

**Minutes from Norwich Road Runners AGM
November 28th 2017 at Sewell Park, Norwich**

Committee members at the meeting: Mark Betts, Gary Cooper, Nicky Dowson, Paul Dowson, Kathy Easter, Chris Harrison, Beryl Knowles, James McFarlane, Mick Powell Alma Simmons

Apologies; Tina Moseley

Chris Harrison welcomed approximately 100 club members and invited the committee to introduce themselves.

Review of 2017

The club can celebrate another great year, with successes in the Round Norfolk Relay, a thriving Junior Club and successful staging of our races. We have invested in the club by purchasing flags and gazebos and lights for training sessions in darker evenings.

We can celebrate lots of individual successes at local events and those further afield.

Our races are booked for 2018 and we are confident that our members will be on hand for those all important marshalling duties.

During the year, the Committee looked at alternatives to our base at Sewell Park in response to their review of finances and the growth in club members. After careful consideration, we confirm that the club will be staying at Sewell Park.

Our membership continues to grow with around 450 adult members. While this is great news for the club, it has an impact on our activities and our capacity to carry them out safely and successfully – we are looking for members to help out when needed.

The number of finishers in our races continues to grow

Broadland half marathon	360 finishers
Wroxham 5k Race 1	595 finishers
Wroxham 5k Race 2	604 finishers
Wroxham 5k Race 3	627 finishers.

Report from coaches

Neil and Steven have been head coaches for a year – and from a position of wondering what they had let themselves in for, they can report a great year.

Monday sessions – thanks to Richard High and Lynda Moore for their sterling work. For the future, we are looking to get a 6-week rolling rota to take these sessions forward.

Tuesday sessions – the coaching team has been brilliant and with the addition of new members to the coaching team, we have been able to double up on the field and improve the quality of delivery. The feedback and continued high numbers show that these sessions are going well.

Thursday sessions - we started by trying to get groups of people running together and it worked well to begin. However, numbers have increased dramatically and we are now finding it difficult to get help with new runners. We continue to review how we manage Thursday sessions going forwards.

Track sessions at UEA

The club started going to the UEA Track for the first time early in the year. The sessions have been fantastic and well attended. The excellent floodlit facilities have been greatly appreciated. The committee made the decision that the club would pay for these sessions, so huge thanks to them. There are further sessions in January 2018.

Mousehold Mondays.

An important feature of our summer evenings! Huge thanks to Wendy Smith for her enthusiasm and motivational skills.

Neil and Steven have successfully taken further coaching qualifications and hope that over the next 12 months, club members will see the benefits of this. They are keen to pass on their knowledge and experience to others who want to undertake coaching courses so that our pool of experience continues to grow and strengthen, to make us more competitive and enable us to support all ability levels.

In conclusion Neil and Steven thanked all members for their support, their feedback and enthusiasm. Feedback is particularly important to keep us moving forward and providing what is needed. e.g. marathon training. All were congratulated on their achievements and PBs and Neil and Steven look forward to another great year.

Report from Juniors

Elies reported on the success of the Juniors during 2017.

The Juniors have represented the club at Ryston XC and Ekiden with 5 teams. The Wroxham 5k series staged three Junior races with times ranging from 17.48 minutes to 27 minutes. In December 2016 at Thetford County Championships, Junior teams won gold in Under 11, bronze in Under 13 and bronze in Under 15.

Our Juniors are well represented at local park runs each week.

Alma reported that membership is strong and in only our second year, we have more than 70 members.

Alma would like to continue the good work by taking teams to Sportshall and target more prestigious races so that the Juniors are recognized as a force to be reckoned with.

We have recently set up a Junior Committee which is helping organize a solid base of volunteer help.

With Ally's help, Alma has been encouraging older children and Year 10s to take some responsibility for planning and leading Saturday morning sessions. This will give them valuable leadership skills, as well as being an inspiration to younger members and strengthening our membership for the future.

Alma encouraged members to think about gaining qualifications for working with Juniors as this can only take the club forward. Ally talked about the importance of giving the young members responsibility and how positively they responded. He also stressed the impressive attitude and sportsmanship shown by the Juniors when they are at an event. All three leaders thanked volunteers for support during the year

Report from Social Committee

Victoria Utting and Caroline Allen reported on the events during the year, Easter and Christmas Fun Runs, Christmas party, summer challenge and managing refreshments at our race events. We need to get new members for the Social Committee.

Victoria thanked Wendy for the Mousehold sessions and presented her with a card and gift.

James reminded everyone that the Club Awards will be presented at the Christmas party and urged members to vote for each category.

The challenge for 2018 is to walk the Norfolk Coastal Path during a weekend – more details to follow.

Report from the Chairman

Gary stated that the overwhelming feeling in the club is one of growing success and a sense of family– the club is 32 years old and we have three founder members – Mick Powell, Ray Lindsay and Richard Sales – still

active within the club. With the growing numbers comes the responsibility to maintain our successes and keep everyone safe: many people put in hours of work behind the scenes to do this and we continue to need more help. The club is happy to support anyone who would like to take coaching qualifications, be a committee member or volunteer.

Report from the Treasurer

Kathy distributed copies of the audited accounts and made the following points. The club made a loss this year of £2895.

The Broadland Half made a profit of £3613 with entries up and expenditure down. The Wroxham Series made a profit of £5563 with a substantial profit on entries and a smaller increase in expenditure.

We paid for a number of runners to enter races, totalling £7457 (RNR, Ipswich Ekiden, National XC in Nottingham and Southern XC in Parliament Hills)

The club invested in signage boards, safety items, a measuring wheel and gazebos and flags.

The club paid for a number of members to do leadership courses and paid for the UEA track sessions.

We made donations (in total £1347) to Nelson's Journey, Big C, NNUU and SERV from the sale of refreshments at races.

The club remains in a strong position.

Election of Management Committee

The committee stood down and were voted in unanimously.

Mick Powell was stepping down as Secretary after an amazing 30 years, although will remain on the committee – a huge thank you to Mick.

Gary Cooper – Chairman

Vice Chairman – vacant

Club Secretary – vacant

Treasurer – Kathy Easter

Membership Secretary – Mark Betts

Welfare Officer – Beryl Knowles

Communications Officer – vacant

Committee members –Nicky Dowson, Paul Dowson, Chris Harrison, James McFarlane, Tina Moseley, Alma Simmons.

Membership fees

Mark Betts reported that next year senior membership fees would increase to £35. This is the first increase for 7 years and other fees (Students, second claim and Juniors) would remain the same. In making

this decision, Mark had made comparisons with other local clubs and NRR still provides excellent value for money.

Club standards

Chris Harrison and James McFarlane have been analysing our club standards -the current formula is relatively unknown and goes back as far as 1980. The rise in the quality of female members dilutes the times listed so a review is due.

They would like to introduce a more individual approach and rebalance the difference in a more up to date way whilst maintaining an element of challenge.

They are proposing a review of club standards which will be trialled from January 2018. In brief, this will be World record/Your time =Percentage Age grading. All relevant information will be put on the website and feedback will be invited at the next AGM.

There were no submitted questions.

Other questions

With regard to membership fees, there was a question about the age of a student – this will be clarified.

Target races – Wendy encouraged members to apply for the Gazelles Valentines 10k on February 28th 2018.

The ballot for club places at the London Marathon took place.

The following people were drawn

Glyn Manton	Reserve Keith Brighty
Roly Cook	Reserve Andy Palmer
James Dunne	Reserve Jen Inglis
Guy Shearwood	Reserve David Tandy

The meeting closed at approx. 9.15.