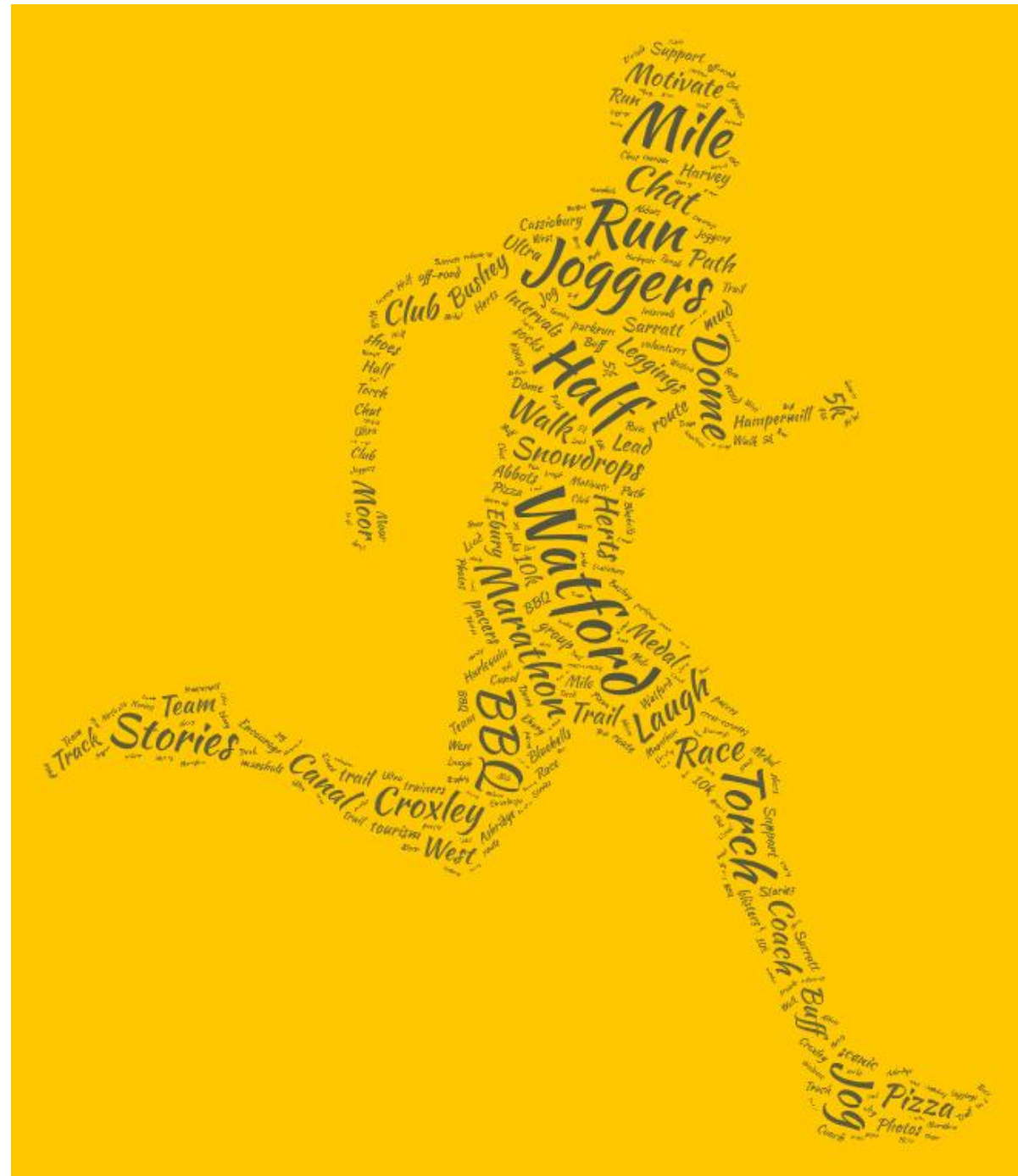




**Watford Joggers
AGM
12 February 2025**



Agenda

- Chairman's welcome and attendance register
- Apologies for absence
- Matters arising from minutes of Feb 2024 AGM
- Officer's reports:
 - a) Chairman's report (John Henke)
 - b) Review of Club Constitution & Policies
 - c) Election of officers for 2025
 - d) Membership Secretary (Sarah Coltman)
 - e) Treasurer (Nazar Zaidi)
 - f) Approval of Club Subscriptions for 2025
 - g) Kit Manager (Stephen Hobbs)
 - h) Social Media (Yasmin Shahrads)
 - i) Jog/Walk (Colin Taylor)
 - j) Social Secretary (Morgan ZV)
 - k) Club Charity 2025 (Morgan ZV and Chris Lloyd)
- Any other business (All)
- Closing remarks (Colin Taylor)

Activities

- Wednesday evenings
- Interval training
- Jog Walk
- Track Night
- Marathon forums
- parkrun pacing
- Sunday morning runs
- Mid-Week League
- Cross Country
- Autumn 10K
- London Marathon
- Vitality London 10,000
- 'Tastic, plus competitions





In Autumn 2026 we will be celebrating the **50th** year of
Watford Joggers

We are planning a big party and need your help
If you'd like to get involved please contact John Henke

West Herts

Function room & bar now
run in-house

Changing rooms

WJ subscriptions to West
Herts 2024 & 2025 £4,400

Policy & Procedures

Constitution

Inclusion

Privacy Notice

Social Media
Policy

H&S

Incident
reporting

Club discipline
and appeals

Code of
conduct for
coaches

Codes of
conduct

Welfare
Officer role

Amendments to Constitution

To affiliate to England Athletics in 2025 all clubs have to:-

- Agree to the overall (EA) Club Safeguarding Code of Conduct.
- Confirm that our club has taken action to ensure all our members (England Athletics registered or not) have signed up to the relevant code(s) of conduct for their role(s)


Welfare Officers Standing Again

Lucy Glass

Andy Lord

Committee

Colin Taylor	President	Re-election
John Henke	Chair	Re-election
Paul Hogan	Vice-Chair	Re-election
Sarah Coltman	Membership Secretary	Re-election
Vicky Williams	Club Secretary	Re-election
Stephen Hobbs	Kit Manager	Re-election
Katerina Fellas	Web Site Manager	Re-election
Nazar Zaidi	Treasurer	Re-election
Andreas Schwarz	Social Secretary	Re-election
Robert Kenison	Committee Member	Re-election
Marcus Edwards	Committee Member	Re-election
Mauro Fasti	Charity Co-ordinator	Potential new role



Standing
down from
the
committee



Big thank-you to:

Yasmin Shahrads

Morgan Zagerman-Vaughan

Anatole Ransom

Nominations for election

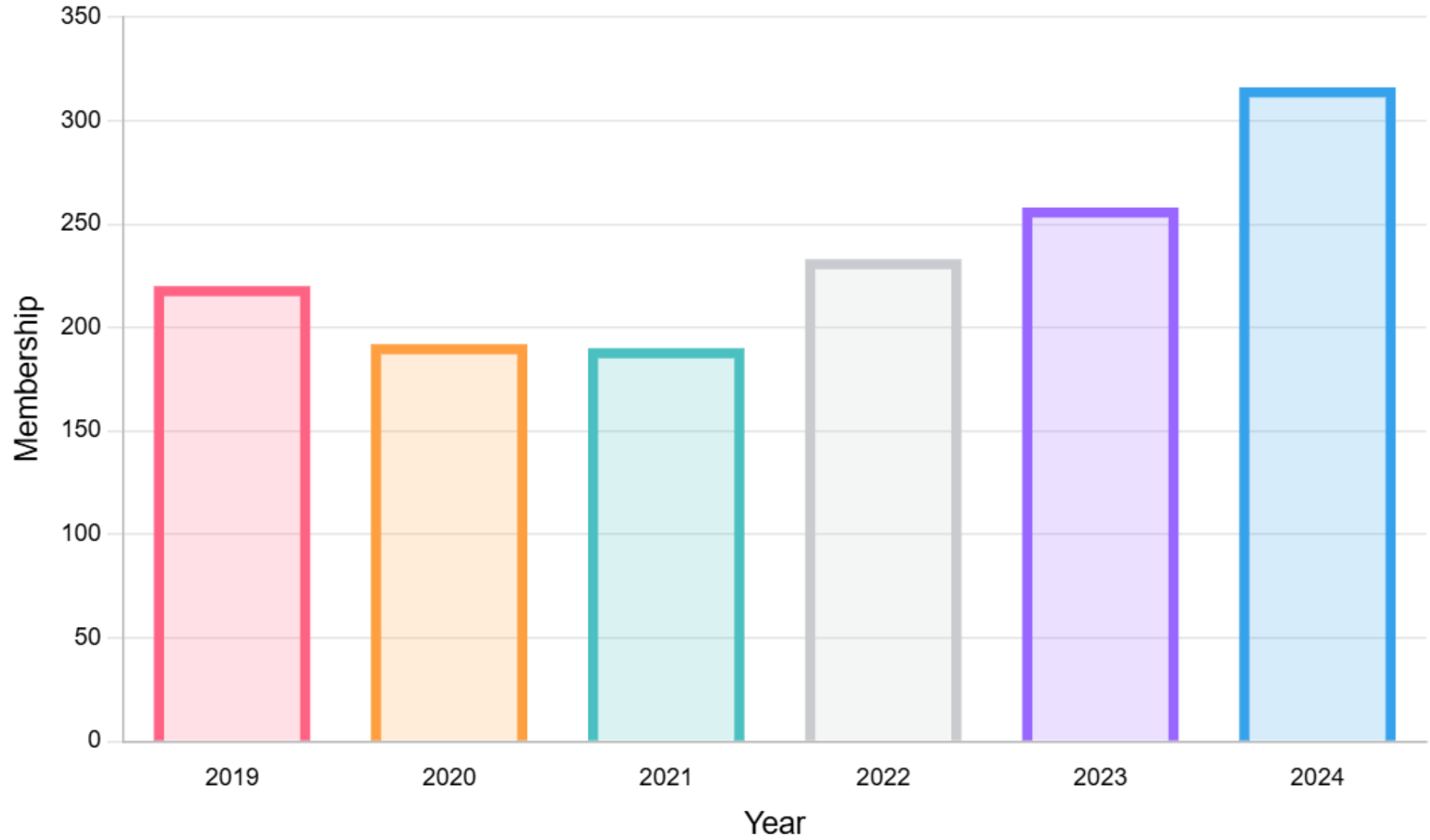
Race Coordinator	Helen Harbrow
Race Coordinator	Paul Currie
Social Secretary	Pawel Bogacki
Social Media Manager	Mauro Fasti
Social Media Manager	Jamie Chapman
Event Coordinator	Fliss Tournant (non-committee role)
Event Coordinator	Ollie Hill (non-committee role)

The slide features several decorative elements: a large orange circle in the top-left corner, a red-outlined triangle pointing downwards from the top-center, a red-outlined square in the bottom-left corner, and a stylized orange sun with rays at the bottom-center. The main title is centered within a large orange rounded rectangle.

Membership stats - end of 2024

- Total 316
- Single 260
- Family 30
- Life 26
- Male 182
- Female 134
- England Athletics 104
- New 86
- Renewed 230

Watford Joggers Membership stats



Treasurer update

General Points

- Reminder - We are a “Not for profit” organisation
- Funds have to be spent on club activities (i.e. can't be distributed to shareholders)
- The club has been building up its cash balance over a number of years (over £20k at the end of the last membership year)
- Last year the committee agreed to focus on reducing our cash balance over the coming few years
- We have made significant progress on this during the 2024 membership year
- Next year will be our 50th anniversary and as such there will also be some one-off expenditures relating to this
- Long term target is to reduce our cash balance to approximately £7.5k

Treasurer update

Reduction in cash balance

Opening Balance (01/02/2024)	£20,062
Closing Balance (31/01/2025)	£12,785
Difference	£7,276

	2024	2023	Difference	Note
Membership income	£3,285	£6,464	- £3,179	One off membership discount
Fundraising income	£6,260	£7,806	- £1,545	Club is no longer supporting Watford HM (£2k)
Intervals expenditure	£2,888	£1,379	+ £1,558	Increase expenditure on coaching qualifications and track hire
Total			£6,283	

Summary

Treasurer
update

Income	£	Expenditure	£	Surplus / Deficit
Subs	£3,285	Running Costs	£5,646	(£2,361)
Fundraising	£6,410	Fundraising	£2,323	£4,087
Kit	£2,518	Kit, trophies, equipment	£5,714	(£3,196)
EA Member's fees	£2,110	EA Member's fees	£2,183	(£73)
Race activities	£100	Race activities	£1,490	(£1,390)
Coaching / track hire	N/A	Coaching / track hire	£2,938	(£2,938)
Social Activities	£5,164	Social Activities	£6,104	(£940)
Charity	£1,215	Charitable	£1,570	(£354)
Total	£20,083		£27,971	(£7,167)

Treasurer update

Year on Year comparison

(2024 vs 2023)

Income category	2024	2023
Subscription income	£3,285	£6,464
Fundraising activities	£6,260	£7,806
Kit sales	£2,518	£2,107
Social events	£5,164	5,089

Expenditure category	2024	2023
Memberships	£4,705	£4,756
Administration	£940	£973
Fundraising activities	£2,323	£2,201
Kit and other tangible items	£5,714	£5,419
Race activities	£1,196	£1,693
Coaching / track hire	£2,938	£1,379
Social events	£6,104	£5,379



Accounts Audit

Thank you to Richard Bird for ongoing audit
of accounts



Subscriptions for 2025



Committee recommendation for 2025:-

- Existing member £30
- New member £30
- Family member £15
- Life and 70 £0
- EA £20.00
- ****NEW**** Lead Coaches £0

Individual's Benefits of England Athletics Membership

- Annual cost of £20 in addition to WJ membership
- Support the national governing body
- Eligibility for races held under EA rules
- £2 discount on entry fees for all licensed road and multi-terrain events
- Access to Power of 10 to track your performance
- Designated newsletter, facebook and Instagram Communities
- Access to myAthletics Portal, training and coaching
- Discounts including Sportsshoes.com, Shokz, SIS nutrition and much more
- 1 EA place at London Marathon for Watford Joggers. If we have 190 plus EA members then would get 2 places



Buying and proving Club membership

- If you are using West Herts facilities such as the bar or car park, expect to be asked to show membership of Watford Joggers
- This year we have made a slight change to the way you buy membership – you will now buy an annual ‘subscription’ which will end on 31st January **regardless of when you buy it during the year**

Buying Club membership

- Buy the 'Subscription' appropriate for you...

<p>Annual Fee</p> <p>Single Member Subscription</p> <p>£ 30</p> <p>Join Watford Joggers for a year of fun and fitness! Enjoy weekly training sessions and specialized interval training tailored for all abilities.</p> <p>Select</p>	<p>Annual Fee</p> <p>Additional Family Member Subscription</p> <p>£ 15</p> <p>Share the joy of running with our Additional Family Member subscription and enjoy our friendly Club atmosphere together.</p> <p>Select</p>
<p>Annual Fee</p> <p>Lead Coach Membership</p> <p>£ 0</p> <p>Lead Coaches are entitled to free annual membership while they actively deliver training sessions such as, intervals for Club members.</p> <p>Select</p>	<p>Annual Fee</p> <p>Lifetime Member Subscription</p> <p>£ 0</p> <p>Lifetime membership is available to all Club members who are over 70 years of age, and have paid a full subscription for five consecutive years previously to turning 70!</p> <p>Select</p>
<p>Annual Fee</p> <p>England Athletics Membership</p> <p>£ 20</p> <p>As an EA registered athlete, you will be part of a nationwide community of athletes and runners. EA supports your club, the sport we all love, and gives you access to a range of benefits and services.</p> <p>Select</p>	



Buying Club membership

- Only one 'subscription' can be bought in one transaction. So, if you want EA membership, that needs to be done in a separate transaction
- Additional family members should create their own online account and purchase an Additional Family member 'subscription'



Buying Club membership

- From now on, when buying membership, you must agree to comply to England Athletics Safeguarding Regulations and guidance

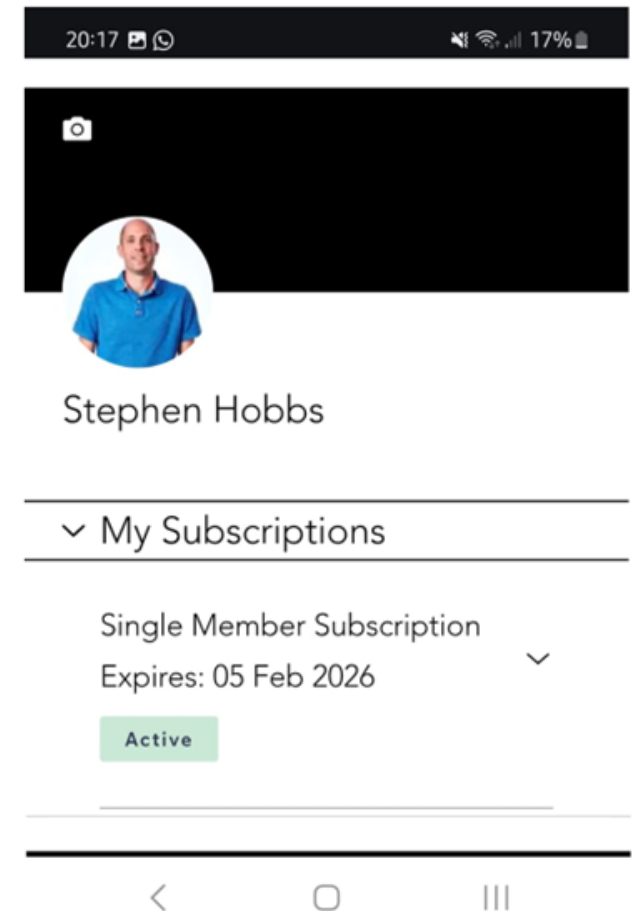
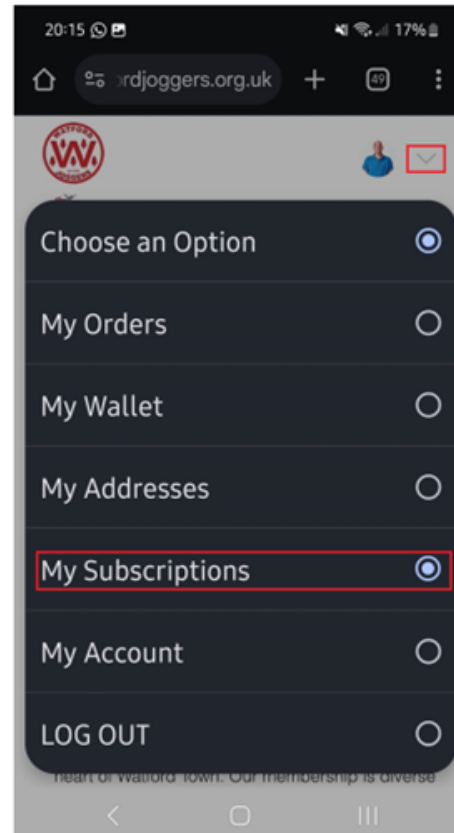
2 Additional Info

You are purchasing annual membership to Watford Joggers, in doing so you confirm that

- you **have read, understood and will comply with [England Athletics Safeguarding Codes of Conduct](#)** appropriate to your role within the Club.

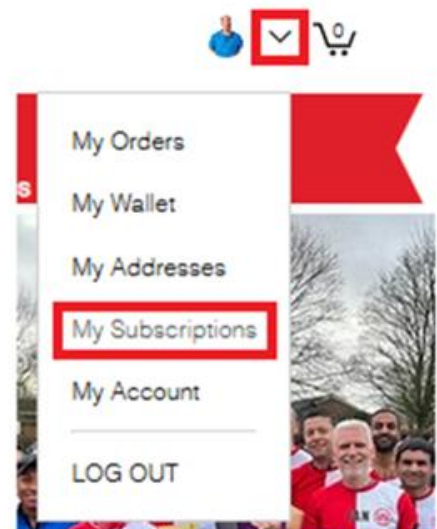
Proving Club membership

- Club membership can be proved on your smart phone via your Watford Joggers online account





Proving Club membership

- or print off your Subscription from your PC




The screenshot shows a user account menu with the following items: My Orders, My Wallet, My Addresses, My Subscriptions (highlighted with a red box), My Account, and LOG OUT. The menu is overlaid on a background image of a group of people.



Welcome to Watford Joggers!
We are a sociable running club, welcoming runners of all abilities

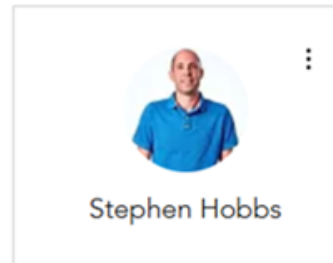
Subscriptions

View and manage the subscriptions you've purchased.

Single Member Subscription	Expires: 05 Feb 2026	Active 
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Your online account

- Please ensure your online account is complete including an up-to-date photo and your ICE contact.



Account

Discard

Update Info

View and edit your personal info below.

Personal info

Update your personal information.

First name

Stephen

Last name

Hobbs

Phone

+44 7866 011626

ICE Contact

Audrey Hobbs

ICE Contact Number

07976297887

Discard

Update Info



Kit Manager

Watford Joggers Social Media

- Our external Facebook and Instagram pages are used to give the public a snapshot of our club activities and achievements and to increase the public profile of our club.
- Our external social media pages have a key role in promoting our Autumn 10K – in 2024 we had 350 people sign up for the race.
- As the race approached we used a couple of paid posts to boost awareness of and engagement with the race.

Unpaid post - 1,130 views on Facebook



 **Watford Joggers** ...
Published by [Yasmin Shahrad](#)
· 4 November 2024 · 🌐

There are less than 2 weeks to go until the Watford Autumn 10k 2024 🍂🏃🏃

Don't miss out on this beautiful trail race on Sunday 17th November - it starts and ends in Cassiobury Park and takes you on a picturesque route through Whippendell Woods. You will be cheered on by the friendliest of marshals and will receive a special race memento when you cross the finish line 😎

We look forward to seeing you there - for more information and to book your place visit:
<https://my.race...> See more



Paid post - 9,888 views on Facebook

 **Watford Joggers**
Published by Jonathan Pitkin
· 13 October 2024 · 🌐

It's just over a month until our Autumn 10k race 🏃🏃🏃
🥳

Held on the 17th of November, this beautiful trail run starts and ends in Cassiobury Park 🌳

To learn more and book your place on the start line follow this link: <https://my.raceresult.com/290600/>

We'd love to see you there 🥰!!

[#watfordjoggers](#) [#watfordjoggers10k](#) [#cassioburypark](#)
[#hertsrunners](#)



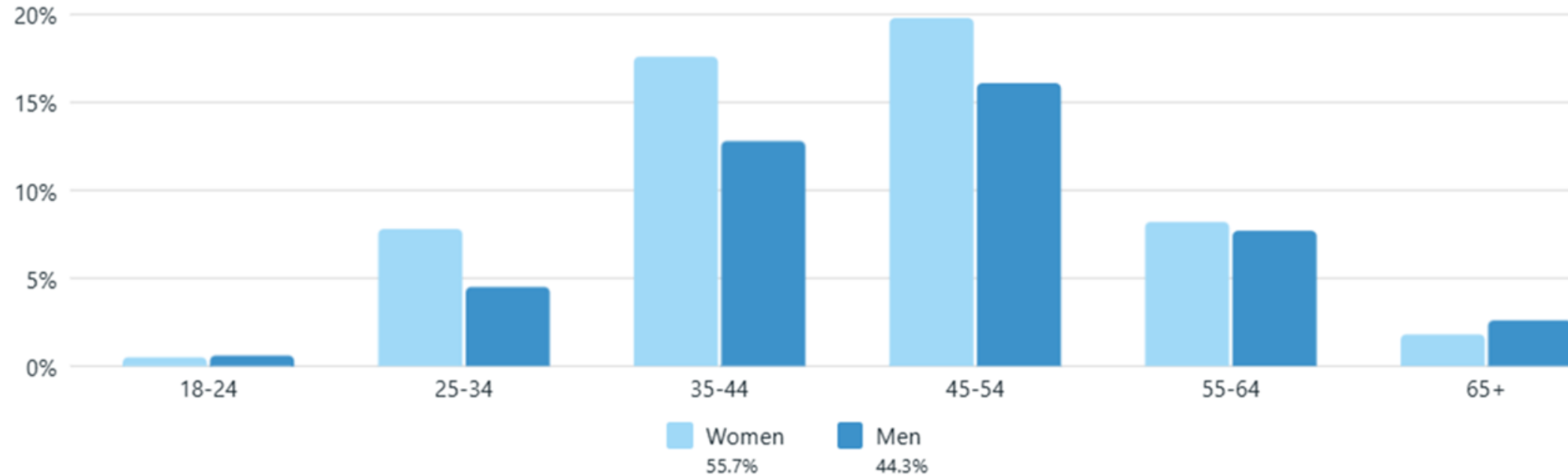
Facebook followers

Followers ⓘ

Lifetime

1,007

Age & gender ⓘ



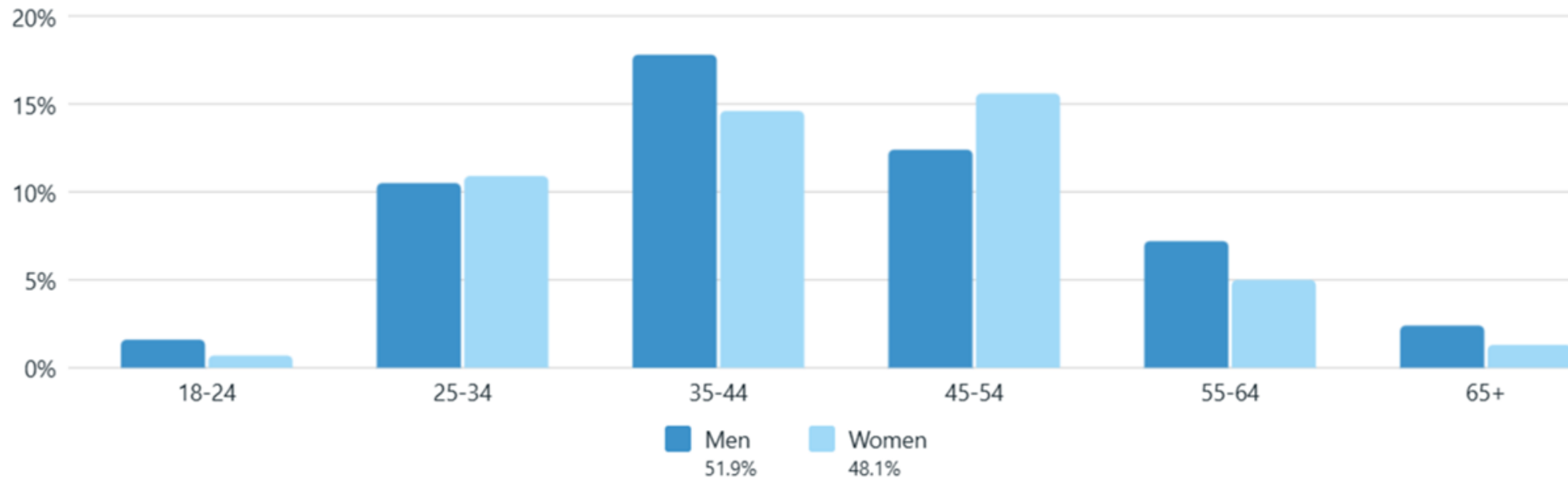
Instagram followers

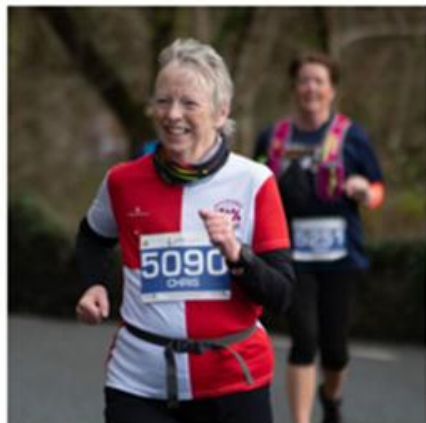
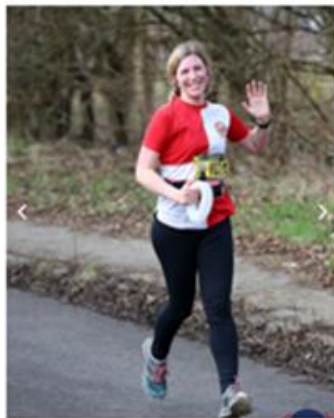
Followers ⓘ

Lifetime

986

Age & gender ⓘ





Membership Monday



Jog/Walk Leaders 2024

- During, 2024 all Wednesday's have been covered by members coming forward to lead Jog/Walk
- No one individual stands out, it has been a collective club effort
- Jog/Walk leader is one of the club's criteria for the London Marathon Ballot
- Jog/Walk is a vital element for our club to be inclusive for all, no matter how slow or fast runners are
- Thank-you all so much, please continue to support Jog/Walk

Watford Joggers Social Events 2024

7 February 2024 - Annual General Meeting

13 March 2024 – Awards

19 April 2024 - Pasta Party at Fratelli

17 May 2024 - Charity Horse Racing Night in support of Hertfordshire Mind Network

11 August 2024 - Watford Joggers Barbecue

22 November 2024 - Charity Quiz Night in support of Hertfordshire Mind Network

6 December 2024 - Christmas Party at Derwish
Turkish Meze

Charity nominations for 2025

- Two members have nominated charities for 2025
- We will vote tonight to pick one for the Club to fundraise for in 2025





The voice of learning disability in South West Herts

Registered Charity No 1004431

- **Watford Mencap** provides support and a wide range of services to people of all ages with a learning disability, as well as for their families and carers, in Watford, Three Rivers and Hertsmere.
- **Watford Mencap** is affiliated to the national Mencap charity but raise all of their own funds, using them to support local people with learning disabilities to reach their full potential.
- **Watford Mencap** supports and enables people with a learning disability to enjoy equal opportunities within the community and be valued members of society, enabling them to lead the life they want for themselves.

Here are some of the services offered by **Watford Mencap**:

- Advice/Information Helpline
- Care & Support Services
- Supported Living Accomodation
- Learning & Leisure Courses
- Holiday Activity Schemes
- Youth Club & Evening Activities
- Community Day Opportunities/Activities
- Café in the Library, work training opportunities



Nominated by: Team Fellas





Lynda Jackson Macmillan Centre

... supporting people affected by cancer since 1993

- **Moor Park 10K** was originally started to support LJMC.
- It is part of the **Mount Vernon Cancer Centre**.
- A range of services are available at the centre to help people affected by cancer - **Drop-in centre, open to everyone** – patients and those who care for them.
- Many of the services offered at the LJMC are **above and beyond the obligation of the NHS**.
- In order to run these services each year we rely on **fundraising and voluntary donations**.
- **Volunteers** form an integral part of the Lynda Jackson Macmillan Centre team undertaking a wide range of activities, from our 'frontline' service in the Drop-in centre to 'back office' administrative support.
- **Many of us have friends and family with cancer.**

Time to vote in the room and virtual attendees

- Show of hands for Watford Mencap
- Show of hands for Lynda Jackson Macmillan Centre

Any Other
Buisness?

- Comments or questions?
- Closing remarks from John Henke
- Closing remarks from Colin Taylor
- Pizza!





**Watford Joggers
AGM
12 February 2025**

