

MINUTES OF ANNUAL GENERAL MEETING

PENARTH AND DINAS RUNNERS CLUB

19:30, Tuesday, 23 February 2021

Virtual Meeting via Zoom

Present:

Simon Williamson (Chair)

Lyn Evans (Treasurer/Race Director)

Committee Members:

Nigel Adams, Debbie Williams, Louise Hunt, Mandy Barrington, Lisa Cleary, Danielle Rayner, Kit Lambert

Members:

Chris Nellins, Abyd Quinn Aziz, Janice Clement, Nigel Clement, Julie Broughton, Shirley Howman, Brian Law, Andrew May, Arabella Calder, Gideon Calder, Sophie Gott, James Buckingham, Yvonne Williams, Steven Barker, Catherine Barker, Malcolm Bradley, Ben Hanks, Sarah Lees, Tim Cummings, Ian Southwell, Richard Jackson, Debbie Rees

Apologies received:

Ali Reeves, Jan Frost, Margaret Ogden, Colin Caesar

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

1. Apologies received are noted above
2. Minutes of 2020 AGM **approved**
3. **Chairman' report**

3.1 Election of Officers

Officer	Proposed	Seconded
Simon Williamson (Chair)	Chris Nellins	Nigel Adams
Kit Lambert (Vice Chair)	Simon Williamson	Lyn Evans
Lyn Evans (Treasurer)	Sophie Gott	Janice Clement
Louise Hunt (Secretary)	Nigel Adams	Lisa Cleary
Danielle Rayner (Membership coordinator)	Lyn Evans	Debbie Williams
Lisa Cleary (Ladies Team Captain)	Catherine Barker	Danielle Rayner
Kit Lambert (Men's Team Captain)	Steven Barker	Sophie Gott

Debbie Williams (Volunteer Coordinator/kit manager)	Simon Williamson	Lisa Cleary
Mandy Barrington (Social Secretary)	James Buckingham	Kit Lambert
Nigel Adams (coaching coordinator)	Simon Williamson	Steven Barker

3.2 Review of the Year

Coronavirus

2020 will be forever remembered as the year the Covid-19 virus manifested itself across the entire world. As far as the UK was concerned, our governments took the unprecedented action of imposing “lockdowns” at different times throughout the year, to control the spread and attempt to ensure the NHS was not overwhelmed by hospital admissions. As far as runners were concerned, lockdowns meant no races, no parkrun and, for a time, no opportunities to train together on Club nights.

Committee

The extraordinary challenges presented by 2020 were met head-on by your fantastic Committee, who all adapted to new technology and staying connected by social media and Zoom meetings. We should all be very grateful for their efforts in ensuring the Club activities we were able to organize ran smoothly and efficiently.

Team Captains

Kit Lambert and **Lisa Cleary** have promoted a tremendous Club team spirit and we have had some great teams drawn together for virtual events like the BAD 15-hour relay and the Gwent League.

Session Leaders

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”. **Mandy** and **Lyn** assessed the guidance from Welsh Athletics and instigated a superb sign-up process, which met Track and Trace requirements, along with making available the NHS Track & Trace scan system/app for those members who wished to use it. Extra sessions were offered on Thursdays and weekends to deal with the limit on numbers (to 12 max) and create opportunities to run as a group throughout the week.

Club Championships

We had to totally rewrite the fixture list in 2020, with only Lliswerry 8, Gwent League XC and Ponty Reverse 10 beating the onset of Lockdown 1. The Cardiff Running Events Series proved to be a godsend, and we were able to organize our own 10K road race in Penarth in November (just before Lockdown 2).

The offshoot is we have a cohort of very worthy Club Champions and podium placers...the next challenge will be awarding their prizes!

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

Only one of our three races survived this year (**CF64**), and it was a brilliant success. **Lyn Evans** continues to do an incredible job as Race Director, supported by all the Committee. We are also very fortunate to have great support from Club Members to ensure the continued success of our events.

Communications

We continue to use Social Media, email and the Club Website to communicate and publish our news to both members and the general public. Many thanks to those members who wrote "In the Spotlight" features documenting their running 'journeys'...these were very well-received by the membership.

Virtual Club Challenges

An abiding memory of the year will be how enthusiastically Club Members took to the solo challenges suggested by the Committee and fellow members. Social Media platforms and the group email messaging really proved its worth in communicating plans and ideas to everyone. In roughly chronological order we had...**Marathon Miles, Virtual 5k, 'Knackered Dragon' Challenge, Welsh Castles Virtual Challenge, 'Blue & Yellow' Challenge, Porthkerry Plod, 'Rainbow Challenge', Statue Bingo, BAD 15 Hour Relay, (not) The Cosmeston Relays and (not) The London Marathon.**

Race Success

We did actually achieve some individual and team success early on in the year. On the road, **Kevin Chalke** won the M55 Category at the Lliswerry 8, our Senior Men (**Ian Southwell, Andy Pearce, David Brown**) won the Overall Team award at the Ponty Reverse 10, and **Catherine Barker** took the W40 Category at the Cardiff Summer Series. On the country, **Gary Brown** was 2nd overall in M35 Gwent League, and **John Davies** won the M65 title. A team of **Brian Law, Frank Atherton** and **Simon Williamson** finished 2nd in the M60 Category at the Welsh Cross-Country Championships.

4. Treasurers Report ([Full Report on the Club website](#))

The Treasurer gave a summary of the Club Finances for 2020-21.

Reduced activity due to the pandemic.

The Club currently has 127 members.

It was recommended Club fees remain at £25 for 2021-22.

5. Race Director's Report ([Full Report on the Club website](#))

- 2020 CF64 Winter Race went ahead in January. New record field of 350 runners and race profit of £1,537
- 2020 Porthkerry 5MT (May) and Cosmeston Relay Race (July) cancelled - CoViD-19
- Also 2021 CF64 Winter Race (Jan.) cancelled - CoViD-19

Unlikely next 3 Club races will all go ahead - current thinking:

- 2021 Porthkerry 5MT (May) - highly unlikely
2021 Cosmeston Relay Race (July) - unlikely
2022 CF64 Winter Race (Jan.) - possible/likely
- Some scope with P5MT and CF64 to delay/simplify course (to reduce marshals, etc.) - less scope with Relays in current form.
- Situation will be closely monitored - with continued focus on runner and volunteer safety.

6. Resolutions & Motions

- 6.1 Club fees to remain at £25 for 2021-22 - **approved**
- 6.2 Social Membership to remain at £5 - **approved**
- 6.3 Welsh Athletics Membership remains at £18.50 (for information only)
- 6.4 The equalisation of Club Championships Age Categories for Men and Women for 2022, in line with clubs and events across the UK Senior, 35-44, 45-54, 55-64, 65+ - **approved**

7. Open Forum

Those present were asked if they would like anything discussed

- Are the Club interested in applying for corporate sponsorship by local businesses (James Buckingham)? An example quoted was the recycling company Viridor.
- Would there be interest from membership in learning more about Ultra running (Nigel Adams)? A virtual talk could be arranged if sufficient interest.
- Ideas would be welcomed for promoting our club to younger members of the community (Sarah Lees)

There being no other business, the Chair thanked everyone for their attendance and closed the meeting at 20:30