

CHAIRMAN – report prepared by Tony King

This is the end of my first year as Chair of this vibrant and exciting running club. I haven't been as active as I would like personally but the club nights I have managed to make have been well attended with an excellent spirit. It has been very heartening to see so many new members and in terms of numbers the club goes from strength to strength.

Training nights have been very well attended all year round and whatever the weather. We are lucky to have an excellent group of session leaders who have refreshed and revamped a lot of our routes and sessions. Excellent innovations and ideas (such as route maps on the website) have made training more accessible and I know there are further ideas in the works. As always the club has been well represented in the two main series we take part in – the RR10 and CC6 series – with seasoned runners and club members new to racing sharing the pleasure of wearing the RRR shirt in a race situation. Many other races and events saw RRR participation and were the better for it. The beer race grew again this year and was a triumph of organisation. It has carved itself a niche in the local running calendar and is set to be a long standing respected event for as long as we continue to organise it.

After last year's passionate debate about Thursday track sessions and cycling it has been heartening to see that people have continued to enjoy cycling and that track numbers on a Thursday night have been as good if not better than recent years. Aside from a little football club related shenanigans the track session complete with new warm up routines have been excellent.

I would like to put on record my personal thanks to the committee - all of whom give up their time freely to make this club work as efficiently and effectively as it does. I hope you will agree with me that they all do a sterling job. We have a number of people stepping down this year and this provides an excellent opportunity to have some new ideas and voices on the committee.

The club is in a strong place with a good number of members, sound finances, well-oiled training sessions and active participation in a whole range of races and events. The club is a credit to all its members.

It has been an honour to serve as chair. I am happy to stand again if required.

TREASURER – report prepared by Mark Stileman

In financial terms, this has been a stable and balanced year for the club. We have finished the year with a surplus of £149 compared to a deficit last year of £130.

There have been two key factors that have contributed to this:

- The decision was taken last year to increase subscriptions by £5 per person, which has helped raise subscription income by just over £400 compared to last year.
- The Beer Race had a successful year. Thanks to both a strong number of entries and reduced costs compared to last year, it has contributed £1663 to club funds, compared to £1508 last year.

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Set against this, most of our other costs have been reasonably stable. An exception to this is the cost of hiring Woodley Hall, which has risen significantly. We will need to ensure that the costs that we bear on a regular basis continue to provide value to the club.

During the year we have enrolled 3 runners in the England Athletics 'Leadership in Running Fitness' course, at a cost of £130 per head. This is not cheap, but it ensures that our session leaders are well trained – and also insured – to be responsible for club sessions. With 4 more runners booked onto this course, this represents an important investment in our future.

We have taken a step forward this year by moving to online banking. This is good news because it means that:

- Member subscriptions can now be paid through a simple BACS transfer – this is easier for both the payer and the membership secretary
- Invoices can be paid much more easily, without endless cheques and stamps

The accounts have been independently checked and validated by Matthew Pillinger, Finance Manager at Ordnance Survey. Please find below a summary of the transaction totals during the year and the balance sheet as of 30 September.

Income	2013/14	2012/13	2011/12
Subscriptions	£2,372.50	£1,968.50	£2,122.50
Circuits		£234.00	£672.00
Awards Evening	£1,308.60	£1,344.00	£1,400.00
Other Socials	£30.00	£460.00	£1,235.00
Kit	£193.00	£306.50	£1,591.40
Beer Race	£3,255.89	£3,352.69	£2,725.50
Other	£20.00	£345.99	£36.00
Total Income	£7,179.99	£8,011.68	£9,782.40

Expenditure			
Subs & Fees	£1,290.00	£1,327.15	£1,197.29
Circuits		£172.50	£799.01
Awards Evening	£1,655.80	£1,945.24	£2,085.71
Other Socials	£105.95	£635.22	£1,312.77
Kit	£610.32	£683.23	£842.68
Beer Race	£1,592.01	£1,844.07	£1,526.69
Track hire	£228.00	£366.00	£270.00
Woodley Hall	£765.34	£522.56	£184.16
Newsletter	£437.00	£385.00	£422.00
Sundries	£346.20	£261.30	£541.44

Total Expenditure	£7,030.62	£8,142.27	£9,181.75
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Annual surplus	£149.37	-£130.59	£600.65
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BALANCE SHEET

	30/09/2014	30/09/2013	30/09/2012
Bank balance	£1,667.22	£1,573.04	£1,710.18
Cash float	£96.92	£61.73	£55.18
Total balance	£1,764.14	£1,634.77	£1,765.36

SESSION LEADER COORDINATOR - report prepared by Ian Ralph

To review session leading at Romsey Road Runners, I first have to recognise all of the members that have come out to the sessions on a Monday or Thursday throughout the year; whether it's a cold and wet Thursday round the industrial estate in January, a baking hot Monday round Braishfield in July, or running round Mountbatten track with somebody blowing a whistle while you push yourself to the limits.

We've seen new members challenge themselves to start running, established runners push themselves to new PBs and others setting new targets in their comeback from injury and illness. Well done to you all, and thank you for getting involved.

We have a large team of session leaders who prepare the training and look after us all on club nights, and without their ongoing commitment we'd all be looking for something else to do on a Monday and Thursday evening.

Heidi Godfrey and Amanda Hull took a sabbatical this year to focus on their new families and Hannah Hunt will soon be looking forward to doing the same. We have also had to say goodbye to Alice Lane and Peter Hartley throughout this year due to ongoing commitments. But on behalf of the club I would like to put our thanks on record for the time and commitment they have provided.

But we have bolstered our ranks this year with Mark Stileman, Wayne Windebank and John Quayle all joining myself, Matt Hammerton and David Nixon as regular session leaders. And with Becky Tovey, Julie Shanker and Jo Weguelin all getting involved after they have completed their England Athletics training later this month, we will have a strong team to support you going forward.

If you would like to get involved in running training sessions and giving something back to the club please come and talk to myself or one of the other session leaders.

In terms of the training itself we had an interesting summer; working around flood damage on the roads of Braishfield and building works as well as 'enthusiastic football teams' at the Mountbatten track. But we don't let things like that stop us, and a great summer of training was capped off with a large turnout for our 5k club handicap which was ultimately won by Haly Nomm.

Track sessions on a Thursday were well attended with an average of 20-30 people turning out for a range of sessions. The inclusion of dynamic warm up drills before the sessions seemed to work well with no major injury problems that I am aware of, even if we did feel a little silly the first few times we did the 'long-leg stretch'.

The Abbotswood estate continues to develop and before long we should be able to expand our use of this area beyond the existing 1km loop, which should provide more variety and extra sessions closer to Woodley Hall on a Monday.

A recent addition which will help session leaders and all runners alike is a set of interactive session maps on the club website. You can now go online and see a map of each session with each interval clearly marked, with helpful photos of start/finish points as well as any hazards we should be aware of. These are designed to be evolving documents, so if you come across a hazard we should be aware of please let a session leader know and we can add it to the map.

I would like to encourage all members to refresh themselves of the safety guidelines that are on our website, particularly the first item on there – to wear high-viz clothing in the dark winter months and not to wear headphones whilst running with the club. These rules are there not only for your own safety, but for others we share the paths and roads with.

Finally, I'd just like to encourage feedback, ideas and suggestions for improvements to training, changes to routes, or even new sessions altogether. Your session leaders try to strike a balance between consistency and variety, but we need to hear your views if we are to act upon them.

MEMBERSHIP SECRETARY - report prepared by David Nixon

Membership is currently 106, one more than 2013. 29 people did not renew, there were 31 new members, and one resigned to join another club.

There are 49 men and 57 ladies. We have 2 student members, 3 juniors and the remainder are senior members which includes 2 honorary members.

Following a request from David Page at last year's AGM, two questions on Google Group membership were included on the membership form. As a result 11 existing club members joined the group, as did 23 of the new members.

I would again like to thank our secretary for her assistance with computer support.

KIT SECRETARY - report prepared by Lynda Brown

This year we have replenished plenty of our stock as demand for was high throughout the summer especially for running vests during the RR10 season. We have continued to sell these Ronhill vests with the price going up to £15 from £14 due to increased costs from the supplier. These prices are still subsidised by the club.

Other items available include fluorescent gilets (cost £20), and High-Viz webbed fluorescent vests (cost £7). Club hoodies have proved popular in the past and I have a selection of these in stock at a cost of £20. There are also windproof jackets in all sizes, and a display of available items can be found at the back of the hall this evening. All items with prices and contact details can be found on the website; this has proved useful as I have received orders by email when I have not been available on Monday night training sessions.

We have sold up most old stock (bearing the original club logo) with a couple of small items remaining that are free to a good home.

Any suggestions for new kit items can be emailed to me for consideration by the committee.

FIXTURES SECRETARY - report prepared by Hannah Hunt

The year got off to a good start with our **CC6** race held on 10 November 2013. We now share hosting responsibilities with Halterworth Harriers who we hoped would prove to be a more reliable and forthcoming partner than Southampton had been. Halterworth provided 12 marshals for the finish area which was in addition to the 22 provided by Romsey. A seventh race was added to the calendar for 2013/14 with the addition of New Forest Runners and

Lymington Tri Club to the series, however the stormy weather in February lead to the cancellation of the race at Denny Wood and the scoring system was adjusted accordingly.

For the 2014/15 series, the CC6 committee voted to retain the lift on the faster runner restriction, but agreed to make the following changes:

- Runners will not be allowed to run in their club's host race, to remove the advantage that the larger clubs have of being able to use their resources to provide adequate marshals as well as runners in their own race
- There will again be 7 races on the calendar but individual scoring will be based on their best 4 results out of the possible 6 they can run in. Team scoring remains as best 6 results (teams consist of 4 men, 3 women).

Our race takes place on Sunday 23 November – thank you to those who have already signed up to marshal.

The **Mile of Miles Relay** saw another great turn out from all the local clubs with 31 teams taking part. Romsey fielded two teams finishing 9th and 26th, whilst Southampton's A team won ahead of Hardley Runners and New Forest Runners A teams. My thanks to all those who ran or helped with timekeeping.

The **RR10** series was very well attended by Romsey again this year, with the new venue at Fairthorne Manor receiving good feedback. We hosted our race at Janesmoor Pond in partnership with Wessex Runners and successfully saw 207 men and 124 women taking part. The meal at the pub afterwards was also well attended and my thanks to everyone who came along to marshal.

Finally, the **Test Way Relay** took place on Saturday 13 September and this year we again entered one mixed team into the competition. This year our team consisted of several runners who have not taken part in the event before, which is great for ensuring knowledge of the route is retained within the club's membership. We finished 5th overall in the mixed competition in a time of 5 hours 50 minutes. I have already had expressions of interest for next year's event, and it would be brilliant to see Romsey return to entering both a men's and a ladies team. My thanks to those who took part and to Liz Slade and David Page for recording times at Middleton Farm.

Having reviewed the duties of the Fixtures Secretary and my impending change of personal circumstances, I have put together a proposal to split the role into two – something that has perhaps been overdue for some time. My proposal is to replace the Fixtures role with the creation of two new roles of Race Secretary and Team Captain, who would work in partnership:

- The Race Secretary would be responsible for organising the two host races for the CC6 and RR10 series' and represent the club at the two AGMs;
- The Team Captain would look after the week to week running of our involvement in the CC6 and RR10 series (promoting each fixture and lift share opportunity, collecting results at each race and returning to the relevant webmaster) and organise teams for the two relay events.

I am willing to continue on the committee under the role of Race Secretary.

WEBMASTER - report prepared by John Quayle

Since taking over the website a year ago, there have been a few changes. As well as giving the site a minor facelift, a number of other changes have been made to site that you may not

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be aware of. One of the first changes I made was to start hosting the site myself, reducing the cost of hosting the site from £120/year to £30/year. The security of the site has also been strengthened. You would be surprised how many attempts there are to hack the site! Also security related, each member of the committee now has an @romseyroadrunners.co.uk email address. This means we don't have to put personal email addresses online which is never a good idea. We also now have a presence on the RunEngland club finder - something which we've been trying to get set up for while.

It's always interesting to look at the website's stats. In the last month we've had 748 different visits to the site. 90% of these visits came from the UK, with the second most popular country being Brazil! I also noted that as many as a third of site visits now come through a mobile device be it a phone or a tablet so perhaps we need to look at making the site more mobile friendly, albeit it's not too bad at the moment. Our busiest week this year was Beer Race week when we had 1,294 visits to the site.

I did look at how much it would cost to link to a payments site such as SagePay or PayPal to take membership or beer race payments. This was coming out at around 50p per transaction which seemed a bit steep. I'll keep looking at options and will hopefully come up with something a bit cheaper.

I'm open to hearing about any ideas you have for the site so please feel free to contact me at webmaster@romseyroadrunners.co.uk if you want to put forward suggestions.