

Romsey Road Runners

Minutes of the Annual General Meeting held on Tuesday 2nd November 2010 at 7.30pm at Crosfield Hall, Romsey

Present: Julia Abab, Nick Berryman, Paul Bradley,(Chairman), Christopher Brown, Janet Burnage, Paul Burnage, Gill Callus, Jane Carter, Wendy Couper, Diane Cross, Paul Cutbill, Steve Davies, Anna Duignan, Wendy George, Matt Hammerton, Peter Hartley, Florence Hearn, Amanda Hull, Jimmy Hunt, Penny Jennings, Karen Keane, Derek Kelly, Tony King, Chris Lane, Alistair Longworth, Bruce Maddick, David Nixon, David Page, Greg Roulston, Irene Schaafsma, Liz Slade, Paul Slaughter, Keith Stone, Lesley Stone, Lynne Whitaker, Hannah White, Heidi Williams, George Wysocki

Apologies Charlotte Maslen, Ray Masters, Ruth Page, Christine Saunders

The Chairman welcomed members to the meeting.
Minutes of the previous AGM were approved.
There were no matters arising.

Chairman's Report:

Paul Bradley delivered the following report:

I am very privileged to be the chair for the Romsey Road Runners in its 25th anniversary year. It has been another very successful year for the club and an enjoyable one for me. It is the club members and in particular the committee that makes the difference, all the club members contribute towards the enthusiasm and fun of being part of the club. I would like to thank everyone in the club for making it what it is today, no matter how large or small the contribution, the club is defined by its members.

It is not just about the training and improving performance but enjoying the whole experience and supporting our fellow members. This in turn seems to help with training and improving performance, creating a positive feedback loop. This might be a significant reason for such excellent race results from a fairly small club.

There have been many successes this year, both racing and otherwise. Initially I did a brain dump of all those that came to mind, the list became very long very quickly. So in order that we will all have time to eat our pizza and listen to Keith later I have cut this list down to a few favourites that I hope are a representative sample from the year. Highlights for me include:

It is the clubs 25th Anniversary and it is thriving. More about this from Keith Stone later.

Race results: Matt Hammerton won the Manor Farm RR10 which is the first Romsey male race win in the series since the late 80s. Nick Berryman and Amanda Hull won the first CC6 race of last season - what a great double. Lynne Whitaker won her category of the great South Run for the second year running against some of the best in the country. There was amazing success in age categories on practically a weekly basis.

This leads nicely on to the club trip to Exmoor where despite about 500 entrants combined in the 10k and the ½ marathon, over half of our 20+ entrants achieved top three places for their categories. The trip to Exmoor was enjoyed by all and hopefully a club trip will become a regular event.

High membership – we continue to have well over 100 members and in particular it is good to see so many people out training on Mondays and Thursdays.

Braishfield Beer Race – our highest ever number of entrants and 250 runners on the day, more

from Derek Kelly in a couple of minutes.

The success of the Beer race help generate a significant profit which has left us financially very strong, more from Liz Slade soon as well.

Alistair Longworth has made some significant Web site changes so that we now have ownership of the www.romseyroadrunners.co.uk name and control of the site which was previously hosted on an informal basis.

I could go on for much longer but the pizza would get cold.

We have changed the AGM format slightly so that instead of all the committee members reading their reports and then me repeating half of it in my chairman's report, I have included the committee members' reports with mine. This provides the main benefit of time to eat and socialise!

Session Leader's Report : prepared by Jane Carter

This has been my fourth year as Session leader and I would like to thank the additional session leaders for their help in leading their groups throughout the year. These are Gill Callus, Steve Davies, Matt Hammerton, Ian Ralph, Heidi Williams and Nick Berryman.

Most sessions are now attracting approx 40 members and so we have to be mindful of safety. All of the sessions have been designed to try and make them safe, which means using footpaths, pedestrian crossings and traffic quiet lanes. We have only had 2 small incidents this year but we all need to be aware of our and others safety.

In the summer Thursday track sessions were successful with numbers slightly down on previous years at approx 25 runners. Again the tried and tested distances and sessions were used with a few new ideas.

The lanes of Braishfield and the 4 routes there were very well used on Monday evenings, again with good attendance and good weather.

The Braishfield 5km club handicap was run on 13th September and the winner was one of our faster runners (for the first time ever) so congratulations to Matt Hammerton.

The Autumn/Winter routes are working well and the newer routes, including the Mountbatten tennis court sessions and the bleep tests, provide variety during this period.

Membership Secretary's Report : prepared by Steve Davies

It has been another busy year as membership secretary with a slight decrease in club membership. We have gone from 116 of last year to 106 this year. This is down to losing several older members and several younger ones who joined for the track sessions before going back to studying.

Membership now consists of:

Male	61	Female	45
Student	1	Student	2
Senior	19	Senior	10
Vet	41	Vet	32
		Associate	1

I have enjoyed the role of membership secretary and am more than happy to carry on again next year unless anyone wants to take over.

Press Secretary's Report: prepared by Hannah White

Over the last two years I have held one of the nicest 'jobs' for the club, reporting on all our successes and achievements and ensuring we get the local coverage that we deserve. And we certainly have a lot to be proud of!

From the multitude of personal bests to the achievement of goals following injury or time out from running, from the now annual club trip to the annual awards night, and from winning local races to representing England, there is always something to write about.

The Romsey Advertiser continue to show their support, both in printing our weekly stories and our press releases regarding the Beer Race, and ensuring that the club has a positive impact on the community.

Thank you to you all for sharing your achievements, and to those partners and family members who continue to turn out with their cameras to ensure we get some great shots to accompany our news. Well done everyone!

Kit Secretary's Report: prepared by Greg Roulston

Over the past year, due to the amount of 'stock' in my possession, I have only had to purchase one fleece and ten male vests, although I plan to buy a few vests in the near future. A summary of stock and sales is shown below:

Item	Purchased	Sold	In stock	On order
Male vests	10	5	6	
Ladies vests	-	4	10	
Tee Shirts	-	3	39	
Fleeces	1	1	2	
Thermal gloves	-	0	2	
Reflective Bibs	-	3	3	

Once again I have had a couple of enquires re purchasing Gilets/Running Jackets. I have contacted 'our' kit suppliers Ridgeway Textiles Ltd and requested a sample of each – these are displayed here this evening to establish the level of interest from members.

The only problem is that we need a combined minimum order of 25 and the garments might be slightly pricey for some:-

Gilets £16 + Club Name £2 + VAT
 Team Jacket £27.50 + club name £2 + VAT

I will circulate a form to see whether or not we can meet the minimum order requirement.

Fixtures Secretary's Report: prepared by Nick Berryman

It has been another excellent year for Romsey Road Runners both on and off road in a variety of different competitions.

Off-road, the CC6 series remains as popular as ever with club members, last winter 30 club members taking part in at least one race. The ladies team didn't do quite as well as the previous year, but still came an impressive 5th place, whilst the men came 7th overall.

I'd also like to remind members about the Hampshire Cross Country league, another series of cross-country races, spread a bit further afield, on Saturday afternoons. This coming Saturday

is the Goodwood race, a 'traditional' cross-country course which is a lot of fun whilst being very challenging. Like the CC6 series, these races are free to club members.

Back on the road, the Hampshire Road Race League runs from September to May incorporating 12 local races, ranging from the Victory 5 mile race up to the Bramley 20. Congratulations to Lynne who came overall 3rd place in the individual ladies competition last year. However, we rarely manage to get a team out, and thus don't fare particularly well in the team competitions.

When entering one of these races don't forget to tick the box on the entry form to ensure your position counts in the league.

Over the course of the year, Romsey host 3 races, a CC6 in winter, a RR10 in summer and of course the Beer Race. I'd like to personally thank all those that have turned out to marshal at these events, it has taken a lot of the stress away from the organisation to have so many willing volunteers. I'd especially like to thank Matt Hammerton and Steve Reed for organising the CC6.

Spring brings the perennial club favourite, the RR10 series, with 45 of you running in at least one of the series. Matt Hammerton again led the way, coming 3rd overall including winning the race at Manor Farm. Jimmy Hunt wasn't far behind, and came joint 7th, which helped the men's team consolidate 9th place which we also obtained last year. The men's team is looking stronger than it has for many years, and hopefully we can improve again next year. Jane Carter led the way for the ladies coming 21st in the ladies competition, helping the ladies team finish 10th in the team competition.

Summer also brings some team competitions. With a little arm twisting and one or two unrecognised faces, Romsey fielded two teams in the Miles of Miles relay, which was a thoroughly enjoyable sunny summer evening at the track in Southampton. Our teams did excellently, finishing 4th and 7th place.

The Test way relay was again another hugely enjoyable day, Romsey just managed to field a ladies and a men's team this year. My thanks to those who volunteered at the last minute, or took on a 2nd or 3rd choice leg.

As I stand down this year from the committee, I would like to thank all those that have helped marshal races, or collect results after a CC6 or RR10.

Social Secretary's report : prepared by Christine Saunders

I took on the role of Social Secretary 2 years ago and hoped to really build interest in the social side of the club. I think my 1st year was more of a success than 2009/10, always the optimist I thought that I could juggle a new baby and as well as continue the role as before.....how wrong I was! The endless horrid nappies coupled with sleep deprivation brought me crashing down to reality, combined with starting a new job and working Mondays meant I couldn't even attend club nights.

I have however tried to do my best and still managed a successful quiz night and pasta party in April to show support to all of our fantastic Marathon runners. The Beer Race BBQ was well attended and I think the whole day was a success from start to finish and a big well done really needs to go to the Beer Race Committee.

2009's Awards Evening was going to be hard to top and although numbers for this year's were far lower (probably due to me being unable to promote properly), I still think everyone enjoyed themselves, in particular you Paul.....I think you danced all night!

Should no-one step forward to take on the role of Social Secretary in 2010/11, may I suggest that perhaps home runs could be promoted and therefore the load shared between all club members? Just a thought. Alternatively perhaps have a group of people to help organise

social activities?

Newsletter Editor's report: prepared by Matt Hammerton

I have produce four issues of the newsletter in my time as newsletter editor. I would have been happy to continue if it had not been for my acceptance onto the BM4, a fast track medical degree course at Southampton, somewhat impinging on my spare time! Nevertheless, Heidi has very kindly agreed to take on the role for which she is more than capable of doing a great job. After all, she is the central hub of the club!

As newsletter editor, I was keen to obtain as professional look as I possibly could for each issue, creating them using Adobe Indesign (an industry standard desktop publishing package), producing it in full colour and having them printed out professionally for those who requested print copies. This has resulted in the club incurring extra costs for professional printing of around £110 an issue. However, I feel this is justified as it not only benefits the existing members but acts as useful marketing material for prospective members.

Email and physical distribution of each issue has gone well apart from a small slip up in the size of the envelopes for one of the issues meaning the stamps used did not cover the postage costs for the 10 or so print copies sent by royal mail. I apologise to anyone who had to pay to receive this issue. Generally all email addresses have been correct and any that weren't have been fed back to Steve Davies. All print copies for local members that haven't been picked up at club nights have been delivered by hand and any help with this is always much appreciated. Thanks to Ali (Webmaster) for uploading the electronic version of each newsletter at the appropriate time.

Also, a big thank you to the main contributors without whom we would be struggling to fill each issue. Over the year, I've tried to include some personal profiles, race experiences and tips and tricks. We have so many interesting characters in the club achieving great personal feats as well as a wealth of knowledge on the multitude of subjects surrounding our sport. If you would like to impart some of your knowledge or share your experiences, I'm sure Heidi will be more than happy to include it. Any feedback on the newsletter, good or bad, is extremely valuable, just as long as it's constructive!

So, thanks for the opportunity to play this role in the club and I hope you've all found the past four newsletter publications informative and entertaining and a useful part of the communication of the club and its members.

After reading the above reports, the Chairman went on to thank everyone for their contributions to the club, and mentioned the following specifically:

Treasurer: Liz Slade – will continue as treasurer, her report is a separate agenda item.

Club Secretary: Lynne Whitaker – has been the perfect club secretary and will handing over to Amanda Hull

Races folder: Heidi Williams – is a Committee member, initially without a specific role but has taken over the Races folder.

Web Site: Alistair Longworth – if the Club Constitution amendments get agreed will soon be on the committee. Ali has put in a huge amount of work behind the scenes into improving the club web site which is our most visible link to the public and what attracts many to join the club.

Beer Race Director: Derek Kelly – report to follow

Google Groups: David Page – keeps this really useful communications tool organised and

distributing information. It is still under used: the more people use it, the more useful it becomes.

Circuit trainer: Mark Adams

Session Assistants: Nick Berryman, Gill Callus, Ian Ralph, Steve Davies, Matt Hammerton, Heidi Williams (and Wendy Couper)

Photographers: Derek Jennings and Peter Couper, while not even club members have made a significant contribution to getting pictures of club members into the papers and our Flickr pages.

Home Run: Lynda Brown, Tamatha Ryan, Steve Reed and Paul

Everyone who has helped out at the Beer Race, and the CC6 and RR10 that we hosted, and everyone in the club for making it so successful.

Finally the Chairman mentioned the award winners for 2010 as follows:

Winter Cross Country Mens:	Jim Wright
Winter Cross Country Ladies:	Wendy Couper
RR10 Men:	Matt Hammerton
RR10 Ladies:	Jane Carter
5k Handicap:	Matt Hammerton
Pentathlon Men:	Jimmy Hunt
Pentathlon Ladies:	Amanda Hull
Sally Sillence:	Hannah White
Chairmans Award:	Derek Kelly
Romsey Road Runner of Year:	Gill Callus
Honorary Life Membership:	Keith Stone

Feedback/ questions from members

Following the Chairmans's report, members were invited to comment/ ask questions.

1. David Page commented that it would be useful to have an updated list of members' contact details. However, members need to be given the opportunity to opt out of having their details circulated.
ACTION: SD to review membership form to offer an "opt out" if members do not want their details to be circulated
PB/ Committee to review how members' details should be published and circulated – discuss at next committee meeting.
2. Chris Lane commented that he would like to see the newsletter containing more notice of events and announcements, for example the date of the draw for the London Marathon places. He highlighted that such announcements were increasingly placed on the website which was not used by all members.
David Page commented that he tried to promote such announcements via Google Groups but again this was not used by all members.
PB agreed that these comments would be taken on board and the newsletter would be used wherever print deadlines allowed.
3. David Nixon suggested that each issue of the newsletter could highlight the copy deadline for the following issue, to act as a reminder to the Committee and also to encourage contributions from members
ACTION: HW to include
4. Wendy Couper also suggested a regular feature in the newsletter to remind members

of circuit training session times and dates

ACTION: HW to consider and implement as appropriate

5. Di Cross asked if there was interest in a Club "hoodie" or sweatshirt – she would be interested but GR explained that minimum order quantities meant this may not be viable

ACTION: GR to review

Di also asked whether the Club logo/ typeface could be reviewed as she felt it looked extremely dated.

ACTION: Committee to review at next committee meeting

Webmaster's Report: prepared by Alistair Longworth

The Chairman then read the following report:

The whole RRR web site ownership has now been successfully transferred to members of RRR. This has meant the site has been transferred to our own domain server, the upload being done on the 21st September with approx a downtime of a couple of hours. The hosting company remains as 1&1 under a home package deal which costs the Club £4.99 per month. This allows 10GB of storage, (the site is currently at 0.98GB), so there is plenty of room for expansion. It also allows unlimited traffic and numerous sub-domains at no extra cost. The transition was seamless. The website has also had the bulk of the pictures removed as these are now hosted on Flickr which is separate to 1&1, and so not required on the site. The cost so far for set up fee etc comes to £23.42 .

The web site has a new password and account log-ins so no persons have access other than authorised RRR members. All web site files have been backed up and burned to disc from the 29/09/10. Also on this disc are the complete log-in details for the 1&1 control panel as well as for FTP access to actually upload content. It is proposed that these back up discs are held by Paul Bradley and Matt Hammerton.

For the complete month of October, there have been 3087 unique visits, and 5910 pages viewed. For the year to date since moving to 1&1 hosting there have been 8674 page visits and 4123 unique visits.

A scrolling ticker tape CGI has been placed at the top of the news page as a permanent fixture which is to be updated weekly with the two training sessions details, forthcoming races at the weekend and any Club events that need advertising e.g. Annual Awards Night. This will allow users who just want to check what training there is not to have to navigate to numerous pages.

The Flickr FAQ's have also been published. It is hoped users will e-mail in or ask for other questions to be added, as this is no way an exhaustive list and will need expanding.

New "Age Grade Calculator" button on the Training page.

Small unobtrusive digital clock under main navigation buttons on all main pages.

Club FAQ's on Home page for easy reading of what the Club is about have been added.

Braishfield 5M page completely redesigned showing separate links for race details and entry form. Google Earth map of Braishfield Course for prospective entrants in 2011. Drop down box for all previous results links.

Redo of all navigation buttons for roll over gif animation for more impact.

The following changes are proposed for the future:

Animated photographs scrolling into each other again of the Braishfield 5M Course.

Short video upload again of the Braishfield 5M Course, similar to the one done by Stubbington Runners.

A new section under the races page linking to archives of race results so members can go back and see what times/positions they got from previous years, coupled with links to outside sites such as Power of 10 and the new Runbritain ranking system.

A new graphic image on the Home page so new prospective club members get more of a visual impact when coming to the site for the first time.

Feedback from members

Paul Cutbill commented on the need for the various communication channels of the Club – website/ Google groups/ newsletter etc – to be properly managed and controlled. Paul Bradley explained that a Communications Paper had been reviewed by the Committee which defined roles and responsibilities, and promised to make this available to any members interested in reading it.

ACTION: PB to send report to PC and CL

Beer Race Report – prepared by Derek Kelly

Derek Kelly then gave the following report of the 2010 Braishfield Beer Race:

This year saw the largest number of entries at 280 compared to around 180 last year and there is a good chance we can improve on that next year! Whilst we put a predicted limit of 250 we always knew that we could increase this if necessary to 300 and so had enough Race numbers printed just in case. On reflection the high entry was probably due to the fact that we had the entry forms printed in January in time for the Romsey 5 mile race and from then on, thanks to Club members, distributing them to virtually every race we attended. Local clubs were informed and leaflet drops made at the CC6 and RR10 events.

Another important factor was to obtain sponsorship and we have to thank Fullers Brewery, Hildon water and Up and Running for their free donations. My subsequent letters of thanks, with details of the race day that I sent to Fullers and Hildon were appreciated and I am confident that they wish to continue with the support next year.

Once again it was agreed to inform the local residents with details of the Race and we were encouraged by their comments when we made a leaflet drop to all households on route. We also have received a letter of thanks from the Braishfield Parish Council who look forward to seeing us again next year.

We are now registered with the UKA Website and can apply for the Race licence and measurement certificate 'on line'. We are gradually streamlining the event to make it more professional yet mindful not to lose the friendly Club atmosphere. We aim to encourage both the serious and novice runner to take part.

We made just under £1500 this year which enabled us to give donations to the Mayor of Romsey's charities, Get Kids Going and the Woodley Village Hall. It also means that we have funds available to purchase additional equipment for both the Race itself and the Club in general.

The large timing clock was introduced this year along with an England Athletics Marquee. Future considerations such as changing the Race entry limit, need for official Race referee and timekeeper will be discussed.

The Beer Race is our major club event that we host and it is our chance to give something back to all other runners as well as the chance to raise funds for our club. Without your help on the day whether car parking, marshalling, timekeeping, serving beer or handing out cake, the event would not be the success it is. Because of this it has been Club policy not to allow any of our own runners to take part.

My final and special thanks go out to the Race committee who worked tirelessly throughout and helped make the event run so smoothly and have agreed to support me once again next year.

A few facts to conclude;

There were 280 total entries, 198 pre entered, 82 entered on the day

153 were attached, 127 unattached

254 finishers, 174 men 80 women

288 pints of beer and 336 bottles of water!

Treasurer's Report - prepared by Liz Slade

Liz Slade gave the following report in relation to the accounts, copies of which were circulated at the meeting:

You will notice the accounts in front of you are for the part-year, 1 November 2009 to 30 September 2010. It was agreed by the committee on 15 March 2010 that to allow sufficient time to prepare the club's accounts and to have them audited before the AGM, the year-end should be changed from 31 October to 30 September. Comments from members were invited via the Summer 2010 Newsletter and the proposal is subject to ratification at tonight's meeting.

On this basis and given that the year would have ended just two days ago, part-year accounts (i.e. 11 months) have been prepared, audited and are hereby presented for discussion following this report.

I would like to take this opportunity to thank Simon Bradley who has spent many hours checking almost two years worth of the club's accounts. I'm pleased to say this year's accounts balanced and am grateful to Simon for all his advice on how to make recording easier in future.

Although the accounts show a deficit of £388.50, the club remains in a healthy position financially; due mainly to an excellent membership and highly successful Beer Race.

With regard to subscriptions, I recommend they remain the same for 2011 but are reviewed before the next AGM.

Feedback from members

Chris Lane congratulated the Treasurer on producing such a thorough set of accounts. One aspect of such detailed accounts was that they highlighted a number of members whose subscription payments were late and called for culprits to be "named and shamed" – JC and SD re-assured Chris that the Committee was on top of this issue and that members were not allowed to compete for the Club if subscriptions were not up to date.

Membership Fees

ES recommended that subscription fees be maintained at £15 + £5 EA affiliation fee. This was proposed by Lesley Stone and seconded by Steve Davies and was carried unanimously.

Changes to Consitution

Jane Carter highlighted the following amendments to the Club Consitution which members were asked to approve:

1. Change to financial year to run 1 Oct to 30 September
2. Addition of Webmaster to the Committee
3. Distribution of surplus funds to include charitable donations as agreed by the Committee.

These changes were proposed by Karen Keane and seconded by Heidi Williams and carried unanimously.

Elections for Office

Chair Person	Paul Bradley	- re-elected unopposed
Secretary	Amanda Hull	- proposed by L.Whitaker, seconded by W.
Couper Session Leader	Jane Carter	- re-elected unopposed
Membership Secretary	Steve Davies	- re-elected unopposed
Treasurer	Liz Slade	- re-elected unopposed
Press Secretary	Paul Slaughter	- proposed by Julia Abab, seconded by

Liz Slade
Kit Secretary
Fixtures Secretary
Directorship

Greg Roulston - re-elected unopposed
VACANT – Paul Burnage agreed to take on Race
of Romsey CC6 fixture in January
-Ali Longworth agreed to take over Pentathlon

scores.

(ACTION: Committee to discuss remaining responsibilities at next meeting.)

Social Secretary
Newsletter Editor
Webmaster
Beer Race Director

Di Cross volunteered to take on this role if shared with others;
Lesley Stone and Karen Keane both agreed to assist
Heidi Williams – elected unopposed
Alistair Longworth – elected unopposed
Derek Kelly agreed to continue in this role

Guest Speaker

After a break for refreshments, Keith Stone, the Club's founder, gave a highly entertaining presentation, describing some of main highlights in the Club's 25 year history.

This was met with enthusiasm and considerable applause!

There being no other business, the meeting closed at 9.45pm.