



## **Minutes of the 2019 Hart Road Runners Review of the Year & AGM**

**Friday 22 March 19:30-21:30, North Hants Golf Club**

### **Attendees:**

Grahame Smee	John Leonard	Greg Allin	Alan Arnold
Hannah Hall	David Adams	Neil Bausor	Stephen Gumbrill
Darren Wood	Nigel Marchant	Osama Baldo	John Gray
Alexa King	Priscilla Smee	Pete Smith	Michael Woolfson
Gill Stone	Louise Apsey	Helen Hart	Helen Collett
Charlie Boffin	Ross MacLagan	Julie Leppard	Linda Radford
Kate Christie	Morgan Applegarth	Kevin Munt	Alex Radford
Ged Ruffle	Simon Rimmer	Judith Sutherland	Dom Wake

### **Apologies:**

Heather Allen	Paul Frearson	Howard Robinson	Jon Tasker
Sarah Cleland	Viv Gibbs	Kathy Robinson	Jon Taylor
Brian Cox	Cyril Larby	Bryan Porter	

### **Presentation to Phyllis Tuckwell**

Grahame presented a cheque on behalf of the club to Leanne Magee, representative of Phyllis Tuckwell, for £953.65. Thanks were given by Leanne; the charity has to raise £20,000 every day so every contribution is hugely appreciated. Grahame announced that the club will be holding a fundraiser for Phyllis Tuckwell in the summer.

### **Chairman's Executive Summary - Grahame Smee**

Membership numbers remain strong which is a very positive sign. Our coaching continues to improve, our members have been smashing PBs and we have more members receiving HRR Achievement Awards every month. We have been delighted to see HRR winning more silverware for team performances in open races, especially our outstanding ladies team.

Our weekly newsletter continues to improve and the website has had a real overhaul and is looking fantastic, with a new on-line payment system up and running. We are doing more on social media and Jon Cross is getting the MRC results out really quickly.

We are pleased to organise a range of social events for members and their families - including the adults' and children's Christmas Parties, our May Awards Evening and our Summer BBQ.

The second HRR Winter training camp was held in Pembroke. It was a great success with great weather. The Lord Wandsworth Cross Country Series continues to be a great series for all.

Phyllis Tuckwell remains our club charity and we also had special events to support Phyllis Tuckwell and Chase, and the British Heart Foundation.

The club's website has moved to a new hosting platform, with a more intuitive menu structure, a 'live' calendar, a twitter feed, maps, and a built out shop with products for all areas and a streamlined process from purchase through processing and payment. The website is fully GDPR compliant. Thanks were given to Dave Adams for all his hard work on this.

We continue to maintain our ethos of being 'fun and inclusive' which is at the heart of the club.

None of this would happen without truly outstanding volunteering work from many members: committee, coaches, marshals, cake makers, run organisers/leaders and sweepers, timekeepers, event organisers and helpers. Everyone who volunteers deserves a huge thank you. Members were urged to get involved.

### **Social Review - Alexa King**

Our May Awards in 2018 were held at Peppones Restaurant in Crondall. We had a good turnout with 64 members celebrating running achievements and volunteering contributions. This was a similar number of attendees as the previous year. It was a great evening but the food was disappointing and we do not plan to return there for any other club event.

We are really keen to host an evening which appeals to as many in the club as possible. We have conducted a survey as to members' preferences for the next May Awards as we would really like to understand what kind of event would appeal to most of our members. We had 82 responses which was a good rate of return. A more informal do was the most preferred option with just under 50 percent of the vote. It has been decided to hold the next Awards at the North Hants Golf Club, with an informal BBQ.

The John Pinkerton Canal Cruise was held on a Thursday summer evening with a run to Odiham followed by fish and chips on the John Pinkerton Canal Boat. There were 29 attendees (slightly down on previous years). Alexa urged members to attend this year; numbers need to be high enough to keep the event financially viable.

Thanks were given to Darren Wood who organised the Summer BBQ last year. Held on 22 July, there were 61 attendees. It was a lovely family afternoon with games, food and fun.

15 children attended the Children's Christmas Party at the Key Centre with Christmas craft, games, disco and food (vs. 24 in 2017). Again, we need more members to attend with their children to keep this event viable.

The Christmas Lights Run remains popular with a running tour of the Fleet Christmas lights on a Thursday evening with drinks in the De Havilland pub afterwards.

The Adult's Christmas Party was held at Oak Park Golf Club with 63 attendees enjoying a 3 course meal, raffle and disco.

### **Finance Review - John Leonard**

The net club income for 2018/19 was £2,666 with UKA affiliation costs of £3,301. This year we have purchased some assets - club branded shelters which should last a number of years but have been written off against this year's income, along with some radios and other assets. We have invested in training for our coaches with associated costs, as well as paying for Nick Anderson sessions and some other guest speakers. We subsidised social events by approx £900. Net income has come from track night (profits shared with Farnham Tri), Hart 4 and Hart Tri Marshals. A total of £1,148 was raised for charity. Each of our four nominated charities received £102, with Lord Wandsworth Series funds raised also going to Phyllis Tuckwell, and other events raising money for specific charities.

### **Membership Review - Gill Stone**

We had 232 members at the end of 2018/19 (slightly down from the previous year). We have 131 male and 101 female members with 6 life members and 6 second claim. The average age of our members was 47. Membership can be renewed online which has been working well. Non-renewal is about 13% which is not particularly high and is largely accounted for by people moving away or being injured. 20-29 is our smallest age category and it would be good to encourage younger members.

### **Running Review - Ged Ruffle**

We have training on most nights of the week, with races and informal peer groups running together at weekends. Our Thursday Club Runs in the summer are mainly member-led off road runs; these are very social and many finish with a drink somewhere: Frensham, Greywell, Hartley Wintney, the Hash run, and the Chairman's Challenge all remain popular. Our winter Thursday routes are the local winter 8.7 mile route, the Elvetham Heath/Ancells route, and the Farnham Hills route. There are options every week for the Steady 6 and Middle Milers. We are always open to new suggestions.

We also organise several special runs. In keeping with our ethos and tradition we remember members no longer with us at our annual memorial run, shared with friends from F&C AC. Charity donations are made to British Heart Foundation. The club's Hospice to Hospice run in support of National Hospice Day is organised from Phyllis Tuckwell to Chase, following 11 miles of beautiful off road rolling countryside. The next run will be on 18 May.

A big thank you to all who help out each month to host the handicap. All members are encouraged to participate. Use it for a time trial, race practise, to compete or just for fun. The Elvetham/Ancells course is safer and faster than our previous route and has been a big success.

Cross Country: This year we joined the Hampshire League Cross Country for the first time. Our men's team finished in 1st place in Div 3 and were promoted which was an excellent result. The Southern Cross Country League had new management/admin for the 2018/19 season, with a great new website, better information and a new race venue. HRR finished

well below our capability due to the lowest HRR turnout in many years. This was disappointing and it would be great to see some more members turning out to run at the next season. The Lord Wandsworth Series provides excellent events for juniors and adults, with brilliant support and organisation. We had to cancel one race this year due to waterlogged facilities.

**Acknowledging Running Achievements:** The HRR Achievement Awards celebrate achievements at 5km, 5M, 10km, 10M, Half Marathon, 20M, Marathon and Ultra distance and are presented on a quarterly basis after the Monthly Handicap. We are also delighted to present a wide range of annual Club Awards at the Awards Do, with awards available to all members - not just for the fastest runners!

**Key Club Events:** The Runnymede Relays is a brilliant club team event which is fun and inclusive, held in Windsor Great Park and comprising of a 6 person team relay with a fun run for the children. This year's event is on Saturday 6 July. The Hart 4 will be held this year on Sunday 11 August and promises to be bigger and better than 2018.

### **Coaching Review - Kevin Munt**

We are extremely lucky to have a team of 14 EA qualified coaches. Our coaches are always looking to upgrade their qualifications: Leader in Running Fitness/Coach in Running Fitness/Athletics Coach/Movement Skill and Physical Preparation.

We coach or lead 4 plus sessions/runs each week. The main club coached speed/hill session is on Tuesday, there is a coached track session on Mondays, and Alan leads the Wednesday and Saturday Bridge Club sessions. Coaches provide training plans to individual members on a case by case basis and offer a 'one to one' introduction with a coach to new members. We have also been working with external expertise, such as our Nick Anderson sessions.

34 members attended this year's Winter Training Camp in at Stackpole in Pembroke with 2 coaches. We have initiated three development groups involving 27 club athletes and 10 club coaches. These give coaches the opportunity to work more closely with members. Five theory sessions and one practical session at the track have been held. Over half of these members now have long term goals and plans.

### **Annual General Meeting**

Election of Chair - Grahame Smee was elected for a third term unopposed.

Re-election of existing Committee members - Darren Wood, Jon Taylor and Alexa King are leaving the committee and were thanked for their service to the club. Jon Cross who was co-opted onto the committee last year will be a co-opted member again. Rhea Horlock has offered to take over the newsletter but will not be a committee member. Hannah Hall and John Leonard will stay in their current positions as Secretary and Treasurer respectively, as both are half way through two year terms. All other committee members - Ged Ruffle, Dave Adams, Kate Christie, Charlie Boffin, Heather Allen and Gill Stone - were nominated to stay on by Grahame and seconded by Louise Apsey.

Election of new Committee members - no new members came forward.

Decision on club charities for 2019/20 - two charities had been nominated by members in advance of the AGM. Pyjama Fairies were nominated by Mike Woolfson and Kidney Research by Heather Allen. Both charities were unanimously voted in to be our club charities for 2019/20.

No revisions to the constitution were proposed.

## **AOB**

Priscilla Smee asked whether the club would consider hosting some strength and conditioning/core work sessions for runners. Kevin agreed that this would be something he could look into.

Ross MacLagan suggested that having a club flag/banner/shelter to identify us as a team at cross country might help with camaraderie at events. He offered to be responsible for taking any required kit to events.

Kevin Munt brought up the Hampshire Road Race League (HRRL) as it was not covered in the running presentation and suggested we could do more to publicise the League. Grahame explained that we have aligned the MRC with the HRRL but that the difficulty with some HRRL races was how quickly they fill up. Grahame agreed to raise this at the next committee meeting.

Greg Allin asked whether given our relatively low club fees we were too cost-effective. Grahame explained that we did not want to be in a situation where we make a surplus. Many other clubs have to contribute towards the cost of a club house which is why their fees are so much more. John Leonard said that one thing we may have to look at is buying some club storage as storage of kit was increasingly becoming an issue.

Morgan Applegarth asked whether there were any aspects of the club that the committee would like help with from the rest of the members, perhaps such as the low turnout for cross country. Ged agreed that encouraging your peers to run cross country would help.

Grahame Smee raised the issue of some members doing alternative training sessions on a Tuesday night as they felt the club sessions were not for them (for example if they did not feel they were quick enough). He felt this was a shame as the club works hard to ensure sessions are suitable for all abilities. He also noted that it would be good to see more HRR members running in the Lord Wandsworth Series.

Simon Rimmer asked why in the Southern League Cross Country Series only the top 3 women count (5 men). It was explained that the argument is that some clubs do not have enough women to make up teams of 5 and would therefore be unfairly penalised. Ged also noted that in the Hampshire League the distances for women are shorter than those for men. Clubs continued to lobby for this to change.

Mike Woolfson commended the club and the committee for all their hard work.

Grahame Smee urged all members to feel free to contribute ideas on how to improve the club at any time - this would always be welcome.

Kevin Munt asked about the Hart 4. Grahame explained this was organised by a separate committee. There will be 200 teams this year, with two thirds already sold.