

# Minutes of PWR Annual General Meeting

## Tuesday 14<sup>th</sup> May 2019

The Manor at Bickley, Thornet Wood Road, Bickley BR1 2LW

**1. Welcome** - Daniel Selman (DS), Club Secretary welcomed members to the Petts Wood Runners AGM.

**2. Apologies for absence** – apologies were received from Anna Lerner, Perry Wilson and Donna Carroll. It was agreed that at least 60 members were present at the meeting which represents 10% of the club membership.

**3. Minutes of 2018 AGM** – there were questions raised from last year's minutes.

### **4. Chair's report (Karen Barritt)**

I expect some of you are surprised to see me giving this report as I stepped down as Chair last year. John O'Toole resigned as Chair due to increased personal and work commitments but had previously served as club secretary and liaison officer. I came back in as caretaker Chair, alongside the Race Director role. As John doesn't want any fuss we have a small gift that I shall give him after.

Those of you that have been to the previous 4 AGMS, may know I like a theme for my report. Well I don't have one this year, instead it just has a title: 'And now my watch has ended.' Not that you are expected to be on the committee until you die but maybe standing for Chair should come with a Health warning. It has been a very interesting, fulfilling part of my life to serve on this committee over the past 7 years. So, I will deal with the business end of things, Laura with the Finances and the Captains with the glory of the achievements of our members, which doesn't necessarily mean winning anything but personal achievements.

Before I start I would like to thank the committee as a whole for their commitment into making this club run as efficiently and friendly as possible and open to all. They put many volunteer hours into making this club one of the most friendly and sociable clubs that there is. They also throw in a bit of running too.

Special thanks go to Laura and Hels who are also stepping down this year. Laura has been Treasurer for 7 or 8 years, we can't quite remember and Hels Membership Secretary for 5 years.

This club could not survive without volunteers and with that in mind I would ask the Tuesday and Thursday group leaders, Laura Finch the Run and Talk Friday morning leader and Thursday night track leaders of Mike and Jane to stand and be generously applauded for their unselfish commitment to our members.

Whilst I'm on the thanks theme: the following people have gone above and beyond and assisted the committee. These include:

- Grand Prix team: John Gurney, Mark Burgess and Sonia Chou
- Coach organisers: Paul Kelly, Linsey Hopkins and Moy McGowan.

- Catering leaders: Linda Bowley and Derek Hopkins.
- Those who organise the Beginners groups: Donna Carroll, Sherry Bevan and Michael Button.
- Charley Hassim for keeping Tuesday night stats
- Kate Anderson who has coordinated volunteers.
- Pauline Skerrett for the use of her garden for the midsummer run.
- Eadaoin for organising club kit.
- Kev for his excellent photography skills.

If I've missed anyone bearing in mind the Captains are dealing with the running side of things, then I am truly sorry but give a shout out now, so you can be included. Joanne has expertly organised very well attended socials including the midsummer run, quiz night, Winter party, and marathon roll-call. She has plenty up her sleeve still to come for the coming year.

We have continued to support CRY & ELF charities on behalf of Paul Daniels and Nigel and Auriol Hewson with donations from raffles equally shared between the charities. Another extremely well attended CRY screening event took place in February with approx 100 young people being screened for their cardiac risk.

Now for club stats:

At the end of March 2019 we had 602 members. There were 103 new members in 2018/19, which is consistent with the growth of the club over the last few years.

The breakdown of members is 52% female and 48% Male.

Average age is 45 with the youngest being 16 and the oldest is 74.

parkrun is a huge part of this club with many members joining as a result of parkrun. You may be interested to know that within PWR we have 2 parkrun ambassadors, 8 but shortly to be 9 Event directors and 11 Run directors and so we are massively giving back to the wider running community too.

Our volunteering for the London Marathon events Group continues and we have supported Ride London, VLM and Vitality 10k. We still need more people to sign up for the Vitality 10k at the end of May. We are approximately 10 people short. Look at fb or email Daniel, club secretary ASAP please.

We were hoping to be able to put on Heartstart training internally for our members over the past year. Charley Hassim did facilitate one training session. However, LAS have now changed from HeartStart to Teach the Beat but they are not in a position at the moment to roll this out. So watch this space, it is coming.

Finally, I've been privileged to be involved in the PW 10k over the years. As a club we have donated almost £61,000 to St Christopher's Hospice since 2006, as well as significant amounts to the National Trust and the Maypole Project. We can only do that with your help. So block out your diaries for 13.10.19 and help to continue to make the Petts Wood 10k one of the best in the country.

More members, more difficult to find volunteers. Someone else will do it. Please support the committee by responding to requests for volunteering  
I wish the new committee the very best for the next year.

#### **5. Treasurer's Report – Laura Stables**

Laura referred to the Treasurer's report in the AGM prepared papers. The highlights are noted below. For a more detailed breakdown, refer to the member's area of the website where you will find the AGM papers. No questions were raised by members concerning the accounts.

The bank account balance held at the end of the accounting year is £14,536.36 vs £14,569.76 held at the end of last year. This is a year on year adverse variance of £33.40. The year on year movements can be seen in the Accounts Summary, however the primary movements in the year are as follows:

- Net subscription fees are £7,390. This is made up of gross income of £15,845 paid by members partially offset by £8,455 of fees that are paid across to EA. The details of this are shown in Appendix 1.
- Each club member now pays £27 to PWR of this £15 is paid to England Athletics – effectively the club receives £12 per year from each club member.
- The variance year on year is purely a timing difference as to when subs are paid by members and when these are paid across to England athletics.
- From the 2018 10k the club made a profit in the year of £106. This is made up of gross income of £16,918 primarily made up of race entry fees. This is offset by expenses of £16,812.
- A breakdown of the income and expenses for the 2018 10k are shown in Appendix 2. Donations were made to charity of £6,850.

#### **6. Captain's Report – Stephen Pond & Gillian Selman**

We have had another successful year as a club with a fantastic turnout at many events, with various individuals also achieving fantastic records and personal targets throughout the year. Congratulations Petts Wood Runners for having such inspiring members and being so successful year after year. We are now going to mention a few successes, apologies if we don't mention every success but please be assured that they are all celebrated equally.

#### **Assembly League**

The assembly league was well attended last year and we had some good category finishes. Special mentions must go to Matthew Pond – 2<sup>nd</sup> in the U20, John Gurney – 4<sup>th</sup> in the M60, Hannah Roberts – 4<sup>th</sup> in the W35 and Stephen Pond – 5<sup>th</sup> in the M50. This year has begun well, under the guidance of Marcus Elwes and we hope that more club members will attend as the fixtures get closer to home. The first two races were at Beckenham and Victoria Park and we are awaiting clarification of the next

two events before we return to Victoria Park and Beckenham for the final two races. We will keep you all informed.

### KFL

One of our biggest achievements of the year was certainly KFL under the guidance of Gavin MacKay. The ladies team and the men's team both finished in first place in the league, thus meaning PWR combined team were champions for the first time. We had 113 participants, 66 medal winners, Simon Fox who finished 2<sup>nd</sup> placed male and Geraldine Schaer who finished 3<sup>rd</sup> place female and also female 50 category winner. The races will start again in October this year and more details will be available in due course.

### Cross Country

Thanks must also go to the 24 runners that attended the Kent Veterans cross country race at Dartford. We are also hoping to have runners in the senior version early next year, so watch this space. Some of our fastest runners are turning 40 this year so we expect some keen competition in the veterans category in December!

Special mentions also to Simon Fox, Roger Vilardell & Hannah Roberts, who all represented Kent at the Essex 20 cross country championships.

### Marathons

Amazingly, 104 of you ran in 38 different marathons this year and every one of you should be very proud of this achievement because the support that has been given to the marathoners has been second to none. A couple of weeks ago we all heard the lengthy inspiring list of names of those who have trained and ran a marathon, so whilst we are not going to name you all again tonight, we just must mention Hannah Roberts who represented England at the British Masters in Chester last year. We're sure that lots of you have been inspired to run a marathon for the first time this year and as a club, we are so proud of every single one of you who runs such a tough distance. We are a great club for offering advice, encouragement and of course support and hopefully, all of this will make your marathon journey, whether it be that long slog home from work or the early morning Sunday long run seem a little bit more bearable.

### Grand Prix

Last year's Grand Prix was successfully concluded and the prizes handed out at the Winter Ball. All races were well attended and two people (Joanne Carey and Stephen Pond) managed to attend all 12 races. This year's Grand Prix has now reached the half way point and this has been really well supported by PWR's in such places as Brighton, Canterbury and Paddock Wood. This was most recently demonstrated by the number of you that turned up to Darent Valley last Sunday (I understand there were approximately 55 of you) and this seems to be the case at each Grand Prix fixture. It is really wonderful to see the grand prix being so well

supported by you all and we can't possibly move on without mentioning what happened at Darent Valley. Now, bearing in mind Darent Valley was a Kent Grand Prix race, it was amazing that we had a 1-2 in the men's race, so well done to Simon Fox and Roger Vilardell on such a massive achievement and I am sure there is more to come from these fine young runners (one of our runners had a nasty fall near the end so we hope she is recovering well). So there are 6 races to go and we hope you continue to support these in the same manner as the first 6. We then look forward to handing out the trophies at the Winter Ball in December.

### Noticeable Achievements

It should here be noted that everyone has personal targets and we all train hard to achieve those targets, whether it's completing a marathon or running a parkrun without walking breaks, we all aim to improve so you all deserve appreciation for committing to running.

There have been 28 club records broken in the last year; a couple of them have been broken twice. Unfortunately we can't mention you all but Julie Medhurst has done a fine job with keeping us all updated when records are broken. There have been countless PB's and many of you ran new distances for the first time. Someone even ran a marathon for the first time, finished and swore blindly they would never do it again, only to complete another one a few months later, But we won't mention names will we Joanne! Basically you are all amazing, but please do let us know when you achieve a new target as we all love to celebrate your achievements. There have been hundreds of successes from runners across all groups from category prize winners to PB's to new distances, they all are noteworthy and their success should be celebrated by us all.

As a team we have also won awards at various races including the annual mob match against Orpington in July and also the mob match at Footh Cray Meadows parkrun in April, although I understand Orpington tried to steal that from us. Both the Men's & ladies teams have had many successes at various races throughout the year including the Orpington High Elms 10K and Ted Pepper 10K, but the most notable of these were the team prizes at the Kent Long Course championships at Paddock Wood, where the men's 50-59 team of Stephen Pond, Stephen Scobie & Tim Springett and the men' 60-69 team of Bill Middleton, Charles Yates & Steve Burnett both won gold and the ladies 45-54 team of Geraldine Schaer, Gillian Selman & Jane Branch were bronze medallists. It should also be mentioned that Geraldine Schaer won the silver medal in her individual category and Stephen Pond won the bronze medal in his individual category.

One other achievement we would like to mention, is a young man, Matthew Pond who ran his first half marathon last October and then his second at Paddock Wood a few weeks ago. This second effort is currently the 8<sup>th</sup> fastest half marathon run by a male under 17 runner in the country.

### Committee

As we're sure many of you know, there will be lots of changes on the committee next year and we have come to the end of my second year and Gillian's first year as Captains. It's been a wonderful experience and we couldn't have done it without the support of the wonderful members of the committee who put in so much time and effort behind the scenes. The club would be lost without such committed people. The committee live and breathe Petts Wood Runners, they are the foundations for a great club and we look forward to welcoming new members to the committee.

Finally, as Captains we are so proud of every single one of you and we want each and every one of you to promise us that you will carry on being so committed and inspirational. If you continue to do this then Petts Wood Runners will get bigger and better and be a club to be feared.

### **7. Election of PWR Committee Members**

The following officers were appointed to the committee:

Chair	Nicola Moore
Secretary	Daniel Selman
Treasurer	Sarah Davies
Membership	Wendy Le Comber
Men's Captain	Stephen Pond
Ladies Captain	Gillian Selman
Coaching	Richard Dunstan
Liaison	Hannah Harrison
Social	Joanne Carey (O'Connell)
Online content	Spencer Davies
Minutes	Julie Medhurst

In addition, Tim Springett (Health and Safety) and Natalie Compton (10k Race Director) were also appointed on the night.

### **8. Changes to the constitution**

After debate (and contributions from Gavin Mackay, Jonathan Bottomer, Auriol Hewson, Paul Daniels) a vote was cast and it was agreed that a working party would be formed to discuss the club constitution. Daniel Selman, Club Secretary was tasked with leading this and to put forward recommendations for changes at a General Meeting of members – dates to be agreed at the next PWR committee meeting.

### **9. Paul Daniels**

Paul gave thanks to the committee on behalf of the members.

### **10. 10k raffle draw**

A raffle was held on the evening of the AGM to raise funds for CRY and Leukemia UK. £203 will be added to the £325 raised at the marathon roll call and will be split equally

across the 2 charities. The lucky winners were: Sigrid Robson, Mike Reeves, Mark Burgess, Linda Launchbury and Andrew Deer.

**The meeting was closed by Daniel Selman**