

Chiltern Cross Country League
Annual General Meeting 10th June 2024 7:15pm

Location: Meeting at Fusion 2k in Ampthill

Fusion 2K Ltd, 13 Doolittle Mill, Froghall Road, Ampthill, MK45 2ND
Please Park in spaces marked Visitor or Fusion & then look for unit 13

Please arrive at 7 for 7:15pm start

Agenda

- 1. Attendees & Apologies**
- 2. Approval of Last Year AGM Minutes**
- 3. Report from the Chair on 2023-24 Season**
- 4. Match Attendance 2023-24**
- 5. Finance & Accounts**
- 6. Website Launch**
- 7. The Future of the Chiltern League**
- 8. Proposal & Appointment of Organising Team**
- 9. 2024 - 2025 Season Plan**
 - a. Proposed venues this season & beyond
 - b. Marshalling by all clubs – to be published when venues known
 - c. Divisions – see chart
 - d. Proposed Subscriptions – see chart
 - e. Processes – 1st/2nd claim, Non-scoring, Guests, Lost Nos, Team Managers, Issues
- 10. AOB**

3. REPORT FROM CHAIR – CHILTERN LEAGUE – 2023 / 2024

Another successful year has been accomplished by the League.

We are indebted once again to the continuing loyalty of Bedford County A.C. (Keysoe Equestrian Centre), Marshall Milton Keynes and Leighton Buzzard A.C. (Teardrop Lakes) Luton A.C. (Stopsley) and Oxford A.C. (Horspath) who work diligently each year to enable us to enjoy the courses and atmosphere they create.

It was good to welcome back Watford Harriers offer of Cassiobury Park and its surroundings after a ten year absence. It would have been a challenge re-inventing the race routes and structures but you did excellently.

To all five venues a huge thank you for your support and hopefully we can have more races with you in the coming years.

Years ago, there were ten venues – five in each division and only rarely did we meet up for one fixture a year where we raced together like we now do all the time. Each division had no Under 11 races then and only about 200 to 250 contested each fixture. We lost venues because, despite our pleas, athletes parked irresponsibly. Hence our current structure of five venues for the joint divisions racing has been “forced on us” in many ways by the need for ample parking. We wonder if there are any more venues that could be explored to offer a bigger variety in the future. Could two clubs work together if a new venue could become a possibility? Once a venue is lost it is almost impossible to retrieve it and the demands by the authorities seem to apply more restrictions to applications. We need to persevere and promote our needs.

I wonder if athletes actually know how much time is spent on their behalf by a few willing people volunteering many hours to enable them to enjoy their racing challenges. I am sure they have no idea of the costs and documentation involved. We may have to in time split to separate venues if parking becomes an issue.

We are indebted again to Richard Inchley (Treasurer, Fixture & Officials Coordinator), Fiona Turner (Secretary & Trophies), Mick Bromilow (Results for the first three fixtures) and Andy and Amy Inchley along with Richard Inchley & Richard Pownall who produced the last two fixtures’ results.

We must recognise the extra work which Fiona undertook to sort and post out the awards won by individuals and clubs after the Oxford fixture as we were unable to present them on the day. Frustratingly some clubs were slow to respond to her requests – it is important club details are correct and that the responses asked for are replied to quickly.

To the many officials and marshals who may have helped at one fixture or all five – THANK YOU. Without you there would be no races. Your commitment to the hours required and in all weathers is to be commended. You are in many ways more important than the athletes but not enough of them say a “thank you” after they have raced.

There are challenges ahead. Most of the dedicated committee who have served the League for many years are not seeking re-election but will guide the new post holders as they plan

for the 2024 – 25 season. This planning will need to start soon so that we are ready for the first fixture scheduled for the 12th October,2024.

Thank you to all the clubs who support the league which started in 1959 and has grown to its current size of over 1000 racers at each fixture. The Chiltern League has been recognised as being one of the most efficient in the country.

I wish you all good racing in 2024 – 25.

Bill O'Connor.

Chair

Queens Park Harriers.

4. MATCH ATTENDANCE: by Club / Fixture / Age Category

CLUB PARTICIPATION - No of Matches Attended								
2023-24 Season	Ran 5	Ran 4	Ran 3	Ran 2	Ran 1	Total	Runners	Av Runs
Division 1								
Chiltern Harriers	28	27	26	19	43	407	143	2.8
Marshall Milton Keynes AC	32	23	21	26	32	399	134	3.0
St Albans Striders	15	18	26	34	65	358	158	2.3
Dacorum AC	13	20	21	30	33	301	117	2.6
Vale of Aylesbury AC	11	35	13	16	30	296	105	2.8
Wycombe Phoenix	19	22	16	17	30	295	104	2.8
Bedford and County AC	28	9	14	14	22	268	87	3.1
Northampton AC	26	13	7	9	25	246	80	3.1
Watford Harriers	14	16	8	11	16	196	65	3.0
Leighton Buzzard AC	12	9	9	12	21	168	63	2.7
Redway Runners	13	13	4	12	14	167	56	3.0
Gade Valley Harriers	6	14	8	11	19	151	58	2.6
Headington Road Runners	6	5	14	9	27	137	61	2.2
Silson AC	5	6	12	8	9	110	40	2.8
Tring Running Club	3	7	6	11	11	94	38	2.5
Buckingham & Stowe	5	5	6	7	16	93	39	2.4
Division 2								
Stevenage & North Herts	7	17	10	6	7	152	47	3.2
Oxford City AC	3	10	9	10	18	120	50	2.4
Hazlemere Runners	9	7	7	4	2	104	29	3.6
Bracknell AC	3	10	8	5	14	103	40	2.6
On the Run Aylesbury	4	10	5	11	5	102	35	2.9
Amphill & Flitwick Flyers	1	8	7	9	11	87	36	2.4
Bearbrook Running Club	5	8	3	5	11	87	32	2.7
Thame Runners	4	10	2	2	16	86	34	2.5
Queens Park Harriers	4	7	4	5	15	85	35	2.4
Luton AC	4	7	6	2	11	81	30	2.7
Bicester AC	3	4	4	3	8	57	22	2.6
Daventry AC	1	2	5	8	9	53	25	2.1
Wellingborough & District AC	3	3	2	2	9	46	19	2.4
Olney Runners	2	1	2	4	5	33	14	2.4
Banbury Harriers	1	1	1	3	13	31	19	1.6
Biggleswade AC	1	2	3	4	1	31	11	2.8
Leighton Buzzard Triathlon Club	1	4	1	0	3	27	9	3.0
MK Distance Project	2	3	0	1	1	25	7	3.6
Higham Harriers	0	3	1	1	6	23	11	2.1
Diamond Runners	0	0	1	6	8	23	15	1.5
Handy Cross RC	0	0	3	3	5	20	11	1.8
Radley AC	1	0	1	3	6	20	11	1.8
Shenley Striders	0	0	0	3	2	8	5	1.6
Guests	1	1	3	4	36	62	45	1.4
Guests U11	0	1	1	5	10	27	17	1.6
Totals	296	361	300	355	645	5179	1957	2.6
Previous year						4779	1796	2.7
Venue Hosts /co hosts in 2023/24 season								

CHILTERN LEAGUE SEASON 2023-2024						
MATCH PARTICIPATION BY CATEGORY						
Runners at Match	Match					Total
	1	2	3	4	5	
F U11	51	53	44	47	38	233
F U13	75	74	54	68	64	335
F U15	76	64	53	66	57	316
F U17	42	40	33	36	31	182
F U20	13	15	10	12	12	62
FS	60	67	44	59	51	281
F35	59	60	48	56	51	274
F45	74	74	68	66	56	338
F55	31	41	31	34	34	171
F65	3	9	8	11	7	38
Female Adult Race	227	251	199	226	199	1102
Total Females	484	497	393	455	401	2230
M U11	52	70	56	57	53	288
M U13	80	80	65	68	65	358
M U15	66	67	54	69	53	309
M U17	62	60	49	44	48	263
M U20	13	12	15	11	11	62
MS	104	125	103	109	100	541
M40	118	126	101	112	99	556
M50	80	82	80	78	67	387
M60	28	39	34	34	34	169
M70	4	4	3	4	2	17
Male Adult Race	347	388	336	348	313	1732
Total Males	607	665	560	586	532	2950
Total Runners	1091	1162	953	1041	933	5180

5. FINANCES & ACCOUNTS

Treasurer's Report

You will recall from last year that there was no increase in subscriptions as we had reserves in excess of £6000. You will see from last season's activities, on the Receipts and Payments Account, we had a deficit of £3996.35 leaving us with cash reserves of £2296.01 at the end of May 2024.

The cost of hosting fixtures has risen considerably, with large increases in venue costs, first aid and portable toilets, with our five venues costing 30% more than the previous year. The League now has to pay an Affiliation Fee to England Athletics, and this year the accounts has two years included as the fee is due by 30th April. The fee for last year (when it was introduced in September, was £150 but has now increased to £200 for 2024/2025.

We purchased two stopwatches for the results team (£75), and trophies and medals increased by £74 to £1428.

The cost of professional updating the database decreased by just under £50 and we reduced the barcoded numbers ordered slightly saving a further £65.

Guest fees decreased this year, mostly due to the absence of the Oxford University v RAF match, which has been included in the Teardrop Lakes fixture in recent years.

We managed to have a small surplus from the "extra medal scheme" that were ordered, thank you all for your help with this, and also to Fiona who spent hours packing them all up and posting them out to you. Hopefully next season we will be in a position to present medals at the last fixture.

I am delighted that we have been able to commission a new website for £700, which we hope you will find both useful and user friendly, it is certainly an improvement on the very outdated version that went before, and we encourage you to refer to it regularly.

With the increase in fixture costs of 30%, I am proposing that the fee scale increase by 30%. This will not always mean an increase to every Club of that amount, as some Clubs will change their band as well depending on last year's participation, some will increase more than 30% and some may even pay less than last year if their participation levels have reduced.

The document showing the new subscription level proposed also for your guidance breaks the cost down per athlete per race, which you will see is very reasonable even for those with lower participation numbers.

If approved, the income of nearly £14,000, should cover our costs next season, but no more, so I suspect that there will be a further increase next year, to ensure the financial stability of the League.

Richard Inchley
Honorary Treasurer

Chiltern Cross Country League

Summary of Receipts and Payments 1st July 2023 to 31st May 2024

	<u>2023-2024</u>	<u>2022-2023</u>
Opening Bank Account Balance	6292.36	7780.20
<u>Receipts</u>		
Guest Fees/Lost numbers	384.99	617.00
<i>Prior year Subscription</i>	-	150.00
Subscriptions.	10450.00	10700.00
Bank Interest.	3.92	.41
Surplus additional medals	<u>117.00</u>	-
Total Receipts	<u>10955.91</u>	<u>11467.41</u>
<u>Payments</u>		
Trophies/Medals	1428.07	1354.50
New Website & Hosting Cost	776.77	60.00
Updating athlete database etc.	527.51	574.85
Chipped Running numbers	691.20	756.00
<i>2021/22 Chipped Running numbers</i>	-	756.00
E A Affiliation (2 years)	350.00	-
Stopwatches (2)	<u>75.00</u>	-
	<u>3848.55</u>	<u>3501.35</u>
<u>Fixture Expenses</u>		
Oxford	2245.65	1824.40
Teardrop Lakes (LBAC)	2254.92	1294.00
Luton	2297.48	1204.50
Campbell Park (MMKAC)	-	2052.40
Watford	1528.51	-
Bedford (Keysoe)	2777.15	2178.60
<i>21/22 Campbell Park</i>	<u>-</u>	<u>900.00</u>
	<u>11103.71</u>	<u>9453.90</u>
Total Payments	<u>14952.26</u>	<u>12955.25</u>
 Net (Deficit)/Surplus for the Year	 (3996.35)	 (1487.84)
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 Closing Bank Accounts Balance	 <u>2296.01</u>	 <u>6292.36</u>

R.A. Inchley – Honorary Treasurer

10th June 2024

6. Chiltern League Website

We are very pleased to launch our new website designed by Pink Desk Studio with the project led by Mei Li. Mei and her daughter are keen runners and members of St Albans AC and we thank her for agreeing to develop the new site with our limited budget. We hope you like the fresher but classic look and can find your way around the site easily. As we get more information about fixtures and fill the roles on the organising team, this will be added to the website. In addition, the historical results will be transferred onto the site shortly. We are indebted to several brilliant amateur and professional photographers who have provided images free of charge.

Going forward, we hope to have a Social Media / Website Co-ordinator who will take responsibility for updating the website to include adding results, updating details of fixtures and other content changes. Training will be provided and there will be ongoing technical support provided by Pink Desk Studio.

7. THE FUTURE OF THE CHILTERN LEAGUE

Some Thoughts from Bill - Chair

Is there a future?

The Chiltern Cross Country League started in 1959 as a small gathering of clubs to provide a league structure of competition over five races rather than a one off event which was common at that time. The challenge was to provide these fixtures to reward individual and teams for their achievements and commitments.

Richard Inchley and I joined the league around forty years ago when Roger Kraushar of Old Gaytonians (now Harrow Athletic Club) asked for help. Roger seemed to be doing all the administration and liaising with clubs hosting fixtures. I ended up doing the results for one division and Roger the other using pen and paper. We were as good as computers as we could produce results that evening so that they were in the Sunday papers a few hours later. Richard took over the accounts as the cash needed to cover expenses was increasing.

The three of us maintained our happy system but when Roger became ill and died, Denis Orme of Old Gaytonians (Harrow Athletic Club) took on the league results Roger was doing while Richard and I maintained our positions. During this time computers began to appear and gradually Denis took over doing all the results when both leagues joined together to the system we now have. There were a few "fun results" at times but Denis eventually mastered the requirements to provide better results a few days later. As time progressed Denis became efficient at getting the results out quicker. When Denis became ill with cancer, Mick Bromilow of Marshall Milton Keynes stepped in to help and with improving computer equipment has produced results within a day or quicker. In recent years we have introduced chip numbers, bar codes, the same number for a runner for the season, and clubs doing their entries on line to improve our efficiency. Everybody seems grateful for these improvements.

Our reputation for efficiency grew and clubs kept asking to join. We now needed secretarial help and over the years have had four wonderful ladies who have streamlined our communications greatly. The ladies who left were excellent - but having all received promotions at work, all expressed sadness that they did not have the time needed to do the position justice. Five years ago, Fiona Turner (St Albans Athletic Club) responded to our call for help and has been a wonderful asset with her organisation and has quickly responded to club queries and any information which clubs needed to know.

Throughout all this time, Richard has been treasurer. He has supported clubs with their financial requests, was the main contact for the many United Kingdom Challenge races that were included in our Teardrop Lakes fixtures and paid any costs required to make venues more effective. Richard's care for club finances resulted in his organising a fairer system of club payments depending on club competing numbers. As a result, the cost to clubs for their athletes to compete is low compared to road and track events. Careful spending has enabled

a better balance to be carried forward to enable necessary payments to be made before clubs are required to pay the new winters affiliation fees.

Now we are at a challenging point.

The results position is already vacant.

Fiona Turner as secretary is not seeking re-election.

Richard Inchley as treasurer, fixture & officials coordinator is not seeking re-election.

They will actively support during a handover period but will not continue to perform their roles beyond the AGM.

As for me – clubs will decide at the Annual Meeting if they still want me or wish for a total change after forty years.

The Future Has To Be Different:

Four people have maintained the organisation of forty clubs and now over a thousand athletes at each fixture in recent years. We have willingly spent countless hours for the benefit of many thousands of competitors but we must look to the future for the League to survive and flourish. Never again must it be just FOUR WILLING VOLUNTEERS.

FINALLY : The league functions as SEPARATE male and female races across all age groups.

The permits are obtained as such.

We operate under UKA Rules and Code of Conduct.

EVERY RACE is a CHAMPIONSHIP RACE in every age group with the cumulative individual and team awards being recognised after the fifth fixture.

Bill O'Connor

Chair

Queens Park Harriers

8. PROPOSAL & APPOINTMENT OF ORGANISING TEAM

A small group of long-term Chiltern League club representatives and officials kindly agreed to meet with the committee in April, to try and map out what roles and responsibilities will need to be filled if the League is to continue next season.

There are nine roles identified as critical – i.e., unless these jobs are done – there will be no league events next season.

It is not essential for all the people in these roles to sit on the Committee – that could be optional, however the committee has only ever met once or twice a year and recently this has been remotely. Given the transition to a new team, it may require a few initial online meetings this year. To be clear the roles don't require people to sit in endless meetings!

Where there is a nominee, this is indicated, but if others are interested in performing these roles please do come forward. There are 6 roles with no nominee.

Could all clubs who wish the league to continue, discuss this with their members and consider if you have a member or parent who could potentially cover one of these roles.

If the roles cannot be filled but clubs do wish the league to continue, we suggest they are **allocated to clubs – maybe on an annual rotation basis – starting with the largest participating clubs, filling one role each. This could start with largest clubs who have not hosted a fixture in the recent past being allocated a role first, and then proceed in order of participation.** Given it would just be an annual commitment – and for a smaller defined area, these could be less daunting and easier to enlist support. **But all ideas welcome!**

Please note the role job descriptions are based on how the league has been currently run. The current committee's recommendation is to initially **assume the same known viable methods and processes for at least the start of the 2024-25 season.** The new team, in due course may wish to consider different methods e.g., chip timing or an app based results system, outsourcing more roles, open races, split division fixtures, etc. Many of these will require investment or consultation – so will need fully costed proposals and consideration by all member clubs. Hence at this AGM we do not plan to discuss different methods of operating – we don't have the time or people to cost and consider alternative proposals and won't be here to follow through on their delivery.

Ideally, we don't advise combining of roles - as we have tried to make the roles less onerous and more manageable – given we understand many will be doing these alongside other roles within their club. Secondly, we feel it is important that the league is organised by a broader cross section of the member clubs and not as dependant on the experience, knowledge and well-being on a very small number of people. We encourage clubs to look to their younger adult members to fulfil these roles – especially as they can largely be completed remotely and around running at matches.

Key Roles to be Filled for League to Continue

- 1. Fixture Coordinator - Vacant**
 - Liaison with potential host clubs to agree five venues and a match calendar.
 - Advise host clubs of league match requirements and support as needed.
 - Encourage clubs to consider new venues or revisit past venues.
 - Generate club marshalling rota for agreed fixtures and ensure delivered

- 2. Treasurer (nominee: Richard Hart Oxford City AC)**
 - Manage budgeting & finances of the league.
 - Produce annual budget and accounts
 - Proposing club subscriptions, invoicing and collection
 - Processing payment to host clubs & officials for cost of venues & match expenses
 - Processing payments to suppliers for annual costs of running the league
 - Provide League advice regarding new capital expenditure and or outsourcing

- 3. Officials Coordinator - Vacant**
 - Agree a team of officials for each fixture that meets UKA & host requirements
 - Budget & receive officials' expenses and pass to Treasurer
Including a Match Referee (min. L4 for senior races / where field is >200), Starter, Line Judges x 2, then dependent on agreed placing & timing results process

- 4. Registration Coordinator - Vacant**
 - Define process for team and individual registration (*Initially CL Portal*)
 - Coordinate with external supplier for annual updating of portal
 - Retain Team Manager login details and aid team managers as needed with Portal
 - Organise printing of race numbers and allocation of these across clubs & divisions
 - Hold unallocated numbers and supply these to team managers / clubs at matches
 - Record replacement numbers, payment & manage these on the portal as required
 - Manage guest registration – allocation of numbers, online pre-payment & numbers

- 5. Results Coordinator (nominee Richard Pownall MMK)**
 - Define process for recording place and timing at each match & scoring system
(initially based on existing equipment & processes)
 - Coordinate people & systems for recording of results at each match
 - Produce individual & team results by race, by division by match & season to date
 - Publish provisional & final results, resolve any queries

- 6. Secretary - Vacant**
 - Maintain team manager & other club contacts database
 - Oversee all communication to Clubs in the league
 - Coordinate AGM agenda, support documentation & produce minutes
 - Manage all central files of information to be shared with the organising team
 - Write to Clubs prior to each season with pre-race preparation, each fixture, & AGM

7. **Awards Coordinator (nominee Chiltern Harriers Tom Team)**
 - Select a supplier and order medals & trophies once per season
 - Receive & check / pre-sort all awards to aid presentation
 - Organise presentation and/or dispatch of all awards to clubs
 - Provide support for clubs to order more awards inc. dispatch centres

8. **Social Media & Website Coordinator (nominee Katie Royals Chiltern Harriers)**
 - Oversee social media & website presence to ensure safe and appropriate content
 - Update social media sites & website with news, fixture details & results
 - Coordinate suppliers for maintenance of website, team email addresses etc.
 - Support team communications – to ensure data protection & effective methods

9. **Chairperson (nominee Bill O'Connor QPH)**
 - Coordinate the organising team
 - Act as a spokesperson for the league & liaise with UKA & England Athletics
 - Chair AGM & ad-hoc team meetings
 - Arbitrate on issues or key decisions

9. 2024 - 2025 SEASON PLAN

9a) Potential Fixtures for 2024-25 Season

Equally important in securing the future of the league is to have potential venues and host clubs! Currently we have **no confirmed fixtures for next season**. We only have the proposed target dates as issues by England Athletics which are:

Saturday 12th October 2024

Saturday 9th November 2024

Saturday 30th November 2024

Saturday 11th January 2025

Saturday 8th February 2025

We need all clubs to consider potential venues and if they could join forces with other clubs to host a fixture. This is essential as we cannot continue to rely on the same 5/6 clubs hosting. Several of the venues have become tricky and have a high chance of becoming unfeasible.

There may be a possibility of the following clubs and venues being able to consider again hosting a fixture, but we must not assume all will be feasible.

Bedford & County AC at Keysoe when compatible with building works & cost dependent

Oxford City AC at Horspath – of no Football / event clash and ground conditions OK - dry

Leighton Buzzard AC & MMK at Teardrop Lakes Milton Keynes

Luton AC at Stopsley Common if no Football Match clash

Watford Harriers at Cassiobury Park – if no Football or Golf clash & if guaranteed significant set up & marshalling assistance from nearby clubs or full co-host club!

9b) Marshalling Rota

As per previous seasons, all member clubs who do not host a fixture within the season are required to supply course marshals for the entire match day. This can be made up of a rota of marshals with overlapping time slots – so they are able to be at the agreed marshalling post to take over. This should also allow your marshals to also run or watch their children run.

Larger clubs who last season had 100 or more attendees during the previous season, need to cover at least two marshal slots for the match day and those with 250 or more attend, three marshalling slots for the match day.

Clubs will be assigned fixtures to provide marshal once the venues are confirmed.

9c) Division Clubs 2024-25

Division 1	
1	Ampthill & Flitwick Flyers
2	Bedford and County AC
3	Buckingham & Stowe
4	Chiltern Harriers
5	Dacorum AC
6	Gade Valley Harriers
7	Headington Road Runners
8	Leighton Buzzard AC
9	Marshall Milton Keynes AC
10	Northampton AC
11	St Albans Striders
12	Thame Runners
13	Tring Running Club
14	Vale of Aylesbury AC
15	Watford Harriers
16	Wycombe Phoenix

Division 2	
1	Banbury Harriers
2	Bearbrook Running Club
3	Bicester AC
4	Biggleswade AC
5	Bracknell AC
6	Daventry AC
7	Diamond Runners
8	Handy Cross RC
9	Hazlemere Runners
10	Higham Harriers
11	Leighton Buzzard Triathlon Club
12	Luton AC
13	MK Distance Project
14	Olney Runners
15	On the Run Aylesbury
16	Oxford City AC
17	Queens Park Harriers
18	Radley AC
19	Redway Runners
20	Shenley Striders
21	Silson AC
22	Stevenage & North Herts
23	Wellingborough & District AC

9d) Proposed Subscriptions

Chiltern Cross Country League

Subscription Scale Proposal 2024-2025 (approx. 30% increase)

Appearances in previous season		Per athlete/per season As a guide
501 and over	£1000	£2.00
451 – 500	£975	£2.16
401 – 450	£910	£2.26
351 – 400	£780	£2.22
301 – 350	£715	£2.38
251 – 300	£585	£2.33
201 – 250	£520	£2.59
151 – 200	£390	£2.58
51 - 150	£325	£6.37
25 – 50	£165	£6.60
Under 25	£130	£5.42
New Clubs	£150	

**Chiltern Cross Country League 2024/2025
Subscriptions**

	Club	Sub 22/23	App 22/23	Sub 23/24	Apps 23/24	Sub 24/25	£ per athlete
1	Chiltern Harriers	750	394	600	407	910	2.24
2	MMKAC	600	374	600	399	780	1.95
3	St. Albans	550	315	550	358	780	2.18
4	Dacorum AC	400	303	550	301	715	2.37
5	Northampton AC	450	252	450	246	520	2.11
6	LBAC	450	250	400	168	390	2.32
7	Vale of Aylesbury	300	247	400	296	585	1.97
8	Wycombe Phoenix	400	244	400	295	585	1.98
9	B&C AC	400	212	400	268	585	2.18
10	Watford Harriers	250	140	250	196	390	1.99
11	Redway Runners	300	137	250	167	390	2.33
12	Headington RR	250	137	250	137	325	2.37
13	Oxford City AC	300	132	250	120	325	2.71
14	Stevenage & NH	250	116	250	152	390	2.57
15	Gade Valley RC	250	114	250	151	390	2.58
16	Buckingham & Stowe	250	112	250	93	325	3.49
17	Tring RC	250	111	250	94	325	3.46
18	Bracknell AC	250	108	250	103	325	3.15
19	Hazlemere Runners	250	94	250	104	325	3.13
20	Silson AC	250	88	250	110	325	2.95
21	Luton AC	250	84	250	81	325	4.01
22	Bicester AC	250	76	250	57	325	5.70
23	Queens Park Harriers	250	75	250	85	325	3.82
24	On the Run Aylesbury	100	74	250	102	325	3.19
25	Bearbrook RC	250	72	250	87	325	3.74
26	Thame Runners	250	62	250	86	325	3.78
27	Amphill & FF	250	59	250	87	325	3.74
28	Daventry AC	100	46	150	53	325	6.13
29	Banbury Harriers	150	41	150	31	165	5.32
30	Olney Runners	250	39	150	33	165	5.00
31	Diamond Runners	100	38	150	23	130	5.65
32	LB Tri Club	150	38	150	27	165	6.11
33	Wellingborough & D.	150	38	150	46	165	3.59
34	MK Distance Project	150	36	150	25	165	6.60
35	Radley AC	150	28	150	20	130	6.50
36	Brackley & District AC	150	28	150	-	-	-
37	Biggleswade AC	150	19	100	31	165	5.32
38	Shenley Striders	100	14	100	8	130	16.25
39	Higham Harriers	100	11	100	23	130	5.65
40	Dunstable Lions	100	11	100	-	-	-
41	Handy Cross RC	150	10	100	20	130	6.50
	Sub total		-	10700	5090	13925	2.74
	Guests - £5 per race				89		
	Totals		4779	10700	5179	13925	
	New Clubs					150	

9e) Processes

Including:

- Team Managers Roles & Responsibilities
- 1st & 2nd claim
- Scoring / Non Scoring
- Guests Runners – Under 11 only
- Lost Numbers Process
- Issues

Will be detailed on website before start of season & summary version provided at AGM

10. AOB