

# **Stowmarket Striders Running Club**

## **21st Annual General Meeting**

Held at the Stowmarket Rugby Club, Chilton Fields, Stowmarket.  
On Monday 28<sup>th</sup> January 2008

### **Present**

---

Richard Nash (Chairman), Les Basham (Secretary), Frank Moggan (Treasurer), Katy Nash, Jim King, Richard Fellingham, Anne Fellingham, Steven Neaves, Ker Macrosson, Richard Day, Rachel Toogood, Christopher Chaplin, Sue Moggan, Nick Stephens, Carole prance, Kim Levett, Haley Suttle, Penny Waggott, Maria Reynolds, Sarah John, Andrea O'Connor, Rachel Champion, Peter Tricker, Grayhame Fish, Anne Fish, Debbie Ghant, David Daniels, Jane Dolan, Chris Gladwell, Wendy Hughes, Abi Patton, Tammy Jordan, Becky Jordan, Nick Hammond, Olwyn Clayden, Robert Tomlinson, Phil Rampley, Margery Brown, Charmaine Geraghty. Les King.

### **Apologies**

---

Sue Garrod, Miles Garrod, David Loades, Tony Burdett, Angela Burdett, Michael Munson.

### **Accuracy of the minutes of the previous AGM.**

---

Carole prance and Phil Rampley were missing from the Members present list. Other than this correction the minutes were agreed as a true record of the last AGM.

### **Matters Arising**

---

Trailer Insurance - We have been unsuccessful in obtaining a realistic premium for the contents of the trailer. However, Chris Starmer will approach his farm insurers to see if they can give him a quote.

Club Championships - It was agreed at committee to retain the current format for the Club Championship.

### **Chairman's Report**

---

Over my the previous 7 years on the committee, the last 5 as Chairman, this year has seen more changes in the sport of Road Running than any other that I or the many on the committee have seen. I would therefore like to use this Chairman's speech to summarise the changes that affect you the most rather than summarise those achievements announced at club nights.

### **Road Running Governance**

The old Road Running governance of SCAA (Suffolk County Athletics Association) reporting to SEAA (South England Athletics Association), whom reported to AAA (Amateur Athletics Association) has ended. Although these organisations still exist, they remain largely as competition providers. Governance of our sport now lies with a new organisation called England Athletics whom are headed by UK Athletics.

Whilst the old system left road running club pretty much alone, the new system changes have been unpopular with the running clubs resulting in a rival organisation being created called ARC (Association for Running Clubs). Earlier this year the club's committee was faced with making a decision between two organisations.

A summary of the pros and cons of choosing the way forward is in the table below:

England Athletics	Association of Running Clubs
<p><b>Pros:</b></p> <ul style="list-style-type: none"> <li>▪ Be part of the future of the sport;</li> <li>▪ Support provided by regional representatives;</li> <li>▪ Events and training days (e.g. Paul Evans visit);</li> <li>▪ Complimentary to our UKA qualified Coaches;</li> <li>▪ Racing club members qualify for £2 reduction on race entry fees;</li> <li>▪ Funding provided and cheap courses available;</li> <li>▪ Fellow Suffolk Clubs also joining;</li> <li>▪ Club Membership only £35;</li> <li>▪ Race permit licence being implemented where a licence fee is charged on total race entrants. Saving for 2007 would have been £223.</li> </ul>	<p><b>Pros:</b></p> <ul style="list-style-type: none"> <li>▪ Be left alone to run and administer our own club;</li> <li>▪ ARC does not require personal details of Club Members and Race Entrants;</li> <li>▪ 60% of race unattached levies to be passed back to the club. Saving on race permit fees for 2007 would have been £323.</li> </ul>
<p><b>Cons:</b></p> <ul style="list-style-type: none"> <li>▪ Greater administration and demands on volunteers time;</li> <li>▪ Individual affiliation at £5 for 2008 (2007: £3);</li> <li>▪ Passing individual members and race entrants details to England Athletics for their administration;</li> <li>▪ Undemocratic organisation, although appears consultative;</li> </ul>	<p><b>Cons:</b></p> <ul style="list-style-type: none"> <li>▪ Racing club members will have to pay unaffiliated race entry fees for UKA races. Many club runners who race would be financially worse off;</li> <li>▪ Would lose the hard work achieved on Club Mark;</li> <li>▪ Club membership costs £387;</li> <li>▪ No commitment from fellow Suffolk Running Clubs to follow the ARC route;</li> <li>▪ A new organisation with no clear development path.</li> </ul>

Based upon these pros and cons, the committee finally made the decision for the club to affiliate with England Athletics (UKA). The decision was also made that individual affiliation would be included within club's membership and thus save the runner the additional burden of affiliating themselves.

This is why many of the clubs members have received a 'Competition Licence' card. Future race entry forms will begin to require your Registration Number shown on this card in order that you qualify for the £2 reduced entry fee. Simply quoting your affiliated club will no longer be sufficient.

In view of the changes within Road Running, the club has decided not to keep its head in the sand. It now has representation on other Road Running / Athletics committees being SCAA (Suffolk County Athletics Association), Suffolk Athletics Development Group and the England Athletics East Road Running Project Group.

### Club Mark

I am delighted to inform the membership that the Stowmarket Striders Running Club was successful in its application for Club Mark accreditation, advised last week by England

Athletics. This application has taken 2 years to ensure that the club has achieved the best practices when looking after its membership, notably the juniors.

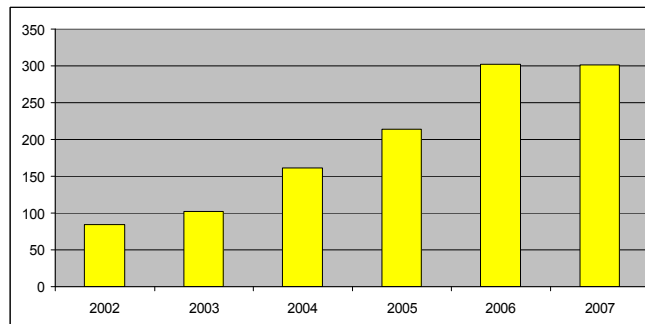
Being Club Mark accredited will open up more avenues in terms of funding, cheaper training & courses and additional junior membership in giving parents and schools the comfort in knowing that the club has achieved a high level of standards.

Once again, I am delighted that the club has achieved this and give thanks to all the coaches, committee and others who have helped the club achieve and document the standards required. Notable thanks go to Carole Prance who with myself, David Loads and the sports development officer from Mid-Suffolk District Council have put in many hours.

I am in communication with England Athletics East to set up a presentation day to invite the local media. More details on this will follow in due course.

### **Membership**

The club has finished the year with 246 senior members and 45 junior members totalling 291 (2006: 302). This is marginally lower than the previous year, seeing a levelling off on the growth seen since 2002 when the membership was just 84.



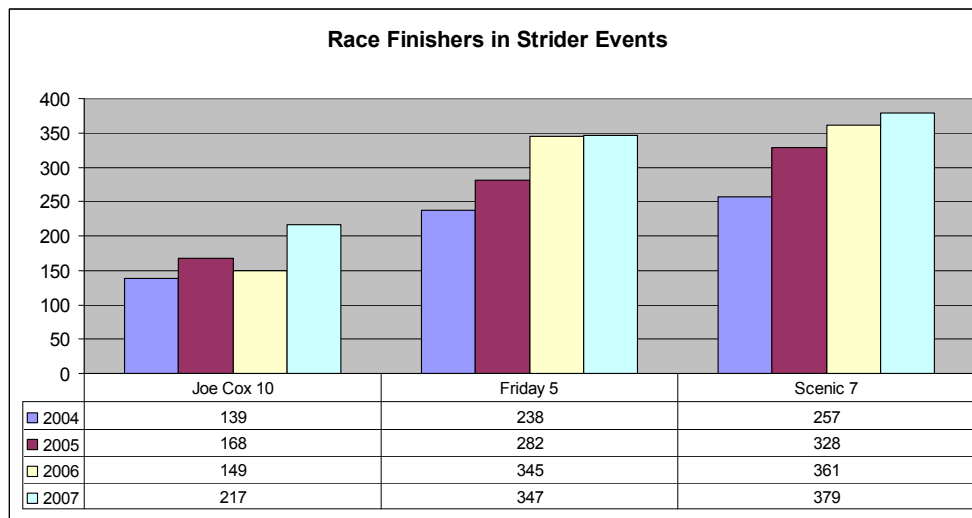
Individual awards were given out at the Christmas party with the Striders of the Year going to Frank Moggan and Mary Narey. Club Championship awards went to Jim Rossiter and Naomi Hall. Coaches awards went to Becky Jordan, Marey Narey and Nick Palmer.

Whilst the club promotes participation, performance success has also been seen in a number of events, notably when the club represented Suffolk in the National XC plate cup finals in Derbyshire. Other team achievements include finishing a close 2<sup>nd</sup> at the Hereward Relays and winning Mutford Relays making the Stowmarket Striders the 5k County Champions.

### **Club Races**

The club hosted its usual races throughout the year being the Haughley Park XC, Joe Cox 10, Friday 5 and Scenic 7. Entries for these races remained fairly static from the previous year with the exception of the Joe Cox 10, our smallest race that saw an increase of 68 finishers.

Despite this increase, the Joe Cox 10 has remained our smallest race and the decision was made to change the event, held 3 weeks before the London Marathon, to be more appealing for those marathon training. A different course was also sought in order to preserve the Scenic 7 route.



The result is that the race will now be held at Great Finborough School over a rural, very scenic and undulating half marathon route. The event looks to be very exciting as my involvement with England Athletics East Road Running Project Group has allowed me to promote our new race to be included in the England Athletics Eastern Region Grand Prix series. This is a high profile grand prix that will hopefully improve participation in our race and also bring to our roads some of the fastest and best runners in the region. Other races in the series include Watford Half Marathon, Flitwick 10k, Great East Anglia Run, St Ives Dairy Crest 10k, Great Eastern Run & the City of Norwich Half Marathon.

Being a longer and potentially bigger race, the club will need in excess of 50 volunteers in order to hold the race. The club therefore needs your help.

### **The Volunteers**

The success of this club would not have been possible without the volunteers: the outgoing committee, the coaches and others who help at races, relay events and social events. As it is not practical for me to name them all so a huge thank you goes to each and every one of them.

### **Treasurer's report**

I hope you have had a chance to look at the Statement of Accounts, copies of which were emailed to members and are also available here this evening. Working through this statement, I would like to highlight some areas.

Starting with the first page, in the 'Income' section, the 'Other Income' includes interest of £241 on the Nationwide Savings Account and a £450 Club Development Award from England Athletics. In the 'Expenditure' section, the 'Other Expenditure' includes the purchase of the trailer, which cost £3,000. Team Race Entries amounted to £740 and the hire of the Ocean Adventure Room was £480. As you will see the total income and expenditure of the Club was about the same as it was in 2006.

Under 'Club Assets' £1,000 has been transferred from the Lloyds TSB Current Account to the Nationwide Savings Account. Total Club Assets have increased by approximately 15% and now stand at £11,764.

If you turn to the next page in the statement you will see a more detailed breakdown of races and events. All races organised by the club generated a profit, especially the Scenic 7, which was very generously sponsored by Barnards Volkswagen who paid approximately £400 for

trophies for seniors and the restocking of medals for junior races. Expenditure on the Joe Cox 10 includes a donation of £750 to the Club's chosen charity Multiple Sclerosis.

NOW LOOKING TO THE YEAR AHEAD.

Hopefully most of our current members will rejoin and we will continue to attract new members. If our 'Races' continue to be successful we should generate a good income.

In 2007 the Club was able to absorb the England Athletics Membership fees and still make a profit, thanks to the dedication and hard work of the members. We will obviously have the normal running costs for the club and some current race equipment will need to be replaced.

As the Joe Cox 10 Miles is to become a Half-Marathon at a new venue, we can expect to incur extra expense for the purchase and hire of equipment and the hire of the venue. Having said that, I expect the overall income and expenditure for 2008, to be roughly the same as it was last year.

At present the Club is financially secure so I propose that the membership subscriptions for 2008 remain the same as they have been for the last 2 years i.e. Seniors:- £15 if paid on or before the 31st March, £18 if paid on or after the 1st April, except for new members who will pay £15 when they join. Juniors:- to stay at £8.

I would like to express my thanks to Jane Dolan who audited the 2006 accounts and has once again kindly agreed to audit the 2007 accounts.

The Treasurer proposed that the club membership fees (Adults £15.00 and Juniors £8.00) should remain unchanged. Seconded by Katy Nash. **Passed unanimously.**

## Proposed Rule Changes

---

### 1. For the club to become affiliated to the 'British Triathlon Federation'

a) Reword rule 1 from:

*"The Club shall be called the Stowmarket Striders Running Club.";* to

**"The club shall be called the 'Stowmarket Striders Running Club' and affiliate with England Athletics (UK Athletics) and the Triathlon England (British Triathlon Federation)."**

b) Reword rule 2 from:

*"The objects of the Club are to provide facilities for running for the members and to promote and encourage running as a sport in Mid Suffolk.";* to

**"The objects of the Club are to provide coaching, training and competition opportunities for endurance running and triathlons, open to all the membership. Also to promote and encourage endurance running and triathlon as a sport in the Mid Suffolk region."**

c) Reword rule 13 from:

*"Neither the Club nor the Management Committee shall be liable for injuries incurred by*

*Club members running on official Club nights or in their own time. Reference to the club's insurance may be appropriate in case of injury.”; to*

**“Neither the Club nor the Management Committee shall be liable for injuries incurred by Club members at official Club events or in their own time. Reference to the club’s insurance may be appropriate in case of injury.”**

Discussion took place on this with Frank Moggan asking what exactly does the insurance cover and expressed concern as to whether our coaches are qualified to train athletes in the sport of Triathlon? Sue Moggan also raised concerns with the club rules where the club was not currently in a position to provide coaching for Triathlons.

Richard Fellingham said he thought the insurance premium did not seem sufficient to cover the large amount of members in the club. RF also asked why the club would need to affiliate as a running club as not all members are interested in taking part in triathlons. On behalf of the member who brought forward this rule change, the chairman pointed out that this would bring added benefits and training opportunities to club members with increasing numbers wishing to take part in triathlons.

With no comment coming from the members in support of the rule, a vote was taken with 17 in favour and 17 against. This did not meet the 2/3rds majority required and therefore was **not passed**.

## **2. For the club to communicate AGM notices by Email and via the Website**

a) Reword rule 15 from:

*“The Treasurer shall keep the accounts of the Club and shall make up the annual statement of accounts and balance sheet of the Club to the 31st day of December each year which shall after audit be printed and circulated amongst the members with a notice of the Annual General Meeting. All payments made for or on behalf of the Club shall be made by cheque only, such cheques to be signed on behalf of the Club by the Treasurer and either the Chairman or Secretary, or by such officers of the Club as the Management Committee shall determine.”; to*

**“The Treasurer shall keep the accounts of the Club and shall make up the annual statement of accounts and balance sheet of the Club to the 31st day of December each year which shall be circulated amongst the members with a notice of the Annual General Meeting. All payments made for or on behalf of the Club shall be made by cheque only, such cheques to be signed on behalf of the Club by the Treasurer and either the Chairman or Secretary, or by such officers of the Club as the Management Committee shall determine.”**

b) Reword rule 20 from:

*“At least fourteen days notice of any General Meeting specifying the business to be transacted and the day, place and hour of meeting shall be sent to every member by letter to his address in the Club register.”; to*

**“At least ten days notice of any General Meeting specifying the business to be transacted and the day, place and hour of meeting shall be notified to the membership via email, as held in the membership records, and/or advertise on the club’s website.”**

c) Reword rule 21 from:

*“Subject to Rule 22 no rule of the Club shall be repealed or altered and no new rules shall be made save by a two-thirds majority of the members present at a General Meeting. Not less than three weeks written notice of the intention to propose any new rule or alteration shall be given to the secretary who shall send notice of the same to every member to his address in the Club register not less than ten days before the General Meeting.”; to*

**“Subject to Rule 22 no rule of the Club shall be repealed or altered and no new rules shall be made save by a two-thirds majority of the members present at a General Meeting. Not less than three weeks written notice of the intention to propose any new rule or alteration shall be given to the secretary who shall send notice of the same to every member via email, as held in the membership records, and/or advertise on the club’s website not less than ten days before the General Meeting.”**

Richard Fellingham pointed out that we must not exclude those members who do not have Internet access and that this would be contrary to the ethos of Club Mark. The meeting agreed that we should add to the rule that: **We should post information to those members who do not submit an email address in their membership details.**

On the basis of this amendment to rule 20 this was **passed unanimously**.

## **Election of Officers**

---

<b>Position</b>	<b>Candidate</b>	<b>Proposed by</b>	<b>Seconded by</b>	<b>Decision</b>
Chairman	Richard Nash	Ker Macrosson	Peter Tricker	Agreed
Secretary	Ker Macrosson	Les Basham	Nick Hammond	Agreed
Treasurer	Frank Moggan	Chris Starmer	Carole Prance	Agreed
Race Director	Chris Chaplin	Chris Starmer	Rachel Toogood	Agreed
Men’s Captain	Nick Hammond	Les Basham	Anne Fish	Agreed
Ladies Captain	Debbie Ghant	Sue Moggan	Charmaine Geraghty	Agreed
Coach Coordinator	Stuart Green	Peter Tricker	Les Basham	Agreed
Membership Secretary	Carole Prance	Les Basham	Rachel Toogood	Agreed
Social Secretary	Les Basham	Carole Prance	Kim Levett	Agreed
News Editor/Publicity	Chris Gladwell	Nick Hammond	Carole Prance	Agreed
Club Kit Officer	Les King	Frank Moggan	Kim Levett	Agreed
Welfare Officer	David Loades	Carole Prance	Sue Moggan	Agreed
General 1	Kim Levett	Carole Prance	Rachel Toogood	Agreed
General 2	Rachel Toogood	Les Basham	Debbie Ghant	Agreed

## **Any Other Business**

---

Sarah John informed the meeting that after a meeting with a local Osteopath James Woledge from the Childer Road practice he is willing to visit the club to advise on the benefits stretching to members. This has already been brought up at committee level.

Debbie Ghant said she had obtained a number of Lucozade Sport bottle holders. These were distributed to members at the meeting.

After many years organising the London marathon Coach transport Phil Rampley is standing down. Carole Prance kindly volunteered to take on this role.

Richard Fellingham asked what the alternative proposal was for the Club Championships. The chairman informed him that the committee had voted to keep the current format. However this did not preclude other alternatives being put forward.

Ker Macrosson said that he had certain concerns regarding the England Athletics v Association of Running Clubs issue. He felt that the England Athletics set up may leave our Suffolk County organisation 'high and dry' and without funding. This could result in the county set up disappearing altogether. What is the clubs feeling towards England Athletics? The chairman informed the meeting that the committee had looked long and hard at both options with regard to races, coaching and Club Mark etc. and had come to the descion that the England Athletics option was in the best interest of the club as a whole despite some reservations. Chris Starmer added that as he sits on the County committee he was of the impression that some funding would be being directed to County funds.

There being no further business the meeting was closed.

The date of the next Annual General Meeting was set for 26<sup>th</sup> January 2009