

**NOTICE OF ANNUAL GENERAL MEETING
OF
PENARTH AND DINAS RUNNERS CLUB
TO ALL CLUB MEMBERS**

TAKE NOTICE that the ANNUAL GENERAL MEETING of the PENARTH
AND DINAS RUNNERS CLUB will take place at **7:30 pm on TUESDAY 22nd
FEBRUARY 2022**

Venue – **Ex-Servicemen’s Club, Penarth**

The AGENDA is as follows: -

1. Apologies from those who are unable to attend
(Please send to Simon Williamson, in advance if possible):
2. Approval of Minutes from 2021 AGM
3. Chairman’s report
 - 3.1 Election of Officers
 - 3.2 Review of the Year
4. Treasurer’s Report
5. Race Director’s Report – Lyn Evans
6. Resolutions & Motions (Any comments or objections to be received at least 7 days before the meeting in order to include members who cannot attend the meeting.)
 - 6.1 **Membership Fees**
No Club Membership increase proposed (Please note: Welsh Athletics affiliation will increase to £19.50 in 2022/23)
 - 6.2 **Clarify the Club Constitution with regards junior athletes**
Item 5 (Junior Membership) in the Club Constitution is removed
7. Open Forum
8. Any Other Business

3. CHAIR'S REPORT

3.1 Election of Office

The Committee at present is:

Chair	Simon Williamson
Vice Chair	Kit Lambert (also Men's Club Captain)
Treasurer	Lyn Evans (also Race Director)
Secretary	Louise Hunt (also Minutes Secretary)
Committee	Danielle Rayner (Membership Secretary)
Members	Lisa Cleary (Ladies' Team Captain)
	Debbie Williams (Volunteer Coordinator/Kit Manager)
	Mandy Barrington (Social Secretary)
	Nigel Adams (Coaching Coordinator)

Except for **Louise Hunt** and **Danielle Rayner**, all current Committee members have expressed a wish to be re-elected for the year 2022/23 and will be seeking members to propose and second them before or at the meeting.

We therefore ask for **NEW NOMINATIONS** for the positions of **CLUB SECRETARY** and **MEMBERSHIP SECRETARY**. Louise and Danielle have kindly offered to explain their roles and responsibilities to any prospective candidates.

Nominations for the positions of Club Chairperson, Secretary and Treasurer should be made in writing to Simon Williamson by **8th February 2022**, in order that Notice of the Candidates for the Officers of the Club can be posted to members.

Nominations for the other Committee Member positions can be made WITHOUT NOTICE AT ANY TIME but an expression of interest to the Chair (Simon W) ahead of the AGM would be appreciated.

3.2 Review of the Year

Coronavirus – the 'never-ending' story?

2021 started in a similar vein to large segments of 2020; solo training runs shared on Strava, virtual Team Relays, and a first for us...an AGM held as a Zoom Video Conference. The healthy attendance of 31 Members was really heartening and confirmed to me how optimistic and engaged we are as a Club. Eventually we were back out there, training together, organizing our own races initially and then towing the line in large numbers as our favourite events like the **Whitchurch 5k** and **Richard Burton 10k** returned. Our membership numbers jumped above 140 for the first time ever.

As I write this, we've just had to postpone our own **CF64 Mixed Terrain Race** due to the most recent lockdown regulations in Wales, which sadly have parkruns and other local races on the 'cancelled list' too. Yet I see massive continuing enthusiasm for Club Training, with the re-introduction of Weds Night Track an instant hit. Thank you for such positivity in difficult circumstances.

Committee

2021 continued to set organizational and logistic challenges which were met head-on by your fantastic Committee. We should all be very grateful for their efforts in ensuring the Club activities we were able to organize ran smoothly and efficiently. We'd particularly like to offer our heartfelt thanks and gratitude to **Louise Hunt** and **Danielle Rayner** for their superb stints as **Club** and **Membership Secretary** respectively.

Team Captains

Kit Lambert and **Lisa Cleary** continue to promote a tremendous Club team spirit, and this was graphically displayed at the first Gwent League XC Race last October...we had an incredible total turnout of 39 runners.

Session Leaders and Club Training

The Committee/Club wishes to pay thanks to our Session Leaders (**Nigel Adams, Kit Lambert, Danielle Rayner, Lisa Cleary, Louise Hunt, Mandy Barrington, Ruth Cann, Chris Nellins, Lyn Evans & Malcolm Bradley**) for their adaptability and enthusiasm in dealing with the additional requirements to make sessions "Covid-secure". We were also delighted to welcome two new Run Leaders to the team, **Bev Warburton** and **Anna Helsing**, who jumped straight in leading sessions across the week. The introduction of the sign-up system was well-received, and I'm particularly pleased we now have a more formalized system in place for prospective new members to sign up for taster sessions.

Club Championships

We started with Virtual Races and ended with a great turnout at the Richard Burton 10k...13 races that produced two worthy Champions in **Andy Pearce** and **Catherine Barker**. This was last year that we will run different age categories in Male and Female races...will we have inaugural M/F 65+ Champions in 2022

Race Performance

Great running by everyone who pinned a number on a Blue & Yellow vest in 2021, and I sometimes feel it's unfair to single out individual achievements. We had several Age Group podium performances from **Catherine Barker, Lisa Cleary, Andy Pearce, Kevin Chalke** and **Malcolm Bradley**. Catherine Barker set a new Women's Club record for 10km (41:56 at Cardiff Bay) and **Kaarina Ruta** took the Women's Club Record for the marathon (3:21:36 at Newport). New member **Sam Humphrey** achieved some of our highest-ever placings in the Gwent League and won the Merthyr Mawr Pudding Race.

Club-organised Races (will be expanded on in the Race Director's report)

The normal calendar dates for our three races didn't really work with Welsh lockdown restrictions in 2021...the Cosmeston Relays with 200 teams / 700+ runners in close proximity was always going to be a difficult event to pull off in the

present climate. We look forward to starting off our 2022 event schedule very soon with the **CF64 Winter Race** (date still to be confirmed at time of writing).

Communications

My first role when I joined the Club Committee back in 2018 was a brief to 'freshen up' the Club Website and Social Media platforms. Little did I know at that point I'd end up creating a completely new site, with embedded blog and video capability. Thank you for all your constructive suggestions about what you would like on the site, and for regularly providing content like "In the Spotlight" and Ultra Race preparation. I've also tried to use other platforms like **Instagram** and **Twitter** on a more regular basis.

Litter Picking

We organised two Club Litter Picks this year at Sully Island and Penarth Marina. Many thanks to **Danielle Rayner** and **Zaneta Dobosz** for coordinating the people and equipment to make both events very successful. It really does raise our Club profile when members of the public thank us and realise who we are.

Virtual Club Challenges

Thank you to everyone who volunteered or participated in our virtual and in-house race challenges in 2021. I'd particularly like to thank **Lyn Evans** for the road and trail races he organised, out of the back of his car!

Gwent Cross Country League Poll

Our local cross country league organisers needed to respond to a nationwide UKA campaign to examine equalisation of race distances run by senior male and female athletes. We organised our own internal poll to inform our consensus, and feed into the Clubs' viewpoint. Ultimately the "status quo" will be followed this season, but the options discussed might influence the series in future years...thank you to all of you who cast your preference vote.

Cosmeston Lakes parkrun

We continued to have a strong association with our local parkrun when it recommenced in Autumn 2021. The Volunteer team often has a majority of Club Members, and lots of you like running through Cogan Woods, too. We were very pleased to contribute to the purchase of an AED (Defibrillator) to add to the safety of all Cosmeston parkrun participants.

Welsh Blood Service

We were approached by the WBS to take part in a Welsh Athletics initiative to create awareness of the continuing requirement for blood donors in the local area. Our Club website now has a dedicated page explaining the link-up and how to volunteer. Thank you to all of you who have literally rolled up your sleeves and got involved.

4. Treasurer's Report

5. Race Director's Report – Lyn Evans

6. Notice of resolutions/motions

The Committee of the Club proposes the following resolutions:

6.1 Membership Fees

It is proposed that for the 2022/23 Club year that the annual Club membership fee will remain at £25.00.

- For new members who join part way through the year, this will reduce by £2.00 per month for each full month that has passed from the April 1st, 2022.
- Renewing members will pay £25.00 throughout the year.

The 2022/23 Welsh Athletics registration fee will be £19.50 per year. This does not decrease as the year passes.

Your Welsh Athletics membership gives you the reduced entry fee to races and other benefits for which we recommend you visit the Welsh Athletics website.

Social Membership Renewal to remain at £5.

Social Membership criteria to be documented in the Constitution:

1. Must have previously held full membership for at least a year.
2. Cannot vote at the AGM
3. Social members paying £5 per annum do not accrue years to become a Life Member.
4. Social members may run at a social run, but if they wish to run at club nights or be included in the Castles Relays draw then they must be full members.

Life Members: No further members have completed 25 years.

Life members will have paid full membership for 25 years.

6.2 Removal of Junior Membership option

Clause 5 in our present constitution states *“Junior membership shall be available to any person aged between 16 and 18 upon the basis and understanding that a paid up adult member of the club who*

a. is either the parent or guardian of the junior member

or b. has agreed to act in substitution for the parent or guardian runs with the junior member during club training sessions. Junior members and their parent or guardian shall be required to sign to confirm their agreement to the above”

As a Club affiliated to Welsh Athletics we have been asked to tighten up and formalise our Welfare responsibilities, in particular with regard to safeguarding vulnerable people (full guidance can now be found on our dedicated Welfare page on the Club website)

The Committee and Welfare Officers feel we should clarify our status as a Club just for adult runners (over-18). The Junior Membership option has not been availed of for many years, so dropping it from our Rules and Constitution should have little effect.

7. Open Forum

The opportunity to have your say on matters such as:

- What could we do to improve our club?
- Do you have any thoughts on changing our training sessions?
- New relay/team events – any suggestions?
- Social occasions – do you think we should change them? If so, how?

And anything else that is on your mind.

Club members may put forward motions or amendments to existing motions if they wish the Club to discuss or vote on them at the AGM.

NOTICE OF A MOTION OR AMENDMENT TO A MOTION SHOULD BE SENT TO SIMON W. BY **TUESDAY 8th FEBRUARY 2022**, SO THAT MEMBERS CAN BE ADVISED OF ADDITIONAL MOTIONS BY **TUESDAY 15th FEBRUARY 2022**.

It is emphasized that if a motion involves a change then the full club should be given the opportunity to vote. Therefore it must be put forward as a proposal in advance of the meeting to give members the opportunity to vote by proxy if they cannot attend the meeting.

8. Any Other Business

SIGNED..... Simon Williamson (Club Chair)

Dated. 22nd January 2022