

FROME RUNNING CLUB ANNUAL GENERAL MEETING

held on 18 February 2011

Present: Tony Blatchford (chair), Kate Wareham, Sue Watts, Jo Fordham, Georgie Starkie, Karen Evans, Jacqui Betts, Ian Holmes, Lynne Grossett, Jim Plunkett-Cole, Ted Sprules, Tom Stokes, Dave Lowes, Nick Jones, Alan Berry, Nicola Player (minutes), Mark Aston

Apologies: Jon Coles, Chris Steele, Mandy Aston

- 1.0 Minutes from the Running Club AGM held on February 19th 2010 were agreed.
- 2.0 **Report from the Chair**

Tony thanked everyone who has worked and been involved with the club over the past year.
- 2.1 Membership stands at 80-90 and club evenings, weekend runs and races are very well attended. More Frome runners are competing in half and full marathons and are also running abroad. Mark has worked hard to get the right balance of races in the GP series and keeping tabs on everyone's results.
- 2.2 Early last year members were canvassed on what they wanted the club to offer: the most popular item was more coaching sessions. As a result we have added a speed session to the hill reps and time trial, all of which have proved popular. Thanks go to Paul, Ted and Karen respectively for these.
- 2.3 Following on from my [Tony's] suggestion at the last AGM, Jo and Georgie initiated a series of improvers' courses in August 2010 (helped by Mark and me) and in the New Year of 2011. These attracted non-members as well as members and Tony vouched for how beneficial they are.
- 2.4 The club is offering a good variety of runs for all abilities, weekend runs and the Grand Prix series. We have lots of volunteers to 'meet and greet', lead the SAS group and take quicker paced runners on club nights. This friendly attitude is what makes our club attractive to new members.
- 2.5 The Mells Trail race was held in September. Numbers were slightly down on previous years, mainly due to non-attendance from local running clubs. The event was very popular with those who did take part and Tony expressed his thanks to Jon who has done an excellent job as race director since the event started. Sadly Jon is stepping down, but Matt has taken over the role and is planning this year's race. As always, the success of the race depends on the efforts of all the club members who give up their time to help out.
- 2.6 We had several social events in the year: some meals out, the annual club dinner and the Xmas meal. A splendid barbeque was organised by Dave and held at James's. Kate has taken on the role of social officer and Georgie has set up a Facebook page and organised a club weekend in North Devon in June. So far, 30 club members and family have signed up for this.
- 2.7 Nick did an excellent job of revamping the club website which has attracted lots of positive feedback and is a great improvement on the old version.

2.8 Summing up, Tony said that a lot of new faces and great enthusiasm have come into the club in the year and thanked everyone who has contributed to making the club such a great bunch of people to run with.

3.0 **Report from the Captain**

Karen thanked Tony and the rest of the committee for their hard work during the year.

3.1 She said that 7 men and 6 women completed the 2010 Grand Prix. The average number of Frome runners at races was 15. The highest was at Longleat, when 18 runners competed. The monthly time trial is becoming more popular. Tom was the most international runner in Frome. She said that offroad running is increasing and the revamped Mells Scenic 7 will be good.

4.0 **Report from the Treasurer**

Ted said that financially, this was the worst year the club had had, but we have done more and there were several balancing factors. There is kit still to sell (£1852 worth is in stock) but it will go. We are paying for Paul's coaching, but it is good and people want it. The race lost £500 in 2010, but the medals will cover two years. The increased membership and race fees will help as will securing a main sponsor for the race.

He said the club is still solvent with cash.

4.1 The committee discussed ways of tackling overspend risks:

Kit supplier: currently in Aberdeen. Ian said he would find out what Gillingham does regarding kit. Karen suggested looking for a running specialist. Georgie suggested a more aggressive approach to selling kit. Nick will send an email round to members about its availability.

Trophies: this will be reduced for the race this year.

5.0 **Election of Officers**

5.1 **a) Chair:** Since Tony was resigning, Georgie and Dave had agreed to stand.
A vote was held

Proposed by: Tony. Seconded by: Nicola

Georgie voted in as chair

b) Vice-chair: Dave unanimously voted in as vice-chair

Proposed by: Karen. Seconded by: Mark

c) Treasurer: Ted resigned, Lynne agreed to stand

Proposed by: Karen. Seconded by: Ted

Lynne unanimously voted in as treasurer

d) Membership secretary: Tom unanimously voted in

Proposed by: Nick. Seconded by: Mark

e) Club captain: Karen unanimously voted in

Proposed by: Alan. Seconded by: Tony

f) General Secretary: Ted unanimously voted in

Proposed by: Georgie. Seconded by: Sue

g) Welfare Officer: Jo unanimously voted in

Proposed by: Alan. Seconded by: Kate

5.2 Resignations

Jon, Fleur, Tony and Mandy have resigned from the committee.

5.3 Other Committee members & roles

Mark Aston: managing Grand Prix/results
Jacqui Betts: Kit manager (taking over from Nicola)
Matthew Gilliard: Race director
Nick Jones: Internet manager
Nicola Player: Minutes
Georgie Starkie: County Representative
Kate Wareham: Social Officer
Sue Watts: Press Officer (pro tem) and news editor
Also: **Alan Berry, Jim Plunkett-Cole** and **Chris Steele**

6.0 Any other business

6.1.1 Nick said that we can set up 10 email addresses and have facility for auto-forwarding. This could be useful, for example, for the chair and membership secretary and will save him the effort of redirecting emails.

6.1.2 Tony asked if the prizes for the annual dinner were sorted out. Karen wasn't sure about the improver's prize but will follow up on this. Tony will go to Apricot in the Westway precinct who can turn things around within a week. After discussion, it was decided that certificates would be handed to people attending the dinner. Those unable to come would have them emailed so that they may print their own. Karen has the template. Kate will liaise with Mark and Karen for the details.

6.1.3 Jim asked if there could be 'quirky' awards. Kate said she would ask for ideas of categories, perhaps making it bigger next year. 35 people were expected to come to the dinner. There will be wine and water on each table.

Kate said she will explore what people want from an annual dinner in advance of next year's event. Ian said that in Gillingham, there is a core of bought in food; members then bring in a dish each which works well.

6.2 AVR leaflet

Tony showed a leaflet which AVR have produced and distributed at races. He wondered if it was worth Frome doing the same. There was general agreement that this was a good idea: our leaflet could be given out on Wednesday nights, put in libraries, gyms and sports shops, for example. The discussion widened out to promoting the club. Jim suggested that FRC members wear their club vests when out on runs. He also suggested creatively promoting the club on earlier pages of the Standard (rather than the back pages) and engaging local organisations in running with us, for example, the military in Warminster and Center Parcs. The following ideas emerged:

- Putting a club banner up in the Bath and/or Bristol half marathon
- Printing business cards
- Promoting the fun side of running in a group in the Mendip Times
- Asking James and Dawn to pose for a photo with an open invitation to those new to running to 'try us out' on a Wednesday.

***Action: Tony will take photos of members in club colours before Sunday's run
Sue will draft a leaflet (omitting any mission statement)***

6.3 **Membership**

Tom reminded the meeting that subscriptions will soon be due and that forms need to be filled in by everyone. People can pay by cheque, standing order or electronic transfer. A discussion developed relating to people who join in February; Tom wants to aim for subscriptions to be due at the same time of the year for everyone. It was agreed that these members could join and have 13 months membership for 12.

Tom asked about the triathletes' corporate membership for this year. Tony will give Nick the contact details so that he has access to the email addresses.

Action: Nick will arrange a downloadable membership form on the website

6.4 **Time trial bibs**

30 mesh bibs have sourced from Tony Pryce. The cost is £150 and because of lighter evenings and the current bank balance, the order/collection will be deferred until September.

6.5 **Policy on accident reporting**

Georgie asked if the club has the above. Sue said she and Jon had forms. We need to check with Jon and discuss at the next meeting. Alan said there was a list of qualified First Aiders on the notice board. Tony said the club need a Health and Safety Officer.

6.6 **Leadership course**

Jim said he wants to go on a leadership course

6.7 **Relays**

Jim promoted the idea of the club taking part in relays because it engages people and is good fun. The question was asked about whether the club should have a dedicated relay 'champion' since it takes a lot of organising. Mark said that there were 6 relay events between Somerset and Dorset. Tony suggested picking 2 or 3 and focussing on those.

Action: Mark will liaise with Jim about this

7.0 **Next meeting**

Friday 1st April at 7.30pm at the rugby club. Jacqui offered to take the minutes, since Nicola offered her apologies in advance.