

# 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:** Lisa Cleary, Debbie Williams, Colin Caesar, Nigel Adams

**Members:** Stephen Farmer, Andrea Goodfellow, Steve Goodfellow, Debbie Rees, Peter Trott, Waiyee Lee, Gareth Jones, Clare Jones, Rick Grosfils, Malcolm Bradbury, Tania Miranda, Sarah Pope, Chris Nellins, Steven Barker, Catherine Barker, Luigi Federici, Lucy Entwistle, Sarah Lees, Richard Sewell, Emma Healy, John Davies, Anna Helsing, Andrew May, Arabella Calder, Ian Warburton, Ross Flanigan.

**Apologies:** Louise Hunt, Jan Frost, Steve New, Beverly Warburton, Jon Lewis, Kath Peterson, Debbie Warburton, Nathan Piddock, Neil Sigllechner, Abyd Quinn Aziz, Julie Broughton, Lindsey Clarke, Sophie Gott.

The meeting was opened by Simon introducing the agenda and thanking members for taking the time to attend.

1. Apologies received as noted above.
2. Minutes of 2022 AGM approved.
3. Chair's Report

#### **3.1 Election of Officers.**

All eight current Committee Members expressed a wish to continue for another year. Club Constitution states that a maximum number of nine are allowed on Committee so should anyone like to join the team, contact Simon as nominations will be welcomed.

#### **Officer/Proposed/Seconded:**

Simon Williamson (Chair) Chris Nellins/Nigel Adams

Kit Lambert (Vice-Chair) Peter Trott/Cath Barker

Lyn Evans (Treasurer/Race Director) Kit Lambert/Steven Barker

Mandy Barrington (Secretary/Social Secretary) Debbie Rees/Lisa Cleary

Colin Caesar (Membership Secretary) Nigel Adams/Debbie Williams

Lisa Cleary (Ladies Team Captain) Debbie Williams/Debbie Rees

Nigel Adams (Coaching Coordinator) Chris Nellins/Colin Caesar

Debbie Williams (Kit and Volunteer Coordinator) Steven Farmer/Peter Trott

### **3.2 Review of the year**

The Chair shared a review of the year

- Simon announced 2023/24 would be his final year as Chair, after four years in post. He requests that members contact him directly if interested in this position on Committee. A new Chair will be needed for 2024.
- Thanks from the Chair were passed to Committee Members and Members for their ongoing support of the Club. Particular thanks to Colin and Mandy for taking on new roles this year.
- Club Champions Catherine Barker and Duncan Sheldon. Thanks passed to Malcolm for collating the results and producing them for the Club.
- Ross Flanigan is about to join the Session Leaders, thanks given to all those who contribute to the sessions. Any members interested in the Leader in Running Fitness (LiRF) will be encouraged to sign up for a local course (The Club meet the cost of this)
- Club Championship change of format was explained – 15 races to include a best of parkrun performance and a marathon achievement.
- Club Member achievements were applauded, and Session Leaders thanked.
- Club races – thanks passed to Lyn Evans, Race Director and Debbie Williams, Volunteer Coordinator. Continued excellent feedback from participants of our races was applauded.
- Special mention to 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 the Spring, with assistance from other members (Simon, Colin, Mandy).
- Lyn noted there will be a parkrun club takeover at the end of March and a Run Wales social relay.
- Increased social media presence (Simon keeping Club visible on Instagram and Facebook). Club website continues to develop, noted high score on our platform provider GoDaddy with >53,000 visits in 2022.
- >£4,000 donated to charitable causes including Tenovus Cancer Care through the London Marathon place.
- Special mention to our late Club Member, Paul Whitmarsh. There will be a £1,000 cheque presentation to Paul's wife and son at the forthcoming Presentation Night (3<sup>rd</sup> March). £500 was kindly raised by club members and the amount matched from club funds. There will also be a presentation of the first Paul Whitmarsh Trophy for a particular marathon achievement.
- Club membership currently stands at 150.

### **4. Treasurer's Report**

The Treasurer gave a summary of Club finances for 2022-2023. The full Treasurer's Report can be found on the [Club Notices' webpage](#).

### [2022-23 Treasurers Report](#)

#### **5. Race Director's Report**

As noted above, Club races continue to excel and race participant numbers are recovering post-pandemic. The full Race Director's Report can be found on the [Club Notices' webpage](#).

### [2022 Race Directors Report](#)

#### **6. Resolutions and Motions**

Club Membership fees to remain at £25 for 2023-24 (pro rata) – approved by members.

#### **7. Open Forum**

Those present were asked if they would like anything discussed.

- Chris Nellins pointed out that whilst Club numbers were increasing in recent times, the numbers attending sessions seemed to be diminished and queried why. A discussion regarding session numbers ensued. It was thought this may be down to too many sessions through the week. Simon will do an analysis to examine this in more detail.
- There continues to be a positive response to track sessions, particularly from newer members. Simon will engage with Les Croupiers Running Club (LC) to explore Penarth and Dinas Runners joining their pre-booked sessions on a Wednesday to share the cost of hiring the track this summer (We presently pay an individual £6 fee. LC subsidise their members at £3 per session)
- Waiyee Lee has offered free massage for participants after the forthcoming Cosmeston Relay race. Further discussion with Lyn expected.
- The success of Welsh Castles Relay was acknowledged, particular thanks to Kit for his ongoing hard work. Nigel Adams will investigate another multi-participant team event for those not qualifying for Castles (WCR runners will also be welcomed).

The Chair closed the meeting at 8.05pm.