

Aylsham Runners AGM

September 2025



Agenda

- ▶ Review of the Year
- ▶ Review of Accounts
- ▶ Committee Election
- ▶ Any Other Business



Review of the Year - Survey Results

We surveyed our members in January and had a good response of 55 respondents which at the time equated to ~50% of our members

Summarising the results;

- ▶ Highest response from the older age brackets 40+yrs, with most living in Aylsham
- ▶ Fitness, health and social are the main motivations for being an AR member vs the more competitive statements
- ▶ Most respondents placed themselves in the middle ground of the scale between serious vs casual
- ▶ The club is seen more as friendly and sociable vs credible and competitive
- ▶ Respondents would recommend AR to friends and family, with no one saying 'no'
 - ▶ 43 respondents are proud to be a member, with 11 neither/no
 - ▶ 47 respondents planned to renew their membership in 2025
- ▶ The core Thursday and Monday club training/social sessions have seen most involvement from members
- ▶ Respondents are happy with the level of club communication
- ▶ Spond App, Facebook and Email are the preferred comms channels for members



Review of Year - Club Chair/Youth Chair

Our club continues to provide an inclusive and varied calendar of events to support our members whether they are starting out on their running journey or looking to run further or quicker than they have before

In the last year, our club has;

- ▶ Increased the number of qualified coaches to support our popular weekly sessions and added a new CiRF qualified instructor to our club - well done Jemma
- ▶ Expanded the social calendar with opportunities to run together with our Sunday Superstars or socialise together at the Summer party
- ▶ Subsidised team events including the Alex Moore Relay for the first time
- ▶ Moved to the track and the trail, bringing the Adult and Youth members together at the UEA and venturing to Blickling Hall for our Monday Socials
- ▶ Had great attendance at local race with 47 attended over the last year - Aylsham EPIC 5K the most popular with 37 members taking part
- ▶ Had members take part in 7 different marathons attended by our members - from Norfolk to New York via Edinburgh, London, Brighton, Paris and Boston (not Lincolnshire!)
- ▶ Youth club goes from strength to strength with increasing membership, new coaches and weekly sessions at Youngs Park



Review of Year - Head Coach/Club Captain

It's been an exciting and rewarding year for Aylsham Runners, with increased participation across social runs and training sessions

- ▶ Monday Socials - this year our Monday social runs became more inclusive, offering looped routes of different distances as well as timed out-and-back runs. This meant everyone could run at their own pace and still be part of the group. We've seen fantastic turnouts, with an average of 25-30 members each week
- ▶ Thursday Efforts - following feedback from last year's AGM, Thursday sessions became more structured with two options available each week to help accommodate specific goals. Thursday attendance has regularly topped 30+, and our 12-week training blocks — focusing on endurance, speed, and technique—have helped members improve performance, recover from injuries, and achieve new personal bests
- ▶ Couch to 5K - in January, David and Lucy, supported by several members, successfully delivered a C25K programme for 12 new and returning runners
- ▶ Club Standards - introduced in Jan 25, our first awards were handed out at the summer party to 25 members ranging from Copper to Gold
- ▶ 'Sportlink' Grand Prix - 6 members can still finish in the top 3!

Beyond the miles, the support within our group has been brilliant to see and our club spirit has grown stronger than ever



Review of Year - Social Secretary

Bringing our members together through a combined passion for running and community spirit, has seen the club put on an expanded social calendar this year

We have;

- ▶ Partied at Hotel Wroxham and Young's Park with Seventeen thrown in for good measure
- ▶ Put on a workshop for our female runners to support them in their running journey
- ▶ Taken over both Adult and Junior Parkrun's at Blickling
- ▶ Toured the county in Aylsham colours, at Parkrun's and RNR
- ▶ Supported our local races with marshals, no marshals no races!
- ▶ Decorated a Xmas tree with socks and medals for East Anglina Air Ambulance
- ▶ Delivered food on foot through the streets of Norwich to the homeless and supported foodbank collections at Easter and Harvest



Review of Accounts - Treasurer

- ▶ Detailed report handed out and reviewed at meeting



Committee Election

We have one committee member retiring this year, Laura George, with all our other committee members up for re-election. Shanon Hodgson has been voted in by the committee as Laura's replacement following the request for applications in the AGM announcement letter

If there are no objections the committee for the following year will be;

Main Committee

Club Chair - Lucy Baker

Vice Chair/Secretary - Neil Cropper

Treasurer - Tessa Morgan

Team Manager - Adrian Jay

Social Secretary - Shanon Hodgson

Communications Officer - Jemma Collins

Welfare Officer - Chris Baker

Club Captain - Lauren Stroud

Youth Chair - Jason Gibbons

Youth Committee

Youth Chair - Jason Gibbons

Youth Vice Chair/Secretary - Cath Townsend

Youth Treasurer - Kerrie Lingwood

Welfare Officer - Amii Andrews

Communications Officer - Jemma Collins



Committee Supporting Roles

The smooth running of any club requires the support of lots of other volunteers through the year. Looking forward in 2025/26 the committee are pleased to have continuing support of the following non-committee roles

- ▶ Head Coach - Abby Coates
- ▶ Couch-2-5K - David Platten
- ▶ Kit Secretary - Chris Baker
- ▶ Website Admin - Peter Jolly
- ▶ Event Organisers - Lucy Seaman, Val Minns, Olivia Hodgsons, Sarah Jay
- ▶ Parkrun co-ordinators - Jennie & Steve Rush



Any Other Business

- ▶ Next AGM Meeting Proposal - 12th October 2026

