

North Essex & South Suffolk Cross Country League (“NESS”)

2026 AGM

Held over Teams on Wednesday 29th July at 7.30 pm. Meeting was recorded.

Present:

Peter Gooding (Chair)
Kerry Marsh (Treasurer/Tiptree)
Natalie Lilley (Secretary/BDAC)
Allison Gillan (Springfield Striders)
Lorna Pettifer (Mid Essex Casuals)
Alan Palmer (Colchester & Tendering AC)
Jodee Mayer (Witham RC)
Steve May (Halstead RR)
Meera Rajoo-Oakley (Great Bentley RC)
Dan Steptoe-Thompson (Colchester Harriers)

1. Apologies for absence – Paul Wain (Jaffa), Janine Simpson

2. Minutes of the end of season meeting 23rd April 2026

Minutes were accepted as a true record of that meeting by all those present. Although noted that a further option for race costs has been added since.

3. Matters Arising/action points from last meeting

- Actions points reviewed – all completed or to be covered as agenda points going forward.

4. Treasurer’s Report

To be shared by Kerry after the meeting.

Thanks to AP for the help in raising sponsorship.

Balance of £111. Race costs outweighed income. See agenda item for proposals to increase revenues.

Some discussion over the calcs, in particular the average number of junior runners used. Colchester Harriers planning to remove their juniors from the league.

5. Dates and venues for 2026/2027 season

- Harwich can host a race any date after 1st Feb. Proposed 21st
- Braintree offered 2 dates – proposed to accept 24th Jan.
- Springfield 22/11 and Halstead 25/10 dates are in already.
- GBRC need before XMAS – does 29/11 work, even though a week after Springfield? TBC with school.

Can anyone else host? CATS have looked at Abbeyfields, but having difficulty getting buy in (from the MOD). Happy to discuss with them IF other clubs would commit to helping. Would take a lot of set up as it's basically a field.

Held one here 10 years ago. Bit of a repetitive course but fun. Proper facilities, although parking is challenging. PG said it might be nice as 10 years on it's another league anniversary.

SM recalls a parking issue where runners got ticketed.

MRO thinks people will come.

Currently planned dates:

- 1) 25th October – Halstead
- 2) 15th November – GBRC
- 3) 22nd November – Springfield
- 4) 24th January – BDAC
- 5) 21st February – Harwich

6. Vote on measures to be taken to increase league revenue

We need to be bringing in (to build a small buffer) £7k based on 6 races. Or £6k for 5 races. Options proposed:

- a) fee to £6 (seniors) plus £50 non-hosting fee. Would work but very small surplus.
- b) senior fee to £6.50 would future proof a bit better. NH fee £50
- c) Scenario 3 – flat junior fee £5 for season & Seniors to £6 plus NH fee
- d) Scenario 4 – junior £1 per race plus £6 seniors – we'd still be making a loss on this basis.

General consensus that with junior numbers being unreliable, the junior options are unworkable. KM recommendation is for option a).

LP advised that MEC felt the senior fee should be kept the same but increase the non-hosting fee.

Non-hosting fee would need to go up to £200 per club to remove the need to increase senior fees.

PG asked which clubs charge their runners to run. At £6.50 per runner, clubs that pay for their runners will be paying much more per race.

Final proposal: Non-hosting clubs £50 at the start of each season. Plus increase senior fee to £6.50. Carried unanimously.

7. Junior rules/score sheet/age group update - Alan

Need to change the senior rules to correctly reflect the junior age groups. Also some change to distance permitted in the junior rules. Different distance rules (km) for different age groups.

AP shared his proposed new score sheet and master sheet.

AP happy to collect the master data. Clubs to provide the data via AP's new form.

Proposing we still allow 8/9 year olds (YR 4) to race.

PG – are we asking clubs to modify distance for how hilly the course is? AP – if flat then can go towards the longest allowed distance, if hilly should be at the shorter end.
AP to send required revisions to rules to NL.

8. Election of officers for 2025/2026 season

- Meera Rajoo-Oakly has volunteered to take over as Chair – AP suggested that as we're in our 40th year, PG and Meera work together as a handover/support.
- Natalie Lilley to remain as Secretary
- Kerry Marsh to remain as Treasurer
- Alan Palmer to remain as Junior Co-ordinator

All of the above were nominated and seconded and carried unanimously.

9. Any other Business

- Andy Carter @ Halstead, and Elspeth @ Harwich ran in the first ever NESS XC race – what can we do to recognise this? (TO BE REMOVED FROM PUBLISHED MINUTES)
- AP is still trying to get DBS to attend some races.
- PG wanted to thank all committee members for their time and support, and remembered former committee members.
- AP wished to thank Peter for his service over the years.
- Meera is still happy to do the scoring for teams to ensure consistency – provided that there could be a back-up. Jodee is happy to be back-up. Meera will work on new senior scoring and input sheets. (also an "FAQ" sheet for completion).
- AP suggested that we shouldn't be asking people for their DOBs for GDPR. We should try to capture "age on 25th October" (ie date of first race)

10. Date and venue of next meeting

Meera needs to avoid March as will be travelling.

Easter is early – 29/3

14th April 2027 proposed – everyone happy to hold online again.

The meeting closed at 8.45 pm

Action points:

Agenda item	Matter	Action required	By whom
1	Colchester Race at Abbeyfields	AP to speak to MOD to see if feasible.	AP

2	Junior score sheets and input sheets	AP to finalise and distribute	AP
3	Senior score sheets and input sheets & FAQ doc.	Meera plans to make some changes to the Senior score and input sheets.	MRO
4.	Updates required to junior and senior rules.	Where junior age groups or distances are mentioned. AP to send proposed changes to NL.	AP