

**MINUTES OF ANNUAL GENERAL MEETING  
OF PENARTH AND DINAS RUNNERS  
HELD AT 7.00PM, THURSDAY 13th MARCH 2025  
Penarth Athletic Club**

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

**Committee Members:** Colin Caesar, Nigel Adams, Ross Flannigan

**Members:** Huw Hudson, Catherine Barker, Nick Morgan, Chris Nellins, Tony Jones Gale, Peter Trott, Stuart Allen, Sarah Pope, Clare Jones, Ian Warburton, John Shewring, Simon JB James, Emma Healey, Kath Petersen, Lisa Cleary, Jan Frost, Anna Helsing, Jacob Stone, Arabella Calder, Gideon Calder, Sarah Lees, Beverley Warburton

**Apologies:** Keira Determen-Evans, Nigel Adams, Debbie Williams, Richie Sewell, Julie Broughton, Frank Atherton, Ann Johnston, Waive Lai, Steve New, Tom Clarke, Steven Barker, Pablo Sanz, Andrew May, Meurig Chappell, Sarah Brown, Debbie Warburton

**Chair's Report:**

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

1. Apologies received as noted above
2. Minutes of 2024 AGM approved
3. **Chair's Report** - see attached

**3.1. Resolutions and Motions**

Memberships fees to remain at £25 p.a. (pro rata). Welsh Athletics fees will increase to £23 p.a. in April 2025.

Social membership to remain at £5 p.a. PASSED

A change to the restriction in the constitution was proposed by committee so that it is no longer a requirement to be a member of club for more than one year before becoming a social member.

Proposer: Kit Lambert, seconded by Ross Flannigan PASSED

A further discussion was held to change the limit of committee members which currently stands at nine. Due to the high level of club activity a proposal to change to 12 was made.

Proposer: Kit Lambert, seconded by Chris Nellins PASSED

**3.2. Election of Officers**

Seven Committee Members expressed a wish to continue for another year.

Mandy Barrington stepped down as Secretary and Debbie Williams resigned as Kit Secretary and Welfare Officer. Kit thanked them both for their hard work and efforts over the years.

**Officer/Proposed/Seconded:**

Kit Lambert (Chair)/Cath Barker/Sarah Pope  
Simon Williamson (Vice-Chair)/Gideon Calder/Peter Trott  
Lyn Evans (Treasurer/Race Director)/Chris Nellins/Jan Frost  
Arabella Calder (Secretary)/Mandy Barrington/Kit Lambert  
Sarah Lees (Kit Secretary)/Colin Caesar/Cath Barker  
Ross Flannigan (Men's Team Captain)/Anna Helsing/Colin Caesar  
Keira Determen-Evans (Women's Team Captain)/Kath Petersen/Stuart Allen  
Colin Caesar (Membership Secretary)/Ian Warburton/Simon Williamson  
Nigel Adams (Coaching Coordinator)/Chris Nellins/Colin Caesar  
Stuart Allen, John Shewring, Gideon Calder, Huw Hudson, Tony Gale Jones (Club Officers)/Emma Healey/Ian Warburton  
Emma Healey and Kath Petersen (Social Officers)/Mandy Barrington/Jan Frost

**3.3. Review of the Year**

See attached report from Kit Lambert

Club membership currently stands at approximately 160.

**4. Treasurer's Report**

The Treasurer gave a summary of Club finances for 2024-2025 and a sound position was noted. Please see attached, the full Treasurer's Report can be found on the [Club Notices' webpage. 2024-25 Treasurers Report](#)

**5. Race Director's Report**

The full Race Director's Report can be found on the [Club Notices' webpage.2023 Race Directors Report](#)

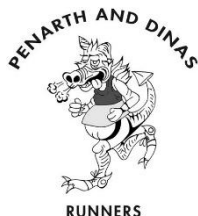
**6. Open Forum**

Those present were asked if they would like anything discussed.

- Kit Lambert put forwards a suggestion from Richie Sewell to look at changing the Monday night session to later in the week as this often follows a race day or long run when marathon training. Ross Flannigan pointed out that race days are taken into account when deciding the schedule. Emma Healey added that the sessions are designed to be at your own effort. Kath Petersen put forwards that the effort session could be moved to a Wednesday and this was received well by some members. Kit suggested this will be for the new committee to further discuss. All agreed a review was necessary and Kit will take this forwards with committee.
- Liam Kelly suggested a group long run be arranged on a Sunday. It was generally felt this may be difficult with different criteria. A general suggestion was to keep this social and organise informally amongst members.
- Anne Johnson would like to have tempo sessions run at different times and maybe target women specifically. Again this will be discussed by the new committee.
- Ross Flannigan informed that he will expand the Friday morning runs to vary more as the days lengthen and daylight allows.

- Simon Williamson suggested that individuals can meet up to do paced runs, possibly after park run. These will also be arranged as informal sessions. Kit agreed that a forum could be opened up for members to arrange informal runs.
- Emma Healey and Kath Petersen opened up a discussion about the Christmas Party being held nearer town and not the Marconi as has been the tradition for a number of years. It was suggested this be discussed again later in the year.

The Chair closed the meeting at 8.50pm.



## **PENARTH & DINAS RUNNERS**

### **Review of the Year – 2024 / 2025**

There is a lot to celebrate about the last year at P&D, which has seen our move to Penarth Athletic Club and plenty more besides!

#### **Committee**

First of all, I would like to thank my brilliant committee for supporting me throughout my first year as Chair of the Club. Particular thanks to my predecessor, Simon Williamson, for all of your help and your hard work with our communications, writing your amazing round-ups and keeping our website looking great. And Lyn, who works harder than any of us to keep the club afloat, both by looking after our accounts as treasurer, but also by putting on the three fantastic P&D races every year that provide so much of our income. I would also like to say a special thank you and goodbye to two of our committee members who are standing down after many years of hard work and loyal service; Mandy Barrington, our fab Club Secretary, and Debbie Williams, Volunteer co-ordinator and Kit Manager. The club owes them both a huge debt of gratitude and we are very sad to see you go.

#### **Session Leaders and Club Training**

Following a brilliant response to our appeal last year, we now have a large group of trained Leaders in Running Fitness. Thanks again to all our volunteer leaders, without whom the club couldn't function: Nigel Adams, Stuart Allen, Frank Atherton, Anthony Bannon, Colin Caesar, Keira Evans-Determan, Lyn Evans, Ross Flanigan, Simon Grant, Anna Helsing, Simon James, Chris Nellins, Arabella Smith, Bev Warburton and Simon Williamson. Hope I haven't missed anyone!

Thanks to these brilliant leaders, we are offering more sessions than ever before. Monday night efforts, conversational runs on Wednesdays and Thursdays, track and not-track Wednesdays, and Friday morning Captain's runs. As well as our Introduction to Running course, organised by Colin Caesar and Sarah Lees last June. We are always open to suggestions for how these sessions can be improved, so if you have any thoughts, please do not hesitate to get in touch.

#### **Club Championships**

The 2024 Club Championships consisted of 13 Events and 2 'ongoing' challenges; your best Cosmeston parkrun time and best at any Marathon race. Catherine Barker once again dominated the Women's Rankings, extending her winning streak to 7 years and gaining permanent possession of the Women's Trophy. We'll be buying a replacement for 2025.

On the men's side, we've had plenty of new names on the trophy and this year was no exception, with Huw Hudson taking victory in his first full season. Thanks are due to Malcolm Bradley for keeping the ranking tables up to date during the year.

#### **Notable Race Performances / Achievements**

As always, P&D has been punching above its weight, with plenty of podium finishes at races across South Wales. We've also had members jet-setting around the world to take part in marathons and half-marathons across multiple continents. Congratulations to everyone who has been out there racing this year, whether you were battling your way to new PBs, fighting your way back from injury or time away from the sport, or just having fun.

There was plenty of movement on the Club Records this year. Congratulations to Natalie Priest for now topping P&D's Women's Marathon table with her fantastic 3:08 at the London

Marathon last April. This was also good enough to put her 7<sup>th</sup> in the Welsh rankings for her age category in 2024. Nat has also taken 3<sup>rd</sup> spot at the 10k distance and 2<sup>nd</sup> over half marathon. Our women's champion Catherine Barker secured 4<sup>th</sup> spot over 10k and 5<sup>th</sup> spot over the half marathon distance, while Helen Sharpe clocked P&D's 2<sup>nd</sup> fastest ever Parkrun with her 19:38 at Cardiff.

On the men's side, Huw Hudson is now 5<sup>th</sup> on P&D's Parkrun list with his 16:59 at Cardiff, while Sam Humphrey's excellent 73-minute half marathon in Cardiff puts him 3<sup>rd</sup> on our all-time list. An honourable mention must also go to Ross Flanigan who, while not getting onto the P&D overall lists, was 8<sup>th</sup> in the marathon rankings for his age category in all of Wales.

Our recent cross-country season was a great success, with our men's team consolidating their position in Division two, including a brilliant 2<sup>nd</sup> place overall in the M55 category. Our women's team went one better and gained promotion to Division One! There were also an incredible 19 full setters, if my maths is correct, compared to only two in the 2023/24 season.

Congratulations to our all runners who were selected to run for the region or the Wales squad over the last year, including Ross Flanigan, Sam Humphrey, Huw Hudson, Kevin Chalke, Cath Barker. I know some of our other runners should have been selected, but fell victim to organisational issues on the part of the regional selectors, so fingers crossed that everything works more smoothly this year. And finally a shout out to Steve New, who completed 10 marathons in 10 days last March, as well as Mark Carter, Simon Grant and Jacob Williams for their Ironman/Half Ironman efforts.

### **Welsh Castles Relay**

We had another successful year at the Welsh Castles Relay, even with the event getting more and more competitive. We finished 34<sup>th</sup> Overall, and 28<sup>th</sup> in the Open Category, taking a cumulative 24:09:26 to complete the long journey down from Caernarfon to Cardiff. This was well over an hour faster than 2023, so well done to all involved. Assuming we are selected for participation in the 2025 event, we are hoping to build on this success and go even faster this year. Detail will be going out soon to all members, but please keep June 7<sup>th</sup> and 8<sup>th</sup> free if you are interested.

### **Membership**

This year has seen Penarth and Dinas grow in numbers. We are now up to around 160 full members, with participation at Club Championship races and cross country at record levels. At the current rate that our members are having babies, we look good for the future as well!

### **Our Races / Charity**

Lastly, our P&D organised races - The CF64 Winter Race, P5MT and Cosmeston Relays - continue to attract large numbers of participants, even when they have to be rearranged at the last-minute due to storm warnings. Thank you, as ever to Lyn for all your hard work as Race Directors, as well as to our chief marshal wrangler Debbie Williams, and everyone who has volunteered at our races over the last year. Due to the success of our races and the hard work of many individuals within the club, we have been able to raise thousands of pounds for charity, in particular to our charity partner Tenovus Cancer Care. We now have even more information up on the website about Tenovus and our charity work, so please do check it out if you haven't already.

I think that is about it from me, other than to say that it has been an honour and a privilege to be Chair of such a wonderful running club for the last year, and to say thank you to everyone for your ongoing support.

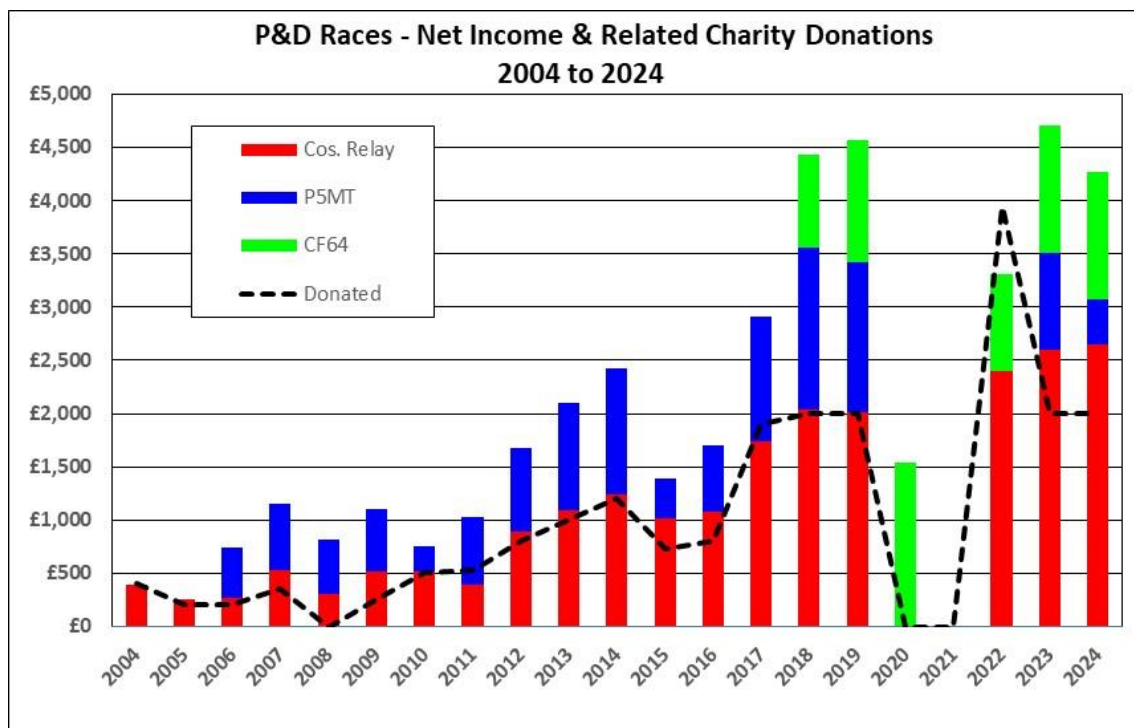


## Race Director's Annual Report 1<sup>st</sup> February 2024 to 31<sup>st</sup> January 2025

### 1. 2024-2025 Club Races

#### 1.1 Summary

- After a settled 2023-24, it was a disrupted year for our race schedule, with the very late postponement of January 2025's CF64 Winter Race (bad weather) and the 2024 Porthkerry 5 MT having to move to a new date in early June from its previous early May slot (congested local race calendar).
- The 2024 Cosmeston Relay Race and the 2025 CF64 Winter Race both sold out quickly. The 2024 Porthkerry 5MT only sold 57% of places.
- Total net income from the two 2024-25 races totalled £3,069. This is used to purchase a charity entry, via Tenovus Cancer Care, for the London Marathon for a Club member. The remainder contributes to Club running costs and helps keep membership fees down.
- Over the last 10 years, charity donations from Club races have totalled over £16,500.



- We continue to receive very good feedback on all our races from a wide range of participants - due in no small part to:
  - Our brilliant, vocal P&D (and 'P&D adjacent') volunteers
  - The professional organisation behind the scenes and on race days
  - Our low cost/'no frills' approach
  - Support from race partners EventResultz and St. John Ambulance Cymru
- Cut-off times are now in place for all 3 races. After taking on board initial participant feedback, they worked well.

## 1.2. Commentary

### 2024 Porthkerry 5 MT Race ('P5MT')

- The 2024 P5MT was moved from its previous regular slot, the 2<sup>nd</sup> Sunday in May, after other, larger local races changed their dates to early May.
  - The only available date without clashes was a month later, on June 2<sup>nd</sup>. Another 2 races announced their dates quite late, so this meant there were still 2 clashes. The local race calendar is very busy between April and early July.
  - This had an adverse effect on entries, which dropped to 57% (of the 300 places) from 80% in 2023.
- The race received full marks from the race adjudicator and excellent feedback from participants.
- The race generated a net income of £426.
- The 2025 P5MT will be a South Wales regional championship race, which should have a positive impact on entries. We aren't aware of any local race clashes on the chosen date of June 1<sup>st</sup>.

### 2024 Cosmeston Relay Race

- The race was another very quick sell-out - 250 team entries in under 1 hour (not quite a record, though).
- There was a near record number of teams on the start line (239) enjoying another great night's relay running with very good participant feedback.
- The new 48 hour team change deadline worked well, with a much reduced workload on race night for the key team members dealing with numbers/batons, results and prizes.
- The race again received full marks from the race adjudicator.
- The race generated a new record net income of £2,643.

### 2025 CF64 Winter Race

- The 2025 race was another sell-out (350 places) and is now established as a very popular race for local runners.
- It was originally scheduled for Sunday, January 26<sup>th</sup>. However, because of yellow weather warnings for both wind and rain, it had to be called off at lunchtime the day before the race.
- We received positive feedback from runners for the decision to postpone the race, for how we'd communicated things and for offering (discretionary) refund/donation options.
- The 2025 race has been rescheduled to Sunday, March 23<sup>rd</sup> and is approaching another sell-out, even after refunding more than 50 of the original 350 entries.
  - We were able to make an early donation to Tenovus Cancer Care after a number of runners from the original race date took up the option to donate their entry fee, rather than receive a refund.

## **The Cosmeston Country Mile Time Trial**

- The cancellation of the 2024 Butetown Mile Race led to a gap in the 2024 Club championship.
- To fill the gap, we developed the idea of a Club members' 1 mile time trial at our summer home of Cosmeston Lakes Country Park - the snappily titled 'Cosmeston Country Mile Time Trial'.
- The 'CCMTT' took place on a Sunday morning in August. It was well received by the 32 entrants and has been included in the 2025 Club championship.

## **Race Director Training**

- Lyn Evans (Club Race Director) and Nigel Adams (Club Coach) both attended a Welsh Athletics Race Director training course in January 2025

## **2. 2025-2026 Race Outlook**

- In what'll be a busy 4 race year, we're planning for our normal 3 Club races going ahead as usual, plus the rescheduled 2025 CF64 Winter Race.
- Dates are:
  - Rescheduled 2025 CF64 Winter Race - Sun. March 23<sup>rd</sup>
  - 2025 Porthkerry 5MT - Sun. June 1<sup>st</sup>
  - 2025 Cosmeston Relay Race - Weds. July 6<sup>th</sup>
  - 2026 CF64 Winter Race - Sun. Jan. 25<sup>th</sup>, 2026 (tbc)
- Race costs are still gradually increasing across the board. We will continue to keep a close eye on this. There are no plans to increase race entry fees at this time, however.

Please get in touch if you would like any further information about previous or future races.

**Lyn Evans (Race Director)**

**March 2025**



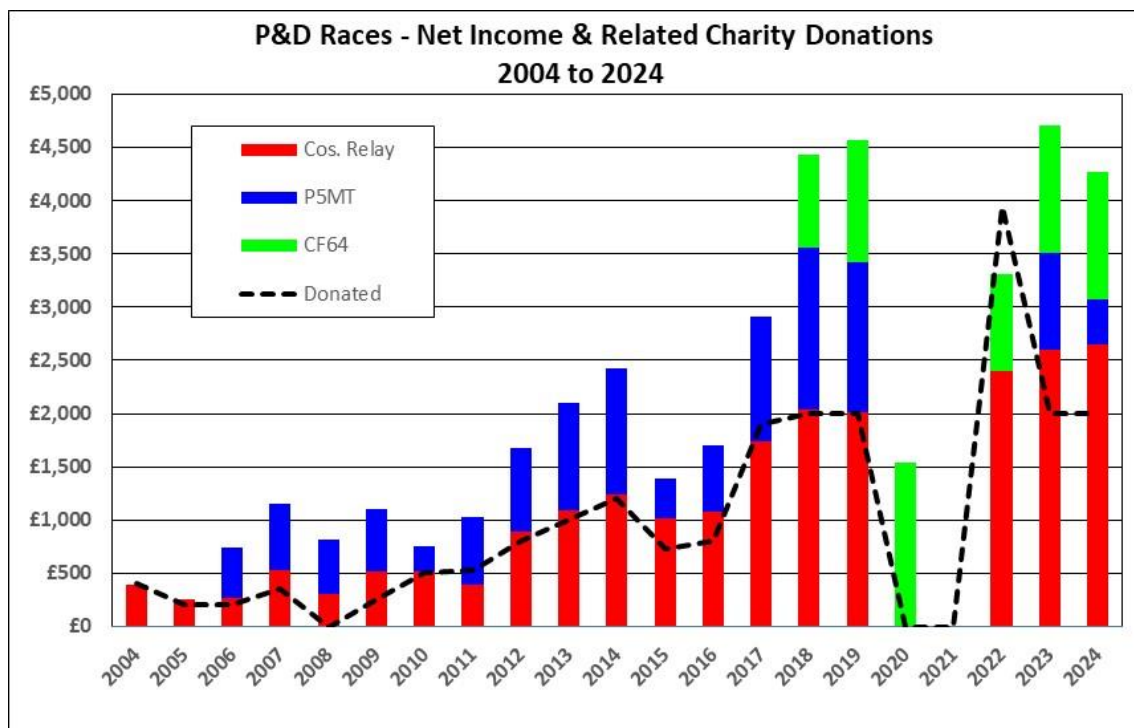


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**Lyn Evans (Race Director)**

**March 2025**