

# Reading Roadrunners

## Minutes of the Annual General Meeting

*Held 19:15 21Mar17 at Suttons Bowls Club, Lower Earley*

1. Apologies were received from: Alexa Briggs, Kevin Buree, John Cunningham, Chris Darby, Gareth Goodall, Hywel Jones, Tim Miller, Paul Monaghan, Veronika Royle, Shirley Smith, Kathy Tytler, Christine Usher.
2. Minutes of the AGM held on 22Mar16: proposed as a true and accurate record of the meeting by Roger Pritchard and seconded by James Kiddie.
3. Annual reports delivered at the AGM are included at Annex A.
  - a. Chairman Carl Woffington
  - b. General Secretary Bob Thomas
  - c. Treasurer Sandra Sheppard
  - d. Membership Secretary Anne Goodall
  - e. Social Secretary Hannah McPhee
  - f. Coaching Co-ordinator Simon Davis
  - g. Ladies' Team Captain Claire Seymour
  - h. Men's Team Captain Mark Worringham
  - i. Charity Report Susie Rees

#### 4. Election of the 2017/18 Committee

<u>Chairman:</u>	Carl Woffington	<u>General Secretary:</u>	Bob Thomas
Proposed:	Anne Goodall	Proposed:	Anne Goodall
Seconded:	Sandra Sheppard	Seconded:	Simon Denton
Votes for:	75 <b>Elected</b>	Votes for:	76 <b>Elected</b>

<u>Treasurer:</u>	Sandra Sheppard	<u>Membership Secretary:</u>	Anne Goodall
Proposed:	Alan McDonald	Proposed:	Alan McDonald
Seconded:	Alice Kerr	Seconded:	Glynne Jones
Votes for:	78 <b>Elected</b>	Votes for:	77 <b>Elected</b>

<u>Social Secretary:</u>	Hannah McPhee	<u>Ex-Officio:</u>	Simon Davis
Proposed:	Sandra Sheppard	Proposed:	Anne Goodall
Seconded:	Andy Dingle	Seconded:	Carl Woffington
Votes for:	79 <b>Elected</b>	Votes for:	67 <b>Elected</b>

<u>Ex-Officio:</u>	Simon Denton	<u>Ex-Officio:</u>	Andy Dingle
Proposed:	Fleur Denton	Proposed:	Glynne Jones
Seconded:	Janice Thomas	Seconded:	Alan McDonald
Votes for:	77 <b>Elected</b>	Votes for:	77 <b>Elected</b>

Ex-Officio:                      Alix Eyles  
Proposed:                         David Walkley  
Seconded:                         Pete Jewell  
Votes for:                         6 **Not elected**

Ex-Officio:                      Catherine Leather  
Proposed:                         Andy Dingle  
Seconded:                         Anne Goodall  
Votes for:                         74 **Elected**

Ex-Officio (Media):             Paul Monaghan  
Proposed:                         Alan McDonald  
Seconded:                         Caroline Jackson  
Votes for:                         73 **Elected**

The elected 2017/18 Committee:

**Officers**

Chairman                         Carl Woffington  
General Secretary               Bob Thomas  
Treasurer                         Sandra Sheppard

Simon Davis  
Simon Denton  
Andy Dingle  
Anne Goodall  
Catherine Leather  
Hannah McPhee  
Paul Monaghan

5. Election of Team Captains

Both Claire Seymour and Mark Worringham stood down as the Ladies' and Men's Captains. Candidates Samantha Whalley and Phil Reay were elected as the new Team Captains for 2016/17 on a show of hands.

6. Club development roadmap

Bob Thomas described some of the analysis undertaken by the Committee to enhance the administration and member experience of the Club.

7. Election of Charity to support through 2017/18

Ellen Togher presented her case for supporting the Cycle-Smart Foundation, a charity dedicated to encouraging children to wear helmets when cycling.

Tina Wilson presented her case for supporting the Stroke Association.

With the two proponents out of the room, there was a discussion regarding whether the Club should select one of the proposals or to support both. It was decided to support one charity. On a show of hands, the chosen charity was Cycle-Smart.

8. Revised Rules & Constitution

The outgoing Committee presented its proposed revision of the Constitution and Rules, which were in need of taking cognisance of the increasing reliance on IT to administer the affairs of the Club. Rather than piecemeal changes, the opportunity was taken to simplify and re-structure the documents.

The main point of contention was that the revision dispensed with an election of Committee members if no more candidates presented themselves than the number of Committee places available, the logic being that there would be no means of denying any such candidate a Committee position. Roger Pritchard objected strongly to this proposal.

The revised Rules & Constitution documents were formally accepted, with one vote against the proposal.

9. Club banked funds

Chris Mason questioned the logic of holding a bank balance at its current size, noting that there have been cases of clubs being defrauded out of their assets. Chris explained that when he was party to establishing the Club, the original intent had been to hold around one year's expenditure in reserve.

There followed a discussion from the floor, with most people supporting the Committee's stance that it is prudent to have plenty in reserve as, for example, we have no tenure on our use of the Palmer Park stadium, nor is it clear how the fees for using the stadium are likely to be affected by the council's intention to outsource development and management of the site in the near future.

It was agreed that the new Committee would consider if the money could be sensibly diversified, but no formal action was placed.

10. Other points from the floor

- a. Tom Harrison made a personal statement expressing concern over the suitability of Alix Eyles as a candidate for a place on the Committee.
- b. Colin Cottell asked about whether the Club would pay to bring in an external coach.
- c. Katie Gumbrell observed that some of the coaching groups are too big for one person to manage and the Club should encourage more members to qualify as coaches.
- d. Simon Davis stated that he had approached the Circle Hospital to give a sports injury lecture specifically for the Club.
- e. Alix Eyles made a personal statement to the effect that her complaints to the Committee are not handled effectively.

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### Chairman's report

The Reading ½ took place on 3<sup>rd</sup> April and RR supplied marshal team for the start area, thanks to Richard Hammerson. There was the usual huge turnout of green vests running.

We sent over 60 members to Marshal the London Marathon on 24<sup>th</sup> April. There were two teams operating with team leaders Carl Woffington and Peter Green. Carl Woffington was again a Sector Manager for a length of the course.

We had the 2016 Spring Do and the RR Cross Country Championship presentation evening on 30<sup>th</sup> April. This was organised by our Ladies Team Captain, Claire Seymour, and our Social Sec, Amanda Box. It was very successful and enjoyable. Carl Woffington organised the XC Championship. It was again a special year, since RR won the men's, women's and overall trophies for the TVXC League. The perpetual shields were informally presented at the Spring Do. The official presentation took place before the Datchet XC race in November.

Early May Bank Holiday Monday is our Shinfield 10k date. Colin Cottell and his team putting on another very successful event.

Also in May, was the Royal Berks 10k where RR supplied a marshal team.

Late May Bank Holiday Monday was the London 10k and we again supplied a marshal team for the race. We also entered a men's and women's team in the UK 10k Road Champs which is incorporated in this race.

In the summer relays we had teams out in the Ridgeway Relay, Runnymede Relay and Bounders Relay. RR participation in these is good with excellent team spirit.

In July Sandy Sheppard organised our own Dinton Relays. Sandy took over the organisation after Richard Hammerson

stepped down. Sandy introduced a few changes and all went very well.

The track sessions held during the summer months were held without floodlights. There had been a structural failure of one of the supporting pylons. All the lights were removed for safety reasons. New lights were installed and turned on at the end of September. In fact, the first RR session with the new lights was the timed track 5000m on 30<sup>th</sup> September. Just in time before the dark winter evenings caused us problems. During this dim period without lights RR were in touch frequently with both Park Management and RSL.

We were also in contact regarding our clubhouse possibilities and our future at Palmer Park. You may remember that we wrote to RBC in April 2015. RR were advised that the Council were doing an overall study of sports facilities in Reading via an outside consultant. Due to be finished Nov 2015 with results known early 2016. Until then there was to be no building approval and our club house and our lease offer had been retracted. RR work on the clubhouse stopped. In Dec 2015 RR received an update on the study report from RBC. We are linked to the swimming pool situation. There is to be a new pool built at Palmer Park and this effects the development of the whole site. RBC said they would convene a joint meeting in Spring 2016 with all clubs that use Palmer Park to establish the level of facilities required for all sports. It seemed they may put in a cafe, bar or meeting room that we could all use. The joint park users meeting in Spring 2016 didn't happen. We asked for our own meeting and this took place on 12<sup>th</sup> August. Present were Bob Thomas & Carl Woffington from RR and Ben Stanesby & James Sadler from RSL. The Council have no money and will find a Company to design,

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build and run a swimming pool at Palmer Park. It seems likely that the Company will then take on the running of the stadium, astro pitches etc. This could well effect RR.

However, subsequently the condemned cycle track fencing has been replaced with the cost going to the British Cycle Federation. They have been given a promise of 10 years use. So we are probably OK for a while yet.

In September we had a Quiz Night organised by Catherine and Shane Leather.

The last Sunday in September saw the traditional Mortimer 10k. Another successful race from Bob Thomas and his team.

In October we had a Curryoke organised by John Bowley and Fiona Ross.

Also in October we had a Reading parkrun takeover by RR.

The London Marathon Marshals and Club Draws took place in the bar.

In December Hannah McPhee organised our Christmas Party. Well attended and good fun.

Our home TVXC fixture took place, no rave to contend with. We had a contingency course planned. The race was jointly organised by Mark Worringham and Claire Seymour

There were a few festive events. Toni McQueen organised mince pies and mulled wine at track. Kathy Tytler organised a Boxing Day run from Goring and Toni McQueen organised a pub run.

The official club 30<sup>th</sup> birthday was on Sunday 15<sup>th</sup> January. In the morning we ran a TVXC fixture at Lightwater. There was 30 year bunting on the club tent. Some runners wore 30 year birthday badges. We sang happy birthday on the start line. In the evening was the Reading Sports Awards Presentation at the Hilton Hotel. Sandy Sheppard and Chris Mason put in an entry for RR as Reading Club of the Year. We were told we had been nominated but didn't know if we had won. On the evening it was announced that we had

won the Mayors Trophy. We also nominated Sheryl Higgs as Reading Improver of the Year and she also won. Quite a night and fitting as it was on our actual birthday.

On Wednesday 18<sup>th</sup> February we had a 30<sup>th</sup> Birthday cake in the bar. Made by Peter Higgs and excellent it was.

We held a tea party for the RR founder members on Saturday 21<sup>st</sup> January. Many are no longer running and we felt they should be able to take part in the birthday celebrations. There were films of old races, old photos and much banter. A very successful event.

Hannah McPhee organised a Comedy Night in Reading on Saturday 28<sup>th</sup> January. Enjoyed by all that went.

We supplied marshal teams to the Wokingham ½ on 12<sup>th</sup> February. Thanks to Roger Pritchard. It was a very cold day.

The weather was once again kind on 19<sup>th</sup> February for the Bramley 20/10. Another successful race from Adele Graham and her team.

The RR Dinner Dance was held on 25<sup>th</sup> February. Excellent organisation from Toni McQueen and Anne Goodall. It included the Charity Presentation, the culmination of all the hard work during the year from our Charity Team and co-ordinator Susie Rees. Also the Club Championship award presentation, the culmination of all the hard work during the year from Bob Thomas. Presentations were made by our guest of honour, Chris Sumner.

We started with the Reading ½ and will end with it. It was a few weeks earlier in 2017 and took place before the AGM. RR had a marshal team out, thanks to Richard Hammerson. There were many green vests running.

That just about completes the chronological events run down of the year.

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However, in addition we had a successful series of our traditional Pub Runs throughout the summer – co-ordinated by Tina Wilson.

Tony Canning organised a series of timed track 5000m runs throughout the year. They are getting more popular.

RR had a very good cross country season this winter. We competed in both the TVXC League and in the Hampshire League. We also sent teams to various Championship races, more from our team captains later. Katie Gumbrell coordinated Team Manager volunteers for TVXC races.

There was an outstanding performance by a RR. Martin Bush completed his 800<sup>th</sup> marathon in February 2016. Now approaching 900 I believe.

The club spirit is also helped by small groups travelling to races – both home and abroad. The attendance at parkruns over the last couple of years has also built friendship groups and brought us some new members.

In the above report I've mentioned some race team leaders. Obviously they rely on the teams working with them. In turn, those

### **General Secretary's Report**

Avid readers of the Committee minutes may be somewhat bemused by the frequency of references to the London Marathon buses throughout the year. This started on the way home from last year's VLM, when I wasn't able to call the buses up to Jubilee Gardens. I had to have the buses pull up on the York Rd Red Route. Then I got into a very terse conversation with the driver of the last bus, and then Stewarts HQ, because they were demanding to leave owing to the legal limit on the driver's hours. I was still waiting for one lady to arrive and was unwilling to leave.

teams can only put things in place for the races to happen. It's the volunteers that turn out on the day that actually make it happen. It's a big team effort.

There are also some "unsung heroes". People who do jobs that we may take for granted but keep the club running from day to day. The rota team that operate Wednesday track desk, the bag room door guard, the man that meets and greets first timers at track, car booters, bucketeers, charity stall caterers, the people that stock the bar and run it, the kit man & woman, the newsletter editor, the man( and now woman) that collates race results, June who does the sports massage. I'm sure to have missed some, apologies. Also, our Charity Team that does such amazing work.

I would like to single out one group for a special mention, the coaches. They turn out in all weathers throughout the year. A huge input into the club.

Lastly, I would thank the Committee that supported me through the year. It would be impossible for RR to function as a club without the Committee serving the members.

The situation now is that you can pull up at Jubilee Gardens if you have a permit, which is issued FOC by Coca Cola, but only if you're booked into the London Eye or Aquarium. I haven't got anywhere trying to get a permit. Then Stewarts advised me that they could almost certainly get a permit because they go there so often that they won't be asked what it's for, so that's how we're going to use the usual pick-up point again next month.

Then there was the problem of the driving hours. Starting at 06:00 we have to be away from Central London by 17:00 latest, so we've delayed the start for the Tower marshals until 07:00 so that the last bus

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can leave as late as 18:00. As it'll only be Tower marshals on the bus, it'll go straight to Fenchurch St, which is only a few minutes' walk from the Tower. All this to organise a few people having a day out in London.

I've also spent a lot of time getting the Palmer Park barcode integrated into the membership card. Unfortunately, we'd already had the cards printed last year before we were told the gates were being put in. The first step was to agree with the stadium manager that we could switch our barcode at the start of the new season, which meant running with two valid barcodes until we turn off the old one. The next problem was to get the printers to print the membership card so that the barcode was readable, which took several iterations before they got it right. We'll switch off the old code on 1<sup>st</sup> April, so if you haven't renewed by then you'll have to climb over the barrier to reach the track.

One of the biggest pieces of work we've started this year is the roadmap, of which you'll hear more later. At this stage it isn't so much a map as a set of discrete development opportunities that we might or might not pursue as projects. Key to much of it is to roll the Constitution and Rules forward so they're better aligned with the way we operate today, especially with regard to IT. Hence we decided to expedite revision of these documents so that they could be discussed at this AGM and, hopefully, endorsed so that we can get on with the some of the projects. As you'll imagine, that wasn't a trivial piece of work. In my mind, the most important opportunity in the roadmap is to transition all our membership administration and services onto a

service-managed platform, which offers benefits to both members and our administrators. We want to get on with this as soon as possible, but not unless and until the revised Constitution and Rules are formally adopted.

All of this was challenging and required a lot of work but it was rewarding in that we could see it was benefiting the Club and the members. Unfortunately, a completely different drain on our time and energy was far from rewarding for anyone involved and shows no signs of abating any time soon. I'm talking here about a serious breakdown in the relationship between the Club and one member, which has now passed its third anniversary. The Committee and some individual members receive a stream of angry invective from this individual, making demands, new allegations of various perceived injustices, making accusations of criminal abuse and trying to reopen old issues already mutually resolved. The lowest point for me in my year as GenSec was, after receiving new outrageous and serious accusations against an individual member and members who've served on the Committees over many years, I felt the need to take advice from the police. I understand, but cannot confirm, that the police has advised the member that harassment is a criminal offence and recommended that they desist. None of us signed up for this.

If you're interested in the London Marathon, you probably noticed that we received one fewer guaranteed entry this year to ballot amongst members. I fear that our guaranteed entries may be on a downward spiral to extinction as VLM seems to be interested only in attracting

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elite runners and charity money. Their argument for reducing the number of places made available to running clubs is that more runners are qualifying for GFA places and most of them belong to running clubs.

On the other hand, we received an offer of guaranteed entries into the Brighton Marathon, if a bit pricey, as well as free entries for members who could show GFA achievements on the Power of 10 website. Several of our members qualified for these free places.

Hannah only joined the Committee recently as Social Secretary, and you've probably noticed that she's already made an impact with new events such as the Comedy Night, which was very well received. She's published a calendar of events she'd like to stage over the coming year and welcomes feedback and other ideas.

You won't have seen the benefits of Paul's work on the website yet but, between racking up his marathon mileage over

most of Europe, he's been busy prototyping a new, modern, mobile-friendly platform and has already ported most of our current content onto it. One of the benefits of this is that he'll eventually be able to delegate management of portions of the content to different people so, e.g., the Team Captains could update their own section rather than needing to queue their requests through Paul. This is another of the roadmap projects that we've kicked off during the year.

Finally, although it takes an inordinate amount of nursing, I hope that most of you will agree that the online renewal service was useful. There were only a few glitches affecting individual members, mostly resolved, and almost 50% of the membership opted to renew online.

I'm pleased to report that the Committee has worked well together as a team and I'd commend to you what we've achieved over the year. A busy, challenging and, with one unfortunate exception, rewarding year.

### **Treasurer's Report**

A big thank you goes to Gavin Rennie for auditing not only this year's accounts but for the last few years as well and hopefully many more years in the future. Who has given the accounts for 2016 a clean audit anyone wishing to see the audit letter I have a copy here please come and see me later.

At the end of year 2016, the Club's balances at the bank was just over £100,080.66 which after adjustments for accruals relating to Bramley 2015, reflected a surplus of income over

expenditure for the year's activities of £10,733 which is around £200 more than last year so we are keeping a healthy balance. This year I'm trying to stay green so if you would like a copy of the accounts please come and see me later as I have a few copies with me or I can email you a copy.

Wednesday and Friday gate receipts gave a net surplus of income over £4,853 after track hire which is slightly less than last year

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Membership revenues are up by £437 from 2015 to £14,514 so we are going from strength to strength let hope 2017 we grow even bigger.

The 2016 net income from Bramley was £10,184. Thanks go to Adele in particular as Race Director, and to the Race Committee, and also to all those Club members, friends and relatives who marshalled and have made this a major event on the Road Racing calendar and which provides income for the school and local organisations.

The Shinfield races continue to make valuable contributions to the Club, the Shinfield Association and local organisations. Thanks are due to Colin Cottell and the Race Committee, particularly in sustaining the profit as does our Mortimer 10K Race thanks goes to Bob Thomas and his team.

### **Membership Secretary's Report**

Anne reported that Club membership stood at 520 at the end of the 2016/17 year. As reported in previous years,

### **Social Secretary's Report**

I started my role as Social Secretary in November 2016. I was aware that 2017 is a special year for the Reading Roadrunners due to it being the 30-year anniversary. If anything, I am aware that I need to make 2017 even more special.

I agreed to take over with the December 3<sup>rd</sup> Christmas party preparations. This included selling tickets, making sure everyone coming to the party bought an item of food with them, I advertised on social media and displayed posters. I had to make sure that it

The Club paid for around nine team entries events in 2016, which goes to show RR are out in force to a lot of events with hopefully as many if not more for 2017 thanks goes to Ladies captain Claire Seymour and Men's captain Mark Worringham as without our team captains these events would not be so well attended. If you know of an event that you like us to put in a team do speak to the team captains to see if it's a possibility.

A contribution of £5,259 was made from Club funds to charity

I hope I have covered all the major items; the Club's finances continue to be in a healthy state. But if you have any questions you can contact me on [treasurer@readingroadrunners.org](mailto:treasurer@readingroadrunners.org)

Anne's role is made more difficult by members not advising her of changes to their contact details.

wasn't just Facebook that was used to advertise the Christmas party because not all members use this. I also purchased Christmas decorations and went to the venue early on the day of the event to set up the hall before the members arrived for the evening. I made sure there was enough prizes for the raffle. Everyone seemed to have a great time.

I suggested that we have a small celebration evening on a Wednesday evening after track. I arranged for Peter Higgs to bake the cake and decorate it to look like a special 30<sup>th</sup> year

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anniversary cake. Other members supplied some more cakes to go with the big anniversary cake. I advertised the celebration and the club house was very busy with eager members wishing to celebrate.

I decided to organise my first proper social event at the Comedy Club in Reading on 28<sup>th</sup> January. Around 55 Roadrunners attended. The event ran smoothly and was a great success and there were some very positive comments after. It confirmed to me that this is a friendly club where people enjoy socialising and I will be supported in more socials that I organise. It was also nice to see a huge range of ages attend the comedy club social including two members who were celebrating birthdays.

Susie Rees organised a Sport in Mind Table Tennis social for March 10 March. Because it is a social event it was agreed that I would help to advertise it and get the names of people wanting to attend. I set up an events page on FB which was the easiest way of getting people to confirm attendance. This process ran smoothly and I was able to give Susie a list of names easier.

I am adding events to my year planner and the next big social will be the Spring Do on 29<sup>th</sup> April. This involves a lot of preparation. I

### **Coaching Co-ordinator's Report**

Firstly I would like to thank the coaches for all their time and assistants in providing Track Group sessions, Out runs and Sunday or Weekend long runs.

Secondly, I am sure that you will agree without the coach's track sessions and other activities wouldn't take place.

The club started with 14 registered coaches ended with 12 the coaches that stepped down were Tracy Jenkins and Michelle Wilson, I would like to extend my thanks once again to both of them for their work with the club over the past few years.

am planning to arrange a big summer event to celebrate the 30 Year Anniversary and I will be working with Tina to do this. We are working out the best date for it and we will make sure we make it a special event. I am also hoping that the events that I organise will help to raise money for the newly chosen charity.

I am trying to plan at least one event a month, no matter how small or large they are. The big events will be the spring do and the summer do that will involve a lot of preparation and help from fellow members but I will also plan some smaller events that will hopefully be very successful overall and help to raise money for charity.

I would like to thank the members for their support in the events that I have arranged and I am currently arranging. Some members have helped to sell tickets with me which has been a big help. I would like to thank Peter Higgs for his incredible cake baking skills and offering to bake the anniversary cake.

It is important to have input from members on the types of events that they wish to happen to ensure that it is inclusive to all.

I would like to be voted to the club as Social Secretary so I can help to make this anniversary year a year to remember.

The coaches that are continuing to coach in no particular order are :-

Kathy Tytler, Tom Harrison, Simon Davis, Roger Pritchard, Lee Hinton, Claire Marks, Alan Wilson, Alexa Biggs, Lesley Whiley, Nigel Holt, Katie Gumbrell and Tony Canning.

Again we finish this year with 6 coaching groups and an induction group, meaning no change to the amount of groups we have had over the past 3 years. A good healthy position to be in.

This year saw Kate Gumbrell qualify as a coach in running fitness (old level 2) which means

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she can set sessions and run groups without being under the guidance of another coach.

The coaches are now meeting every quarter to discuss coaching and track matters and you many have noticed that we now have a coaches corner section in the monthly club newsletter. The 2017 meeting dates have been set.

We made a slight change to the track rules from Don't to Do more of a positive message.

### Ladies' Captain's Report

As your probably aware this will be my last report before I hand the reigns over to our new Ladies Captain. I would just like to start by saying thank you to everyone who has helped & supported me. I have had a busy and enjoyable 2 years, which was certainly helped by the great team spirit within the club.

2016 was another year of great results. We had a team of ladies take part in the 10K road Championships, held on May bank holiday alongside the Vitality 10,000, with our ladies team finishing in 11th place. This was a very good result as they were up against some extremely tough competition.

We also had a team of ladies take part in the Southern Vet Track & field league. Interest within the club was slightly down, however this is still very popular with a small group of our ladies, so we have entered a team again for the 2017 season and will co-host a fixture with Reading AC at Bracknell as we did last year.

The RR ladies team at the Ridgeway Relay completed the 80 odd miles without any of us taking a wrong turn, which is an achievement in itself with this race! We finished 37th team out of 42, and 5th Ladies team.

I also organised 6 teams for the Runnymede Relays, which is always a fun day out, and

Recently we have had 3 members come forward enquiring about becoming coaches and these are being followed up

We will continue to attempt to encourage more members to join the coaching staff.

As ever all coaches are requested to keep themselves up to date with the latest practice from UKA and England Athletics to keep their skills relevant.

with a picnic in the park it is a popular choice amongst our members. Our A team were a mixed team and our first RR team home finishing 3rd overall.

The date for the Southern Road Relays was rescheduled this year, which did cause a slight problem as it was held on the same day as Mortimer 10K, and there was also a change of venue from Aldershot to Bedford. However we were able to enter a vet ladies team and they finished in a creditable 10th place.

The Thames Valley XC League went well, and we had a good turn out of ladies. We ended the season finishing in 9th place. What was notable for me this year was how proud some of our ladies were to be included in the scoring team for the first time.

Good results also in the Hampshire League, with two of our vet ladies finishing the season in the top 10 of the individual standings, with the team finishing 10th overall, and our vet team finishing 3rd overall.

We also had ladies teams at the Masters XC Championships, Southern XC Championships and National XC Championships. It was great to have representation at these events.

So that's all from me, so finally I would like wish the new Ladies Captain Good luck and hope you enjoy the role as much as I did.

Thank you!

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### Men's Captain's Report

Overall, we have had another successful year, finishing teams in a variety of competitions, including some that we have not taken part in before, with many strong team and individual performances.

In the London Marathon in April, there were a number of strong performances, and the team was able to field a full team in the English Championships competition from the Championship start.

Reading Roadrunners again won the men's team prize at the Shinfield 10K in May.

At the BUPA London 10K, a full team of six runners was entered, and the team finished 48th in the race (which was the UKA 10K Championships).

Reading Roadrunners' A Team (a mixed men's and ladies' team) finished third at the Runnymede Relays in July.

We once again finished fourth in the Ridgeway Relay in June, missing the podium by a matter of seconds. We even briefly held the lead in the later stages. The B Team finished 12th, and second of all the B teams.

The Veterans Track and Field League took place across four matches in May, June and July, and we improved one place on last year, finishing 6th overall. We also co-hosted one of the matches with Reading AC, which was a success, and we will try to repeat this year.

The Bounders Relay took place last year again after a year's hiatus, and Reading Roadrunners A team (three men and one woman) were the overall winners.

At the Southern Road Relays in Bedford in September, the senior men finished 35th, our best result for some years, but one I think that we can still improve on. We were unable to field a veterans team, as the rearranged date

of the relays unfortunately clashed with our own Mortimer 10K.

We fielded a men's team in the Southern Cross Country Relay Championships at Wormwood Scrubs in October for the first time in my recollection, and finished a very creditable 13th.

In the Thames Valley Cross Country League (November to February), we were not able to repeat the exploits of the last few years, partly due to some stronger runners focussing on the Hampshire League, and also due to improvements in the other teams, but we had plenty of good performances throughout the season.

We had an excellent season in the Hampshire Cross Country League, with the club finishing 7th in Division 1, the second highest position in 20 years. The veteran men won Division 2 and secured promotion back to Division 1. Lance Nortcliff was the overall veterans winner.

We put out V40 and V50 teams at the Southern Masters Cross Country Championships at Oxford in December, and had good results, with the V40 team 22nd and the V50 team 14th.

There was also a much stronger turnout than usual at the Berkshire Cross Country Championships in January, and the team would have won silverware were it not for an arcane rule preventing veterans from running as seniors. As a result of that race, four current Roadrunners (as well as two former Roadrunners) represented Berkshire at the Inter County Cross Country Championships at Loughborough in March.

At the Southern Cross Country Championships at Parliament Hill in January, we had a strong turnout, and the men's team finished 37th.

## Annex A: Annual Reports

In February, Reading Roadrunners finished second male team in both the Bramley 10 and 20 and in the Wokingham Half Marathon.

Once again, we did not manage to field full teams at the Southern 12 Stage Relays in Kent in March, BMAF Road Relays in May, or the English National Cross Country Championships in February. These are all areas where my successor can hopefully improve.

On an individual level, I am convinced that our men's team is now the strongest that it has been in twenty years. We had three club records fall this year – Matthew Richards took the 20 mile record at Bramley, whilst I broke the 5 mile record at Headington and improved my own 5K record at Battersea Park. As a further illustration, we had ten different overall race winners this year. If my successor is able to galvanise the quality we have in our

team to turn out regularly for team events such as relays, I feel certain that we will do very well.

I am stepping down tonight after two and a bit years of the captaincy, as I am finding it increasingly difficult to balance with work and home commitments. It has been an honour to lead the men's team over that period, and I'd like to thank all of those who have turned out to events at my nagging, and also the Committee for their support, as well as the ladies' captain Claire Seymour, whose help throughout has been invaluable. I have enjoyed taking on the role, although I admit that it is sometimes frustrating to know how strong a men's team we could put out in relays etc, but never seem to be able to. I never managed to overcome this issue, but hopefully my successor will be able to, and I wish him the very best of luck with the role.

### Charity Report (Sport In Mind)

I am delighted to be standing here this evening, reporting to you that together we have raised a massive £27,293.06 for Sport in Mind over the last year.

As always, Geoff Chaffer and his awesome team brought in the highest amount via the Prospect Park care boot sales, followed by the proceeds from our own races and the refreshments members so kindly donate for our races (special thanks to all our race directors and to Toni McQueen and Ann Goodall for selling our race refreshments). The rest was raised through a variety of means and I want to thank all these wonderful people once more:

- Sam and Ben Whalley came up with a very novel Bingo social run from their house
- We held a bake off at the Dinton relays with our star bakers presenting their show stoppers

- Ann McKinnon very kindly donated the money raised from her house clearance before emigrating to the USA
- Chris Mason graciously handed over a cheque for £50 after Mark Worringham broke the club's 21 year 5mile record and as we just heard in Mark's report that the 20 mile and 5 k record were broken too. Poor Chris.
- I ran the Reading Half with a bucket alongside Sheryl Higgs and Caroline Hargreaves– thank you to Katie Gumbrell, Chris Cutting and Brian Shave who emptied it along the way
- Peter Higgs organised for this work, Rockwells Collins to donate a cheque of £500 last year and they have given again this year
- Kathy Tytler raffled off a copy of 'Like the Wind' magazine in which one of her legendary poems was featured
- The London Marathon sweep stake – thanks to Liz Ganpatsingh and Chris

## Annex A: Annual Reports

Cutting for selling the times– I got on the very empty coach- woops!

- All those of you who made donations at the front desk and at the bar, and special thanks to Michelle Wilson for her big donation immediately after last year's AGM
- Amanda Rosser organised a super Spring do and Hannah McPhee a great Christmas do. Thank you to those who supported the events, donated raffle prizes and bought raffle tickets. Special thanks to Brian Shave for always helping to sell raffle tickets at the socials. We also had a curryoke and a quiz so thanks to John Bowley, Fiona Ross and Cath Leather for organising these.
- Roger Pritchard donated the money given to him for his expenses for the London Marathon and has always does this for the charity of the year
- Tony Canning and Fergal Donnelly for organising the track 5k events and to those who have supported them and brought refreshments
- And last but by no means least, the legendary 'Roadrunners in the Buff' Calendar. The brain child of Keith Russell and beautifully executed by his band of merry men. The lads made over £1000 and rumour has it the ladies are up next!

So, a huge sum of money, which will be used by the charity to increase the type of sports and physical activity sessions they offer and the number of locations where they offer them. Over the last year, the charity has kept me informed about their developments. From women's football sessions, to Nordic walking and their first running sessions, I am confident they will continue to make great progress. Oh and Laura Brooks, who is the Charity's Development Officer and a newly joined Roadrunner, is in talks with Carl about becoming a Mental Health Ambassador for the Club, through England Athletics, which will be another really positive outcome. Watch this space.

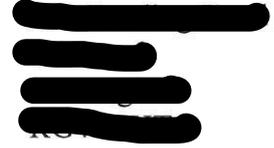
I want to thank Laura and the Charity's founder, Neil Harris, for their support over the year. They both got really stuck into helping out at the car boot sales and have been so grateful for what we have all achieved together. The recent table tennis tournament, or was it badminton? they gave us was a really fun evening that we all enjoyed. Cheers to Hannah McPhee for helping me to publicise the event. Also, a really big thank you to Kerri French, who went from having co-ordinated the charity fundraising in 2015-16 straight into being the charity banker in 2016-17 and gave me so much advice and support over the year and was always so approachable. Plus her spreadsheet balanced! Hooray. On that note, thank you to Gavin Rennie too for auditing the charity account. Thank you also to Chris Cutting for doing such a great job on our Newsletter and getting the charity news published as well as Paul Monaghan for keeping the charity part on our website up to date. Finally, thank you to Carl for all your support over the year and for doing such a great job as our Chairman.

That's about it from me. Very sadly, I am not renewing my membership this year after a number of very happy years of being a Reading Roadrunner, simply because I am now living in West Berkshire. However, I'm not hanging up my trainers just yet as I am considering joining Tadley Runners and starting a running group in my village. Keep up the great work, keep looking after each other, keep talking about mental health and I look forward to our paths crossing at the XC fixtures and local races in the future. Oh and I hope you got my very big hint that I want to party at the 30th year celebrations!

Thank you once again for allowing Sport in Mind to be our charity of the year and from the bottom of my heart, and on behalf of the charity, thank you. We bloody smashed it! All the very best to our next Charity Co-ordinator and charity of the year and God bless Reading Roadrunners.

## Annex B: Financial Reports

## Annex B: Financial Reports



Reading Roadrunners  
Palmer Park Stadium  
Palmer Park  
Wokingham Road  
Reading  
RG6 1LF

27<sup>th</sup> February 2017

### **To The Committee of Reading Roadrunners**

I have reviewed the books and records and the year end Income and Expenditure summary of the club for the financial year ending on 31<sup>st</sup> December 2016. I am satisfied that the records are free from any material errors and that the Income and Expenditure summary gives a true and fair view of the income and expenses of the club for the year.

Yours sincerely

A handwritten signature in cursive script that reads "Gavin Rennie".

Gavin Rennie

## Annex B: Financial Reports

<b>READING ROADRUNNERS ACCOUNTS - 2016</b>				
<b>INCOME/EXPENDITURE SUMMARY</b>			<b>2016 January - December</b>	
<b>Description</b>	<b>Income</b>	<b>Income</b>	<b>Expenses</b>	<b>Expenses</b>
	<b>2016</b>	<b>2015</b>	<b>2016</b>	<b>2015</b>
Gate Money (Fri)	£ 1,480.55	£ 1,718.92	£ 1,617.48	£ 1,617.50
Gate Money (Wed)	£ 9,153.49	£ 9,249.89	£ 4,163.14	£ 4,324.84
Membership	£ 14,514.00	£ 14,077.00		
Dinner Dance	£ 3,124.00	£ 3,203.20	£ 4,677.73	£ 4,386.76
Kit	£ 6,745.00	£ 2,106.60	£ 7,423.60	£ 2,016.05
Social Events	£ 1,587.08	£ 1,242.80	£ 1,247.95	£ 1,339.22
RR X Country	£ 572.40	£ 734.10	£ 1,258.47	£ 1,054.70
Dinton Pastures	£ 546.72	£ 779.36	£ 210.30	£ 290.29
Coach Trips	£ 3,770.65	£ 3,330.86	£ 3,630.00	£ 2,251.00
20/10 Run	£ 37,692.41	£ 38,915.29	£ 27,508.34	£ 32,631.83
Bank Interest	£ 49.35	£ 50.62		
Shinfield	£ 15,615.10	£ 12,775.00	£ 13,577.12	£ 10,615.76
Team Competitions	£ -	£ -	£ 1,371.00	£ 1,156.00
Miscellaneous	£ 600.00	£ 746.95	£ 1,201.15	£ 1,452.55
Affiliation Fees		£ -	£ 7,809.00	£ 5,986.00
A.G.M.		£ -	£ 203.22	£ 1,357.08
Bar Hire		£ -	£ 1,010.00	£ 1,000.00
Coaching		£ -	£ 255.00	£ 250.00
Equipment		£ -	£ 1,928.91	
Charity Contribution		£ -	£ 3,100.00	£ 7,355.41
Stationery		£ -	£ 299.98	£ 152.13
Newsletter		£ -	£ 1,164.80	£ 1,197.60
Postage			£ 208.26	£ 124.76
Trophies/Awards		£ -	£ 685.03	£ 946.16
<b>TOTALS</b>	<b>£ 95,450.75</b>	<b>£ 88,930.59</b>	<b>£ 84,550.48</b>	<b>£ 81,505.64</b>
<b>Dec-16</b>	<b>Amount</b>		<b>Dec-15</b>	<b>2015</b>
<b>INCOME</b>	<b>£ 95,450.75</b>		<b>INCOME</b>	<b>£ 3,438.82</b>
<b>Less EXPENSES</b>	<b>£ 84,550.48</b>		<b>EXPENSES</b>	<b>£ 81,505.64</b>
<b>2016 SURPLUS</b>	<b>£ 10,900.27</b>			<b>£ (78,066.82)</b>
<b>Increase from 2015 activities</b>	<b>£ 10,900.27</b>			

