



ANNUAL GENERAL MEETING 2019

MEETING INFORMATION

Date: 2nd May 2019
Time: 8:15 PM
Location: North Leeds Cricket Club

AGENDA ITEMS

PRESENTER

1	Welcome and Annual Review	James Carvello
2	Composition and Election of the 2019/20 Committee	James Carvello
3	Summary of Annual Accounts 2018/19	Mary O'Donnell on behalf of HL
4	Club Membership	Mary O'Donnell
5	Social	Allison Munro
6	Kit	Ash Hewitt
7	Club Training / Session Planning	Laura Dransfield
8	Races	Ian Rayner
9	Mental Health Ambassador - #runandtalk	Mark Ayre
10	Welfare	Tony Hodge
11	Any Other Business	All

OTHER NOTES OR INFORMATION

Apologies from: Helen Lewis (Club Treasurer)

Minutes: Tony Hodge

Members attending: 43

From the Club Constitution:

Votes and Quorum at General Meeting

- Each qualifying member and any elected officer shall be entitled to one vote per resolution.
- The Chairman of the AGM (Club Secretary) will determine the method of voting for election of the committee including proxy voting.
- Any other proper business of the meeting shall be decided by a majority of those voting.
- Twenty ordinary (non-committee) members plus at least five Committee members (including at least the Club Secretary and/or the Club Treasurer) are required for a quorum for an Annual General or Extraordinary General meeting to take place.

This AGM satisfied the conditions of minimum attendance of Committee members (including the Club Secretary) and above the minimum threshold of ordinary members.

1. Club Secretary Annual Report – 2018/19

- Firstly, I'd like to express my thanks to the other members of the committee for their unwavering support, advice and hard work over the past 12 months.
- Also, to all our run and session leaders and everyone who has volunteered throughout the year. without whom all the activities within the club that we enjoy wouldn't be possible.
- Roundhay Runners is now in its 10th anniversary year. The excellent work done from past committee members and founding members of the club has built strong foundations which has made the huge growth we've seen sustainable and allowed the club to flourish
- The committee recognise that we need to keep moving forward and making progress in keeping with the ethos and spirit of what makes it such a special club!
- Membership has increased by almost 90% in the past 2 years (18% in the last 12 months alone) topping over 300 members. The growth in numbers and the different makeup in the club membership sought a need for change which was supported by the committee and the session planning team.
- One of our main aims is to always provide a positive environment within the club and deliver quality and enjoyable training sessions so all our members can flourish and achieve their running goals.
- We certainly haven't rested on our laurels and nor will we be going forward!
- We've further developed and made effective changes to the club's training infrastructure, overseen by Laura and the other members of the session planning team. We'll continue to adapt as necessary to meet the challenge of being inclusive to all our members and the club being competitive and successful.
- We've been in our current home of NLCC for almost 18 months. The move has certainly given the club a greater identity and helped raise our profile. We continue to work with the NLCC Committee to ensure the needs of our members are met and we have a great club base which provides a position of strength for the future.
- We've improved communication to our members through our social media, website and RR newsletters. The aim is to keep improving in this area and I emphasise that the committee are always open to suggestions and encourage and listen to the ideas of our members.
- Our excellent Beginners courses and our bi-monthly #runandtalk events have continued to prove hugely successful by getting people running and create a positivity that was felt throughout the whole club. Thanks again to everyone who has volunteered to help make these happen.
- Social Activities throughout the year which have once again been very well attended and created a fantastic vibe and enjoyment within the club to ensure we all have a well-deserved break from the rigours of training and races.
- Finally, what I've just mentioned has helped to provide some fantastic individual and team achievements over the past year in all manner of different type of races. We realise that racing is very much a cornerstone of our club and we have tried to encourage our members to enter races by creating a positive inclusive attitude around this and not putting them under any pressure.
- The hard work our members have put in and encouragement given to one another has borne some fantastic individual and team achievements which Ian will go through a bit later. The most successful club at PECO XC, best represented club at Leeds Abbey Dash and countless club records and PB's have once again been broken.
- I'm very excited for the next 12 months and I'm sure with the committee we have and our fantastic members we can strive for even greater success. The committee realises we can't stand still, and we want to keep improving and are always keen to listen to new ideas from our members. We always welcome new volunteers and help in all aspects of the club so if you'd like to be more involved, please speak to myself or one of the other committee members.

- As we all know running can be a cruel sport at times; if you suffer injury or don't achieve the time you hoped for but being part of a club like ours and the support we have for one another makes it far easier to pick yourself up and try even harder to improve.
- So, before I hand over to the rest of the committee, I'd like to thank you all for being members and playing your part in another phenomenal year for the club! Keep training, racing hard, offering encouragement to others but most of all keep enjoying it and you can all achieve your goals!
- Finally, I'd like to thank you all for being members and the support you've given in the past 12 months; making it such a phenomenal year! Keep training hard, racing hard but most of all keep enjoying it and you can all achieve your goals!

2. Composition and Election of the 2019/20 Committee

- All the existing committee members have indicated their willingness to remain in role. No new nominations received at the meeting.
- Vote was unanimously passed for committee reelection.
- **ACTION:** Appeal for a Social Media & Communication Officer role – social media and website – to advertise in coming weeks. Not a huge role but critical in sharing volunteer workload

3. Summary of Annual Accounts 2018/19

Copies of the accounts circulated to members at meeting. These accounts had been independently audited prior to the AGM by Innes Young, in the presence of Club Treasurer Helen Lewis. If you'd like a copy of the Annual Accounts 2018/19, please email rr.clubsec@gmail.com

- The main sources of income were members' subs, kit sales, races we hosted, and the beginner's courses.
- The main items of expenditure were UKA subs and fees (including NA), Entry central charges, cricket club costs, kit purchases and funding for LiRF courses for run leaders.
- We made donations to the setup of Potternewton parkrun and to BRAKE from the sale of high vis vests.
- We had ample stock of kit at the end of the year. We currently have a high turnover of kit sales due to the increase in membership numbers.
- Other expenditure to note is the replacement of the gazebo frame and for the PECO XC celebration

Going forward, for the year 2019/20:

- UKA subs have remained the same at £15 per person. We have a healthy bank balance and have decided to keep the subs the same as last year at £25 for first claim members.
- Increased cost for LiRF and CiRF, continue to support the development of run leaders to support the growing club.
- Membership £25 made up of £15 English Athletics, £1 to Entry Central, approx. £6 to the cricket club. Remaining £3 goes towards club finances.

4. Club Membership Annual Report

- Ended the year with 340 members, (up c.70 on last year) and at the time of the meeting we had a total of 221 for the year 2019-20: 214 first claim; 4 second claim and 3 social members. 52% female / 48% male.
- Membership Fees remain as described in summary of accounts. **ACTION:** Please renew ASAP.

- We are currently running a beginner's group which is due to finish with parkrun graduation on 15th June 2019, this is the only course we will do this year. The next one will be April 2020.

5. Social Annual Report

- The last 12 months have also been busy on the social front. The increase in the size of the club has at times presented some logistical challenges, but we pride ourselves on being a friendly and sociable club and it's been great to see newer members attending events as well as the usual suspects.
- In December we had our highest ever Christmas Party attendance, with around 120 of us at Banyan. The Party includes our annual awards ceremony and is our social highlight.
- The darker nights marked the return of Curry Night, which is always popular, and both of those we had over the winter had around 60 people attending. Next one in Autumn 2019
- In April we had our Pizza & Prosecco event to celebrate the club's PECO success, and the following night lots of us attended the official awards presentation at The Wardrobe.
- We try to create a range of social opportunities, so hopefully there's something for everyone, and to keep costs down so that they are as accessible as possible.
- Many of us stay for a drink after training, and in terms of low-key social events there are always a few having a drink in the Fox after our fortnightly Run & Talk sessions, to which everyone is welcome.
- There's also a RR book club which meets every two months (also in the pub - there seems to be a theme here). We'd be happy to have some new faces so let us know if you're interested in coming along.
- We have continued our regular volunteering sessions with the Friends of Roundhay Park, which are a positive and enjoyable way to contribute to the park's upkeep. The next session is on Saturday 11 May 2019 (the day before Leeds Half). Everyone's welcome and our help is always really appreciated.
- Last June we had our annual Spring Bling Social, to celebrate everyone's successes in the first part of the year – everything from 5k races to marathons, plus triathlons and Beginners. Great night at Sylva
- This year's Spring Bling will be on **Saturday 15 June 2019** (the same day as Beginners graduation at our parkrun takeover) and we have reserved the upstairs area at the Stew & Oyster in Oakwood.
- Last August we were able to make the most of having moved to the Cricket Club and held our first RR BBQ, and we were delighted to be able to extend the invitation to members' families.
- We're currently in discussion with NLCC to find a date for a **BBQ this summer**, and will keep you posted about that, and any plans to mark the club's 10th anniversary this year.
- There's no point in organising social events if nobody's interested in attending, so thanks to all of you for your support this year.

6. Kit Annual Report

- The size of the club has grown massively and generated three kit orders to maintain stocks.
- Committee agreed to write off £137 value of kit damaged in car theft incident.
- Volunteer buffs added this year: 5 volunteer slots this year are rewarded with a handsome buff.

- RR jacket still work in progress as supplier not delivering order and no date yet.
- Answer to £4,200 stock value question: This is physical stock held now, not including any orders from supplier not received into stock.

7. Club Training and Session Planning Annual Report

- As training co-ordinator, I work alongside the session planning team who meet 3-4 monthly.
- This year we have said farewell to Alistair Urquhart and I would like to take this opportunity to thank Alistair for all his hard work over the years. In turn, we have welcomed Alyson Blakeley and Ash Hewitt to work alongside the existing team of James Carvello, Ann Chivers, Steve Pinn and myself.
- In addition to this team, we have approximately 50 members who volunteer their time to lead track, trail, intervals and group runs. **A huge thank-you to everyone who has volunteered their time so far.** In response to feedback that members would like to see better recognition for volunteers, this year we have introduced a special design volunteer buff. Once members have volunteered on five or more occasions from 01/01/19 they will be eligible to claim a buff.
- Throughout the last year we have focussed on 'up-skilling' our volunteer team. At the last count, 27 members currently hold the England Athletics (EA) Leadership in Running Fitness (LiRF) Qualification and around half a dozen more are due to take this soon. We are working towards having all run leaders LiRF qualified.
- James Carvello and I have taken a step further with the Coach in Running Fitness (CiRF) qualification which takes place over several months.
- To support all this learning, we had applied to EA 'Club Run' programme. In Autumn 2018 we were lucky to have EA coach Das Reeve join us to deliver three sessions in the lead up to Abbey Dash 2018. This helped us to develop our existing interval sessions and we have placed a stronger focus on form-work and drills as well as really thinking about the training benefit of each session.
- Interval sessions are now delivered across three training groups with approx. 80 members at each session. This allows a safer group size and more opportunities for the run leader to observe and tailor the session. To assist run leaders with this change we have developed new session coaching cards.
- Pace-based group runs continue to be popular, often with over 100 members at each session. The session planning team will continue to review group sizes and allocate run leaders accordingly. We now have a Strava account with a 'route library' which can be made available to group run leaders.
- Adrian Nock continues to oversee the Tuesday Trail Runs. Over the last few months he has worked with volunteers to facilitate two group runs each session which better accommodate the range of pace in the club.
- Track Tuesday sessions continue to have a good turnout.
- In addition to club training sessions we have also held several workshops. The biannual marathon workshops continue to be popular. In the lead up to Abbey Dash 2018 we held an inaugural 10K workshop which was well attended.
- In the coming year we will:
 - Aim to have all run leaders LiRF qualified
 - Continue to ensure safe group sizes in view of club growth
 - Hold a further marathon workshop (July) and 10K workshop (September)
 - Look to put on additional training sessions such as weekend grass sessions
 - Encourage members to use their initiative for new running ventures- if there is something you want to start/develop then make use of the 'RR run buddies' Facebook group and let it grow organically

8. Racing Annual Report

- **Team Performances:**
- Danefield relay on Otley Chevin. Last year we didn't enter so we need to put that right this year. This year's race is on Tuesday and is likely to take the place of that week's trail run.
- Washburn Valley – Four teams with our ladies' team of Laura, Nicola and Susan taking 2nd place. Date for this year still TBC but will be mid-July.
- Leeds Country Way – we managed three teams and again our Ladies team managed a second place. We also had three individual leg trophies to collect. This year's race will be 1/09/19.
- We had teams in the Northern road relays in Manchester and also the xc at Graves park in Sheffield and gave a good account of ourselves each time.
- At the Endure 24 hour at Bramham our team of 5 successfully defended their title, and Helen & Hannah ran an incredible 130 miles between them to take a brilliant 2nd place. This year's event is 29/06 with several RR entered. Any support would be welcome.
- We also had a Ladies team competing in a master's event in Nottingham, where Maureen, Mags and Anne taking a magnificent 3rd place. The standard in these events is incredible and we'll be pushing to get more teams this year.
- Fair to say that PECO this year exceeded all our expectations. We knew our ladies had a chance, but we didn't expect them to wrap up the premier title with a race in hand. Just for good measure the vets title was added to the list.
- We expected our men would do well to finish mid table, but on the final day we came through to secure 2nd place.
- We had several individual awards to pick up at the end of season prizegiving, where our ladies and a couple of men took over the dance floor. Cobby didn't make parkrun!
- **Individual Performances:**
- Power of ten shows we had over 50 members running a marathon, with at least half that number achieving PB's.
- This doesn't include the dozen or so trail marathons that have been completed.
- A large group of foxes went over to Chicago for the marathon last year.
- We've also had member competing more recently at Tokyo and Boston.
- This year will see another large group going to Berlin with a smaller group heading to New York.
- We have had more members joining the sub 3hour club and have seen some veterans of the marathon stage proving beyond doubt that hard work and dedication pays off.
- We regularly have 20-30 runners at local events and were again the best represented club at the Dash.
- Mid may usually see a large group of supporters at the top of Stonegate road cheering on another large group of runners in the Leeds half. I believe we even have some unofficial pacers for this year's event on 12/05.
- We have around 50 members heading for the Apperley Bridge Canter on 30/05, on an official club away day. This will be in place of our regular Thursday club session; however, it is planned to organise an interval session for those not attending ABC but still wishing to train with the club.
- We organised the first ever veterans league fixture in Roundhay Park which was attended by around 300 runners. Provisional date for this year's event is July 10th, subject to parks approval.

- Current league standings show RR ladies in 4th place in the accumulative point's total, with Susan and Niamh in 2nd and 3rd place respectively in the individual standings.
- We are also organising the Yorkshire vet's road relays which will be in York on 18/08.
- Most months see a dozen or so members heading to the Lake District to take part in the Lakeland Trails series. These are great events ranging from 5k to Ultra marathon.
- **Parkrun Events:**
- Every Saturday sees an impressive amount of foxes, take part in park runs both at Roundhay and further afield, with numerous PB's being recorded every week. Thanks to Mike Mansfield, RR has played a big part in establishing a park run at Potternewton, which I'm told rivals Roundhay's hill of doom.
- If anyone wants more info on any of the events mentioned or any other races, then please have a word or post a query on run buddies. Chances are someone has experience of whatever race you are interested in.

9. Mental Health Ambassador Annual Report - #runandtalk

- Since initiating this last summer, it has grown to be a regular supportive group event, led by Mark Ayre (a registered Mental Health Practitioner).
- Achieving aim as a safe space with bi weekly relaxed run/walk sessions and low-key social events (pub and pizza this year). Also inclusive for members who aren't running or 'less running', maintaining contact.
- Mark can offer informal signposting to further support around mental wellbeing.
- Any suggestions or ideas to help keep it relaxed and inclusive are welcomed!
- **ACTION:** More volunteers to be Mental Health Champions please! Help spread the commitment of hosting relaxed run and talk events. LiRF qualified ideal but not mandatory.
- Other potential areas for the coming year:
 - Fundraising for Leeds MIND
 - Drop in to run and talk @ Headingley Yorkshire Cricket Foundation (contact details to share)

10. Welfare Annual Report

- Thank you to the volunteers who helped look after junior welfare at the Roundhay PECO event in February
 - A couple of incidents were responded to, one in each age race. Both on Soldiers Field.
 - No issues came out of those incidents and it was good that the incidents were contained and dealt with within the junior welfare team.
 - Learnings to be used in future junior XC events we host.
- Otherwise a quiet year on welfare compliance – thank you everybody for being very grown up and getting on with enjoying your running and being part of a great club!

11. Any Other Business

- Northern Athletics – changed funding arrangements costing the club more
 - New funding arrangement/affiliation fee was agreed by Committee last autumn to give the 'new approach' of Northern Athletics chance and preserve the opportunity to compete.

- Increased affiliation fee of £504 annually but only 26 runners raced in NA events, so Committee feels this is a disproportionate amount to pay.
- Three RR members joined with other disgruntled affiliated clubs at the NA AGM in winter: not a satisfactory outcome and promises made regarding discussion at the AGM and a survey on funding arrangements not done. Disappointingly AGM minutes have still not been published, for an organisation that has makes a disproportionate affiliation fee charge.
- Proposals from unhappy clubs centred around increasing event entry fees to generate cash whilst reducing the club affiliation fees, so large inclusive clubs like Roundhay Runners and other similar sized and similar membership profile clubs weren't paying disproportionate amounts.
- We were not satisfied at the lack of debate allowed on this at the NA AGM and the tactics that have seemingly been used to leave clubs no alternative to pay or cease affiliating.
- **If the affiliation fee structure remains as it is, the Committee believes that we should cease affiliation to Northern Athletics.**
- This decision or a decision based on a revised proposal by Northern Athletics (so far, no sign of), the Committee will publish details and a recommendation to club members.
- **After consultation, it's likely an EGM would be held September/October to vote on the final decision prior to the affiliation anniversary date.**

- Club Championship
 - Mechanics of setting up quite complex so members invited to get involved
 - Target full year is 2020, to allow time for setting up and clear anniversary date
 - Inclusive method of scoring – the fastest may not be the winner!
 - Potentially two awards/rankings – outright fastest and handicap system
 - Format and mechanics of scoring to be published for consultation with members

- ICE/ID/medical tags suggested as something members should wear
 - Good idea but will not be a mandatory/strongly advised item for members
 - **Several sources, including parkrun wristbands** <https://parkrun-barcode.com/GetBarcode>
 - Entry Central does contain members data for emergency contact details and is accessible following an incident if the member involved is not able to communicate details.
 - Clearly the priority would be emergency treatment and the appropriate contact via police etc

- Financial or equivalent value incentives for regular club volunteers (incl. free membership) proposed
 - A kind thought but is not supported by the committee
 - The Club Constitution also prohibits financial incentive plus may affect our HMRC status.
 - Due to the above two points, this was not put to a vote at the meeting.

- Innes Young proposed a large thank you on behalf of the members to thank the Committee for everything they have done this year. THANK YOU!

- The club has had two years of growth. What is the next plan for 1,3 or 5 years?
 - James: Focus on consolidating our growth in the next two years, getting used to our new size. Wise to do that to iron out our growing pains and sustain where we've got to now.
 - Mary: Potential next step is a limited Junior Section.
 - Constrained supply of junior running club places in Leeds.
 - Massive commitment, safeguarding and volunteering bigger than we do now.
 - St Theresa's are trialling and "over 12 years" club soon – we will watch them first

- Club to host a specific race like East Hull Harriers do East Hull 20?
 - We did Yorks Vets XC last year and repeating again this summer.
 - Hosting Yorks Vets Road Relays (at York) this summer for first time.
 - Last three years have hosted/co-hosted PECO XC in Roundhay Park.
 - Hosting events is a huge commitment, relying on lots of volunteer time (preparation too).
 - Biggest consideration is car parking – good 'bad' example is Golden Acre Park events.
 - Low likelihood due to above points – it's hard organising our current roster of events.

- More formal away trips for club?
 - E.g. Organise a trip to a running festival in Spain.

- Maybe but need people to come forwards and commit to organise and lead.
 - Several foreign trips are posted on Facebook before ballot entry dates and can be joined by any member, e.g Berlin, Chicago and New York Marathons – attracting a range of abilities.
 - Leeds has several “Partner Cities”. Why don’t we reach out and do something with them?
 - International club twinning opportunities
 - We do their race, they do ours?
 - Our twins are: Brno, Czech Republic; Dortmund, Germany; Durban, South Africa; Hangzhou, China; Lille, France; Louisville, United States; Siegen, Germany. They aren’t in Yorkshire!
 - If we did it, need a member to volunteer to lead and organise on a long-term basis.
 - ACTION: Ordinary members are also entitled to attend committee meetings for specific items, ideas or proposals. Also, as part of the Constitution, one ordinary member is invited to attend for general observation/contribution.
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- **END OF MINUTES**