



AGENDA

Annual General Meeting Minutes

Monday 17th June 7-9pm – Randwick Scout hut

1. Present (LH)

Name	Position	Name	Position
Claire Kane	Chair	Matt Reed	Member
Liz Halliwell	Secretary	Dani Sharpe	Member
Tom Simpson	Treasurer	Marcia Thompson	Run Leader
Himani Gupta	Membership Secretary	Jon Batterham	Member
Val Kirby	Coaching Co-ordinator/ Run Leader	Jack Duplock	Member
Anne-Marie Delrosa	Communications/ Run Leader	Roger Butler	Member
Nikki Fowles	Social Secretary/ Coach/ Run Leader	Mel Niven	Member
Max Luff	Coaching Co-ordinator/ Coach/ Run Leader	Bea Brandish	Member
Tara Lupton	Welfare Officer	Michael Luff	Member
Keith Fowles	Member	Gillian Evans	Member
Jo Creed	Member	Gill Elias	Member
Stuart Sharland	Captain	Jennie Marshall	Member
Matt Gardiner	Run Leader	Richard Lupo	Run Leader
Gary White	Member	Keith Waters	Coaching Co-ordinator/ Coach/ Run Leader
Mike Adamson	Member	Linda Keefe	Member
Damian O'Connor	Member	Philippa Marley	Member
Catherine Wainwright	Member	David Michael	Run Leader
Rachel Pearce	Member	Janina Rees	Member

2. Apologies for absence (LH)

Chrisian Pohl, Alex Kane, Tom May, Rose Niland, Simon Eddy, Christine Brown, Angie Ayling, Jake Creed, Julia Wade, Karen Pitney, Jenny Vallely

3. Chairperson's Report (CK)

Good evening everyone and thank you for coming along to this year's AGM and social get together for tea and cake here at Randwick Scout Hall, it's great to see so many faces from across our running groups.

This past year has once again been action packed, with lots of our members signing up to a full events calendar; securing their PBs, pushing their distances and achieving their running goals. It's been a successful year on many counts and this is largely down to the vast network of brilliant people we have here at Cotswold Allrunners, so I'd like to kick off with some thank yous.

Firstly a huge thank you to the committee members; Tom, Liz, Nikki, Val, Anne-Marie, Himani, Jenny, Tara, Max and Stuart. I must say, during my second year on the committee I have continued to be amazed by how much work is put into this club behind the scenes, for which we are all, as club members, very grateful.

One member of our team is stepping down this year, with Val handing over the Coaching Coordinator role to Max Luff. Val has played an integral role on the committee, always offering her support and thoughts in our discussions and will be missed, but rest assured the role is in safe hands under Max. From all of us at the club a huge thank you Val.

We're fortunate to have a great group of run leaders, who frequently put themselves forward to lead us on club runs. These leaders allow us to offer a range of club runs during the week and cater for everyone, so thank you very much for this. If anyone is interested in doing the LIRF course please do come and speak with the committee.

This year has also seen a number of changes imposed on us by England Athletics. One of these has been the criteria for EA affiliated clubs to be granted a club place into the London Marathon. As previously communicated, allocation is now based on the number of affiliated members in a club, and so, in line with other clubs in the area, we are adding EA affiliation to the list of criteria for entry into the club ballot. Affiliated members will be able to enter even if they have run London before, which we hope will encourage people to affiliate. Note that without sufficient numbers we won't have an entry for the ballot in the first place. We are a long way short of the 40 affiliations required to guarantee a spot, but we do have enough this year to give us a 50% chance of a place under the new EA rules, so fingers crossed we'll have a ballot for London 2025!

Socially, we've also been very busy this past year... from the excellently organized recent club chase in April, to the fab Christmas party, chilly (and very wet) NYE butty runs and the Jingle Mingle, it's been great seeing everyone getting together across the various running groups. Last November saw a Sunday run held in memory of Lizzie Figgis, who was a much loved member of our club. Whilst I wasn't fortunate enough to run with Lizzie myself, it's clear from everyone's reflections of Lizzie that she inspired and encouraged all those around her. As a club, we're currently looking into the opportunity of planting an oak tree in Woodchester Park to celebrate her life.

Last July we once again entered three teams once again into the CWR, with Mary Holba, John Rooney and Michael Luff all gaining their crowns as Queen and Kings of the Cotswold respectively, very well done to you all! On that note, best of luck to everyone running this year's event in a few weeks and thank you to Stuart for organizing us all into our teams – not an easy job but greatly appreciated!

That's it from me, once again a huge thank you to the committee and to all the club members for making our club what it is and I wish everyone another successful year of running.

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

4. Treasurer's report (TS)

Cotswold Allrunners Financial Summary Financial year ending 30th April 2024

Bank balance at 1st May 2023 **£7,426.49**

Income

Membership Income Adult & beginners	£3,934.00
Sale of club kit	£210.50
EA Member Affiliations	£383.00
Social Events (Christmas, Spring Chase, CWR)	£3,541.00
	<u>£8,068.50</u>

Expenditure

Membership refunds (overpayments, duplicates etc)	£20.00
Club Kit	£697.50

AGM 2023 (venue & catering) £11.00

Training Courses (LIRF & safeguarding renewal) £480.95

Club Equipment (intervals, storage, OS maps) £389.12

Social Events (Christmas, Jingle Mingle, Spring Chase) £5,090.15

Charity Donations £250.00

Website/IT/APP £233.70

Miscellaneous (flowers outgoing committee, trophies)	£481.83
	<u>£7,654.25</u>

Bank balance at 30 April 2024 **£7,840.74**

5. Membership Secretary's report (HG)

Prepared for the AGM being held on Jun 18th 2024

By Himani Gupta, Club Membership Secretary

This data is latest as of Jun 16th 2024. Does not include any updates that may have come in later.

Category	Statistic/ Description
# Athletes	184 + 14 beginners = 198 compared to 203 last year
Female: Male ratio	113 (57%): 85 (43%) compared to 54%: 46% F: M last year
#Affiliated with EA i.e. Competitive Athletes	34 With EA affiliation which costs £19 for the year gives you race discounts and entry to ballot draw for a club place to run VLM
#Volunteers (incl. Leaders, Committee members, Coaches)	28, same as last year. We could do with more volunteers as leaders esp
#Coaches	5, same as last year

Welcome to our new members including beginners

Anybody present here today? I hope you are enjoying running with us. If you have any membership queries, then please see me afterwards or email me at membership@cotswoldallrunners.club

Interesting Facts

Our oldest member is 83 years old and our youngest member is 22 years old.

This is remarkable that our club is so diverse and inclusive of all ages.

Average age of members in our club is 51 years YOUNG!

Fun Facts

15 members with first name starting with A

Most popular name is David. We have 7 Davids!

We encourage our members to be part of several social channels:

CAR Fb groups – contact Anne Marie Delrosa

CAR Instagram account – Cotswold.allrunners.official, contact Himani Gupta

CAR Strava group – Cotswold Allrunners

CAR whatsapp groups – to be part of whatsapp groups

Fast – 7 to 9 min miles contact Nikki Fowles 07976636376

Medium – 8.30 to 11 min miles contact Julia Wade 07847618455

Steady – 11 to 14 min miles contact Val Kirby 07969789938

CAR app to sign up for runs – connectMyClub app

Membership fees

£20 for the whole calendar year

Reduced £10 for Jul – December

Suggestions relating to membership - Please contact Himani Gupta, your membership secretary at membership@cotswoldallrunners.club. Thank you for your time.

6. Coaching co-ordinator's report (VK)

The Coaching Team

The club now has four active, qualified coaches, Nikki Fowles, Val Kirby, Max Luff and Keith Waters. Max and Keith have both successfully completed England Athletics' Coaching in Running Fitness (CiRF) course – congratulations to you both! Val is now stepping down as co-ordinating coach for steady and medium runners. Max and Keith will share this role from now on.

The role of the coaching team

As in previous years, the main role of our coaches has been to plan and oversee intervals training each Tuesday. Nikki plans intervals for the Fast group. For some months Val, Max and Keith have been sharing the planning and delivery of intervals for Steady and Medium runners, basing weekly sessions on a series of 8 week training blocks. In addition, Anne-Marie Delrosa planned and led a block on trail running, once in the summer of 2023 and once this spring. Val ran an 8 week course for beginners or people returning to running (see 5 below).

Leaders

Our leaders, almost all of whom are Leader in Running Fitness (LiRF) qualified, are essential to the way we operate as a club: thank you, all of you. The Leaders' WhatsApp group currently has 20 members, although some are not actively leading. This means that there are sometimes not enough leaders for our advertised sessions: on these (relatively rare) occasions we change a specific run to 'no allocated leader'. We are always interested in hearing from club members who are interested in obtaining a LiRF licence.

Using the App – My Running Club

All our sessions are mapped on the My Running Club App. This not only shows who is leading and who is joining each group but provides ICE information for everyone who signs up. Although leaders sometimes take out runners who have not registered on the App, the coaching team encourages everyone to use the App: this is good practice as well as being consistent with our Health and Safety Policy.

Beginners' course

The 2024 Beginners' Course started on 9 April and ran for 8 weeks, ending with a 5k run on 28 May. This year we met on Tuesdays, at the same time as the usual interval sessions. This later time (previously we met at 5:30) appears to have led to the largest group that we have ever had. 23 people signed up, including 4 club members who were returning to running after a break. A few people withdrew because of injury. Val is very grateful to Marcia Thompson, Miranda Hearsum, Nicky Clark and Sophie Berry, who helped manage the sessions – we split into two groups, so that people of similar pace could run together. At the time of writing, 13 people have joined the club as full members.

Club equipment

The club owns a range of equipment which is available for any leader to borrow. We have a set of 2 metre poles, a netball, a set of small plastic cones, 2 ladders, 12 low hurdles and 8 battery powered lights. This kit is kept in a storage unit at the Space Centre. Val, Max and Liz have keys, but any leader is welcome to borrow the kit at any time.

Thanks

I would like to say a huge 'thankyou' to
Nikki, for everything that she does with and for the fast group
Max and Keith, for all their support and their willingness to take over from me

Anne-Marie for her generous support and advice

The committee for supporting the rental of the storage unit for our equipment

and to all the leaders who lead runs and intervals sessions. You all help to make the club so friendly, supportive and enjoyable.

7. Club Captain's report (SS)

Hi everyone. So good to see so many Cotswold Allrunners here this evening, for my 3rd and still, very nervous captains report.

Wow...what a year for the club. Firstly, my attendance at club training sessions, has been a little sparse over the past year. Mainly due to my own training plans which have just not fitting into club runs, But I am aware that we have had a number of beginners taking part in the beginners group, which is fantastic, and EXACTLY where we ALL started from. My hat is taken off to you. Its takes a lot of faith and determination not to only start, but complete a training running program from the start to finish.....so REALLY well done.

It was brilliant seeing so many Allrunners competing in so many varied and different events this year. From 5K, 10K, half marathon, marathon and ultras.

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, and again, we have been able to enter 3 teams, Demons, Angels and Wizards. And for the 1st time ever, I am able to run a leg.

Race numbers are nearly handed out and my job is nearly done for 1 more year.

It's worth a mentioning we have 2 Allrunners this year becoming queens of the Cotswold's - Rose Niland Smith and Heather Juniper. Well done to you both, that is some achievement.

Don't know what the weather will be like but as I am writing this report, but it is the middle of the summer and good chunks of Cotswold way are open so please stay hydrated and take it steady. No race is worth damaging your health.

We had a another great response to the Chase the sun – Embrace the rainbow event on Thursday 20th June. This is a lovely event to be a part of, and a fantastic local cause. The Sunflowers community are a charity that provides support, healing and hope to individuals and families affected by suicide.

This year, again, Nikki kindly organized and was supported by a number of Allrunners on the club chase, which is a bumpy 5K out and back timed race event from the Carpenters Arms, through Randwick woods onto the car park at Haresfield and back, with a fab BBQ followed with, a relaxed awards ceremony. Personally, I thought it was a fantastic event, it was great seeing us get together as a group. Long may this continue.

And finally....it is an honour to be club captain for a 3rd year for such a wonderful club. Keep safe, fit and running everyone. Remember your mile is the same as everyone else's.

Stu

8. Member questions (CK)

Richard Lupo – what are the full benefits of EA membership? These were listed verbally by Anne-Marie Delrosa but the full list can be found here

<https://www.englandathletics.org/take-part/athlete-registration/benefits/>

Please note that individual membership also benefits the club as mentioned before, particularly with the London marathon club ballot. We need a minimum of 10 affiliated members to even get a chance in the draw. Between 40-139 affiliated members means we can have 1 guaranteed entry into the London marathon.

9. Mal & Dinah/Person of the year/ethos of the club award (CK)

Massive congratulations to **Anne-Marie Delrosa**

10.Allister Keating Memorial Award – contribution to club (CK)

Massive congratulations to **Nikki Fowles**

11.Cotswold Allrunners Runner Award (CK)

Massive congratulations to **Mel Niven** and also a Happy Birthday to her!

All winners were nominated and voted for by club members so please do remember to vote each year. There is no limit to the number of votes or nominations you can make!

12.AOB

None recorded.

13.Close

People hopefully enjoyed cake and time to chat!
