



**Hart Road Runners Review of the Year & AGM 2017**

**Friday March 24<sup>th</sup> 2017 @ 19:30**

**North Hants Golf Club, Minley Road, Fleet GU51 1RF**

**Attendees:**

Grahame Smee, Ged Ruffle, John Leonard, Gill Stone, Chris Stone, Heather Allen, Kevin Bilke, Sarah Cleland, Howard Robinson, Andrew Danson, Nigel Marchant, Andy Sworn, Carol Sworn, Neil Cunliffe (Spin), John Gray, Charlie Boffin, Simon Rimmer, Darren Stafford, Caroline Leppard, Helen Hart, Gregory Allin, Kate Christie, Alan Arnold, Julie Leppard, Bob Leppard, Jon Cross, Alexa King, Neil Bausor, Michael Woolfson, Cyril Larby, Kathy Robinson, Bryan Porter, Arthur Hurley, John Tasker, Angela Austin, Jim Vince, Hannah Hall, Louise Apsey, Neil Morgan, Steve Finn.

**Apologies:**

Anita Grant and Darren Wood

**1. Introduction and Agenda run through**

Grahame welcomed everyone to the review and explained the format of the evening.

**2. The HRR Year in Review – Highlights by Grahame Smee – Club Chair**

- Another record year for membership with 244 members – a 10% increase on last year's membership. It is a testament to the club that people want to join HRR and run with the club.
- The inaugural Hart4 event was a huge success and Grahame extended on behalf of the club a huge thank you to the Hart4 committee and everyone who volunteered their help.
- The LWS XC (Lord Wandsworth Cross Country Series) had another successful series this year again with increased numbers. A huge thank you to all the volunteers that make these events happen.
- HRR successfully took over Rushmoor parkrun providing all volunteers for the event. This proved to be an excellent way to promote the club and the Hart4 event. We will repeat this for the Alice Holt parkrun on May 6<sup>th</sup> and again at Rushmoor in the middle or end of June.

- This year HRR ladies outshone the men, achieving individual and team prizes at Fleet 10k, Bramley Races and Fleet Half Marathon.
- Hannah Hall stepped in to take over the weekly communications when Morgan Applegarth left to go travelling and has done a really great job of this.
- The Musketeers have continued to meet regularly and helped to promote club ethos of being a social and inclusive club.
- Grahame thanked everyone who gives their time to the club in some way – from coaches, to committee members, to event coordinators and volunteers, to cake bakers to those that help run the handicap and many more things - if we didn't have those people the club wouldn't exist. We now have an annual award to recognise our volunteers.
- We successfully raised money for our chosen charities - Phyllis Tuckwell, Hart Food Bank and Stepping Stones as well as supporting charities via our annually run events - the Hospice to Hospice run (Phyllis Tuckwell and CHASE Children's Hospice) and the Mike Cloke Memorial run (British Heart Foundation – a favourite charity of Mike's)
- Looking forward into the next club year:
  - o From April we will meet in the new leisure centre.
  - o We'll have new running kit (including a ladies fit) which can be ordered online via a club portal.
  - o The Hart4 will be bigger and better than last year!
  - o Summer runs to look forward to.
  - o 31<sup>st</sup> October – HRR is 35 years old!

### **3. Social Review by Heather Allen – Social Secretary**

- 50 members attended the May Awards evening. We held an auction as well, raising £750 on the night. Thank you to everyone involved. The money raised was match funded – thank you to Angela Austin for successfully applying to her company to do this. Despite a lovely evening, there was disappointment in the quality of the food and the venue refunded the club £500 which was given back to the members that attended the event – some members chose to donate the money to our charities.
- Some members came to watch Heather's Daughter - and fellow HRR Member - Sam Allen in a wrestling event – this certainly was an enjoyable evening with a difference!
- We had an enjoyable evening running along the canal and then enjoying a fish & chip supper on board the John Pinkerton!
- The Christmas meal at the North Hants Golf Club was a lovely relaxed and sociable evening, with great food and a raffle, which again raised money for HRR's chosen charities. This was a great venue which was subsidised by HRR to keep the cost affordable and ensure as many people could attend as possible.
- The HRR Children's Xmas party was a success with 23 children (and Father Christmas) in attendance. Thank you to the mums that helped with the food (Alexa King, Hannah Hall and Sarah Cleland).
- We also enjoyed the Christmas Lights run - a relaxed social run taking in the best lights Fleet has to offer – with some members in fancy dress!

- Throughout the year the Musketeers have enjoyed some lovely walks and teas – long may it continue!

#### **4. Financial Review by John Leonard – Club Treasurer**

- John gave an overview of finances following the prior circulation of the club accounts:
  - o The club fee has increased. £13 goes to UK Athletics, £11 to HRR and £1 to PayPal
  - o Income has gone up slightly from last year, reflecting an increase in members
  - o Hart4 had a surplus of £350 in its first year
  - o HRR pay a fee to Hart Leisure Centre of just under £700 for use of facilities on club nights (toilets, showers, meeting rooms etc.)
  - o Underspend in coaching budget due to lack of coaching course availability
  - o Marathon Coach – we hope to break even again this year. There will be no Brighton Marathon coach as this made a loss last year and there was even less interest in take up this year.
  - o £334 donated to each of the chosen charities, with an additional £715 for Phyllis Tuckwell from Refreshment stall at LWS XC

#### **5. Membership Review by Gill Stone – Membership Secretary**

- HRR membership peaked at 244 members which was 17 up on last year. Of the 244 members, 9 are second claim (HRR do not affiliate to England Athletics) and 6 are life members. The gender split remained the same as last year with 44% female and 56% male. The largest age group category is still the 40-50 age group category. The 70+ age category is increasing!
- England Athletics have emphasized that individuals are responsible for keeping our own profile up to date which includes 1<sup>st</sup> claim club membership information.

#### **6. Running Review by Ged Ruffle – Club Captain**

- HRR is a very active club, with activities going on most days of the week! Organised runs on Monday's (Track), Tuesday's (coached intervals), Wednesday's and Saturday's (Bridge club sessions run by Alan Arnold) and Thursday's (Club runs including Steady 6). In additions to this there is an active HRR presence at local park runs and less formal arrangements in place where members meet up for runs, often posting their plans on Facebook. The HRR aim is to keep running safe, fun, inclusive and interesting!
- Running highlights include strong female teams in competitions this year - Fleet Half Marathon (2<sup>nd</sup> ladies team behind the Army and 1<sup>st</sup> Hampshire Team), Fleet 10k (1<sup>st</sup> and 2<sup>nd</sup> Teams), and Bramley 10 mile (1<sup>st</sup> Team). HRR also achieved 3<sup>rd</sup> placed team at Runnymede Relays, 5<sup>th</sup> place team in the Southern league XC, 2 Championship places for London Marathon as well as in the region of 10 runners achieving good for age entries.

- HRR is also about maintaining tradition. Every year we play tribute to Mike Cloke and join with Fleet & Crookham AC for a charity run evening in support of the British Heart Foundation (Mike's favourite charity). This will next be held on 4<sup>th</sup> Jan 2018.
- Looking forward, the summer run schedule is nearly ready to publish. The Hash Run – one of the most popular summer runs – will be on the 13<sup>th</sup> July (don't be late!)
- In addition to the Thursday night winter route (8.7) and the Ancells an Elvetham run, the Farnham Hill run was well attended and will remain a regular fixture for winter runs.
- A big thank you to Viv, Spin and the timing team enabling the Handicap to take place - whatever the weather! As a time trial this really is a good way to assess your fitness once a month and all members are encouraged to give it a go!
- The Southern Cross Country League this year saw our lowest turnout and the team finished 5<sup>th</sup> where we had the potential to be challenging for 1<sup>st</sup> place – the bigger the team the better we do so a big plea from your captains (Ged Ruffle & Louise Apsey) to come along and support team HRR next season. The ladies team were however outstanding so a big thank you to captain Louise.
- The Lord Wandsworth Cross Country Series had another successful year and the club and the team received some great feedback. A big thank you to all the volunteers who make this series happen.
- Club events to look forward to later this year:
  - o Sat 1<sup>st</sup> July – Runnymede Relays – 6 person team relay (mixed teams)
  - o 13<sup>th</sup> August – Hart4 – this promises to be bigger and better than last year and is almost half full already!

## **7. Coaching Review by Kevin Munt – Lead Coach**

- We are lucky enough to have a diversity of winter and summer training, with enthusiastic coaches always looking to put together new ideas and make club sessions and peer groups interesting – hopefully appreciated, but more feedback from the club would be greatly welcomed, either via email or verbally on the night.
- All new members to HRR get offered a 121 with a coach.
- Lots of members have benefitted from a half marathon, marathon or 10k training plan. If you would like a personalised training plan speak to Kevin who will put you in touch with a coach.
- Julie Sparrow came in to talk to the coaches and we learnt much about warm ups and injury prevention.
- Grahame and Ged delivered the 3<sup>rd</sup> marathon workshop and this will be offered again if the membership would like it.
- HRR currently have 12 coaches and following a recent recruitment drive we are pleased to announce that Carol Sworn and Darren Stafford have joined the coaching team!

## **8. Break**

## 9. AGM – chaired by Grahame Smee

- On behalf of the club Grahame thanked everyone who has served on the committee. Everyone does their job incredibly well and we all work well as a team.
- Morgan Applegarth has departed the committee. Caroline Leppard is also leaving the committee and Grahame on behalf of the club thanked her for five years of club service. Caroline has served as Club secretary for two years as well as for three years without portfolio, providing valuable assistance including organising all of the trophies for the May Awards ceremony each year.
- There are two Committee members who do not need to be re-elected – Sarah Cleland (Club Secretary) has served 3 years of a four year term and John Leonard has served one year of a two year term.
  
- **Election of new Chair.** Grahame Smee has served two years of a two year term. Grahame invited members to stand as chairman however no members came forward. Grahame therefore put himself forward as Chairman for another term and was elected unopposed.
  
- **Re- Election of existing Committee members.** Existing Committee members wishing to remain do not need to be nominated or seconded and can be re-elected on mass. These serving Committee Members were: Ged Ruffle, Heather Allen, Charlie Boffin Gill Stone and Nigel Marchant – unanimously voted in on mass.
  
- **Election of new Committee members.** Grahame invited members who wished to put themselves forward to join the committee – Hannah Hall (previously co-opted on to the Committee) (Nominated by Heather Allen, Seconded by Gill Stone), Alexa King (nominated by Ged Ruffle, seconded by Grahame Smee) and Kate Christie (nominated by Spin and seconded by Charlie). All were individually and unanimously voted in. Grahame again invited members to stand but there were no further nominations.
- **The 1<sup>st</sup> meeting of the new Committee will take place on 10<sup>th</sup> April 2017**
  
- **Decision on club charities for 2017/18**
- Raising money for charity is part of club ethos but we do need to set a limit in the number each year to ensure that we make a difference. Two nominations were received in addition to the adopted club charity of Phyllis Tuckwell and the stand alone event in memory of Mike Cloke which raises money for the BHF.
- **Mike Woolfson nominated Wrap Pyjama Fairies** – this charity provides free personalised pyjamas for children going into hospital. The charity recognises that not all burdens on children going into hospital are physical and that having personalised and bespoke pyjamas rather than standard hospital wear can help children better cope and feel secure.
- **Spin nominated Hart First Response** – this charity provides ambulances and equipment and is run by local people who are medically trained to administer first aid – often in the event of an emergency they can be there before the paramedics.

They can be booked for events and HRR have done so for the Hart4 and Lord Wandsworth Series, providing a great safety net for our events.

- Both charties were voted in to be adopted alongside club charities for 2017/18.
  
- **Q&A from members**
  - Anonymous message sent to Grahame regarding a perception that the club only celebrates race results and achievements. Discussion ensued about whether members here at the meeting agreed or disagreed and it was felt that the club do positively invite club members to share their personal achievements no matter what they are, and that members support each other's successes as well as support each other when things do not go so well. Furthermore the Awards are set up to celebrate personal achievements at all levels and many of the annual awards (such as the Handicap, MRC, Yateley Challenge, Fleet Scratch Cup and Guinness Trophy) can be contested by all members and it doesn't follow that they will be awarded to the fastest runners. It was noted that the newsletter can only mention those that do come forward to share their experiences. This feedback though will be taken on by the committee to see what more we can do to change people's perceptions about the club's ethos and how it celebrates its members.
  
  - Why did we restate last year's accounts? John Leonard explained that this was to show more clearly what happened in the club year in terms of accruals and prepayments. What will happen to the Handicap when we move over to the new Leisure Centre? It is likely the handicap will change as continuing the existing route will mean crossing a very busy road and there are already challenges in the existing route.
  
  - Kevin Bilke - we've just adopted two charities, which have we dropped? Grahame Smee advised that the charities chosen by the club to support last year were Stepping Stones and Food bank
  
  - Howard Robinson – is there any provision for trophies to be displayed in the new leisure centre? Grahame Smee advised that the trophies were locked away and need to be located and Grahame will be discussing with HLC whether we can display them in the new centre.
  
  - Kevin Munt – what is happening with the new kit design? Charlie Boffin updated that we will be moving to an online provider and that by 31<sup>st</sup> of March we will have two samples to look at – a male and female version of a vest. The logo will be changing to the same design used for the Hart4 but the club colours will remain the same. The approximate cost is £25 which is comparable to the current vest. It is not compulsory to replace your existing vest. Once a decision

has been made on the exact look of the vest, we will look to expand the range of HRR kit available to purchase.

- Howard Robinson – will HRR be providing marshals at the Hart Tri this year? Grahame Smee confirmed that the Hart Tri will be taking place from the new Leisure Centre on the 1<sup>st</sup> May bank holiday and has asked the Leisure Centre to confirm the position re marshals.
  
- **AOB – Dates for the Diary:**
  - Alice Holt parkrun takeover – this will take place on May 6<sup>th</sup> and will be coordinated by Carol Sworn
  - The May do will be on the 6<sup>th</sup> May
  - Runnymede Relays take place on 1<sup>st</sup> July at Great Windsor Park
  - The Hart4 returns on 13<sup>th</sup> Aug

**Meeting closed at 21:41**