

**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 **7:00 pm on THURSDAY
22nd FEBRUARY 2024**

Venue – **Old Penarthians' RFC, 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 2023 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 (But please note: Welsh Athletics affiliation will increase to £21 in 2024/25)
 - 6.2 **Additional London Marathon Ballot requirements**
Item 11 in Club Rules to be updated
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	Mandy Barrington (also Social Secretary)
Committee	Colin Caesar (Membership Secretary)
Members	Lisa Cleary (Women's Team Captain) Debbie Williams (Volunteer Coordinator/Kit Manager) Nigel Adams (Coaching Coordinator)

Simon Williamson will be stepping down from the role of **Club Chair** at this AGM.

Kit Lambert has agreed to be nominated for the role of **Club Chair** in 2024/25.

Simon Williamson has agreed to be nominated for the role of **Vice Chair** in 2024/25 and has agreed to continue managing the Club website.

Ross Flanigan has agreed to be nominated for the role of **Men's Club Captain** in 2024/25.

Lisa Cleary will be stepping down from her role as **Women's Club Captain**. We are very grateful to Lisa for her involvement with the Club Committee for many years. Nominations for **Women's Club Captain** are welcomed.

All other Committee Members will be happy to be nominated for their existing roles in 2024/25.

Nominations for the positions of Club Chairperson, Secretary and Treasurer should be made in writing to Simon Williamson by **8th February 2024**, 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

Session Leaders and Club Training

We've continued to offer a diverse mix of training opportunities for Club Members; everything from muddy, chatty trail runs to 400m intervals on the track. We're indebted to our regular Run Leaders (in no particular order) **Nigel Adams, Anna Helsing, Bev Warburton, Ross Flanigan, Kit Lambert, Keira Evans-Determan, Lyn Evans, Chris Nellins, and Malcolm Bradley**. And we're pleased to announce that **Colin Caesar** has just completed his LiRF Training course and will be getting stuck in leading sessions later this year.

Club Championships

The 2023 Club Championships consisted of 13 Events and 2 'ongoing' challenges...a parkrun ranking list based on Cosmeston, and a general Marathon event ranking list. **Catherine Barker** once again dominated the Women's Rankings, with an incredible 6th Overall win in 6 consecutive years. There's a new name on the Men's Overall shield. **Luigi Federici** showed great tenacity and determination in coming back to take a fine victory, after being runner-up in 2022.

Thanks are due to **Malcolm Bradley** for keeping the ranking tables up to date during the year.

Race Performance / Achievements

The Club Records had some revisions in 2023, albeit only on the Women's side. **Helen Sharpe** took the top spot in both 5k (**19:21**) and 10k (**40:49**) and moved into 2nd spot for parkrun (**19:41**) and 5 Miles (**32:36**). **Ciara Oliva** was not far behind Helen, with 5th in parkrun (**20:11**) and 2nd in 10k (**40:50**). **Catherine Barker** finally went sub-20 for parkrun, her **19:59** securing 4th place in the records list. Catherine also grabbed 5th spot with **93:30** for the Half Marathon.

And congratulations to the FOUR members who qualified to represent South Wales in the Inter-Area XC fixture held at Newtown in November...**Helen Sharpe, Paul Deaton, Ross Flanigan** and **Kevin Chalke**.

Introduction to Running Course

We are all very grateful to **Colin Caesar** for offering to run a late-Summer version of the course devised by **Sarah Lees** in 2022...with Sarah getting stuck in herself supporting the group of around 10 newbies, along with extra backup from **Nigel Adams, Catherine Barker, Arabella Calder, Jan Frost, Lynne Evans, Sarah Patnett, Kath Petersen, Sophie Gott, Andrew May & Heather Edmunds**. We are hoping to offer another course in 2024, kicking off slightly earlier to remain in summer light!

Review of 2019 – 2023

As I come to the end of my tenure as **Chair of Penarth and Dinas Runners**, I hope you'll indulge me with a recap of some of the highlights from the last five years.

I'll never get tired of singing the praises of our fantastic **Club Committee**, always willing to go that extra mile to make P&D Runners an engaging, welcoming place to be and ensure that our three race events are hugely popular with the local running community. So, a big thank you to **Yvonne Williams** (our previous Chair who enticed me into the role!), **Lyn Evans** (our superbly organised Treasurer, Race Director & my overall wingman), Club Captains **Lisa Cleary, Kit Lambert** and **Ben Butler-Madden**, Club Secretaries **Mandy Barrington** and **Louise Driscoll**, Membership Secretaries **Colin Caesar** and **Danielle Rayner**, and Welfare Officers (and lots of other roles!) **Debbie Williams** and **Nigel Adams**.

Yvonne's original 'carrot' was to get me involved updating the Club website with more current content...and the **Weekend Roundup** was born. The Committee then

backed my idea of creating our own self-supported website on the **GoDaddy** platform, which I'm proud to say is now packed to the rafters with information about our Club, be it training information, Championship races, parkrun, club records and much, much more...it's all there!

Researching this review, I've been revisiting AGM Minutes...and what a crazy year **2020** was. I'm incredibly proud with how we met the challenges of **Covid-19** and **lockdown** as a Club. There were no races, no group training opportunities, no parkrun...they even shut the Country Parks! We remained connected through Social Media, our Club website and the Group Email, with lots of Virtual Challenges, too many to mention here; but a special shout-out to **Kit** for organizing our team in the **BAD 15-hour Relay** event, and to **Lyn** creating **(not) The Cosmeston Relays**. Even the AGM was conducted via Zoom; we had a record attendance of 31!

I was very pleased to set up our partnership with Cardiff-based Charity **Tenovus Cancercare**, our Club donation giving one lucky member the chance to run the iconic London Marathon over three separate years. I'm also very pleased that some of our members have built their own partnerships with Tenovus. Likewise, our association with the **Welsh Blood Service** has connected us and other South Wales running clubs, encouraging donors to attend the local clinics.

We are very privileged to be able to run on some great coastal paths in this area, and so the idea put forward by **Dan Rayner** and **Zaneta Dobosz** for regular **litter picks** was well-supported by members and their families in 2021/22...maybe something to re-visit this coming year?

Our association with **Cosmeston Lakes parkrun** has continued strongly since the inception of the event on **7th December 2019**, the brainchild of our very own, indefatigable **Lyn Evans**. It would be interesting to know just how many runners 'found' P&D after attending this wonderful local parkrun! Proud that the volunteer team is often mainly us lot, and that we were able to help the event by funding the purchase on an AED defibrillator in 2021.

And it's great to see how our presence at the **Welsh Castles Relay** continues to evolve. Superbly organised by **Ben Butler-Madden** and his successor **Kit Lambert**, it is a weekend experience like no other!

The **CF64 Winter Race**, **P5MT** and **Cosmeston Relays** continue to sellout in record time, proving that there is an appetite for well-organised, cheap, friendly races in this area. Of course, most of the positive feedback we receive is praising our incredible marshals and volunteers...we couldn't do it without you lovely bunch!

All in all, it's been a fantastic privilege to lead the Club through some ups and downs, and see our membership rise gradually from around 100 to 150. I wish my successor all the best but assure you I'm in no rush to go anywhere else!

4. **Treasurer's Report – Lyn Evans**

5. **Race Director's Report – Lyn Evans**

6. Notice of resolutions/motions

The Committee of the Club proposes the following resolution:

6.1 Membership Fees

It is proposed that for the 2024/25 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, 2024.
- Renewing members will pay £25.00 throughout the year.

The 2024/25 Welsh Athletics registration fee will increase to £21 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 Amendment to Item 11 in the Club Rules

It is proposed that Item 11 “Club London Marathon place(s)” is expanded with two extra member criteria. Ballot Entrants will need to have **a) volunteered at least ONE of our three Club Races b) competed in at least ONE externally organised Club Championship race (does not include parkrun or marathon performance).**

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?
- Suggestions for new relay/team events?

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 THURSDAY 8th FEBRUARY 2024, SO THAT MEMBERS CAN BE ADVISED OF ADDITIONAL MOTIONS BY THURSDAY 15th FEBRUARY 2024.

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.....**13th January 2024**