

Minutes of the AGM for Almost Athletes, 16 September 2021

1. Apologies

Apologies were received from Jo Johnson, Alison and Rob Hume, Lorraine Taylor, Wan Hartley, Lynne Macedo, Claire Gallagher, Dave and Iris Mayo, Mike Kennedy, Julie Averiss, Nicole Hope and Jeremy Cooper.

2. Approval of the Minutes of the EGM Held 28 January 2021

The minutes were summarised by Claire and approved. Approval was proposed by Penny Lewis and seconded by Ela Antosiewicz.

3. Chair's Report

Clair presented her Chair's report.

I can't tell you how pleased I am to present this report to you 'live' in person rather than through a computer screen!

When we held our EGM back in January we were at the start of another lockdown and this continued until past the end of the year which I am supposed to report on. However, given the disruption covid has caused to the club in the last 19 months, I hope you won't mind if I speak about events which have happened between January and now. When, as I hope we will, we get back to the normal routine of a May AGM in 2022, the new Chair can start from where I leave off tonight!

As I say, in January we were all in lockdown again so we couldn't have even the tightly controlled club sessions we had briefly enjoyed in the summer and early autumn of 2020. Needless to say this meant our Linda Franks Race had to be postponed from its usual date in January and we optimistically moved it to May. As we all know, come May, it had to be postponed again and again, and it wasn't until late July that we were finally able to hold the race. It was one of the hottest days of the year - which made a change from shivering in January - but the heat didn't deter over a hundred runners who sweated their way round the five-mile course.

Just a few weeks later the club put on the Bugatti 10k, thankfully on a much cooler evening, and nearly 200 runners enjoyed the undulating course.

It is to the great credit of the club that we were able to put on these races and fully marshal and support these events within just a few weeks of each other. I think this underlines what a truly supportive and engaged membership we have. I know, from comments made on both nights, that runners from other clubs really appreciated being able to race again after a year of no racing. Almost Athletes can be proud of themselves for making them happen, but the biggest thanks of all goes to Phil Jeyes, whose very hard work as race director ensured that the races were the successes there were.

Of course we've also taken part in races put on by other clubs: the Cotswold Way Relay, where as is traditional we put in teams *and* manned a water station, Cleeve Cloud Cuckoo, Frampton 10k, Stroud Beer Race, Wydean Relay to name just a few. Basically,

as many races as our eager members could find all saw an excellent turn-out of purple tops, whether running or supporting.

We travelled far and wide within the UK both in groups and as individuals. Special mention in this respect should go to Mark Willicott who ran the 148 mile Grand Union Canal Run from Birmingham to Little Venice in London, finishing in 28th place out of the 99 runners who started the race, Kev Fairs, Claire Gallagher, Thom Stephens, Lorraine Taylor and Neil Tring who travelled to Hampshire to run in the very hilly Roly's Run, which is of course the race held in memory of our much-missed member Rich Walklate, while down in the West Country our ladies team of Amy Sheer (who came 7th lady overall) Kim Mansell and Fi Barnes won second prize in the challenging Dartmoor Discovery Ultra.

I could reel off a list of yet more names, races and events and I apologise to members I haven't mentioned - your achievements have all been noted and applauded.

But what that list would show, as would the excellent turn-out we see every week now we're back to our 'normal' club sessions, is that we as a club have not just survived the closures, postponements and limitations of the last year or so. We have remained a strong, enthusiastic and hugely supportive club and we can be immensely proud of that.

We have been very lucky to have had such a hard-working committee, as well as great Coaches and Leaders in Running Fitness, to see us through this challenging time. On your behalf I thank them all. No matter what lies in store - and who could have predicted my period of being Club Chair would have been quite so unusual - I'm confident that with members like you, the club will continue to go from strength to strength.

Finally, and speaking personally, I would like to say that I have been very lucky to have been your Chair. It's been a lot of fun and it's with some sadness that I will be handing over, not the 'chains of office', but guardianship of a very important member of the club - Archie and Little Archie :-). Thank you all for your support.

Phil Jeyes received a special award for organising the very successful events mentioned on behalf of our club in those challenging circumstances.

4. Treasurer's Report

The Accounts for the year ending 31 March 2021 have been made available, including in Excel on the club Facebook page. They were presented by Wendy Haskins and approved. Approval was proposed by Dave Davey and seconded by June Franks.

This year's annual subscription fee was set at £28. Approval was proposed by Wendy Haskins and seconded Penny Lewis

5. Charity nomination

This year's benefiting charity will be Sunflowers Suicide Support, in memory of Anne-Marie Willicott. Sunflowers define their mission as "to reduce the number of people who take their own lives in Gloucestershire".

6. Election of the Committee

Claire Hawes has chosen to stand down as our Chair and the role be taken up by Peter Mitchener. Claire was thanked for her valued contribution to our club and presented with a gift of an obelisk.

Claire presented the nominated committee to 31 March 2022:

Chair: Peter Mitchenor
Secretary: Kevin Beamish
Treasurer: Elzbieta Antosiewicz
Membership Secretary: Alison Hume
Welfare Officers: Fiona Barnes
Dave McGrath

Steve Adams
Dave Elliott
Penny Lewis
Steve Taylor
Vicky Earls

It was proposed by Steve Yarnold that all of the nominated committee should be approved and seconded by Mark Willicott.

We welcome Vicky to the committee. Many thanks to our outgoing committee members. As well as Claire, Phil Jeyes has decided to stand down from the committee but will remain very much involved with our club.

7. Guest Speaker

There was then a presentation on 'Running and Nutrition' by the evening's guest speaker, Adam Lloyd.

8. Awards

Congratulations to Fi Barnes who was awarded the Doug Waymark Trophy for volunteer support to the club. Fi's notable contributions include the organising of Training sessions, generally encouraging people to get involved, and as Welfare officer.

Congratulations also to Virginia Pawlyn on receiving the Rich Walklate Trophy for support to the club plus commitment to her own running. Virginia, who only took up running in later life, has recorded some truly outstanding achievements including 2nd in her age group for all of the UK for 2021 Parkrun.

Special congratulations again to Virginia who was awarded Life Membership, for significant support to our club, for example with 'behind the scenes' help at events, and for generally capturing the spirit of friendliness and values of our club.

The meeting closed at just after 9pm