

## Minutes of the AGM for Almost Athletes, 17 May 2023

### 1. Agenda

Mitch outlined the agenda items, adding some detail to the following main items:

- Approve the prior AGM's minutes
- Undertake an annual review of the club's activities
- Accept the accounts for the year ending 31st March 2023
- Elect the members of the committee
- A discussion session on Inspiration, lead by Dave McGrath and involving members
- Our Annual Awards

### 2. Apologies

Apologies were received and accepted from the following: Fiona Barnes, Matt Barnes, Bill Jones, Rachel O'Bryan, Michael Grant, Jeanette Gullick, Richard Knightley, Jason Hulance, Michelle Balchin, Wendy Haskins and Dave Elliot.

### 3. Approval of the Minutes of the AGM Held 16 September 2021

Approval of the prior AGM minutes was proposed by Ceinwen Davies and seconded by Janine Bennett.

### 4. Chair's Report

Mitch's presented his Chair's Report and Annual Review:

It's so good to be back to a full year of normality since the last AGM. I've now been chair for 18 months and I can honestly say that I've really enjoyed being chair of this wonderful running club. It really is such a privilege to do it.

Shortly after the last AGM I had the pleasure of presenting the donations to our agreed charities at the last AGM. Firstly, I presented a £500 cheque to CASS and Friends at my tennis club where they were having an event. They support young athletes with financial and coaching support. I have also had the pleasure of meeting many of the athletes by attending some of their events which I was invited to. They are very impressive and grounded young athletes. Some of them who are under 14 run off into the distance at parkrun. And after that I presented another £500 cheque to Cheltenham Open Door who support vulnerable disadvantaged and lonely people. I also visited their site to see what support they provide. Both organisations were so grateful.

It's been great to have had a full year again of runner of the month awards so that we can recognise the achievements of our runners on an ongoing basis. It's often been quite difficult for the committee to decide who the winner is each month as so many of you are doing such phenomenal things with your running which is truly inspirational to me and other members of the club. And this evening will culminate in the runner of the year awards later this evening, for which you have been voting online for this year.

The many achievements of our members have also kept our race report writers busy as they call out these achievements on a weekly basis and get you in the echo. I would really think to thank the wonderful team of regular race report writers of Claire, Alison, Dave, Francis, Nicole and Natalie. As I've said before in a couple of posts and emails we good really do with some more race report writers to spread the load more and ensure we always have someone available every week. I know we all really enjoy reading their race reports.

The Cross Country season was very well supported last year by our members and a massive thank you to Dave, Patricia and Mike for organising us all and drumming up the support. This year we really pushed the boat out with a pop up tent that is so large that the CLC striders were very envious when they saw it. The race in Pittville this year was disappointingly not muddy this year and my new pair of spikes were not the best choice of footwear although they did make it easier to get back out of the stream the 3 times! We had one county champion at the end of the season so congratulations to Ingrid Harris who achieved that in her age category. Cross country is fabulous fun....if you haven't tried it give it a go next season.

Both the Bugatti 10k and the Linda Franks race were a big success again this year although the 30c temperature at the Bugatti 10k made the race even more challenging! A huge thank you goes to Phil Jeyes, whose hard work again as race director ensured they were successful. Although I have noticed a trend where he seems to be delegating more to me on the day! He keeps saying he's busy which of course he is. Phil has been Race Director for many years and we are truly grateful for that particularly as he does it so well. I would also like to thank all of our volunteers at both events who help make it happen as you are all amazing too!

Our road and off road race series were well attended this year with some great competition in some of the age categories. A big thank you again to Steven Adams who organises the 2 series so well selecting the races and updating the points so quickly after each race. Congratulations must go to Katie Coleman for being first female in both series and Shaun Carr and Mike Kennedy for being first male in the off road and road series respectively. I really recommend getting involved if you haven't done so in the past. It's great fun competing against others in your age category and there are always lots of familiar faces at the events. I enjoyed taking part last year as I got to run lots of road races that I had never done before.

I thoroughly enjoyed organising the handicap race series last year which as always was closely fought with Jim Trowbridge winning the series as he pretty much managed to improve his time each race, which is exactly the way to win! This year's series started this week with a great turnout in the first race. Come and talk to me later if you haven't entered yet and want to. It's such a great concept where you are chasing all the runners slower than you and wondering if the faster runners will get you! It's even more fun watching it as the handicap unwinds each lap. And literally anyone can win!

I'd really like to thank all our coaches (James, Michael, Dave, Fi and Matt) who regularly deliver the club sessions each week to help you improve your running and also our growing population of LiRFs who ensure that we can offer a pace and distance to suit everyone on the social Wednesday club runs. I'd particularly like to thank Dave for managing those evenings. And also our mental health champions (Kevin, Sam and Katie) who continue to arrange some run and talk sessions where we have had a suitable venue on a Wednesday evening to do that.

Finally I'd like to thank the hard working committee. Some of what the committee does isn't visible to you but the club is still being recognised by England Athletics as meeting all 7 of their Club standards, which means the club is set up and running well for the benefit and safety of its members. We found out this year that less than 20 out of more than 1000 clubs in the whole country meet these standards! That puts us in the top 2% which is something to be very

proud of. I'd particularly like to recognise the work of Steve Taylor who last year delivered new club kit which has been very well received by the members and also for a range of excellent social events over the year, such as the Christmas party, quiz night, skittle night to name a few. In addition, I'd like to thank Kevin Beamish has been working on a new improved and up to date website which will be going live shortly.

So to conclude we have clearly remained a strong, enthusiastic, hugely supportive and inclusive club and we can be proud of that. And we all play a part in that not just the committee! So thank you to all of you for making this such a great running club!

I will now hand over to Ela for the Treasurer's report and a presentation of the accounts.

## 5. Treasurer's Report

The Accounts for the year ending 31 March 2023 have been made available, with several copies passed around on the evening. During the year we had a total revenue of £20,847 and an expenditure of £18,045. Cash at bank increased £7,738 to £10,540

The accounts confirmed that we are in a better financial position than last year and we expect some expense savings next year of almost £1,000 as we have moved out of Big Yellow Storage and are storing our race kit and other items in my back room at home now.

Approval of the Accounts was proposed by Claire Cook and seconded by Claire Hawes.

**Subscription fees:** Last year the fee for first claim membership was £30 and £14 for second claim membership. This year our fee to England Athletics has risen again by £1 from £16 to £17 but it was proposed to hold the subscription fees at the current level given our current favourable financial position with the prospect of reduced costs next year and other cost of living pressures on our members.

Approval was proposed by Natalie Greening and seconded Lewis Jones.

## 6. Charity Nominations

Mitch explained that:

As in previous years, we would like to use some of our surplus funds to support charities, either based locally or which benefit people locally. I think this is a wonderful thing for the club to do each year. This year we have 3 nominations.

The first charity is nominated by myself and is Sue Ryder, a local charity who support people who are living with a terminal illness, a neurological condition or who have lost someone. They are there when it matters. Many of us will have had support from them or know people who have. Now you will recall that at the Linda Franks race this year we asked all the runners to donate to Sue Ryder in return for cakes and drinks after the run in memory of Marty Ward, one of our members who suddenly passed away late last year. We raised an amazing £706 from all the runners who took part. The committee would like to add to that amount from the club's funds when we make the donation.

The second charity was nominated by Michelle Bachin and is Emily's Gift. This is a new children's cancer charity founded under the umbrella of The Pied Piper Trust by Julie Kent MBE. Their mission is to raise £500k by March 2024 to finance the employment of a specialist

psychologist with expertise in the care of children and young people with cancer. The money raised will fund the psychologist for 10 years at the Emily Kent Unit at Gloucestershire Royal Hospital and will support children, siblings and parents. This feels like a wonderful cause to support.

The third charity was nominated by Dave McGrath. Dave has proposed that we make a donation to Prostate Cancer UK. Their aim is to improve the care and welfare of those affected by prostate cancer, increase investment in research and raise public and political awareness of the disease. As we know some of our club members have been affected by this disease or have had family members who have been.

Approval of our intended charitable donations was proposed by Dunc Mansour and seconded by James Clay.

## Election of the Committee

Sadly, Dave Elliot has decided after many years on the committee to stand down but Mitch expressed his hope that he will still continue to provide his much-appreciated help on the website, when needed. Our thanks to Dave.

We have 2 committee members who have now stood for longer than 4 years and the constitution suggests that they should stand down for a year. The constitution also allows us to waive that if that is agreed at the AGM. This applies to Fi Barnes who is one of our welfare officers as well as one of our coaches. And Steve Adams who organises, amongst other things, our road and off road race series. We would like both to remain on the committee.

I've also had one person come forward from my request for some new committee members - Amy Broomhall.

Amy's addition was nominated by Mitch and seconded by Ela.

So the full nominated committee up to 31 March 2024 was proposed as of as follows:

**Chair:** Peter Mitchener (Mitch)

**Secretary:** Kevin Beamish

**Treasurer:** Elzbieta Antosiewicz

**Membership Secretary:** Michelle Balchin

**Welfare Officers:** Fiona Barnes

Dave McGrath

Steve Adams

Penny Lewis

Steve Taylor

Amy Broomhall

## 7. AOB

NTR

## 8. Members' Inspiring Reflections

Dave McGrath led a discussion session with several members commenting on their own achievements and/or things that might encourage others in their running endeavours.

Contributions were made by many, including (and apologies to anyone omitted):

James Clay  
Dave Garnett  
Des Beer  
Mark Willicott

Kim Lewington  
Corrine Cooper  
Rachael Nolan

Dan McGovern  
Cheryl Rodham  
Sandra Stuart

Highlights included James completing 100 Parkrun *venues* and a Parkrun alphabet on a recent birthday, Ali Carter (not present) performing many Parkruns in alphabetical order in fancy dress; Kim creating her own group with particular focus on helping people with couch-to-5k, Sandra, Des and Dave spoke about completing events – mostly marathons - in major overseas cities. Mark has completed the Comrades ultramarathon (89km) in South Africa, with others including Ollie Nolan intending to do it. Rachael advocated the benefits of “Jeffing” (mixing running with walking) for runners who are just starting out running or trying to return to fitness.

## 9. Awards and Medals

Before we starting with the AGM awards Mitch had some medals to present. Many of our runners win medals in the Gloucestershire AAA road races and last week we had 6 runners win county medals at the **Bourton 1 mile event**. Two of those medal were presented on the evening – both for the **FV45 age category**:

Vicky Kennedy won the gold medal and Cheryl Rodham the silver medal.

**Runner of the Year:** Mitch presented as follows:

The nominations came from all the runners of the month from April 2022 to March 2023. This year voting has been underway online in advance of the meeting to make it easier for everyone to vote and allow us to get the trophies engraved in advance. And it's been fascinating watching the votes come in as they pop into a spreadsheet. This year I've asked last year's winners to present the awards which is Amy Sheer and Dave McGrath and they don't know who has won yet.

Female Runner of the year top 3 in voting: Des Beer, Jeanette Gullick and Patricia Dendy  
Winner of Female Runner of the Year: **Patricia Dendy**

Male Runner of the year top 3 in voting: Steve Axford, Jeffrey Tibbles and Richard Knightley  
Winner of Male Runner of the Year: **Richard Knightley**

Patricia was presented with her award by Amy on the evening, as planned. Unfortunately Richard could not be there but Dave presented him his award the next evening at a club training session.

**Cross Country Captains Team Member of the Season.** This award is the Cross Country Captains' team member of the season 22/23. The winner has been chosen for his enthusiasm and commitment during the season. This is someone who fully embodies the spirit that it's the

taking part that matters rather than your finishing position. He's also pretty good at applying war paint to the face of his fellow runners like me!

Awarded to: **Jason Hulance**.

Unfortunately Jason has also got work commitments this evening so we will get this award to him.

The remaining awards were decided by the committee having taken nominations from committee members and all our coaches at the club.

**Douglas Waymark Memorial Trophy:** This is for volunteer support to the club. Doug was a member of the club who we tragically lost whilst he was undertaking one of his challenges.

The nominations were for: Dave McGrath, Michael Grant and Steve Taylor, all of whom have provided excellent and long-standing volunteer support to the club either as coaches or very active committee members.

Awarded to: **Michael Grant**

We were delighted that Lola, Doug's partner, was there to present the award, had Michael been able to attend:

**Rich Walklate Trophy:** This is for support to the club plus commitment to their own running. Rich is another member who we tragically lost some years ago.

The nominations were for: Jeanette Gullick, Katie Coleman and Matt Barnes, all of whom provide support to the club in different ways as a LiRF, mental health champion and a coach. And all 3 have been very strong and successful runners recently.

Awarded to: **Jeanette Gullick**

As Jeanette could not be there, Janine Bennett, a friend of Rich who was a Cheltenham parkrun core team member with him, will present this award to Jeanette another time.

**Dedicated Runner of the Year:** This a fairly new award, proposed by Penny Lewis, and introduced last year. It is for putting in sustained effort to improve this someone's sustained effort to improve their running standard from their current level.

The nominations for this award were Vicki James, Dan Magovern and Jeffrey Tibbles, all of whom are very worthy nominations for very different reasons. Vicki has shown real perseverance determination and commitment to overcome a very serious injury and is now running really well. Dan has had a life long battle to overcome his disability. And Jeffrey always puts in an impressive level of effort in his training and races.

Awarded to: **Dan Magovern**.

Dan's success in this award perhaps got the biggest cheer of the evening! In the last year Dan made great strives to improve his own running standards and has pushed himself to run much further than he has ever done before. He has really taken on board the advice and help others from the club have offered him.

**Life memberships:** This year we have decided not to award any new Life memberships of the Club. These are given to members for their commitment and dedication to the club over a prolonged period. I'm sure we will award more of these in future years adding to the 22 Life members we already have.

The meeting closed at just before 9pm