

## Runners-next-the-Sea

### Annual General Meeting

Tuesday 10<sup>th</sup> January 2019, 7.00pm

Gordon Barrett Memorial Hall, Clubbs Lane, Wells-next-the-Sea

Minutes of the Runners-next-the-Sea Annual General Meeting held on Thursday 10<sup>th</sup> January at 7.00pm.

**Committee members in attendance:** Kevin Short (Chairman), Paula Smith (Secretary), Claire Riseborough (Treasurer), Mark Riseborough (Communications Officer), Ceri Howell (Membership Secretary), Glyn Ingram (Welfare Officer), Angie Barker (Female Welfare Officer)

**Club members in attendance:** Cam Raven, Alison Bennett, David Bennett, Allison Graves, Kel Norton, Alison Norton, Mat Eyre, Lisa Twyford, Evette Price, Jane Heasman, Hayley Wright, Chris Palmer, Libby Woodhouse, Paul Woodhouse, Lynne Dowdy, Natalie Sayer, Shirley Browell, Laura Weston, Vikki Powles, Emma Stickley, Teresa Abel, David Sharp, Marie Duncan, Hayley Jones, Cat Cameron, Rob McPaul, Lucy Fox, Kerrie Coslett, Lucy Harrison, Amberly Wright, Stuart Cameron, Anthony Cude, Tasha Woodhouse, Lucy McCallum, Bunny Cook, Jim Dowdy (Non-member)

1. Chairman welcomed and opened the meeting at 7.00pm.
2. Paula commenced the AGM with voting in of committee members for 2019 as follows:

Role	Volunteer	Nominated	Seconded
Chairperson	Kevin Short	Paula Smith	Ceri Howell
Club Secretary	Paula Smith	Ceri Howell	Claire Riseborough
Membership Secretary	Ceri Howell	Mark Riseborough	Glyn Ingram
Treasurer	Claire Riseborough	Kevin Short	Paula Smith
Welfare Officer	Glyn Ingram	Paula Smith	Claire Riseborough
Female Welfare Officer	Angie Barker	Kevin Short	Lucy McCallum
PR/Comms	Mark Riseborough	Glyn Ingram	Ceri Howell

All volunteers for the committee were voted in unanimously with a show of hands, by club members present.

3. Kevin read the Chairman's report for 2018 – see appendix i.
4. Ceri read the Membership Secretary's report for 2018 – see appendix ii.
5. Claire read the Treasurer's report for 2018 – see appendix iii.
6. Glyn read the Welfare Officer's report for 2018 – see appendix iv.
7. Mark read Club Race Statistics report for 2018 – see appendix v.
8. Membership fees for 2019 were discussed with all members present. RntS membership for 2018 was £20, of which £15 goes to England Athletics for member affiliation. England Athletics are increasing their club affiliation from £100 to £150 in 2019 and this needs to be considered when discussing new fees. Paula Smith proposed an increase of fees from £20 to £25 and this was seconded by Kevin Short. All members were in agreement with a show of hands, therefore RntS membership will be £25 from renewal in Jan 2019.

9. Kevin suggested that each year the club nominate a couple of races for as many members as possible to either enter or support. As a club we can focus on those races and carry out specific training geared towards them. Kevin then asked members what races they would like to consider for this – Holkham Outlaw 10k, Norfolk official marathon/half marathon (new race, details of which are yet to be confirmed), Coltishall 10k, King’s Lynn 10k, Honeybell 5 mile cross country and the Alex Moore relay race were discussed. Kevin nominated the Alex Moore relay race and 16 members voted for this (committee to investigate race details and see how many teams we could enter). The Coltishall 10k in autumn was also nominated by Kevin and the majority of members voted to support this too.

10. The Couch to 5k was very successful in 2018 and we will be running this course again in summer 2019. The Wells carnival fun run was also well attended and we will look to run this in August. The club 5 mile beach race later in the year, in November, worked well and this will be run again. The Control Tower proposed a charity race they would like us to get involved with but, as yet this has not been confirmed and plans are on hold.

Lucy Harrison suggested an increase in the fee for the Couch to 5k course from the £10 charged in 2018, a number of members agreed with this.

Angie Barker said the Christmas and New Year RntS club runs in Wells were well received and many members were in agreement that they would like to do this again this year. Shirley said she is approaching Holkham with the suggestion of a New Year’s Day parkrun and this is also a possibility.

11. Under AOB thanks were given to Jim Dowdy on behalf of the Lions Club for contributing £100 to our club for the maintenance of our internet site. Thanks were also given to Allison Graves for organising food, Steve Smith for compiling the quiz, Ceri Howell and Chris Palmer for organising the raffle and all members who contributed to both of these and for their attendance. Mark, on behalf of all members, thanked Kevin and Evette for their coaching skills and time given to the club.

12. With no further points for discussion, Kevin thanked all the committee members and closed the meeting at 8pm.

**Signed:**

**Date:**

**Name:**

**Position: Club Chairman**

**Signed:**

**Date:**

**Name:**

**Position: Club Secretary**

## **Appendices:**

### **i. Chairman's Report 2018:**

A very warm welcome to you all and a very big thank you for coming.

Just over a year ago, as I filled out the forms seeking affiliation to England Athletics I crossed my fingers and put down the figure, 23 for potential members in our first year! 23, if there was a price for under estimating I surely would be awarded first prize, just look at you all!

The first few months as an official club was difficult for the Committee, forms to fill, rules to compile, strategies to agree, constitutions to form and send off to England Athletics. And whilst we thought everything was complete there was always a nagging doubt which grew as the weeks slipped by.

Eventually we had the response we were waiting for and there was a flurry of activity as our membership was uploaded to England Athletics and we began our new life as formally affiliated.

In May the Club began its first Couch 2 5 K beginner's course. Thanks to some marvelous posters distributed around Wells and surrounding areas together with members publicity we were able to attract a good field of different abilities and in all had 25 graduates who ran their first Parkrun at Holkham on 22<sup>nd</sup> July.

It would be wrong of me not to thank you all for the tremendous support that you gave to the Couch 2 5 K course. Your obvious enthusiasm for running and welcome to the beginners was instrumental to the success of the course.

It would be remiss of me not to formally express my thanks to Alderman Peel High School for their support in allowing us to run the Couch 2 5 k on the school playing fields. A safe environment is essential for holding a course of this sort and that is exactly what the school offers us.

The finance that the Couch 2 5 K brought into the Club enabled us to fund some Leaders in Running Fitness courses for members who felt that they were able to contribute to Coaching in the Club. We now have five Leaders in Running Fitness some of whom self-funded their course which means that the Club now is in a much better position for future growth. My sincere thanks to Rob, Ceri, Chris, Glyn and Ant.

The Club hosted the Wells Carnival Fun Run again this year. With Proceeds shared between the Club and The Wells Maritime Trust. This is always a fantastic event to support and I hope that we are able to continue doing this in the future.

In the Autumn we formalized the Thursday night Social run in Holkham meaning that we now offer 2 running sessions per week for our members to enjoy.

We are extremely grateful to The Holkham Estate for their support. Running in Holkham and on the beach is a really joy. To be allowed to run as a club in the grounds of Holkham means that we must be the envy of many a running club.

In the Autumn the Committee met with our England Athletics Club Support Manager to produce and agree a Club Development Plan. You should find a copy of the Development Plan in circulation. Very much a working document this plan provides us with a view of what our priorities are and how we aim to progress towards achieving these objectives. Any Committee member will be glad to discuss ideas with Club members.

November we held our first Club Beach Race. Apart from concern over the weather, the route and the sea I believe it was a good event enjoyed by most! Amberly was the first across the finish line but all runners who cross the start line are winners in my book.

My report would not be complete without sincere thanks to our hard working committee members, Paula for her Club Secretarial Duties, Ceri for Club Membership Secretary, Clare for keeping track of our finances as club treasurer, Mark as Internet and Information Officer and Glyn for Welfare Officer. Together, I think we make a strong team and I think that over the past year we have built a good foundation for the Clubs future. Thank you to you all.....

The Committee members are not the only people I should thank. Our wonderful posters for the Couch to 5 K and the Carnival Fun Run were produced by Lucy and Vicky and Mark had a go as well. Thank you .....

Our Club Running Kit and associated wearable items have been designed, sourced, ordered and co-ordinated by Cat at the start of the year but Lucy has now taken the reins. Mark has also played a part in the Quartermasters office as well. Thank you .....

Chris has taken on the mantle of news editor and together with Paula behind the camera has produced a number of newspaper articles published in the local press which I know has raised our profile and boosted membership. Thank you to both of you .....

But where would we be without our members. You turn up on session nights, in all weather. You run with enthusiasm and my goodness you work hard. You improve, PBs tumble, you run further and further and through thick and thin you smile, laugh and chat.

Through the club friendships have been born and each and every one of us through our efforts will influence somebody else to take up running and that my friends is the real motivation behind running ..... helping others to achieve what they thought was impossible. Thank you to you all.

Thank you.

## **ii. Membership Secretary's Report 2018-2019:**

Last January when the decision to become an "official running club" happened, I agreed to take on the role of membership secretary - not really knowing exactly what it would mean. What is the role ...

1. Being the point of contact for queries about and
2. Keep up-to-date records of members:

As a running club, Rnts is a young club - believe it or not we have only been officially a club for 1 year!

So Membership opened in January 2018, by the end of January we had 32 members, Who was member 1? Member 2?

Numbers have increased over the year, after the C25k a significant number of the 25 graduates joined others chose not to, but still do lots of running including parkrun. At the end of the year we had 81 members (3 of whom are the 2nd preference club)

- 8 juniors
- 28 males
- 53 females

3. Administer club details and member with English Athletics to ensure the affiliation process happens. Includes making sure details of individual member and coaches and volunteers are up-to-date and recorded on the EA web site as well as the 81 members,

We now have 6 qualified coaches

- 4 LIRF
- 2 endurance coaches
- 10 volunteers

Don't forget to activate your EA account and check your details and take advantage of the benefits EA members get, including discount on many running races. As a club we also get additional support and help from EA.

Following tonight there will be an amended 2019 membership form on the web site - to ensure we following the latest guidance on data protection and privacy.

Finally as membership secretary along with all of you I :

4. Meet new members and welcome them into the club. Reassuring them that:

'It doesn't matter how fast or how far you're going. If you're putting on your shoes and going out for a run, you are a runner, you are in that club our club.'

### iii. Treasurer's Report 2018:

#### Statement of Income & Expenditure for the Year Ended 31 December 2018

The income and expenses of the Club for the year ended 31 December 2018 are detailed below. The Club had £1,688 in cash at the end of the year of which £465 was generated from memberships, £623 from clothing sales, and £300 from the successful Couch To 5K.

	£
<b>Income</b>	
Wells Carnival Committee Donation	242
Membership Income	1,620
Couch To 5K	300
Member Donations	27
Carnival Event	324
Clothing Sales	<u>2,070</u>
<b>Total Income</b>	<b>4,583</b>
<b>Expenses</b>	
England Athletics Fee	100
EA Registration Payments	1,155
Wells Harbour Maritime Trust Donation	162
Clothing Payments	1,447
Web Domain	<u>31</u>
<b>Total Expenses</b>	<b>2,895</b>
<b>Surplus</b>	<u><u>1,688</u></u>
<b>Represented By Bank Balance</b>	<u><u>1,688</u></u>

The Club needs to maintain a balance to fulfil its regular payments; currently these are:

- Website – annual payment of approx. £30
- AGM – annual payment of approx. £150
- England Athletics – annual payment of £150

Longer-term, once the Club builds a reserve, the plan is to use surplus funds to further improve/build the Club. Current proposals include:

- LiRF Training - £140 per person
- CiRF Training - £500
- Flags - £150
- Norfolk Athletics £50

The finances are discussed at the regular Committee Meetings.

### iv. Welfare Officer's Report 2018:

- Being the Welfare Officer of such a mixed, friendly and easy going club as ours is, without a doubt, the easiest gig going. I am very pleased to have nothing to report!

- Nothing negative that is. I can't imagine anyone is in any doubt about the massively positive benefits that running brings to the individual; it might not seem like that when you are putting on your shoes but it certainly does when you are taking them off and that goes for people who have been running for many years, decades even, just the same as for those who came to running six months ago.
- On a more serious note, the role of Welfare Officer is an important requirement of our England Athletics affiliation and it is all about safeguarding in its many forms. There is a strong emphasis on young people and vulnerable adults but it goes without saying that all members of the club should feel safe, welcomed and valued and, very importantly should feel that they can speak up on any issue however big or small. Anybody can speak to me, any member of the Committee, or any other member for that matter, if they have any concerns about anything to do with the club or our fellow members.
- We have a requirement to also have a female Welfare Officer and Angie Barker has kindly agreed to take this on so a big thanks to her. We will both be undertaking two short training courses in the next couple of months.
- One final point, I was reminded just a couple of days ago that I am as guilty as the next man (unless the next man is Kevin, in which case he could be a little more guilty than me!) of putting my foot in it especially when trying to encourage and motivate people so if I've offended anyone over the last year then I apologise profusely and give you full permission give it back to me at any opportunity!

#### **v. Club Race Statistics Report 2018:**

Firstly, Facebook. It has the biggest numbers so I'll mention that first. I think we have a fantastic FB community, so thank you for that. I can let you know that over the past year, we have had over 126 active members who have helped to contribute towards over 1100 posts! Some more serious than others (thanks Glyn for the underwear post!)

As you know, if there's an event that I'm aware of, it's logged on the news section of the website. Also from this if people get a PB (or I can see their time is quicker than their previous effort) it's noted.

We had 43 individual members of the club take part in 315 official events between them in the last year. And in doing that over the usual measured distances of 5k, 5m, 10k, 10m, HM and FM distances, along the way those 43 people, when combined with the events they did at official distances, ended the year with 40% of all possible events with a PB.

We have had over 30 people help with parkrun takeovers which achieved, thanks to the support and pacing a greater percentage of PBs at Holkham parkrun than any average week.

We also had members in 4 teams of the North Norfolk Tri

So, anyway to finish off and get away from the numbers, we've had some people who deserve a shout out for fantastic achievements:

We've had Charlotte, Lucy H and Shirley who all went from C25K to 10k races

Hayley J, Hayley W, Lynne and Teresa completed their first HM

Ceri who completed her first M

Kevin who took part in the NN Tri

Dene who challenged himself to, and completed the Outlaw Half IM

Evette who completed the IoW challenge

Glyn who did a 65k UM and 100k walk

David who completed the Comrades ultra (90.184km)

Nur who completed not only a 50k but a 100k ultra

And Robert who took part in his 26<sup>th</sup> London Marathon.