



AGENDA
Annual General Meeting
Monday 6th July 7-9pm – The Stroud Hotel

1. Present (DO'C)
Tara Lupton, Anne-Marie Delrosa, Nikki Fowles, Melanie Woodward, Richard Lupo Yakub Muller, Mike Adamson, Philippa Marley, Christian Pohl, Jon Hart, Keith Fowles, Roger Butler, Julia Wade, Janina Dangerfield, Bea Brandish, Damian O'Connor, John Rooney, Stuart Sharland, Max Luff, Jenny Vallely, Himani Gupta, Rachel Pearce, Chris Clift, Mandy Kennington, Neil Brown, John Beard, Marcia Gonsalves Thompson, Caroline Cratchley, Michael Luff, Val Kirby, Jennifer Marshall, Hayley Trust, Craig Stinchcombe, Dani Sharpe, Bea Brandish. (35)
 2. Apologies for absence (DO'C)
Helen Cressey, David Savage, Angie Ayling, Kath Docherty, Liz Halliwell, Lucinda James, John James, Kate Perris, Julia Wade. (9)
 3. Chairperson's Report (JR) – attached below
 4. Treasurer's Report (TS) – 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 (JR)
 9. Mal & Dinah/Person of the year/ethos of the club award (JR)
 10. Allister Keating Memorial Award – contribution to club (JR)
 11. Cotswold Allrunners Runner Award (JR)
 12. Election of Officers – Membership Secretary (JR)
 13. AOB (DO'C)
 14. Close
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3. Chairperson's Report (JR)

Good evening, everyone and thank you for coming along to this year's AGM and social here, returning to the Stroud Hotel after it went so well last year.

I don't want to tread on the toes of the Tom, Himani, Max and Stuart, who will regale you with tales of our healthy bank balance, expanding membership, a run leader and coaching volunteer rota that continues to go from strength to strength, and another successful Cotswold Way Relay (albeit with less of a presence than we'd all hoped).

So instead I would like to take the opportunity just to thank everyone who helps to make the club what it is; a warm, welcoming and friendly club with a wide range of experience and abilities, from those who have graduated from our Couch to 5k programme, through to the , frankly, barking mad people embarking on the sorts of distances that really only should be driven, not run. I salute you one and all. And whilst I am, due to work commitments, a less regular attendee than I'd like to be, it's always a pleasure to come out of a Tuesday, Thursday or Sunday and it's also been great this year to be able to go out with different groups, in my role as stopgap run leader. Hopefully you've enjoyed the routes, even when they've involved some unintentional detours (always a detour, never lost!).

Thank you to my fellow committee members and for all the work they do behind the scenes, and we will be sorry to see Himani stepping down as Membership Secretary. We are now looking to combine this role with the Social Secretary, to ensure that we have someone who can continue the tradition of jingle mingles, bacon buttie runs, and of course, the Christmas do.

To the run leaders who ensure that we have enough groups each week to cover a wide variety of paces, and to the coaches planning out the programmes to make us fitter and faster (or to help us slow down more gradually), again, many thanks for the time you so generously and regularly give up.

That's everything from me for now. I will now hand over to Tom, who will detail the club's financial position.

4) Treasurer's Report (TS)

Cotswold Allrunners Financial Summary

Financial year ending

Current account

Balance at 1st May 2025

£2,457.71

Income

Membership income (including beginners)

£4,350.88

Sale of club kit

£337.00

EA member affiliations

£542.00

Social events (christmas, chase, CWR)

£2,554.00

Interest (savings account)

Miscellaneous (overpayments, duplicates, refunds)

£189.82

£7,973.70

Expenditure

Membership refunds (overpayments, duplicates, refunds)

£60.00

England Athletics

£490.00

Club kit

£148.00

Training courses (LIRF, safeguarding renewal)

£565.00

Club equipment (storage, maps for leaders)

£654.40

Social events (christmas, jingle mingle, booty run, chase, etc)

£2,828.09

Charity donations

Website and app

£443.67

Miscellaneous (trophies, flowers and cards (AGM), bank charges,
plus incorrect transactions refunded in miscellaneous income
above)

£322.72

£5,511.88

£634 donation to longfield hospice and thank you for Nikki for the cotswold chase

New payments via the app and stripe payments which helps reduce administrative time.

5) Membership Secretary's Report (HG)

We have increased our membership from 188 to 214 members in the last year.

Demographics:

The majority of our runners are in the 45-60 yrs age group. 84 men, 108 women.

Volunteer and Leadership Roles:

We 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, club members participated in CotswoldRelay and other local races, with some going beyond and finishing ultra distances from 50km to 100 miles. Our social run - Chase was another success this year.

Looking Ahead:

Let's support and celebrate each other on our runs and join races together.

I am stepping down from this role as membership Secretary with a replacement to be confirmed.

Thank you to all our members, volunteers, and supporters for making this year a success.

Himani asks members to update the app with gender and a photo to help leaders.

6) Coaching Coordinator Report (ML)

Overview

This year has been one of growth, commitment, and real progress across our coached and led sessions. As a club we've continued to welcome new runners, support developing leaders, and deliver a varied programme that balances enjoyment, safety, and progression.

Coaching Team

I want to begin by recognising the exceptional work of our coaching team. My fellow coaches — **Nikki, Val, and Keith** — have each contributed hugely to the smooth running of sessions throughout the year.

A particular and heartfelt thank-you goes to **Keith Waters**, who has taken on a significant share of the coaching workload. Keith has:

- planned and delivered the majority of our **Steady and Medium interval groups**,
- supported LiRF candidates through their training and assessments,
- run all the beginner's sessions with patience and enthusiasm,
- stepped in whenever needed to ensure sessions were safe, structured, and welcoming.

His commitment has been invaluable, and the club owes him a genuine debt of gratitude.

Equally, I want to highlight the outstanding work of **Nikki**, who has planned and led the **majority of our Fast-group interval sessions**. Her consistency, attention to detail, and ability to deliver challenging but accessible sessions have been central to the development of our quicker runners. Nikki's leadership has ensured that the fast group remains both supportive and ambitious — a balance she handles brilliantly.

We also extend thanks to **Anne-Marie**, who once again planned and led the trail interval sessions this year — a highlight for many runners and a brilliant addition to our programme.

LiRF Leaders

Our LiRF-qualified run leaders continue to be the backbone of our weekly sessions. Their willingness to give up their time, plan routes, support groups, and step into interval leadership when needed has made a huge difference.

This year we recognise: **Angie, Damian, David Michael, David Savage, Michael, Jenny, John, Sophie, Tosca, Marcia, Matt Hindle, Val, Richard Lupo, Mel, Tara and Mick**.

Each of them has contributed to keeping our sessions safe, structured, and enjoyable. Some have also stepped up to support interval groups, showing real leadership and confidence.

We're also delighted that **Rebecca** is just about to qualify as a leader — a fantastic addition to the team.

And as always: **we need more leaders**. With growing attendance and increasing demand for structured sessions, expanding our LiRF team remains a priority for the coming year.

Session Development

Across the year we've continued to refine and strengthen our session structure:

- **Tuesday Intervals** Attendance has remained strong, and the introduction of multiple pace groups has helped ensure sessions are accessible and appropriately challenging.
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- **Keith** has led the **Steady and Medium groups**, providing structure, progression, and consistency.
- **Nikki** has led the **Fast group**, delivering high-quality sessions that push our quicker runners while keeping the atmosphere positive and inclusive.
- **Thursday Runs** Group sizes have been monitored closely, with leaders helping runners choose the most suitable pace group. Regrouping remains a core part of our ethos.
- **Sunday & Wednesday Sessions** These continue to run smoothly thanks to consistent leadership and strong turnout.
- **Trail Intervals** Anne-Marie's trail interval programme has once again provided variety, challenge, and a brilliant alternative to road-based speed work.

Safety & Standards

We have continued to emphasise:

- adherence to the Highway Code,
- safe road crossings and traffic-light practice,
- England Athletics guidance on group running and shared-path etiquette.

These reminders have helped reduce near-misses and maintain a safe environment for all runners.

Leadership Development

Supporting new leaders has been a major focus this year. Several LiRF candidates have been mentored through their training, and we will continue to provide shadowing opportunities, session plans, and coaching support.

Growing our leadership base is essential to meeting demand and maintaining high-quality sessions.

Report from Keith Waters (Co-Coach)

(Integrated verbatim as provided)

Beginners' Groups Two beginners' groups are now being run each year.

Autumn 2025 14 participants with two existing club members returning. 10 completed, 4 dropped out mainly due to injury. 4 of those completing have come to subsequent intervals and/or Thursday runs.

Spring 2026 13 participants with one existing club member returning. 9 completed and of those, 5 have come to subsequent intervals and/or Thursday runs.

The autumn program starts on Tuesday 25th August for six weeks and this has just been advertised inviting sign-ups on the Club website. Word-of-mouth advertising from the existing club membership seems to be promoting the numbers too!

Intervals There has been a significant uptick in the number of participants to the point where it was necessary to split the Medium group into smaller Medium and Steady sections during the winter dark night period. In looking back we would typically see around 15 participants twelve

months ago but this doubled before the second group was introduced. With the two groups each set at 15 participants on the Connect My Club app we are now seeing further pressure on those numbers and we may have to consider further group expansions as we approach the autumn dark nights again. Having smaller groups at differing paces has helped encourage more participants.

The additional group has made the Intervals planning process a little more complex with a dependency on there being sufficient Run Leader coverage to look after the additional group. If we do need to expand again then this could become a limiting factor. However, despite the extra overhead everything seems to be working well at the moment.

We can always do with more LiRF-qualified folks of course — or try and coax some to lead more sessions.

Looking Ahead

Priorities for the coming year include:

- expanding the coaching and LiRF leadership teams,
- offering themed or progression-based training blocks,
- continuing to refine interval group structure,
- strengthening communication between coaches, leaders, and runners,
- ensuring sessions remain safe, inclusive, and enjoyable for all.

Thank You

A huge thank-you to every coach, leader, and runner who has contributed to the club's success this year. Your enthusiasm, reliability, and community spirit are what make Cotswold Allrunners such a special place to run.

7) Club Captain's Report (SS)

Hi everyone. So good to see so many Cotswold Allrunners here this evening.

Wow...what a year for the club. Firstly, we have had a number of beginners taking part in the beginner's group, which is fantastic, and EXACTLY where we ALL started from. My hat is taken off to you. It 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, timed events and ultras.

Our main event, for me as Captain, is the Cotswold Way relay. Slightly disappointing that we were only allocated 1 team this year, in previous years I have always entered 3 teams as 'open' teams, and due to the increase in teams being requested to take part, we were only given 1 'open' team for this year. To counteract that, the decision has been made to submit 3 teams within 3 different team subgroups for 2027. We will be entering a women's only team, an open team and a veteran's team, hopefully this will give us the 3 teams we usually request for 2027.

A massive well-done to 3 of our Cotswold Allrunners who became queen and kings of the Cotswold Way, they are Richard Cook, Simon Gingell and Bea Brandish, Jo Creed was due to be crowned a queen this year, but she also only needed leg 6, the same as Simon. So, Jo will be allocated Leg 6 next year as a priority, and hopefully Jake Creed (her son) will also be allocated that leg so they can run and celebrate her achievement together.

We had another great response to the Chase the sun – Embrace the rainbow event on Thursday 18th June. This is a lovely event to be a part of, and a fantastic local cause. The Sunflowers community is 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 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 absolute pleasure to be club captain for another 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 (JR)

Anne Marie – been a few years since club entered cross country – is this something the club could do?

DO'C - We can put this on the committee list of items to discuss.

JR – there is the Gwent and Gloucester XC series which are closest. We would need a team of five to compete.

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

This award is voted for by you, our members, for the person you think is our Club Person of the Year.

Seven different people were nominated but of course there can only be one winner....

The winning person is described as incredibly welcoming, inclusive, fabulous, supportive and a real cheerleader.

The winner is

Melanie Niven

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

This award is voted for by you our members for the people you think contribute most to our amazing club.

Five different people were nominated but of course there can only be one winner....

The winner is

Keith Waters

"Keith has been instrumental in the delivery and success of our coaching programme. He has organised and coached two beginners' courses, helping new runners take their first steps into the sport and become valued members of the club. His encouragement, patience and expertise have given many people the confidence to start running and continue their journey with us.

In addition, Keith has written almost all of the Tuesday steady/medium interval training sessions throughout the year, carefully planning varied and effective workouts that benefit runners of all abilities. He has also led many of these sessions himself, as well as regularly leading Thursday club sessions, giving up countless hours of his own time for the benefit of others.

What makes Keith's contribution particularly special is that he carries out much of this work quietly and without seeking recognition. Many club members may not realise just how much time, thought and effort goes into planning and delivering the sessions that they enjoy each week. His dedication, reliability and commitment have been fundamental to the club's activities and development over the last year.

Keith embodies the spirit of volunteering that keeps our club thriving, and I can think of no more deserving recipient of the Allister Keating Memorial Award."

11. The Cotswold Allrunners Runner Award (JR)

This highly sought after award is voted for by you, our members, for the person you think is our Runner of the Year 2025.

You all achieve some amazing runs, but the votes came down to a competition between six different runners.

The winning person is described as always training for something truly gruelling yet still finds time to lead runs with enthusiasm. An inspirational and determined female runner. Most people would not attempt a 100-miles let alone consider a 180-mile race. If you have not guessed already...

The winner is

Anne Marie Delrosa

12. Election of Officers – Membership Secretary (JR)

Mick Playle has been nominated by Anne Marie Delrosa and seconded by Marcia Gonsalves Thompson. Duly Nominated, congratulations Mick.

13. AOB (DO'C)

Jenny – nomination issues. Reminders were sent via WhatsApp and email but will be promoted at club in person next year in addition.

14. Close

Thanks all for attending.

ENDS
