

## Minutes of the AGM for Almost Athletes, 26 May 2022

### 1. Apologies

Apologies were received from Dave Elliott, Dave McGrath, Nicole Hope, Joanne and John Johnson, Issy Ravenshill, Jane Russell, Graeme Stopp, Forrest Wheeler, and Steve and Helen Yarnold.

### 2. Approval of the Minutes of the AGM Held 16 September 2021

The prior AGM minutes were approved. Approval was proposed by Ela Antosiewicz and seconded by Kev Fairs.

### 3. Chair's Report

Mitch presented his Chair's report:

It's so good to be back to our normal routine of a May AGM although as the last AGM was in September I shall limit this review to the period since then. I can honestly say that I've really enjoyed my first 6 months as chair of this wonderful running club. It's such a privilege to do it.

Shortly after becoming chair I had the pleasure of presenting our donation to Sunflowers Suicidal Support, our agreed charity at the last AGM. And it was lovely to be able to do this with Karen Galpin as our choice was in memory of Anne-Marie Willicott. I also presented an agreed donation to Cotswold Area of Outstanding Natural Beauty which hadn't been done previously due to COVID restrictions. This was done up at West Down on Cleeve Hill where some of the work has been done to restore grasslands.

It's been great that we have restarted the runner of the month awards so that we can recognise the achievements of our runners on an ongoing basis. And there have been plenty of those since September which has often made it quite difficult for the committee to decide. This of course will culminate in the runner of the year awards later this evening which all of you can vote for now. You should have voting slips on your chairs which can be placed in these boxes.

The many achievements of our members have also kept our race report writers busy as they call out these achievements on a weekly basis and get you in the echo. I would really think to thank the wonderful team of regular race report writers of Claire, Alison, Dave, Francis, Nicole and Natalie.

The Cross country season started late last year and this was well supported by our members. And the race in Pittville was wonderfully muddy and trail shoes were not helping at all on the final lap where the objective become stay on your feet as the most reliable footing was the bottom of the stream! Fabulous fun.... if you haven't tried it give it a go next season.

Our Linda Franks race was a big success again this year with the temperature thankfully somewhere in between the temperatures of the last 2 events of 0C and 30C! Two of our club members won overall age category awards too! And a huge thank you goes to Phil

Jeyes, whose hard work as race director ensured it was successful. As did all the volunteers who helped make it happen.

It's also been great to have the road and off-road series back with both having completed 4 races so far. I'm particularly pleased about the current standings in the road series MV55 age category! It was wonderful being part of the Almost team last Sunday at the Dymock Half as we scored lots of prizes, 1st male for Josh, 1st female for Katie, 1st female team and 1st FV55 for Lesley. The relentless undulating nature of the course wasn't quite so wonderful! It was also great last weekend to see so many Almosts at KGV as part of our volunteer takeover.

And finally next week we have the return of the handicap race series which starts on Monday evening. Come and talk to me later if you haven't entered yet and want to.

I'd really like to thank all our coaches (James, Michael, Dave, Fi and Matt) who regularly deliver the club sessions each week to help you improve your running and also our growing population of Lirfs who ensure that we can offer everyone a pace and distance to suit them on the social Wednesday club runs. And also the mental health champions (Kevin, Sam, Katie, Rachel and James) who have put on a couple of run and talk sessions where we have had a suitable venue on a Wednesday evening to do that.

Finally I'd like to thank the hard working committee. Some of what the committee does isn't visible to you but the club has been recognised by England Athletics as meeting all 7 of their Club standards. This may not sound very exciting but we believe it's not common for clubs to be in that position and it means the club is set up and running well for the benefit and safety of its members. So we have clearly remained a strong, enthusiastic and hugely supportive and inclusive club and can be proud of that. And we all play a part in that not just the committee! So thank you for making this such a great running club!

Now it's time to hand over to Ela for the Treasurer's report and a presentation of the accounts. As part of this section we wish to agree this year's subscription fees. Last year the fee for first claim membership was £28 and £13 for second claim. This year our fee to England Athletics has risen from £15 to £16 so we are proposing to increase the subscription fees to £30 for first claim membership.

#### **4. Treasurer's Report**

The Accounts for the year ending 31 March 2022 have been made available, including in Excel on the club Facebook page. They were presented by Ela. Approval was proposed by Claire Hawes and seconded by Mike Kennedy.

As Mitch had mentioned, this year's annual subscription fee was suggested to be £30. Approval was proposed by Natalie Greening and seconded Lewis Jones

#### **5. Charity Nominations**

This year's benefiting charities will be CASS & Friends (nominated by Mitch) and Cheltenham Open Door (nominated by Bill Jones). Approval was proposed by Wendy Haskins and seconded by Penny Lewis.

CASS & Friends have been a registered charity since 2017 and to offer financial support to young and aspiring athletes, aged between 12 and 18, and living in Gloucestershire and

Worcestershire. The organisation's name has evolved, and today CASS denotes "Cotswold Athletes' Support Scheme".

Cheltenham Open Door offer free meals, showers, clothing and more to those in need. They endeavour to arrange housing for those without it and provide flasks, sleeping bags, survival bags and more for them in the interim.

## Election of the Committee

Alison Hume has chosen to stand down as our Membership Secretary and from the committee after nearly eight years, and we are very pleased that Michelle Balchin has agreed to step into those roles. Alison was thanked for her valued contribution to our club (and presented with a gift at the end of the meeting).

Vicky Earls has chosen to step down from the committee, with a view to potentially re-joining when she has more time.

Mitch presented the nominated committee to 31 March 2023:

**Chair:** Peter Mitchener (Mitch)  
**Secretary:** Kevin Beamish  
**Treasurer:** Elzbieta Antosiewicz  
**Membership Secretary:** Michelle Balchin  
**Welfare Officers:** Fiona Barnes  
Dave McGrath  
Steve Adams  
Dave Elliott  
Penny Lewis  
Steve Taylor

It was proposed by Peter Morris that all of the nominated committee should be approved and seconded by Matt Proome.

## 6. AOB

Someone asked about up possibly restarting the Devil's Chimney race. This can be looked into, but it is believed that it is to be organised by a running events company.

James Clay asked if funding was available for people to become LiRFs. Mitch confirmed this is something the club wants to support.

## 7. Guest Speaker

The evening's guest speaker was Ed Kerry, who is a seriously impressive endurance athlete and the owner and founder of the gym many of us are familiar with, GL52 Fitness. Ed completed the 2015 Marathon Des Sables coming 21st overall out of 1500 and was the 2nd Brit to finish. He has also competed in numerous different endurance events.

Ed spoke about his background and what motivates him as an endurance athlete. Amongst many things, Ed spoke about how he plans, prepares, and succeeds in challenges. He

mentioned the importance of setting clear and challenging goals, suggesting there is real benefit in having goals sufficiently challenging to cause some concern of the risk of failure.

## 8. Awards

**Runner of the Year:** Mitch explained that the nominations are all the runners of the month since we last gave out these awards in 2019, so this covered the period until first lockdown and also the 6 months until the end of the March this year. Voting has been underway this evening and we have had votes in by email for those who couldn't attend tonight.

Female runner of the year: Amy Sheer

Male runner of the year: Dave McGrath.

**Cross Country Captains Team Member of the Season 21/22,** This is a new award with the winner chosen for enthusiasm, commitment and age group performance during the season.

Awarded to: David Garnett.

The following three awards were decided by the committee having taken nominations from committee members and all our coaches at the club.

**Douglas Waymark Memorial Trophy:** This is for volunteer support to the club. Doug was a member of the club who we tragically lost whilst he was undertaking one of his challenges.

Awarded to: Alison Hume (this award was presented by Doug's partner, Lola)

**Rich Walklate Trophy:** This is for support to the club plus commitment to their own running. Rich is another member who we tragically lost some years ago

Awarded to: Patricia Dendy

**Dedicated Runner of the Year:** A new award proposed by Penny Lewis, this someone's sustained effort to improve their running from their current level.

Awarded to: Jayne Adams.

**Life memberships:** Two new Life memberships of the Club, for commitment and dedication to the club over a prolonged period, were awarded.

The first went to James Clay for his commitment every week to coach members at track sessions on Mondays. In recent times he has also been helping our new LiRFs complete their training with the delivery of a practical session.

The second went to Dave McGrath, another of our coaches who has served the club for many years, and who is also one of our welfare officers on the committee, and who organised our Cross Country team this year.

The meeting closed at just before 9pm