



Minutes from the Norwich Road Runners AGM November 22nd At Sewell Park, Norwich

Committee members at the meeting: Gary Cooper, Glyn Manton, Mick Powell, Kathleen Easter, , Paul Dowson, Nicky Dowson, Mark Betts, Chris Harrison, Jodie Causer,
Apologies - Beryl Knowles

Chris Harrison opened the meeting with a slide presentation for the members
 Chris reminded the club of the devastating loss of our friend and fellow club member Sze-Ming.

Review of 2018



Highlights:

- Round Norfolk Relay – Ladies and Masters teams Runners up.
- Junior section continues to thrive and grow.
- The representation the club has – collecting many team and individual awards throughout the year.
- Club continues to grow
- New race for 2019!

Photo: Internet

Club membership breakdown



Photo: Internet

Membership details were shown. Over 500 1st claim members including juniors. Fees will not be raised next year



Good year for newly formed race team. Broadland down but as sold out it has been concluded that despite opportunities to transfer and good communication with runners, some chose not to take their place in the race.



Coaches



Photo: Internal

Report from Coaches

Stephen Moseley confirmed that the popular UAE track sessions will be held in January, February and March funded by the club. Stephen stressed that this is for all levels and is open to fully paid up club members.

A new England Athletics sponsored 'ClubRun' programme will be available to our club in the new year and Paul Evans will holding track sessions at the club. These will be different to the Paul Evans sessions that were held in the past/ There will be 3 sessions each lasting 90 minutes.

6 Run Leaders will become available and the club was challenged to get the most out of the coaches/Run Leaders and to give them feedback. The aim is to cover the requirements of all levels. Stephen thanked Neil and Luke for their contributions and all runners who assist in pacing and supporting on club nights.



Social Committee



• **Current committee**

- Caroline Allen - Leaving end of 2018
- Richard High - Leaving end of 2018
- Joe Woodley
- Lizza Frary
- Stephen Pizey
- Tanya Nelson - Joining in 2019

- *We are in need of more Social Committee members from the beginning of 2019*

• **Main responsibilities**

- Organising and manning the tea, coffee & cakes at Ringland Half and Wroxham 5k Series
- Fun Runs
- Christmas Party
- Any other events / activities we decided to do

If you are interested in joining & helping please speak to
Joe, Lizza, Stephen

Aviva: Internal

Report from Social Committee

Caroline Allen thanked everyone for the support throughout the year and mentioned the contributions made got local charities through cake sales at race.

Those who are attending the Christmas party were reminded to finalise their menu choices. This year the event will be in a marquee at Sprowston Manor hotel.

Christmas Fun Run

Thursday 20th December

- Fancy Dress
- There will be a buffet afterwards - Please all bring a food item

ParkRun Socials

Various Dates in 2019

- To bring members together at the various regional ParkRuns - run followed by tea & coffee & chat.



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2019 Challenge



The Ridgeway Trail

Roly Cook gave details of the Ridgeway trail . The plan is to put on another challenge next year which will be pretty much along the same lines as the Hadrian's Wall challenge in 2017. So the challenge next year will be walking the Ridgeway Trail which is 87 miles long and runs from just south of Swindon and finishes on Ivinghoe Beacon which is West of Dunstable.

The dates of the trip are 26th - 30th July 2019 with a day travelling each end and three days walking.

There will have two night in Swindon and two in Aylesbury.

A brief itinerary of the trip will be as follows: -

Day 1. Travel, last minute shopping for provisions and meet up in the evening for a meal.

Day 2. Start walking by 7am. 30 miles with a lunch break half way. Back to the Swindon Hotel.

Day 3. Start walking by 7am. 34 miles with a lunch break half way. Over to the hotel in Aylesbury.

Day 4. Start walking at (to be decided). 23 miles with a lunch break half way. Back to the hotel in Aylesbury, scrub up and then go out for a meal & beers to celebrate.

Day 5. Bit of a lay in. Find somewhere for breakfast and then back home.

A budget price for the trip will be £200. This shouldn't be too far out as this is what the Hadrian's trip cost.

We are going to cap this at 36 walkers to keep it manageable (3 mini buses) and therefore it will be on a first come first serve basis.



Report from the Juniors

members of the Junior section gave a good report back on the activities of the Juniors. Juniors have been involved in a series of events including our first juniors runner in a national event. The Juniors had team of 16 at the EIKEDEN RELAYS



The Wroxham juniors fun runs were very popular and unfortunately because of that we ran out of medals

The juniors were represented at the SPORTSHALL league over two meetings,

Results can be seen here

http://www.norfolksportshall.org.uk/uploads/KLynn_10Nov18ns.pdf

Thanks to Parents for their support, to Maureen for preparing the Rotas and to the coaches. More coaches are needed, and any potential coach can come and see what the junior section does for the development and confidence of Juniors.

The Juniors race at Ringland will be the first chipped junior race and already has 150 entrants, with a separate race team and sponsorship.

Mention was made of the success in senior races of Archie Manton.





Chairman's report



Gary Cooper reminded everyone how the club had changed with many more people attending the AGM's and lots of new faces. The club has in the room were 3 founder members Mick, Ray and Richard and he reminded the room that some of the club records are still held by founder members.

He thanked Committee for there hard work for the club and to Paul and Nicky Dowson who are stepping down after 5 years.

Gary raised the setup of the race committee team that took some pressure away from the committee.

Committee members have served for many years and more people are required to take up the baton

The club needs to have someone on the Round Norwich Relay committee to serve our clubs interests.



Treasurer's Report



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Kathy advised the AGM that copies of the audited accounts were available and gave one details. The club had a net surplus of £7,432.45. This is high as costs for Broadland (postponed) were paid after the financial year (£4000 approx.)

The club paid £5,054.72 for contribution to races, £1,520 for coaching fees and £700 for track sessions

• Current elected committee

- Gary Cooper
- Mick Powell
- Kathleen Easter
- Beryl Knowles
- Paul Dowson - Finishing end of year
- Nicky Dowson - Finishing end of year
- Mark Betts
- Chris Harrison
- Jodie Causer
- Glyn Manton
- Vacant position x3



Election of the Management Committee

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The committee stood down. There have been no applications sent through to the club for any of the current roles.

Members serving less than 5 years (Beryl, Mark, Chris, Jodie, Glyn, Alma) were vote unanimously on mass.

Members serving more than 5 years, who are happy to continue to serve the club were voted for by members individually, in turn. Each members re election was unanimous.

(Gary Cooper-Chair, Kathleen Easter(Life member and chair), Michael Powell (Original member and life member)

The club were reminded that Mark would serve as Membership Secretary for 1 more year.

James Dunne agreed to join the committee.



Submitted questions to the committee



Questions were answered by Glyn and Chris. (All questions submitted had been discussed by committee and responded to)

1. Question on constitution. Are members adhering to the maximum five years as defined in constitution.

The answer to this was emailed to all members in November 2018 where requests for new committee members was made and procedures for elections were outlined

2. Why are we fund raising through Aviva when we have 30 K in bank.

The sum of money in bank is high due to be towards middle of our membership year and no more income to be received until Ringland funds hit in New Year. Currently Broadland shows surplus, which is not the case as race day outgoings have not left account, so the bank balance is higher than would have been. The club will seek all opportunities for fundraising. The request for this fundraising was agreed by vote. I do see your point, and a widening of committee membership may get us to reflect on opportunities for fundraising like this that could lessen the availability of this type of funds for smaller social groups in our community.

It is worth noting that we have donated over £500 to charity this year, including race day charities, nominated by members. For instance, the club paid for the pacing bibs for Catton/Colney park runs

3. Will the club book more track sessions- Done

4. Please consider changing RNR team to allow senior men to join.

RNR- proposal has been put forward, with the backing of a team manager to have a men's open team (similar to ladies) where most of current masters team would likely be part of along with the seniors who could only take part this year, due to lose of one place, through the ballot team. Chris



Harrison has put himself forward to take on that role. No final decision will be made until RNR management team make decision on team criteria for 2019

5. Why was time trial removed?

Answer: Mainly due to safety considerations for an urban route at night because of increased attendance and the route. A Mousehold Trial run was held but poorly attended. Suggestion made that members use Pro Run to get PB's

6. Can we introduce a variety of routes for Thursday?

Answer. Neil has put in a lot of work in devising routes. Reversing the routes is a new perspective that is working well. New routes will be looked at but is time consuming for volunteers.

7. Will there be a Cap on new members as the club is growing?

This was a topic item in meetings this year. At time, after talking to coaches, agreed to monitor with priority being safety of runners on club nights. This does need to be discussed again. This is something I have talked in in length with Steve about. The difficulty is always if we cap, what do we do mid-year if someone want to return to us and may help us Competitively? From a fitness and mental health point of view its benefits people making a bold decision to join a club, to be able to do so and not wait to see who signs up again in April. The difficulties with growth are can we look after new members, facilities at Sewell Park and most importantly safety.

Action – This will be something discussed in committee and with coach team over the year

8. Is the committee big enough for number of members. Is the committee a fair representation of membership

Committee is short of members. Requests for help has seen a formation of race team (10 members) to reduce burden (although most of committee are also active in the race team). In terms of fair representation what is difficult to answer, the key here is having more members willing to give up their time for this role. The only 2 new members last year were Glyn and Jodie. Our response to this is that with 2 members leaving (and 2-3 expressing desire to join), at time of writing we will enter 2019 with 11 members. In 1990 the club had 13 committee members for 125 members.

To move forward, it would be great to welcome new members to our committee that represent all parts of the club.

Question read out at AGM

I am voicing concern at the recent drift of some of our' top end runners' and experienced members to other clubs.

Could the committee clarify if they share this concern and if so whether it will investigate the reasons and provide appropriate support to reverse this trend.

This could include targeting regional and national races, training plans, leading to increasing team spirit and club profile as well as providing incentive to all runners at the club, including our juniors, who wish to take their running to a higher competitive level.



*Committee response to emailed question following the AGM
I am writing on behalf of the committee regarding your questions below.*

Although we felt we answered it in part, we wanted to respond directly (as we have with other questions written in)

We do share the concerns. This has been a topic for several of our meetings and in between meetings where we continue to discuss club matters. This has also been discussed with the Head coach(es) in length. Strategies have been discussed and implemented that we hope will move the club forward. We will be discussing the introduction of some old roles in the committee. In 1990 there were 13 on committee serving 125 members. There was a better spread of roles including a Thursday route co-ordinator and club team manager, roles we will consider again. Targeting regional and national – good idea. Has and will be discussed further. We started the ball rolling with races we have some say in - 20 free tickets for runners who are competitive in their age category for Ringland. Feedback is good and this is something we can debate over the next month or so to introduce for Wroxham 2 (County race).

We have targeted Parliament Hills and resourced it. This has been organised early. We would be happy to help with other races, e.g. Nationals (Leeds) but would need to ask someone to sort out a team.

In terms of targeting other races, the feeling is that is ensuring we have a strong field in each targeted race-e.g. Sportlink series. This is again something we will be discussing,

Training plans – This is a topic of discussion with a sub group of committee and Lead coaches this week prior to our meeting next week. Again any help/suggestions from experienced coaches will be sort.

Hope that answer some of your questions. Once again many thanks for taking the time to share your views. If you can give us any feedback on the above that would be very useful!



Opening of the floor to members for questions to the Committee

ANY QUESTIONS?

Aviva Internal

Questions from the floor

Question. Is it possible to get more training advice on Thursdays? For example how to split race times?

Answer: This is time for all club members to run including coaches who give up their time voluntarily. Track Sessions and Tuesdays nights would be more suitable.

Question. Would be possible to have signs on club nights to help newcomers get into the right groups. *Answer. Good idea and the club is starting splitting into Long, Medium and Short run groups.*

ACTION – Do be discussed with coaches/committee after the AGM

Question. Would it be better to split groups by pace rather than distance as this is more important for a newcomer.

ACTION – Do be discussed with coaches/committee after the AGM

Golden envelopes

There has been a view recently about our club competitiveness and in order to reward our top runners we have decided to choose 10 Male and 10 Female runners to represent the club at the Ringland Half marathon. Choices are based on ability, competition times and suitability for the distance and a spread over the age groups.



Members are

Male:

John Hudson
Simon Wright (Unable to fulfil --> Liam Rowlands)
Carl White (Unable to fulfil --> Matt Howard)
Dan Middleton
Marc Coles
Simon English (Unable to fulfil --> Chris Bullock)
Mat Porter
Jonathan Cordle
Mark Garrett
Gary Grand

Female:

Alicia Lacey
Jessica Behan
Kate Murrell (Unable to fulfil --> Melissa Baker)
Caroline Houghton
Stacey Harper
Rachel Miller
Claire Rackham
Ruth Gaunt
Phillippa Rudd
Penny Edwards

Ballot Winners-Well done to the lucky winners for this years draw. Glyn will sort out the club administration after the AGM

Paul Smith (Smudge)
Nick Gurney
Abby King
Victoria Utting

Reserves

Matthew Howard 1st Reserve
Paul James Smith 2nd Reserve
Shauna Gooch 3rd Reserve
Joe Woodley 4th Reserve

MEETING CLOSED AT 9.30PM