

Minutes from Aylsham Runners AGM 9/9/24

The AGM on the 9th of September 2024 is Myles Hague's final meeting as Club Chair. During this meeting, the attendees will appoint a new Chair and Vice-Chair, share updates from the club and gather feedback from the members. There was a feedback box present during the meeting for members to share suggestions, these will be reviewed by the new committee.

Attendees

44 Club Attendees

Current Committee Attendees:

Myles Hague

Lucy Baker

Ady Jay

Lauren Stroud

Jemma Collins

Abby Coates

Apologies for absence – Chris Baker, Paul Cork

Committee Members Stepping Down

Myles Hague, Abby Coates and Paul Cork will be stepping down from their current roles as committee members.

Youth Committee Update from Jason Gibbons, Youth Chair

Aylsham Runners Youth currently has 16 members who regularly attend sessions and local events. It is becoming well established in the community having received donations from the local community, including the Aylsham Rotary Club. The Youth Committee are exploring more grants including via Tesco tokens. Funds are vital for the Youth section venue hire is required for sessions.

Sarah-Jane Smith and Amy Andrews have been welcomed onto the Youth Committee

The Youth section plans to continue to grow over the next year, aiming to recruit more members and have greater representation at local events.

Jemma Collins has qualified as an assistant coach and will undertake her full coaching qualification this year to be able to coach under 12s so we can reach an even wider audience in the community.

Social Committee Update from Laura George, Social Committee Chair

Aylsham Runners is more than just running, it is a community and our social events are an opportunity to come together. This year we have come together socially during runs, running events, volunteering, and parties! Thank you for getting involved, it has been great to get together more regularly.

This year we have seen an increase in attendance at the Monday social runs, thank you tail and lead runners who have volunteered to support these runs.

As a club we have completed 2 food bank collections for Aylsham Foodbank – Thank you.

Aylsham Runners has supported the local community through volunteer Parkrun Takeovers at Blickling Parkrun and Junior Parkrun, giving back to the community and raising awareness of the club. We have also visited 4 locations as part of our Parkrun tourism initiative!

The quarterly events have been a great success this year including the Christmas Party, Easter Hunt, and the Summer Party

Our most recent event the relay with Reepham Runners with another fantastic event and we were very pleased to win the team award on the night!

Chairman's report

Myles Hague's final report as outgoing Chair can be read [here](#).

Finance Report

Our main fundraiser for the year was the Aylsham 10K which saw a profit of £2,761 with a donation to St Michaels (£250) and the Scouts (£250) giving back to the local community.

Our Cross Country event as part of EACCL - raised £150 for both Teddy's gift and RNLI

Assets – The club is currently holding £700 worth of kit and has £6,000 in the bank.

These funds will be reinvested into the club, the new committee will discuss where these funds will be spent. Members are welcome to share suggestions.

The Round Norfolk Relay is currently funded by the club and is a larger expense, this includes a minibus hire. This expense will be reviewed post-RNR

Coaching

Lead Coach: Abby Coates will be taking on the role as lead coach

Current Coaches

Club CiRFs (Coach in Running Fitness) – Abby and Chris Coates

Club LiRFs (Leaders in Running Fitness) – Lucy Baker, Chris Baker, Lauren Stroud, Ady Jay, Jason Gibbons, John Morgan, David Platten, Jemma Collins, Paul Cork

Coaching Assistant: Jemma Collins (undertaking Athletics Coach qualification this year)

Goals for Coaching this Year

Monday Social Runs – we would like to offer two options of distances on Monday nights so those wanting to run a bit further are supported to do so. There will be a rota of three runs that rotate for a total of 9 weeks so members can become comfortable with the runs but not bored! Please get involved as we will be asking for route suggestions and lead/tail runners

Thursday Efforts – Paul will continue to offer blocks of session. The other coaches will rotate, but with a more structured approach focusing on 6/8 weeks blocks at a time. Sessions will be published at the start of each block so members know what to expect and if they can't join the session they can run it in their own time.

Sunday Socials – these will be offered again from mid-October and will be starting at a 10K distance. Longer distances will be offered in the lead up to Marathon season for those interested.

Discussion

Will George – is there an opportunity to flex sessions during busy racing periods e.g. during the summer there were a lot of Friday/weekend events in succession so people were missing effort sessions for a few weeks in a row.

Outcome – Will is going to flag major races to Abby so she can work with the coaches to offer a Monday effort session in addition to a social run, and a gentle run on a Thursday as an alternative to an effort session for those racing so they don't go weeks without an effort session.

Tanya Manning – will Couch to 5K be returning?

Outcome – Abby will work with coaches to understand if we have capacity to offer this. We would like to offer this again in Jan 2025 if we have capacity.

Aylsham 10K

The race will be returning on the 4th May and will once again be a Sportlink Grand Prix Race. We hope to match what was raised this year.

EACCL – East Anglian Cross Country League

Due to poor turn out we have pulled out of EACCL for this coming year so we won't be hosting the Cross Country at Cawston Park. The event takes a lot of organising and at the moment members aren't benefiting from being part of the league due to races taking place on Wednesdays, we will review yearly. If members wish to take part they can still do so as individuals.

Club Kit

We are working to find a new supplier

You must run in club kit in an UKA affiliated race within the county

Training kit and hoodies are available all year through creative lincs

Norfolk Marathon Drawer

In return for the club supplying volunteers at a water station the club has been awarded 2 free spaces. These were drawn out of a hat - Chris M and Kerry C names were selected!

Roles and Responsibilities

Chairperson and Vice-Chairperson were voted on during the meeting

Chairperson Nominees: Lucy Baker and Neil Cropper

A ballot took place and Lucy was named Chairperson

Vice-Chair Nominees: Neil Cropper and Ady Jay

A vote by hand took place and Neil was named Vice-Chairperson

Discussion

The room requested a clear list of committee roles with the responsibilities and commitment expectations attached to each role.

Outcome – the new Chair and Vice-Chair will meet in the next 7 days to establish roles required on the committee, including responsibilities. Current committee members will be appointed roles and vacancies will be shared with members and open for election.

Laura George – Acknowledged the club has come from infancy and grown a lot in the last few years. Now we are a larger club the workload needs to be divided better as it seems like there is a lot of responsibility on a few people, including people doing multiple roles. As a member, she would like to see what roles are available, acknowledging not all of these are committee roles, and who is responsible for these roles. If there are opportunities can these be opened up to members?

Outcome – the new committee will be sharing all roles and responsibilities. If members have suggestions or would like to get involved please come forward.

Next AGM

Chair and Vice-Chair will share a date for the next AGM.