

PWR Chairpersons report 2017-2018 10.5.18

The theme for this past year is

And we keep on giving.....

This will be my 4th and last AGM as Chairperson. At times it's been joyous and other times challenging.

I'd firstly like to thank all of the committee for their own personal time and hard work and their unwavering support over the past year. This is a great group of people with a common goal, to make this club as inclusive and accessible as they possibly can; but also making it fun and challenging and a great way to spend time. Friendships made in this club, can be lifelong.

We've had so many highlights over the past year. I will leave the Captains' report to deal with the actual running side of things.

Petts Wood Runners are growing year on year. We have 582 first claimers on our books (179 still to renew as at 11.05.18), compared to 440 who paid by last year's AGM. There are 13 second claimers. We've had 123 new members join in the last year. 51% of members are female and 49% male. The average age is 44. Most new members have joined upon the recommendation of a friend.

The average weekly attendance for a Tuesday night club run is 169 runners, for the same period last year it was 156. The record is 216 and 215 on consecutive Tuesdays in May 2017. Many thanks to David Allison for collating these stats and to Charley Hasim who has agreed to take this over.

We purchased new paddles to hopefully improve the organisation at the start of club runs, making the leaders more identifiable. The safety of our members is hugely important to us. There have been several requests that have gone out asking members not to run in the roads. It is especially hazardous along Crossway at the end of the run. Please listen to your leaders who have your safety as their main concern.

We wouldn't be able to organise Tuesday nights or Thursday or Sunday morning runs without our fabulous 60 active LiRFs. These amazing people turn up week in, week out whatever the weather. Please do respect them at all times, their role is to lead an enjoyable, safe run at the pace they have advertised, without feeling undermined by anyone in their group.

Thanks also to Mike Reeves, who rarely has a Thursday night off from the track and has helped so many of you achieve your goals.

Sherry Bevan and Donna Carroll have once again very successfully lead two further beginners courses in the last year, with new leader Michael Button joining the team. Around 30 beginners graduated in November 2017, and 25 last Saturday. Several decide to join the

club, even before completing the course. Between 50 and 90 sign up for each course and there is a drop out rate of around 50%, for various reasons. Thank you Sherry, Donna and Michael, you are a shining example to us all, and thank you to the many PWRs who turn out to support the beginners through the 8 weeks of the course and at the parkrun graduation.

As a thank you to all of these lovely people we had a social evening at The Crown in Bromley in September and hoping to do something similar this year.

Our social activities expertly organised by Nicola Moore were extremely popular. I think the quiz almost sold out in minutes and the Winter Party was great fun. She also organised the Midsummer Run (thanks to Pauline Skerrett for the use of her garden again) and the Grand Prix awards night.

Our Petts Wood 10k continues to be extremely popular. Many thanks to Phil Morley, who stepped into the breach to act as Race Director. Over 250 of our fabulous members turned out and helped us to put on another great race day. We donated £5,000 to St Christopher's, £1,000 to the National Trust and £1,000 to the Maypole project from the profit. In the last 11 years we have raised over **£62,000** for local charities, well done everyone.

We have some new faces on the race team for this year and the planning has already started. Entries opened in April and over 150 places have already been sold.

In November we assisted Paul Daniels to put on a CRY screening event. 102 young people were screened. Out of that, six were asked to be re screened the following year and one had an urgent referral to the specialist team at St Georges. This was totally free of charge but our amazing members supported this event and baked cakes, made tea, held a raffle and donated to the online Just Giving page. A fantastic **£1163** was donated in total. Thanks to everyone who helped with that.

Coaches are continuing to be very popular but take a great deal of organising. Thanks to all of those that were involved in the very time consuming admin of that.

With that in mind we are introducing a coach policy. and we will expect payment within 48 hours of reserving a seat. This is to cut down on administrative chasing and people holding places then deciding they don't want it.

The committee discussed and unanimously agreed that the club Facebook page should be for members only for security and confidentiality reasons and also somewhere to discuss running related issues. An official PWR fb page was set up by Julie Medhurst, where all official communications from the committee can be posted following emails to club members. Julie also maintains the leaders rota and with the assistance of Kevin Howarth and Sherry Bevan, has also maintains the PWR web page, set up PWR Instagram and Twitter

We have very good links with London marathon events and because we are extremely reliable and very efficient we were asked to provide volunteers for Ride London, The Big Half as well as Virgin Money London Marathon water station four. These are always fun events

and we are given donations to the club from them of between £150 and £200 approx per event. This is a great way to meet other people from the club and very sociable.

At the end of this month we have a team volunteering at Vitality 10k. Everyone who does something for others should feel very proud of themselves.

We have a new kit supplier, iprosports. There have been a few teething problems with the sublimated kit as this is an online shop. The problem is, is that they require five orders to process the sublimated kit and then it's three weeks until delivery. Also the men's sizing is really big. I have been working with their director to resolve these issues. The quality however is very good. Eadaoin Boyle and Olivia Senbanjo have agreed to look after the kit. More information to follow when available.

The (My) shed was finally completed and handed over at the end of April. It took thirteen months from application to completion. We now have all of our 10k kit stored in there. Enormous thanks to Stephen Faulkner who stored it in his garage for nearly three years.

24 of our LiRF's attended a HeartStart course run by Henry Dom of the London Ambulance service in the last few weeks. It was very informative. We are planning to train a few of our leaders to become HeartStart trainers in the near future and put on our own courses for our members. We would encourage all of our Leaders to attend one of these courses but it should be available to our wider members too. Watch this space.

PWR have joined with other significant users of Willet Recreation Ground; the tennis, bowls and cricket clubs and we have jointly purchased an AED which was fitted at the end of April 2018. Three of us attended the AED training and our AED is accredited by LAS.

Our Members' 10K, which took place on Sunday 13 May, was again a resounding success. We had 101 runners and 41 volunteers. We also ran a raffle with prizes including places at our own official 10K race in October. Derek Hopkins and his team did a great job cooking the bacon rolls and we had a number of delicious cakes made by our wonderful bakers. Thanks Derek and his team and all the cake bakers. Extra special thanks go to Helen Hart for her extraordinary commitment to overseeing the organisation of this event, at the same time as processing around 500 membership renewals! You are amazing!

Finally, our members have raised a staggering £44,455.85 for their chosen charities whilst running marathons over the last year. Our PWR collective raising money for CRY and ELF raised an incredible £4,815.60. Thanks to Chris Summers for the initiative, Karen Clark for collating the figures and all of the runners for selflessly running for great causes.

So there we have it, all in all a pretty fantastic year. Didn't we do well!

Karen Barritt
Chairperson.