

Minutes of Harpenden Arrows AGM Bennetts – 9th Feb 2019 – 7pm

Chair's Welcome – Graham Harper - Chair

Welcome to the AGM marking the end of our 11th year as a club. I can't really begin to talk about the year without first saying a final farewell to one of our members – Norman Whitwood – who passed away in October. Norman was an inspiration and a good friend to many of us and he will be missed but not forgotten.

The club **IS** the members and I'm very pleased that more people are getting involved in lots of ways. The club is *managed* by the committee and I am extremely grateful for everyone who has served the club in that way – and I want to say a special thankyou to Louise, Louisa, John and Steve who are stepping down this year.

Many of you also help in all sorts of other ways too. People bring cake, stand on cold street corners marshalling for our club 5k or spend hours inputting and analysing data for our various awards. Most importantly though you all turn up on a Tuesday or a Thursday and just run - and - support each other all the way. That is the essence of the Arrows – long let it continue.

Last year we introduced a rota so that people could sign up to lead run groups or speed or hill sessions etc. I would encourage people to put their names in the frame for that. We are getting a *little* better at this but we often still end up searching around for leaders at the last minute. Typically that means that the same few people as ever end up leading runs most of the time. We do still desperately need people to come forward and lead runs and training sessions particularly for 'other' groups – i.e. not the groups you would put yourself in. Thankyou to those people who do already regularly lead / organise sessions.

Our achievements as a club including everything from 5k parkruns to Ultra Marathons are too numerous to mention but we continue to share our achievements and successes at all levels. Well done to all our runners who hit their own personal targets last year – whatever they were.

Actually – in response to member feedback – we've introduced some new activities this year in support of shorter distances than 5k and as you'll find out later we will be celebrating some 'Rocket' award winners, along with club standards and league results. Looks like we'll this new award is here to stay now as many of you seemed to appreciate it.

We are also planning some guest speakers for 2019 – the Mara sessions are always good and we have also agreed to continue with some more track sessions which have been popular so far.

Overall We must be doing something right – our membership numbers continue to rise and Harpenden Arrows has a great reputation as a friendly club whilst still performing well in the various leagues and local events. Thank you for your continued support.

So once again welcome to the AGM and Awards night and I hope you enjoy the evening that Stephen in particular has worked so hard to put together.

Membership Report – Graham Harper on behalf of Steve Hoskins

In Steve's absence I'm pleased to report that 2018/19 we have so far achieved a membership count of 212 members including 7 'returners' from previous years. The number is slightly skewed by about 4 or 5 because of the shift in our renewal date but is still our highest ever (195 last year). The male / female split was again just over 60 /40 and we have members from their teens through to their 70's.

In 2017 only 55 members were EA affiliated which rather cramped our style as we began to look at entry into things like National championships. We are now at 123 EA runners – just about 60%. As you will have seen Steve Bowran has been busy 'encouraging' people to get involved and we've done pretty well!

For 2019 / 20 we will hold our "value for money" membership fee at just £20 per year. Renewal will fall due on the 1st April 2019 and you will receive notification on how to pay in due course.

Thank you – in advance - for renewing promptly and please carry on recommending Harpenden Arrows to your friends and colleagues.

And I'd now like to hand over to Louise who is going to tell us what to expect in 2019.

The Year Ahead – 2019 Louise Crosby – Committee Member

This year we decided we did not need a separate development sub-committee because all committee members are involved and have ideas. We continue to welcome input from members, however, and it has been great to see people starting new things and supporting the committee.

So what is happening this year?

We will continue to encourage members to participate in the summer **Midweek Road Race League** and the winter **Cross Country League**. These events are paid for by the club, so all you have to do is turn up and have fun, ... and cake. These are all about teamwork and it's been fantastic to see so many new faces giving it a try – don't forget we have Royston tomorrow.

This year, for the first time, we are hosting one of the **Midweek races**. It is on the 22nd May and Spiers will need lots of volunteers, so please sign up on the event on facebook.

We will of course continue our monthly **5k handicap race** which works well on a Tuesday combined with kit and cake night. Thanks to Richard for hosting and being so efficient with the results. Also to Jillian for helping us to 'Marie Kondo' our running kit cupboards by recycling old kit – another opportunity will be coming up.

We have two schemes in place to recognise members' achievements and these will be continuing:

- The **Club Standards** which are age related - do check out your WAVAs in race results, you may be surprised.
As mentioned, we introduced the **Rocket Award** for those who are super speedy over shorter distances, and we will be continuing with it this year.
- The **Club League** which is based on actual times for Road and Trail events. The winners of the 2018 League will be announced this evening and the list of events for 2019 have now

been published and we will endeavour to provide monthly results this year. We are also continuing to promote the Volunteering League to encourage members to give something back.

I would particularly like to thank Riana for helping with entering race results and Scott for extracting the parkrun results – these are both very time consuming and much appreciated.

We also plan to host our successful **Invitational 5k** again this summer where we invite local clubs to join us for a timed run round Rothamsted and then enjoy cake afterwards. I shall be calling for volunteers nearer the time, and always appreciate the massive support you give this.

We are also supporting the **Oval Run and the Herts 10k** and again, it is fantastic how many of you help with these.

Our **Away Event** this year is in the beautiful city of Budapest, where you have the choice of marathon, marathon relay, 30k. So far over 20 Arrows have signed up and another 10 or so are planning to, so it should be a fabulous weekend. Do join us, these events are great fun and you make lots of new friends.

Before Christmas, Aly started organising **Track nights** at Stockwood Park and they seem to be very popular, so we plan to continue them certainly until the evenings get lighter. Thank you Aly.

Thanks also to Steve Bowran who is organising participation in **national and regional events**. We have already put teams in cross country events and I'm sure Steve will welcome more joining in.

We plan to continue with the **Run and Talk** evenings in support of mental health, thank you to Jillian for organising those. But even if it is not a special evening, there are still people you can talk to as both Jillian and Andy are Mental Health Champions and there is nothing stopping others undergoing the training.

You may have also seen Stephen and Simon running together (and leaving a lot of us behind). A few other people are undergoing **guided running training** so that they can support them, speak to Stephen if you are interested too.

As Graham said, we had a great session in the summer with **Mara Yamauchi** coming to coach us, and we plan to invite her back again this year. Let us know if you have ideas for other special sessions.

Talking of new ideas...

The committee has lots of ideas for ways to take the club forward and these were discussed in detail over several strategy meetings early last year, when we tried to work out the resource and financial requirements and prioritise them. These ranged from couch to 5k courses, admitting 16-18 year olds, hosting our own proper event, being more involved in mental health initiatives, kit purchase such as group shelters and so on.

As I said at the last AGM, it is important that if we start something new, we have the people available to do it properly. For example, a beginners' group needs people who can come for 8-10 weeks to run the course and then leaders to ensure support and progression afterwards. Similarly, hosting an event requires time and effort and sometimes the committee members just don't have the time to fit it round the day job.

However, as Graham has said, the key constraint we face is with availability of Run Leaders on club nights. It has been fantastic to see new people coming forward particularly for hill and speed sessions, but it tends to be the same faces and, if the M25 or Thameslink are broken or something crops up, it can leave us scrabbling around for leaders on the night which clearly wouldn't work for something like a beginners' group. Our first priority therefore has to be to sort out club nights, so, if you can help lead runs, please let us know, it's not difficult and we'll show you what's involved.

Lastly I would just like to say what a pleasure it has been to stand on the committee for the last 7 years (well most of the time) and although I am stepping down, I plan to continue to handle the League and the Invitational 5k.

Presentation of Accounts – Louisa Thompson – Treasurer

Louisa presented the clubs Financial Accounts which are shown below as appendix 1

Election of New committee members, re-election of Colin and Simon – Michael Hessey – Club Sec

Colin and Simon were re-elected unopposed

Chair – Q and A – none received from Members.

Chair's closing address

I'd like to thank you for attending the AGM and participating in the business of running the club.

We've heard from Louise and Jillian about some of the plans and aspirations the club has to deliver in 2019 but as I said at the start of this meeting, the club IS the members so we are totally reliant on you the members getting involved and supporting the clubs activities in a variety of ways.

Do please consider getting involved in whatever way you can.

If you have suggestions for improvements or changes please do let us know – we don't need an AGM for that. With your help we will try to deliver as many of them as are feasible.

I'd like to welcome our new committee member and I hope you the members will extend to him the support which you have shown me and the rest of the committee over the past year.

I'd like to thank all the committee members who are standing down for their efforts whilst serving. (Flowers were presented.)

And in addition I'd like to offer our thanks to Stephen and Rhona for organising social events throughout the year and in particular for this evening – and invite you all to shortly rejoin our guests in the main room for the Awards evening.

Thank you all for coming. Have a great evening and a successful running year in 2019.

Graham closed the meeting at 7:30 pm and handed over to Stephen McKee who had organised the social part of the evening, and for the awards.

Harpenden Arrows Running Club
Income and Expenditure Report for the year ended 31 December 2018

Income	£	£	Notes
Membership subscriptions	5,780		
Less EA subscriptions	(1,837)		
		3,943	1
Club kit sales - income	1,175		
cost of sales	(1,162)	13	2
		3,956	
Total income		3,956	
 Expenditure			
Venue rental		1,000	3
Coaching fees		364	4
Race fees and running events		327	
Club affiliations, including EA		0	
IT & website		356	
Club running equipment and medals		400	
Running Equipment		551	
Social Events		386	5
Stationery and sundry		330	6

Total expenditure	<u>3,713</u>
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Net surplus for the year	<u>243</u>
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Notes

- 1 Net subscriptions increased by 9%.
 - 2 Kit stock at the year-end valued at £1,275.
 - 3 As used for club nights at St George's.
 - 4 Mara Yamauchi came and gave a training session & Athlete in Mind came to talk to us.
 - 5 Total receipts of £2,006 and expenses of £2,391.
 - 6 The sundry amount includes £50 for CPR training and £125 for the Verulam Junior parkrun donation.
 - 7 Cash at bank and in hand at 31 December 2018 was £3,854
 - 8 The cash at bank includes £1,035 of prepaid membership and EA fees for 2019. As the membership year end is 31st March 2019.
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