



Walton Athletic Club

Annual General Meeting

20 February 2023

Annual Report of Activities for 2022

1. Message from the Chair:

This year your Committee has been able to resume regular face to face meetings in the sports hub board room. This is so much better than remote meetings and a welcome return to normality.

At the beginning of the year Clint Marks joined the committee as Officials Co-ordinator. He has done sterling work recruiting volunteers for the Club's activities. We still need more so please speak to Clint if you feel you can help in any way. Rob Smith (Membership Secretary) and Lizzie Amos (Communications) also joined and have hit the ground 'running' !

During the year we have been joined by Simon Davies as our new Treasurer, who has also undertaken the task of business development, which is central to our plans to 'grow the Club'. Our thanks and very best wishes go to our retiring Treasurer Abi Rhiel.

The other new member of the committee is Julie Dawson as Satellite and Academy Administrator. This is a burgeoning part of the Club and her input is invaluable. Julie will also be assisting Simon with Treasurer work.

My final word is to say a big thank you to Marie Marks who is standing down from the committee after six years of incredibly hard work as - at different times - Treasurer, Chair, and Meeting Secretary. I have seen first-hand how much she does. She has been a driving force and will be sorely missed. Thank you so much Marie.

Best wishes,
Malcolm

2. Coaching and Athletics Achievements:

2.1 Club Records:

The Club records were reviewed and categorised at the beginning of the 2021 season and are now considered to be an accurate document. In 2022, 103 Club records were set across a spectrum of events and age groups, an amazing achievement in the course of one season. Noteworthy achievements in 2022 records are: **Duncan Woolmer (M40)** set an overall Club Record for the Half Marathon, **Alex Kilby (U20M)** set an overall Club 5km Road Record and **Brook Cronin (U20M)** set overall Club 100m and 200m records.

2.2 Championships Performances:

County Championships: Over 50 athletes entered & competed in the Surrey Championships. 9 Gold, 9 Silver and 8 Bronze medals were won by WAC athletes with 6 Gold coming from field events and 5 Golds coming from Track events. In addition, 13 athletes entering the Surrey Masters Championships covering 36 events. 17 Gold and 13 Silver and 8 Bronze medals were won by WAC athletes. Championship Best Performances (CBP) were set by **Susie McLoughlin (W45)** 100m; **Lizzie Amos (W45)** 200m; **Duncan Woolmer (M40)** 800m and **Xavier Taylor (U15)** 200m. A further 3 athletes competed at the Middlesex Championships winning 2 Gold and 1 Silver medal.

Two Gold, 1 Silver and 1 Bronze medal were won at the South of England Championships: **Alex Kilby (SM)** 3000SCm; **Xavier Taylor (U15)** 300m; **Jeslyn Agyei-Kyem (U20W)** 400m; **Nicola Bell (SW)** Javelin.

British Masters Championships: WAC athletes won 2 Gold, 2 Silver and 3 Bronze medals. Gold medals were won by **Jamie McLoughlin (M45)** 3000SC; **Duncan Woolmer (M40)** 10000m.

AAA of England Championships: **Xavier Taylor (U15)** won gold in the 100m.

English Schools Championships: 5 WAC athletes represented Surrey Schools. **Xavier Taylor** won the Junior Boys 200m and Gold in the Junior Boys relay.

Annalise Agyei-Kyem won Gold in the Inter girls relay. **Brook Cronin** won Silver in the Senior Boys relay.

European Masters Indoors Championships: **Lizzie Amos** won Silver in W40 400m & Silver in the 4x200m relay. **Susie McLoughlin** won silver in the W40 4 x 200m relay

World Masters Championships: **Susie McLoughlin** won Gold in the W45 400m in a **European Record**. **Lizzie Amos** won Silver in the W45 400m in the 3rd fastest European all time. **Susie McLoughlin** also won Silver in the W45 100m and Bronze in the W45 200m

2.3 League Competitions:

Leagues returned to their pre pandemic format. The club committed to entering 5 Leagues in an attempt to maximise participation given the limited manpower

available to organise and run teams. With the exception of the final SAL League match which was incredibly well supported, the Club was not able to turn out full teams or a full complement of officials for each match - which are required as part of the Club's commitment to the Leagues. Southern Athletics League: Well supported in some events, gaps in others. YDL (Lower): poor turnout in all matches. YDL (Upper): poor turnout in all matches. Rosenheim: mixed turnout in matches. SCVAC League: good turnout in all matches. The club's commitment to 5 Track & Field Leagues is still stretching our resources in respect of competing athletes, Volunteer Officials and Team Managers. This will need to be reviewed and may need to be adjusted for 2023.

Detailed competition and match reports can be found on the Club Website in the News Section.

3. Satellite Club and WAC Academy

3.1 In total there are 250 athlete places, all of which have been filled. Athletes have been coached once per week in 10 different sessions of 55 minutes, as follows:

- 170 athletes have been coached in the Academy group (school years 4-7) over 7-8 sessions per week on Mondays and Wednesdays.
- 80 athletes have been coached in the Satellite Club (school years 8-13) over 2 sessions per week on Mondays and Wednesdays.

3.2 Over the course of the last 12 months the Academy and Satellite groups were supported by 22 coaching staff (8 Licensed UKA coaches, 10 Licensed UKA Assistant Coaches, 2 Athletics Leaders and 2 helpers). An additional 6 away athlete members who are currently studying at university have delivered coaching when available, of these 5 are Licensed UKA Assistant Coaches and 1 is an Athletics Helper. Maintaining coach:athlete ratios, as required in the younger age group sessions, is becoming increasingly difficult and we are close to the limits. Any member or parent wishing to learn more about coaching opportunities is encouraged to reach out to a coach or a committee member. WAC is able to provide access to UKA accredited coach training programs.

3.3 The aim of the WAC Academy and Satellite is to provide WAC with a stream of future athletes building the annual membership base, whilst raising club standards and participation levels in a fun and welcoming environment.

- 22 athletes have been invited to move from the Satellite Club to WAC and 21 have moved across.
- Of the 22 coaches and leaders who were involved in delivering athletics within the Academy and Satellite, are current coaches/athletes/volunteers within the WAC annual membership who the Club are supporting in their coach educational journey.

4 Holiday Clubs:

4.1 The Satellite Club and WAC Academy coaching staff held a holiday club during the school summer holidays which 36 athletes attended over 3 consecutive days.

5 Investments:

5.1 As a committee, we successfully bid for funding from Elmbridge Borough Council for the provision of electronic timing and electronic distance measurement equipment to the value of circa £38k. We are in the process of purchasing the equipment and look forward to training lots of you in its use!

This is a really exciting development and will be a significant addition. It will enable us to host our own open meets and obtain qualifying times at our own track. It also adds to the previous developments secured by the committee of a track perimeter fence (installed last year) and the permanent sand pit covers which improve the condition of the sand within the pits.

6 Membership:

6.1 At the end of 2022 the club had 200 annual members (at the end of 2021 there were 198). These are in addition to the Academy and Satellite members, who are termly members.