

2024 Annual General Meeting Minutes

Bearbrook Running Club

Tuesday, 5th March 2024 - 8:30pm
The Dog House, Bierton, Aylesbury

Agenda:

1. 2022 AGM Minutes
2. Chairman's Report
3. Treasurer's Report
4. Run Captains' Reports
5. 2024 Committee
6. Motion to make Phil Woodage an Honorary Member of the Club

Committee members present: Nicky Pittam, Heather Larson, Dermot Martin, Rob Palmer, Darren Corsby, Lynn Garricks, James Powell, Mike Lemon

Apologies: Phil Woodage, Paula Robinson, Alison Ashbolt

Twenty-eight club members were present including committee members.

1. 2022 AGM Minutes (Heather Larson)

There are no outstanding actions from the last AGM held on 15 November 2022. The 2022 AGM minutes accepted.

2. Chairman's Report (Nicky Pittam)

We started 2023 with our first Couch to 5K course. Sar managed the 12-week plan, with a great team of volunteers, including Tony, Darren, Helen, Pat and Paula and myself. Of the 12 people who started, 8 finished the course and completed the Aylesbury Parkrun, with coffee and cake afterwards. Six people then joined the club. Some have now completed further parkruns, completed race for life races and other 5k and 10k races. In fact, one of the group ran the London 10K with a great result and said that "it seems all this training malarkey paid off." I would like to say a big thank you to Sar and all those who came and helped. We are running a Couch to 5K course at the moment with the last session on 16 March at the Aylesbury Parkrun – hopefully it's still not flooded. Come on down if you are free.

Chiltern League, I know Rob is talking about this in his report, so I will not duplicate that, but I would just like to say a big thank you to all those that ran and also to James, Dermot, and Darren for ensuring the Gazebo was available for the races. This year we bought a smaller one, which is easier to transport.

Who can forget our presentation evening with the quiz supporting our Club Charity – Air Ambulance. We had a great turnout and plan to do something this year, with a few tweaks!! More information to follow.

Hardwick was another great success, and we had some great feedback. Big thank you to Dermot for managing this race and all those that helped marshal. We still need some more marshals to make this race happen this year, so please either log on to the link or make your availability known to myself or Darren.

In July, we had our Jo Hercules run, which this year we all went out to recce the route so that we did not make the same mistakes as last year. However, in the heat of the moment a few – including myself did make a few wrong turns, in fact had I not shouted to Jason that he had taken a wrong turn, Lynn and I would have been 1st and 2nd! Still, it was a great race and thank you to Mike and his lovely wife.

We decided this year to incorporate the colour run into our club 10K, which was supported by Ruth and the Air Ambulance team. The additional event was great, and the kids loved it. It added a new dimension to our 10k race which again was a great success so thank you to all those that helped out re marshalling, water station and James for coordinating it.

In September, we then had our own handicap race. Starting just outside the Chiltern View Nursery. It was great to have a 5k option too. It was a great race; I just can't remember who won it!! A big shout out to Mike for arranging this. I would say we all got back ok, until we suddenly realised once we had finished our breakfast that we were missing someone – even his own wife didn't realise he wasn't back!! Lucky to say he was found safe and well.

As a club we have had some great Bearbrook presence at races, to name a few:

- Paris Marathon – Helen getting 3rd in her age group.
- Berkhamstead half marathon – Helen again and Neil were 1st in their age groups.
- Wiltshire 10 miler – Martin Crane was 1st in his age group.
- Victoria Park half marathon – Sandra was 1st in her age group.
- Bedford 10 miles – Jill Grey was 1st in her age group and 2nd in her age group at Woodcote 10km.
- Deborah Martin was 2nd in her age group at the Beds and Bucks Club Championships 7.8k and Judy King was 1st in her age group at the Bucks cross-country 6.4km.
- Wendover 10K cross country – we had a great turnout with Judy 1st in her age group, Ruth, 2nd in her age group and great that Mike King (who had just started running as result of the C25K) was 3rd in his age group.

Not forgetting our Triathlon results, Paula completed the Ironman World Championship, then went on to compete in Germany with Heather. Sandra competed Tenby, Wales and won a place in 2024. Lastly, we can't not mention the great competitiveness at the Endure 24, with our teams coming 2nd and 3rd.

The list goes on, well done to all that raced this year and no doubt we will see the results at the presentation evening.

So lastly, it leaves me to say a big thank you to the committee for their continued support and commitment to running the club and ensuring we adhere to all the England Athletics procedures and have fun.

As you are all aware I am stepping down as Chairperson and I wish the person who takes over all the very best and they will continue to have my support

3. Treasurer's Report (Dermot Martin)

This year was challenging financially, and we made a loss of £931.08.

Our opening balance was £8,980.39 and our closing balance £8,049.31.

The 10K and Hardwick races both made a profit this year, with Hardwick profits shared with the cricket club.

The projected position for the end of the 2024 financial year is -£700, assuming no profit from the 10k or Hardwick.

In order to maintain membership fees at £30 for the next club year, we are changing our arrangement with Rivets, which previously cost £1500 per year. We will have access to storage only and not to the car park or toilets, but this will save us £750 for the year.

Our accounting period is changing to align with the membership year and the England Athletics accreditation year. We will have a short adjustment period from November 1 2023 to March 31 2024, with the new financial year starting on April 1 2024.

More information is available on request.

4. Run Captains' Reports (Rob Palmer and Lynn Garricks)

Lynn's report

We've had a few changes to our meeting points and some new members joining in. Sar Corcoran has been blending her Couch to 5k participants into our Monday loop runs. This is her second set of runners. She has done a great job of encouraging people to join the club and introducing them to our leaders and members. We are very grateful!

This has meant that on a Monday, we managed to fill the 3 groups, which are Orange, Yellow and Green. This wouldn't have been possible without Darren, Nicky, Hayley and also Maria helping out on the occasional Monday, along with her regular leads on a Wednesday and Sunday!

Everyone's help is invaluable. We have had a few members offer to take us on a favourite route even though they aren't regular leaders, which is welcomed by everyone. Pete and AJ have also led quite a few Wednesday runs. Mike has been logging all our helpers in his little black book, in case I miss anyone!

Most of our post run social events have been on Wednesday evenings and Sunday mornings. We had a summer solstice social run and walk on the 21st June at the Old Swan pub in Cheddington. We met up afterwards for bar snacks and beer. This was well attended. Then as usual we had the Wendover chippie runs to mark the changing of the seasons from head torch off road runs to summer ones. We also had a lovely Christmas Eve Mulled wine and mince pie run, hosted by Peter Mason.

Sunday runs have recently added a post walk and run coffee and cake option. Making sure the start point is near a cafe. This has been a great addition for those of us who are injured or just want to walk and talk. It would be lovely to keep this going as it has been a great help for socialising. Giving members an option of a relaxing walk or a treat after their run.

Mondays have also changed. We now start our runs at 6.30pm instead of 7pm. This was initially to catch the last bit of sunshine going into the winter. But the plan is to keep it the same throughout the year, getting us home earlier for supper. We now meet in lots more venues around the town. This is to be inclusive to those of us who may struggle to meet in one place every week. We've met in Bedgrove, Bierton, Watermead, Rabans Lane, Walton Court and recently Fairford Leys and Oakfield Road. Hopefully this has helped with variety and showing us new routes around town for our own runs. Some of the sessions have been out and back runs along the Greenway with 5k self-timed runs around Kingsbrook and Bierton.

This coming year we hope to keep all this going with your help and input. I am always up for new ideas and suggestions. My ears are always open. This is your club.

I would finally like to add a personal note, to everyone, who has not only stepped in to lead Monday, Weds and Sunday runs while I've been unable to. But for including *me* on our Sunday walks and coffee stops, and also driving me there. This has been such a help with my recovery, along with flowers, messages, and offers of day to day help. We have the best running club!

Rob's report

I want to start off saying thank you to some people. As an amateur sports club, Bearbrook can only offer what it does through people giving up their time. Thank you to everyone who's contributed to the running of the club over the last year. From leading a run, marshalling at our races, organising a social, doing often unseen admin and everything in between, without your efforts the club wouldn't be what it is today.

Turning to some of the things we've been up to over the last year or so.

Tuesday evenings have remained the traditional interval style sessions. I've tried to make the sessions relevant for the races people are training for. As luck would have it, 11 of you decided to do the Paris Marathon last Spring and most of you fell into my trap of giving the Tuesday marathon workouts a go. It seemed to work, as a lot of you are still coming along. However, if Dan Amsbury is here? Where have you been recently? Chris Butler is back on Tuesdays, and he says he's going after your 5k PB!

There's been a few random sessions along the way. Who remembers the 200m grass track, where local toddlers were moving the cones quicker than I could measure them out! There was also the cross-country fartlek session, complete with grass banks and logs to jump over. At the time, I'm sure you thought what on earth is this? However, within a matter of weeks one of our members was doing the exact same session on a Steve Cram training weekend. Now I'm not saying Crammy nicked my idea, but there were photos of our workout on Instagram!

Seriously though, thank you to everyone who's come along on a Tuesday. I think maybe around 45 of you've given them a go at some point and we're regularly getting between 10 and 20 each week. Having lots of people turn up, does make all the planning worthwhile. At the moment we've got a couple of options each week, one aimed at 5km/10km races and the other for people training for marathons and half marathons. The sessions are mostly timed out and back intervals, with rests in between, so the faster runners go further on the way out and we all come back together on the way back. I hope this has made it feel like we're running as a group despite everyone running at their own pace.

There's also been more regular Friday Tempo /Threshold workouts this year. From the feedback I'm hearing it certainly seems to be something that's helping people get faster.

Thanks to James, Paula, Ian, and Mike who have run the sessions when I've not been able to and to Lynn and the other run leaders who have ensured there are always people leading runs on the other club nights. With up to 7 different run groups across Mondays, Wednesdays, and Sundays, making sure there are leaders in place is no easy task. I think we're now at a point where the running sessions the club offers really does offer something for everyone and if you did them all, it's almost textbook for a balanced running week.

Away from training, we're trying to utilise our social media platforms more frequently to publicise the club. This seems to have had an impact on the amount of people who are trying us out as a club. If anyone has any pictures we can use, please send them my way. Any content gratefully received. I managed to turn a photo of some muddy trail shoes into a post to publicise our Hardwick race a couple of weeks ago, so I really do mean any photos.

Although we already knew this was an area for improvement, the feedback we got in the Autumn confirmed social gatherings were something you wanted more of. So far we've introduced more small, easy to organise events. These have included holding a pub meet on the last Friday of the month, cafe stops after Sunday runs and the continuation of the Wednesday Chippy off road runs around the time of the clocks changing. We'll be looking to organise larger events, but this is something we may need help with.

As we move further away from the days of lockdowns it's been great to see people starting to race

more. Our resident stats man tells me that in 2023 we logged 409 race results compared with 299 in 2022.

What a season we had in the Chiltern League Cross Country, our numbers were up 20% on last year. The final round was amazing, overturning a 90 point deficit to pinch 3rd place by 2pts was an incredible comeback. Thanks to James for again doing all the team managing. Roll on October when we can do it all again.

To finish off, I'd just ask you to think, if there's anything you can do to help the club progress. If anyone ever wants to get involved, we'll never turn down help, so if you have a good idea and are prepared to take it on, please speak to any of the committee.

5. Voting in of Committee (Nicky Pittam)

Voted in:

- Chairperson - Lucy Rudge
- Secretary - Simon Griffiths
- Treasurer - Dermot Martin

Other committee members voted in:

- Rob Palmer and Lynn Garricks - Run Captains
- Katalin Bedocs - Membership Secretary
- Darren Corsby - Website Officer and Health and Safety Officer
- Dermot Martin - Hardwick Race Director
- Mike Lemon - Results Officer and Championship Officer
- Alison Ashbolt - Email Correspondence Officer
- Jonathan Rudge - Social Secretary
- James Powell - 10k Race Director
- Nicky Pittam - Kit Officer
- Paula Robinson and Darren Corsby - Club Welfare Officers
- Chris Butler - Website Technical Advisor and support
- Phil Woodage - Committee Member

There is a vacancy for a Social Media Officer.

6. Motion to make Phil Woodage an Honorary Member of the Club

Motion carried.

Meeting closed.