



HONITON RUNNING CLUB
AGM Meeting - Monday 18th March – Honiton Golf Club



1	Attendance	
	56 x Members attended – x 12 apologies	
2	Welcome to the AGM by Paula Ferris (Chairman)	AGM started 19:13
	<p>Paula opened the evening by reading the following quote: (by Alistair Jones @RunningMrJones)</p> <p style="text-align: center;"> I don't care how long you took I won't analyse your pace Maybe you took a selfie But I like your smiley face So what if you walked a bit Or stopped to take a wee Please run exactly how you want It will not bother me! </p> <p style="text-align: center;"> This is your run Run to please yourself Not to please others </p> <p>Welcome to each and every one of you and thank you for attending HRC AGM. Paula also welcomed Pete Ruhen, a previous running club member</p> <p>"Wow where has that year gone!!! Looking back at 2023 what a great year for HRC, so many achievements, accomplishments, accolades and changes too.</p> <p>Before I continue, I would like you all to pause and take a moment on the realisation on what goes on in front of the start line and more importantly behind the start line to make this club function. – YOUR CLUB COMMITTEE which includes OUR JUNIOR SECTION TOO.</p> <p>May I say it doesn't just function it PURRS like a well-oiled machine, like a finely tuned athlete with a steady unwavering heart beat on a Garmin forerunner (or any other available make of watch!!!)</p> <p>All of the Club Committee do this on a voluntarily basis alongside their main jobs and family life, they all do a remarkable work and I know, I as Chair appreciate each and every one of them individually and as a collective team.</p> <p>Please could you put your hands together for your CC & Junior Section of 2023.</p> <p>Well didn't 2023 shape up well for us,</p> <ul style="list-style-type: none"> • New Club members from the very successful C25km 2023, 60% conversion to club members. We have just finished another C25km cohort the biggest yet so we hope to invite new club members soon. None of this can be possible without the help you offer with the course - over 20 members have helped me this year – so thank you • Beast, Beauty, Ottery and Hippo super successful club events with a total of £5,854 Macmillan Charity • When a marathon is not long enough these days and the Peaks of Snowdon, the altitude of Nice and the Arc of Attrition come calling – not for the faint hearted!!! And we have all heard the phrase "the Views are worth the Climb" we have produced some amazing ULTRA RUNNERS in the year - Al, Tim, Gareth, Jake, Graig with others too and I am sure there will be many more in the future too. • Park run Tourist Pete Nichols who has run all park runs in the south west and is now widening his net!!! I also know lots of other club members have reached Park Run milestone and achievement. • Park run take over are also a fabulous social for the club showing our input in the local community. We do like a little bit of friendly rivalry with a Park Run Bake off too – and hats off to our resident bakers, Chia, Ash, Bernice and Nick. 	

	<ul style="list-style-type: none"> The club trip this year not only showed us how well we run our own events but it was a moment to shine with our new club kit too. Proudly worn by each member over all 3 distances. Just a huge shout out to my Wingwoman LOUISE who not only took charge but went above and beyond in her duties on that day, assisting our Esme who took an epic fall, Lou managed the situation in her super organised way covering all bases, sacrificing her fun for the welfare and assistance of another club member. Social running with the club has increased with Sunday groups heading out improving their distance and running ability, catching up - that precious hour away from it all is all part of what running is for our Christmas functions, knowledgeable DEFIB runs and informative food save initiatives of which the club invested in and donated £100 to this year. We have had immense success at so many of the races over the year and if you would like a trip down memory lane as reflection is always a good thing head over to the 2023 press release on the website that Judy writes seamlessly every week to look at what we as a club have achieved – it is quite the read. Which brings me to the clubs big project this year of which Judy and Louise have been heavily involved with the creation of a brand new website – we are so close – this will hopefully be a one stop shop for all membership, kit, race entries the works. As always we will keep you posted. <p>On that note let's crack on with all our evening and see what is in store from our treasurer and club captains. We will of course have refreshments and our long-awaited awards presentation too."</p>	
3	Treasurer/Membership Secretary - Jo Buxton	19:23
	<p>*Please find a separate document attached to your email with Jo's main presentation, 2023 year-end balance sheet and profit and loss for 2023 for your information.</p> <p>Please note subscriptions will increase slightly from 1st April (remembering there was no increase last year)</p> <p style="text-align: center;">Subscriptions this year 1st April – 31st March 2025 Standard member - £21 Family £50 Student £10 Associate £5 EA £19</p> <p>Please watch your inbox for renewal invites as Jo will send out emails from Love admin – From April – if you can make all payments though Love Admin that is great but if you are having real issues please just pay the club account and Jo will sort it all out, please give her time as “baby Buxton” is also due around this time. 😊</p>	
4	Captains Report/s – Judy Davey/Tim Wigram	19:30
	<p>Judy spoke on behalf of Tim and herself, report as below: “I'm not going to mention all of the races HRC members ran as that would be very boring and I would miss some out and upset people! I don't think this is the time to mention personal achievements as many of them will be recognised during the award presentations. However, lots of PB's were achieved and lots of members ran a race for the first time.</p> <p>Many members took part in parkruns; some local and some much further afield. We visited a few park runs en masse and had the odd takeover. HRC members took part in our own events including the Beast, the Beauty, Ottery 10k and Honiton Hippo. Some of the more local races members took part in included Axmouth Challenge, Beer Blazer, Umborne Ug, Westdown Wander, Exe to Axe and, of course,</p>	

	<p>the Grizzly and Cub yesterday where we had almost half of the club members crossing the finish line. Several HRC runners took on the East Devon Round Half with several signing up to run the whole thing this year.</p> <p>Further afield, we had a few runners in 2023's London Marathon and others taking part in races overseas.</p> <p>As well as the EDR, several members took part in ultra events and this included the localish Ham to Lyme 31 miler.</p> <p>The club trip to Salisbury was enjoyed by all (well maybe not Esme). This was very popular although I'm not sure we will be returning. At least the weather was good, enough said about their organisation! The organisation for HRC was excellent – thanks Paula.</p> <p>We had some great social events including a butty run, a bbq and lots of pub runs.</p> <p>Training sessions and club runs on Mondays and Wednesdays seemed to be well received and a huge thanks to everyone who organised a session or led a group at all. I'm in the process of organising runs for the next 3 months so please feel free to let me know if you can help organise a session.</p> <p>Can I just remind everyone who races to drop me an email, preferably with a photo so that I can send it to the press. If you want to write the actual report, even better! If you don't tell me about it, I probably won't know about it!</p> <p>Well done to everyone who has raced wearing club colours during 2023. You all did us proud!"</p>	
5	Juniors Report - Craig Purchase	19:34
	<p>Craig introduced himself and explained a little bit about his connection with the juniors as many members don't always cross his path.</p> <p>Currently there are x 38 juniors on the books at the moment. This is a big group with over 23/24 every week coming. Slightly down on last year – reasons being as they have lost a few as they have got older – some have gone onto harriers or moved on. 6 x old Honiton juniors were at England comp last week – great to see then and know we have had some input into this.</p> <p>The Juniors is about fun. Simon and Suzanne set it up and Craig hopes they are continuing to follow in their suit. It runs 6:30pm-7:30pm every Tuesday evening with a variety of training sessions with an element of fun always.</p> <p>We are here to encourage kids to come and have fun whilst enjoying running.</p> <p>As a club we have responsibility for encouraging our younger members to then grow into the adult side of the club.</p> <p>Simon and Suzanne have set up a great training base and we are keeping the sessions the same, timing, number of kids etc. We are there to support all age groups and all levels. Continuing with the Run Exe Series which is 4-5 races in Exeter in the Summertime.</p> <p>We have brought in improvements too with a termly newsletter and becoming more digital, letting parents know what is happening. There is a Whatsapp group for the parents. We have realised that the kids like to be signposted to other events going on – Tim and Alasdair have been promoting – Grizfest, Hippo, Dalwood 3 hills, Run Exe – they are all supported if they want to move into competing more.</p>	

	<p>Alasdair talked about Arranging Summer runs e.g. East Hill strips and that they are keen to close the gap with the older side (adults) and younger side of the club.</p> <p>He reported the following results from the Grizzly weekend: Grizfest -8 out of top 20 were from Honiton Juniors.</p> <p>1st up was the Junior Grizzly for ages 11 to 15 with a 4km course, with Imogen Clarke who 3rd girl overall and 5 Honiton runners in the top 10 and 8 in the top 20. (Aubrey Green 5th , George Hair 6 h , Yossi Maclure 7th , Hamish McKechnie 9th and Rafi Maclure 10th.) Aubrey and George were both 2nd in their respective age categories M15 and M13. Continuing the strong performances were Sam Twaddle in 12th , Oli Triner in 17th and Tommy Wright in 18th . Imogen Clarke was 23rd overall, but notably 3rd overall and 2nd in her age category. Faber Green was 27th with Emily Pepper coming in 3rd in her age category, 9th girl and 33rd overall. Incredible efforts all.</p> <p>Craig thanked the parent helpers – he expressed that without them they would not be able to run the club. Hugh thank you to all.</p> <p>Paula thanked Tim, Craig and Alasdair</p>	
6	Handicap Report – Katy Lancaster	19:40
	<p>Katys report as follows: The handicap continues to thrive. For the newbies amongst us, it is a timed 5K event where we start in reverse order of our expected finish time. So the slowest people get the biggest head start, and in theory, we all finish together. In practice, everyone runs quite randomly which gives them plenty of reason to challenge my careful calculations!! Not looking at anyone in particular, Richard Harvey!! We have a monthly winner and an annual trophy. The competition is friendly and the before and after banter is worth it in itself.</p> <p>So, let's look back at 2023. We had 159 entries by 46 different people. The highest number of participants was 28 in April (looking forward to a repeat next month) and the lowest was 8 in August. The overall winner for the year was Ash, who won no fewer than 4 races (Apr, Jun, Jul, Aug), and took a whopping 9mins28s off his first recorded time. Other winners for the year were Sam (Jan/Feb), Howard (Mar), Jonny (May), Helen (Sept), Steve G (Oct and Dec) and Chaimaa (Nov). On the back of his two victories, our runner up for the year was Steve G. Special mention to Jo Buxton for running all 12 races, including several whilst carrying a passenger!! Looking forward to your comeback already.</p> <p>Thank you to everyone for coming along, whether that's every month or once in a blue moon – it is always great to see you. We've also enjoyed having people come to run but not race, it adds to the atmosphere (and the banter!) Huge thanks to Donna for nearly always being there to help, to team Spiller for stepping in when I've forgotten yet another parents' evening, and also to Kate and Luke for their occasional assistance and excellent company.</p> <p>Finally, it's a great event for beginners and improvers. Don't be shy, come and join us in the park on Wednesday, or in Cotleigh for our first lap of the summer route next month!</p>	
7	Club Secretary – Louise Bennett – any questions/suggestions?	19:46
	<p>*Roger thanked all the Grizzly marshals' *Where they any opinions on the new meeting place at Lace Walk? Paula suggested safer, bigger, toilets etc – all agreed.</p>	
8	THANK YOU'S TO ALL – WINE GIVING AND PHOTOS	
	<p>*Paula asked for all the club committee to please accept a bottle of wine for a year of fantastic effort and support to the club. *Junior's assistance thanks – Tim/Alasdair will sort out and distribute the 11 bottles to be given to all helpers</p>	

	<p>*Judy would like to present one to Kevin Hawker for every Tuesday night speed sessions (Louise Bennett took this in Kevin's absence and will pass on), Judy would also like to give Roger, Ian and Donna a bottle of thanks.</p> <p>*Katy would like to give one to Donna, Si, Suzanne and Luke for their continued support always on the Handicap</p> <p>*Paula would like to give one to Helen for Grizzly training.</p>	
	“BREAK - Buffet refreshments”	
9	Committee Dissolved	
	Paula dissolved committee	20:33
10	AWARDS FOR THE YEAR OF 2023	
	<p>Awards were presented to individuals as named below:</p> <ul style="list-style-type: none"> • Handicap Winner – Ashleigh Dawkins – presented by Katy Lancaster • Handicap Runner Up – Steve George – presented by Katy Lancaster • Most Improved Runner – Chaimaa Dawkins – presented by Paula Ferris • X Country Award – Anna Drake – presented by Paula Ferris • Captains Trophy Male – Gareth Henwood – presented by Judy Davey • Captains Trophy Female – Becky Tydd – presented by Tim Wigram (Becky was unavailable so the award was given to her later) • Best Newcomer – Steve George – presented by Paula Ferris • Down to Earth – Rachel Hennessey - presented by Paula – a fun award for the most accidents! • Above and Beyond – Paula gave nominees of: Steve Page, Lou Bennett, Johnny Bennett, Donna Stone, Crag Purchase, Judy Davey, Howard Bidmead, Helen Williams, Handicap Crew, Sue Jones and Rogers Saunders – Donna Stone won this and was given her award by Paula. • Members member – Lou read out nominees of: Paula Ferris, Donna Stone, Lou Bennett, Judy Davey, Gareth Henwood, Anna Drake, Craig Purchase, Rebecca Stevens, Tim Wigram, Helen Williams, Pete Nichols, Richard Harvey and Jennie Sleeman – Paula Ferris Won this award and Lou Bennett presented her with this. • Chairman Award – Jennie Sleeman - presented by Paula Ferris • Lifetime achievement award – Ian Jeeves – Paula – Ian wasn't in attendance but Paula said how wonderful he was. Roger collected on Ian's behalf – he explained Ian has a wonderful system for his signage and one of those things that goes on in the background. <p>*Presentation speeches from Paula and Judy are attached to the email.</p>	
11	NEW COMMITTEE FOR 2024 ANNOUNCED	20:56
	<p>Louise announced that there was really no change to the committee from last year:</p> <ul style="list-style-type: none"> • Chair – Paula Ferris • Secretary- Louise Bennett • Treasurer – Jo Buxton • Membership Secretary – Jo Buxton • Club Captain – Female – Judy Davey • Club Captain – Male – Tim Wigram • Welfare Officers remain the same – Louise Bennett and Mark Dallyn • Juniors Rep – vacant but being continued by Tim, Craig and Alasdair at present. • Handicap Rep – Katy Lancaster • Committee Members –Gareth Henwood, Simon Spiller and Asilah Jerrald, We welcome new members of Nick Couch, Donna Stone, Simon Bates and Alasdair Moffett joining the team. 	

12		Any other business (AOB)	
		<p>Paula asked if any other business –</p> <p>Judys advised she had an area of AOB and would like to present Howard with a gift from all at HRC.</p> <p>*Please find Judys speech for Howard attached to this email for information should you wish to read.</p> <p>Judy presented Howard with his pretend microphone! And personalised wooden box enclosing some port. Howard was very touched and gave an acceptance speech.</p> <p>Paula presented Jo with Flowers and wished her good luck for when the new baby arrives.</p> <p>Lou then finally said a few words about Paula and her invaluable support towards the club and presented her with some flowers, card and a voucher from all at HRC for being the face of our club, the organiser, the support, a friend and generally superwoman to us all!</p>	
13		Chair Closes Meeting	21:08