



Minutes of the HRR Review of the Year & AGM 2020

Thursday 26 March, 7.30pm

REVIEW OF THE YEAR

1. Introduction

The event was rescheduled due to the COVID-19 lockdown and held by teleconference. 38 members were present at the teleconference. Apologies were received from Judith Sutherland and Ali Wigg.

2. The HRR Year in Review - Highlights - Grahame Smee

Grahame opened the meeting with a recap of all the great successes of the club over the past year, with a huge number of members recording PBs, more members than ever receiving awards and a great schedule of club training runs all year round. He thanked the Hart 4 team for creating an event that was proving such a tremendous success; sadly it seemed likely that this year's event will be postponed or cancelled. The club enjoyed competing in several cross country leagues, and whilst attendance was varied, there was always great camaraderie amongst the team. We continued to provide our members with first class support from the coaching team, to support our club charities, and to host great social events. Many members made a significant contribution to the club by volunteering, or as part of the coaching team or committee. The club could not run without the hard work of so many people. Lastly, the way the club has reacted to the COVID crisis illustrates the spirit of the club and the camaraderie that we all still share.

3. Social Review - Kate Larmer

Last year we held two formal social events - the May Awards and the Christmas Do; both were well attended with positive feedback. Last winter we moved away from the children's Christmas party to a children's athletics events which was really excellent and proved very popular. Nigel Marchant had organised a great Hash Run this summer and the Thursday summer runs were as social and enjoyable as ever. Last summer we did not hold the canal boat trip as numbers had been too low, and it was decided not to hold a summer BBQ either. Current plans this year are to hold the May Awards in Kathmandu; most likely this will have to be postponed. The summer BBQ is back by popular demand, location to be confirmed. The Christmas

Party is booked for 11 December at the Aldershot Golf Club and we hope to be able to hold another children's athletics event. Ideas for socials are always welcome from club members, and everyone is urged to attend the events that the club organises - they only remain viable if enough people turn up.

The Chair thanked Kate for all her hard work on the socials this year.

3. Membership Review - Gill Stone

At the close of the year 2019/20, membership stood at 220 - a slight fall of 13 from the previous year. The peak age group for membership is athletes in their 40s; falling quite dramatically in the 50s. This year the number of athletes in their 70s exceeds the number in their 60s. The split between male and female athletes becomes wider as the ages increase. In the 70 plus age group there are 18 male but only 5 female members. We currently have 7 life members and 12 second claim members.

There were a total of 49 athletes who did not renew their membership for 2019. Gill had asked those who did not renew what their reasons were - of the 23 who responded: 3 transferred to other clubs, 3 moved out of the area, 8 were suffering injuries and 9 members were running in the daytime as they found the evening sessions difficult to attend.

England Athletics athlete registration packs will go digital from 1 April 2020. Registration cards and URNs will be sent to members' email addresses. Athletes must check that their email address on their member profile via myAthleticsportal is correct.

The Chair thanked Gill for her continued work with the club membership.

4. Finance Review - John Leonard

Our net club income this year was £5,493 this year, down slightly on the previous year where we took £6,075. Of that, 58% was EA affiliation costs, 2% went to payment fees, and the remaining 40% was net club income (£2,201). We took a little less in membership fees this year due to slightly fewer members overall; the committee will be looking at how to attract new members and retain the ones we already have. Coaching expenditure was down slightly this year, largely due to difficulties in finding local courses. Last year we had a high expenditure on assets (two gazebos), this year was much less (radios etc). This year, track had made a small loss which we shared with Farnham Tri; last year the track made a small surplus. This year the club raised £1,507 for charity which was split between Phyllis Tuckwell, Pyjama Fairies, Kidney Research, Challengers and Shooting Star Chase.

The Chair thanked John for his excellent work on the club finances.

5. Running Review - Ged Ruffle

The club offers track sessions on Monday, a coached session on Tuesday, and the club run on Thursday. The monthly handicap is held every third Thursday of the month. Bridge Club is every Wednesday and Saturday. Winter is the key training

period for spring half or full marathons; our Tuesday training is geared towards this and our club runs have more training focus at this time of year. We are currently trialling a new guest run courtesy of Dom Wake, which we hope to be able to run at some point. Our training in the summer is mainly off road with club runs being more social. This year we will be having the Mike Cloke Memorial Run in June to encourage greater attendance and to allow us to hold it in Hartley Wintney which was where Mike was from.

Some runners have commented that they choose not to run the handicap because they feel like they might not have anyone to run with. But the more runners who turn up, the more likely it is that you will have company !

HRR works hard to encourage runners and reward achievement. There is a lot of work behind the scenes supporting all of this. The achievement awards are awarded on a quarterly basis for popular race distances over 5 year age category bands. Heather Allen puts in a great deal of work in managing these. The annual awards are presented at our May event, recognising many achievements and performances - not just for the fastest runners.

We actively encourage members to take part in the Hampshire Road Race League, which comprises of 12 races from September to June. We take part in two cross country leagues - Hampshire League XC and Southern XC League. We joined the Hampshire League two seasons ago to enable every member to participate in XC (the very fastest members are excluded from the Southern XC League; other members have commitments on Sundays and cannot necessarily race). Our men's team have been promoted each season and will now race in Division 1. Our turnout at the Southern XC Leagues has been somewhat erratic; with good turnout we do really well. Our Lord Wandsworth Series is a great race series, also enabling juniors to participate. The committee have been assisting Ali Wigg in doing some more marketing to local juniors to encourage them to race. Unfortunately the schedule this year conflicted with Southern XC League and the last two races have had to be cancelled.

The Chair thanked Ged for his hugely valuable contribution to the club.

6. Coaching Review - Kevin Munt

We are fortunate to have a brilliant team of 14 EA qualified coaches. Our coaches are upgrading their qualifications: Leader in Running Fitness; Coach in Running Fitness; Athletics Coach; Movement Skill & Physical Preparation. Ali Wigg has stepped down from coaching track sessions; Kevin has taken this over. Carol Sworn has moved away and so stopped coaching. Howard Robinson has now decided to retire from coaching after very many years of coaching for the club - thanks were given to him for his great contribution to the club. Shane Morel will be returning as a coach for the club.

Over the year, we support members with coaching or leading 200+ sessions/runs, with our main coached speed/hill sessions on Tuesdays and coached track session on Mondays. Alan continues to do a wonderful job consistently being there to lead Wednesday and Saturday sessions. We offer training plans to individual members on a case by case members and also offer 'one to one' coaching introductions for

new members. We are also fortunate to work with external running expertise such as Nick Anderson and Daniel Robinson.

We had 33 members attend our winter training camp this year in the Forest of Dean. Kevin is already making plans for next year - hopefully this will be able to go ahead.

We have held development groups this year with two groups of nine athletes and five coaches. We have also had five athletes undertaking some physiology testing - Lactate Threshold & VO2 Max tests - which proved very interesting.

The coaching team always welcomes feedback, especially constructive comments on what members would like more/less of.

Once the current lockdown is over, we will all be wanting to get back to full training. Kevin and the coaching team will work up some plans to help members with this. Kevin suggested that we should organise a day out running and socialising in the summer when we are able to all be together again.

Kevin was thanked for all his knowledge, enthusiasm and dedication to the club.

Grahame gave special thanks to Howard Robinson for his 25 years of coaching with the club.

ANNUAL GENERAL MEETING

1. Re-election of existing Committee members

Ged Ruffle, Gill Stone, Heather Allen, John Leonard, Charlie Boffin, Kate Larmer, Rhea Horlock, Dave Adams and Jon Cross were nominated for re-election by Grahame and seconded by Huw Williams. Hannah Hall has decided to step down from the committee and was thanked for her contribution.

The Chair thanked Heather, Charlie, Rhea, Dave and Jon for all their hard work on the committee this year.

2. Election of new Committee members

Paul Burger was nominated by Charlie Boffin and seconded by Dave Adams. Morgan Applegarth was nominated by Hannah Hall and seconded by Dave Adams.

3. Election of Chair

No election was required as Grahame has one more year to serve as Chair.

4. Decision on club charities for 2020/21

Chance for Childhood was nominated by Helen Sutherland; Jill's Fundraising Journey was nominated by Hannah Hall; Alice Holt Inclusive Cycling was nominated by Howard Robinson. All three charities were voted in as club charities for this year.

5. Q&A from members

In light of COVID, the committee will discuss what will happen with club awards such as the MRC and handicap trophy at their next meeting next week.

Anne Croft has said that she will be stepping down from organising the Steady Six and was thanked for all her work. The club will be looking to maintain the Steady Six.

A question had been raised about introducing more fixed pace groups on the Thursday runs. It was noted that the advantage of fixed pace groups was that you could turn up knowing what pace you would run at which is ideal if you are following a training plan. Spin suggested that an alternative could be to use 'run back', where at set meeting points the faster runners run back to the last runner. Julie Leppard noted that the Steady Six runs at the pace of the slowest runner on the night so run back would be a good thing for that group to trial. Discussion was also held over whether the club should offer a daytime session, given that many members, especially in the winter, would chose to run in the day if working patterns allowed. Questions were also raised around how to encourage more members to the handicap or whether the handicap itself needed reviewing. There was also discussion around attracting Couch to 5k members and how to overcome the perception that running clubs are only for really good runners. Paul Burger suggested we could advertise the club at Hart Leisure Centre. Kate Larmer suggested that a subcommittee should be established to review where the club is at the moment, in particular the strengths and weaknesses of the club, things that work well and things that do not, and to develop a plan on how to move the club forward. All these issues will be taken up the committee and the coaching team.

A question had been raised about whether we could reduce the rate that we charge second claim members, as they were already paying EA fees through their first claim club. This will be discussed by the committee at their next meeting.

It was noted that EA has lowered their membership fee to £15 in light of COVID-19, not the £16 previously stated.

Rob Leppard asked if we needed to sign off last year's AGM minutes. It was clarified that the committee did that at their first committee meeting after last year's AGM.

Grahame encouraged feedback from members on all the club's activities.

Club members applauded Grahame for his outstanding job as chair and thanked him for his leadership