



HONITON RUNNING CLUB

AGM Meeting - Wednesday 8th March – Honiton Golf Club

1	Attendance	
	x 45 Members attended – x 2 apologies	
2	Welcome to the AGM by Paula Ferris (Chairman)	AGM started 18:50
	<p>Paula's words: Welcome everyone for coming along this evening to your Annual General Meeting - My 1st AGM as Chair!! What a fantastic year we have had as a club, and I would like to thank you all for your continued support and representation of the club far and wide. The extra support and dedication behind the scenes could not have been possible if it had not been for your brilliant committee. I would also like to take this opportunity first and foremost to thank them all. PLEASE STAND Committee members.</p> <p>Every role within the committee is a volunteer role. We all have jobs, our own businesses, and families so we all appreciate the work you all put in behind the scenes to make the smooth, seamless running of the club. We are a proactive and reactive committee with a fast action 24/7 WhatsApp group!!! (it's like Batman's hotline for making decisions). This all helped in the smooth running of events that we hold like the Beast hippo Ottery and Beauty, so we can all enjoy the outcome.</p> <p>For me personally it has been a little nerve-racking but unbelievably exciting and 100% enjoyable. I enjoyed putting my L2 Coaching qualification into action, organizing The Grizzly training plan, and the very successful well attended Quantocks Club trip.</p> <p>A rollercoaster of a year professionally learning new roles and responsibility as your Chair and personally as a family. Being selected and receiving the runner up Club Leader of the Year and having the opportunity of mingling with so many running and athletic clubs in the southwest at the Volunteer awards which was rewarding and humbling in so many ways and such a highlight. Throughout the year I have asked quite a lot of you - I have to thank each and every club member, as no matter the task- big or small everyone has supported me. I was always told by my Mum that "You must ask nicely if you would like something done!!! And on that note I have to personally thank Lou my wingman (as I have asked a lots of!) not only on the trails, and every run we do but as club secretary you do an amazing job unbelievably efficient and super well organized.</p> <p>A huge welcome to all our new members in 2022 which started with a 60% joining rate from the very successful C25KM cohort. A massive thank you to my helpers and leaders for the course of which would not be possible without you. We have had a steady stream of new members throughout the year, which Jo will highlight in her membership report later this evening, and a massive thank you to our club captains Judy and Tim for integrating weekly runs which are accommodating for all.</p> <p>This encompasses our club friendly, welcoming approach and is testament to our ethos with people commenting and emailing from events we have held.</p> <p>Remember we need new blood not only to enhance the club and move forward but also to laugh at Howards jokes and enjoy his singing on club runs!</p> <p>Behind the scenes – As a club who affiliate to EA (England Athletics) we are governed by their Club Standards.</p>	

	<p>Louise attended a webinar towards the end of the year which highlighted areas where we as a club stand, and areas to improve on moving forward. Jo, Lou and I are working our way through the 7 main objectives which are:</p> <ul style="list-style-type: none"> • Clubs Constitution, • The committee • Grievance and disciplinary, • GDPR, • Inclusion and diversity, • Safeguarding and Health & Safety. <p>This is to ensure the club's governance and duty of care is of the highest level.</p> <p>We are bringing HRC forward with pace and ALL YOUR ideas are welcome, big, and small. This coming year we will be looking to update our website easy navigation, payment, and clothing orders from there too.</p> <p>Our social media coverage is growing and gaining traction and we will continue. Rachel at the helm of the Instagram ship.</p> <p>Gareth constantly updates the Facebook pages of our open and closed groups.</p> <p>Judy has her contacts in the paper that means people are finding where we are, what we do, and how they join our friendly welcoming club.</p> <p>This as well as good olde fashioned vocals from Hadleigh promoting very loudly running through Beer on Grizzly day shouting Honiton Running Club - Your best and friendliest running club in Devon!!!!</p> <p>CLUB KIT, we have teased you with the club buffs that Katy made happen which was perfect timing for the cold weather and now you can feel the excitement in the room as we unveil the new club vests and T shirts with a Winter and Summer design. Let's hope it sees us through the next 23 years!!!!!!!</p> <p>From Paper to Print it has taken 11 months. A conversation from Suzanne, (and seeing AVR's NEW KIT!!) a design competition was instigated - ideas and input from the whole club. As you can see from the inception of the original designs a winner was reached by the club committee. Maicey Bennett, a previous Junior runner, was the triumphant winner, and the Winter and Summer kit was produced.</p> <p>Thank you, Simon who has over seen the whole process, we do hope you are excited and proud to wear it as were behind the scenes (It has been quite hard keeping it from you) up until the Grand Reveal. Please try on some sizes later and then we will be taking orders moving forward.</p> <p>I am sure 2023 will be just as or even more exciting.</p> <p>Wine was given to C25K helpers for 2022.</p> <p>T-shirt's were laid out for members to try for size ahead of when they will be sold.</p>	
3	Treasurer/Membership Secretary - Jo Buxton	19:04
	<p>Jo thanked our following sponsors:</p> <ul style="list-style-type: none"> • Positive Enerje • Bradfords • Instep Devon • Combe Garden Centre • Synergi SW Ltd • Otter Nurseries • Curt Willis Motors • Sainsburys • LED • Mullins Trust • Ottery Computers 	

The clubs bank balances as below:

The club are still looking for a hub and that is primarily what the money is being saved for.

<u>BANK BALANCES</u>		
<u>Opening balances at 01/01/2022</u>		
Current account		£18,193.97
Deposit account		£2,936.68
Add float		£0.00
Subtract uncashed cheques		£0.00
	Total	£21,130.65
<u>Closing balances at 31/12/2022</u>		
Current account		£25,112.14
Deposit account		£3,012.12
Add float		£0.00
Subtract uncashed cheques		£0.00
	Total	£28,124.26
Increase (+) / decrease (-) in year		+£6,993.74

N.B. includes entries for Beast 2023 and new vest costs (delivered in 2023)

As a club we have raised and donated £6,222.81 for the year of 2022.

We currently have 97 members within the club (50 males and 47 females). Ranging from 16 to 60 +

66% of our members are EA registered, and Roger added at this point to note that over 50 members need to be affiliated to get the London Marathon Club place so nice to be encouraged.

Great news that as from 1st April prices our subscription prices will NOT increase.

Please find a separate document attached to your email with Jo's main presentation, 2022 year-end balance sheet and a summary of in the year activities.

4

Captains Report/s – Judy Davey/Tim Wigram

19:15

Judy/Tim's words:

2022 saw the return of many races that had been put on hold due to the pandemic and Honiton Running Club members were keen to get back on the racing scene. 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'm also not going to mention many personal achievements here as there are too many and some will be recognised when the awards and given out. However, it is inevitable that some will crop up. Lots of pbs were achieved and lots of members ran a race for the first time.

Many members took part in parkruns; some local and some much further afield. Pete Nichols does a parkrun nearly every week and he has recently completed all of the South West parkruns. I know his last one was in 2023 but worth noting as the majority of them were completed in 2022.

Seaton, Killerton and Cranbrook were probably the most popular for HRC runners and I actually managed one in Australia!

	<p>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, Exe to Axe and, of course, the Grizzly and Cub where we had approximately 50 members crossing the finish line. Several HRC runners took on the East Devon Round Half with several signing up to complete the other half this year. The Woodland Relays returned with HRC hosting at Escot and many members and junior members taking part with great results. Thanks, Tim Wigram, for doing the lion's share of the organisation for this. Another HRC event was the duathlon organised mainly by Roger Saunders and was as popular as ever.</p> <p>Further afield, we had a few runners in 2022's London Marathon and definitely worth mentioning was Esme Moffett's amazing effort of 3 hours 18. Matt Clarke and Hadleigh Davies also ran London achieving great times.</p> <p>As well as the EDR, several members took part in ultra events, and this included the localish Ham to Lyme 31 miler and Race the Tide which took Paula Ferris and Gareth Henwood along the South West Coast Path to Burgh Island. Alasdair Moffett and Tim Wigram travelled up to North Wales to take on the UK's first Alpine scale Ultra Marathon – the Ultra Trail Snowdonia 100km and 50km events. With the motto 'Beautiful beyond belief. Savage beyond reason.' the events were truly epic with both routes summiting Snowdonia twice. Alasdair ran the 100km course climbing 10 peaks and a staggering 6,600m in an amazing 22hrs 33 mins. Tim ran the 50km course climbing 5 peaks and an awesome 3,100m in 10hrs 8 mins. Becky Tydd ran 47 miles in the year of her 47th birthday taking part in The Lap in the Lake District.</p> <p>It's worth mentioning the new event, The Westdown Wander, which replaced Bicton Blister which saw several members trying out and enjoying. Drogo 10 is also another hugely popular event with HRC. The club trip to the Quantock Hills was very successful with 36 runners and supporters travelling up.</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 2022. You all did us proud!</p>	
5	Juniors Report– Simon Spiller	19:20
	<p>Simons words:</p> <p>Juniors is an excellent club and there are 50 children on the books. 35 active members coming regularly to the club. 14-15 coaches regularly helping which is needed. Runners range from 8 years old doing 25 min 5kms, 12 year olds doing 17 minute 5 kms, also slower paced learning new skills, enjoying, getting fit without knowing. The juniors membership is a great price of £36 a year. Si would like to thank all the helpers and wine will be given to all of them at the next club meeting. Working with the juniors is very rewarding. Tim and Alasdair have been taking some leading roles.</p> <p>Moving forwards – Si has lead for the last 5 years and would like to move on. Trying to work a way forward with Tim and Alasdair, anyone who wishes to help out please contact us. Even just one Tuesday evening once a month would be great. Very rewarding, the juniors reflect the club.</p> <p>Paula thanked Simon and re-iterated if any help can be offered please do so.</p>	

6	Handicap Report – Katy Lancaster	19:25
	<p>Katy's words:</p> <p>The handicap is a monthly 5K race where everyone sets off according to their start time. The slowest person starts first, the fastest starts last. Whoever crosses the line first is the winner, and recipient of the trophy.</p> <p>There is also an annual competition, where the person who has improved most over the year will score the least points and win a rather more impressive trophy. There's also a trophy for the runner up, what's not to love!</p> <p>The number of runners varies from a massive 25 who turned up to Cotleigh in April last year, down to just 10 hardy souls in Honiton in November. Around half of the entrants tend to be regulars, while other members dip in and out as it suits them, meaning we had a total of 41 members take part at some point last year.</p> <p>It can sometimes feel like the same person wins every month, but in fact I awarded the much sought-after trophy to no fewer than 8 different people last year. Helen and Nick both won 3 times each, then Kev, Tina, Esme, Hannah, Rebecca and Tim all kept the trophy warm for a month. Still no win for Queen of Consistency Judy Davey but she did come 2nd in July, so maybe this year's the year??</p> <p>It all sounds very competitive, but we have a good laugh and a good old chat while we're all hanging around in the cold. It's perfect for newer runners with lots of improving to do, so I'll look forward to seeing lots of our couch25K graduates in the near future!!</p> <p>All that remains to say is a huge thank you to everyone who helped (or offered to help!) over the last 12 months. It really is much appreciated. I have 'thank you' wine for Donna, Luke and Rachel. Loads of other people have helped but I think they are being thanked elsewhere in the proceedings! If I have forgotten anyone there is spare wine!</p> <p>2022 statistics Jan – Nick, 18 runners, 2 PBs Feb – Nick, 14 runners, 1 PB Mar – Nick, 14 runners, 4PBs, Helen joined Apr – Helen, 25 runners, 6 PBs May – Kev, Helen 2nd, 22 runners, 5 PBs Jun – Tina, Helen 2nd, 19 runners, 4 PBs Jul – Helen, 17 runners, 3PBs Aug – Helen, 18 runners, 1PB Sep – Esme, 17 runners + Bobby, 7 PBs Oct – Hannah, 11 runners, 0 PBs Nov – Rebecca, 10 runners, 0 PBs Dec – Tim, 13 runners, 3 PBs</p>	
	Additional note	
	After Katy's report Paula presented Kathy Layzell with a bottle of wine and she was thanked for helping the slower paced runners groups.	
7	Club Secretary – Louise Bennett – any questions/suggestions?	
	<p>Howard Bidmead– Are we having a different charity this year? Any suggestions?</p> <p>Paula, Jo, and Judy confirmed that Steve Davey is running for Devon Air Ambulance this year and its likely more will be given to the food bank but we will continue as we have done in previous years.</p>	

	<p>Alasdair Moffett – advised that if you are a qualified LiRF, then you can attend a fell/trail running course which is taking place on 20th May 2023 locally at Umborne Village Hall. There is a cost of £120. You will also then need to complete an outside first aid course to be granted the full qualification but maybe of some interest to our qualified leaders.</p> <p>Following on from Alasdair’s suggestion, Paula then advised that the club will fund LiRF leaders should anyone be interested and please contact us for further details.</p> <p>She also explained we are still striving for a hub and if anyone knows of anywhere please get in touch.</p> <p>Keith Oldfield asked what sort of premises are we looking for – Paula confirmed somewhere with parking, storage of trophies, a noticeboard, undercover, something not huge in rent, winter based, Honiton RFC has been looked at but wasn’t right. We don’t need it all the time.</p>	
8	Committee Dissolved	
	Paula dissolved committee	19:35
9	Refreshment and break	
	Buffet refreshments provided	20:15
10	AWARDS FOR THE YEAR OF 2022	
	<ul style="list-style-type: none"> • Handicap Winner – Helen Williams – presented by Katy Lancaster • Handicap Runner Up – Steve Davey – presented by Katy Lancaster • Most Improved Runner – Simon Bates – presented by Paula Ferris • X Country Award – Becky Tydd – presented by Paula Ferris • Captains Trophy Male – Tim Wigram – presented by Judy Davey • Captains Trophy Female – Rebecca Stevens – presented to Tim Pepper in Rebecca’s absence by Tim Wigram • Best Newcomer (New for 2022!) – Helen Williams – presented by Paula Ferris • Extra Mile – Steve Davey - presented by Paula Ferris • Down to Earth – Howard Bidmead - presented by Judy Davey – a fun award for the most accidents! Johnny Bennett was runner up but that was not all running related accidents! • Above and Beyond – Paula gave nominees of: Asilah Jerrald, Paula Ferris, Simon and Suzanne Spiller and Luke Holway The decision was made – and Paula presented the award to Simon and Suzanne Spiller for their dedication to the junior’s club. • Members member – Lou read out nominees of: Helen Williams, Tim Wigram, Louise Bennett, Johnny Bennett, Judy Davey, Paula Ferris, Jennie Sleeman, Howard Bidmead, Kathy Layzell, Roger Saunders, Katy Lancaster and Tina Duckitt The most votes went to Paula Ferris - Louise presented to Paula and also thanked her for all her work as chair. • Chairman Award – Ceri Oak - presented by Paula Ferris <p>*Please find a separate document attached to your email showing Paula’s and Judy’s words of why each award was given.*</p>	

11		NEW COMMITTEE FOR 2023 ANNOUNCED	
		<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 – Louise Bennett and Mark Dallyn • Juniors Rep – vacant but being continued by Si, Tim, and Alasdair at present. • Handicap Rep – Katy Lancaster • Committee Members – Howard Bidmead, Gareth Henwood, Kate Harding, Simon Spiller and Asilah Jerrald 	
12		Any other business (AOB)	
		<ul style="list-style-type: none"> • We are the only ones who do a Parkrun takeover and it is well noticed and the Grizzly weekend went down so well • Grizzly places we had 63 places and 50 finished in 2022 so this year we were allocated 50 places but only 38-39 finishers – if you go for the grizzly place if the ballot comes out – needs commitment as that reflects on the following years places given as we think maybe we would only be given 3-39 places next year. • Judy thanked all run leaders and to all who come forward with new runs and lead in different areas. Anyone wishing to lead or organise some summer routes please contact Judy. • One more thank you from the club to Si and Suzanne and their work over the last 5 years with the juniors – A tree and champagne were presented by Tim Wigram and Tim had a couple quotes from one of the juniors and a parent too: <i>“It’s much more fun than running with mum!”</i> <i>“They have created something really special an inclusive club, we really enjoyed what they put into the run exe series”</i> Tim also said a few words on behalf of all the coaches and junior runners – thank you. 	
13		Chair Closes Meeting	
			20:48