

Langport Runners



2017 ANNUAL GENERAL MEETING MINUTES

21/01/2017

- CHAIRMAN'S OPENING REMARKS** - Grahame opened the meeting at 19.10, welcomed and thanked the 33 members in attendance. He stated we would hear about some good individual achievements and our successful 10k race.
- PRESENTATION OF ST MARGARETS HOSPICE DONATION** - Grahame welcomed Victoria Poole Community Fundraiser from St Margaret's Hospice who accepted a cheque for £800 in memory of Kathy Rowsell. This amount was donated from the profits of the Battle Of Sedgemoor 10k in August 16.
- TREASURER'S REPORT** - Paul Gold presented the financial statement from 2016-2017 and reported a healthy balance of £10,055.70. Race account balance: £4,353.49 and General account balance £5,702.21. There was discussion as to the best way to reduce this balance with finances being utilised to benefit club members. **ACTION: Members to contact committee members with ideas to take forward.**
Pete Jones stated the race account would always need a £3000 balance to cover costs in case of cancellation etc.
- MEMBERSHIP REPORT** - Pete announced his resignation from the committee, club championship organiser, Monthly Medal organiser and offered these roles to the attendees. Pete stated that club traditions should be respected going forward and he was thanked for his contribution to the club over the years.
It was agreed unanimously for annual membership to remain at £20 per annum from April 2017.
Langport Runners has 71 paid members
- TEAM CAPTAINS (plus Club Championships awards)-**

Nicky and Martin gave an overview of member's achievements over the last year.

Nicky's report: "Well it's my first year as the unelected ladies captain. Here I stand before you feeling a bit like Trump! Despite winning 3million votes less than Hilary he is still Mr President. I didn't get one vote as there wasn't an election! If anyone wants to take over, please put your name forward, otherwise I am happy to continue as the unelected! At least I make an effort to keep my hair flat too.

The year started off on a real low. We lost our beloved Kathy. Then later on, Richard Bragg, a Langport Runner for several years passed away suddenly! Please please all, = stay healthy and fit in 2017!

Not to many new lady members this year, in fact I think Hazel is our only new lady - please correct me if I am wrong! She joined as a shy quiet young lady but she certainly isn't one to mess with in races. She has run really well this year competing in several races but gained PBs in the Baltonsborough 5m in

43:22, Street 5k PB of 24:49 and Stoke Stampede 10k in 53:19 - I am sure this year we will see her name in a half marathon, and maybe a marathon?

We have a few firsts!

- Mel did her first Ultra
- Marie her first marathon
- Selina her first marathon and ultra (in one year with several tough races planned for this year)
- Mags did her first marathon as well, but after saying never again, completed her second one in December. she also ran the Cotswold 24 hr relay race with her sisters running around 30 or so miles (so that's 3 marathons in my eyes). She also ran a massive 1200 miles in 2016 which is fantastic!

Shelly joined Langport last year as a run/walker and quickly progressed to the Pete's Posse run group and did a 5k PB at Yeovilton and a 10k PB at monthly medal. She also ran 13miles which was her furthest to date, so watch out world, Shelly has some official half marathons with her name on them this year!

Ladies team prize?

Anne Kelly also joined as a member last year and is winning age group prizes left right and centre. She has decided to run her first marathon in Dorchester this year, so good luck Anne.

Rachel continues to outrun all the ladies! Super speedy and again often appears in the top 3 ladies at races. Well done!

Park Run continues to be very popular, with Roxanne, Liz, Sue, Shelly, Amanda appearing regularly. Liz gained her 50th park run shirt 2-3 weeks ago. Holly & Ellie often lead the field too. Also nice to see that four members have started becoming Park run tourists trying out new ones around the country.

I must congrats to Hattie on the birth of her baby at the back end of last year. Let's hope we see Hattie back running soon. Also Louisa who we have missed last year!

Briefly on to this year - Good Luck to Jane doing London, Selina and Marie for the numerous events entered this year and all of you lovely ladies.

why don't we all aim to do something that we haven't done before? If you haven't raced further than 10k, enter a half mara, if you haven't run further than a half, enter a 15miler or even a marathon. Those of you marathon ladies - there are loads of ultras out there.

Distance is all in the mind!!!! I only started running as a bet initially - my Dad bet me £100 that I couldn't run a marathon. I entered London and almost a year to the day from ever putting on a pair of running shoes I completed in 4:41! I said never again and didn't run a step for 2 years! Now look at me. I am back of the pack where all the cake eating, chatter boxes are, taking photos and enjoying the lovely scenery we have in this country and abroad. I sometimes have no idea how I finish races but I know i am stubborn! I have a couple of marathons this year, so if any of you want to do any long slow runs - please please feel free to ask me to join you if you want the company! Have you all got a target mileage in your head for the year? If not, write one down - it does help focus you and get you out the door.

We are not going to be the pink army for much longer with the new kit coming out, so lets get out there and fly the pink flag for the last couple of months and then get serious and push ourselves.

Here's to a happy healthy 2017! "

Martin's speech was an ad hoc verbal report with encouragement for all runners to get out there and run with less focus on personal bests as everyone has different targets personal to them. Martin quoted "Eddie izzard "running is 90% mental, the rest is in your head" then spoke about Kathy and her funeral was when Sophie was in labour.

Welcomed new members, Kyle, Adam and Mike. Well done to all races entered, Mike 14 in the club championships. Well done to Dave Westerman for his ironman.

Thanked for help on 401 challenge."

The Club Championship awards were presented: 1st Female-Anne Kelly ,2nd Female- Liz Martin ,3rd Female- Rachael Astington 1st male- John Howard, 2nd Male Kyle Oliver 3rd male- Martin Hooper and Ben Fogwill joint. Best age graded performance was awarded to Brian Clark 78.3%

6. **JUNIORS** - Julian presented an update and award winners for the juniors and made a request for members to come forward to support on a Monday evening, either in a supervisory or coaching capacity.
There are currently 40 junior members and average attendance of between 8-10 per week. Difficult to cater for older faster runners with limited coaching and facilities at present.
ACTION: Contact Julian/Dave if interested in supporting the juniors club section.
7. **COMMUNICATIONS UPDATE-** John Howard provided an overview report (see below) including details of new website, weekly email newsletters, and surveys .**ACTION:** members to contact John to be added to race list attendees info and race reports welcomed.

“Good Evening everyone. It’s been a busy year for communications.
For most of the year, up until August there was the regular release of the Newsletter with Race Reports. At the end of August this was then split into News and a separate Race Report email, to be released every 3 weeks. The Race reports were well received although towards the end of the year other necessary work put those on a backburner.

In April we had some interesting discussions with Members about the proposal to make the Facebook Group closed. In the end this was put to vote and members by just a small margin decided it should not be. 53% to 47%

In mid-year, I launched the new Facebook Page. This has been a great success and has allowed us to communicate with non-members more effectively and generally promoted the club to a wider audience, especially during the BOS race.

In October we had a survey about the XMAS meal venue. This was again a very close vote and the Thai Mango won by a small margin over Kitchen Wharf and Lamb & Lion pub.

Also in October we sent out an survey to find out which races you wanted on the 2017 Club Championship list. This was something we had not done before, and it has worked out pretty well we believe with a very interesting selection of races, spread well across the year. We have given you the members the power to choose, and we hope you approve of that method. We shall do the same for next year I expect.

We used the survey tool again in December, this time twice. Once for allowing the members to select the winners of the awards tonight and once for getting information from members on whether they want to buy the new race tops that are planned. The response was good although it would be nice if more responded to the Awards nominations survey. A few people contacted me about it and said that they felt they did not know enough of the members to be qualified to make a response. This might be something that needs further looking at for next year.

Finally in mid-December the new Website was launched. The development of the site has been my main preoccupation (including also new site and posters for 2017 BOS) for a few months now, and this was why the Newsletter had been getting a bit smaller than they had been in the past!
The new site is completely based on open source and free material and has not cost the club anything. There is still much more work to be done on it, but already you will have seen that all the news you receive in the emails is actually posted on the website before the weekly email is sent out. Recently I have been working on the Calendar system, where you can check for all club events and all races that club members are taking part in. On that subject, if you are going to a race and I have not noted that on the calendar event, just email please and I will put your name on it. I have a few days ago created a new menu item, where you can see easily who is going to which race and whether the race is in the Club Championship or Somerset Series. The Juniors also have a section on the site, this needs further work, especially the Juniors NEWS section, where they will have their own NEWS feed.

There is still much to do on the site, In the future I plan to give all members who request, a logon. With this you will be able to write Race reports. Certainly, in the future the committee members will get a logon, and will be able to create NEWS items directly without having to go through me. I will only maintain editorial rights over their posts to ensure a consistent look and feel to the site.

The recent Newsletters you will have noticed still have an experimental feel to them. They are released directly from the website, so that news articles from the site are loaded directly into the emails, which should reduce duplication of effort. In other words I don't have to write the news into the site and the emails separately. Hopefully the Newsletters should improve in look and feel with time as I get to grips with the system.

STATISTICS:

Over the course of the year I sent out 79 emails and on only one I made a serious mistake and issue a follow up correction email.

There are currently 156 subscribers to the Newsletter even though we only have 66 members on email. We have a 190 members on our Open Facebook Group, that seems to be steadily growing over time. Maybe by 20 per year I would estimate.

We have 93 likes on our Facebook Page.

During the BOS weekend we reached 2000 people on the Facebook page, on average we might only reach 50 a week.

We had 5 surveys this year on the SurveyMonkey system.

While we are on the subject SurveyMonkey, we are currently using the FREE version, this is rather cut down in its capabilities but so far just about meets our simple needs.

FOR 2017:

As mentioned further development of the website.

Hopefully there will be a re-invigoration to getting race reports out. That will require members though to help out with writing them.

LASTLY:

Remember to add the communications email address to your Contacts list so that the emails do not go in the junk folder! And if you are having any problems with receiving emails, please contact me.

I am looking for someone to do weekly parkrun reports, so volunteers for that please. I will include the report on to the new website and into the weekly newsletter.

Finally, if you have any ideas on how to improve anything I do, please contact , all feedback is welcome , including the negative!"

8. **NOMINATION OF COMMITTEE MEMBERS-** Grahame stated he was standing down as Chairman, committee member and 10 k Race Director and was thanked for his contribution to the club over the last 14 years.
Steve Small was proposed as Chairman by Ben Fogwill who was unable to attend and seconded by Rich Munday.
Martin announced his resignation from the committee and as Men's Captain-Dave Westerman was nominated and proposed by John Howard. Seconded by Jane and others.
Adam Musk proposed as new Membership Secretary by Pete Jones and seconded by ?
9. **ELECTION OF COMMITTEE MEMBERS-** Steve Small was voted in as Club Chairman with 21(?) votes, no objections and 5 abstentions.
Dave W voted in as Men's Captain and Adam voted in as membership Secretary.
All others committee members happy to remain in current positions.

10. **AOB-** Adam Musk wished to thank members for their support, encouragement and friendship and stated that the club and running had changed his life.
11. **CHAIRMAN'S CLOSING REMARKS** - Grahame closed the AGM with a well done to the club members on their achievements in 2016 and said goodbye as current Chairperson. He thanked Mike Parr for continuing to provide tea weekly, it is appreciated by all.
12. **PRESENTATION OF ANNUAL AWARDS + KATHY ROWSWELL MEMORIAL AWARD:**
 - Club member of the year- John Howard
 - Men's Champion- Kyle Oliver
 - Ladies Champion- Anne Kelly
 - Veteran Male- Neal Stayner
 - Veteran Female- Nicky Chrascina
 - Most Improved female- Marie Woodcock
 - Most Improved Male- Michael Norton
 - Team of the year- Ash 8 ladies team (Mel, Anne, Sue, Sorrel and Natasha)
 - Forest Gump award- 1451 miles Neal
 - Fiona Gump award- Nicky C 1266 miles
 - Monthly Medal winners - Owen and Rachael Astington

The new Kathy Rowsell award was presented to Steve Small for overcoming injury and ill health and continuing to run in 2016.

The AGM was closed at 20.33 and a buffet was served followed by a quiz hosted by Pete Jones.

Mel Munday
Club Secretary
22/1/17.