



# LORDSHILL ROAD RUNNERS

## AGM

Monday 26<sup>th</sup> September 2016  
Taunton's College Room 245, Southampton  
7.45pm

## Minutes

		Action/Notes
	<p><b>Welcome and apologies:</b> Apologies: Derek Goodchild, Elaine Winter, Irene Moreno Millan, Kelly Kilpin, Carol Bradley, Chris Brown, Roger Bradley</p> <p><b>Present:</b> MD, DM, ES, CL, LM, PB, AC, CS, LC, RF, JK, JM, DAJ, BG, TV, SR, JS, HW, DD, CV, ST, RH, MN, HN, SA, SW, MS, PJ, AL, JS, LF, AC, LE, EB, WB, SR, SD, JM, GF, PC, TR, HJ, KY, IB, RE, JO, JB, MM, SJ, AJ, BP, MB, AB, PS, AG, NC, ES, RA, CL, CC, LF, NR, BT, BD, DL, LG, DF, KR.</p>	
1	<p><b>Welcome and opening remarks by Megan Draper (Chair)</b></p> <p><b>Approval from previous AGM minutes</b></p>	<p>MD welcomed everyone and thanked everyone for attending. MD thanked people for volunteering: coaches and run leaders; the committee; race committees and working parties; Lawrence Chen – for the garage; Phil Tyrrell – selling kit; Paul Eves – responding to emails; Alan Graham – auditing the accounts; Kelly Kilpin –RR10 results; CB and JS - organising the LRR Mile Series; Dave J – Xmas run etc. Tony Crowther – races and Monday evenings; Tom Vetterlain – worked hard on improving the website.</p> <p><b>Full report below</b> <b>Agreed.</b></p>
2	<b>Draw for Decathlon vouchers</b>	<b>Won by:</b> Angela Lee and Roger Fleming
3	<p><b>Notification of the 2017 Club Championship races</b></p> <ul style="list-style-type: none"> <li>○ Eastleigh 10k (standard age graded)</li> <li>○ Gosport Half (long age graded)</li> <li>○ Victory 5m (short age graded)</li> </ul>	Club Champs races confirmed. MD reminded the members that Club Championship races are always up for discussion.

4	<b>Outgoing treasurer's Report (Di Mattingly):</b>	<b>Please see attached report.</b>
5	<b>Outgoing membership Secretary's Report (Lynda Cox):</b>	<b>Please see attached report.</b>
6	<b>Outgoing coach Representative Report (Ben Pitman):</b>	Ben thanked the run leaders and congratulated JS, GF and MS on qualifying as coaches. Thanked the run leaders for the variety of sessions that have been offered. Reminded members about the track sessions Saying a sad goodbye to Rodolfo and Tanya – <b>For full details please see report below.</b>
7	<b>Outgoing men's Captain Report (Martin Stevens):</b>	MS reported that LRR had come a very close second in the CC6 with special mention to KY, DC and NC. A similar situation in the RR10 with another very close second and a very close B team: EM, PS and MB HRRL – A Team finished first; B team won, C team fourth (in the same division as the B team) D team – won B division 2. Best and most consistent runners: BP, DC, MB Race attendance up this year approx. 10% MS thanked the run leaders and coaches for support and the runners for all their hard work Congratulated the men on their teamwork and camaraderie. MS thanked everyone for a fantastic year.
8	<b>Outgoing women's Captain Report (Emily Smith):</b>	ES shares the sentiment of the men's captain about participation in the club HRRL: Good attendance from the ladies. AB second overall and SW fourth overall. A division: 3 <sup>rd</sup> B division 1: 5 <sup>th</sup> and 7 <sup>th</sup> RR10: 5 <sup>th</sup> overall CC6: 3 <sup>rd</sup> overall parkrun: 192 female runners registered with parkrun. Congratulations to all the new PBs in the last couple of weeks. ES thanked everyone and said she would still very much be around even though she was standing down. <b>For full details please see report below.</b>
9	<b>10k 2016 and 10 mile 2015 Race Report (Megan Draper):</b>	Thanked everyone who has been involved in the Club races. Both races showcased the Club well. The decision was made to cancel this year's 10 mile as running it would be irresponsible due to a large scale housing development being built near the finish. HRRL

		have accepted the 10k instead of the 10m for this year's season. The 10k could therefore get very busy – also a development planned by the cycle path. This will affect what we can do with our races. MD asked for understanding whilst the races are developed. <b>Full report below</b>
10	<b>Outgoing chairman's Report (Megan Draper):</b>	MD spoke of the achievements of the committee over the past year: The Billy Bash – over £1000 raised for charity; Teams submitted to the Hampshire Road Relays; 3 teams in the Mile of Miles; hosted our own CC6 and RR10; summer social – pub quiz due to rain; qualified for extra coaching from England Athletics (GSR); more track sessions have been booked; Taunton's is now an indoor venue for JS strength and conditioning sessions; 15 new run leaders and 3 new coaches. MD thanked the committee for everything they have done for the Club this year. <b>Full report below</b>
11	<b>Constitution amendment proposals:</b> <ul style="list-style-type: none"> <li>○ Splitting of fees (club fees/UKA fees)</li> <li>○ Vice-captains to be elected as part of the committee. No gender specific. To make place in the committee we will remove one of the three ordinary members and the social secretary position.</li> <li>○ Gender specific voting for the positions of Captains.</li> </ul>	<b>Splitting of fees:</b> Proposed by LC, seconded by MD. The proposal is to allow the Club to change the amount paid to UKA (as and when the UKA fees change) without having to call an AGM. MD reiterated that there would still be a need for an AGM or SGM for any changes to Club membership fee. MS not in favour. <b>PASSED</b>  <b>Vice Captains:</b> Proposed by HJ and seconded by MS. Proposal is to remove the position of social secretary and one ordinary member and elect two vice captains instead. MB and DF against. Everyone else in favour. <b>PASSED</b>  <b>Gender specific voting:</b> Proposed by DM, seconded by MM. Some discussion about the reasons for the proposal. 9 for; the majority against. <b>NOT PASSED.</b>
12	<b>Election of Committee Members</b> <b>Chairperson:</b> <b>Vice-Chair:</b> <b>Secretary:</b> <b>Treasurer:</b> <b>Membership Secretary:</b>	<b>Chairperson: Steve Johnson</b> <b>Nominated by:</b> Tony Rickman <b>Seconded by:</b> Ian Bower <b>Vice-Chair: Ian Bower</b> <b>Nominated by:</b> Steve Johnson <b>Seconded by:</b> Tony Rickman

	<p><b>Communications Coordinator:</b>  <b>Men's Captain:</b>  <b>Women's Captain:</b>  <b>Coaching Representative:</b>  <b>Ordinary Members/Vice-captains</b>  <b>(depending on constitution vote)</b></p>	<p><b><u>Secretary:</u> Kirsty Rickman</b>  <b>Nominated by:</b> K Yates  <b>Seconded by:</b> Di Mattingly  <b><u>Treasurer:</u> Di Mattingly</b>  <b>Nominated by:</b> Jonathan Smith  <b>Seconded by:</b> Steve Johnson  <b><u>Membership Secretary:</u> Roelie Hempel</b>  <b>Nominated by:</b> Lynda Cox  <b>Seconded by:</b> Megan Draper  <b><u>Communications Coordinator:</u></b> No nominations but ES and TV will continue to fill in until a new comms person is nominated  <b>Nominated by:</b>  <b>Seconded by:</b>  <b><u>Men's Captain:</u> Tony Rickman</b>  <b>Nominated by:</b> Kirsty Rickman  <b>Seconded by:</b> Howard Jarrett  <b><u>Women's Captain:</u> Sarah Winstone</b>  <b>Nominated by:</b> Lucy Fraser  <b>Seconded by:</b> Angela Corrie  <b><u>Coaching Representative:</u> Dave Duggan</b>  <b>Vice-captains:</b>  <b><u>Men:</u> Howard Jarrett</b>  <b>Nominated by:</b> Martin Stevens  <b>Seconded by:</b> Tony Rickman  <b><u>Women:</u> Lucy Fraser</b>  <b>Nominated by:</b> Sarah Winstone  <b>Seconded by:</b> Howard Jarrett  <b><u>Ordinary Members</u></b>  <b>1: Patrick Stumpf</b>  <b>2: Ben Tavendale</b></p>
14	AOB:	<p>VLM draw – date and venue to be organised at first meeting of the new committee.  After the conclusion of the AGM, RP and NR stepped forward to fill the two vacant communications positions on the committee.</p>
15	Closing remarks:	Thanks to everyone.
16	Date for next committee meeting:	Monday 3 <sup>rd</sup> October 7:30pm

### **OPENING REMARKS – Megan Draper**

It's an impossible task to adequately recognise all the people that are involved in the smooth operation of this club. People's contributions can't be measured in time or quantity, and can't be compared to one another because our personal circumstances all vary so greatly. But whatever your contribution has been this year, I thank you sincerely for taking the time to give a little (or a lot) back. Volunteering is the foundation on which this club is based. On the front line are our coaches and run leaders whose spirit and motivation never waivers regardless of the Great British weather. Behind the scenes are the committee who work hard to manage and meet the expectations of 380 people who all run for totally different individual reasons. Then there are those people who have stepped forward to organise our races – ice cream vans and portaloos don't book themselves unfortunately. But there is another group of people who remain mostly unnamed and unrecognised for their integral contribution to the club:

**Lawrence Chen** – for the use of his garage to store more road signs than you'll find on the M25.

**Phil Tyrrell** – for selling our designer club clothing range out of his shop on London Road

**Paul Eves** – for being our cheery first line of response to all incoming Facebook and generic email messages.

**Alan Graham** – for auditing the accounts this year and verifying that Di's offshore account isn't getting too big.

**Kelly Kilpin** – for processing all the RR10 results for us this year with super speedy cross country efficiency.

**Chris Brown** and **James Saunders** – for their combined efforts on the very successful and increasingly popular mile series.

**Dave Johnston** – for helping out in several different capacities, but taking on the Christmas Bacon Butty Run as a starter for 10.

and finally ...**Tony Crowther** – for his integral role in putting on our races and helping out on every Monday evening until earlier this year .... And he's not even a member! Hopefully that has got you thinking about what you could do to give something back to the club over the forthcoming year. There is a sign-up sheet circulating on a clip board. Please don't be shy and put your name down to help out with something beyond marshalling.

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### **RACE REPORT:**

Thanks to all involved in the last 10m race, back in November 2015, and the 10k in June. Whether you were part of the committees that organised them or a marshal on the day, your contribution was enormously appreciated. Both races were excellent showcases of the club ... organised, thorough in preparation and with friendly marshals all around the course. The 10m was another sell-out event as it was part of the Hampshire Road Race League. There were a couple of moments beyond our control regarding vehicles in the rugby club car park, but otherwise it went very smoothly. Despite a great deal of effort to advertise and promote our 10k this year, we still unfortunately didn't sell out, but we did have 339 very happy runners complete the race and Ordnance Survey have kindly agreed to host the race for us again next year.

The decision to cancel this year's 10mile was taken after lengthy debate amongst the committee. We considered a lot of options but ultimately decided that to continue with the race this year would be irresponsible, given the large scale property development due on Redbridge Road. The increased traffic on the road would put runners and marshals at unnecessary risk. The club finances are healthy and can absorb missing out on the profit usually made by the 10m. Plus, the Hampshire Road Race League accepted our proposal to use our 10k as a short term replacement. This will almost certainly generate more interest and profit from this event.

There is a steering group currently considering options for the future of the 10m but another development along the cycle path at Ordnance Survey means that we may have to miss another year of holding the 10m. The time scale of this development is currently unknown so whether we choose to hold the 10m in November 2017 will ultimately be the decision of the new committee.

This development at Adanac Park may also interrupt the 10k in June... only time will tell.

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#### **CHAIR'S REPORT:**

I've already said much of what I wanted to, so I'm just going to fill in some blanks for some of the other stuff we've accomplished as a club:

- Billy Bash in January, Raising over £1000 for Hampshire & IoW Air Ambulance.
- Submitting three teams to the Mile of Miles relay at the sports centre
- 6 Magic Mile events this year
- Submitting teams into the Hampshire Road Relays at Lakeside
- Summer Social (Pub Quiz)
- Successful CC6 at Stoney Cross in December 2015
- Successful RR10 at IVCP in August
- We've qualified for some extra coaching from England Athletics to target improvement in the Great South Run. Probably not this year, given how soon it is .... So watch out for further news on this.
- After tomorrow we will have hosted Ben Smith for two of his 401 marathon challenges
- Arranged use of the track on Tues and Thurs evenings and Sat and Sunday mornings
- Secured a track session approximately every third Wednesday throughout the winter. These will mostly be taken by Ant Gritton and Run Camp.
- Arranged for Tauntons to be an indoor venue for a weekly Strength and Conditioning session to happen throughout the winter.
- And finally, we've paid for about 15 people to become run leaders and 3 to become coaches. And on that note I'd like to finish by congratulating James, Martin and Gary on attaining their coaching qualifications this weekend. They've all worked very hard to get this far, supported by Carol, Ben and Tamsyn as mentors. I wish Gary, James and Martin all the best over the forthcoming year and hope everyone will support them in their new roles.

### **Treasurer's Report:**

Good evening,

Rather than go through the accounts in detail, which you'll probably find very boring, I thought I'd start off with some self-deprecating humour, but I'm not very good at that, so moving along...

I'd like to thank Alan Graham for speedily auditing our accounts, let's face it, he couldn't do it any other way, could he?

You will all have received a copy of the accounts with the agenda and if anyone has any questions on them, I'll happily answer them after the meeting, but, in summary, you'll see that we pretty much broke even as far as last year was concerned compared to a nearly £2K surplus in 2014/15. Do not be alarmed, we still have over £10K in the bank to call our own, after we've paid our debts, and we've made a considerable investment in the coaching team this year so I urge you to attend their sessions and get your money's worth!

As you'll know, we won't be holding our 10 Mile this winter, but as the 10K is part of the HRRL this season, I'm sure we will make up our finances with that.

The committee agreed to keep our subscriptions to £15, with the option to affiliate to UKA, and pay their fee accordingly. This will be £14 for next year, and rising £1/year until 2020 when it reaches £17, and then will be reviewed again by England Athletics. I would encourage you to continue to affiliate, as apart from the discount you get on race entries, it give you insurance too.

So that's all from me, short and sweet, over to Lynda.

### **Membership Secretary's Report:**

Membership:

2011 163

2012 239

2013 282

2014 333

2015 405

2016 383

383 members of which 199 are f and 184 are m.

This is 50 more than we had 2 years ago and although it's about 30 less than this time last year, it's still in line with the overall upward trend that we've seen for many years now.

As ever, the club treads a fine line between maintaining a buoyant membership/encouraging new blood which is balanced against the increasing pressure new members can bring in terms of the additional support they need. It's great to see the new faces – and then to see them become familiar faces as they go on to turn up week after week – but I think we all need to remember that the club is run entirely by volunteers so, any help you as a member can give, however small, would be welcomed with open arms.

The main issue for me this year has been – as in previous years – the renewals process. We had about 140 people who didn't renew last year. In almost every case, this was either due to moving away from Southampton or other personal commitments conflicting with running. We do need to review this from time to time to check that nothing untoward is happening and I am happy that, at the moment, all appears to be well. This means the most time-consuming part of the job is always separating out those people who are not planning to renew from those who are simply paying late. So, as usual, the plea is to respond when you get your renewal reminder in December.

Can I also ask you to keep your personal details up to date. You can access your record online, on the membership system and update it at any time. This helps us to fulfil our duty of care towards you.

Lynda Cox

### **Coaching Representative Report- LRR AGM**

A huge thank you to all those who have taken part in training, without you there isn't anyone to lead and coach.

Here are a few updates:

- A number of new coaches have been trained (and passed their assessment this weekend). Well done to James, Martin, Gary & Rodolfo. Both Carol & I have also worked with our new coaches to support them in their new roles.
- We have had new Run Leaders join us, as well as lots of people showing interest. If you do want to help out and become run leader please get in touch with the new coaching representative
- Our sessions have continued to be popular, especially on a Monday. The variety of the runs available is amazing, with themed runs and long runs along the Itchen way particular highlights
- Wednesdays and Thursdays have continued and a big thanks to those who have kept those sessions going this year
- Our run leaders and runners have been really helped boost the inclusive nature of our club, welcoming and supporting partially sighted runners. A big thanks to those who have acted as a guide
- Some of your coaches have offered additional sessions that have really benefited our members, for example James Strength & Conditioning sessions on Tuesday nights which have recently migrated to Tauntons for the Winter
- It's been great to see a number of members taking the opportunity to use the Athletics track, for free, on Tuesdays & Thursday nights
- Despite all the positives there are a few sad points. Shortly we will be saying goodbye to Rodolfo as well as Tanya. I know that all those who have had an opportunity to be in one of their sessions will agree they will be sorely missed



- I will not be standing as Coaching Representative this coming year as I will be concentrating on a few other coaching opportunities outside the club

Once again a huge thanks to everyone that helps make training and this club possible.

Ben Pitman  
September 2016

### **Ladies Captain's Report:**

My Captains report tonight will begin by updating you on the three local race leagues that we as a club compete in, the HRRL, RR10, and CC6.

#### [HRRL 2015-16](#)

Our race attendance this year was amazing! Almost 100 affiliated Lordshill Women took part in at least one of the Hampshire Road Race League events in 2015-2016. Our teams are determined by who turns up on the day, they're not preselected, simply formed by each group of three women as they finish the event. With that in mind, as a club we came 3<sup>rd</sup> place in A-Division 1, a 5<sup>th</sup> and 7<sup>th</sup> place in B-Division 1. As individuals, we have had two women finish 2<sup>nd</sup> (Alice Bowles) and 4<sup>th</sup> (Sarah Winstone) overall in the league which I'm sure everyone will agree is amazing.

They and many, many others of you have had plenty of PB's along the way and it's great to see the amazing progress that's being made as a result of the various training sessions we offer, but also of your own hard work outside of club session.

#### [RR10 2016](#)

The RR10 is the local summer Wednesday night running league:

Looking at the team results, our highest placed team came 5<sup>th</sup> overall due to some stiff competition from ... Stubbington, Southampton AC, Hedge End and Winchester. This is down to some serious dedication from runners who work long shifts, travel long distances, juggle family with Lordshill life, Juggle running with a multitude of other sports.

When we look at turn out, we consistently had enough runners to make up 8 Lordshill teams, frequently we had enough to make up 10 teams and on one occasion, had enough runners to make up 13 teams – you all must really, really like Stoney Cross?!! And this is great – for every member we have out taking part, it's another person running in competition with our rivals so everyone really does make the difference. Again a massive congratulations to Sarah Winstone who finished an amazing 4<sup>th</sup> overall with Connie Green close on her heels in 7<sup>th</sup> (out of 142 female runners who had ran at least the 6 races needed to have an overall finish position,

and out of 475 females who had done at least one run – Amazing!)

## CC6 2015-16

The CC6 is our local winter Sunday Morning cross-country running league:

Again as a team, we put up a great performance, narrowly being beaten into 3<sup>rd</sup> place by Winchester. We've had women take part in these from a wide range of ability groups from Group G down to Group B which is always great. Within our own championships, we had joint equal scores from Di Mattingly and Angela Corrie who were crowned/hula-hooped our joint Women's Champions at the Summer Social. Well done to both of them.

## parkrun

We have an astonishing 192 female runners registered to Lordshill on the parkrun website – when we have 199 Female members, this is incredible! (What are the other 7 up to though ;-)) In the past six weeks at Southampton parkrun alone, there have been 14 new PB's and one first timer.

These events along with those like the Lordshill Mile series offer a great opportunity to not only be sociable and run with like minded people, but they offer a good marker of progress and it's great to see so many people coming along.

## Further afield

Of course not all of our running is done at these events, our female members travel far and wide to get their running kicks. Stockholm, Copenhagen, Paris, Scotland... with whispers of Chicago, Florence and Iceland in the future... And it's both on and off the road. There seems to be a growing number of club runners pitting their wits at trail marathons and ultra marathons, half and full Iron Man or similar distance triathlons, muddy runs, tough mudders, and other such craziness. You're all amazing!

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On a personal note it's been a pleasure to see so many of you strive towards your personal running goals, to see you support each other when the running mojo has been lost or the physio bill has grown exponentially. Please don't think I'm going to disappear and stop cheering on at events and pester those who stand still long enough to enter the local running events – I won't. But it's time to hand the title over to someone else.

Thank you everyone!! Emily -x-