



Annual General Meeting Minutes
2 March 2011

Opening:

The Annual General Meeting (AGM) of the Honiton Running Club was held at The Lodge on 2 March 2011

1. Apologies for Absence

- Apologies were received from Nick Bradley-Carter, Marion Broom, Jackie Costello, Kevin Croucher, Sarah Dean, Simon Hall, Pete Lyus and Laura Pyle.

2. Minutes of the AGM 2010

- The minutes of the previous AGM were agreed and signed.

3. Chairman's Report

John welcomed everyone to the AGM and opened by naming the last year as interesting. It had included lots of running, but for others also included walking, triathlons, trips abroad, a first time half-marathon and marathon, social events and even a book group.

There have been lots of challenges at all levels and we are a club for all abilities:

- Faster runners group on Fridays – a bit hit and miss but still providing a useful opportunity for faster runners to run together
- Tried to have better awareness of slower runners and include a variety of options on club runs
- Tuesday/Thursday group – Mickie took on the encouragement of a group of runners who were not getting what they were looking for from other club nights
- New Beginners Group started since the new year which is going very well and we now have something to offer beginners or those wanting to get back into running.
- Marathon and Long Run training has been going well and has been very valuable in giving companionship and support for those long lonely runs.

Competitive runners v. non-competitive is still something we need to grapple with. We have competitive runners who train to fulfil their potential and we need to encourage this group and provide proper training opportunities for them. The Woodland relays show that we do not have the depth of faster runners that our nearest neighbours have and I would like to see this side of the club grow in strength. I would not want potential fast members to join neighbouring clubs because Honiton does not offer enough of a challenge to their abilities.

At the same time there are those who wouldn't call themselves competitive but who still want to set themselves new goals like a first half-marathon or first marathon. There is no doubt that these runners expend just as much effort, time and dedication as their faster club mates, and we must make sure that these goal-setters and achievers get the recognition and encouragement that they deserve.

Do we provide what members want? The survey last year suggested that mostly "Yes" is the answer and where there were things to improve we have tried to do so.

A new event is planned for this year – a two lap 10K based on Cotleigh. This is to provide a 5K and a 10K event together to see if this provides a useful opportunity for new runners to take part in a race without having to go a full 10K. We are just dipping our toe in the water to see what happens with this.

Personal thanks were given to:

- The Committee in general for support and running the admin of the club, and to Gary in particular for continuing to deal with the chore of doing the minutes.
- Sponsors – Richard Harris at To and Fro, Nick Thorpe and Bruce Strawbridge. Also to the Mullin's Trust for a grant.
- Judy – for her role as secretary, doing all the race reports, the coaching programme, including ongoing commitment to the Juniors, and her heavy involvement in the club during a difficult year with their move to Offwell.
- Warren – taking on role of Club Captain with great commitment. He has dealt with the organisation of team events, helped to organise the Festival of Sport, taken part in the coaching programme with both the adults and the Juniors plus generally has got involved in the running of the club.
- Roger for meticulous care of the accounts and for organising Pub Runs & the Woodland Relay.
- Kevin for encouraging the faster runners of the club despite difficulties of shift working.
- Mickie acting as liaison/leader of a group of ladies on Tuesday and Thursday.
- Jo Lowman, Paul Lowman and Ian for Race for Life and Jo and Ian for looking after the beginners/slower runners
- Juniors coaches not already mentioned, Richard for so ably leading the Juniors, Tracey for her ongoing commitment and enthusiasm for coaching both Juniors and Seniors and Fran for continuing to travel in to coach the Juniors and also for helping me with the Beauty and The Beast.
- Nikki and Ali for serving the club so well as social secretaries.

Finally a big thank you to you all for helping to make Honiton Running Club such a friendly, adventurous, often exciting and always an interesting group to belong to.

4. Secretary's Report

- **Affiliations**

The Club did not renew affiliation to ARC for various reasons including it was not using it and that EA is governing body of our sport, coaching system, juniors and ClubMark.

The Area Network did not materialise but we continue to have good ties with, AVR, Chard and Crewkerne Clubs.

Membership – 14 members either left the area or did not renew their membership but there were 16 new members. A basic core of about 80 members.

- **Coaching & Training programmes**

We believe that this is a necessary part of a running club and benefits all runners.

- Half Marathon pyramids (Thanks given to Nick for organising these).
- Continued Wednesday coaching programme this winter with good support. Visits from flying coach Viv Matthew were well received. (Thanks to Judy, Jo, Warren and Tracey).
- Louise Sanders gained her Run In England level 1 coaching qualification and will be looking to get involved with it after the London Marathon
- Race For Life Training. (Thanks to Jo and Paul Lowman, the assistance from Ian J and the involvement from Nick BC).
- Marathon Training

- **Members competing in Running Events**

50 events recorded of which 21 Multi-terrain, 6 were 5K, 10 were 10K, 7 Half Marathons and 3 Marathons.

57 members were recorded as taking part in at least one event, with a total of 313 entries. This is an average of about 6.2 members per event.

This was sharp decline on participation in races in 2009/10 when there were 569 entries in 56 events, an average of 10 members per event. This is a reduction of 45% in member participation in events in 2010. E.g. a certain J Burgess previously did 28 events, but only 18 in the last year.

Only 10 events with 10 or more HRC runners compared with 23 events in the previous year.

Members also took part in relays, The Woodland Relays (20 members), The East Devon Way Relay (8 members) and The Parrett Trail Relay (6 members).

- **The Club tried to improve communication**

More events were put on the calendar.

Regular Club Updates have been sent by John.

Putting events on Facebook following the creation of a Honiton Running Club Facebook Group.

- **Club Events**

- Blackdown Beast, 1st running in 2010
 - Sport Relief, very successful and great effort by the club. It raised over £7,505, including direct donations to the Charity, with about 400 people taking part.
 - Other charity support came from our marathon runners who raised money for Citizen's Advice.
 - Hippo, the 2nd running with 154 entries plus over 60 in the Hippo Calf, an overall increase on debut in 2009.
 - Blackdown Beauty, again a well attended and popular event.
 - Woodland Relays with great success, Honiton Ladies getting a team trophy and the Juniors also winning.
 - Honiton Festival of Sport. (Thanks to Warren for this initiative). A first try at co-operation with the cycling club in a Duathlon. Well received by those who took part.
 - No HoniTen for a variety of reasons including safety concerns, low uptake with runners in other local events and members already committed in many directions.
 - Provided help for The Grizzly and The Feniton Frolic
- **Social Activities**
 - Met Office visit - Roger
 - Thornhayes Nursery – Pat & Kevin
 - Breakfast Run – Sarah & Rod
 - BBQ – Jerry & Maggie
 - Fireworks Party – Richard & Pippa
 - Very successful Christmas Dinner – Ali and Nikki
 - Pub Runs - Roger
- **Other Events**
 - 3 Peaks Challenge, Involved 20 members of the club with most filling many weekends with many miles of training walks together with some mid-week training too. A tremendous commitment and great achievement for all involved. Many people involved but Nick the driving force.
 - Yorkshire 3 peaks, Paul's initiative. Another arduous trek and another very successful achievement.
 - Luberon Trip, 19 members swanned off to the South of France supposedly to run the Luberon Half Marathon and 10K. They all survived a very hot run but many were much better drinkers than runners.

5. Treasurer's Report

- **Membership**

In 2010/11 we had 95 paid up members compared to 91 last year.

- **Accounts**

- Gained £1,680 over the year, but owe the Sports Centre several hundred pounds due to late invoices.
- Total funds in bank at 1 January 2011 was £7,282 (last year £5,602).
- Hippo, Beat and Beauty races all make a profit.
- Juniors make a profit.
- Subsidise coaching courses.
- Accounts verified by accountant.
- Full accounts available on request.

- **Charity**

- Status of the club is a Community Amateur Sports Club Scheme.
- Donations have been made
 - ✓ £420 – Citizens Advice Bureau (London Marathon)
 - ✓ £1,186 – Sports Relief (Local Collection)
 - ✓ £55.82 – Blackdown Hills Trust (Beast/Beauty)

- **Sponsors**

- £300 from Mullins Trust.
- £100 from Nick Thorpe Motors (Hippo 2010)
- £100 from Strawbridge Transport (Hippo 2011)
- To & Fro subsidised transport

- **Contributions for Services**

- £350 from Ave Valley for Grizzly help.
- £50 from Feniton Fun Day for help.

- **Future Subriptions due 1 April 2011**

- EA same as last year at £5 (optional).
- HRC subs same as last year at £15 (Full Adult Membership).

6. **Juniors' Report**

The Honiton RC Junior Section is now into its 4th full year and continues to thrive.

- Continued to be sponsored by To and Fro (Thank You Richard)

- **Membership and Coaching**

Male	23	Year 11	2	Year 8	5
Female	21	Year 10	6	Year 7	18
		Year 9	4	Year 6	8

- The current membership is 47 almost evenly split between boys and girls.
- 13 members left the club last year but 17 joined Since September.
- There are currently four level 2 coaches and two level 1 coaches involved with the club with 4 usually being present on any one night.

- **Programme continues much as last year**

The weekly programme is devised to improve the members' endurance, running skills and speed.

We have monthly control sessions as a measurement of progress. In the summer we have a mini Olympics every month with each member doing 3 events. In the darker months we do a 10 minute playground run and measure distance covered. The Exeter 3K series is also a good way of measuring progress.

We had an end of Summer Term prize giving and barbecue where we presented 17 awards and thanked our sponsors. We held an end of Winter Term Christmas grub and fun evening.

- **Races and Other Events and Achievements**

HRC Juniors in the last year took part in:

- 5 Races – e.g. Hippo Calf, Reindeer Run etc
- The Exeter 3K Series at Exeter arena – 4 sessions.

- **Challenges continue as before**

- Keeping and challenging older members.
- Finding a way to bridge the gap between The Juniors and the Main Club
- Building up junior running in the East Devon area in the absence of track facilities and with competition from other sports.
- Loss of cooperation with AVR and Sidmouth because of low support for events and changes in leadership means that interclub competitions have ceased for the moment.

Thanks were given by Richard to the ongoing commitment of coaches with mentions to Judy Davey, Tracey Strawbridge, Fran Bond, and Warren Oak

7. Proposed Rule change for approval

A proposed rule change to rule 4 of the club rules was accepted to clarify the roles and members of the committee. See appendix for old rule and new rule. The full club rules are available on request.

8. Dissolution of the Committee for 2010-2011

Gerry Evans and Simon Hall have stood down from the committee and the Social Secretary partnership of Alison Guest and Nikki Gigg has also withdrawn.

9. Nominations / Elections of the Committee for 2011-2012

- All current Committee positions were maintained with Mickie filling the role of Social Secretary with assistance from Club Captain Warren.
- The old committee was re-elected with the welcome addition of Bruce Strawbridge.

10. Set date of First Meeting of the Committee

- The first meeting was arranged for Thursday 7th April 2011.

11. Any Other Business

- No other Business was raised.

12. Club Awards 2009-2010

- Chairman's "Good Egg" Richard Harvey
- Captains Trophies
- Male: Steve Boyes
 - Also mentioned: Paul Davey (Cardiff Half Marathon).
- Female: Ceri Oak
 - Also mentioned: Fran Bond (London Marathon).
- Most Improved Runner Tom Dunn
 - Also mentioned: Olivia Higginson and Claire Melbourne
- Points Trophy Winner Nick Bradley-Carter
- Points Trophy Runner-up Bruce Strawbridge
- Handicap Trophy Winner Nick Bradley-Carter
- Handicap Trophy Runner-up Steve Davey
- Cross Country Trophy Bruce Strawbridge
- Club Member of the Year Ian Jeeves

Adjournment:

The meeting was closed at 21.15 by John Burgess.

Minutes submitted by: Gary Enticott

Provisionally Approved by: John Burgess

Appendix

Change to rule 4

Rule 4 Management

Old Rule

The Management of the Club is vested in a “club management committee” consisting of a President, officers i.e. Chairman, Treasurer, Secretary, Club Captain and other members; all to be elected annually. Additionally, the “club management committee” shall include a secretary to the juniors section (Junior’s secretary) also elected by members.

The Junior’s secretary will have responsibility for the day to day administration of the juniors section and report to the “club management committee” at the bi-monthly meetings.

A minimum of two Committee officers and three ordinary committee members are required to be in attendance to form a quorum at committee meetings. The Committee has the power to fill any vacancy which may arise.

New Rule

The Management of the Club is vested in the club management committee. This shall consist of the officers of the club and ordinary members.

The officers of the club are: Chairperson, Secretary, Treasurer, Club Captain,

The ordinary members to consist of:

- a representative of the Junior club, who will normally be the Juniors’ captain or Juniors’ secretary.
- the social secretary
- 4 other members

All officers and ordinary members to be elected annually and Full Members of the club may stand for any of the positions.

A minimum of two committee officers and three other committee members are required to be in attendance to form a quorum at committee meetings. The Committee has the power to fill any vacancy which may arise.

The President of the club is a honorary position and he/she will be invited to take the role by agreement of the committee. The President will receive invitations to committee meetings as a non-voting member and to all formal activities of the club.

The Junior Section of the club will be operated to Clubmark standards by the Juniors’ Captain, the Juniors’ Secretary and any coaches who are involved with the Junior Section .

The Juniors’ Captain will be responsible for leading the Junior Section, producing a coaching programme and encouraging junior runners to take part in appropriate events. The Juniors’ secretary will have responsibility for the day to day administration of the Junior Section. The club chairperson will receive an invitation to planning meetings of Junior Section. These meetings will be properly minuted and the minutes made available to the club management committee. The representative of the Junior Section will report to the club management committee at committee meetings. The club management committee will have overall responsibility for the Junior Section.