



Annual General Meeting MINUTES

1st July 2021 7.30pm Stroud High School

1. Present (JC)
Shelley James, Jo Creed, Nikki Fowles, Keith Fowles, Beth Fowles, Julia Wade, Val Kirby, Liz Halliwell, Russell Halliwell, Poppy Halliwell, Anne-Marie Delrosa, Tara Lupton, Sarah Edwards, Bea Brandish, Reg Cobb, Jamie Osborne, James Panton, Sophie Berry, Julia Ruggles, Angie Ayling, Sue Lear, John Rooney, Stuart Sharland, Matt Gardiner, Simon Gingell, Tom Simpson, Jane Ay, Rachel Pearce, Simon Calladine, Marcia Gonsalves-Thompson
 2. Apologies for absence (JC)
John Batterham, Gavin Townsend, Mick Playle, Sophie Ruggles, Jennie Marshall
 3. Chairperson's Report (SJ) – Appendix 1
 4. Treasurer's report (LH) – Appendix 2
 5. Membership Secretary's report (JW) – Appendix 3
 6. Coaching co-ordinator's report (VK) – Appendix 4
 7. Junior's report (NF) – Appendix 5
 8. Club Captain's report (MG-T) – Appendix 6
 9. Questions (SJ)
Q – How do you decide on the annual membership and what is it spent on? (Gavin Townsend)
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A – As a committee we consider membership costs of other local clubs and what feels appropriate for a club of our size and offering. As per the January 2021 AGM fees for 2022 will be reduced to £20 and fees waived for 2021 with the option of donating to Maggie's (more than £1200 was raised) Our spend is documented in the Treasurer's report.

10. Mal & Dinah/Person of the year/ethos of the club award (SJ)

David Michael won the award for his sunny disposition, welcoming new members into the club, offering to lead during Covid, now a fully fledged leader and for generally being an amazing ambassador for CAR. Unfortunately he was not present to receive the award.

11. Allister Keating Memorial Award – contribution to club (SJ)

This was awarded to Mick, who was both membership secretary and managed club comms – he brought in the app and encouraged us all to use it which proved a necessity for track and trace. Mick put in many many hours to the club in the time he was in these roles, and he continues to support the club in a Leading capacity, looking after the Wednesday run in Nailsworth/Minch. Mick was also not present to receive the award.

12. Cotswold Allrunners Runner Award (JC)

JC read out the nominations received and all present at the meeting voted on the winner. Stuart Sharland won the award and was presented with it for his perseverance and his "under the radar" epic distance running efforts, most notably the 50k around Victory Park during lockdown in the blazing heat to raise funds for MND. Stuart was presented with the award and reiterated the supportive and inclusive nature of CAR members in his acceptance speech.

13. Election of Officers (SJ)

There were no Officers to be re-elected as all are staying in post. Marcia would like to step down from her Club Captain role by the end of the year. Anyone interested in getting involved should speak with her directly for more info.

14. AOB - none

15. Close – the meeting was closed at 8.15pm

Appendix 1 Chair's Report

Good evening everyone and thank you for coming along to this evenings AGM and pizza social. The pizzas are arriving at 8:15 so we'll rattle through the serious bits and get to the pizzas before they get cold.

It's been a very strange year for all of us, but hopefully there does seem to be light at the end of the very long COVID tunnel!

Firstly, I wanted to thank the clubs runners who have been able to meet safely, and comply with Covid rules and regulations. A huge thank you on behalf of the members and the Committee to the enormous amount of time and effort that Val put in to make this happen. Thanks also go to Anne-Marie who took on the comms mantle from Mick, both of whom worked hard to get the app up and running so that we could use it to comply with track and trace. Anne-Marie puts a lot of time into the comms and the club generally – thank you Anne-Marie.

It's so important that during these times people have been able to meet and exercise, as not only is it keeping you fit, but as many know, it's also good for people's mental health as well.

My speech is going to be a lot shorter than the usual Chair's speech, just because we haven't been able to meet up for any social gatherings and races are only just starting to open up again. Thanks are given to Gavin who stepped down after a very long stretch as Coach co-ordinator at Easter. We have some vouchers to thank him for all he did for the club which we will pass on to him

There will not be the election of any new committee members at this time. Marcia has agreed once again to remain as the Club Captain role until the end of the year, however if anyone else would be interested in taking this role over, please have a chat with her about it.

I must say a big thank you to Jo, who has helped me so much since taking up the role as Chair, as well as Nikki.

I will now call upon Liz our Treasurer to give her report and update on the club's finances.

Shelley James

Appendix 2
Treasurer's Report

Treasurer's Report for AGM 12st July 2021

To go with the financial summary documents.

Please note that the figures from the interim AGM, held via zoom in January, are included in the financial summary document so that the document you have tonight represents the whole of the club financial year which is 1st May 2020- 30th April 2021.

The bank balance has gone down by £1625.55 over the course of the financial year but I'm happy to report that this money has been spent on members. We have bought a lot of prizes for our lockdown challenges, I hope everyone was as pleased with their neck buffs as I was. For those who are doing the virtual half on the June date you have your medals to look forward to and for those who completed it in May, congratulations, hopefully you liked the design on the medal.

Technology has cost us a bit more this year, due to Covid we have had to use the Connect my Club app in order to comply with track and trace rules. This has had other benefits for members but we have had to buy a lot more licences than we need in order to be able to welcome new members and allow them access to trial runs.

As you know, in addition to reducing the annual fee to £20 we decided to waive fees for all existing members this year as we had missed so much last year. Any fees which were received were donated to charity. I'm delighted to report that we raised £1266 for Maggie's Centres in Cheltenham, a charity chosen and supported by Sarah Edwards. Membership income still looks quite high on the report because we have welcomed quite a few new members over the past few months and have had 3 very successful beginners groups recently.

Junior club income is lower than usual this year, as the juniors missed so many sessions we have reduced the fee to £5 for April to July and of course we weren't able to run the club at all from January to April so therefore didn't charge anything.

In past years the club has paid for EA affiliation for any run leaders, volunteers, committee members who wanted it, however as this cost £240 last year and was applied to some people and not to others the committee decided that we would no longer fund EA affiliation. We will of course organise it for anyone who wishes to have competitive status and as per the emails and newsletters sent out over the last couple of months if you do wish to be registered as a competitive athlete for a £15 fee please let me know and I can sort that out.

We are funding run leaders courses for several people so watch out for new leaders over the coming months!

Liz Halliwell

Cotswold Allrunners Financial Summary
Financial year ending 30th April 2021

Bank balance at 1st May 2021	10,720.08
Income	
Membership Income Adult	1,858.00
Sale of club kit	0.00
Junior Membership	265.00
Social Events (refund AGM booking canx due to Covid)	50.00
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	2,173.00
Expenditure	
England Athletics	415.00
Charity donation of membership fees (Maggie's in Cheltenham)	1,266.00
Training Courses (Leaders & 1st Aid)	170.00
Club Equipment (intervals, storage, OS maps)	448.82
Prizes various lockdown challenges	607.99
Junior Expenditure (PPE & Prizes for lockdown challenges)	305.38
Website/IT/APP	373.12
Miscellaneous (Roses outgoing committee, Virtual CWR donation, trophies past winners)	212.24
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	3,798.55
Bank balance at 30 April 2021	9,094.53
Check	9,094.53

Cotswold Allrunners AGM – Thursday 1 July 2021

Membership Secretary's Report

Report on data available 13 June 2021

160 senior members (57 -36% - male, 98 female, with 141 (88%) using the app and all registered. Thanks to Anne-Marie for making sure all are registered with the App and therefore receiving club newsletters/emails. Also for asking people to forward updated addresses, mobile phone numbers and emergency contact details – these are now in the process of being updated (82 people responded with updated information).

58 junior members registered but between 20-30 still paid up and actively involved – liaison with Nikki ongoing to update and remove junior members who are no longer active.

Membership currently £20 for Jan-Dec, no discount if joining mid-year.

15 new members have joined since AGM in January 2021 (most as lockdown was lifted) plus a further 15 complete newcomers joining Val & Gavin's beginners' group starting in April. Some of these, who want to join the club are now moving across to club runs and becoming fully paid-up members. They are already registered on the App so are included in our figure of 160 senior members.

There are currently 28 senior members who are affiliated, with payment for this year being required by 31 August 2021 to keep registered. The committee made a decision not to pay athlete affiliation fees of £15, previously paid by the club for members who were run leaders. One person has raised a concern about this, and the decision can be reconsidered if others have concerns. Although no-one on the committee felt they needed this fee to be paid by the club, some members have given a lot of time to support the club and it seems fair to recognise this by paying the affiliation fee.

A few new members have been uncertain which group to join on the App (steady, medium or fast). We could consider putting a very rough guide on the website.

Julia Wade
Membership Secretary

Appendix 4
Coaching Co-ordinator's Report

COTSWOLD ALLRUNNERS AGM 1 JULY 2021

COACHING REPORT

Since our delayed 2020 AGM in January, these are the coaching highlights:

1. Continued relaxation of lockdown

We started our regular runs on Wednesdays. Thursdays and Sundays from the week beginning 29 March. For the first month group size in town was limited to Leader + 5, we avoided running along the canal or another couple of town centre narrow paths, and we did not hold intervals sessions on Tuesdays. Once out of town, two groups could join up and run as one. Our 'returning to running' plan was revised, including revised risk assessments, runners' protocols and leaders' guidance. All went well, and from 10 May the maximum size of groups was increased to Leader + 11. The restrictions on where we could run were lifted. The 'returning to running' plan was revised again as were the protocols and leaders' guidance. We restarted intervals, meeting by the Museum in the Park on Tuesdays at 18:30. All runners are asked to remain sensitive to the presence of other path users.

2. Beginners' course

Starting on 20 April, Gavin Townsend led a seven week beginners' course, which aimed to help people run 5 km. The course attracted 21 people, the largest group ever. As well as Gavin, Anne-Marie Delrosa, Sophie Berry and Val Kirby helped out regularly. This meant that we could divide the course members into groups of differing abilities, which was very useful. Several people are joining the club as full members. But for a number of reasons many did not finish the course, which was a shame.

3. Changes in the coaching team

At Easter Gavin stepped down as coach co-ordinator and Val Kirby took on the role. Nikki Fowles continued as lead for the fast group of senior runners as well as the Young Runners. Danny Livingstone supported Nikki until recently. Sophie Berry, Reg Cobb and Keith Waters are planning to get their CiRF tickets. Another couple of Leaders are also considering taking this step. Having a larger coaching team, representing our fast, medium and steady groups, will increase our flexibility and make succession planning feasible. We are very grateful to Gavin and Danny for everything they have done for CAR as coaches.

4. New Leaders

We also have four new Leaders who have completed their LiRF qualification. Congratulations David Michael, Keith Water, Lisa Christen and Matt Gardiner. They managed to negotiate England Athletics' new system of online courses. I hope I haven't forgotten anyone – if I have, many apologies and congratulations.

5. The year's intervals plan

The outline 2021 intervals plan is posted on the website. During lockdown detailed sessions for fast, medium and steady runners were available each week. Once intervals sessions restarted, we decided to post just an outline of the weekly sessions.

6. A supportive club

One of the best things about CAR is the way members support each other. Whether people are interested in taking on the challenge of ultra-marathons, or attempting their first

10K, there is always a group of other runners happy to advise, encourage and cheer them on. What a brilliant club!

Val Kirby, 17 June 2021



Appendix 5 Junior's Report

Junior report for AGM Nikki Fowles

The junior club runs from September to July to run alongside the school year. We meet on Tuesdays in term time only before the adult interval session. The main ethos of the club is that we offer a relaxed and fun but structured running club for children in school year 4 and upwards, (we currently have members between the ages of 8 and 15) and that anybody can come along whatever their fitness level or running ability. We do have a wide variety of runners – from those that want to compete at a high a level as possible to those who just want to do a bit of running with their friends. We do enter races and juniors are encouraged but never forced to have a go. Saying that, sadly we do not have much to report on racing achievement since the last AGM due to COVID. (More on this in a bit).

Since the last report where juniors had to stop again due to the next lockdown, we were eventually able to restart the club when some restrictions were lifted as long as we followed the risk assessment that was already in place from the previous restrictions lifting! We decided to have the children back as one group (instead of splitting them like we did before) as the rules allowed this, so for the past few weeks we have been having all of our 26 junior members at training which has been great! The numbers are slightly lower than normal as after the end of the last season, we did (as always) lose some members as they move on to different schools etc., but we have recently welcomed 4 new members and look forward to welcoming more. As said, we haven't had the normal races to get involved with over the last year, but on a positive note, just last week we had 7 juniors take part in Gloucester athletics club open athletics meeting. They all did amazingly well in the 60m sprint, the 800m and 1500m, some of them achieving pb's and all really enjoying the experience, some their first ever experience of running on a proper athletics track. Hopefully we'll have our usual cross country races to look forward to over the coming months.

I have lost 2 out of 3 helpers at the club so must say a huge thank you to Liz who comes every week and I appreciate her support very much! Also, thank you to Jon B who has helped out regularly and also thank you to the members of the adult club who came forward when I made a plea for help and have kindly come along on a rota basis. This has enabled the junior club to carry on through the recent tough times which has been so important for the physical and emotional wellbeing of the children.

Appendix 6 Club Captain's Report

Captains Report 01.07.2021 Marcia Gonsalves-Thompson

Hello everyone

Isn't it great that we can meet together for this AGM!

January, since our last AGM seems a long time ago.

Club has resumed normal running times and it's good to see so many runners for these club runs. Registering on the Running app for club runs is now the norm and we have all adapted very well with this.

Great to see so many beginners and new members, welcome to our Club, we like to see new faces and make new friends.

Races have restarted and our members have been taking part from 5milers to Ultras! Since Covid, it seems that these events are much more organised with no big crowds at the start, (or is it that I have been to only small races) and no long toilet queues.

Our main event, for me as Captain, is the Cotswold Way relay. I am so happy with the response I've had for this from our members, we have entered 3 teams! Training seems to be going well, a few had to drop out but with our reserves, we have managed to fill these. Two days to go so fingers crossed that everything goes smoothly on the day. Don't know what the weather will be like but as I am writing this report it's 27C! temperatures of 2019, so hydration and sensible running would be the order of the day.

We've had a good uptake for the Virtual London Marathon- another good thing to come from Covid- it is so difficult to get into the real thing but with this you can run with your mates and still get your medal and T-shirt. I know that you would love to be at the real thing but this gives you a flavour of what you need to do for the real thing.

Our club place for the London Marathon taking place in October this year, which was awarded by ballot, goes to Liz Halliwell. Due to the rules of the club place, once the club's named individual is confirmed on the portal by July, it cannot go to anyone else, but can be deferred to next year, if Liz cannot run it this year. With this in mind, there is now no place for a reserve runner. Good luck with your training Liz and sorry to Simon who is not needed now as reserve.

Last Thursday, was our Sunflower run, supporting a great and worthy charity. This year, sadly we could not do our usual BBQ as this had to be planned in advance and we were not sure if Covid restrictions would have been fully lifted. However, we had a picnic in the park which was enjoyable and a good catchup as well.

Well done to everyone who completed the Club's virtual half Marathons, some ran both! Fab photos and routes.

I would also like to say congratulations on behalf of the club to our very own Mike Adamson who has been awarded a CBE for services to the humanitarian sector and the Red Cross movement.

Continue to keep up the good work everyone, remember a good laugh and a good run, with company, are the two best cures for anything.
