

Minutes from S&S Running Club AGM – Furnace Green Community Hall @ 19.00

Date: 2nd December 2019

2018 AGM Minutes – Approval

- Richard Daniells confirmed the minutes are published on the club website for reading
- Sarah Clapp proposed and Lesley Connolly seconded approval of the 2018 AGM minutes
- Richard confirmed the minutes were approved

Chairman's Report - James Mason

- James thanked the following for their contributions in 2019
 - Club members
 - Run Leaders
 - Committee
 - Richard Daniells for his support with the Club Secretarial role and supporting training
- James recognised and thanked the club members who volunteered and supported the success of club events this year including:
 - Tilgate 5 - the club received positive feedback on another successful event
 - Tilgate parkrun takeover
 - Summer series of Crawley Borough Runs
 - Learn to Run
 - Three Forts Challenge – manning our aid station
 - Cross Country (Paul)
 - Sussex Grand Prix (Cara)
 - WSFRL (Luke)

Club Secretary Report - Richard Daniells

- Richard gave an update on the Club participation in events:
 - Sussex Grand Prix – another successful season
 - Park Run – although less than 10% of participants are Club Members , we received five of the twelve 'Tilgate parkrunner of the Month' awards in the last year. In addition the parkrun Tourism has been a success
 - The Club have approached Ifield Park Run to offer a 'take-over' in 2020
 - The Club plan to continue supporting the Tilgate Park Run take-over
 - WSFRL – the club performed well with one of our runners completing all the races; Val Stanbridge
 - Sussex Cross Country – Club has performed well in supporting events; especially relays at Christ Hospital and Reigate (seven teams)
- Richard highlighted the successful running of Learn to Run 2019 course
 - There were 20 participants
 - The existing Club Members gave fabulous support
 - Richard advised the committee hope to run a Learn to Run 2020 starting in February and ending in April then
 - 5k improvement programme
 - 5k to 10k course improvement programme
 - And encourage participation in the WSFRL events
- The club held its first Handicap Run which was won by Kerry Jones
 - The club plan to schedule this event in May 2020
- Richard drew attention to the Track Sessions the club is holding on the last Friday of every month.
 - The club intends to review these sessions given the costs and low attendance (£80: winter / £56: summer). These sessions are loss making and the club is subsidising.

- The joint sessions with Horley Harriers have been a success and the club would like to continue these
- On Borough Runs; it was agreed to run these again during the summer when we have the lighter evenings.
 - Noting the evenings can be warm the club will support providing drinks
 - The organisers for the Borough Runs will be responsible for sourcing volunteers
 - Noted if some volunteers wish to run it was suggested this is possible if they can buddy up with another runner / volunteer to share the marshalling / volunteer duties
- Training
 - The club are keen to encourage more members to become Run Leaders
 - The club will reimburse the cost of the course; 50% upfront and the balance in 3-6 months following positive commitment

Treasurers Report – Roy Swetman

- Roy circulated the Club Accounts, thanking Jess Melville for auditing these accounts
- Roy commented the club made a small loss of £92 (2018: £1,300 profit). Roy highlighted a reduction in fees from training sessions.
- Club Annual Membership Subscription
 - It was discussed whether to raise the annual membership subscription from £10 to £12. Richard Daniells felt £10 was still appropriate as our annual subscription.
 - The Annual Membership Subscription for 2020 remaining at £10 was proposed by Ian Blackham and seconded by Mo Arshad.
 - It was noted UKA fees will increase for 2020/2021 to £16 from £15 for 2019/2020.

London Marathon 2020 Place

- Richard advised the club received eleven requests to be included in the draw
- The winner of the S&S club place was James Dunn
- It transpired after the meeting that James was unable to take his place in the London Marathon.
- Another draw was made and the club's place will now be taken by Ant Neal.
- Pam Field asked the club to review the process to give members more advance notification in future and clarify how they are included in the draw. It was agreed this will be actioned for 2020.

Committee - James Mason presented the following for election to the committee which were approved:

- Chairman - James Mason - re-election
- Secretary - Richard Daniells - re-election
- Treasury - Roy Swetman - re-election
- Membership & UKA – Lesley Connolly – re-election
- SGP Rep – Frank Stone - election
- SCAA Rep - Paul Luttman - re-election
- WSFRL - Luke Taylor – re-election
- Kit – Sarah Stanbridge - election
- Press and Media – Ellie Dunn – re-election
- Social secretary - Clare Hall - re-election
 - Supported by Dawn Rhodes with the events
- Ordinary Rep - Stella Daff - re-election
- Additional members – Dawn Rhodes (represents coaches) - re-election, David Penfold - re-election, Sarah Clapp – re-election and John Evans - election

AOB

Three Forts Challenge – 3rd May 2020

- Richard advised the club had been given two free places and two places at 50% discount as a thank you for supporting the aid station
- Peter Airey proposed to the club to offer the two the free places to Brian Purnell and Richard Bryant as they volunteered at the aid station in May 2019 and showed interest in running the 2020 event. Peter also proposed the two discounted places go to Cara Law and James Mason for their support of this event over the years.
- James confirmed the club will continue to support the aid station and will circulate an email in the Spring to ask for volunteers. In 2020, the event will not clash with the Mid Sussex marathon weekend, so hopefully more members will be available to volunteer.

Charity

- James advised the club will support Springboard (a children's charity) for 2019
- James advised the subs from Monday training through December will be donated to this charity
- Richard advised if you do not want your subs to go to this charity to make it known

Training

- Dawn Rhodes addressed the meeting regarding training and planning of sessions
- The training on the darker evenings has been focused on the safety of all runners with sessions tailored towards this
- It was stated that social runs do not have to always be led by a run leader
- Dawn has confirmed Monday training will be a mix of technical and social runs during the darker evenings to suit all abilities
- Dawn asked members for suggestions; a couple of ideas mentioned
 - Improve your 5K
 - Use of the courts at Oriel
 - Circuit training in an indoor hall
- Richard advised the club plans to run the Tilgate 5 course regularly at training from May 2020

Borough Runs

- Debby Scott and Jim Scott offered to support with organising Borough races outside of their area

Mental Health

- Debby Scott advised she had attended a talk run by Horsham Joggers on Mental Health and how exercise can have a positive impact. Debby highlighted Horsham Joggers are planning to have mental health ambassadors and asked if this is something The Club would consider. James agreed this was something to be considered by the committee.

Meeting closed @ 19.57