

AGM
Monday 24th September 2018
LRC, Ground floor, Taunton's College, Southampton
7:45pm
Minutes

	Present: Steve Johnson, Kirsty Rickman, Tony Rickman, Alan Graham, Dominic Ashton, Matt Doggett, Adam Hurst, Ian Grasmeder, Mike Mattingly, Sari Giering, Sarah Winstone, Chris Lamb, Lucy Fraser, Rob Agar, David Reynolds, Ben Tavendale, Abi Dent, Rosanna Smith, Rosie Essery, Pete Lewis, Alice Jones, Lois Elliot, Tom Vetterlain, Paul Newson, Lynne Newson, Sue Maddocks, Michelle Nears, Graham Rafferty, Mike Newman, Roger Bradley, Teri Pragnell, Katalin Sebesteny-Gyore, Timothy Sly, Alison Crooks, Ali Ayres, Trevor Ellery, Jonathan Smith, Milz Dechnik, Nicole Frith, Neil Catchlove, Andy Adams, Ben Pitman, Chris Cook, Chris Brown, Jill White, Malcolm White, Claire Cannon, Roger Fleming, Liz Carter Apologies: Di Mattingly, Emily Smith, Dave Duggan, Lisa Fhythian, Gary Fhythian	Time
1	Welcome and opening remarks (SJ) Steve welcomed everyone and thanked the Committee for their work this year; the coaches and run leaders for all their efforts; the 10k race committee, Chris Brown and James Saunders for the mile series and James Saunders for the Tuesday Strength sessions; Alice Burch and Lawrence Chen for storage; the CC6 and RR10 organisers; Billy Bash organisers; all the marshals at our races; Phil Tyrell for storing kit, DJ for the Xmas Bacon Butty Run and Rob Agar for organising the new kit.	5
2	Minutes from previous meeting: Agreed.	2
3	Chairman's Report (SJ) Steve described the last year as one of stability and one of belonging. Our efforts in the local community continue to flourish with both charity donations and co-operation and good relationships with other local clubs. Steve reiterated that our popularity in the local running community was simply down to our offerings from coaching to social events and LRR trips to overseas races and hopes that this continues to grow over the coming years. We are also proud to have members volunteering in the wider running community e.g. Di Mattingly as Treasurer for the HRRL committee	5
4	Membership Secretary's Report (SG) PaySubs working well Breakdown of membership as follows (according to EA system): Total members: 374 EA affiliated: 280 Unaffiliated: 77 Life members: 3 Second Claim: 14	5

5	<p>Coaching Representative's Report (RA) There has been a slight re-jigging of groups via the 5km time trial. Rob thanked the RLs which turn out tirelessly for Monday training - the club really couldn't function without them. Rob also thanked the coaches for their work with schedules and guiding the RLs.</p>	5
6	<p>Captain's Report (TR) Please see below</p>	5
7	<p>Treasurer's Report (AG) Please see below</p>	5
8	<p>Proposal: The Committee would like to propose that the membership fee is increased by £1 to £16 in line with the UKA fee for 2019. This would mean affiliated membership is £32 and unaffiliated is £16. Vote: 48 in favour, 1 against</p>	2
9	<p>Election of Committee Members</p> <p>Chairperson: <i>Steve Johnson</i> Nominated by: Kirstie Rickman, seconded by: Chris Lamb</p> <p>Vice-Chair:</p> <p>Secretary: <i>Rosie Essery</i> Nominated by: Kirstie Rickman, seconded by: Lucy Fraser</p> <p>Treasurer: <i>Alan Graham</i> Nominated by: Steve Johnson, seconded by: Dominic Ashton</p> <p>Membership Secretary: <i>Sari Giering</i> Nominated by: Steve Johnson, seconded by: Kirstie Rickman</p> <p>Communications Officer(s) x2 <i>Alice Jones</i> Nominated by: Kirstie Rickman, seconded by: Claire Cannon <i>Rosanna Smith</i> Nominated by: Martine Thomas, seconded by: Jill White</p> <p>Men's Captain: <i>Chris Cook</i> Nominated by: Tony Rickman, seconded by: Steve Johnson</p> <p>Men's Vice-Captain: <i>Rob Agar</i> Nominated by: David Reynolds, seconded by: Lucy Fraser</p> <p>Women's Captain: <i>Lucy Fraser</i> Nominated by: Kirstie Rickman, seconded by: Alice Jones</p> <p>Women's Vice-Captain: <i>Claire Cannon</i> Nominated by: Hayley Newman, seconded by: Mike Newman</p> <p>Coaching Representative: <i>Andy Adams</i> Nominated by Steve Johnson, seconded by Kirstie Rickman</p> <p>Ordinary Members: <i>Abi Dent (Socials)</i> Nominated by: Rosanna Smith, seconded by: Lucy Fraser <i>Roger Fleming (with VC support role)</i> Nominated by: Claire Cannon, seconded by: Rosie Essery</p>	20
10	<p>Closing remarks: Steve closed the meeting by thanking everyone once again for being part of LRR and wished everyone lots of success in the coming year.</p>	5
11	<p>Date for next committee meeting: 15/10/18</p>	

Lordshill Road Runners. Treasurer's Report September 2018

The club has maintained a stable financial position with a cash and bank balance of £11,229, an increase of £152 in the year. This has, in no small part, been helped by the excellent success of the Lordshill 10K which generated a surplus of just under £4K. Our thanks to Malcolm and Jill White and their team of hard workers. It was greatly appreciated by the club and by competitors.

Turning to the income and expenditure account, despite the above we report an overall deficit of £758 for the financial year, against a surplus of £229 previously. The main reason for this is that during the year we have written off old items of stock, in particular vests and t-shirts; this amounted to over £1,300 however we plan to donate the running wear to a charity in Africa. Other notable differences between last year are an increase in coaching expenses of over £600. It is important that we have a sufficient pool of trained coaches to enable the club to provide regular coaching sessions. Also, subscription income is down on last year (from £9,989 to £9,335). During the year, it was also felt prudent to write off a non-refundable deposit of £400 to a race chip company that we have not used since 2015.

I am pleased to report that during the year we donated £1,115 to the society of St James, as well as £50 to parkrun and £25 to Sports Relief and this year we will be supporting the Paediatric Intensive Care Unit at Southampton General Hospital. Thank you also to Chris Brown and James Saunders for their support from the Mile Series donations.

I would like to thank my fellow committee members for their support. In particular, a special mention to Sari Giering, the membership secretary for her efficient work which makes my job easier. Also, Rob Agar has done a great job in sourcing the new Lordshill running vests and t-shirts –please feel free to buy one as they are great value for money, though I would urge members not to make cash payments, as these have a habit of 'getting lost' in the system.' Please can everyone try to pay by bank transfer - the kit can then be collected from 'We are Locksmiths' on London Road, Southampton.

This coming year, we are proposing an increase in the subscriptions from £15 to £16. This is in line with a similar rise in the separate affiliated fee for England Athletics. I hope that you will appreciate that this represents good value for money. As already mentioned, we provide you with quality coaching and competition opportunities as well as subsidised social activities, such as our annual awards ceremony in January, the Billy Bash. The increase in subscription will also help to ensure that we are in a strong financial position going forward.

On behalf of the committee, I would like to thank you all for your support and hope that you will continue to do so in the future.

Alan Graham

Captain's Report – 2018 AGM

It's been a great year for performance and participation. Going back to the last CC6 season we had all weathers and some brilliant results. First for the club in the women's league was Alice Burch who placed 7th overall and was 3rd senior woman. The women's team placed an excellent third. In the men's overall standings Patrick Stumpf was an outstanding 2nd overall, supported by Kevin Willsher in 8th place and James Fanning 9th. Neil Catchlove was first v40 in the entire league. These, and the other strong performances throughout the season meant the men won the CC6 league. Well done to everyone who took part. The HRRL season was keenly fought this year. Our women's A and B teams both finished an excellent 4th in their respective divisions with Alice Burch again top finisher in 12th overall.

The men's A-team fought off competition from other clubs to finish second behind an Overton team who focused on the league as their main goal for the year. Despite this we still finished only two points behind them at the end. The men's B team have made first place their home in their division in recent years, repeating their success again this year. Individually Ben Pitman was an excellent 4th with Kevin Willsher 12th and Neil Catchlove 17th overall.

The RR10 league had record attendances this year and Lordshill were at the forefront of this with 140 members running at least one race this year. Numbers were well-balanced with 69 men and 71 women donning the white vest and sash. This meant the men had teams A to G in the overall results and the women, with 3 to count in each team even had an L team! Nicole Frith was outstanding with consistency, finishing 2nd overall with Alice Burch an excellent joint 8th. Of note, Jill White was also 5th in her age category (FV50). The women's team showed strength in depth to finish 3rd overall. Kevin Willsher was the outstanding competitor in the men's team for us finishing 6th overall with great age group results for Alan Graham, 4th in the V50 category and Graham Rafferty 3rd in the V60 category. The men's team finished 4th overall, a really strong result in a year with so much competition.

On a personal note I'm stepping down as Captain after two years in the role. It's been a privilege to have been in this position but injury and work schedules have meant I haven't been able to represent the club as often as I would like recently. In this time I have seen training and coaching being consolidated with a lot of work done, often behind the scenes, by Rob Agar and coaching input by Ben Pitman pushing much of our success. Chairman Steve Johnson has lead the committee in this time, managing change and steering the ship. Thank you to hi and the rest of the committee for their support over this time.

My last words as captain, and my last thanks go to two people who have really done the majority of the captaining over the last few months, consistently attending races when I wasn't able and writing the excellent captains' emails which have become a regular and very well received communication to the whole club. Chris Cook and Lucy Fraser, thank you so much for all your hard work and support this year.