

Bearbrook Running and Triathlon Club
Annual General Meeting (AGM) 2026 Minutes

Date: Friday 6 March at 8.30pm

Venue: Watermead Village Hall, Lakeside, Watermead, Aylesbury, Buckinghamshire, HP19 0FX

Committee members present: Nicky Pittam (Chair), Simon Griffiths (Secretary), Justin Harvey (Treasurer), Lynn Garricks, Rob Palmer, Ruth Dunkin, Hayley Bryant, Mike Lemon.

Committee members absent: Phil Woodage, Alison Ashbolt, Chris Butler, Hayley Sheppard.

Members: 19 club members were present including committee members.

Agenda

1. Welcome
2. Review of the BRTC AGM 2025 Minutes
3. Treasurer's Report
4. Ladies' Run Captain's Report
5. Men's Run Captain's Report
6. Chair's Report
7. Election of the 2026 Committee
8. Club Charity for 2026
9. AOB
10. Close

Minutes

1. Bearbrook Running and Triathlon Cub AGM 2025 Minutes (Simon Griffiths)

There are no outstanding actions from the last BRTC AGM held on 6 March 2025. The 2025 AGM minutes are accepted.

2. Treasurer's Report (Justin Harvey)

The Treasurer presented the Treasurer's Report for the accounting period 1 March 2025 to 28 February 2026. The topics covered by the presentation included a summary; account balance status; club costs in the period; 2025 events expenditure; 2025 Hardwick full income and expenditure; 2025 BRTC full 10K income and expenditure; charity donations to Friends of Berrycroft; membership fees; and a forward summary for the accounting period 1 March 2026 to 28 February 2027.

Copies of the BRTC statement for the accounting period were also made available for members to review.

Summary

- Opening balance: £8,037.88
- Closing balance: £8,007.86
- Difference: -£30.02
- Income: £9,808.06
- Expenditure: -£9,838.08

Notable Income:

- Membership Income: £1,342.64
- Hardwick X-Stream Net Profit: £1,987.68
- BRTC 10K Net Profit: £1,065.90

Notable Expenditure:

- Rivets Storage Fee: -£750.00
- Charity Donations: -£605.00
- Social Events: -£572.72
- Awards Night 2025 Prizes: -£453.14
- Chiltern League Fee: -£300.00
- Awards Night 2025 Venue Hire: -£248.00
- Licensing / Training: -£230.50
- EA Affiliation Fee: -£205.00
- Ridgeway Relay 2025: -£80.00
- Bucks AA Fee: -£30.00
- Bank Fees: -£30.00

More information is available on request.

3. Ladies' Run Captain's Report (Lynn Garricks)

Good evening everyone.

Well, this feels a little bit like Groundhog Day!

This time last year I stood up here apologising for my lack of attendance, and if I'm completely honest, not long after reading that report I had to stop running again five weeks later! If this were any other job, I probably would have been sacked by now!

But I did something very "politician-like," I went back and read last year's report to see whether I'd actually delivered on any of my promises for the 2025/26 running year.

Last year I said I was returning to gentle running by starting back in Sars Orange group in autumn 2024. Fast forward to this year, and I restarted by helping with the C25K in January 2026 led by Sar, which was absolutely lovely. I also came along on a few Monday nights to introduce myself to newer members, before taking over the Orange group on Mondays last month. It's been really nice to be back in the mix properly again.

In March 2025, I introduced the idea of a combined group once a month, giving us the chance to do out-and-back runs or effort-based sessions. The aim was to mix things up a bit and also give our amazing leaders the opportunity to either take a night off or join in without leading.

I'm really pleased to say that this is still going strong in 2026, with our run coach Rob stepping in to put together some brilliant, inclusive sessions suitable for all abilities. The feedback I've had is that people are really enjoying them, and they're definitely helping with pacing and overall strength. And for those who prefer the usual structure, we still offer loop runs on those nights too.

A huge thank you to everyone who has stepped in to lead while I've been away. The club simply wouldn't work without you all.

Another thing I talked about last year was introducing some softer off-road options for Monday runners, canal towpaths, green paths around town. But I didn't manage to make that happen last summer.

However... recently Nicky and I have been doing weekly run-walk off-road recce sessions on Sunday mornings. The idea is to gently encourage more members to see what we get up to on Wednesday nights off road. I know not everyone feels confident running in the dark with headtorches, so as the lighter nights arrive at the end of March, we're hoping to offer distances from 3 to 7 miles at varying paces, depending on group choice. I'm hoping this will tempt some Monday runners along too.

And to be honest in the warmer months we try to plan routes that involve a social pub stop! This should help the decision along!

Another new idea that started in October came from my own experience of returning after time away. When you've been absent for months, you don't always recognise people, and they don't necessarily know you either. So, "Member of the Month" was born. It's a way to celebrate all the different things that make our club special. Not just PBs, but encouragement, consistency, kindness and contribution.

So what do I hope for this year?

Honestly... no drama. A steady year. To be present. To support you. And that next year's Ladies' Captain's report is wonderfully short, other than me standing here saying how amazing you all are.

Thank you.

4. Men's Run Captain's Report (Rob Palmer)

This will be my final Captain's Report. As many of you will have seen back in the autumn, after just over three years as Men's Club Captain, I've handed the baton over to Simon.

It's been a role I've put a huge amount of time and energy into, and one I've genuinely loved. But with two children and their ever-growing list of clubs and activities, I felt the time was right to give a little more back to family life.

As most of you know, a big part of my role has been organising the Tuesday and Friday interval sessions. Seeing so many of you improve, achieve personal bests and grow in confidence through those sessions has been incredibly rewarding. It's also made me realise I still have plenty to offer on that front, so I'm really pleased that the committee has agreed for me to stay involved in more of a coaching capacity.

The interval sessions will continue to be shaped around the races people are targeting. So if you've got an event in mind and a goal you're working towards, get involved, everyone is welcome. Depending on the time of year, we run two or sometimes three different sessions each evening, tailored to different race distances and stages of training. There really is something for everyone.

If the training alone isn't enough motivation, once the clocks change, our Friday run will return to Watermead, complete with the added benefit of the pub. Because, as we all know, it's important to rehydrate promptly after exercise.

Away from weekly training, I've also had the pleasure of helping organise a number of club events.

In June, we once again fielded a team for the Ridgeway Relay. Starting at Ivinghoe Beacon at a frankly unreasonable hour, the race covers 10 legs ranging from 5 to 11 miles, finishing several hours later at Marlborough Leisure Centre.

The Bearbrook team finished a very respectable 23rd out of 42 teams, right in the middle of the pack, clocking 13 hours 6 minutes, around 30 minutes faster and a couple of places higher than in 2024.

A huge thank you to Simon for running the first leg and then driving one of the team cars for the rest of the day. Also, massive thanks to all the runners, for what may be the first time in history, nobody pulled out, which made getting a full team to the start line remarkably stress-free!

In late August, the cones, foam javelins and those famous mini orange hurdles were dusted off once more for the second edition of Athletics in the Park. Around 20 adults and children took part in what was advertised as "just a bit of fun." However, by the time we reached the elimination race, with the final lap contested by two adults and one child, it became clear that two unnamed individuals had not received the memo.... You were supposed to let the children win!

As autumn arrived, so did the Chiltern League Cross Country season. After round 1, Simon took over the reins as captain, including the small task of persuading people to run. Thanks to his efforts, participation was up nearly 20% compared to last year, including lots making their Chiltern League debuts or returning after a long break. Huge thanks as well to James for once again managing registrations and ensuring we had a gazebo to shelter under at every round.

Performance-wise, it was a very successful season. We finished 4th overall out of 20 Division 2 clubs, just holding off a certain club that run in yellow and black, who had to settle for 5th!

We collected a number of team and individual medals at the prize-giving ceremony. The senior and veterans men's teams both secured bronze. There were also third-place finishes for Mike Lemon and Judy King. And huge congratulations to Owen Byrne, who capped off the season with an individual gold medal. Special mention to Ian Higginson and Nicky Pittam, who just missed out, finishing 4th, the latter by only 2 points! The ladies' veterans team also just missed out on the podium by one place and the ladies senior team were 5th over the season.

Finally, I'd like to say a big thank you to Simon for stepping up as Men's Captain. I know he'll do a fantastic job. He shares my passion for racing, particularly team events and I'm sure he'll create plenty of opportunities for you all in the coming years.

So when he asks if you'd like to run for the club... just say yes!

5. Chair's Report (Nicky Pittam)

This year has been another strong one for the club. We've seen steady membership with about 20 new runners joining the club, consistent turnouts at training, and fantastic support at races. Whether it was local 5Ks, half marathons, marathons, trail races, or parkruns, our club colours have been out there and visible — and worn with pride.

What makes me proudest, though, isn't times or medals; it's the way we support each other. Members supporting those taking on their first Couch to 5K. Also the members who support those running off-road to make sure no one runs alone. That spirit is the real heartbeat of this club.

A huge thank you must go to our coaches and run leaders. You give up your time week after week, in all weathers, to make sure sessions are safe, structured and enjoyable. Without you, none of this happens.

Thank you as well to our committee. Ours is not a big organisation — we don't have paid staff or big sponsorship deals. What we do have is a group of volunteers who quietly get things done: managing memberships, organising races and social events, keeping finances in order, updating social media, and answering the steady stream of emails. It's often unseen work, but it's essential.

Financially, as you have heard we remain in a stable position able to support social events etc.

Looking ahead, our goals remain simple:

- Keep the club welcoming and inclusive.
- Support runners of all abilities, from beginners onwards.
- Provide structured, enjoyable training.
- Create opportunities to race, volunteer and socialise together.

We're not trying to be the biggest club. We're trying to be a good club.

As Chair, I'd like to say personally how proud I am to represent this group. A running club can easily just be about miles and minutes — but this one is about friendships, encouragement and shared achievement. In a busy world, having a place where people can turn up, move together, and feel they belong really matters.

Finally, thank you to every single member. Whether you've been here for years or joined last month, whether you race every weekend or just come down once a week for a steady run — you are this club.

Here's to another year of strong starts, muddy shoes, personal bests, and plenty of post-run coffee and pub stops.

6. Election of the 2026 Committee (Simon Griffiths)

Committee members voted in:

- Chairperson – Nicky Pittam
- Secretary – Simon Griffiths
- Treasurer – Justin Harvey
- Ladies' Run Captain – Lynn Garricks
- Men's Run Captain – Simon Griffiths
 - The committee and club owe huge thanks to Rob Palmer for undertaking this role previously.
- Club Coach – Rob Palmer
- Membership Secretary and Email Correspondence Officer – Alison Ashbolt
- Lead Welfare Officer – Hayley Bryant
 - The committee and club owe huge thanks to Darren Corsby for undertaking this role previously.
- Results Officer and Championship Officer – Mike Lemon
- Hardwick Race Director – Ruth Dunkin
- 10k Race Director – Hayley Sheppard
 - The committee and club owe huge thanks to James Powell for undertaking this role previously.
- Kit Officer – Nicky Pittam
- Website and Technology Lead – Chris Butler
- Committee Member – Phil Woodage

The Lead Welfare Officer (Hayley Bryant) provided members with a short overview of the club's approach to safeguarding and welfare and information on the support available through the club.

Club Charity for 2026 (Nicky Pittam /Sandra Hall)

On 15 November 2025, members voted for the Bone Cancer Research Trust as the club's charity for 2026. The committee decided to ask members to vote for next year's charity before the AGM in 2026 so that our club charity could be communicated at the same time as we opened entries for our Bearbrook 10k in August 2026.

Three charities were nominated by members for members to vote on:

1. Friends of Berrycroft (Berrycroft Community Health Centre);
2. Aylesbury Vineyard; and
3. Bone Cancer Research Trust.

The members voted for the Bone Cance Research Trust.

During the AGM, our Chair, Nicky Pittam, read the overview below about the Bone Cancer Research Trust provided by Sandra Hall.

In 2004, a group of families who had lost children and young people to primary bone cancer came together. They wanted to tackle head-on the fact that there was virtually no accessible bone cancer information, and practically no funding for research into this disease.

Determined not to accept the status quo, the families pooled funds they had already raised, and together with guidance from Professor Ian Lewis (Consultant Paediatrician and Adolescent Oncologist at St James's University Hospital Leeds) the Bone Cancer Research Trust was registered in 2006.

The first research grants were awarded in autumn 2006.

Today, the Bone Cancer Research trust aims to fund research into all forms of primary bone cancer and ensure that information and support are available to patients of all ages.

My reason for choosing this as a charity is that I was diagnosed with bone cancer in late 2024. I was eventually referred for Proton Therapy which I received in November 2025. This is an experimental treatment which only a limited number of people are currently offered as its only available in two centres in the country. The benefit of this treatment is that it is more targeted and less invasive. This meant that I was still able to train whilst receiving treatment albeit at a reduced level. Once my treatment was complete I could resume training much more quickly than I would have had I been on Radiotherapy.

I would also like to take this opportunity to thank all the Bearbrook members and the club for their support during this time. The people who visited, the calls and the messages received all helped me through this process.

Any Other Business

The Hardwick 10k Race Director (Ruth Dunkin) asked members to continue to advertise the race.

Judy King was presented with her Chiltern League Cross-Country bronze medal in the Vet Women's Over 65 category.

Mike King and Mike Lemon were presented with their Chiltern League Cross-Country 3rd place Senior Men's Team medals. Other team members had already been presented with their medals at other club events.

Meeting closed