**ASHFORD AND DISTRICT ROAD RUNNING CLUB**

**A&D Agenda for meeting Thursday 23rd March 2017 at 8.30pm**

1. Last Years Minutes
2. Matters Arising from Minutes
3. Chairmans Report
4. Treasurers Report
5. Ladies Captain Report
6. Mens Captain Report
7. Re Election of Vice President
8. Election of 2017/18 committee

* Chairman
* Hon. Secretary
* Hon. Treasurer
* Ladies Captain
* Ladies Vice Captain
* Mens Captain
* Mens Vice Captain
* Vice Chairman
* Membership Secretary
* Records Secretary
* Webmaster
* Kit Person
* Any other committee posts
* Auditor of Accounts - Darren Ward

1. **Rule Change** for voting on multiple member for same committee position

Propose for voting to be done via secret ballot at time of event rather than show of hands

**Rule Change** for most improved runner – *Current criteria:*   
*Greatest collective improvement in a runners time for Half Marathon, 10 Mile and 10K recorded by the Club for the age range specified. All three distances must have been completed at least twice during the year and the first race shall be the base time.*

**Proposed to change to:** To have been a member for 1 full year prior to the start of current year. Previous years PB times will be used as base time across all the distances. Distances to qualify are Half Marathon, 10 Mile and 10k. Greatest improvement from base time to end of year time recorded in the specified age range. All three distances need to have been completed at least twice.

1. Increase of fees to £35 for full members and £25 for non-competitive in 2018/19
2. Reminders

* Marshals for Marathon/Half
* Membership fees due £32/£23
* Awards Night 12/5/17 @ New Flying Horse, Boughton Aluph

ASHFORD AND DISTRICT ROAD RUNNERS CLUB

ANNUAL GENERAL MEETING

THURSDAY 23RD MARCH 2017

SANDYACRES SPORTS AND SOCIAL CLUB

Present: There were 36 members present at the meeting

Apologies: Apologies received from Daniel Green, Gary Sage, Paul Moses, Kevan James, Steve Wellsted, Neil Buckley, Jeff Juster and David Edwards

Meeting commenced at 8.30pm and led by Julie Foster

Last Years Minutes: These were proposed by Dean Bracken and seconded by Danyel Carter and agreed unanimously

Matters arising from last years minutes: Advice to members to ensure they are all aware of the rule change regarding the club ballot from the London Marathon and the increased annual membership for this coming year. Notification to all members present that subs for full membership are £32, non competing are £23 and family members in the same household are £17.

**CHAIRMANS REPORT**

Firstly, I would like to start by thanking you all for coming tonight, I am sure you will all agree this has been a very successful year for the club.

Membership has continued to increase throughout the year, we have seen an influx of members joining from others Clubs, coming over to us as first claim members which shows that the club is developing a good reputation through word of mouth.

The recent 10K was a great success, the return to the original route was very popular and the club received very positive feedback. We also obtained sponsorship for this years race from Girlings Solicitors, they were very happy with how the event was run and have agreed to sponsor the race again in the coming year.

Scotty Lynch has done a great job in promoting the return to cross country racing within the club, we had a big turnout at the Kent Cross Country Championship at Brands Hatch and many of our members are looking forward to competing in more Cross Country events in the future.

This year has also seen the introduction of a second speed session with Keith’s interval training at the Rugby club which has proved very popular and provides members with an alternative choice of speed work.

Mollie’s Thursday night circuits are still very popular and there has been an increase in members trying out her 30 minute torture session which fits in nicely after a run.

Other regular club events have continued to be popular, such as the annual trip to Hardelot, the Zoo run, the Chilham run and the Lenham run and BBQ, where we were joined by members from Ashford Tri Club.

The start of the Club Marathon and half marathon was moved to Charing last year due to a double booking at Sandyacres, however this worked out for the best as it was a more popular venue and as a result will be held there again this year. We have worked hard to promote this years race as “The Tough One” to reach out to those runners who prefer a more brutal marathon.

In the year ahead Scotty and Danyel are planning to pilot a juniors section, we will be introducing a club championship and we will return to promoting the club at parkrun by a way of handing out leaflets and we are planning to improve how records are processed and recorded.

Finally I would like to thank the committee for their continued support this year, several valued committee members are stepping down this year and I would like to wish them well.

I am confident that the members who have been nominated to fill these roles will continue to move the club forward.

**TREASURERS REPORT**

Income and Expenditure Account

For the Year Ended 31 December 2016

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Item | Income (2016) | Expenditure (2016) | Profit & Loss (2016) | Profit & Loss (2015) | Notes |
| **Club Income** |  |  |  |  |  |
| Subscriptions | 2576.00 | - | 2576.00 | 2292.00 |  |
| Donations | 90.00 | 100 | (10.00) | 160 |  |
| Running Vests & Hoodies | 1276.50 | 1326.47 | (49.97) | 279 |  |
|  |  |  |  |  |  |
| **Sporting Events** |  |  |  |  |  |
| 10k Race (2015) |  |  |  | 1894.24 |  |
| 10k Race (2016) | 8673.56 | 6507.58 | 2165.98 | 780.96 |  |
| 10k Race (2017) | 925.64 | - | 925.64 | - |  |
| Marathon (2015) |  |  |  | 210.77 |  |
| Marathon (2016) | 5133.98 | 5445.02 | (311.04) | 67.00 |  |
| Marathon (2017) | 143.56 | - | 143.56 | - |  |
| Cross Country | - | 104.00 | - | 104.00 | - |
| Awards Presentation and 25th Anniv | - | 320.00 | (320.00) | - |  |
| Christmas Party | 910.00 | 1675.95 | (765.95) | (349.00) |  |
| Race Travel (2015) | - | - | - | (625.00) |  |
| Race Travel (2016) | 1095.00 | 2240.00 | (1145.00) | - |  |
|  |  |  |  |  |  |
| **Club Expenditure** |  |  |  |  |  |
| Sandyacres Hire |  | 2046.30 | (2046.30) | (2000.00) |  |
| Club Administration |  |  | - | - |  |
| Social Secretary Expenses |  |  | - | - |  |
| Coaching Courses |  | 140.00 | (140.00) | (560.00) |  |
| SEAA Affiliation |  |  | - | - |  |
| KCAA Affiliation |  | 50.00 | (50.00) | (50.00) |  |
| England Athletics Affiliation and Subscription |  | 1111.00 | (1111.00) | (940.00) |  |
| LDWA Membership |  |  | - | - |  |
| AGM Expenses |  |  | - | - |  |
| Gifts |  |  |  | (73.97) |  |
| Equipment Costs |  |  | - | - |  |
| Accountancy |  | 315.00 | (315.00) | (315.00) |  |
|  |  |  |  |  |  |
| **Totals** | **20824.24** | **21381.32** | **(557.08)** | **130.20** |  |

Balance Sheet as at 31 December 2016

**Brought Forward**

Brought Forward from 2015 3945.62

Plus 2016 Income & Expenditure Balance (557.08)

**Carried Forward** **3388.54**

Represented by:

Natwest Current Account 2189.26

Cash in Hand 6.28

Stock of Kit 1508.00

Less Accountancy (315.00)

**Total 3388.54**

**MENS CAPAIN REPORT**

Men’s Captain Report 2017

Once again we have had a hugely successful year - with many PBs, big attendance at club nights and a strong representation in local and national races at all levels and distances. It has also been good to see new members joining the club and finding it as friendly and welcoming as ever. I think the cake helps!

In last year’s report I did my best to mention everyone but looking at the number of races and members we have I fear this will be impossible so I apologise now if you’re not mentioned. I’ve tried to pick out the highlights of the year’s races and these will be in the minutes for you to read.

This has been a year of records for A&D.

We have had Dave Hunt run the Honolulu Marathon - as far from Ashford as you can get. Robert Latala has broken the club’s 10k record and Neil Cloke has broken the furthest distance run at 140 miles non stop.

We have had record numbers run in the Inter Club relays, and a growing number representing us at Cross Country.

It has been good to see our newest members represent the club in races and it has been a pleasure to welcome on board Mark Cleworth, Ben Black, Richard Black, Brad, the Ashford Tri Trio Jon Pearce, Trevor Kay and Ryan Edwards as well as returning member Mark and Matt who seems to be selling quite a few houses for club members. Some other members such as Rod, Will, Julius and Terry have joined through park run or through contacts with the club and it is great to see them entering local races in club colours.

Our longer standing members continue to run well and it has been great to see Robin Butler running some excellent times whilst on a run streak. Also Dan Green, Scotty Lynch and Richard Baker getting good-for-age London times and of course Richard keeping up his accident prone nature with a trip to A&E whilst on a club run.

Jon Wells and Tony Brown continue to race well at Park runs and far away 10ks and marathons. Of course we still have the likes of Rik, Steve, Eddie and Darren continue to run marathons and ultras along with Neil Cloke across the country. Other members that continue to plug away are people like Jon Wiles, Simon, Paul Bailey, Andrew Smith, Glenn and Paul Brasington with some noteworthy times on tough courses. Mark Carlton and Dave Hunt continue their quiet but decent marathon preparation.

Rob, Stu, Mark Attenborough, Keith and Kevan can always be found training hard and running PBs. Pat, Moses, Valdus and John continue to run well, race at Park Run and can always be found supporting the club. Special mention must go to Shane who has dipped under 20 minutes at Park Run and Dean who is preparing for an Iron man and continues to support those training for marathons and acts as an excellent chairman

Some members have raced less but I look forward to seeing how Coxy, Neil and Alan will do over the next few months. Others, like Steve Wellsted and Steve Hickman are back on the training and keen to do well in various marathons coming up after injuries. Injuries have hampered the likes of Luke, Jeremy and Nigel but we know they will be back running as soon as they can.

Boycey continues to get lost but runs well when he sticks to the route.

Of course we are now only a few weeks away from perhaps the two biggest races of the year - Brighton and London. So many of our members have been training incredibly hard and I’m sure you’ll all be brilliant - let’s hope for plenty of PBs, some good for age places and for everyone to have a great race.

Of course, the members are what makes A&D great and I’d like to particularly mention 3 people - Keith who does an amazing job with the records each week, Julie who has had a lot of work to do in organising the AGM and Mollie who tirelessly coaches club members every week whatever the weather.

I have been proud to be the club’s captain for the last couple of years but it is now time to pass the role on to someone who can bring the club on even more and carry on the excellent work that the committee and all the members do. I plan to remain involved, particularly in coaching the newbies and look forward to seeing what A&D goes on to achieve in the next twelve months, particularly in the marathons, the relays and cross country and hope everyone continues to enjoy the club and their running. I’d like to thank Scotty for being an incredibly supportive vice captain and would like to thank Dean for continuing to be a brilliant chairman.

Paddock Wood Half Marathon Sunday 3rd April 2016

In the final weeks leading up to their Spring marathons, several runners took part in the popular Paddock Wood half marathon. First runner home for the club was Kevan James who came home in 169th place in a time of 1hr:29m:26s.

Paris Marathon Sunday 3rd April 2016

Rik Holden ran an excellent race to finish in a time of 3hrs:29m:12s.  Anthony Brown wasn't far behind him, as he came home in 3hrs:44m:09s.

Ashford And District Marathon and Half Sunday 10th April 2016

Dan Green showed his class as he finished in 3rd place in the Ashford & District Marathon.

Brighton Marathon  Sunday 17th April 2016

The club had a large turnout for the Brighton marathon.  Richard Baker had a marathon debut to remember as was the first of the club's runners home with a fantastic performance in a time of 3hrs:14m:47s.  Alan Kirby and Keith Haynes also had very strong runs on their debut's at the distance. Other runners included Mark Carlton, Stu Nunn and Dave Hunt.

London Marathon  Sunday 24th April 2016

Lynch came home in a superb time of 3hrs:14m:44s, 590th in his age category, and with this time he achieved, a good for age place for next year's race. Chris Valdus was the first club member home, as he broke the 3 hour barrier with a outstanding time of 2hrs:56m:55s. Other runners include Mark Attenborough, Steve Wellsted and Jeremy Chambers

Calderdale 50 miler  Saturday 4th June 2016

Neil Cloke ran his first race for the club.  Cloke ran an superb race on a very hilly course, as he finished 3rd, only 30 seconds behind the second place finisher, in a time of 9hrs:26m:20s.

Race to the King  Saturday 25th June 2016

Jon Wiles battled through the pain to complete the tough Race to the King Ultra marathon.  Wiles completed the 53.5 course in a time of 20hrs:11m:00s.   
  
North Downs  Run  Sunday 26th June 2016

Five of the club's members take part in the multi terrain North Downs run, a 30k race which includes some very tough climbs across the North Downs, and this year the runners had to contend with a very wet course underfoot.  First home for the club was Anthony Brown who finished in 87th place, pushed hard by Richard Baker who finished in 100th place.  Mark Attenborough was the third male runner home.

110km Ultimate Trails Challenge  Saturday 2nd July 2016

Neil Cloke completed the Ultimate Trails Challenge, a 110km ultra marathon circuit around the central Lake District, including 6 mountain passes, 5 lakes and a total ascent and descent of over 14,000ft around the course.  Cloke ran an excellent race to finish in 12th place overall and 6th place in his age category in a time of 14hrs:00m:06s.

Bewl 15   Sunday 3rd July 2016

Jon Wells was the first club member home in the Bewl 15.  Anthony Brown ran a personal best, closely followed by Rik Holden.  Paul Brasington finished 212th in 2hrs:11m:56s, Glenn Holiday 215th in 2hrs:12m:13s.

Long Course Weekend 8th,9th,10th July 2016

Daniel Green made the long trip to Tenby in Wales to take part in the very tough, Long course Weekend event. He finished 44th out of 419 finishers.

Mid Kent 5 Miler  Sunday 17th July 2016

Simon Jackson knocked an impressive 3 minutes off his personal best in the Mid Kent 5 miler on Sunday.  Robin Butler was first home for the club with Terry Sellen trimming 2 minutes off his personal best.  Stu Nunn, followed up his good run at the Rye 10k last week with another personal best.  Steve Hickman, slowly coming back from injury came home in 44m:33s, and Andrew Smith finished in 46m:21s.

Coast to Coast Ultra   Saturday 6th August 2016

Neil Cloke had his physical and mental toughness tested to the absolute limit over the weekend, as he completed the 140 mile non stop Coast to Coast Ultra.  Cloke, finished an impressive joint 3rd. With the 140 miles distance completed, Cloke overtook the previous club distance record of 85 miles, held by Steve Hickman.

Ashford Summer Series 5k  Friday 19th August 2016

The club had a successful night at the last Ashford Summer series 5k. In the Series overall, Gill O'Connor won the ladies prize, and Paul Moses won the men's prize.

Hardelot 10k  Saturday 3rd September 2016

The club saw lots of excellent performances and pick up some trophies as well, which included the largest international running  team at the event.  First home for the club among a large field of over 700 runners, and picking up the trophy for fastest international male,  was Cj Lattimer who finished 13th in an impressive time of 36m:54s.  Following him home for the club was Daniel Green who finished 37th in 38m:34s, Jon Wells, who produced a personal best as he finished 41st in 39m:04s, Dean Bracken 48th in 39m:17s, Neil Cloke 61st in 39m:51s, Robin Butler 73rd in 40m:03s, Chris Boyce 100th in 41m:21s.  Richard Baker came home in 103rd place in 41m:25s, Robert Carpenter returning after injury finished 118th in 41m:50s,  and Mark Attenborough 167th in 43m:18s. Neil Buckley finished in 48m:35s, Stu Nunn dipped under 50 minutes for the first time as he set a personal best of 49m:38s, John Fidge came home in 49m:45s, Mark Carlton in 50m:23s, Jon Wiles in 52m:09s

Folkestone Half Marathon  Sunday 25th September 2016

First home for the club was Robin Butler who came home in an excellent time of 1hr:29m:33s to finish 15th, followed in by Richard Baker who ran a personal best time of 1hr:33m:17s to finish 26th, and Richard Holden who finished 35th in a time of 1hr:35m:33s.

Glencoe Marathon Sunday 2nd October 2016

Eddie Rodger came home in a time of 7hrs:00m:31s and Steve Hickman completed his 129th marathon in 7hrs:26m:15s.

Jersey Marathon Sunday 2nd October 2016

Dave Hunt trimmed 7 minutes from his personal best at the Jersey Marathon.   Hunt came home in 87th place in an excellent time of 3hrs:41m:16s.

Sittingbourne 10 Mile  Sunday 2nd October 2016

Anthony Brown had a successful warm up to his up coming Amsterdam marathon later this month, as he finished in 27th place in a time of 1hr:09m:43s. Stu Nunn, who ran a personal best as he finished 120th in 1hr:27m:11s.

Givaudan 10k Sunday 9th October 2016

Robert Latala produced a personal best performance in his first race for the club, earning him second place and breaking the club record in the process.  Next in for the club was Daniel Green who finished 29th (7thM40) in 37m:10s, followed by Dean Bracken who ran a personal best time of 38m:01s in 47th place, Paul Moses who came home in 38m:32s in 59th (8thM50).  Robin Butler produced a strong performance to finish 60th in 38m:34s(19thM40), Scott Lynch finished 74th (22ndM40) in 39m:21s, with Pat Butler coming home as the 2nd M60 as he finished strongly in 91st place in 39m:39s.

Richard Baker dipped under the 40 minute mark for the first time as he broke his personal best finishing 99th in 39m:50s, followed in by Keith Haynes who knocked 22 seconds from his personal best as he finished 112th in 40m:14s, and Mark Attenborough who also ran a pb as he came home in 139th in 41:24s.  Kevan James finished in 42m:10s, with Brad Bunk running a pb in 44m:37s.  Paul Brasington finished in 45m:11s, Terry Sellen knocked 4 minutes from his pb finishing in 46m:26s, Mark Carlton 47m:58s(pb), Stuart Nunn 48m:07s(pb), John Fidge 50m:48s,Matt Skipper in 51m:29s, Simon Jackson in 53m:22s, Andrew Smith in 54m:51s, Steve Wellsted in 57m:16s.  Paul Bailey ran 59m:08s in his debut 10k.

Amsterdam Marathon Sunday 16th  October 2106

With the Autumn marathon season in full swing,  Anthony Brown finished in an excellent time of 3hrs:34m:23s.

Beachy Head Marathon Saturday 29th October 2016

Mark Attenborough was the first of the club's runners home as he finished in an excellent time of 4hrs:26m:38s in 343rd place.  Next in for the club was Steve Hickman who finished in 5hrs:44m:47s, followed by Gary Sage in a time of 5hrs:04m:24s

A20 Path N Downs Marathon Sunday 13th November 2016

In the A20 Path N Downs Marathon on Sunday, Richard Holden ran an excellent race to finish the tough race in 12th place and 6th in his age category in a time of 3hrs:34m:49s.  Darren Santer dipped under the 4hr mark as he came home in 28th place in 3hrs:58m14s, followed in by Glen Holliday who finished 38th in 4hrs:12m:14s.

666 Run  Sunday 13th November 2016

The club had a large turnout for the popular 666 trail run on Sunday.  Run on a very tough and muddy off road course of 6.66 miles around Kings Wood in Challock,  Cj Lattimer was the first club runner home as he finished an excellent 2nd place in a time of 47m:43s, with Dan Green coming home 5th and 2nd in his age category in a time of 50m:22s.  Jonny Wells finished in 9th place in 52m:33s, Paul Moses 10th and 1st in his age category in 52m:51s, Dean Bracken was 11th in 53m:29s. Matt Skipper finished 62nd in 1hr:09m:10s, and Nigel Costiff was 3rd in his age category in 1hr:24m:09s.

Brett Ashford 10k Sunday 27th November 2016

The club had a successful time at the Brett Ashford 10k on Sunday, with two of the runners finishing in the top 3 places. Dan Green ran a very strong race to finish 1st in a time of 39m:41s on the tough multi terrain course.  Jonny Wells continued his excellent 2016, with 3rd place in 42m:12s.

Kent Veterans Cross Country Championships Saturday 3rd December 2016

In the very competitive men's V40 race, Daniel Green ran a strong run on the 9k course finishing 20th in 33m:50s, Jon Wells came home in 37th in 35m:41s, Robin Butler 42nd in 36m:01s, Scott Lynch 43rd in 36m:05s and Richard Baker 55th in 37m:45s.  With these results, the club finished in 7th place in the  men's team event.

Honolulu Marathon Sunday 11th December 2016

Dave Hunt made a long trip to take part in a marathon in the beautiful setting of Honolulu.  Starting at the unusually early time of 5am, Hunt completed the course in a time of 4hrs:28m:24s.

Saltwood Boxing Day Run Monday 26th December 2016

First home for the club in a field of over a 1000, was Dean Bracken who finished in 30th place in a time of 19m:44s, followed in by Julius Sampson who came in 39th in 20m:08, Johnny Wells 44th in 20m:10s, Stu Nunn 177th  in 25m:02s and Steve Hickman in 394th in a time of 30m:44s.

Lamberhurst 10k Sunday 1st January 2017  
Cj Lattimer was the first home for the club as he finished in 9th place in a time of 38m:13s, followed in by Dean Bracken in 21st place in 41m:38s, Stu Nunn finished in 86th place in 50m:35s.  
Kent Cross Country Championship  Saturday 7th January 2017

Saturday saw the club field a large number of runner's in the annual Kent cross country Championship at Brand's hatch.  Run on a tough course of 12km that tested the runners stamina throughout, Robert Latala  was first home for the club finishing in an impressive 16th place in a time of 41m:13s, followed home by Dan Green (MV40) in 83rd place in 47m:24s, Trevor Kay 98th in 48m:19s, Dean Bracken  114th in 49m:55s, Scott Lynch (MV40) 116th in 50m:03s, Paul Moses (MV50) 125th in 51m:11s, Robin Butler (MV40) 135th in 52m:27s, and Richard Baker (MV40) 142nd in 52m:49s.  Anthony Brown finished 147th in 52m:54s, Keith Haynes (VM40) 169th in 55m:41s, Chris Boyce 171st in 56m:04s, Darren Santer 185th in 58m:39s and Stu Nunn (MV40) 191st in 60m:09s.  In the Male team event, the club had  success against some much bigger clubs  finishing  6th out of 19 teams with the first 12 runners scoring, and 8th out of 31 teams with the first 6 runners scoring.

Country to Capital Ultra Race  Saturday 14th January 2017

First of the runners home was Darren Santer, who ran an excellent time of 7hrs:31m:56s, followed home by Edward Rodger in 10hrs:35m:53s.

Canterbury 10  Sunday 22nd January 2017

Trevor Kay was first home for the club in 35th place in a time of 1hr:01m:51s, with Dan Green close behind in 41st place and 9th MV40 in 1hr:02m:26s, Dean Bracken produced a 2 minute personal best with his 77th place finish in 1hr:04m:54s, wiith Paul Moses finishing in 102nd place and 10th MV50 in 1hr:05m:57s.  Julius Sampson finished 105th in 1hr:06m:17s, Scott Lynch 116th in 1hr:06m:43s,Stu Nunn came home in 1hr:21m:36s.

The Girlings Solicitors Ashford & District 10k  Sunday 5th February 2017

Robert Latala broke the club's 10k record with his first place to finish in a time of 32m:37s, breaking the previous record also held by him of 32m:47s.  Trevor Kay produced another strong run with his 14th place finish in a time of 37m:05s, finishing just ahead of Daniel Green who was 15th and 1st MV45 in 37m:26s, with Cj Lattimer finishing in 24th place in 38m:23s, and  Kevan James finishing 40th and 2nd MV55 in 41m:02s. Paul Brasington was next in for the club in 73rd place in 43m:30s, with Glenn Holiday in 82nd place in 44m:05s, Terry Sellen running a personal best in 45m:22s, and Ben Black came home in 49m:39s.

Headcorn Half Marathon Sunday 26th February 2017

The club won the team prize with the lowest combined finish times of four runners.  First home for the club was Jon Pearce, who finished in 5th place in an excellent time of 1hr:22m:37s, followed in by Richard Baker(13th MV40) who ran a personal best of 1hr:29m:37s in 37th place, with Dean Bracken in 59th place in 1hr:34m:02s and Paul Brasington also running a personal best in 80th place with his 1hr:37m:16s.  Stu Nunn (40th MV40), after his personal best at the Deal Half marathon, knocked another 3 minutes off with his 1hr:44m:44s finish.

Thanet 20  Sunday 5th March 2017

Robert Carpenter battled the elements to record a excellent time of 2hrs:34m:12s, which placed him in 33rd place and 13th MV40.  Stu Nunn, dipped under 3 hours to record a personal best of 2hrs:55m:44s and 101st place.

Cambridge Half Marathon Sunday 5th March 2017

Jon Wells recorded a impressive time of 1hr:27m:47s in the Cambridge Half Marathon. This was good enough to place him 329th out of over 9000 finishers in the race.

Eastbourne Half Marathon Sunday 5th March 2017

Mark Cleworth ran a strong race in the Eastbourne Half marathon on Sunday.  In testing weather conditions, Cleworth came home in a time of 2hrs:00m:13s.

Steyning Stinger Marathon Sunday 5th March 2017

Steve Hickman ran the  testing off road Steyning Stinger marathon. He completed his 133rd marathon in a time of 5hrs:33m:36s.

Lydd Half Marathon Sunday 12th March 2017

Robin Butler was first home for the club with an excellent 17th place finish and the VM45 age category winner in a time of 1hr:24m:56s, followed home by Paul Moses in 21st place in a new personal best of 1hr:26m:40s. Also running personal best's were, Jonny Wells, who finished 23rd in 1hr:27m:04s and Mark Attenborough who placed 34th in 1hr:29m:27s, with Kevan James winning the MV55 age category with his 36th place finish in 1hr:30m:12s. Paul Brasington finished 63rd in 1hr:41m:26s, Mark Carlton also ran a personal best, finishing 87th in 1hr:45m:03s.

Lydd 20 Mile Sunday 12th March 2017

Richard Baker was the first of the club's runner's home, as he finished 116th in 2hrs:38m:09s, Rod Kessack in his first race for the club coming home in a personal best time of 3hrs:11m:15s, Edward Rodger finishing in 3hrs:17m:19s, Paul Bailey in 3hrs:31m:05s and Andrew Smith in 3hrs:48m:36s.

**LADIES CAPTAIN REPORT**

The Club has had another successful year with members continuing to represent us at events covering all distances from 5ks to Ultras.

We continue to have a strong presence at Park Run both locally and countrywide with Julie even running two on the same day. Gill O’Connor broke the ladies V55 course record at the Ashford Parkrun in November only to have it stolen by her sister Christine the following month.

The club had a great turnout at the Ashford Summer series, the Givaudan 10k and at the Hardelot 10k where we once again won the prize for the largest international team. We also won team prizes during the year for the ladies at the Charing 10k and the Rye summer series 10k as well as winning a mixed team prize at the Headcorn half marathon.

I would personally like to thank everyone who helped to marshal at our recent 10k, the Saturday marshals race was well attended and the actual race itself was a great success. We couldn’t put on an event like this without the help of the members so I thank you all.

Unfortunately time does not allow me to read out all of the ladies individual successes throughout the year so I will just mention a few of the years highlights and a full list will be attached to the AGM minutes.

It has been a good year for the ladies section of the club, Rhian, Rosie, Debs, Orla and Kirsty all ran in their debut marathons which is a huge achievement. Gill Pragnell completed the Edinburgh Marathon, Rachel Pedder ran in both Brighton and New York Marathons and Claire Green completed the Robin Hood Marathon. I will not list all of Helen’s marathons but she is currently up to number 37 and has set a new club record this year for longest distance run by a lady member of the club in an ultra race, when she completed the Wall 69 mile race in June.

Christine Costiff and Gill O’Connor also achieved marathon success when they completed the Chelmsford marathon together in a time of 3hrs:45m:04s finishing as joint winners in their age category and qualifying for good for age places at the London Marathon.

Sue Reader and Frances Hunt are both taking on the challenge of running their first marathon next month. I’m pleased to see that their training has gone so well and wish them lots of luck.

During the Summer relays this year the ladies managed to retain their title as B team winners as well as earning 2nd place in the A league and 3rd placed Vet 45’s.

The ladies performed well in the cross country events this year with Christine Costiff finishing as Vet55 runner up despite running with her fractured elbow in plaster! Gill Pragnell and Claire green also ran well and I am hoping that more of the ladies will give this a go next year as it was a very enjoyable event.

Kate Williams ran well this year, achieving PB’s over three distances, and as one of our newest members of the club Hazel Turner ran a half marathon PB at Lydd in her debut race. Ingvild Firth also achieved a new PB at the Windsor Half marathon.

Dawn, Lucy and Debbie continue enjoy Mollie’s Thursday night circuits and have more recently been joined by Julie, Ann and Becky after their run.

Ann Fidge had a new found enthusiasm for 10k event competing in three this year, whilst Anne Healy ran in her first 10k which she must have enjoyed as she went on to compete in two more.

On a more personal note, I have thoroughly enjoyed my first year as ladies team captain and have tried my best to lead by example. I believe that there are great things ahead for the club in the coming year and look forward to being part of them.

I would like to thank the committee for making me welcome and wish those members stepping down from their positions the very best for the future.

Paddock Wood Half Marathon Sunday 3rd April 2016

In the final weeks leading up to their Spring marathons, several runners took part in the popular Paddock Wood half marathon.  In a field of over 2000 runners, Danyel Carter smashed her personal best by 5 minutes as she ran an excellent race in a time of 1hr:51m:55s.

Ashford And District Half Marathon  Sunday 10th April 2016

Helen Weeden dipped under the 2 hour barrier for the first time as she broke her Personal Best, finishing in 64th place in a time of 1hr:58m:47s. Sue Reader finished in 85th place in a time of 2hrs:06m:11s.

Brighton Marathon  Sunday 17th April 2016

There was a large turnout for the Brighton marathon. Rachel Grout was the first lady from the club to finish as she ran a fantastic time of 3hrs:53m:11s. Rhian Shrimplin came home in a time of 4hrs:06m:00s in her debut marathon, Helen Weeden trimmed 17 minutes from her personal best as she finished in 4hrs:15m:38s. Danyel Carter finished in 4hrs:42m:51s, Kirsty Farrant on her debut ran 5hrs:04m:31s.

London Marathon  Sunday 24th April 2016

Runner's from Ashford & District road running club joined 38,000 other runner's on the start line of the most famous marathon in the world - The London Marathon on Sunday.  Danyel Carter continued her rapid improvement this year, as she trimmed 10 minutes from her personal best, just a week after running the Brighton Marathon, finishing the race strongly in a time of 3hrs:49m:27s. Helen Weeden, also running two marathons in a week after her personal best in the Brighton marathon last week, came home in 4hrs:17m:15s, with Deborah Hainsworth finishing her first marathon in a time of 4hrs:53m:15s.

Whitstable 10k  Monday 2nd May 2016

Jo Faux finished as the 15th lady in the race in a time of 47m:42s.

Hackney Half Marathon Sunday 8th May 2016

At the Hackney Half Marathon Orla Quearney ran an excellent race in very tough running  conditions.  On the hottest day of the year so far, Quearney finished the 13.1 mile course, which starts and finishes at Hackney Marshes and has a large field of over 13,000 runners, in a time of 2hrs:07m:02s.  Kate Williams made her debut for the half marathon distance in the race, she came home in a time of 2hrs:19m:32s.

Ashford parkrun  Saturday 14th May 2016

Rhian Shrimplin finished in 23m:39s, Danyel Carter in 23m:56s, Sue Reader in 26m:37s, Julie Foster in 29m:00s, and Ann Fidge in 29m:23s.

Stelling Minnis 10k  Sunday 15th May 2016

The Stelling Minnis 10k included a tough hill the runners had to negotiate towards the end of the race.  Kate Williams was the 8th lady finisher in a time of 50m:23s.

Ashford Summer Series 5k Friday 20th May 2016  
Gill O'Connor finished as the first lady in the race and the first Vet45 lady in 22m:21s, Danyel Carter ran a personal best and was the first senior lady in a time of 22m:45s and Julie Foster finished in 27m:44s.

Bedgebury Half Marathon  Saturday 21st May 2016

The club had two ladies taking part in the half marathon at Bedgebury.  Deborah Hainsworth finished in a time of 2hrs:09m:47s, just ahead of Sue Reader who came home in a time of 2hrs:10m:14s.

Littlestone 10k Friday 27th May 2016

Jo Faux came home 29th in 48m:18s, and Rhian Shrimplin finished 30th in 48m:23s.

Edinburgh Marathon Sunday 29th May 2016

Gill Pragnell made the long trip up to Scotland to take part in the Edinburgh marathon running well to finish in a time of 3hrs:50m:49s.

Folkestone 10k  Sunday 29th May 2016

In a large field of over 450 runners, Julie Foster finished in 1hr:00m:02s.

Aylesham 10 Miler  Sunday 29th May 2016

Helen Weeden and Sue Reader both produced personal best performances at the Aylesham 10 miler.  Weeden finished in a time of 1hr:36m:20s, and Reader finished in 1hr:39m:05s.

Staplehurst 10k  Sunday 5th June 2016

In very hot conditions at the Staplehurst 10k Christine Costiff came home in 48m:04s as she finished 5th in her age category, Rhian Shrimplin finished 11th in her age category in 48m:18s,

Charing 10k  Friday 10th June 2016

There was a large turnout from the club's members for the Charing 10k. Rosie Kirby finished as the 3rd lady overall in a time of 44m:33s.  Gill Pragnell finished as the 4th lady and was the first Vet lady in a time of 45m:44s.  With Jo Faux finishing as the 7th lady in a time of 47m:17s, the club made it a clean sweep for the team prizes as they took home the lady's team prize.  Rhian Shrimplin was 9th lady home in 47m:48s, Victoria Pragnell finished in 49m:20s and Sue Reader came home in 55m:25s.

Olympic Park 10k  Sunday 12th June 2016

Julie Foster trimmed over 2 minutes from her recent Folkestone 10k time, as she finished the Olympic Park 10k in a time of 57m:31s.

Samphire Hoe 5k Summer Series Wednesday 8th June 2016

In the first Samphire Hoe 5k Summer Series race this year, Rhian Shrimplin ran an excellent race to finish as the 2nd lady in a time of 23m:22s.

The Wall Ultra  Saturday 18th June 2016

Helen Weeden broke the club record for the longest distance run by a lady member in an ultra race when she completed the Wall Ultra race.  The race, which follows a 69 mile multi terrain route of Hadrian's Wall, Started in Carlisle early Saturday morning and finishing in the early hours of Sunday morning.  The race had over 800 starters, but due to the tough nature of the race, only 529 managed to finish, with Weeden finishing the course in a time of 19hrs:19m:11s.   She finished in 412th place overall, 60th female and 21st in her age category.

Ashford Summer Series 10k  Friday 17th June 2016

At the latest Ashford Summer Series 10k race, Gill Pragnell ran a strong race to finish 10th overall, 2nd lady and the 1st Vet45 lady with a time of 44m:24s, with Victoria Pragnell finishing as the 4th lady in a time of 47m:23s.

Ashford Summer Series 5k Friday 17th June 2016

The club's runner's had a successful night at the Ashford Summer series 5k, Gill O'Connor finished in 21m:32s and came home as the first lady overall and the 1st Vet45 lady.  Danyel Giles ran another personal best as she finished as the 2nd lady in a time of 22m:33s, with Christine Costiff close behind as the 3rd place lady finisher in 23m:10s.  Julie Foster ran a time of 27m:55s.

Jubilee Running 10k  Sunday 26th June 2016

Gill O'Connor ran an excellent race to finish in 16th place overall and the 2nd lady as she finished in a time of 47m:32s in the very undulating Jubilee running 10k.

North Downs  Run  Sunday 26th June 2016

Two of the club's ladies took part in the multi terrain North Downs run, a 30k race which includes some very tough climbs across the North Downs, and this year the runners had to contend with a very wet course underfoot.  Ingvild Firth in 3hrs:09m:25s, and Rhian Shrimplin in 3hrs:15m:47s. 

Buckingham parkrun  Saturday 2nd July 2016  
Julie Foster ran the Buckingham parkrun finishing in a time of 27m:20s.

Bewl 15   Sunday 3rd July 2016

Rhian Shrimplin finished 372nd in a time of 2hrs:26m:40s.

Long Course Weekend 8th,9th,10th July 2016

Claire Green also part in the Long course weekend, as she completed the half ironman distances.   She completed the the 1.2 mile swim in 47m:00s, the 66 mile bike course in 5hrs:17m:00s, and the half marathon in 2hrs:14m:00s.

Rye Summer Series 10k  Friday 8th July 2016

In the Rye Summer Series 10k, Helen Weeden finished in 58th place in 58m:11s and was 4th in her age category.

Ashford Parkrun  Saturday 9th July 2016

Julie Foster finished in 27m:26s.

At other parkruns around the country, Danyel Carter finished as the 3rd lady and 1st in her age category as she came home in a time of 23m:40s at the Bexley Parkrun.  At the Luton parkrun Ann Fidge was 1st in her age category in 29m:35s.

Ashford parkrun  Saturday 16th July 2016

Christine Costiff was the 2nd lady and 1st in her age category as she came home in 23m:10s, Julie Foster came home in 31m:01s and Claire Green in 34m:28s.

Great Newham 10k Run  Sunday 17th July 2016

Julie Foster took part in the Great Newham 10k run and in hot conditions, she finished in a time of 1hr:04m:00s.

Ashford Summer Series 5k  Friday 22nd July 2016

The club's ladies had an impressive evening's performances, as Danyel Carter once again broke another personal best, as she finished 9th overall and 2nd in her age category in a time of 22m:05s, closely followed by Gill O'Connor who finished 10th and first in her age category in 22m:17s.  Christine Costiff finished 15th in a time of 22m:54s and Julie Foster 24th in 27m:22s.

Parkrun  Saturday 23rd July 2016

Due to there being no Ashford parkrun, club members took the opportunity to take part in other parkruns around the South East.  At the Bedgebury parkrun Danyel Carter came home in 25m:18s.

Ashford parkrun  Saturday 30th July 2016

At the latest A&D Parkrun takeover, acting as pacers, Rhian Shrimplin finished in 25m:56s, Danyel Carter  30m:07s and Claire Green in 31m:47s.

Samphire Hoe 5k Summer Series  Wednesday 3rd August 2016

At a very windy Samphire Hoe Summer Series 5k Rhian Shrimplin ran an excellent race to finish as the 3rd lady in the race and 23rd overall, in a time of 23m:42s.

Rye Summer Classic Series 10k  Friday 12th August 2016

The club's women had a night to remember as they won the ladies team prize at the Rye Summer Classic Series 10k.  Gill Pragnell was first lady home, as she finished as the 1st Vet45 lady and 38th overall in a time of 45m:11s, closely followed home by Christine Costiff in 45m:50s, who finished as the 1st Vet50 lady and 41st overall.  Gill O'Connor finished in 44th place in 45m:57s, and Victoria Pragnell was 50th in 46m:45s.

Darnley Challenge Marathon  Saturday 13th August 2016

Helen Weeden completed her 33rd marathon as she ran in the Darnley Challenge Marathon, on a 2 lap course starting at the Cycloparc  in Gravesend, and taking the runners through the Darnley Estate, and Ranscombe nature reserve.  Weeden finished the race in a time of 5hrs:29m:00s.

Ashford parkrun  Saturday 13th August 2016

Claire Green finished in 24m:49s, Julie Foster in 28m:08s and Ann Fidge in 29m:55s.

Mount Ephraim 10k  Sunday 14th August 2016

One of the toughest 10k races in Kent, the Mount Ephraim 10k.  The race starts and finishes in the beautiful setting of the Mount Ephraim gardens, and takes in a very tough and hilly course around Hernhill.  Rhian Shrimplin finished 109th in 53m:01s.

Ashford Summer Series 5k  Friday 19th August 2016

The club had a successful night at the last Ashford Summer series 5k.  Danyel Carter was the performance of the night as she smashed her personal best and finished as the 1st lady home in the race in an excellent time of 21m:27s. Gill O'Connor finished as the 2nd lady, 19th overall in 21m:54s, and Christine Costiff 3rd lady, 21st overall in 22m:25s, making it a clean sweep for the ladies for the top 3 places. Julie Foster finished as the 9th lady in a time of 27m:16s, recording her fastest time of the series.   In the Series overall, Gill O'Connor won the ladies prize.

Ashford Summer Series 10k  Friday 19th August 2016

Gill Pragnell finished as the 1st lady Vet45, and 2nd lady overall in 46m:04s, with Victoria Pragnell finishing as the 3rd lady overall in a time of 46m:08s.

Ashford parkrun  Saturday 20th August 2016

Claire Green was the 5th lady home as she came home in 24m:28s.

Ashford Parkrun Saturday 27th August 2016

Gill Pragnell finished as 2nd lady overall in 21m:19s, Victoria Pragnell finished  as the 5th lady overall in 22m:51s, Julie Foster in 28m:02s, Sue Reader in 28m:22s and Ann Fidge in 29m:23s.

Canterbury Half Marathon Monday 29th August 2016

At the popular Canterbury Half marathon, which always offers a challenge to the runners, especially the  very tough hill section between miles 10 and 11  Christine Costiff finished 118th in a time of 1hr:51m:29s, and Gill O'Connor finished 119th also in 1hr:51m:29s.

Hardelot 10k  Saturday 3rd September 2016

On a undulating course in perfect running conditions, the club saw lots of excellent performances and picked up some trophies as well, which included the largest international running  team at the event.  Danyel Carter was the first lady home for the club as she once again smashed her personal best, coming home in 196th place in a time of 44m:24s, Rhian Shrimplin finished in 49m:13s, Helen Weeden in 54m:14s, Lucy Cresser in 55m:00s, Julie Foster finished in 57m:59s, with Sue Reader finishing in 58m:47s, Anne Fidge in 59m:53s and Anne Healy ran 1hr:04m:41s in her debut 10k race.

Samphire Hoe Summer Series 5k  Wednesday 31st August 2016

At the last Samphire Hoe Summer series 5k race Rhian Shrimplin finished as the 4th lady in a time of 23m:36s.

Wingham 10k  Sunday 11th September 2016

Sue Reader finished 200th in 1hr:00m:07s and Ann Fidge finished 3rd in her age category in 1hr:01m:37s.

Rye Summer Series 5k Friday 9th September 2016

Christine Costiff finished as the 2nd lady home and 28th overall in the last Rye summer series 5k on Friday, as she came home in a time of 22m:32s.

Bodiam Castle Sprint Triathlon Sunday 11th September 2016

At  Bodiam castle in East Sussex, Christine Costiff was 102nd overall, the 11th lady and 1st in her age category as she completed the swim in 10m:09s, the bike course in 49m:03s and the 6k run in 22m:20s, with an overall time of 1hr:23s:20s.

Ashford Parkrun Saturday 17th September 2016

Christine Costiff finished as the 4th lady and first in her age category in a time of 23m:02s, Claire Green was 6th lady in 23m:54s, Sue Reader in 27m:47s, Julie Foster in 27m:51s and Ann Fidge finished 2nd in her age category in 29m:04s.

Loch Ness Marathon  Sunday 25th September 2016

Helen Weeden completed her 34th marathon at the picturesque Loch Ness marathon in Scotland on Sunday.  Starting near Whitebridge, the course follows the southern side of Loch Ness, taking the runners into Inverness, crossing the River Ness into a city center finish at Bught park. On a tough and challenging course, Weeden finished in a time of 4hrs:23m:56s, finishing as the 341st lady, and 115th in her age category.

Robin Hood Marathon   Sunday 25th September 2016

In the Robin Hood marathon on Sunday, Claire Green completed the course around the iconic sites of the city of Nottingham.  Green finished in an impressive time of 4hrs:17m:00s.

Windsor Half Marathon Sunday 25th September 2016

Ingvild Firth ran a new personal best time of 1hr:54m:02s in the Windsor Half marathon on Sunday.

Llyn Alven Trail Race Sunday 25th September 2016

On a very tough hilly off road course  of 11.5km in North Wales and in wet conditions Rhian Shrimplin finished 45th in a time of 56m:29s.

Crickadale Half Marathon  Sunday 2nd October 2016

Christine Costiff completed the Crickadale half marathon on Sunday in a time of 1hr:42m:16s.

Basingstoke Half Marathon Sunday 2nd October 2016

Gill O' Conner completed the Basingstoke half marathon in a time of 1hr:43m:33s.

Sittingbourne 10 Mile  Sunday 2nd October 2016

Rhian Shrimplin came 76th in a time of 1hr:20m:30s.

Givaudan 10k Sunday 9th October 2016

There was a large turnout from the club's runners for the 30th anniversary race of the Givaudan 10k, and included some excellent performances.  Danyel Giles once again broke her pb as she came home as the 10th lady in a time of 43m:50s, Gill Pragnell finished 6th in her age category in 44m:08s, Victoria Pragnell finished in 46m:36s, Sue Reader in 57m:15, Julie Foster in 57m:33s, Kirsty Farrant finished in 59m:47s, Anne Fidge was 6th in her age category in 1hr:00m:11s, Anne Healy ran a pb in 1hr:02m:34s.

ROYAL PARKS HALF MARATHON SUNDAY 9TH OCTOBER 2016

Rhian Shrimplin joined 16,000 runners at the Royal parks half marathon on Sunday on a course that takes in 4 of London's royal parks; Hyde Park, Green park, St James park and Kensington Gardens. Rhian finished in a time of 1hr:51m:39s.

Amsterdam Marathon Sunday 16th  October 2106

With the Autumn marathon season in full swing, Orla Quearney completed her debut marathon in 4hrs:56m:23s.

Amsterdam Half Marathon Sunday 16th October 2016

Rhian Shrimplin completed the Amsterdam half marathon in a time of 1hr:50m:43s.

Brighton and Hove 10 mile  Sunday 16th October 2016

Lucy Cresser completed a windy and hilly Brighton and Hove 10 mile course in a time of 1hr:37m:10s.

Chelmsford Marathon Sunday 23rd October 2016

At the Chelmsford Marathon on Sunday, both Christine Costiff and Gill O'Connor achieved their goal of going under 4 hours and qualifying for a good for age place at the London Marathon. With a large marathon field of over 600 runners, Costiff and O'Connor both ran steady races before a quicker second half which brought them home together in a time of 3hrs:45m:04s, and joint winners of their age category in the race.

Ashford parkrun  Saturday 22nd October 2016

Julie Foster finished in 29m:16s, and Ann Fidge was 2nd in her age category in 29m:21s.

Beachy Head Marathon Saturday 29th October 2016

Helen Weeden took on the challenge of the Beachy Head marathon, along with over 1700 other runners.    Regarded as one of the toughest marathons in Britain, it is a off road course that is run through the South Downs National Park Countryside,  takes in Cuckmere Valley, The Seven Sisters, Birling Gap and Beachy Head itself, and has some brutal hills for the runners to contend with, including a very sharp climb at the very start of the race, and the hills keep coming along the course as the runners are tested throughout the race. Helen finished in 5hrs:58m:59s.

Ashford parkrun Saturday 29th October 2016

Julie Foster finished in 29m:00s.

At other parkruns around the country, Christine Costiff broke the V55 lady's course record at Hastings as she finished as the 3rd lady in 22m:04s.  At Riddlesdown, Gill O'Connor finished as the 3rd lady and 1st in her age group in 21m:42s.  At Birkenhead, Ann Fidge finished 143rd in 28m:41s.

Deal 5 Miler  6th November 2016

Kate Williams ran an excellent race in the Deal 5 miler, completing the course as the 20th lady finisher in a time of 39m:49s.

Ashford parkrun Saturday 5th November 2016

Gill O'Connor took the lady V55 course record with her time of 21m:44s(pb).  Claire Green finished as the 10th lady in 26m:06s and Sue Reader in 27m:08s.

A20 Path N Downs Marathon Sunday 13th November 2016

In the A20 Path N Downs Marathon Helen Weeden finished in 5hrs:14m:24s.

A20 Path N Downs Half Marathon Sunday 13th November 2016

Christine Costiff finished the A20 Path N Downs Half marathon as the 3rd lady and first in her age category in a time of 1hr:41m:21s.

666 Run  Sunday 13th November 2016

The club had a large turnout for the popular 666 trail run on Sunday.  Run on a very tough and muddy off road course of 6.66 miles around Kings Wood in Challock. Rhian Shrimplin was the 10th lady in 1hr:08m:12s, with Jo Lattimer the 11th lady in 1hr:08m:13s.

Ashford parkrun  Saturday 12th November 2016

Gill Pragnell was the 1st lady home in 21m:50s.  Ann Fidge finished in 29m:21s.

Elsewhere at other parkrun's, at Canterbury Gill O'Connor was the 4th lady in a time of 22m:56s, and Rhian Shrimplin was 2nd lady at Sittingbourne in 24m:06s.

Ashford parkrun  Saturday 19th November 2016   
Claire Green came home as the 5th lady in 24m:15s, and Rhian Shrimplin as the 7th lady in 24m:53s and Julie Foster finished in 29m:38s.

At the Riddlesdown Parkrun, Gill O'Connor finished as the 5th lady in a time 22m:58s.

Ashford Parkrun Saturday 26th November 2016

Ann Fidge finished 2nd in her age category in 31m:20s.

Kent Veterans Cross Country Championships Saturday 3rd December 2016

The club had some excellent performances at the Kent Veterans Cross Country Championships on Saturday at Central Park in Dartford.  Christine Costiff produced a brave and superb run to finish runner up in the 5k VW55 race, despite running with her fractured elbow in plaster, coming home in a time of 21m:25s.  Gill Pragnell finished her 5k VW45 race in 13th place in 20m:37s, with Claire Green 32nd in her VW35 race in 23m:13s.

Ashford Parkrun Saturday 3rd December 2016

Julie Foster finished in 30m:34s.

Ashford Parkrun Saturday 10th December 2016

Christine Costiff was the 1st lady home and broke the WV55 course record in a time of 21m:35s. Claire Green finished as the 6th lady in 24m:43s.

Ashford Parkrun  Saturday 17th December 2016

Julie Foster finished in 30m:25s.

Kent Christmas Cracker Sunday 18th December 2017

Claire Green had a good race as she finished as the 12th lady in a time of 39m:22s.

Ashford Parkrun Saturday 24th December 2016

Christine Costiff finished in 21m:42s (4th lady), Claire Green 23m:59s (7th lady), Ann Fidge in 29m:00s (2nd in age Category).

Rutland Water Parkrun Saturday 24th December 2016

At the Rutland water parkrun on Christmas Eve, in very windy conditions, Jo Lattimer was 6th lady in a time of 22m:58s.

Ashford Parkrun Sunday 25th December 2016

Danyel Carter finished in 22m:18s (7th lady and new pb) and Claire Green in 28m:51s.

Lamberhurst 10k Sunday 1st January 2017  
In the first race of 2017, on a challenging course which include some tough hill sections, Danyel Giles finished as the 10th lady in the race in a time of 47m:14s, with Jo Lattimer the 11th lady finisher in 47m:52s.   
  
Ashford Parkrun Saturday 31st December 2016  
Claire Green finished as the 4th lady in 23m:57s and Anne Fidge was 2nd in her age category with a 29m:42s finish.    
  
Elsewhere around the county parkruns, Julie Foster ran two parkruns on the same day, with a 31m:10s finish at Maidstone parkrun and then a 32m:52s finish at Shorne Woods parkrun.    
  
Kent Cross Country Championship  Saturday 7th January 2017

The cub fielded a large number of runner's in the annual Kent cross country Championship at Brand's hatch. In the ladies event, the club's two runners both produced very strong performances, with Danyel Carter finishing 63rd out of 188 finishers in a time of 40m:04s and Claire Green finished 88th in 43m:30s.

Ashford Parkrun Saturday 7th January 2017

Julie Foster finished in 29m:06ss.

Country to Capital Ultra Race  Saturday 14th January 2017

This was the first race on this year's ultra race calendar and is one of the premier ultra races in the country.  The runners have to run a course of 45 miles starting in Wendover and after running through the Buckinghamshire countryside, takes the runners into London along the Grand Union tow path, and a finish in Little Venice.  It was run in tough conditions with the recent poor weather making the course exceptionally hard to navigate and with heavy rain and snow showers during the run.  Helen Weeden completed the course in 10hrs:35m:48s.

Ashford Parkrun  Saturday 14th January 2017

Danyel Carter was the 3rd lady in 23m:41s, Ann Fidge was first in her age category in 30m:35s and Julie Foster finished in 31m:55s.

Ashford Parkrun Saturday 21st January 2017

Clare Green was the 3rd lady finisher in 23m:24s, Sue Reader was 16th lady in 27m:12s, Julie Foster finished in 30m:42s.

Canterbury 10  Sunday 22nd January 2017

With many of the club's runners well into their Spring marathon training, Sunday saw a chance to test out how their training was progressing with nine of the club's runners taking part in the Canterbury 10 mile race.  In a large field of over 1300 runners on a testing and hilly course in misty and cold conditions, Danyel Carter ran an 18 minute personal best as she finished 276th in 1hr:13m:22s and Rhian Shrimplin finished in 1hr:27m:04s.

Ashford parkrun Saturday 28th January 2017

Danyel Carter was the 1st lady with a personal best of 21m:32s, Claire Green was the 5th lady in 23m:29s, Kirsty Farrant in 29m:14s, Ann Fidge was the 2nd WV60 in 30m:02s and Julie Foster finished in 31m:36s.

**The Girlings Solicitors Ashford & District 10k  Sunday 5th February 2017**

Danyel Carter produced another personal best with her 64th and 8th lady finish in 43m:13s, Gill Pragnell finished 86th in 44m:31s, Jo Lattimer in 45m:47s, Gill O'Connor was the 1st WV55 in 46m:20s.

The Marshall's race results for 4th Feb 2016

Claire Green  48m:08s

Frances Hunt 52m:47s

Sue Reader 55m:02s

Ann Fidge 1hr:01m:09s

Anne Healy 1hr:07m:54s

Julie Foster 1hr:09m:54s

Ashford Parkrun  Saturday 11th February 2017

Danyel Carter finished 61st in 27m:37s, Sue Reader 62nd in 27m:37s and Julie  Foster finished in 33m:18s.

Worthing Half Marathon Sunday 12th February 2017

Helen Weeden was first home for the club and broke her personal best in Worthing Half marathon on Sunday. Run on a fast and flat course around the seafront of Worthing, Weeden came home in 874th and 37th in her age category in a time of 1hr:57m:18s, Sue Reader, now in training for the Brighton marathon in April, finished in 2hrs:05m:37s.

Deal Half Marathon Sunday 12th February 2017

On the very undulating course around the villages of Betteshangar, Sutton, Ripple, Langdon and Martin Mill, Rhian Shrimplin finished 153rd in 1hr:53m:51s.

Ashford Parkrun  Saturday 18th February 2017

Danyel Carter was 6th lady in 24m:08s, and Julie Foster 35th lady in 30m:42s.

Tenterden 5   Sunday 19th February 2017

Running along a route around the quiet lanes of  the village  of Wittersham, near Tenterden, the runners had to contend with a testing hilly course.  Gill Pragnell ran an excellent race to finish as the 3rd lady  and 26th overall in the race in a time of 35m:46s.

Ashford Parkrun Saturday 25th February 2017

Rhian Shrimplin was the 4th lady home in 23m:16s, Julie Foster in 30m:53s and Claire Green in 32m:37s.

Headcorn Half Marathon Sunday 26th February 2017

The club had a successful time at the Headcorn Half marathon, with several runner's producing personal best's, and the club winning the team prize with the lowest combined finish times of four runners.  Danyel Carter continued her rapid improvement as she knocked an impressive 13 minutes from her personal best with her time of 1hr:37m:42s, giving her 9th place lady in the race.

Ashford Parkrun  Saturday 4th March 2017

Claire Green was 7th lady finishing in 24m:15s, Ann Fidge in 29m:22s and Julie Foster in 30m:47s.

Lydd Half Marathon  Sunday 12th March 2017

Ashford & District running club member's had some impressive performances in the two races held on the fast and flat courses at Lydd.  In the Brett Lydd half marathon, Gill O'Connor won the FV55 category in 1hr:42m:18s, Hazel Turner finished 69th with a new personal best of 1hr:41m:38s in her debut race for the club.

Lydd 20 Mile   Sunday 12th March 2017

Held at the same time as the Half marathon, the Lydd 20 mile race is used as a warm up for the forthcoming spring marathon's next month.  Danyel Carter finished 177th in 2hrs:45m:36s(PB), Helen Weeden in 3hrs:26m:00s and Sue Reader in 3hrs:27m:43s.

Bath Half Marathon Sunday 12th March 2017

Rhian Shrimplin ran a new personal best at the Bath Half marathon as she finished in 1hr:45m:21s.

North London Half Marathon Sunday 12th March 2017

Orla Quearney completed the North London half marathon in a time of 1hr:57m:04s.

Draycote Water 10 miler Sunday 19th March 2017

Danyel Carter finished as the 2nd lady at the Draycote 10 miler on Sunday in a time of 78m:20s.

Riverside 10k Sunday 19th March 2017

Running into a tough headwind at the Canterbury riverside 10k on Sunday, [Hazel Turner](https://www.facebook.com/hazel.turner.34) ran a personal best as she came home as the 5th lady and 2nd in her age category in a time of 46m:23s, Rhian Shrimplin was the 9th lady in 47m:55s, Julie Foster finished in 1hr:02m:04s and Anne Healy in 1hr:05m:11s.

Ashford Parkrun Saturday 18th March 2017

Claire Green was the 1st lady in 24m:22, Ann Fidge finished in 28:47s.

**RE-ELECTION OF VICE PRESEIDENT**

This position is currently not held. Current President is Ernie

Ernie will, once again, continue in this role which was proposed to the members and agreed unanimously.

**ELECTION OF 2017/18 COMMITTEE MEMBERS**

Members stepping down:

Phil as Vice Chairman, CJ as Mens Captain, Scott as Mens Vice Captain, Christine as Womens Vice Captain, Lucy as Webmaster, Rob C as Kit Man, Phil as Records Processor and Keith as Records Secretary

For the Position of Vice Chairman: Paul Moses was nominated by Dean Bracken and seconded by Chris Boyce and unanimously agreed.

For the Position of Mens Captain: Scott Lynch was nominated by Dean Bracken and seconded by Danyel Carter and unanimously agreed.

For the Position of Mens Vice Captian: Stuart Nunn was nominated by Danyel Carter and seconded by Scott Lynch and unanimously agreed.

For the Position of Ladies Vice Captain: Sue Reader was nominated by Dean Bracken and seconded by Julie Foster and Rhian Shrimplin was nominated by Jo Lattimer and seconded by CJ Lattimer. Both members provided a supporting statement which are below:

**Rhian Shrimplin:**

Firstly, I would like to apologise for not being with you all tonight – I am in Bristol

for a bridesmaid dress fitting!

In my absence I’ve attempted to write a few words as to why I think and would love

to be voted in as your Ladies Vice Captain. So here goes;

Why?

I have been running for a few years now – Ashford and District was my first club to

help make that transition into a ‘runner’. The club helped me dramatically – not only

to improve my personal performance, but also to have and be part of such a special

community

What I can bring to the role?

Firstly - my experience in competing. Since becoming a member of A&D I have

competed in the summer relay events each year, I have completed my first ever

marathon, and I have committed myself to club training on Tuesday and Thursdays.

As many of you will know – I love racing and regularly take part in local and not-so-

local events! I also love to share these events with my fellow runners. I always try my

best at each event and always try to support others and celebrate their successes.

To me, these events are so important. They have given me insight into other clubs,

sportsmanship, atmosphere, spirit and positivity- all of which are values that I would

take forward with me in this role.

Secondly – I recognise effort, and wholeheartedly enjoy supporting each one of you. I

know the importance of celebrating every performance even if our results are all

different.

Having been on the London Marathon support bus (despite being jealous of every

other competitor!) and by taking part in Hardelot each year, I have been able to note

further the importance of team spirit. On a race day, this can really help push through

the wall or make it up a steep hill!

Lastly – I like to think I have a positive outlook and hold this approach with running. I

love to share my runs, talk about running, celebrate PB’s, promote races and events,

compete, eat and breathe running!!

I know and have experienced the rollercoaster of a ride that is running! I know the ups

and down’s; the injuries; the aches and pains, the dreaded wall (!!)…. but most

importantly, I know how to pick it up again. Motivating others to do the same is

paramount. Having a strong club, with good friendships and a encompassing team

spirit plays a huge role. A+D advocate this, and I want to make sure we keep

becoming a stronger and bigger club.

I love this club, I want to be a part of the committee and contribute positively-

bringing fresh and new idea’s to the table. I would love to be Vice captain and help

us all succeed to be the best we can be.

Thanks very much, see you next week for cake!

**Sue Reader:**

Sue Reader- Statement for Ladies Vice-Captain 2017

I was asked to make a brief statement on why I would be considered for ladies vice-captain for the Club?

**I enjoy promoting**

I’m keen to support in the publicity of club. I’m aware were thinking of doing some A&D promoting in park run, perhaps giving out flyers, maybe guidance on how to join, and know I would enjoy helping with this, whether I’m ladies vice or not.

**I’m organised**

I keep a excel spreadsheet diary to organise my life (sad!) and perhaps If you were to speak to some of the club members about by obsession with long run route planning they can vouch how I love to organise.

Therefore I think I would enjoy working with the committee on organising events and the administration that goes with that.

**Running itself**

I believe that voluntary work is best done by those that as passionate for the cause. I love running, we all love running, and it’s obviously why we’re here and want to volunteer to make this club great.

I love all sort of running, from relay (well sometimes!), 10k, half marathons, and trail to long distance. I think I would add to the clubs committee by representing this diverse approach to distance and terrain in the club. I also think I would enjoy being part of organising running events and much as I do attending them.

I used to run solo, and I have really enjoyed what running in a group has had to offer since joining the club. I have recently been arranging group runs as part of our marathon training over the past few months and have really seen the benefits of motivation in a group.

I love to talk running, I find the club a great place to be to talk all things running. To be on the committee would indulge me further I’m sure, and perhaps save my poor family and friends with listening to what trainers are best, or the trials and tribulations of whether bloxs or gel are better!

**Pride**

I love running event. My experience is that when you put on your blue t-shirt and hunt through the crowds in an event looking for other blue t-shirts, when you find them, you stand with pride amount your club members (even on occasions when you don’t really know each other), it’s this team behaviour that makes you feel proud to be Ashford and District, I hope to continue to represent that as part of the committee.

The vote was made by a show of hands with the following result: Rhian 11 Votes, Sue 17 Votes.

The majority vote of 17 means that Sue has been agreed as Ladies Vice Captain. Thank you to both ladies for providing a supporting statement.

For the Position of Webmaster: Brad Bunk was nominated by Dean Bracken and seconded by Scott Lynch and unanimously agreed.

For the Position of Records Processor/Secretary: Brad Bunk was nominated by Dean Bracken and seconded by Scott Lynch and unanimously agreed.

**Other Committee Positions:**

Chairman – Dean Bracken

Hon Secretary – Julie Foster

Hon Treasurer – Robin Butler

Membership Secretary – Jo Lattimer

Social Secretary – Chris Boyce

All were unanimously agreed.

Auditor of accounts: Darren Ward was confirmed as auditor of accounts.

**Rule Change:**

In the event of multiple members are nominated for the same committee position, it is proposed to change the rule as stated in the agenda above. This rule change was proposed and agreed by 23 members present.

Most improved runner- proposal for rule change as stated in the agenda above. This rule change was proposed and agreed by 26 members present.

**Increase of annual membership for 2018/19**

Members were advised that due to the increase of UKA fees in the coming years the annual membership for 2018/19 will be £35 for full membership and £25 for non competitive. Family members in the same household will remain at £17. This was proposed and agreed by 27 members present.

**Reminders:**

Advise all members present that the marathon is on 30th April and we will be looking for marshals and help on the day/weekend.

Membership fees are currently due and preferred method is via bank transfer. £32/£23/£17

Awards night is on Friday 12th May at The Flying Horse, Boughton Aluph.

All members were thanked for their continued support and the meeting was concluded at 9.30pm