



AGENDA

Annual General Meeting

Monday 30th June 7-9pm – The Stroud Hotel

1. Present (LH) – Claire Kane, Liz Halliwell, Tom Simpson, Himani Gupta, Max Luff, Anne-Marie Delrosa, Stuart Sharland, Nikki Fowles, Jenny Vallely, Tara Lupton, Marcia Gonsalvez-Thompson, Keith Fowles, Julia Wade, Angie Ayling, Danielle Sharpe, Linda Keefe, Richard Lupo, Jo Creed, Janina Rees, Yakub Mulla, Roger Butler, David Shalcross, Jack Duplock, Damian O'Connor, Bea Brandish, Mel Niven, Jon Batterham, Lisa Christen, Keith Waters, Michael Luff, Gary White, Rose Niland-Smith, Gill Elias, Christian Pohl, Helen Cressey, Megan Wilsher, Mike Adamson, John Rooney, Rebecca Warden
2. Apologies for absence (LH) – Tom May, Rachel Pearce, David Michael, Val Kirby, Alex Kane,
3. Chairperson's Report (CK) – attached below.
4. Treasurer's report (TS) – financial statement attached below.
5. Membership Secretary's report (HG) – attached below.
6. Coaching co-ordinator's report (ML) – attached below.
7. Club Captain's report (SS) – attached below.
8. Member questions (CK).

One question raised in advance by Damian O'Connor – can we use whatsapp communities instead of individual groups? Passed to Anne-Marie, we can use communities as well as the groups rather than instead of, Anne-Marie to look into this.

One question raised on the night from Angie Ayling – are we having a water station this year for the CWR? Passed to Stuart, yes Rose Niland-Smith is kindly organising it but any other offers of help are gratefully received.

9. Mal & Dinah/Person of the year/ethos of the club award (CK) – Awarded to Richard Lupo
10. Allister Keating Memorial Award – contribution to club (CK) – Awarded to Max Luff
11. Cotswold Allrunners Runner Award (CK) – Awarded to Sophie Berry
12. Election of Officers – Chairperson & Secretary (CK)

Chairperson – 1 nomination received from John Rooney, seconded by Claire Kane
Secretary – 1 nomination received, Damian O'Connor nominated by Liz Halliwell and seconded by Nikki Fowles.

Both elections were approved by a show of hands.

Non-Elected Role. Tara Lupton is stepping down as Welfare Officer. Tosca Cabello-Watson and David Michael both volunteered for the role so it was decided that they could both be Welfare Officers.

13. AOB – Thank you's to the outgoing committee members – Claire Kane, Liz Halliwell and Nikki Fowles.
 14. Close. Thank you to everyone for coming and supporting the club. Happy Running!
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CAR Chair Statement June 2025

Good evening everyone and thank you for coming along to this year's AGM and social here at the new venue of the Stroud Hotel, 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 own personal running goals. Well done to everyone!

It's been a successful year on many counts and this is largely down to the 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, Himani, Tara, Jenny, Nikki, Anne-Marie, Max and Stuart. I must say, during my third and final year on the committee I have continued to be amazed by how much energy and dedication is put into this club behind the scenes, for which we are all, as club members, very grateful.

There are a number of changes to the committee this year; with Liz, Nikki, Tara and myself stepping down. These three brilliant ladies have played huge roles on the committee over the years and have dedicated so much of their time to the club across various positions. So from all of us at the club a huge thank you to you all.

We're fortunate to have a fabulous group of run leaders, who frequently put themselves forward to lead us on club runs. These leaders allow us to offer a variety of different paced running groups during the week and cater for everyone, so thank you very much for this, we really do appreciate the support you provide to our members. We were delighted to have some new leaders this year: Tosca, Mike, David, Gary and Mel. As always, if anyone is interested in doing the LIRF course please do come and speak with the committee at any point.

Socially, we've also been very busy once again this past year... from the excellently organized club chase in March, (raising £489 for Stroud Valleys Project), to the fab Christmas party at the Bear of Rodborough, the NYE booty runs, the Jingle Mingle, a private swim session at the Lido and Chase the Sun last week, just to list a few! It's wonderful seeing everyone getting together across the various running groups.

Last July we entered three CAR teams once again into the CWR, with Rose Niland-Smith and Heather Juniper gaining their crowns as Queen of the Cotswolds, very well done to you both! On that note, best of luck to everyone running this year's event on Saturday and thank you to Stuart for organizing the teams – not an easy job (particularly this year!) but greatly appreciated!

That's it from me, once again a massive thank you to the committee for supporting me in my role as Chair over the past three years and to each and every Allrunner for making our brilliant club what it is. 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.

Cotswold Allrunners Financial Summary

Financial year ending 30th April 2025

**Bank balance at 1st May
2024**

£7,840.74

Income

Membership Income Adult & beginners	£4,028.00
Sale of club kit	£167.00
EA Member Affiliations	£506.00
Social Events (Christmas, Spring Chase, CWR)	£3,281.00
Interest	£31.22
	£8,013.22

Expenditure

Membership refunds (overpayments, duplicates etc)	£30.00
England Athletics	£1,120.00
Club Kit	£0.00
AGM 2024 (hall hire)	£25.00
Training Courses (LIRF & safeguarding renewal)	£360.00
Club Equipment (intervals, storage, OS maps)	£491.94
Social Events (Christmas, Jingle Mingle, Butty Run, Spring Chase)	£4,770.05
Charity Donations	£1,167.00
Website/IT/APP	£208.56
Miscellaneous (flowers outgoing committee, trophies, bank charges)	£192.48
	£8,365.03

**Bank balance at 30 April
2024**

£2,457.71

Savings account

£5,031.22

Total

£7,488.93

Membership Secretary Cotswold Allrunners Annual Report-Jun 30th 2025

This year has been another remarkable chapter in the journey of the Cotswold Allrunners. With a total of 188 members, our club continues to thrive as a vibrant and inclusive community of runners from all walks of life.

Membership Composition:

Our membership is composed of a diverse mix of runners. We have members who enjoy the camaraderie and fitness benefits of running, and competitive members who actively participate in races and events. We welcomed 27 new members. This consistent growth is a testament to the welcoming nature of our club and the increasing popularity of running in our community.

Age Demographics:

Our club spans a wide range of age groups, reflecting our inclusive ethos. Majority of our runners fall in 35-60 yrs age group.

Volunteer and Leadership Roles:

We are proud to have 19 members serving as coaches and 15 as volunteers. Their dedication and support are the backbone of our club's operations, from organising events and club runs, and supporting new runners.

Highlights and Reflections:

This year, we've seen increased participation in local races, with many members achieving personal bests and age category wins. Our social run - Chase has continued to be a highlight, demonstrating the inclusiveness we bring to running.

Looking Ahead:

As we look to the future, we look forward to supporting each other in our running goals through organised runs, welcoming new runners and having fun whilst doing it. Thank you to all our members, volunteers, and supporters for making this year a success. Here's to another year of running and achieving with Cotswold AllRunners

COTSWOLD ALLRUNNERS AGM – 30 JUNE 2024

COACHING REPORT

Max Luff – Coaching coordinator

1. The Coaching Team

We're lucky to have three brilliant, qualified coaches keeping us moving: **Nikki Fowles**, **Keith Waters**, and yours truly, **Max Luff**. Each of us brings something a little different to the table—but we all share a love of running and helping others enjoy it too.

2. What We Actually Do

Our main effort is in planning and leading Tuesday interval sessions and making sure all our weekly runs have leaders. Nikki's the mastermind behind the Fast group's intervals. Keith has been the steady hand behind the Steady and Medium groups, crafting 8–12 week training blocks. And this spring, **Anne-Marie Delrosa** brought the trails to life with a fab trail running block—mud, hills, and all (we wouldn't expect anything else from her)! We've also had some of our awesome **LiRF-qualified leaders** step up to plan and lead sessions—something we'd love to see more of. Oh, and Keith also ran a 9-week beginners' course (more on that below). Legend.

3. Leaders – The Heart of the Club ❤️

Our leaders are the glue that holds this club together. All are **LiRF-qualified**, and we're so grateful for the time and energy they give. A big welcome (and high five!) to our newest leaders: **Gary White**, **Mike Adamson**, **Tosca Cabelo**, **David Savage**, and **Melanie Niven**. We're thrilled to have you on board.

Our Leaders' WhatsApp group has 25 members—though not everyone is actively leading right now. Occasionally, we don't have enough leaders for a session, so we mark it as "no allocated leader." If you're thinking about becoming a leader, we'd *love* to hear from you!

4. The App – My Running Club

All our sessions are listed on the **My Running Club App**—it's where you can see who's leading, who's running, and it even stores ICE (In Case of Emergency) info. While we sometimes take out runners who haven't signed up, we really encourage everyone to use the app. It's good for safety, good for planning, and good for peace of mind.

5. Beginners' Course – New Runners, Big Smiles

Our 2025 Beginners' Course kicked off on **1 April** and ran for 9 weeks, finishing with 5K on **27 May**. We ran it alongside Tuesday intervals, and 12 lovely people signed up. A few had to drop out (life happens!), but **three fantastic runners graduated** and are now regulars. We're so proud of them!

6. Club Kit – Not Just Trainers!

We've got a treasure trove of training gear available for any leader to borrow:

- 2-metre poles
- A netball (yes, really!)
- Small plastic cones
- 2 ladders
- 12 low hurdles
- 8 battery-powered lights

All stored safely at the **Space Centre**. If you're leading a session and want to use them, get in touch with a coach.

7. Thank You (Seriously, Thank You)

A massive shout-out to:

- **Nikki**, for everything she does with the Fast group (and beyond!)
 - **Keith**, for his tireless work on intervals, the beginners' course, and covering for me when I've been gallivanting abroad (sorry!)
 - **Anne-Marie**, for her trail running magic and advertising our sessions on the app, socials and website.
 - **The committee**, for supporting the storage unit rental (our kit has a home!)
 - And to **every single leader** who gives their time and energy to make this club what it is—friendly, supportive, and just a joy to be part of.
-

Max Luff

June 2025

Captains Report 09.06.2025 Stuart Sharland

Hi everyone. So good to see so many Cotswold Allrunners here this evening, for my 4th club captains report. We have had so many Allrunners running so many different and varied events this year. There are too many to mention, but super well done.

I have noticed we have a lot of new members and also new leaders. Its great to have new people in the club and also a massive thanks to the existing and new leaders, we would not be able to do training run etc without your knowledge, commitment and support.

Our main event, for me as Captain, is the Cotswold Way relay.

This went slightly differently this year, as we normally participate with 3 teams, but at the last minute, that changed to 2, so I have to do quite a bit of juggling to fit everyone in with the legs they wanted.

Therefore, we have 2 team this year, demons and angels.

We have 3 milestones this year, Marcia, Keith Waters and Kate Perris. Who will be queens and a king of the Cotswolds

For anyone new to the club or not aware of the CWR. We enter teams of 10 each year, and each runner runs a leg of the Cotswold Way to complete the full 102 miles. So this is massive achievement to achieve all 10 legs.

Don't know what the weather will be like but as I am writing this report, but it'll be the middle of the summer and the Cotswold way is open so please stay hydrated and take it steady.

This year, Nikki again kindly organized and was supported by a number of Allrunners on the club chase, which was a bumpy 5K out and back timed race event from the Carpenters Arms, through Randwick woods onto the car park at Haresfield and back.

This year the results were:

Females

1st – Tosca

2nd – Rachel Pearce

3rd – Liz

Males

1st – Reg

2nd – Christian

3rd – Jamie

Fastest female – Liz

Fastest Male - - Christian

And finally...thank you again for giving me the opportunity to be club captain. Keep safe, fit and running everyone. Remember your mile is the same as everyone else's mile.

Stu
