

**MINUTES OF ANNUAL GENERAL MEETING  
OF  
PENARTH AND DINAS RUNNERS**

**HELD AT 7.00PM, WEDNESDAY 22nd FEBRUARY  
Old Penarthians Rugby Club**

**Present:** Simon Williamson (Chair), Kit Lambert (Vice-Chair), Lyn Evans (Treasurer/Race Director), Mandy Barrington (Secretary)

**Committee Members:** Debbie Williams, Colin Caesar, Nigel Adams

**Members:** Ross Flanigan, Jan Frost, Tania Miranda, Chris Nellins, Keira Evans-Determan, Kath Petersen, Emma Healy, Anthony Gale-Thomas, Peter Balmont, Gideon Calder, Arabella Calder, Sarah Pope, Huw Hudson, Lynne Evans, Cath Barker, Beverley Warburton, Matthew Gwenter, John Davies, Malcolm Bradley.

**Apologies:** Lisa Cleary, Andrew May, Pablo Sanz, Steve New, Richard Sewell, Meurig Chapple, Nick Morgan, Nathan Piddock, Sarah Lees, Mark Carter, Steven Barker, Frank Atherton, Debbie Rees, Andy Pearce, Julie Broughton, Andrea Goodfellow.

**Chair's Report:**

The meeting was opened by Simon introducing the agenda and thanking members for taking the time to attend. See Chair's Report below.

1. Apologies received as noted above.
2. Minutes of 2023 AGM approved.
3. Chair's Report

**3.1 Election of Officers**

Seven Committee Members expressed a wish to continue for another year. Simon Williamson resigned as Chair with Kit Lambert nominated for this role. SW will continue on Committee as Vice-Chair. Lisa Clearly stepped down as Ladies' Team Captain with Keira Evans-Determan nominated and Ross Flanigan to finalise committee numbers as Men's Team Captain.

**Officer/Proposed/Seconded:**

Kit Lambert (Chair)/Chris Nellins/Nigel Adams  
Simon Williamson (Vice-Chair)/Anthony Gale-Thomas/Keira Evans-Determan  
Lyn Evans (Treasurer/Race Director)/Emma Healy/Colin Caesar  
Mandy Barrington (Secretary/Social Secretary)/Jan Frost/Beverley Warburton  
Colin Caesar (Membership Secretary) Ross Flannigan/Arabella Calder  
Keira Evans-Determan (Ladies Team Captain) Debbie Williams/Debbie Rees  
Ross Flanigan (Men's Team Captain)/Malcolm Bradley/Debbie Williams  
Debbie Williams (Kit and Volunteer Coordinator) Kath Petersen/Nigel Adams  
Nigel Adams (Coaching Coordinator)/Colin Caesar/Kath Petersen

### 3.2 Review of the year

The Chair shared a review of the year (fuller text can be found in the [Notice of AGM](#))

- Simon thanked Lisa Cleary for all of her hard work over many years with both Committee and as Ladies' Team Captain. Her enthusiasm and support for all members was recognised and SW gladly informed of Lisa's intention to continue with Club.
- Simon thanks all Session Leaders for their invaluable running of a variety of Club sessions - Nigel Adams, Anna Helsing, Beverley Warburton, Ross Flanigan, Kit Lambert, Keira Evans-Determan, Chris Nellins, Lyn Evans, Malcolm Bradley and Colin Caesar. This is much appreciated by all members.
- Thanks from the Chair were passed to Committee Members and Members for their ongoing support of the Club.
- Club Champion Catherine Barker's achievements were noted, she has gained this award for six years running and Luigi Federici was acknowledged as a talented young runner. Particular thanks were passed to Malcolm for collating the results and producing them for the Club.
- The success of the XC teams was mentioned alongside members chosen to represent South Wales (Helen Sharpe, Paul Deaton, Kevin Chalke & Ross Flanigan)
- Simon reflected on the hard work of the Committee, past and present. Yvonne Williams was fondly remembered for her support to Simon when he first took on the role as Chair. He gave special thanks to Lyn Evans for his continued exceptional work for Club.
- A general reflection on the Club activities over the last five years was acknowledged and included club races – thanks passed to Lyn Evans, Race Director and Debbie Williams, Volunteer Coordinator. Continued excellent feedback from participants of our races was applauded. The three club races will continue as they are well supported and the no frills, value for money approach is appreciated by participants almost without exception. Abyd Quinn Aziz received a special mention for his excellent race pictures, all work done by him as a volunteer and with no charge to participants.
- Special mention to Colin Caesar and Sarah Lees for organising and running a P&D C25K programme that culminated with a P&D supported parkrun at Cosmeston Lakes. This will run again in April 2024, with assistance from other members.
- >£4,000 donated to charitable causes including Tenovus Cancer Care through the London Marathon place.
- Club membership currently stands at approximately 150.

### 4. Treasurer's Report

The Treasurer gave a summary of Club finances for 2023-2024 and a sound position was noted. The full Treasurer's Report can be found on the [Club Notices' webpage. 2023-24 Treasurers Report](#)

### 5. Race Director's Report

As noted above, Club races continue to excel and race participant numbers are recovering post-pandemic. P5MT date moved to 2<sup>nd</sup> June 2024. Lyn gave appreciation for all help from members in each of the races. Other clubs' feedback continues to be only positive. The £4000+ profits raised have been used for a London Marathon charity place (Tenovus) and assists in keeping membership fees stable. The full Race Director's Report can be found on the [Club Notices' webpage.2023 Race Directors Report](#)

## **6. Resolutions and Motions**

### **6.1 Club Membership**

- Membership fees to remain at £25 for 2024-25 (pro rata) – approved by members. Welsh Athletics fees to rise to £21 in April. Benefits of WA affiliation were noted.
- Social Membership will remain at £5 per annum.

### **6.2 London Marathon ballot requirements**

- After a brief discussion that Item 11 in the club rules regarding entry into the London Marathon club ballot would change to include:
  - Each ballot entrant will volunteer at a minimum of one of the three club races
  - Each ballot entrant will compete in at least one Club Championship race. The motion was passed with a clear majority.

## **7. Open Forum**

Those present were asked if they would like anything discussed.

- Emma asked if others felt there was a need for a long-sleeved fluorescent club tee. It was agreed that this might be useful, possibly with the club logo so that it can be used in races. Debbie Williams agreed to investigate sourcing possibilities.
- Chris Nellins wondered if there was an appetite for more social gatherings after sessions now that we are based at Old Penarthians. A broader discussion ensued regarding increasing our social functions including possibilities of a Ball and/or Ceilidh. Mandy Barrington agreed to explore this for the spring/summer months.
- Keira Evans-Determan brought up the idea of offering to lead an early morning run and possibly other sessions aside from the known club runs. This was supported by Ross Flannigan who also mentioned some informal longer runs, as has been arranged previously amongst members. This was warmly welcomed by those present.
- Kit Lambert presented Simon Williamson with a thank you gift and applauded his outstanding work as Club Chair over the last five years. It was noted from the whole club that Simon's input is much appreciated by every member and a generous round of applause followed.

The Chair closed the meeting at 8.25pm.