

Harpenden Arrows AGM Feb 2022



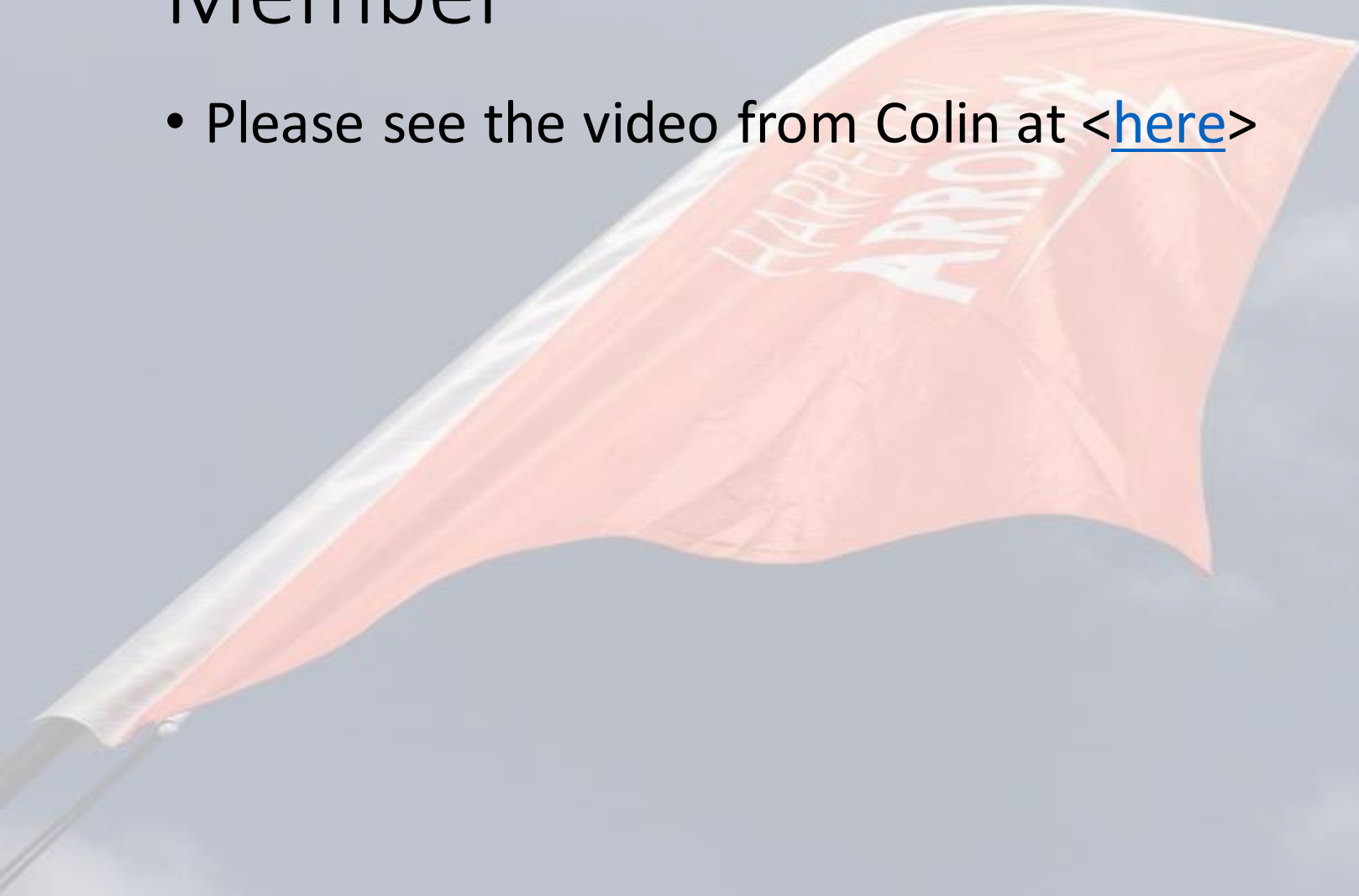
Housekeeping

- Please remain on mute during the call



Message from our President and Founding Member

- Please see the video from Colin at <[here](#)>



Chair Opening

Graham Harper:

Good evening everyone and welcome to our Annual General Meeting – the second one that we have held ‘virtually’. You will appreciate that the logistics of trying to arrange a ‘physical’ AGM as we’ve done previously were difficult, against a backdrop of variable rules and restrictions and very high infection rates. (Maybe next year we’ll be back to normal). Thank you for giving up a little bit of your time to ‘attend’ and engage with the club – it’s really appreciated. As we have lots of people on the call, please can I ask you to keep your microphones muted unless you are speaking. Thank you!

It is amazing to think what the club has become after the dream of a Harpenden running club was first kindled by three people almost 15 years ago. Colin Wareham, member number 1 and club President can’t be with us tonight but has recorded a short message for us which (hopefully) we will now be able to play for you. Thank you Colin.

The rest of tonight’s meeting will be following roughly the same agenda as we would normally. and I’ve asked all the speakers to try to keep their sections short and sweet. We do have a few items to vote on which we will be doing online – we’ll explain how that works later. I should point out that for couples who are both members, each of you will need to be on a separate device be able to use their individual vote.

Once again it has been a very challenging year for the club but when you look back at what has happened this year I am once again struck by so many positive things - the way the members of the club have supported each other and how we have operated and grown as a club thanks in no small part to many of you who have helped to make things happen. You might be surprised at just how much we have done as a club – more later.

This coming year we are all doing as much as we can to try to get things ‘back to normal’ as much as we can whilst still staying safe and we’ll be telling you more about various things throughout the meeting. However, as I always say this is your club and ultimately as we are all volunteers, the more people who are prepared to get involved, the more we can do.

I want to say a big thank you to everyone – committee members, run leaders and all the members who have done something, anything to support the club this year and helped to keep our running community together and indeed expand it, during 2021.

As some of you know I took over as Chair from Colin 5 years ago and I feel that it is time now for me to step aside too and ask somebody else to take the reins. It has been a busy and sometimes challenging role, particularly over the last two years and I just wanted to thank everyone who has supported me. My intention is to step back from a lot of the things I currently do and over the course of the next year offer my assistance to my successor and the rest of the committee as they come up to speed in their various positions. Thanks again everyone for your support.

We are now going to move down the agenda to the election of committee members. In a moment I’m going to hand over to our club Secretary Lisa who will lead us through the elections, but first, as well as thanking Colin for the amazing amount of work that he has done for the club over so many years, I also wanted to thank Chas and Alison Andrews and Alex James who stood down during the year for all their time on the committee and their support of the club. I’m sure you’ll want to join with me in thanking them all for their time.

Agenda

- A message from our founding member, Colin Wareham
- Chair Opening
- Elections
- Review of the year
 - Membership Report
 - Treasurer Report
 - Run Groups & Welfare Report
 - Captains' Report
- Plans for 2022
- Members Q&A
- Awards
- Closing Remarks

Elections



Elections

- Club Treasurer - Helen Harper



Elections

- Committee Member - Anita White



Elections

- Committee Member - Djerk Geurts



Re-elections

- Membership Secretary - Lyndon Hearn



Re-elections

- Committee Member - Simon Speirs



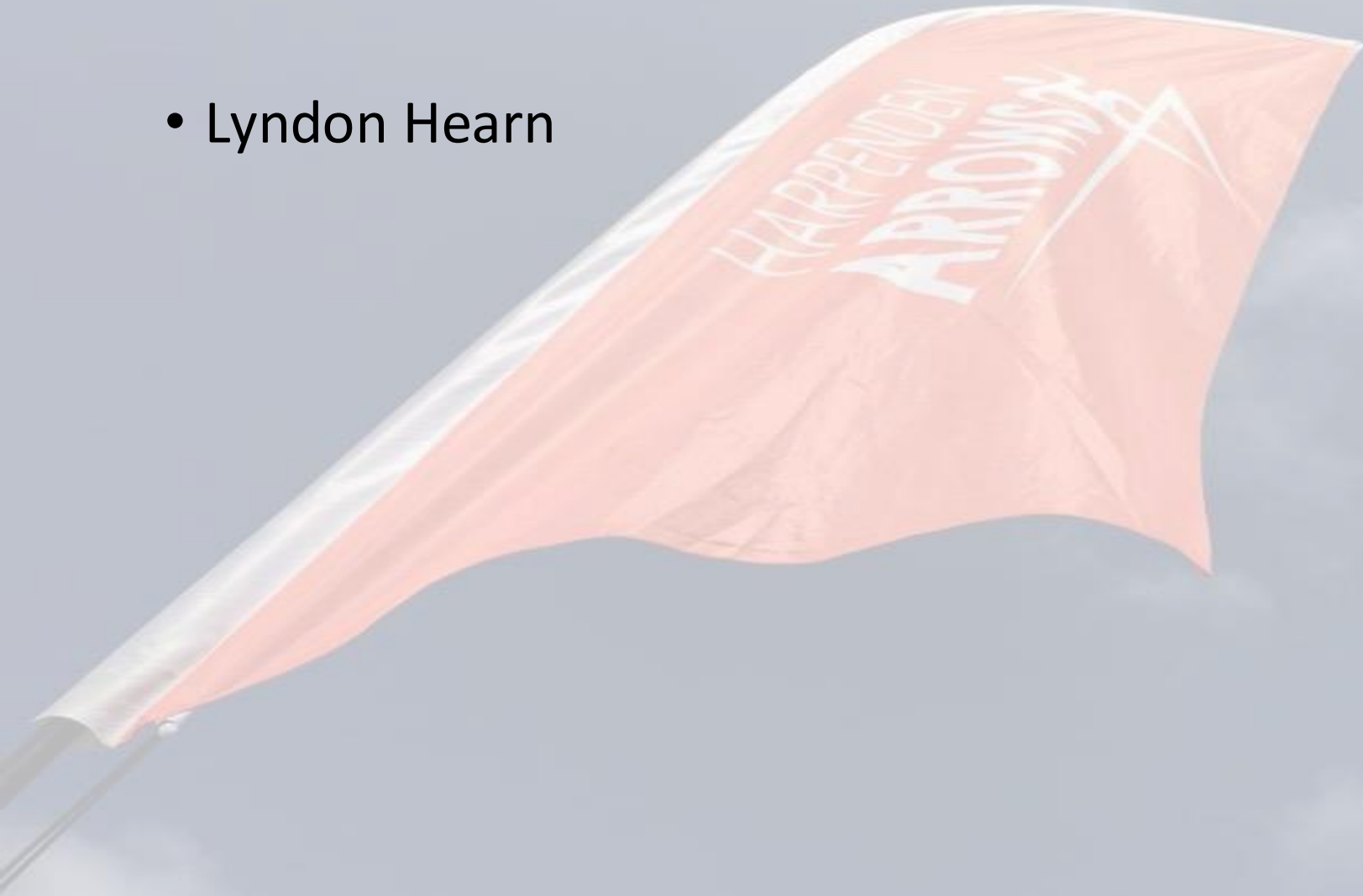
Appointment

- Chair - Simon Speirs



Membership Report

- Lyndon Hearn



A recovered membership base after a unique year in 2021

Jan-20

Members

without EA	58
with EA	169
Total paid-up	227

Jan-21

Members

without EA	41
with EA	129
Total paid-up	170

Jan-22

Renewals

without EA	36
with EA	127

New joiners (incl transfers)

without EA	32
with EA	18

Beginner Group Graduates

without EA	48
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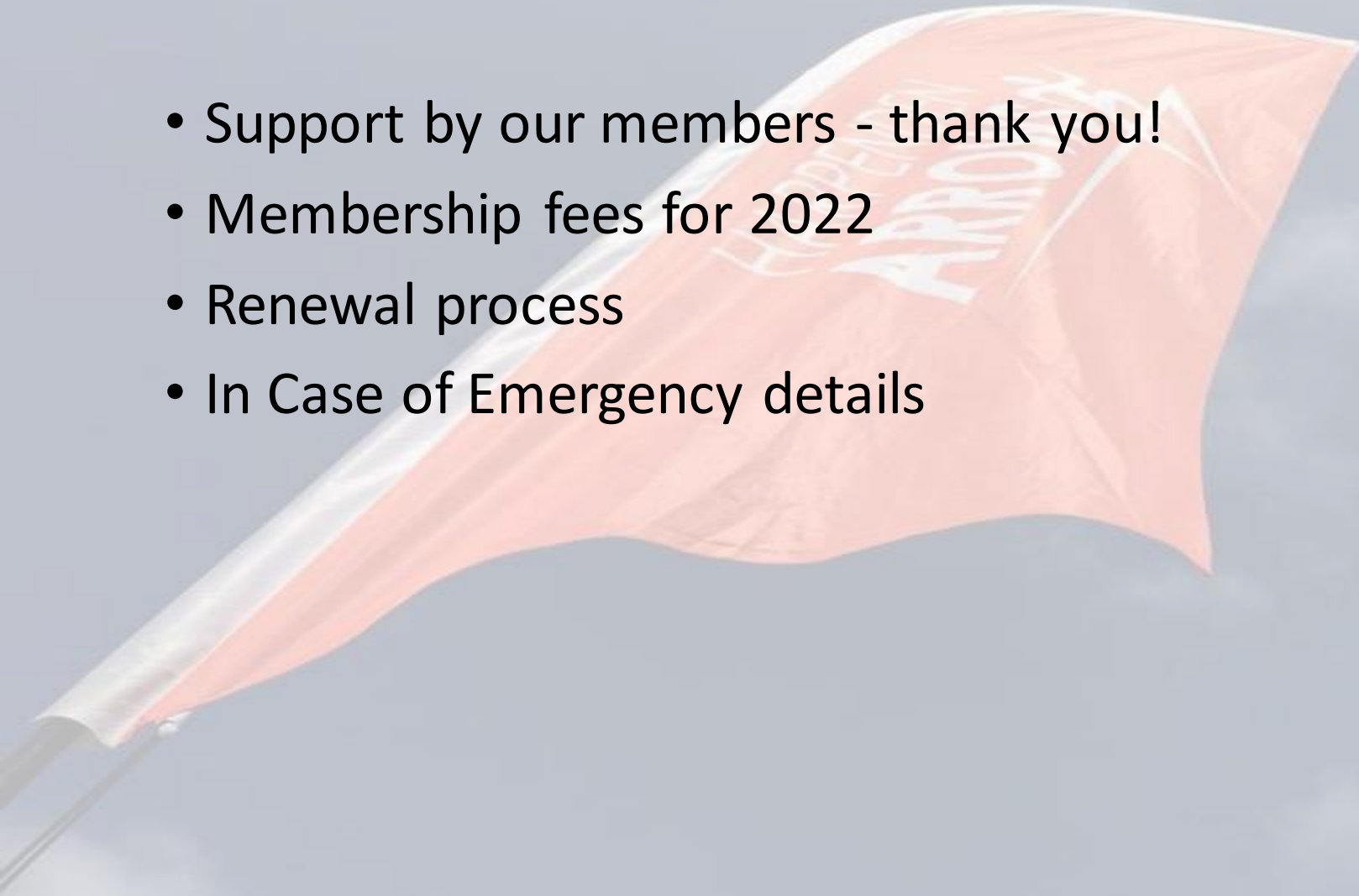
Total

without	116
with	145
total	261



Other Membership points

- Support by our members - thank you!
- Membership fees for 2022
- Renewal process
- In Case of Emergency details



Treasurer Report

- Helen Harper



Income as at 31 December 2021

	2021			2020
	Actual £	Budget £	Variance £	Actual £
INCOME & EXPENDITURE				
INCOME				
Member subscriptions inc. EA	5,649	4,381	1,268	4,304
Beginners course	550	250	300	125
Sundry income	75	0	75	0
Surplus/(loss) on AGM and awards evening	0	0	0	-185
TOTAL INCOME	6,624	4,631	1,643	4,244

Expenditure as at 31 December 2021

EXPENDITURE	2021			2020
	Actual £	Budget £	Variance £	Actual £
<u>Core club costs</u>				
Venue hire	-340	-940	600	-230
Race fees & running events	-203	-636	433	-150
Club affiliation fees	-150	-228	78	-228
	-693	-1,804	1,111	-608
<u>Additional member benefits</u>				
Track nights	-372	-315	-57	0
Trophies and medals	-93	-500	407	-493
Speakers	0	-500	500	-180
Training	-590	-500	-90	-140
	-1,055	-1,815	760	-813
<u>Administrative and other costs</u>				
IT and website	-141	-385	244	-82
Donations	-50	-150	100	-50
Stationery, equipmnt, sundry and contingency	-83	-250	167	0
	-274	-785	511	-132
TOTAL EXPENDITURE	-2,022	-4,404	2,382	-1,553
SURPLUS/(DEFICIT)	4,252	227	4,025	2,691

Balance sheet as at 31 December 2021

	2021			2020
	Actual	Budget	Variance	Actual
	£	£	£	£
BALANCE SHEET				
ASSETS & LIABILITIES				
Stock	985	850	135	850
Cash at bank	14,091	10,152	3,939	9,328
Prepayments and other debtors	472	15	457	55
Creditors/Accruals	-140	-15	-125	-15
Deferred income	-2,006	-1,625	-381	-1,068
	13,402	9,377	4,025	9,150
RESERVES				
Opening members reserves	9,150			6,459
Suprlus/(loss) for the period	4,252			2,691
Closing members reserves	13,402	9,377	4,025	9,150

Run Groups & Welfare Report

- Aly Northedge



Run Groups 2021 Stats

- **52 different kinds of session over the year**, from the ever-popular Fun 5km, Walk on Wednesday, speed, hills, distance runs, trail runs, road 10km, track sessions, the Rudolph Run and the MWRRL virtual events.
- **299 members run group sessions** lead by our amazing run leaders team
- **14 track sessions** held at Stockwood Park - more than any other year
- **Over 1,700 unique bookings** on our runs
- **An additional 20 beginners course sessions** over two courses
- **5 new LiRF-qualified run leaders** and **1 new CiRF-qualified coach** all leading our regular runs and club sessions

Return to St George's

- After 18 months without a regular clubhouse we restarted our meetings at St George's School in the Autumn.
- The shift from meeting around Harpenden at different places and times to a regular Tuesday and Thursday slot at St George's was well received by many members, but it hasn't suited all.
- We continue to support members who are meeting elsewhere to run at different times to our main club sessions. Whilst we encourage this and will always try and accommodate a variety of sessions where we can, we also need to balance this with re-establishing our sense of club community and having a regular venue to meet at plays a part in this.
- Meeting indoors at St George's was initially welcomed, but we have since chosen to revert to meet outdoors in response to changes in the prevalence of Covid.
- We are hoping to return to making full use of the facilities at St George's including the return of our Club 5km handicap and kit & cake nights in the near-future - **but these need volunteers to organise and run**

Welfare - 2021

- Despite starting 2021 with another lockdown, plus changes in government and EA restrictions over the year, we have managed to safely operate as a club, thanks to the diligence of all our members and run leaders in observing our policies and procedures.
- Using RunTogether has enabled us to quickly notify our members on the handful of occasions that we've had Covid cases identified to us.
- Our ability to respond quickly and accurately has enabled us to ensure our members are safe, operate within EA and government requirements, as well as informing members discretely and quickly when required.
- But we acknowledge that the booking process feels restrictive and some members would like to see a return to a more spontaneous mode of operation.
- We're expecting to reintroduce more flexibility in 2022 as restrictions ease, but will retain some aspects of our current procedures in order to meet EA requirements.

Captains' Report

From Simon Speirs & Lisa Munt

A retrospective look at what the club has been involved with (beyond structured runs/training already covered):

- Thanks to all who have contributed to the club in anyway to help runners run, enjoy themselves and improve!
- MWRRL was virtual – reasonably well attended
- Cross-Country restarted – but not as well attended as previous seasons – unsure why?
- Captains Slog – recommendation to retire – but would like to have something in some form
- Thanks again to:
 - Aly & Run Leaders
 - Steve Bowran
 - Jillian, Graham, Liz, Jayne, Mark & Elaine
 - Anyone pushing event attendance – like Team Green (Issy & Steve)

Plans for 2022

Social	<ul style="list-style-type: none">• 2020 to present has been a bit on the quiet side.• 2022 Awards evening 21st April and hopefully return to normal.
Run Groups	<ul style="list-style-type: none">• Usual & regular sessions will continue from St George's and other locations around Harpenden• Different meeting times if there is demand - please let us know what you would like from our club• More spontaneity with club socialising and flexibility with run groups
Track	<ul style="list-style-type: none">• Regular structured training sessions, every fortnight at Stockwood Park throughout 2022• 1-2-1 training and coaching for members that are interested• Specific sessions on run technique, drills and skills, if there is demand
Run Leaders	<ul style="list-style-type: none">• We are actively looking for more run leaders to join our core team• The club can pay for LiRF qualifications for those interested in regular run leading
Welfare	<ul style="list-style-type: none">• Safeguarding training for all run leaders and club helpers• Adaptation of our club procedures to ensure we meet EA requirements
Kit	<ul style="list-style-type: none">• New kit supplier planned with online shop: members can order direct. Increased range of items with club logos including: buffs, hi-viz tops, and quilted jackets
Beginners Courses	<ul style="list-style-type: none">• Hope to run next course in Autumn• A few have put in a lot of effort - but run leaders and helpers always in demand!

Awards for 2022

- **The Arrows Rocket Award** - For the speedy ones! 1 mile, 5k, 5 miles. 75% WAVA - Organised virtual events accepted too.
- **Club Performance Standards** - WAVA based Standards Performance Awards from 'Club' (55%) to 'Platinum' (80%). Based on increasing WAVA scores, distances and number of events.
- **Distance Challenges** - Distance collectors awards. Choose one from the traditional 'Full House', 'Ultra Level' or one of the 'Annual Totals' awards from 500 to 2,500.
- **Club League** – will be restarting in March. An opportunity to compete against your fellow Arrows in a range of nominated races throughout the rest of the year.

Proposed Constitution change

4. Application of Surplus Funds

4.1 The Club is a non-profit-distributing organisation. All surpluses will **primarily** be used to maintain or improve the Club's facilities and in furtherance of the Club's objects. Surpluses may be distributed to support other community amateur sports clubs for athletics or running, to UKA for use in community-related athletics initiatives, **or to a charitable organisation nominated from time to time by the management committee and approved by the membership.**

On winding-up or dissolution of the Club, surplus funds would also be distributed according to these guidelines.

Vote by the members to accept or reject the proposed change.

Q&A



Q&A

Questions - about historical club activities & processes

- Does the Club have any specific plans to encourage runners back to the Tuesday and Thursday evenings now that the Covid restrictions are being dropped? - Ed Rhodes
- When will we be able to turn up to Club evenings and just run (ie. without using apps etc)? - Ed Rhodes
- I'd like to suggest we resume club social events including the club 5k handicap without delay - Isabel Green

Q&A

Other questions

- I'd also like to ask if we are considering a club away marathon this year (maybe we could do Isle of Wight?) - Isabel Green
- It would be nice to see better participation at the mid week league and cross country events. Could we ask other clubs how they encourage this and ask members what would help motivate them to participate more? - Isabel Green

Awards 2021

- Graham Harper



Awards 2021

- Fun 500



Awards 2021

- Rocket Award



Awards 2021

- Lockdown Levels 1-5



Awards 2021

- Distance Awards - Full House, Ultra, Mileage



Awards 2021

- Improver
- Members' Award
- Newcomer
- Rising Star
- Outstanding Achievement



Chair's Closing Remarks

Full script as provided by Simon

Thanks for not rejecting my nomination! I suppose my candidacy was generated from 2 factors: sympathy and necessity.

Sympathy for Graham as he's done more than his fair share of work for the club through the years and completed 5 years as Chair versus the 3 he said he'd do it for.

Necessity as no-one else eligible came forward.

I wouldn't have come forward to plug the gap though, without the wonderful committee. I thank for all their efforts over the past year and in anticipation of the efforts to come over the coming year. Just a quick recognition to Lyndon who's taken a very active support role in greasing the wheels this year with the ever-increasing membership as well as helping out tonight. Sorry for not mentioning everyone who's been helping – it is appreciated.

I am concerned, however, that some of our efforts on the committee are not sustainable in the long term and we will, as a club, have to look at some of the things that we are doing or want to achieve. For instance, we no longer have Club Captains as no-one came forward for either of the roles, but some of the things that they have been doing will still have to be done – but now with fewer volunteers. So regretfully, we may have to consider new approaches or drop some ideas without finding more helping hands. We do need help across a variety of things like the Club 5k, cake night (if it returns) and the Away Marathon as further examples.

I'm optimistic that we'll find a way to get things done just as we are trying to do with the kit organisation. You don't have to be on the committee to help out – we know it's not everyone's cup of tea. On that note – very much hoping the remainder of 2022 goes without similar bumps in the road to what we've been through in the past few years and hope that I can adequately fill the shoes left by Colin and Graham.

Harpenden Arrows AGM Feb 2022

- Thank you for attending!

