
Total 2018	100	-	100	

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

3. ANALYSIS OF INCOME FROM CHARITABLE ACTIVITIES BY TYPE OF INCOME

	Unrestricted funds 2019 £	Total funds 2019 £	Total funds 2018 £
Coaching income	91	91	752
Open 5	868	868	1,387
Membership subscriptions	38,388	38,388	35,314
Sale of club kit	1,273	1,273	1,413
Sponsorship income	6,037	6,037	7,200
Total 2019	<u>46,657</u>	<u>46,657</u>	<u>46,066</u>
Total 2018	<u>46,066</u>	<u>46,066</u>	

Coaching income represents the provision of coaching to local schools, which is funded directly by London Borough of Tower Hamlets and / or the schools involved in the programmes.

4. INCOME FROM TRADING ACTIVITIES

	Unrestricted funds 2019 £	Restricted funds 2019 £	Total funds 2019 £	Total funds 2018 £
Cottage rental income	19,257	-	19,257	19,260
Hall hire	5,004	-	5,004	7,431
Bar sales	2,205	-	2,205	1,004
Total 2019	<u>26,466</u>	<u>-</u>	<u>26,466</u>	<u>27,695</u>
Total 2018	<u>27,695</u>	<u>-</u>	<u>27,695</u>	

5. INCOME FROM INVESTMENTS

	Unrestricted funds 2019 £	Restricted funds 2019 £	Total funds 2019 £	Total funds 2018 £
Bank interest receivable	66	-	66	45
Total 2018	<u>45</u>	<u>-</u>	<u>45</u>	

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

6. ANALYSIS OF EXPENDITURE BY ACTIVITIES

	Activities undertaken directly 2019 £	Support costs 2019 £	Total 2019 £	Total 2018 £
Providing facilities for public recreation	41,078	122,014	163,092	110,665
Total 2018	28,843	81,822	110,665	

7. DIRECT COSTS

	Providing facilities for public recreation £	Total 2019 £	Total 2018 £
Coaching fees	5,681	5,681	6,566
Open 5	1,142	1,142	660
Awards	2,463	2,463	825
Club Kit	2,113	2,113	1,825
Travel and subsistence	8,788	8,788	7,884
Affiliation, entry and track fees	20,018	20,018	10,541
Medical cover	873	873	542
Total 2019	41,078	41,078	28,843
Total 2018	28,843	28,843	

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
(A company limited by guarantee and registered charity)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

8. SUPPORT COSTS

	Providing facilities for public recreation £	Total 2019 £	Total 2018 £
Repairs and maintenance	37,271	37,271	(788)
Light and heat	13,874	13,874	10,223
Insurance	3,324	3,324	3,109
Sundry expenses	106	106	2,932
Governance	2,518	2,518	2,600
Depreciation	64,921	64,921	63,746
	<u>122,014</u>	<u>122,014</u>	<u>81,822</u>
Total 2018	<u>81,822</u>	<u>81,822</u>	

During the year ended 31 March 2019, the company incurred the following Governance costs:

£NIL (2018 - £NIL) included within the table above in respect of Providing facilities for public recreation.

9. NET INCOME/(EXPENDITURE)

This is stated after charging:

	2019 £	2018 £
Depreciation of tangible fixed assets:		
- owned by the charity	64,921	63,746
Independent Examiners' Remuneration	2,518	2,520
Underprovision from prior year	-	80
	<u>67,439</u>	<u>66,346</u>

During the year, no Trustees received any remuneration (2018 - £NIL).

During the year, no Trustees received any benefits in kind (2018 - £NIL).

4 Trustees received reimbursement of expenses amounting to £1484 in the current year, (2018 - 4 Trustees - £551).

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

10. TANGIBLE FIXED ASSETS

	Land and Buildings £	Athletics Equipment £	Total £
Cost			
At 1 April 2018 and 31 March 2019	1,690,931	71,230	1,762,161
Depreciation			
At 1 April 2018	423,414	55,576	478,990
Charge for the year	57,093	7,828	64,921
At 31 March 2019	480,507	63,404	543,911
Net book value			
At 31 March 2019	1,210,424	7,826	1,218,250
At 31 March 2018	1,267,517	15,654	1,283,171

The land and buildings were purchased by a club trust, in 1961, which preceded the incorporation of the charitable company and was transferred to the charity in 2003. The land and buildings were revalued by the Trustees in 2008. This revaluation (original value - £nil) is matched by a designated fund which reduces by the amount of depreciation each year.

11. FIXED ASSET INVESTMENTS

	Unlisted securities £
Market value	
At 1 April 2018	15,540
Revaluations	899
At 31 March 2019	16,439

All fixed asset investments are held in the UK.

12. DEBTORS

	2019 £	2018 £
Prepayments and accrued income	2,954	3,705

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FOR THE YEAR ENDED 31 MARCH 2019

13. CREDITORS: Amounts falling due within one year

	2019	2018
	£	£
Other creditors	2,408	2,407
Accruals and deferred income	24,871	10,851
	<u>27,279</u>	<u>13,258</u>
		£
Deferred income		
Deferred income at 1 April 2018		7,068
Resources deferred during the year		7,900
Amounts released from previous years		(7,068)
Deferred income at 31 March 2019		<u>7,900</u>

Deferred income comprises subscriptions received in the year but relating to future accounting periods.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

14. STATEMENT OF FUNDS

STATEMENT OF FUNDS - CURRENT YEAR

	Balance at 1 April 2018 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2019 £
Designated funds						
Building improvements	87,819	-	-	-	-	87,819
Revalued property fund	1,120,000	-	-	(28,000)	-	1,092,000
Gym refurbishment	3,000	-	-	-	-	3,000
	<u>1,210,819</u>	<u>-</u>	<u>-</u>	<u>(28,000)</u>	<u>-</u>	<u>1,182,819</u>
General funds						
General Funds	123,031	75,461	(163,092)	57,093	898	93,391
Total Unrestricted funds	<u>1,333,850</u>	<u>75,461</u>	<u>(163,092)</u>	<u>29,093</u>	<u>898</u>	<u>1,276,210</u>
Restricted funds						
Building improvements	59,697	-	-	(29,093)	-	30,604
Fitness for Sport Project	4,378	-	-	-	-	4,378
Other minor projects	641	-	-	-	-	641
	<u>64,716</u>	<u>-</u>	<u>-</u>	<u>(29,093)</u>	<u>-</u>	<u>35,623</u>
Total of funds	<u>1,398,566</u>	<u>75,461</u>	<u>(163,092)</u>	<u>-</u>	<u>898</u>	<u>1,311,833</u>

STATEMENT OF FUNDS - PRIOR YEAR

	Balance at 1 April 2017 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2018 £
Designated funds						
Building improvements	55,538	-	(14,093)	46,374	-	87,819
Revalued property fund	1,183,318	-	(28,000)	(35,318)	-	1,120,000
Gym refurbishment	-	-	-	3,000	-	3,000
	<u>1,238,856</u>	<u>-</u>	<u>(42,093)</u>	<u>14,056</u>	<u>-</u>	<u>1,210,819</u>
General Funds	<u>112,668</u>	<u>73,906</u>	<u>(49,615)</u>	<u>(14,056)</u>	<u>128</u>	<u>123,031</u>

VICTORIA PARK HARRIERS AND TOWER HAMLETS AC
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

14. STATEMENT OF FUNDS (continued)

Restricted funds

Building improvements	74,697	-	(15,000)	-	-	59,697
Fitness for Sport Project	8,335	-	(3,957)	-	-	4,378
Other minor projects	641	-	-	-	-	641
	<u>83,673</u>	<u>-</u>	<u>(18,957)</u>	<u>-</u>	<u>-</u>	<u>64,716</u>
Total of funds	<u>1,435,197</u>	<u>73,906</u>	<u>(110,665)</u>	<u>-</u>	<u>128</u>	<u>1,398,566</u>

Designated funds

Building Improvements

Funds have been set aside to match the net book value of the building improvements (less the restricted grants outstanding on them) with funds being transferred each year to general funds to match the depreciation charge.

Revalued Property Fund

Similarly a fund has been set aside to match the net book value of the revalued property with funds being transferred each year to general funds to match the depreciation charge.

Gym Refurbishment

A sum has been aside by the Trustees to cover the refurbishment of Mile End Gym whose costs are not covered by the grant awarded as noted below.

Restricted Funds

Building Improvements

The Charity was awarded various grants in previous years to fund a refurbishment programme on its club house. Three of the grants had a continuing restriction to use on them if the facilities were to be used for other purposes within five years and so the depreciated cost has been carried forward in the restricted fund.

Tower Hamlets Fitness for Sport Grant

The Tower Hamlets Council Fitness for Sport Grant was received by the charity in 2016. This fund is being used to fund wheelchair coaching.

Mile End Stadium Refurbishment

The Charity was awarded a grant from the London Marathon Charitable Trust in a previous year towards the cost of refurbishing and expending the indoor training area of the Mile End Stadium. The balance of the fund was transferred to the revalued property fund when the building work was completed.

Other minor projects

This was funding received for the summer scheme and satellite clubs.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2019 £	Restricted funds 2019 £	Total funds 2019 £
Tangible fixed assets	1,218,250	-	1,218,250
Fixed asset investments	16,439	-	16,439
Current assets	68,800	35,623	104,423
Creditors due within one year	(27,279)	-	(27,279)
	<u>1,276,210</u>	<u>35,623</u>	<u>1,311,833</u>

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	Unrestricted funds 2018 £	Restricted funds 2018 £	Total funds 2018 £
Tangible fixed assets	1,223,474	59,697	1,283,171
Fixed asset investments	15,541	-	15,541
Current assets	108,094	5,019	113,113
Creditors due within one year	(13,259)	-	(13,259)
	<u>1,333,850</u>	<u>64,716</u>	<u>1,398,566</u>