



Reading Roadrunners

Reports Presented to the 2019/20 Annual General Meeting

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1. Chairman's report

Presented by Carl Woffington

The AGM took place on Tuesday 6th March 2018. Since then we have held the following club events.

The 2018 Reading Half Marathon should have taken place on the 18th March and we were again due to be supplying a marshal team for the start thanks to Richard Hammerson and have our RR kit tent thanks to Kerri French. Unfortunately, it was all cancelled due to snow.

The Reading Sports Personality of the Year Awards took place. RR had two category winners. Mark Worringham (Vet Achiever) and Helen Pool (Best Local Improver).

We sent over 60 members to Marshal the London Marathon on 22nd 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 2018 Spring Do and the RR Cross Country Championship presentation evening on 28th April. This was organised by Hannah at Suttons Bowls Club. It was very successful and enjoyable. Carl Woffington organised the XC Championship.

Early May Bank Holiday Monday is our Shinfield 10k date. Colin Cottell and his team putting on another very successful event. A very warm, sunny day. The junior races went well.

We had footgolf on 11th May.

The third EA Club Run session took place on 16th May. It was a track session organised by EA coach Nick Anderson.

On 20th 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 and Runnymede Relay. RR participation in these is good with excellent team spirit.

We had a social in the Escape Rooms on 23rd June.

On 10th July Sandy Sheppard organised our own Dinton Relays.

On 16th July we held our first 1st Aid Course. Another to follow later in the year.

On 17th July we sent a marshal team to London for the Great City Race.

We had Dragon Boat Racing on 19th August.

8th September was Rock 'n' Roll Bingo, thanks to Ian Giggs.

9th September was Thames River Relay.

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

We visited the Loddon Valley Brewery on 4th October. A very good presentation with beer tasting and fish and chips.

On 22nd October we arranged a presentation "Lifestyle, Recovery and Nutrition". It was presented by Nick Anderson and Alex Cook, with Alex covering most of the nutrition aspects. Well attended.

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

Our home TVXC race took place on 28th October. It was again at Ashenbury Park, Woodley. Thanks to Race Director Sev and her team. It all went very well.

On 12th November we held our second 1st Aid Course of the year. As a result of the two courses held in 2018, we now have 22 extra qualified first aiders in RR.

We had a trip to a gin distillery on 17th November.

On 29th November we had a theatre trip to London to see 42nd Street.

The RR Christmas party was held at Radstock Social Club on 8th December

Fiona organised mince pies and mulled wine at track on 19th December.

The RR Dinner Dance was held on 2nd February. Excellent organisation from Hannah 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 Kerri Eastwood. Also, the Club Championship award presentation, the culmination of all the hard work during the year from Bob Thomas.

The weather was once again kind on 17th February for the Bramley 20/10. Another successful race from Adele Graham and her team.

We supplied marshal teams to the Wokingham Half Marathon on 24th February. Thanks to Roger Pritchard.

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

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

Tony Canning and Fergal Donnelly organised a series of timed track 1 mile and 5000m runs throughout the year. They are held on a Friday evening and remain very 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.

The club spirit is also helped by small groups travelling to races – both home and abroad. Martin Bush completed his 1000th marathon in December. The attendance at parkruns over the years has also built friendship groups and brought us some new members. Reading, Woodley, Prospect Park, Dinton Pastures and now California. 5 in a small area.

In the above report I've mentioned some race directors. Obviously, they rely on the teams working with them. In turn, those teams 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. So, thank you to all race volunteers.

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 man that meets and greets first timers at track, charity stall caterers, the people that stock the bar and run it, the kit man & woman, the newsletter editor, the man 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.

A special mention here for our two team captains. It's a huge job and they have done really well over the last year.

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 all Committee members, past and present, that supported me through the 5 plus years that I have been Chairman. It would be impossible for RR to function as a club without the Committee serving the members.

2. General Secretary's report

Presented by Bob Thomas

It's been another busy year in which there haven't been many days when I wasn't dealing with something or other, but mostly just business as usual. I've picked out a few items to highlight just now.

First, you may recall that last year I said quite a bit about Reading Sports & Leisure's planned outsourcing of management of the council's leisure facilities, including Palmer Park. I have very little to say this evening because there have been just two meetings with RSL since the last AGM, neither of which added anything concrete to what's happening, though Mark Worringham has posted an overview of some potential developments of the site in the stadium foyer.

Back in the summer, along with representatives from most of the other clubs active at the stadium, I was asked to submit a wish list of what we wanted from the outsourcing arrangements, suggesting that some or all of these could find their way into the delivery contract, which sounds a bit of a stretch. Anyway, after consulting the Committee and the Coaches, I went back with:

- Continuation of our storage facilities
- Improvement to the toilets and changing rooms
- Improved track drainage
- Shared use of an on-site clubhouse
- More car parking spaces

You may not be shocked to hear that I've heard nothing since.

Moving on, keen readers of the Committee minutes will have noticed that we're planning to relocate the annual Dinton relays from Dinton Pastures to Woodford Park in Woodley. In standing down as Race Director, Sandy Sheppard noted a drop off in entries in recent years, which she thinks, and the Committee agrees, could be, at least in part, down to WBC's exorbitant car parking charges.

Roger Pritchard has put a lot of effort into researching alternative venues and we've endorsed his recommendation to relocate to Woodford Park, Woodley. It may not be as picturesque as Dinton, but at least we'll be able to offer participants free parking and maybe we won't need quite as much insect repellent.

We now need a Race Director for the event so, if you're interested in volunteering, please contact the new Committee, who, I'm sure, will welcome you with open arms.

Turning to renewals, there have been two big disappointments for me this year. The first is that I stood here last year and said that I'd have PayPal up and running by now: clearly, I failed. Secondly, you'll have noticed that I had to disable BACS payments for the bulk of this year's renewals. Both were caused by us not having had a fully functioning financial service this year.

I had a long conversation with PayPal and am pretty confident that we can set up a merchant account with them, which I'll do in conjunction with Jill if we're both elected. The reason for disabling BACS is that I no longer had access to electronic bank statements, which meant that every BACS payment would need to be manually reconciled from a paper statement with its respective member. This is problematic when some banks don't label BACS payments with the paying account name, some people are known by different names to their bank and to the Club, and some member's fees are paid by a relative. Trying to do this manually would have been a nightmare, taking an untold number of hours of laborious, error-prone work.

3. General Secretary's report

Presented by Bob Thomas

It's been another busy year in which there haven't been many days when I wasn't dealing with

At last, NatWest has finally run out of reasons to delay granting Jill online access to our account. She downloaded an electronic statement on Friday, I reinstated BACS payments on the same day and it's already being used for remaining renewals.

A final point on this: I don't expect to be able to provide card payment in the foreseeable future. I'm advised that we stand little chance of securing a merchant account and, in any case, that charges make it uneconomic for less than £100K revenue pa. The reason that Chris & Sarah can take card payments for club kit is that we have an account with a third-party payment company, iZettle, which, incidentally, I believe is now owned by PayPal, which manages the relationship with the card companies. WebCollect doesn't presently have any similar relationships that we could utilise.

An item that has surfaced in the past couple of weeks that could cause us some bother is that EA has reneged on an arrangement with SEAA whereby it supported SEAA putting on athletic events. The outcome is that SEAA is asking affiliated clubs to register all its EA members separately with SEAA at a suggested £2 per head per annum. I've written to the SEAA Chairman pointing out that this doesn't make economic sense for us – 600+ members of which very few take part in SEAA events and, as a club, we only take part in a few of their events. I suggested that we could pay per event in which we take part or register members who want to take part in their events. We'll see where this goes.

I gave you some stats last year, so I thought I'd update them...

| | 2018 | 2019 |
|----------------------|---------|---------|
| Members | 586 | 612 |
| Men:Women | 57:43 | 57:43 |
| Average age M/F | 47 / 44 | 46 / 44 |
| Average age overall | 45 | 45 |
| No emergency contact | 168 | 154 |

We maybe need to look at making the provision of an emergency contact number mandatory at next year's renewal.

4. Membership Secretary's report

Presented by Anne Goodall

Anne reported that 124 members had joined during the 2018/19 year.

5. Coaching Co-ordinator's report

Presented by Katie Gumbrell

I was asked to take on this role 67 days ago, so this is more 'where we are now?' than a report of the last 12 months.

Reading Roadrunners currently have 9 full coaches, 6 assistants and one Leader in Running Fitness at their disposal. Following some excellent investigative work by Roger, we now know what that means and what supervision needs to be afforded to our assistants and leaders.

Several of our coaches, assistants and leaders attended the Club Run talks and sessions with Nick Anderson and some have been on additional courses this year, ranging from First Aid to movement skills. Judging from the number of PBs which are reported in the newsletter, we must be getting it right!

We have at least three more athletes beginning their coaching journey over the next few months and I'm looking forward to learning what's new and improving our coaching offer at Roadrunners.

I would like to thank all of our coaches, assistants and leaders for volunteering to support our runners, offer a special thank you to those who commit to regular group sessions on Wednesday nights and a super-special thank you to Tony Canning, who regularly volunteers on Fridays, too.

Without our athletes, though, we're just weirdos standing at an athletics track...

Here's to a fantastic 2019 and even more PBs.

6. Social Secretary's report

Presented by Hannah McPhee

Since I became Social Secretary in November 2016, my aim was to plan a range of different social events to suit all, including families and to bring more people together from the running club. Last year was a busy year for socials and we had more socials than RRR has ever hosted in a year, including new faces attending the socials. I made sure I put a social on every month and some months there were even two socials.

I have always found using a year planner to advertise events on offer throughout the year has been an effective way for people to see what is on offer and plan the socials they want to go to. I have used the newsletter, the noticeboard at track, emails, FB, the running club website to advertise the socials. This way it ensures everyone in the club has been able to access the information.

We started the year off in January 2018 with Curryoake (curry and karaoke) and it was lovely to hear many RRR singing along to famous songs and enjoying curry while the evening helped to raise money for the running club charity. This is always an enjoyable social and is enjoyed by all who attends.

The yearly Dinner Dance took place at Sonning Golf Club in March 2018 and was well attended with around 100 runners which was organised by Anne Goodall and myself and ran very smoothly. We also enjoyed Footgolf in May, this is always an enjoyable social and is a chance for families to attend and enjoy some healthy competition in the sun against each other. At the Spring Do Awards evening last year, the lovely Tutu treated us to some of her beautiful Ethiopian cuisine which went down a treat.

In June, a group of us visited the Escape room experience in Reading. One group managed to escape and the other group didn't.

In August, we put together a RRR team and we tried to be crowned the 2018 Dragon Boat winners. I enjoyed seeing competitive sides of many shining through. As much as we tried our best, I am sure you won't be surprised for me to tell you all that we did not even make it through to the finals to be crowned

Reading Dragon Boat winners of 2019, in fact we were pretty close to the bottom but we enjoyed giving it a good go and taking on a different type of sport for the day.

In September, Ian Giggs and Kerry Eastwood hosted Rock and Roll Bingo. This went down very well as well as raising money for the charity. In October we enjoyed the Loddon Valley Brewery Tour experience. November was a busy month for socials, we enjoyed a gin distillery tour as well as a coach trip to the theatre in London where we saw 42nd Street and 2018 ended with the Christmas Party in early December. My last social was The Dinner Dance in February 2019 and was organised by Anne Goodall and myself. Around 110 people attended this and it was a great success. I have always enjoyed seeing the photos of social events on social media after they take place and seeing what an enjoyable time people have had.

I have enjoyed working with the various charity coordinators at the social events and helping them to raise money. I feel Kerry Eastwood worked incredibly hard in 2018 to raise money for Number 5 counselling. Well done Kerry for the fantastic work and effort you have put in to make it another successful year.

People don't often see the amount of hard work and dedication that goes on behind the scenes to make the socials a success. They often just see the end result. There is a lot of preparation involved such as making phone calls, email correspondence visiting venues to see if they will suit the social event and of course marketing and selling tickets among many other things that need doing. I would like to say a massive thank you to Fiona Ross and many others who have helped along the way since I took on the role as social secretary to making the socials the success they have been. Without your help it would have made my role a lot more difficult. I would also like to thank the members for their support in the events that I have arranged since taking on the role as social secretary. It is important for members to continue to give ideas to the new social secretary for social events that they wish to happen to ensure it is inclusive to all.

It has been another busy but enjoyable year planning social events and I have really enjoyed doing it for the time that I have. I do feel it is now time to hand the role over to someone else to put some fresh ideas in place for the year ahead. I wish the new person all the best with the role.

7. Ladies' Captain's report

Presented by Sam Whalley

I've really enjoyed my second year as Ladies' Captain. I think I am just about getting the hang of it now.

The first events of the year were the Veterans Track & Field League fixtures, which took place between April and July. I am really grateful to Nigel Hault for recruiting participants and completing the team admin for the season. We seemed to have an increased level of enthusiasm, and many of the events were filled at each match. We were also delighted to welcome some newcomers, who either had recently come of age, or had just felt brave enough to give it a go.

There were PBs at distances from 100m to 5000m, throughout the season, and Tina Woffington broke the club record for the javelin. There was a real sense of team spirit, and I hope this can continue for the coming year. Thank you to Chris Manton for taking this on.

We had our usual entries in the Ridgeway and Runnymede relays, and although individuals all performed well, we did not place highly in the team rankings.

We entered a team of 6 women into the Vitality London 10k, which is the British Road 10k Championship race. Our A team was 25th out of over 300 teams. We entered four teams into the Southern Road Relays in September. The seniors A team would have been 33rd, but for a forgotten chip, and the vets A team was 7th. We didn't send a team to the National Road Relays, due to lack of availability.

Before we knew it the cross country season was upon us, starting a bit too early for our liking, at the beginning of October. Nevertheless, we managed to field full teams in all events and at all championships in which we were interested.

In the Thames Valley Cross Country league, the women's team finished anywhere between 1st and 8th during the season. It was fantastic to win the Sandhurst fixture and it would be even better to have a more consistent turnout across all fixtures next year. We certainly have enough women to do so.

I was very pleased with the turnout for the Hampshire League. It is a big ask for people to have to travel to venues such as Bournemouth and the New Forest, but this year there seemed to be a real core of people who were willing to do so, including some who have been members for years but only now felt able to put themselves forward. We have never had such high numbers, and I hope that this will continue. Despite the team being plagued by injury in the second half of the season, we finished as 8th senior team and 6th vet team, with Gemma Buley 10th female overall, which was really impressive.

There were some brilliant results in the Berkshire, Buckinghamshire, and Oxfordshire XC Championships, with Chantal Percival being third overall, and the vets team winning the gold. In the Berkshire XC Championships, the vets won the silver, and Helen Pool qualified to run for Berkshire in the Inter-Counties XC Championships, which took place at the weekend. In the Southern Masters XC Championships, the vet 60s won the bronze. Jane Davies was awarded a gold medal for first vet 60 woman in one of her first races in that age category. This has been a great year for Jane, as she also earned an England Masters vest for her performance at Brighton Marathon.

We didn't send a team to the National XC Championships in Leeds this year, as this was held the day before Wokingham Half Marathon, and not enough runners were keen to travel so far. So our big finale was the Southern XC Championships at Parliament Hill. This was a fantastic day out for the team, and everyone claimed to have enjoyed their run. Gemma Buley was again our star performer, with a top 100 finish. For her performances this year, I have nominated Gemma for the Improver prize at the Reading Sports Awards.

Throughout the year Reading Roadrunners women have participated in a wide range of events and achieved a huge number of PBs. They have also picked up an abundance of team prizes in all terrains and across all distances, for example, the Windsor Women's 10k, Shinfield 10k and Wycombe 10k, Marlow 5, Bramley 10 and 20, and the Wokingham Half Marathon (I may have missed some). There have been a number of individual wins and podium positions, and age category prizes have been plentiful too. We have an excellent team of women of all abilities, and I feel grateful to them all for choosing to run for our club.

8. Charity report

Presented by Kerry Eastwood

How a year flies by and what great things we as a club have done.

I stand here this evening to celebrate a grand total of £12,884.70 raise for No5 Young People, all important funding giving young people access to free emotional support, counselling sessions and local in school projects.

That's 10% of the funding that has been cut over a one-year period. So, thank you and I am proud to be part of a club with golden hearts.

None of this would be possible without the various proceeds and donations;

- Our race Directors for Shinfield, Mortimer & Bramley. Thank you because those races raise the most and keep the club heart alive.
- Our refreshments Queens Anne Goodall, Shirley Smith, Toni McQueen, Margot bishop ft Fiona Ross.

- You the club members for donating and baking goodies.
- Fergal Donnelly & Tony Canning for their Involvement in Track Friday and encouraging everyone to have a brew and slice of cake.
 - Carl and the committee for the donation from the club itself.
- A special role of thanks go to;
- The Whalley's - For their ingenious Bingo Run a great funsocial event and The Games night which saw many other competitive sides - Notably Sev and the darts in the dark!
- Katherine Sargeant and the kind cheque Donation.
- Ellen Togher and your kind act of kindness donation.
- Cathrin Westerelle for donating proceeds from hermassaging whilst training.
- Peter Higgs for his help, his incredible cakes and THAT naked Run!
- Ian Giggs for your Music Bingo Night of which was fun and made a special come back at the Xmas Do!Sev and her idea for spare change Wednesday as well as her cracking 100mile Ride London sponsorship.
- Helen Dixon and her fellow London Landmarks Half marshals for donating their travel costs.
- MySportingTimes for their donation of a series race entry.
- Kathy Tytler and the ridgeway marshals' cheque donation.
- Fiona and Sandy for the lovely Mice pies and mulled wine evening at Track.
- Trisha for being my lending ear and the talented knitter behind the charity's now mascot.
- Liz Gatpangsingh for your monthly spreadsheets and time taken to be the treasurer.

If I have forgotten to mention someone, my apologies but truly on behalf of Carly and No 5 Young people, already you have made life changing moments.