



## Plymstock Road Runners - AGM No. 34 Minutes

Date: 17<sup>th</sup> February 2022 at 6:15pm

Venue: St Margaret Mary RC Church Hall

Item	Discussion	Action
1.0	Members present and apologies (GB)	
	26 No. present. Apologies: Carla Tunnicliffe, Brett Tunnicliffe, Dawn & Ian Lamerton, Paul Worsfold.	
2.0	Chairperson's opening remarks (JF)	
	Great sympathy is expressed to Brett and Carla Tunnicliffe on the tragic loss of Carla's sister Katie. As a club, we offer our sincere condolences to Carla and the whole family; a one-minute silence was held to pay our respects.	
3.0	Acceptance of minutes from last meeting (GB)	
3.1	The minutes of the previous meeting were accepted. Proposed by Helen Boulden Seconded by Alan Jones	
4.0	Matters arising (JF/GB)	
	No matters arising from previous meeting.	
5.0	Chairperson's report (JF)	
	<p>It is with amazement that I sit here and write this report. Has a year really passed since the last AGM when we were in lockdown and we held our AGM by Zoom. I still don't quite understand how I came to be chairman of this wonderful club, but has given me great pleasure to serve as your chairman.</p> <p>The year started in lockdown with races being cancelled and postponed and being unable to run and meet together as a club. Many races which we had been training for were cancelled and it was all rather disappointing. However, as a club we came through this tough time. It was great to organise the Chairman's welcome back run in March and run with you all again. It was a lovely spring evening I need an excuse to do something similar again ... perhaps the anniversary?</p> <p>Alan was then able to recommence his training sessions which we all enjoy and get so much out of. Every week come rain or shine Alan is there to encourage and motivate us to run up and down hills or a carpark, moving to the Coombe Dean track in the summer. Thank you, Alan for doing this for us, I certainly would not think, I know, I will go and run up and down a hill, or up and down a carpark! Perhaps that is just me though!</p> <p>April saw us gain 2 English Athletics approved, Leaders in Running Fitness. Well Done to Carla Haines and Bill Christie. Thank you to Dave Dane for verifying their practical assessments. We are still a few LIRFs short to achieve EA best Practice.</p> <p>In May, Bill Christie formed the PRR Improvers group with a vision to take those who had completed C25k or those who were coming back to running, to gain confidence to run with the club. I think many people appreciated this bridging gap and a number of the Improver group successfully completed the Plymouth Half Marathon in September. Thank you, Bill.</p> <p>In July the Erme Valley Relays were back on, what fun. Let's do that again. I</p>	



thoroughly enjoyed the evening. Special thanks to the runners that ran twice, Liz Housham and Bill Christie, enabling those teams to compete and not be victims of Covid isolation rules.

In the summer we launched our new website, thank you Steve Rose for taking this forward. I hope you all agree it is a great improvement and membership forms are now submitted electronically.

Over the summer months we continued to meet outside, races were starting to open up and we were able to enjoy summer running. Many members were training for Autumn half marathons and some members were training for marathons. There were also some 10k and 5ks at last on offer after a race drought. Congratulations to everyone who competed and completed not easy after various lockdowns over more than a year.

It was disappointing that we could not host Muddy Duck in 2021, however the financial risk of cancellation was just too great, its back this year though.

Autumn saw mor races. I know many members had back to back races on weekends following each other, not I think, quite what they had originally planned. 5 of our members competed successfully in the London Marathon in October. Congratulations to them.

Christmas came around and thank you to Alan Jones and Jill Rose for organising mince pies and mulled wine. Thank you to Steve Rose for organising the Christmas Lights route. That reindeer was huge. It was lovely to see so many of you just before Christmas and the weather was kind to us.

As the nights started to get darker and the weather deteriorated we took the decision to go back into the hall. It is so nice to be back inside and able to have a social coffee after our Thursday evening runs. Thank you to everyone who has helped with the teas and coffees.

The last notable thing of our year is the ongoing Couch to 5k programme which Bill started on the 6th January. We have now completed week 6 and the group is now into continuous running. What a marvellous achievement. I look forward to the Graduation Park run at Central Park on 12th March and I hope that many of you will be available to support the group. I hope to welcome many of the group to our club as members, possibly with the aim of a 10k soon. Thank you Bill for running this for us and to all the support runners for their help.

I would like to thank Graham Bale as Secretary and Linda Worsfold as Treasurer, It is a thankless task as it is hidden work, without their efforts we simply could not run.

My aim is for a friendly inclusive club with a variety of runs, activities and socials. Furthering the enjoyment of running and striving towards EA Best Practice, with a strong focus on fun.

Lastly, I would like to thank you the members as without you, there is no club. Thank you for turning up in all weathers to support the club activities. I very much enjoy running with you all. You all contribute so much and I look forward to continuing as your Chairman and leading the Club forward with your support.



6.0	Treasurer's report (LW)	
6.1	<p><u>Annual Report 21/22</u></p> <p><i>Seniors:</i> The income increase on the year is £663 with expenditure made up predominantly of affiliation fees, the Erme Valley Relays race and hall rental. The income is reduced due to annual membership fee decreasing from £20 to £10. Balance carried forward therefore is £3660, an increase of £552 on the previous year.</p> <p><i>Juniors:</i> The Juniors balance is £1697, a reduction from previous year by £693 due to Schools cross country and LiRF/CiRF training courses for two club members.</p> <p><i>Overall closing balance:</i> Carried forward balance is £6396 which is £165 less than last year. The 21/22 finance records are unanimously approved by members present.</p>	
6.2	<p><u>Draft Budget 22/23</u></p> <p>Based on 70 members at £15 each. We expect a fee from the Armada Network this year and increase rental of the hall. £500 is earmarked to training of members; i.e. LiRF, CiRF. The budget is for a loss of £1460 over the coming year as we have more funds than that actually required. The 22/23 budget is unanimously approved by members present.</p>	
6.3	<p><u>Club membership fee proposal</u></p> <p>Club fee proposal is £15, reducing down to £10 after 1<sup>st</sup> September and £5 after 1<sup>st</sup> January. The member affiliation fee to EA is an extra £16 (optional). The club fee proposal is unanimously accepted by members present.</p>	
6.4	<p><u>Thanks</u></p> <p>An expression of thanks was expressed to Helen who audited the finance records of 20/21 and to Claire who has agreed to audit the 21/22 records.</p>	JF
7.0	Declaration of Officers and Committee (JF)	
7.1	<p><u>Re-election of existing Officers and Committee</u></p> <ul style="list-style-type: none"> <li>• Jackie Faulkner (JF) – Chairperson Proposed by: Sean Doogan Seconded by: Alan Jones</li> <li>• Linda Worsfold (LW) – Treasurer Proposed by: Steve Leonard Seconded by: Helen Boulden</li> <li>• Graham Bale (GB) – Club Secretary Proposed by: Sean Doogan Seconded by: Sarah Cross</li> <li>• Carla Tunnicliffe (CT) – Club Kit Proposed by: Sue Maffey Seconded by: Jill Rose</li> <li>• Brett Tunnicliffe (BT) – Proposed by: Rachel Doonan Seconded by: Debbie Carter</li> </ul>	



	<p>Non committee</p> <ul style="list-style-type: none"> <li>Steve Rose (SR) - Muddy Duck race, Schools Cross Country</li> </ul>	
7.2	<p><u>Nominations of offers to serve on the Committee</u></p> <ul style="list-style-type: none"> <li>Sean Doogan (SD) – Social Secretary Proposed by: Debbie Carter Seconded by: Alan Jones</li> <li>Zoe Anning (ZA) – Website and Social Media Proposed by: Steve Rose Seconded by: Jill Rose</li> <li>Helen Boulden (HB) – Run Coordinator (run routes, target races...) Proposed by: Alan Jones Seconded by: Sue Maffey</li> </ul>	
8.0	Group running (Bill Christie)	
	<p>Concern expressed relating to the looking after of runners on club runs. Individuals particularly those who have more recently joined are known to have got left behind and there is a duty of care on behalf of everyone to ensure this does not happen again. Some potential proposals are discussed; the committee are to meet and discuss ways of improving monitoring and the safeguarding of runners at the earliest opportunity.</p>	All Committee action
9.0	Targeting races/club runs (Steve Leonard)	
	<p>An encouragement to target specific races in an effort to encourage the club to be more involved in the entering of races and use social media such as Facebook to publicise such races.</p>	
10.0	Presentations (JF)	
	<p>In recognition of long term serving within the club, an expression of appreciation and thanks are given to Steve Rose and Dave Dane. Steve has served the club for 24 years, 16 of those as chairman. Dave has over many years served as club coach, held responsibilities for the Junior Section and organised the Schools Cross Country. A card signed by the club and a gift was presented to both Steve and Dave; thank you both, it is much appreciated.</p>	
11.0	Any other business (All)	
11.1	Steve Leonard – budget set for coffee runs was confirmed as £60; assuming two individual events over the coming year.	
11.2	Steve Rose – Muddy Duck race draft flyer has been produced and made available for interest/comments. Help with marshalling will be required. We have obtained a race permit. Race route is slightly altered to reduce requirements for marshal numbers.	All
11.3	<p>Short discussions over club kit involving question over the delivery timescale of new kit arose. A refund is likely to be made to members who have already paid due to delays over the logo and layout. An apology was provided by the committee who will continue to resolve the matter as soon as possible. The requirement to race in the blue top is therefore not currently being enforced by the club due to unavailability of kit. Question also arose concerning those who are unable to afford the kit who wish to race. This will be discussed by the committee.</p>	Committee
12.0	Next Meeting (GB)	
12.1	The next AGM will be held during February 2023, date to be confirmed nearer the time.	GB