

Stowmarket Striders Running Club

19th Annual General Meeting

Held at the Stowmarket Rugby Club Chilton Fields, Stowmarket.

On

Monday 24th January 2006

Present

Richard Nash (Club Chairman) Les Basham, Rose Norris, Colin Thomas, John Cassells, Nick Stephens, Jim King, Chris Oliver, Grayhame Fish, Ellen Broughton, Sandie Pottage, Jane Dolan, Penny Waggott, Rachel Toogood, Kim Levett, Alan Wells, Les King, Carole Prance
Phil Rampley, Heidi Bingham, Tamara Jordan, Rebecca Jordan, Chris Chaplin, Peter Tricker, Anne Fellingham, Linda Steward, Tracy Lee, Sue Garrod, Tony Burdett, Sue Moggan, Helen Wrigley, Debbie Ghant, Lorraine Mills, Charmaine Geraghty, Glenda Taylor, Maria Reynolds, Richard Jordan, David Daniels, Richard Fellingham, Frank Moggan

Apologies for Absence

Brian Buckle, Lesley Buckle, Bob Rattliffe, Joanne Cassells, Maggie Tabley, Richard Denwood, Jan Starmer, Mary Tricker, John Steward

Accuracy of the Minutes of the 18th Annual General Meeting

The minutes of the 18th AGM were approved as an accurate record.

Matters Arising from the Minutes of the 18th Annual General Meeting

- a. An over 50's group. This is now covered by the first session.
- b. An advanced group. This is still pending further discussions with the coaches.
- c. Juniors Sessions: - Addressed in Chairman's Report
- d. Club Championship:-Some changes have been made to the format regarding the scoring system with 4 out of the 5 races to count.
- e. Running Achievement Awards:- Namely an over 60 category. This has now been addressed.
- f. Track Sessions:- Enquiries have been made and a list is of interested members is being circulated.

Chairman's Report

Introduction

Thank you for all coming tonight.

Members

Last year we were celebrating the largest membership the club has seen in its 18 year history. This year however has broken all those records where the last 4 years has seen an unbelievable level of growth in the club membership.

2002	84	-
2003	102	21.4%
2004	161	57.8%
2005	214	24.8%

Annual growth of 36% since 2002

This makes the rural Stowmarket Striders Running Club probably the largest running club in Suffolk. It is always a wonderful sight seeing a sea of yellow vests at the start of races where the Striders have on occasion represented a fifth of all the entrants in the race.

This could not be achieved without the voluntary support and dedication of the club coaches and the continuation of the Tuesday sessions for those new to running.

As a result of the expansion of the club's membership, the club had outgrown its previous clubhouse facilities and the committee looked long and hard at alternative accommodation. This was also brought to ahead with Mid-Suffolk outsourcing the management of the leisure centre. With many thanks to Chris Starmer and Chris Chaplin, their negotiations with the new leisure centre Management Company managed to secure the current facilities at Playworld from the beginning of 2006. However this has not come without a cost being £10 a week that the club previously was not required to contribute.

Coaches

The club has supported the training and development of coaches throughout the year on the basis that the membership will benefit from qualified training and experience. We have seen Chris Gladwell, Sue Garrod, Olwyn Clayden, Les Basham and Stuart Green successfully achieve the UK Athletics Level 2 Coaching Profession. Both Richard Fellingham and Peter Tricker continue to work hard towards UK Athletics Level 3 Coaching Profession. The club thanks all those mentioned plus Jenny Relf, Chris Starmer, Chris Oliver and Louise Bunch, for without them the club's membership would surely not have grown as much as we have experienced.

Juniors

2005 saw the opening year for a junior section. Relying principally on word of mouth the junior membership achieved 44 paid up members and seen Strider Juniors represent the club in local races.

In coaching of young persons the club's committee has taken its responsibility very seriously with not only working towards the coaches training as mentioned earlier but also in terms of police checks, administration and health & safety. As a result the club has many good working practices in place as recommended by Sport England and UK Athletics.

To ensure that the club maintains these good practices the committee has commenced work towards Sport England Clubmark that principally ensures clubs work to these good practices especially in connection with young people. The committee has prepared a plan to achieve Clubmark status that will need to be carried out by the 2006 newly elected committee. As a result of Clubmark the committee positions will be changing as indicated in your Agenda. Clubmark status is aimed to create closer links with the local schools, give parents and local schools confidence in leaving their children with a responsible club thus seeing further development of the club's junior section. It is also hoped, if only speculatively, that it may help towards financial support for any potential future development of the club.

Awards

The winners of the club championships were Anthony Reidy and Penny Waggott, with Chris Starmer and Glenda Taylor voted by the members as 2005 Striders of the year.

The coaches themselves announced their own awards with Glenda Taylor, Tamara Jordan and James Mwayi receiving acknowledgement for their running achievements.

London Marathon places went to Penny Waggott, Colin Thomas and Jenny Relf. Thanks go to Phil Rampley for organising the transport to and from the London Marathon for the runners and supporters.

Club Races

The club hosted its usual 4 races during 2005 being Haughley Park XC, Joe Cox 10m, Friday 5 & Scenic 7. The Joe Cox 10 is the club race for charity and raised £800 for MS. The Scenic 7 in 2005 exceeded the prior year record of 257 finishers with a total of 328 finishing the course. We

continue to receive excellent feedback from those that run these races and take onboard any comments that they may raise.

A huge thank you goes to Chris Chaplin and Heidi Bingham whose considerable work, largely unseen, goes into organising these events under ever-stricter regulations. Also a thank you goes to the marshals and helpers, without whom these races would not be possible.

This last year saw the Striders running as a team outside of the county with most notably the hugely successful and demanding Round Norfolk Relay being a continuous 24 hour race of 17 legs over 191 miles around the circumference of Norfolk. The club also put 2 teams in for the Hereward Relay being from Peterborough to Ely. It is hoped that the club and the members will continue to support such events.

20th Year Anniversary

2006 is the club's 20th anniversary from when a small group of likeminded runners set up the club. As a celebration of this event, being our 20th anniversary, a dinner dance is being arranged at Cedars Hotel on the 17th June 2006. The new committee will have the task of finalizing these arrangements and we look forward to a day of celebrations.

Finally...

Finally, I would like to thank the outgoing committee for their help and support during 2005 being Les Basham, Sue Garrod, Tracey Lee, Chris Starmer, Rose Norris, Anne Fellingham, Chris Chaplin, Chris Oliver, Jenny Relf, Lorraine Mills and Les King and wish the incoming committee every success in 2006.

Treasurer's Report

Accounts for the Year 2005

The turnover for 2005 was just over £14,000, which is approximately a £3,500 increase on the previous year. Income over expenditure shows a surplus of £1156.04, a drop of just over £200 compared to 2004,

With a significant increase in the senior membership this year, and with the introduction of our Junior Striders, the club now has over 200 members. This healthy growth is shown in the membership income, which has increased by over £800.

There was a significant increase of £2,500 in income from our hosting of race events this year, whilst expenditure on these events rose by £1800. Our profit on these races has risen by £800 compared to last year. These excellent figures reflect the increase in entries the club has received for races, along with the successful running of refreshment stalls.

Social events throughout the year resulted in a loss of just over £268, principally as a result of the Summer BBQ, which cost the club just over £180.

With a bigger range of goods than ever before, which have been well-received by club members, the Club Kit income has increased by just over £480 compared to last year's figure, whilst £259 of stock is currently being held by the club.

Affiliations, Permits, Insurance and Coaching Expenditure increased by over £400 this year. This has been necessary to allow the club to introduce its junior sessions, maintain its beginners sessions and to ensure that the club maintains and continues to develop its professional expertise.

£2000 was transferred from the club's current account to its Nationwide savings account. The Miscellaneous Expenditure amount is shown as £2,615.01 consisting of a £140 loss for the running of two London Marathon buses and £1045 being spent on the following items, which were in addition to usual costs:

- 6 portable barriers for race finishing which cost approx. £500
- 1 new tent & 2 teapots costing approx £100
- 1 flashing light for lead car usage during races which cost approx £40

- Additional Club Championship trophies costing approx. £55
- Use of Chilton Fields facilities for Beginners and Juniors during Oct & Nov costing £60
- Upgrade of internet usage for Club website at a cost of approx £120
- Entry to the Round Norfolk Relay Race at £170

Thanks to Jane Dolan for auditing the 2004 accounts and for agreeing to audit our 2005 accounts.

Looking to 2006

Items that need addressing in considering the 2006 members subscription charge include payments for:

- The use of the Leisure Centre's 'Playworld' area from January 2006, for the main club sessions of the seniors.
- The use of the Chilton Field facilities during the winter months for the juniors.
- Club insurance costs (£529 cover will need to be renewed in July '06 and may well need to be increased if the membership keeps growing).
- Purchasing of a range of skills equipment for the training of the juniors.
- Purchasing of computer hardware to replace the ageing and increasingly unreliable existing computer and printer.
- The further development of the club's website.
- Club payment of an increased number of team entries to team events.

In addition, our capital savings should be further enhanced in order to be able to realise a longer-term aim of contributing to the cost of the development of a running track for use by both the juniors and seniors. Such a development may become a real possibility given the country's hosting of the Olympics in 2012.

In view of all of these items mentioned I therefore propose a membership subscription increase. This is how the increase in senior subscriptions has been arrived at:

Cost of Playworld hire per week (£5 per session) × 52 weeks = £520
 £3 × 200 members (presumed membership figure) = £600

At the time of the Juniors' section starting up, a very low introductory subscription was set. In order to pay for the skills equipment that it is now recognised the Juniors need, and to cover their use of Chilton Fields' facilities a rise of £5 in their subscription is seen as an appropriate increase.

Thus membership subscriptions should be set as follows:

£15 for seniors if paid before or on 31st March.
 £18 for seniors if paid on or after 1st April.
 £10 for junior members.

Election of Officers

Position	Proposed	Proposer	Seconded	Agreed
Chairman	Richard Nash	Chris Oliver	Phil Rampley	Agreed
Race Director	Chris Chaplin	Nick Stephens	Peter Tricker	Agreed
Secretary	Les Basham	Alan Wells	Phil Rampley	Agreed
Treasurer	Rose Norris	Debbie Ghant	Helen Wrigley	Agreed
Men's Captain	Chris Starmer	Helen Wrigley	Maria Reynolds	Agreed
Ladies Captain	Lorraine Mills	Maria Reynolds	Charmaine Geraghty	Agreed
Coach Coordinator	Sue Garrod	Chris Chaplin	Chris Oliver	Agreed
Social Secretary	Kim Levett	Anne Fellingham	Lorraine Mills	Agreed
News Editor/Publicity	Chris Gladwell	Sue Garrod	Les Basham	Agreed
Club Kit Officer	Les King	Kim Levett	Phil Rampley	Agreed
Welfare Officer	Carole Prance	Rachel Toogood	Maria Reynolds	Agreed
General	Peter Tricker	Maria Reynolds	Chris Starmer	Agreed

Any Other Business

Proposal by Alan Wells for changes to be made in the way London Marathon Places are allocated.

Alan was unhappy at the way the system favours first time runners to the marathon.

This then excludes members who take a charity place raise funds and run the marathon but would be excluded the following year. Lengthy debate followed with several different formats suggested. Each element of the criteria was voted on with the following voted into place. :- (a) Must have been a member for 12 months, (b) Must have raced in club colours at least 5 times. (c) The clause that would favour members who had been rejected the most times was removed. Thereafter those left would be drawn from the hat. (d) Any member who secures a club place will not be eligible to re-apply for 5 years

Proposal by RF that members be asked to pay half entry fees of team relay events

As this could, theoretically, result in every club member asking to run in a relay race and placing a large financial burden on the club. Lengthy discussions and suggestions on different formats were discussed. The four main proposals put forward were:- (a) Richard Fellingham . Those members running in the team relays to pay half the entry fee. (b) Chris Chaplin. Keep the same format as now but do not add any more relays to the ones already being run. (c) Sue Moggan. Paying a 'Match Fee' of approx £3 for each member of the relay team. (d) Chris Starmer. That we keep the same format as now with the club paying the entry fee. These proposals were voted on in turn The majority vote was in favour of proposal (d) To keep the same format as now.

Proposal by Richard Fellingham that the club subsidise the cost of entries for Juniors running team events.

There were no objections to a proposal that this should be left to the discretion of the coaches who would make recommendations to the committee. This proposal was carried.

Lorraine Mills asked for clarification of the starting time for the Junior session.

This was confirmed as starting at 6.15pm until 7.00pm. This is held at the Rugby Club Training Ground under floodlights in the winter. This transfers back to the field behind the Leisure Centre during the Spring and Summer months.

Les King proposed that the rule preventing us auctioning a London Marathon Club place be removed.

This was voted on and the majority vote was to keep the rule in place.

Richard Fellingham commented that older runners are penalised if the scoring system is not age related.

Chris Starmer explained that all the rules regarding the Championships are applied and that the scores are age related but this is running age not chronological age.

Subscriptions

Club members are reminded subscriptions are now due. Can all club members please give subscription cash or cheques in envelopes. The member's name, the amount of money enclosed, and the reason for the money should be written on the envelope. Membership renewal forms are now available.

Next Committee meeting:

13th February 2006 7:30pm at Les Basham's

Date of Next AGM

29th January 2007 7:30pm