

ROMSEY

ROAD RUNNERS

MINUTES OF ANNUAL GENERAL MEETING

Date **05 November 2014**
 Time **19.30**
 Location **Crosfield Hall**

Present Julia Abab, Christopher Brown, Lynda Brown, Jane Carter, Wendy Couper, Di Cross, Paul Cutbill, Anna Duignan, Heidi Godfrey, Amanda Hull, Sarah Humphries, Hannah Hunt, Jimmy Hunt, Penny Jennings, Derek Kelly, Tony King, Alice Lane, David Lurcock, David Nixon, David Page, Ruth Page, Neil Payne, John Quayle, Ian Ralph, Tamatha Ryan, Julie Shanker, Hannah Shutt, Liz Slade, Mark Stileman, Keith Stone, Lesley Stone, Annie Tomlinson, Becky Tovey, Jo Weguelin

Apologies Paul Bradley, Matt Hammerton, Karen Keane, Kirsty Quayle, Emily Slade, Jo Slade, Wayne Windebank

1. MINUTES OF THE LAST MEETING AND MATTERS ARISING

The minutes of the meeting of 6 November 2013 were accepted as a true record. Progress against actions recorded below.

ACTIONS - AGM 2013		
Agenda Item	Action	Who
Reports from Committee	Consider amending the membership form to include a tick box for joining the google group. Complete.	Committee
Club membership fees	Ensure all members are aware of the rise in membership fees (amend membership form and website). Complete.	Committee
Summer track training	Ensure members are aware of the arrangements for Thursday summer sessions next year. Complete – see item 5.	Committee
	Promote the benefits of track sessions in the lead up to the summer training season. Complete – see item 5.	Committee
	Monitor attendance at track sessions and review arrangements for Thursday summer sessions at next year's AGM. Complete – see item 5.	Committee
Future of RR10 series	Submit club response on the review of the RR10 series. Complete.	Committee
Elections for office	Encourage club members to take on the vacant Committee positions. Complete.	Committee
AOB	Consider options to reduce group 3/4 waiting times; ensure clear instructions are given at the start of each session. Complete.	Committee

2. REPORTS FROM COMMITTEE MEMBERS

Full reports from Committee members are available in Appendix A, a summary was provided at the meeting.

CHAIRMAN - Tony King

Tony confirmed that he had enjoyed his first year as Chair and thanked the Committee for all their hard work to keep the club running effectively.

TREASURER - Mark Stileman

It has been a stable year, ending with a surplus of £149, compared to the £130 deficit last year. The increase in membership fees has contributed towards this, bringing in an additional £400, as well as a healthy profit from the Beer Race. Overall the clubs finances are in a stable and sustainable position.

This year the club has moved to online banking making it much more efficient to process payments. Membership subscriptions can also now be paid by BACS transfer.

The accounts have been independently checked and recommendations have been made on how they could be better managed in the future. These recommendations will be considered by the Committee. A full spreadsheet of the accounts is available for inspection should anyone wish to view them.

SESSION LEADER COORDINATOR - Ian Ralph

Ian extended thanks to everyone for coming along to training sessions; there has been a good turnout throughout the year, including at the summer track sessions.

Thanks were also extended to the Session Leaders, including those who have moved on, those who have joined the ranks this year, and those who will be completing the training in the next month.

New for this year has been the provision of a set of interactive maps on the website showing the routes used by the club, including intervals clearly marked, photos of start and finish points and any hazards. Members are invited to inform Session Leaders of any additional hazards so they can be added to the maps.

Members are reminded to familiarise themselves with the safety guidelines on the website (<http://www.romseyroadrunners.co.uk/training/safety-first/>), in particular the need to wear reflective clothing in the winter months.

Feedback and suggestions from members on sessions, routes etc. are welcome.

NEWSLETTER EDITOR - Dave Evenden

Editions of Relay can be found on the website - <http://www.romseyroadrunners.co.uk/relay-newsletter/>.

Dave has invited members to submit articles for the December Relay, which will be his last edition as Newsletter Editor.

MEMBERSHIP SECRETARY - David Nixon

There are now 107 members, two more than last year.

The inclusion of the Google Group on the membership form has worked well and the majority of members are now signed up.

PRESS SECRETARY - Annie Tomlinson

Annie has continued to write articles for the Romsey Advertiser as and when she has received notification from members and the majority have been printed.

Photos are useful to support an article as well as further information about the event and race experience.

KIT SECRETARY - Lynda Brown

The stock of running vests has been replenished this year. The cost has increased to £15 however this is still subsidised by the club.

Any suggestions for new kit items can be emailed to Lynda for consideration by the Committee.

FIXTURES SECRETARY - Hannah Hunt

The RR10 series was well attended and included a new venue at Fairthorne Manor.

The Test Way Relay was well supported. It would be good to field both a men's and ladies team next year.

The CC6 series for 2014/15 will retain the lift on the fast runner restriction. It will however include a rule to prevent runners competing in the race hosted by their own club so as not to disadvantage the smaller clubs. There will be seven races in the series but scoring will be based on the best four out of the six races competitors can run in.

A proposal has been made to split the Fixtures Secretary role into Race Secretary and Team Captain – see item 4.

WEBMASTER - John Quayle

The site is now hosted by John, which has led to a reduction in the cost of hosting from £120/year to £30/year. Generic ...@romseyroadrunners.co.uk email addresses have also been set up for all Committee members to avoid having personal email addresses on the site.

The highest number of hits was in the week of the Beer Race. The club may want to consider some form of advertising at this time.

Setting up an online payment system on the website is not cost effective at the moment but John will continue to look into options for this.

Posts on the website are automatically updated to Facebook and Twitter, which are followed by other local running clubs.

SOCIAL SECRETARY - Alice Lane

It has been an exciting year of social events, starting with the Christmas Eve run and the New Year's Day run. This was followed by the Pasta Party in April then the weekend away for the Endurance Life

event on the Flete Estate in May. The post Beer Race barbeque was held in June and in July a home run at Farley Mount and a visit to the Walter Tyrell pub after the RR10. The final event of the year will be the Awards Evening coming up on 14th November.

Thanks were extended to everyone who has helped organise and contribute to these events, in particular Becky Tovey, Di Cross, Karen Keane, Jo Weguelin and Tam Ryan.

3. BRAISHFIELD BEER RACE REPORT

The full report is available in Appendix B, a summary was provided at the meeting.

There were 330 entries to the race (close to the 350 capacity) and 303 finishers.

The race appears to be popular with local unattached runners and the club has had new members as a result of the race.

As Chris Stocks is no longer a member of Romsey Road Runners, he has stepped down from the position of Race Director.

4. AMENDMENTS TO CLUB CONSTITUTION

There were three proposals to amend the constitution (<http://www.romseyroadrunners.co.uk/about-us/club-constitution/>) in the sections entitled 'Membership of the Club' (page 1), 'The Club Committee' (page 2) and 'Special Rules' (page 6).

Proposal 1: Membership of the Club – to remove the need to propose and second new members into the club and for the committee to consider each candidate for membership. It was noted that there are disciplinary procedures in place in the constitution should the need arise.

A vote was held and it was unanimously agreed for this amendment to be made.

Proposal 2: The Club Committee – as noted in the report given by the Fixtures Secretary, this role has become too big for one person. The proposal therefore is to split the current Fixtures Secretary role into two new roles, the Race Secretary (responsible for the organisation of the host CC6 and RR10 races) and the Team Captain (responsible for the week to week running of the clubs involvement in the two leagues and organising teams for the two relay events).

It was noted that instead of changing the constitution to read '*The day-to-day management of the Club shall be deputed to a Committee consisting of twelve Committee Members*', that there should be consideration that all committee positions may not always be filled and the phrase '*up to but not exceeding twelve Committee Members*' should be used instead.

A vote was held and it was unanimously agreed for the role to be split and for the wording to be amended as outlined above.

Proposal 3: Special Awards – as the club no longer takes part in the Hampshire Cross Country League it was proposed that the Cross Country Award should operate only for the CC6 series, and that the scoring should be based on the best four out of seven race results each CC6 season.

A vote was held and it was unanimously agreed for this amendment to be made.

ACTION: Committee – update club constitution.

5. SUMMER TRACK TRAINING

At last year's AGM the format of the Thursday summer sessions was discussed because there were groups meeting at different locations and doing different sessions. It was resolved that a scheduled track session should be held every week and that everyone should meet at Mountbatten School. It was agreed that numbers should be monitored and that it should be reviewed at this year's AGM.

Ian Ralph reported that attendance at track had been good, with numbers reaching 20-30 each week. The training had been changed slightly, introducing a wider range of sessions and a more active warm up including dynamic drills.

There had been an issue with a clash in the use of the track with the football club, but this should not be a problem in the future.

Overall the Session Leaders found the sessions to be a success and there have been no concerns raised. It is therefore suggested that the club continue with this format next year.

Concerns and comments were welcomed from club members.

There was general agreement that the changes made to the sessions had been positive and that they should continue next year.

Di Cross confirmed that she had really enjoyed the sessions but suggested that club members be given the rota for the sessions so they can know what to expect each week and track their progress. It would also be useful to know when other events will be taking place at the school (e.g. parent's evenings) so that parking conflicts can be minimised.

ACTION: IR – arrange for the rota for the track sessions to be made available on the website.

ACTION: IR - when booking the track request dates of other events happening at the school so members can be informed.

Paul Cutbill agreed that the sessions had been good, he noted however that those wishing to take part in cycle rides scheduled at the same time, should not be made to feel uncomfortable for doing so.

6. LONDON MARATHON DRAW

Three members qualified for entry into the draw for the club entries to the 2015 London Marathon. Neil Payne and Jo Weguelin were successful in securing the club entries.

7. ELECTIONS FOR OFFICE

Committee Position	Name	Outcome
Chairman	Tony King	Re-elected unopposed
Secretary	Jo Weguelin	Proposed by Amanda Hull Seconded by Di Cross
Session Leader Coordinator	Ian Ralph	Re-elected unopposed
Membership Secretary	Penny Jennings	Proposed by David Nixon Seconded by Jane Carter
Treasurer	Mark Stileman	Re-elected unopposed
Press Secretary	Annie Tomlinson	Re-elected unopposed
Kit Secretary	Lynda Brown	Re-elected unopposed
Race Secretary	Hannah Hunt	Proposed by John Quayle Seconded by Annie Tomlinson
Team Captain	Becky Tovey	Proposed by Hannah Hunt Seconded by Lynda Brown
Social Secretary	Di Cross, Alice Lane, Lesley Stone	Proposed by Mark Stileman Seconded by Ruth Page
Newsletter Editor	VACANT	VACANT
Webmaster	John Quayle	Re-elected unopposed
Beer Race Director	VACANT	VACANT

In the absence of a volunteer to take on the role of Beer Race Director it was queried whether the club should consider bringing in outside professional help to organise the Beer Race.

Hannah Hunt confirmed that although the race is reaching its capacity, we never know how many entries we will get until the day. It should also be considered whether the size of the race can safely increase and whether the club would want to make it any bigger. Increasing the size of the race and bringing in outside help would also have implications on other factors e.g. toilets, first aid provision, parking and costs. Also any profit made from the event would not be for the sole benefit of the club.

At its current level it is within the capabilities of the club to continue to run the event itself, all the procedures are in place and documented and there is a strong committee to support the Race Director. There are also training courses available for anyone interested in the role.

Derek Kelly offered to secure the beer for the race as he already has an established relationship with the suppliers. Derek was thanked for this offer.

ACTION: Committee - encourage club members to take on the vacant Committee positions.

8. AOB

- David Page queried whether the use of online banking will mean there is only one signatory on transactions. It was confirmed that this was the case, however the Committee agreed to discuss the governance of this e.g. once a month another Committee member checks the accounts.

ACTION: Committee - discuss options to govern the use of online banking.

- Derek Kelly asked whether the club will be affiliating to the British Triathlon Federation next year. This was confirmed.
- Julia Abab noted that whilst she enjoyed the tempo run session, once every three weeks may be too frequent and queried whether this could be changed to once a month. Ian agreed to consider this with the Session Leaders.
- Wendy Couper asked why the Champion Drive session had been changed from a Monday to a Thursday, noting that the run to the start of the session was now too long. It was confirmed that this had been changed as a replacement for the Chambers Avenue session. Ian agreed to consider changing this back to a Monday with the Session Leaders.

ACTION: Session Leaders – consider changing the frequency of the tempo run to once a month and returning the Champion Drive session to a Monday night.

- Keith Stone reported that he would be interested in running sprint sessions again, starting at the beginning of February. These would be run in a six week block as an alternative to the scheduled sessions.

ACTION: Session Leaders – liaise with Keith Stone to schedule in a block of sprint sessions.

- Becky Tovey queried whether the club would be interested in reinstating the circuit training sessions. There was significant interest in this idea. It was suggested that the Committee check whether the insurance held by the club is running specific or whether it would cover circuit training as well. If closed to club members it was felt that a qualification may not be needed to lead these sessions. A suitable time and venue would also need to be found as Friday evenings had become unpopular.

ACTION: Committee – look into insurance and other options for reinstating circuit training.

Award Winners 2014 – announced at the Awards Evening on 14th November.

<i>Winter Cross Country (M)</i>	<i>Neil Jennings</i>
<i>Winter Cross Country (F)</i>	<i>Becky Tovey</i>
<i>RR10 (M)</i>	<i>Matt Hammerton</i>
<i>RR10 (F)</i>	<i>Tam Ryan</i>
<i>Pentathlon (M)</i>	<i>Neil Jennings</i>
<i>Pentathlon (F)</i>	<i>Tam Ryan</i>
<i>Pentathlon (V50)</i>	<i>Paul Burnage</i>
<i>Sally Sillence</i>	<i>Jo Weguelin</i>
<i>5km Time Trial</i>	<i>Haly Nomm</i>
<i>Chairman's Award</i>	<i>David Nixon</i>
<i>RRR of the Year</i>	<i>Becky Tovey</i>

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Appendix A: Reports from Committee Members

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.

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.

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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

Annual surplus **£149.37** **-£130.59** **£600.65**

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

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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.

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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 led 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 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.

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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.

SOCIAL SECRETARY – report prepared by Alice Lane

We have had an exciting year of social activities starting with a Christmas Eve run in Mottisfont. This was after a heavy night of wind and rain and fallen trees and a few of us braved the elements to venture out rewarded by mince pies and mulled wine.

The New Year's Day run was in Acres Down in the New Forest and kindly organised by Annie Tomlinson. Only a week after the adventures of the wind and rain over Christmas new years day was no exception. The advice being, 'never park your car on the other side of a ford whilst it's raining!' Paul Cutbill's email describes this as follows:

'A great run with the added excitement of a waterborne challenge on our return. How many cold and tired runners does it take to push a flooded van out of a river? Glad those bold enough to venture across the ford on their way eventually made it back. I suspect the chap in the van wishes he'd put brain into gear before engine! Thanks to organiser and all those who made the RRR New Years Day tradition a memorable one'

In April, the sun began to shine and we had the pasta party supporting our marathon runners at The Sun. Many thanks to David Nixon for again devising his clever quiz and Becky for the fab photo montage of the runners and for totting up the scores and awarding the prizes.

In May we saw the beginning of the Endurance Life Series where seven of us ventured to stay the Saturday night in Plymouth (last year's hotel has since gone into receivership, no surprises there!) and then venture the next day to the Flete estate in Devon to take part in an off road coastal trail run. Some of us ran the 10 km and half marathon distances but only one of us was brave enough to tackle the full marathon and congratulations to Bex Marriner (who had camped that night on site) for winning it!

We were blessed with wonderful weather in June for the Beer Race which made the post race barbecue even more fun. Thanks to Martin and Karen Keane yet again for holding the barbecue and for everyone who chipped in with food contributions.

The summer social home run was held on Farley Mount and was kindly organised by Ruth and David to commemorate their joint 21st birthdays! This took place on Monday 21st July and luckily we had a repeat of the glorious sunshine.

The club's RR10 took place on 23 July and once again we had fantastic weather and afterwards quenched our thirst at the old faithful Walter Tyrell pub.

As you know the Awards evening takes place on Friday 14th November at the White Horse in Romsey. I just want to thank Becky for organising this who is already a busy bee herself in addition to working tirelessly in the background at The Pasta Party!

Other thanks also go to Di Cross who has always been on hand when I have needed information about this role providing me with advice and contact details. Another thanks to Karen as well who is always smiling whatever favours I ask of her.

Due to my work and home commitments unfortunately I will be stepping down from this role this year but would like to thank especially Becky again, Jo and Tam for not saying no when I've roped them in for their help behind the scenes.

ROMSEY ROAD RUNNERS ANNUAL GENERAL MEETING 2014

Appendix B: Braishfield Beer Race Report

Braishfield Beer Race - 8 June 2014

There was a real buzz of excitement in the air as the sun rose on Sunday morning. With smiles and warm brows a record 303 runners finished the annual Braishfield 5 mile Beer Race, organised by the Romsey Road Runners. Conditions were dry and hot as the runners made their way around the stunning village course through the lanes of Braishfield. There was plenty of encouragement from marshals and residents alike.

First home was Andrew Griggs (Lordshill Road Runners) in a time of 27 minutes and 04 seconds, Andrew Griggs lead from start to finish. Ben Pitman (Lordshill Road Runners) was second in 28:55 with Max Costley (Southampton Athletics) in third place in a time of 29:06. First lady home was Karen Rushton (Southampton Athletics) in 32:22, ahead of Anna Giles (Eastleigh RC) in 35:27. Third Lady was Anna Smith-James in 35:50.

This is always a popular race as each of the runners receive a pint of 'London pride' beer, supplied by Fullers one of the main sponsors of the race, or if preferred, a soft drink. Thanks go to Mike and Sarah from the 'Old House at Home' in Romsey for their continued support in supplying and setting up the bar to ensure the beer was just right. Always a favourite is a piece of cake for all the finishers all freshly baked and supplied by members of the Romsey Road Runners.

Local world famous mineral water suppliers Hildon also sponsored the event with bottles of water for each of the runners as they crossed the finish line. Local running shop 'Up and Running' of Chandlers Ford provided spot prizes to a number of finishers.

Romsey Road Runners wish to thank the above sponsors for their continued support, and the Parish Council, cricket club, landowners and residents of Braishfield for their support also.

Race figures:

- Entries topped 330
- There were 303 finishers
- 264 pre-entered
- As many as 66+ entered on the day
- Over 116 were attached
- And more than 188 unattached
- As with many events there were several DNSs
- And 1 DNF

These are the most impressive figures we have had since the race began.

We are very lucky to have such a fantastic membership at Romsey Road Runners and would like to thank members for all the support and hard work they put into making this event a race not to miss on the calendar.

Prize winners:

1st Male Overall Andrew Griggs 27:04 Lordshill Road Runners
2nd Male Overall Ben Pitman 28:55 Lordshill Road Runners
3rd Male Overall Max Costley 29:06 Southampton AC

1st Male Senior Andrew Griggs 27:04 Lordshill Road Runners
1st Male V40 Nick Salwey 30:41 Winchester AC
1st Male V50 Greg England 31:21 Overton Harriers
1st Male V60 Paul Kirkpatrick 34:59 Royal Navy AC

1st Female Overall Karen Rushton 32:22 Southampton AC
2nd Female Overall Anna Giles 35:27 Eastleigh RC
3rd Female Overall Anna Smith-James 35:50 Entered as Unattached but we believe she's from Hedge End Running Club

1st Female Senior Anna Giles 35:27 Eastleigh AC
1st Female V40 Karen Rushton 32:22 Southampton AC
1st Female V50 Tracy Wyeth 38:18 Chineham Park RC
1st Female V60 Tessa Lock 51:18 Unattached

Christopher Stocks, Race Director

Due to a change of circumstances, Chris has stepped down from the role of Race Director and the position is currently vacant.