

Harpenden Arrows – AGM 3rd Feb 2018

Minutes of Meeting held at Harpenden British Legion

The meeting started at 7:00 pm

1. Chairman's welcome – Graham Harper

Welcome to the AGM marking the end of our 10th anniversary year and what a year we've had. I just want to spend a few minutes thinking about how 2017 went.

I said last year, being only the 2nd ever Chair of the committee, Colin would be a tough act to follow. I'm very grateful to the committee members for their assistance this year but mainly I want to thank all of you – the members – for making Harpenden Arrows such an amazing club. Hopefully our continued growth and success means I haven't messed things up too badly.

We've shared each other's successes and failures, dreams and aspirations through blood, sweat and tears, mud and cake. We've shared some great times on regular run sessions, at 5k handicaps, the invitational 5k, the cross country and league fixtures, the away marathon weekend and the mud and the rain at Thunder-run. We had a 10th birthday party and lots of 'post race' pub meetings. People have volunteered to marshal, to bake cakes and sit in front of computer screens for hours entering race data. As the club grows we are going to ask members more and more to get involved with supporting our activities on a regular basis. 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 all those of you who have already started delivering speed and hill sessions etc.

And finally I think we've started to understand 'looping' which gives the faster people the opportunity for a harder workout while supporting the less speedy people. Well – most of the time.

Every year I seem to say that we've run further, faster and in more events than the year before and yet again its true. Our members have travelled the world and run everything from Parkruns to ultras, in tropical conditions through to sub zero wastelands. We've run 5 and 10ks, halves and marathons and the achievements are too many to mention.

But the club is not just about top times and extremes of distance and speed. Great as it is to achieve a victory or a placing in a competition its just as important that we continue to support and celebrate our members achievements at whatever level – maybe just running regularly at the club.

It was interesting to note that sometimes the social runs are THE most enjoyable. Someone said to me about our 'Christmas Lights' run... do you know what – that was the greatest run I've had all year. So much fun.

We asked you the members for any questions you'd like the committee to answer at the AGM and I'm pleased to report we received 5 responses. Most of the topics raised will be covered off in the Development report from Louise shortly, but I'd like to answer one question now.

Question: In order to ensure a throughput of fresh ideas to the club would the committee consider it appropriate that committee members only serve a maximum

number if year's e.g. 2 prior to re election?

Answer. Yes absolutely. As laid out in our constitution committee members can only serve a maximum of 3 years before seeking re-election. Over the 10 years we have existed we've checked and we've had at least 15 changes on the committee, including 3 tonight.

So once again welcome to the AGM and I hope you enjoy the evening that Simon in particular has worked so hard to put together. And I'd now like to hand over to **Louisa our treasurer** who is going to give us a brief overview of the clubs finances.

2. Treasurer's report for 2017 – Louisa Thompson

Louisa presented an overview of the club's financial situation. Accounts for the year ended Dec 2017 are shown as Appendix 1.

3. Membership report – Graham Harper

As acting membership secretary I'm pleased to report that 2017 achieved a final membership count of 195 members – which I believe is our record so far. The male / female split was just over 60 /40 and we have members from their 20's through to their 70's. Most of our members are from Harpenden but we do have a significant number from the surrounding areas and a few from much further afield – all are very welcome. In 2017 only 55 members were EA affiliated which rather cramped our style as we begin to look at entry into things like National championships.

For 2018 we've held our value for money membership fee at just £20 per year but we've asked for 15 months to simplify the EA membership process. Every year there is a certain amount of membership 'churn' because people move away or because they only joined in the first place to get them through an event. I can tell you though that the 'churn' is looking to be quite low this year and the number of signed up members is already at 162 including some 'returners' which is great to see and a dozen new members signing up for the first time in 2018. You will have noticed that we also changed the default to include the small EA fee (although its still perfectly acceptable not to take the EA option) and I'm sure Steve Bowran will be delighted to hear that almost 70% of our members have included EA affiliation so he can look forward to forming some great teams this year.

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

4. Development Committee report – Louise Crosby

For those new to the Club, the Development Committee comprises the Ladies and Mens Captains, Louisa, Colin, Riana and myself (Louise). We look into ways of developing the club and put forward proposals to the main committee. We can also co-opt non-committee members providing they have been an Arrow for at least a year. So if you would like to join us, please let me know.

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 coming up in a couple of weeks.

We will of course continue our monthly **5k handicap race** which is working much better on a Tuesday combined with kit and cake night. Thanks to Richard for hosting and being so efficient with the results.

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.

A question has been raised suggesting that we include shorter distances, such as 1500m, 1 mile, 3000m, and even 800m in the Club Standards to provide a better balance of distances, as there can be just as much training, effort and pain required to achieve quality times at a shorter distance.

Answer. Yes, we appreciate that and are considering it. We have also received some comments about the gap between Gold (70% WAVA) and Platinum (80% WAVA) being very wide. Whilst accepting that getting Platinum is supposed to be hard, there is perhaps an opportunity to have a 'short' distance standard with say a 75% WAVA – subject to suitable races being available – races under 5k are not as common as the usual distances.

- The **Club League** which is based on actual times for Road and Trail events. The 2018 events 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.

We had a few teething problems with the league last year, particularly with the planned Crossbow/Longbow division as it was difficult to allocate members fairly between groups – the plan was to use WAVA, but that is age related and the League order is based on time; we looked at using 'speed', but over what distance and when? For example, our amazing Georgie would be high up on WAVA – hence in the faster division, but slower on time. That said, she still came 3rd in the overall league ahead of some of our younger, speedier ladies.....So, it's complicated. We will continue to work on this, and welcome suggestions.

I would particularly like to thank Riana for taking over the task of 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 enjoycake afterwards. I shall be calling for volunteers nearer the time, and always appreciate the massive support you give this.

Our **Away Event** this year is Munich, where you have the choice of marathon, half marathon, marathon relay and 10k with an Olympic stadium finish and many steins of beer. Do join us, these events are great fun and you make lots of new friends.

So what is new?

The committee recognises that after 10 years and with a membership approaching 200, the Club has reached a size and a maturity that enables us to step up and develop new initiatives. There are lots

of ideas floating around, but they take time and resources to implement and it is important to ensure we can sustain them. So there will necessarily be trade-offs and the need to prioritise the order in which we do things. Over the next few weeks we will be putting together a suite of proposals and seeking your views on what you would like your club to offer.

Some ideas include:

- Further development and training of run leaders to enable us to plan club nights better, in particular hill and speed sessions.
- More (or less!) coaching from coaches and run leaders.
- Beginner couch to 5k course, and tied in with that, meeting needs of those who need more support before joining the 4-mile group, so that we can bridge that gap.
- Hosting a 'proper' public event.
- Developing capability in supporting mental health initiatives, not only through the EA Mental Health Ambassador programme which Andy has done, but tying in with the NHS and mental health charities.
- Arrange more flying coach visits – like the successful evening with Mara Yamauchi - and visiting speakers.
- Coordinating participation in new events – such as a long-distance team relay.
- In the past we have looked at admitting 16-18 year olds to the club. This is problematic for many reasons, so not practical at the moment, but maybe there are other ways we can reach out and support this vulnerable age group.

What has been great to see over the past couple of years, though, is individual members taking the initiative and organising things. Not only posting events on facebook, but people like Steve Bowran entering teams in the English and the National XC relays.

We appreciate that not everyone wants to or has the time to sit on the development committee, but this doesn't mean you can't contribute in other ways. We see the enthusiasm when we ask for volunteers for our Invitational 5k, but if you actually want to organise something, great. Talk to us and we will happily support you if we can. Certainly, if we want to do everything on the wish list, we are going to need help from the membership, so part of the consultation will be seeking to involve members more in the delivery of activities.

There are exciting times ahead – what a fantastic time to be an Arrow!

5. Election of members to the committee to fill current vacancies.

Club Secretary Michael Hessey announced that following the committee's invitation to the membership for nominations to fill the vacant seats left by committee members standing down (Chitra Dunn, Riana Walsh, Simon Townsend) three nominations, correctly proposed and seconded had been received. Steve Hoskins, Andy Jordan and Lyndon Hearn were therefore duly elected.

6. Re-election of members of the committee for a further term

Club Secretary Michael Hessey announced that John Rowlands and Richard Moreton had both now completed 3 years on the committee but had both indicated that they were willing to stand for a further term. The committee had invited nominations from the membership for anyone who wished to stand against John or Richard for their committee positions. As no such nominations were received both John Rowlands and Richard Moreton were therefore duly re-elected.

7. Chairman's closing address – Graham Harper

I'd like to thank you for attending the AGM and participating in the business of running the club. Over the years we've come to rely on some people who will always turn up, always lead a run, always take a speed session but as we continue to grow its very important that more people get involved with the actual operation of the club. I'm pleased to see a few more people now starting to get involved for example with Tuesday evening training sessions but its still a bit 'ad hoc' and last minute.

Question: One of our members questions asked if it would be simpler to have a rota of people who are leading each group in advance.

Answer: Yes of course it would and it would be great if people would be prepared to put their name down in advance for this type of thing.

Question: Another question asked if we could have a regular group running less than 4miles perhaps up to 5k and suitable for beginners, improvers, people returning from injury etc.

Answer: Yes – that's a good idea too but we need people prepared to commit to lead the group on a regular basis.

We've heard from Louise about some of the plans and aspirations the club has to deliver more but unless ordinary members can commit to this we will never be able to deliver a beginners course or more structured training and coaching session rather than 'just running'.

Its your club. Please help.

If you have suggestions for improvements or changes or you can commit to help on a regular basis please let us know.

I'd like to welcome our new committee members and I hope you the members will extend to them the support which you have shown me and the rest of the committee over the past year. I'd like to thank the committee members who are standing down for their efforts this year – not least Simon Townsend for organising this evening – and invite you all to shortly re-join our guests in the main room for the Awards evening.

Thank you all for coming – hope you have a great evening and a successful running year in 2018.

Over to you Simon.

The meeting closed at 7:30 pm and was followed by the Annual Awards Evening hosted by Simon Townsend – Social Secretary

Appendix 1

Harpenden Arrows Running Club Income and Expenditure Report for the year ended 31 December 2017

Income	£	£	Notes
Membership subscriptions	4,443		
Less EA subscriptions	(842)		
		<u>3,601</u>	1
Club kit sales - income	1,580		
cost of sales	(1,758)	(178)	2
Total income		<u><u>3,423</u></u>	
Expenditure			
Venue rental		1,020	3
Coaching fees		289	4
Race fees and running events		284	
Club affiliations, including EA		205	
IT & website		135	
Club running equipment and medals		319	
Social Events		1,300	5
Stationery and sundry		569	6
Total expenditure		<u><u>4,122</u></u>	
Net deficit for the year		<u><u>(698)</u></u>	

Notes

- 1 Net subscriptions increased by 5%.
- 2 Kit stock at the year-end valued at £1,990
- 3 As used for club nights at St George's.
- 4 No run leader courses paid for during the year. Mara Yamauchi to come and held a training session.
- 5 Total receipts of £2,938 and expenses of £4,238.
This is for both the AGM and a 10 year celebration party in 2017.
- 6 The sundry amount includes £100 for two sessions of CPR training and £450 for Heartwood parkrun defib.
- 7 Cash at bank and in hand at 31 December 2017 was £3,081
- 8 The cash at bank includes £1,230 of prepaid membership and EA fees for 2018.

Appendix 2

Awards and Standards 2017

Best Newcomer	Frances Quartly
Most Improved	Chitra Dunn
Outstanding Achievement	Ammon Piepgrass
Committee Award	John and June Rowlands
Longest Cross Country Commute	Janice Nisbet
Members Award	Stephen and Rhona McKee
League Winner – Ladies – Road	Laura Hicks
League Winner – Ladies – Trail	Laura Hicks
League Winner – Men – Road	Steve Bowran
League Winner – Men – Trail	Justin Busby

Club Standards 2017

Club (4)	Sharon Neely, Aly Northedge, Pierre-Louis Gatti, Michael Edmond
Bronze (8)	Natalie Edwards, Steve Hoskins, Brian Yates, Pam Morgan, Colin Wareham, Claire Watts, Jillian Russell, Frances Quartly
Silver (13)	Nacho Vicente, Lyndon Hearn, Claire Price, Chas Andrews, Emma Hobbs, Neil Hewitt, Anita White, Rhys Morgan, David White, Taras Huzar, Djerk Geurts, Stephen McKee, James Picket
Gold (10)	Chitra Dunn, Graham Harper, Ron Chakraverty, Louise Crosby, Rowland Hughes, Richard Moreton, Laura Hicks, Roger Montgomery, Patrick McGuinness, Ed Rhodes
Platinum (2)	Steve Bowran, Viddy Green
Full House (22)	Chitra Dunn, Graham Harper, Louise Crosby, Rowland Hughes, Claire Price, Steve Hoskins, Emma Hobbs, richard Moreton, Laura Hicks, Anita White, Rhys Morgan, Patrick McGuinness, David White, Steve Bowran, Viddy Green, Taras Huzar, Djerk Geurts, Stephen McKee, Frances Quartly, Jason Smith, Michael Edmond, Ed Rhodes