ASHFORD AND DISTRICT ROAD RUNNERS CLUB

ANNUAL GENERAL MEETING

THURSDAY 14TH APRIL 2016

SANDYACRES SPORTS AND SOCIAL CLUB

Present: There were 35 members present at the meeting

Apologies: There were apologies from:

Steve Wellsted, Helen Weeden, Steve Hickman, Anthony Brown, Neil Buckley, Rik Holden

Meeting commenced at 8.35pm and led by Phil Hamilton

Last years’ minutes: These were proposed by John Fidge and seconded by Dean Bracken and agreed unanimously

Matters arising from last years’ minutes: None to report

**CHAIRMANS REPORT**

Welcome to todays AGM and thank you for your support in attending the meeting. Firstly, I’d like to say that the club has had a really great year, we’ve increased membership beyond 100 members for the first time for many years. The club has gone from strength to strength through the amazing efforts of the membership and the committee.

I’d like to thank the committee for their continued support over the last year and in helping the club introduce new features, such as, qualified coaches who help with training sessions. We now have groups 1, 2 & 3 and a torch run. We have also introduced introductory sessions for new possible members.

We have featured bespoke medals for the first time with a history of Ashford theme for the 10k, half and marathon events. In addition, we have introduced a new Facebook page for non-members to browse our activities and a way to ask us about our club.

As always, we have had some really good social/running outings. Hardelot was a massive success, even winning the best international team prize. We were joined in travelling to Hardelot by other clubs at our invitation which also helped towards reducing the cost for club members.

The Christmas party last year was at the International Hotel, organised by our social secretary, which from the feedback was a total success.

Last years marathon and half was our first running of this event. I would like to take this opportunity to thank the members for marshalling and helping out. As you know, we have just held our second which was also a great success due to the continued support from our members.

The annual 10k was run in February and, once again, there were great results and feedback. There is a possibility that we may change back to the original course for next year, but this is still under consideration.

The zoo run which took place during the Christmas holidays may also become a permanent fixture, in addition to the annual Lenham and Chilham runs. For the zoo run, we also invited other local clubs.

The club has seen an increased interest in ultra running this past few years. From the early days of 1 or 2 running 80 milers to a group of about 8-10 running all terrain and distances. For example, Steve completing over 100 marathons and Amanda aiming for 52 in 52.

And of course, what would we do without Mollies quality sessions on a Tuesday evening and Thursday circuits, plus the recent introduction of the 20 minute core session where we all undergo the torture of the plank while Mollie chats away for us for 4 minutes.

And finally, I’d like to once again thank everyone for their fantastic efforts this year in support of our club.

**TREASURERS REPORT**

Accounts sheet filed with minutes in folder

Treasurer reports that subs are up due to the increased membership. There is still an amount under the donations and grants which is to be organised by Neil Buckley to be given to the MND following the sale of event clips and collection of 5p’s.

**MEMBERSHIP REPORT**

Membership fees increase

Membership has steadily increased over the course of 2015/2016 from an initial 73 to finishing the

year at 107 with more competitive members. It has been good to see some old faces re-join and we

continue to gain new members through Park run and word of mouth. Of course we still have a

turnover and whilst it is a shame for members to leave the club we are pleased that we have a

healthy, active membership. The success of the club is entirely down to members and I’d like to thank

everyone for being so welcoming to new runners. I am proud that as a club we welcome all ages and

all abilities.

As we come to renewal, please can I remind members to pay up promptly – if you do not do so by 1st

July we will assume that you have resigned. You must be paid up to run in relays. Secondly we always

need members for marshalling duties; races keep membership costs down. Unfortunately a large

number of members remain silent when we ask for volunteers and it is a shame the burden always

falls to the same people.

The aim for 2015/2016 was to hit 100 members and our new aim is for us to have two places for the

London club ballot.

We propose a slight increase in membership this year – 50p on to all membership prices to take into

account rising costs of Sandyacres and also £1.50 more for full members to take into account the fact

that UKA membership fees have risen from £10 to £13 – as last me fees were raised in 2013 we

propose that half the increase is passed to members and half to the club.

**Joint Captain’s Report**

Members continue to represent the club at events up and the down the country, from 5Ks to ultra

events. It has been great to see many PBs, category prizes and even some team prizes won this year.

Particular race highlights of the 2015/2016 year with several club members running have been

Brighton and London marathons, Parkrun, Ashford Summer Series, Beachy Head, Hardelot, Lydd,

Country to Capital, Romney Marsh 10K, Demelza 10K, Ashford Half Marathon, Givaudan 10K, our

own 10K, Headcorn Half, the Moonlight Challenge and the Summer Relays.

Listing races doesn’t include the personal achievements of club members and a summary of races

has been submtted, but we won’t read every result out for the sake of time. However there are

some names and achievements that must be publicly recognised. We apologise that we cannot

mention every club member and hope we don’t cause offence by not doing so. However please

ensure that your results are submitted so that we have a record of them.

We are also delighted that club nights are well attended, particular Thursdays, and that our events

throughout the year such as club runs and Hardelot remain popular. We’d also like to thank Dean for

all his hard work as chairman and his enthusiasm for new events and ideas. We look forward to the

success of the club over the coming year.

**LADIES CAPTAIN REPORT**

The ladies section of the club continues to go from strength to strength and we currently have nearly 40 ladies. My personal highlights were our ladies winning the team prize at our 10K and winning the B Team prize in the relays. I am looking forward to the relays this year as with several new ladies we should be able to enter teams in the vet categories.

Particular mentions must go to all of our ladies training for their first marathon – in particular Debs Hainsworth, Rhian Shrimplin and Kirsty Farrant. It has been great to see these new faces go from running a few miles to taking on a huge challenge. I have also enjoyed seeing longer standing club members continue to enjoy their running – Anne Fidge took on Beachy Head, Gill Pragnell is running Edinburgh and Julie Foster who did a coaching course and continues to lead group three on Thursday evenings. Several newer faces have joined this year – Christine Costiff and more recently her twin Gill O’Connor, both of whom are running well and winning category prizes, as well as Anne Healy who has introduced the club to her sausage rolls. Other members continue to improve in their own running such as Orla Quearney, Kate Williams, Harriet Bilsby, Lisa Bracken, Sue Reader and Rachel Grout. I must make a special mention of Helen Weeden who ran five marathons in five days in November and once again completed Country to Capital as well as several other marathons across the year. Finally, Amanda Bashford is well into her incredible attempt of running 52 marathons in one calendar year. She regularly runs double marathons and is an inspiration to everyone in the club – she has just hit her 50th marathon and will hopefully complete 100 marathons by this time next year. We wish her all the best and hope she manages to avoid injury over the next few months.

I would like to wish all the ladies running in marathons over the next few months the best of luck for their races. I will be stepping down as captain as I feel I cannot commit to the role as much as I would like to as the membership secretary role is big enough. However as Cj remains as men’s’ captain I am sure I still remain very involved! I wish my successor the very best in her role.

**Racing Year Highlights – Ladies**

**Ashford Park Run**

This remains a very popular event and our ladies regular take the top spots and continue to improve on their times.

**Brighton Marathon and London Marathon**

At Brighton, Amanda Bashford absolutely smashed her PB in 4:03:34. Lucy Cresser, running her first ever marathon, came home in a creditable 5:05:09 after suffering severe cramp in the latter stages. At London, Amanda Bashford ran 3:58:23 and Tyree Spicer finished in 5:52:13.

**Beachy Head Marathon**

Amanda Bashford completed this in 5:29:56 and Anne Fidge in 7:07:00.

**Dublin Marathon**

Helen Weeden ran Dublin in 4:32:52 and smashed 13 minutes off her PB!! Less than two weeks later both Helen and Amanda ran in the Ranscombe Challenge running 30 and 38 miles respectively.

**June, July and August**

June and July saw some successful 5k, 10k and 5 mile races with Rachel Grout, Danyel Giles, Debs Hainsworth and Rhian Shrimplin all wining prizes. In the (disrupted relays) there were some excellent times and the ladies B team stormed home to take first place. Rhian also managed to squeeze in the very wet Canterbury Half.

**September**

Hardelot was a well represented race. Jo Faux took home the trophy for the fastest international female in a time of 46:10. Rhian Shrimplin was the 9th lady finisher in the race with a new pb of 47:26, Danyel Giles ran 49:05, Lucy Cresser in 52:46 and Anne Fidge in 59:49.

A week later Helen Weeden ran the Great North Run in 2:11:39 and Amanda took the challenge of a 24 hour race and ran 120km.

At the end of September, several members ran the Delmelza 10k including the Fosters, Rhian and Debs. The following week Danyel and Rhian took on the challenge of Folkestone Half, both running sub 2 hours.

**October**

As well as the usual park runs, Amanda and Helen took on another Ranscombe Challenge and Amanda and Anne also ran Beachy Head. Several ladies ran well at the Givaudan 10k including PBs for Lisa Bracken, Danyel Giles and Sue Reader. Christine Costiff and Gill Pragnell both ran sub 45 minutes.

**November and December**

The run up to Christmas was packed with halfs, marathons and 10ks. Christine Costiff came first in the Brett Ashford 10k but the most memorable events must have been Helen’s five marathons in five days at the end of November. Christmas didn’t get in the way of yet more races with the ladies squeezing in several over the festive period.

**January and February**

As members started to train for spring marathons, Amanda kicked off the year with two of them! This was then followed up by a few more whilst Helen returned to the Country to Capital challenge with a stunning time of 9:35:28. Several ladies took on the Canterbury 10 and on the last weekend club ladies claimed top spots in the Ashford Park Run. In February, Gill, Christine, Rhian and Danyel represented the club at the 10k, with all running excellent times and clinching the team prize to boot. A week later, Helen and Rhian managed to squeeze in some more miles, running an ultra and a half at the Moonlight Challenge. In the same weekend, Christine, her twin Gill and Gill Pragnell all ran fast times at the Tenterden 5 mile, with Christine and Gill P winning age category prizes. Last but not least, Anne Healy ran her first race for the club.

**March**

March’s highlights included Lydd Half and Lydd 20 miler with several club members running for us. These were a good test of the marathon training and all ran well which bodes well for Brighton and London. Particular mentions go to Claire Green in her first race for the club (1:55:39) and Rosie Day who ran 1:42:32. Other races were several more marathons for Amanda, a debut half marathon for Orla Querney, Hastings half for Ingvild and a second place in the Heart of Kent 10K for Kate Williams. The year was rounded off nicely by a sunny Folkestone 10 mile with probably the biggest representation for the club in recent years. Jo Barnes was first lady finisher in 1:16:15 followed by several other ladies. Danyel and Kirsty has also run there from Ashford!

**MENS CAPTAIN REPORT**

The club has had a standout year and has grown which is great to see. Some new members have had success in their races this year and performed well – particular mentions go to Ian H, Jonny, Rik, Jeremy, Stu, Paul and Andrew who have successfully tackled many distances and regularly smash out new PBs.

The Black Toenail Gang have had a good year and continue to be crazy. Steve, Neil and Eddie are all running well and this year have been joined by Tony, Darren and Colin who have all stepped up to ultra distances.

Long term members continue to run well and challenge themselves and others to faster times and different distances in their different age categories. It has been good to see Scotty, Pat, Robin, Rob, Alan. Mark A, Coxy, Dean, Keith and Richard enjoying their running and I am sure that those running Brighton and London will impress us all with some great times. Everyone training for these marathons deserves credit for their hard work and commitment and I wish them luck.

It has been nice to see some old faces coming back, such as Dan and we don’t forget the faces we see less often such as Carl, Kevan and Chris Valdus. We also are grateful for the commitment of our non runners such as Malcolm, Allan, Phil, Henke and Ray, nearly all of whom marshalled our marathon last Sunday.

Some special mentions to those who run well but occasionally trip or get lost but entertain us a lot – Richard, Jon Wiles and Boycey we salute you. Some other members have been a bit quieter on the race front this year but are an inspiration none the less – it has been good to have Nigel and Paul join our weekly group 3 and also Paul and Glenn join the faster boys. Dean has coped well as chairman under immense pressure and has done a brilliant job taking over from Steve. He’s had to make some difficult decisions but I think it’s fair to say he is always enthusiastic and leads the club from the front with new ideas such as medals, flashing laces and the park run takeover.

Hopefully over the next year the club will carry on growing. More importantly that we continue to enjoy what we do, have fun and eat plenty of cake. I think we’re a great club because we are friendly and welcoming. I’m really looking forward to the relays this year and hope everyone carries on running well.

It’s impossible for me to read out all the results but I have written out the highlights and they will be in the minutes. Keep reading the paper, looking at the website and checking Facebook too as that is the best way to find out to track results.

**London and Brighton Marathons**

Brighton was a fun filled day as many from the club took part in the nice 26.2 mile stroll along the streets of sunny Brighton. The standout performance came from Kevan James as he came home in an outstanding time of 2hours 54. He was followed in by a few more of our runners including Robin Butler, Steve Hickman, Neil Buckley and Eddie Roger. A week later in London, Dean Bracken, after an immense training plan and a very good warm up at Folkestone a few weeks before, clearly stamped his mark on this event and blew all his previous demons away finishing in an incredible time of 3:12. A few weeks later, Dave Hunt ran the Liverpool marathon.

**Charing 10k**

Chris Boyce, Matt Morgan and Cj Lattimer helped the club to a team prize on a tough course with humid conditions.

**Ashford Parkrun**

Paul Moses and Dean Bracken had a bit of competition last year which I think helped the club to grow due the presence of our runners week in week out.

**North Downs 30k**

One of many mid length looney races for our BTNG. Tony finished in an impressive tine of 2 hours 46 minutes. Mark Attenborough and Neil Buckley also had a good run.

**Race to the Stones**

The BTNW showed their craziness again and ran 100k. Steve the veteran ultra runner and Neil his apprentice finished together in a time of 16 hours 51 minutes. Colin the demon Howard on his debut ultra did an impressive time of 17 hours 26 minutes.

**North Downs 100 mile**

Neil stepped up from apprentice to the Ultra Buckman and completed an impressive 65 miles before unfortunately circumstances made him pull out.

**Hardelot**

Another great turnout for our club and yet again a great race in perfect conditions. So good to see the club travelling across the water and setting a great example and bringing home the prize for the biggest club.

**Givaudan 10k**

Good to see another strong turnout in a local race. For Moses and Mr Lunch it was a good one – Moses won by a second over his rival Scotty. Pat Butler finished strongly and took the 1st vet 60 runner.

**Beachy Head**

Some of the BTNQ have been at it again and took part in a very touch marathon. Neil was first home for the club in 4:45:18 and Steve close behind in 4:45:$5. It was also good to see Team Fidge taking part.

**Dublin Marathon**

Nice to see our club travel to Dublin to represent A&D. An outstanding run Anthony Brown who smashed his previous PB by almost 50 minutes. Eddie the tank ran a good race in a time of 4 hours 20 minutes.

**666 Trail Run**

This was a run in which the glitter gang decided to get muddy. All had a good run with some great times. Jon Wells had a pretty nasty cut on his knee but still managed a good time.

**November** was a month of epic proportions as 3 club members took part in 5 marathons in 5 days. Easy right?..... This is why they are the BTNG. Congratulation to Steve and Neil who took the challenge on for the men..

**Staplehurst 10**

Stu Nunn was the star man as he smashed his PB by over 6 minutes. Dean Bracken also took part.

**Country to Capital**

Tony and Eddie both took part in this event. Tony ran well, finishing in 7:09:35 and Eddie in 8:31/

**Ashford and District 10k**

Moses once again proved he is running very well after taking home the first Vet50 prize in a time of 39:31. It was good to see Valdus back racing for the club with an excellent time of 37:41. Dan Green ran his first race after rejoining and also ran well along with Jon Well and Chris Boyce.

**Headcorn Half**

With marathon training well under way, Robin Butler represented the club and got a great time of 1:27:59. Several other club runners ran excellent times.

**Moonlight Challenge**

With us normal people sound asleep, several club members thought they would give this a try. Tony finished 2nd in a great time of 5:32, followed by Darren Santer on his debut with an outstanding time of 5:$2 which gained him third place.

**Lydd 20 mile and Half**

With marathon training in full swing, the club had a huge turnout with ten runners. The weather was perfect and the race and the race had some good times with many PBs. This is always a good race to do as you can never tell what the weather is going to do down on the coast and an excellent test of stamina before Brighton and London.

**Hastings Half**

Another pretty good turnout for the club and an awesome time for Robin Butler on a very tough course with 1:28:32. Scotty, Keith and Steve also ran and are worthy of applause.

**Folkestone 10 mile**

On a very hot Good Friday in March, the club once again put on the turquoise vests and all performed well in a memorable race. The standout time was Dan Green who ran a super time of 1:03:13. There were only a few minutes between the first few A&D runners with some awesome times on a tricky course.

**RE-ELECTION OF VICE-PRESEIDENT**

This position is currently not held. Current President is Ernie.

It was decided that Ernie should continue in this role and the committee proposed this and there were no objections by members present.

**ELECTION OF 2016/2017 COMMITTEE MEMBERS**

Members stepping down:

Jo Faux as Ladies Captain

For the position of Ladies Captain: Danyel Giles was nominated by Jo Faux and seconded by CJ Lattimer and unanimously agreed

For the position of Ladies Vice Captain: Christine Costiff was nominated by Jo Faux and seconded by CJ Lattimer and unanimously agreed

For the position of Mens Vice Captain: Scott Lynch was nominated by Dean Bracken and seconded by Danyel Giles and unanimously agreed

**Other Committee positions:**

Chairman – Dean Bracken

Hon Secretary – Julie Foster

Hon Treasurer – Robin Butler

Vice Chairman – Phil Hamilton

Membership Secretary – Jo Faux

Mens Captain – CJ Lattimer

Webmaster – Lucy Cresser

Kit Man – Rob Carpenter

Social Secretary – Chris Boyce

Records Secretary – Keith Haynes

All were unanimously agreed.

Auditor of accounts: Darren Ward was confirmed as Auditor of Accounts

**RULE CHANGE:**

London marathon ballot: rules currently allow 2nd claim members to be included into this draw, the committee has proposed that this is no longer the case and that all members who are eligible for the ballot under the club rules need to be 1st claim members. This was proposed by the committee and voted and agreed unanimously by the members present.

Rules for inclusion into the ballot: Current rules only allow for members who qualify who have marshalled the club 10k, the committee proposes that due to new club events now taking place, if a member has marshalled at either/or the club 10k and/or marathon events and meet all other criteria then they can be included in the London marathon ballot. This was proposed by the committee and voted and agreed unanimously by the members present.

**INCREASE OF ANNUAL MEMBERSHIP**

Due to the increase of the UKA costs, it was proposed that the annual club membership will increase from £30 to £32 for full members, from £22.50 to £23 for non competing members and £17 for second members in the household. This was proposed by the committee and voted and agreed unanimously by the members present.

**TUESDAY NIGHTS**

Costs for the hire of Sandyacres in increasing from £10 to £20 on a Tuesday. It had been suggested by the committee that we should shelve Tuesday evenings from the club and using an alternative meeting point and this was put to the members for discussion. The initial response was that this may not be a good idea and the alternative suggestions for meeting would not meet the needs of the members due to lack of facilities available. Members suggested that Tuesday evenings were made into more of an evening similar to Thursdays. Members do not have to turn up purely for a speed session, others can come along and just do a general run to ‘stretch the legs’. IT was considered that maybe the bar could also b opened on a Tuesday to give Sandyacres an opportunity to increase their revenue.

Members raised the question of increasing the annual fee further to cover the increased cost of the facilities as it was felt that increasing the fee to £35 would still be a more than fair price for members to pay.

It was suggested that Tuesdays should be promoted as a ‘day for all’ as is Thursdays and that groups can still be accommodated on a Tuesday for those who would like to come along.

The final idea was that we should keep Tuesdays and ask members what they would like out of sessions which can be held and to encourage members to use club on a Tuesday evening. We can ask if members are able to make use of the bar on these evenings. This will be reviewed again at the next AGM. This was agreed unanimously by the members present.

**AOB**

It has been suggested that we look into the costs for using Nice W0rk and whether we can have a more standardised structure/fee scale for the services they provide. Robin to look into this and enquire with Nice Work.

As the marathon did not seem to be as profitable as we had hoped, as suggestion was made whether we should consider changing the date for the future. This is something the committee will discuss in future meetings.

**REMINDERS**

Membership fees due. They need to be paid before relays start if you intend to take part in them and before you plan to compete in any races.

Awards night is on 6th May at the Flying Horse in Boughton Aluph

**Meeting Ended 9.30pm**