



**MINUTES OF ANNUAL GENERAL MEETING  
OF PENARTH AND DINAS RUNNERS  
HELD AT 7.00PM, FRIDAY 13th MARCH 2026  
at Ex-Servicemen's Club, Windsor Road, Penarth**

**1. RECORD OF THOSE PRESENT & APOLOGIES FOR ABSENCE**

Committee Present: Kit Lambert (Chair); Lyn Evans; Arabella Calder; Simon Williamson; Ross Flanigan; Emma Healy; Sarah Lees; Stuart Allan; John Shewring; Tony Gale; Colin Caesar; Nigel Adams; Kath Petersen

Members Present: Chris Nellins; Lynne Evans; Sarah Pope; Waiyee Lai; James Thomas; Rob Mahoney; Simon James

Apologies for Absence

Keira Evans-Determan, Janice and Clem Clement, Sian Morgan, Lisa Cleary, Clare Jones, Jan Frost, Mandy Barrington, Malcolm Bradley, Tania Miranda, Debbie Williams, Huw Hudson, Julie Broughton, Gavin Wedlock, Rick Grosfils, Steve and Cath Barker

**2. APPROVAL OF MINUTES FROM 2025 AGM**

Approved by Kit Lambert as a true record, seconded by Nigel Adams.

**3. CHAIR'S REPORT / REVIEW OF THE YEAR**

(See Appendix 1)

**4. RESOLUTIONS & MOTIONS**

See page 2 for further details. Any comments or objections to be received at least 7 days before the meeting for circulation to members who cannot attend the meeting.

i. Membership fees

It was proposed and approved that for the 2026/27 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 1<sup>st</sup> 2026. Renewing members will pay £25.00 throughout the year. Please note that Welsh Athletics membership will be increasing from £23 to £25 for 2026/27. Social Membership Renewal to remain at £5. - **RESOLUTION PASSED**

ii. Change to criteria for Life Membership

It was proposed and agreed that the constitution would be amended in regards to Life Membership. KL explained that the Constitution currently states that if you have been a Member of the Club for 25 consecutive years, then you qualify for Life Membership. However,

we have an administrative issue with this as the Club doesn't hold records for the whole span of the last 25 years. This rule also doesn't allow for long term Members who have taken a short break for personal reasons but have then re-joined. - **RESOLUTION PASSED**

AGREED WORDING AS FOLLOWS:

*LIFE MEMBERSHIP: A member who has 25 years, or more, of continuous Club membership shall automatically be made a Life Member of the Club and will no longer be required to pay the Club's annual membership fee. 'Continuous Club membership' means the payment of club membership fees over that period or being able to show that they were exempt from having to do so. Exceptions include:*

- a. Being Club Member of the Year*
- b. A female member who has had a child and asked to be exempted for a specific year.*
- c. A member who, due to personal circumstances, has had their membership fee paid from the club's Hardship Fund at any point during the 25-year period, but who has remained a full member throughout.*

*Where records for the period of 25 years are incomplete, but it is deemed probable that the above criteria have been met by a member, the committee may approve Life Membership at their discretion. Alternatively, Life Membership may be awarded at the discretion of the committee to any member who has a minimum of 10 years of membership in total and who is deemed by the committee to have made an exceptional contribution to the club over that period.*

## **5. ELECTION OF OFFICERS**

KL reported that no Members had put themselves forward for election, and all current Committee Members had indicated that they were willing to serve another term. The following Committee Members were then duly elected as follows:

- Chair: **Kit Lambert** - Proposed: Tony Gale, Seconded: Simon James
- Treasurer: **Lyn Evans** - Proposed: Chris Nellins, Seconded Emma Healy
- Secretary: **Arabella Calder** - Proposed: John Shewring, Seconded: Kath Petersen
- Vice Chair & Communications: **Simon Williamson** - Proposed: Tony Gale, Seconded Stuart Allan
- Membership Secretary: **Colin Caesar** - Proposed: Chris Nellins, Seconded, Rob Mahoney
- Kit Manager: **Sarah Lees** - Proposed: Nigel Adams, Seconded: Colin Caesar
- Men's Captain: **Ross Flanigan** - Proposed: John Shewring; Seconded: Simon James
- Women's Captain: **Keira Evans-Determan** - Proposed: Simon W; Seconded: Lynne Evans
- Coaching Coordinator: **Nigel Adams** - Proposed: Emma Healy, Seconded: Chris Nellins
- General Committee Member: **John Shewring** - Proposed: Ross Flanigan, Seconded: Rob Mahoney
- General Committee Member: **Stuart Allan** - Proposed: Tony Gale, Seconded: Kath Petersen
- General Committee Member: **Tony Gale** - Proposed: Waiyee Lai; Seconded: Kath Petersen
- Social Secretaries **Kath Petersen & Emma Healy** commended to continue by Kit Lambert as non-voting Committee Members

## **6. TREASURER'S REPORT – LYN EVANS**

(See appendix 2)

## **7. RACE DIRECTOR'S REPORT – LYN EVANS**

(See appendix 3)

## **8. OPEN FORUM**

KL opened the discussion by tabling suggestions put forward by Danielle Crowley who was unable to attend in person.

1. DC asked if there was a possibility of booking a formal running track for Club sessions. SW explained that the Leckwith Stadium track was now consistently block-booked by larger Clubs and that Jenner Park in Barry was in use by Youth Athletics and by the Football Club. There was therefore no available facility in the Vale. SW also noted that Track-not-Track was popular with many Members as no booking or parking fees were involved.
2. DC asked if the Club might consider using the SPOND App for session booking and general Club correspondence as this was potentially more user-friendly than Microsoft Forms. Following discussion of some of the pros and cons of the use of such an app, Ross Flanigan agreed to investigate further and report back at the next Committee meeting.
3. DC noted that as part of the Club Championships, there is a category for best Marathon time of the year. Could we consider adding a best Half Marathon time as well? All agreed that the Committee would need to consider how this would work in practice as individual HMs are also part of the Club Champs, but all agreed that it was worth discussing this addition for next year.
4. Emma Healy put forward the issue of eligibility for the London Marathon Club Ballot. She proposed that the terms of the Ballot should be altered so that any member who had been lucky enough to be selected once for a Club or a Charity Place should not be eligible for a place again in order to give other Club Members a better chance of gaining a place. All agreed that this was a good and fair idea. The Constitution will need to be changed for this change to be made so it was agreed that for the coming year, ahead of the proposed change to the Constitution, that Members who had previously been successful in the Ballot should be encouraged not to put their names forward. It was agreed that these terms should only apply to the London Marathon Ballot, and not to any other ad hoc Ballots that might be held for other race places.
5. Emma Healy then put forward the issue of the change to the weekly session schedule and the removal of the Wednesday Night Social Runs. Emma reported that there was a core group of Wednesday night social runners who really missed the Wednesday session and felt that its removal meant that the Club was less focused on social aspects of running and was potentially favouring the needs of faster/more serious runners. This group of Wednesday runners didn't find it easy to make other evenings in the week and felt that an informally organised session on a Wednesday would be less likely to be well attended. The group then discussed the history of the session schedules, with the Chair noting that the Club now offered more sessions than ever before of both a social and a tempo/effort nature and that he as Chair and the Committee always prioritised the importance of the Club's inclusive ethos. KL said that the Wednesday session would continue to be reviewed, but that at the present time it would continue to be a Tuesday session as this was what had been selected as preferable by the general Membership in the recent survey. He also noted that the

Tuesday session was temporarily paused until May due to lack of Run Leaders with the capacity to lead this session.

6. Emma then put forward the pace of Conversational Runs, reporting that some members were concerned that the pace had increased in recent weeks. KL said that he had been made aware of this and that he had sent a message to all LIRFs reminding them that the pace of these runs should be comfortable for all participants. He again emphasised the importance of all Members feeling included and that all Run Leaders should be ensuring that all Members feel that the pace of social runs was inclusive. Members present also noted that the Efforts sessions were also designed to ensure that all participants could feel comfortable attending and challenging themselves at their own pace.

At the conclusion of the Open Forum, KL thanked all in attendance and the meeting was brought to an end.

## **APPENDIX 1**

### **Chair's Review of the Year – 2025 / 2026**

It is fair to say that a lot has happened over the last year. In my review of the 24/25 season, I started by celebrating our move to our new home at Penarth Athletic Club. If I'm honest, that didn't quite go as I planned! But don't worry, following the devastating fire last year, plans are already well underway to bring the Athletic Club back bigger and better, so I am sure that P&D will have a home there for the long-term. In the meantime, we are grateful that we've been able to return to the Long Room for Monday night sessions, demolition work allowing.

#### **Committee**

I would like to thank my brilliant committee for supporting me throughout the year. Special mention this year should go to one of our longest serving committee members, Club Member of the Year, Lyn Evans, and to two of our newer recruits, our joint Chair's Choice winners, Emma and Kath. Also to Simon Williamson for keeping everyone up to date with club news with his brilliant weekly round-ups, and to Ross for hosting so many of our meetings. In fact, all of you. You all do an amazing job and I am hugely grateful for the work you put into the club.

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

And it's not just our committee members who keep the club running of course. Our team of session leaders, out there every week in all weathers, are vital to the club's success. As always, if any of you are interested in joining our LiRF team, please reach out. P&D will pay for all the training and it is a brilliant way to give something back to the club.

I'd like to take this opportunity to thank Chris Nellins again, who stepped down this year from leading his brilliant rambling runs. I know they will be sorely missed and fondly remembered for many years to come. That said, I've heard the Vale of Glamorgan's cows have breathed a collective sigh of relief.

We continued our successful Introduction to Running Course this year. Thank you to Colin, Sarah and all our other volunteers. If you know anyone who might be interested, we are running two blocks this year; one at the end of March and again in the beginning of September. Please contact Colin or Sarah for more information.

As you will be aware, last year we launched a detailed review our programme of sessions – thank you to Tony and Stuart for your help with that. Following that review, we introduced more regular performance training blocks on Wednesday evenings, and tweaked our weekly programme to alternate our efforts sessions with conversational runs on Tuesday and Thursdays. Overall, I believe these changes have been successful. However, I am aware that some members miss the opportunity to take part in conversational runs on Wednesdays. I hope you can appreciate that it is very difficult for us to accommodate the individual needs of 170+ members, but will we continue to keep our sessions under review and your feedback is always appreciated.

### **Club Championships**

We had another brilliant Club Championships this year, culminating in a fun awards night at the end of January. This year saw Huw Hudson retain his overall men's trophy, and we had a brand-new name on the brand-new women's trophy, so congratulations to Rhian Jones.

Good luck to everyone racing this year – let's hope there is lots of friendly competition. As always, we have reviewed the races on the list and taken onboard feedback from members. This year, the Forest of Dean Trail Half has made the cut, as well as the Mick Morris 10K and the Summer Sizzler 5k. Our successful Cosmeston Country Mile Time Trial will return and, again, your fastest Cossie parkrun and fastest marathon will also count towards the Championships. If there are any races you believe should be included for next year, please let us know.

Thanks again 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. In fact, the 5k Regional Championship last year saw P&D's men and women win an incredible 12 medal winners, including clean sweeps of the men's V55 and V65 categories! We've had representation at regional and national level, as well as 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 movement on the Club Records this year. Rhian Jones now tops our 5k list with her stunning 18:45 at a congested Whitchurch 5K, as well as securing our second fasted parkrun with 19:20 at Cardiff. On the men's side, Huw Hudson is now third in our 5k list with 16:17, also at Whitchurch, and 5<sup>th</sup> in our parkrun list with 16:55 at Cosmeston. Performance of the year, though, has to go to Sam Humphrey though for his 2hr 32 marathon in Newport, sending him to the top of our all-time marathon list, and that is without mentioning his heroics over the ultra-distance.

Our recent cross-country season was another success, with our men's team consolidating their position in Division two with a 7<sup>th</sup> place finish out of 12 teams, while our women had a brilliant season riding high in Division One, finishing 8<sup>th</sup> out of 12 in a very competitive field. Congratulations to everyone who took part, especially our brave and determined full-setters: **Susie Preston, Catherine Barker, Geoff Twigg, Richie Sewell, Gareth Davies, Paul Deaton, Richard Cartwright and Dave Brown!**

### **Welsh Castles Relay**

We had another successful year at the Welsh Castles Relay, even with the event getting more and more competitive. We finished the weekend **30th** in the **Open Category**, **33rd Overall** out of **61**

**teams** in a time of **23:42:47**, which is nearly half an hour faster than our 2024 time. Special mention to Lucy Entwistle for securing a much-coveted yellow stage winner's t-shirt!

Assuming we are selected for participation in the 2026 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 6<sup>th</sup> and 7<sup>th</sup> free if you are interested. [UPDATE – OUR PLACE AT WCR 2026 HAS NOW BEEN CONFIRMED!]

### **Membership**

This year has seen Penarth and Dinas grow in numbers. We are now up to over 170 full members, with participation at Club Championship races at record levels. Renewals are due before too long, so please try to help out our brilliant membership secretary, Colin, by filling out your form and paying up promptly.

### **Our Races / Charity**

Onto our P&D organised races - The CF64 Winter Race, P5MT and Cosmeston Relays – are going from strength to strength, despite the best efforts of the frisky cows and the council's curious approach to renovating toilets. Which brings me on to my personal highlight of the year – our sensational win of the Welsh Athletics and Run4Wales 'Event of the Year' Award for our Cosmeston Relays!

It has been wonderful to see our members volunteering to help at these races in huge numbers this year. As you know, the success of our races allows to raise thousands of pounds for charity, in particular to our charity partner Tenovus Cancer Care, with whom we continue to have a strong relationship.

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



## APPENDIX 2 - Club Treasurer's Annual Report

### Financial Year February 1<sup>st</sup> 2025 to 31<sup>st</sup> January 2026

#### 2025-2026 Finance Summary

Income for the 2025-26 Financial Year was £21,345.90 with expenditure of £22,945.33. **This resulted in an operating deficit of £1,599.43.**

The Club's monetary assets (current account plus deposit account) at the end of the Financial Year totalled **£4,521.86**.

Club activities were generally in line with typical levels during the 2025-26 FY. The only major exception was the purchase of two London Marathon charity places, rather than the normal one. Income and expenditure increased by 8.3% and 9.0% respectively over the previous year.

- The five main income streams were: race entry fees of £9,358; membership fees of £6,793; Welsh Castles Relay (WCR) contributions of £1,835, kit sales of £1,422 and member race accommodation fees of £1,080.
- The main expenditure items were: race outgoings (£6,276); charity donations (£4,500); Welsh Athletics registrations (£3,010); WCR (£2,144); kit purchases (£1,483); training (£590); insurance (£690) and member race accommodation payments (£1,080).

#### Brief Outlook for 2026-27 Financial Year

- The Club starts the 2026-27 Financial Year in a sound position, with adequate funds available for anticipated activity levels and expenditure in the next 12 months, plus a buffer of about £2,500 for any additional, unplanned expenditure or unexpected reduction in income. Club membership is expected to continue to hold up strongly and the Club's 3 planned races should mostly generate their expected net income levels. Projected expenditure should also be consistent for the main Club activities including WCR, Gwent League, presentation and social events, training and purchase of one London Marathon charity place.
- The Club committee will continue to review financial projections and income/expenditure through the year.
- Overall, the Club's finances remain healthy **and I would recommend keeping the annual Club membership fee unchanged, as it has been for a good number of years, at £25 per year.** Social membership also to remain at £5 per year.
  - For information, annual Welsh Athletics registration is an additional option for members, with attendant benefits. The registration fee will increase from £23.00 to £25.00 per year from April 1<sup>st</sup> 2026.

If any member would like further information on the Club's finances, then please let me know.

2025-2026 Financial Summary	
Date: 31/01/2026	
<b>Brought Forward from 2024-2025</b>	
Current Account	£3,899.43
Petty Cash	£88.35
Deposit Account*	£2,133.51
<b>Total at 31/01/2025</b>	<b>£6,121.29</b>
(* includes £882.15 designated for future charity donations)	
<b>Net Income for 2025-2026</b>	
Income	£21,345.90
Expenditure	£22,945.33
<b>Operating Deficit</b>	<b>-£1,599.43</b>
<b>Total at 01/02/2026</b>	<b>£4,521.86</b>
<b>Comprising</b>	
Current Account	£2,843.71
Petty Cash	£0.00
Deposit Account*	£1,678.15
<b>Total at 01/02/2026</b>	<b>£4,521.86</b>
(* includes £400.15 designated for future charity donations)	
<b>Carried forward to 2026-2027</b>	<b>£4,521.86</b>

**Lyn Evans (Treasurer)**  
March 2026

## 2025-26 Financial Year - Income Statement

Category	Income	Expenditure	Operating Surplus/Loss	Notes/comments	
Membership Fees (inc. WA)	£6,793.00	£90.00	£6,703.00		
Welsh Athletics Affiliation Fees	£0.00	£3,010.00	-£3,010.00		
Porthkerry 5MT Race	£1,533.15	£1,294.66	£238.49		
Cosmeston Relay Race	£4,887.60	£2,119.11	£2,768.49		
CF64 Winter Race	£2,937.06	£2,861.75	£75.31	2 races held in 2025-26 FY	
Charity	£545.00	£4,500.00	-£3,955.00	2 London Marathon places bought	
Kit	£1,422.00	£1,482.90	-£60.90		
Welsh Castles Relay	£1,835.00	£2,144.48	-£309.48		
Gwent X-C League	£0.00	£700.00	-£700.00		
Social Events	£0.00	£208.04	-£208.04		
	BBQ	£0.00	£119.34	-£119.34	
	Award Celebration	£0.00	£73.12	-£73.12	
	Xmas Party	£0.00	£15.58	-£15.58	
Presentations	£0.00	£905.56	-£905.56		
Club Website	£0.00	£101.85	-£101.85		
Insurance	£0.00	£689.78	-£689.78		
	Members	£0.00	£689.78	-£689.78	
	Directors and Officers	£0.00	£0.00	£0.00	Now via WA affiliation
Training	£0.00	£590.00	-£590.00		
Equipment Purchases	£7.50	£244.91	-£237.41		
Donations	£0.00	£213.30	-£213.30		
Miscellaneous	£1,255.00	£1,621.04	-£366.04		
	Admin				
	Stationary/postage/printing	£65.07	-£65.07		
	Race Admin/Finance	£1,080.00	£1,080.00	£0.00	Mara. Eryri Accomod'n
	Google One		£15.99	-£15.99	
	Other	£175.00	£450.00	-£275.00	WA Awards Dinner
	Bank Charges		£9.98	-£9.98	New from Oct. 2025
	Room hire		£0.00	£0.00	
Gifts	£0.00	£64.00	-£64.00		
Errors and Other Refunds	£103.95	£103.95	£0.00		
Income from Deposit Account	£26.64	£0.00	£26.64		
<b>Totals</b>	<b>£21,345.90</b>	<b>£22,945.33</b>	<b>-£1,599.43</b>		

## Club 2025-26 Financial Year - Commentary

- Total membership income for the Financial Year (FY), net of refunds, was up 9.4% at £6,703. This corresponds to record membership numbers at the end of the FY of 170. After subtracting Welsh Athletics registration fees of £3,010 the overall positive contribution of membership fees was £3,693 (a 4.6% increase over 2024-25).
  - The annual member fee for Welsh Athletics affiliation increased from £21 to £23 (9.5%).
  - The annual Club affiliation fee increased from £150 to £219 (46%), with a further small increment to be paid in April 2026.
- Total net income in 2025-26 for the 4 club races was £9,358, with corresponding expenditure of £6,276 and an overall positive contribution of £3,082.
  - Most of the expenditure from the postponed 2025 CF64 Winter Race is included in these figures, but most of the income was in the 2024-25 FY.
- 2 London Marathon charity places were purchased from Tenovus Cancer Care in 2025-26 at a cost of £4,500. Members separately raised/contributed £545 for the Club charity fund at the summer BBQ, Xmas Party and other activities.
  - Over the past 10 years, Club charity donations, primarily from Club races and member donations, have totalled over £20,000.
- Kit purchases (£1,482.90) exceeded kit sales (£1,422.00) in the year by £6.90. Sales and purchases generally balance each other out over the year as stock is purchased and sold on (at cost price or less) to members.
- The net cost for participation in the 2025 Welsh Castles Relay Race was £309.48. Members contributed £1,835.00 of the total cost of £2,144.48. This was in line with 2024.
- Gwent Cross Country League payments totalled £700.
- Spending on the wide Range of social events was just £205.58.
- Club presentations to members (XC 'Full Setters' plus annual awards) totalled £905.56 (up from £433.75 previously - mainly due to the one-off purchase of 2 new club champion trophies).
- There was a 30% decrease in insurance costs, to £690, due to Directors & Officers cover now being provided as part of the Club's affiliation with UK Athletics. The £690 is for UK Athletics Personal Accident Insurance scheme, which still costs just over £4 per member for a basic level of cover.
- Expenditure on training was £590 (down from £1,330), covering one 'Leader in Running Fitness' and one 'Coach in Running Fitness' course, plus various licence renewal fees.
- Equipment expenditure totalled £244.91 (down from £444), mainly on safety and race equipment.
- Donations were made to Cosmeston Lakes parkrun (£103.30) and to the Penarth Athletic Club rebuilding fund (£110.00).
- The Club again paid for Marathon Eryri accommodation in advance, with members and friends subsequently reimbursing the Club the full £1,080.
- The Club subsidised attendance at the 2025 Welsh Athletics awards dinner at a total cost of £275.
- Expenditure on gifts was £64.00.
- Income earned on the deposit account was £26.64.

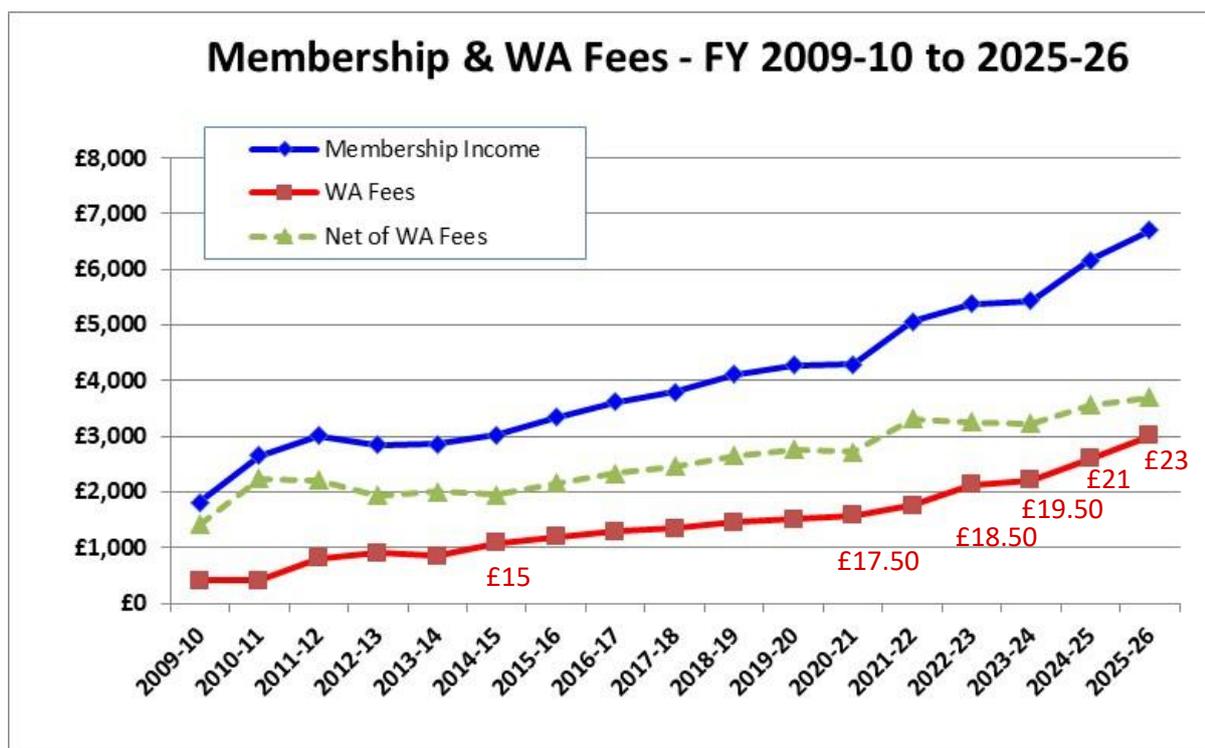
## Club Financial Trends

The following charts illustrate some of the Club's membership and key financial trends.

1. Membership numbers
2. Membership and Welsh Athletics Fees
3. Race Net Income
4. Charity Donations
5. Insurance Costs
6. Website Costs



Club membership averaged 6% increase per year over the last 10 years



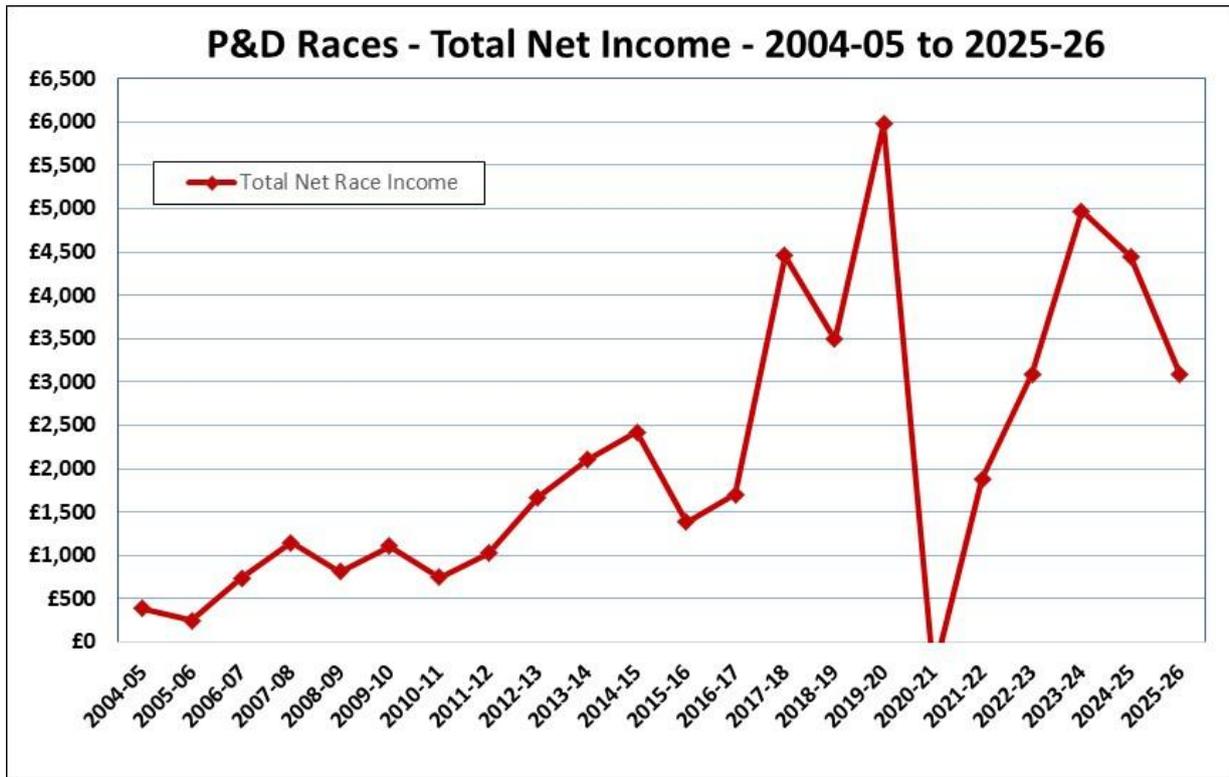
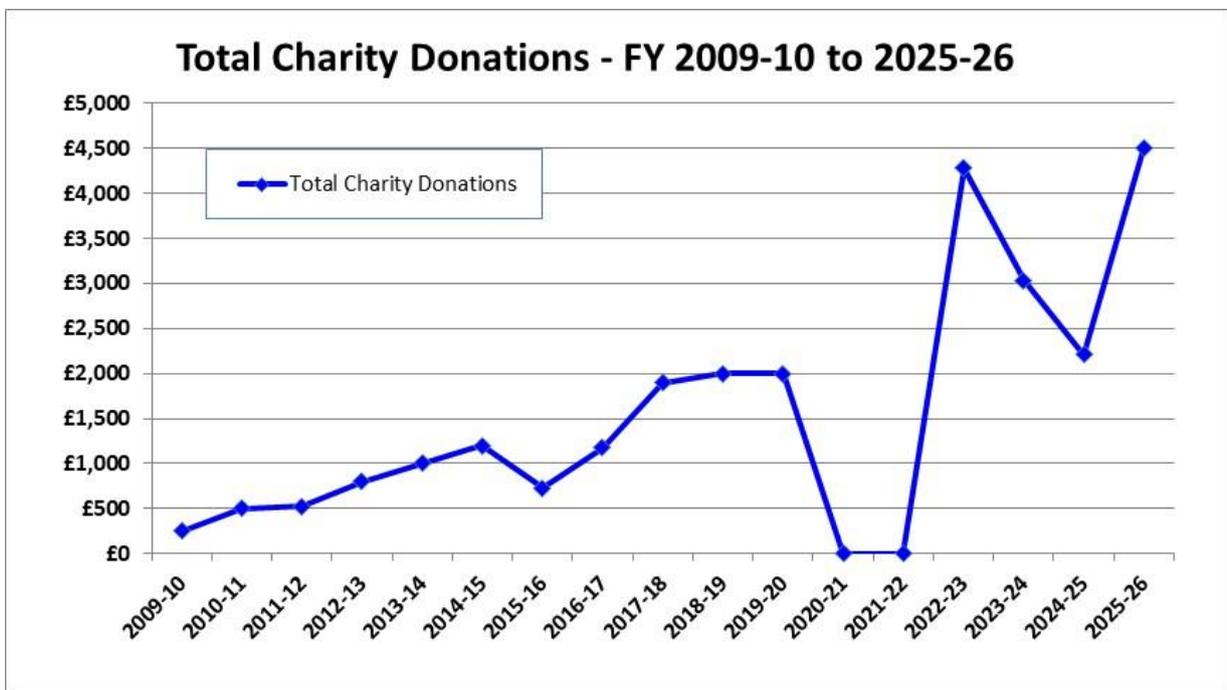
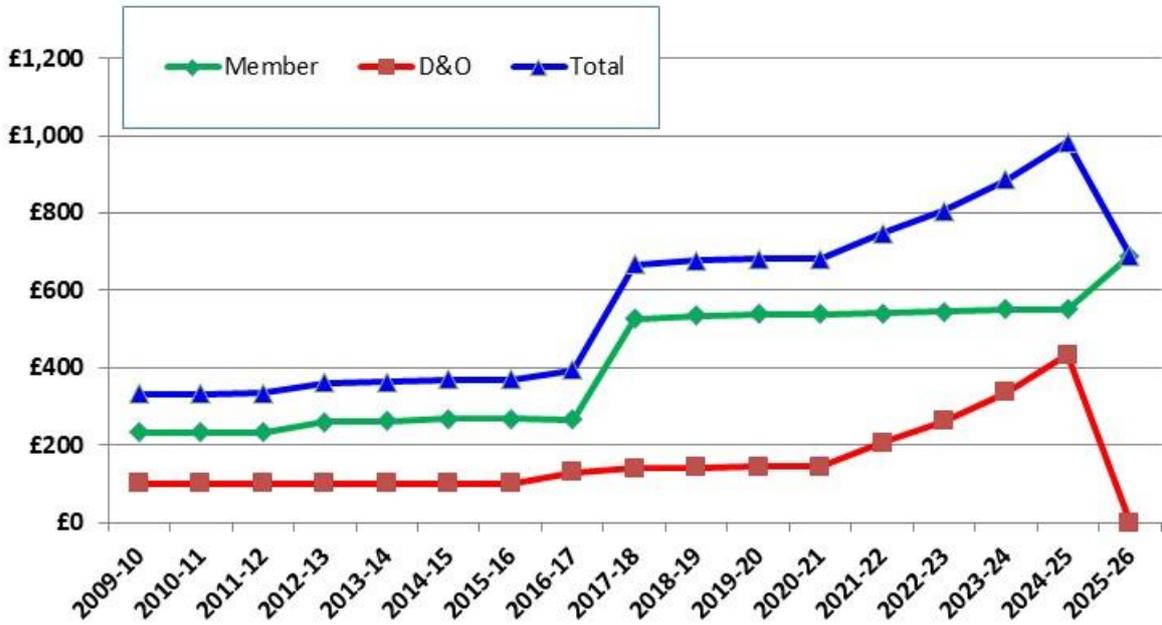


Chart shows total net income for club races for each FY (some races straddle 2 FYs)

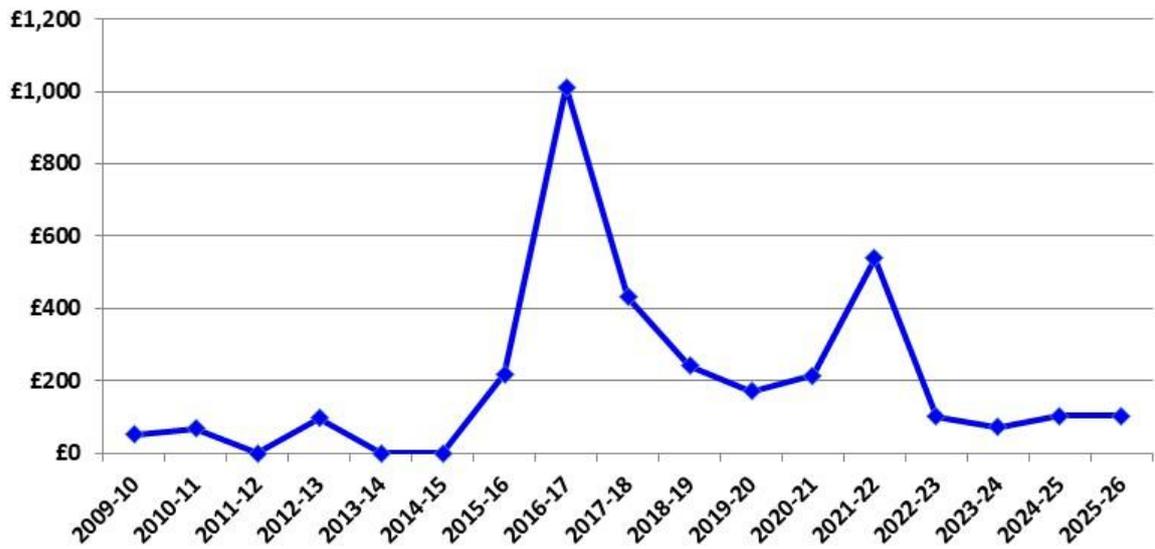


Total charity donations (all sources) totalled £21,100 in the last 10 years

### Insurance Costs - FY 2009-10 to 2025-26



### Website Costs - FY 2009-10 to 2025-26





## APPENDIX 3 - Race Director's Annual Report

1<sup>st</sup> February 2025 to 31<sup>st</sup> January 2026

### 1. Highlight of The Year

The undoubted highlight of the year came in early November when we won the first ever Welsh Athletics 'Event of the Year' for our 2025 Cosmeston Relay Race at their 2025 award ceremony - a huge honour for the Club.

*The award "Recognised an outstanding event that demonstrated exceptional planning, execution, and impact. The winning event set a new standard for excellence and left a lasting impression on attendees and stakeholders alike."*

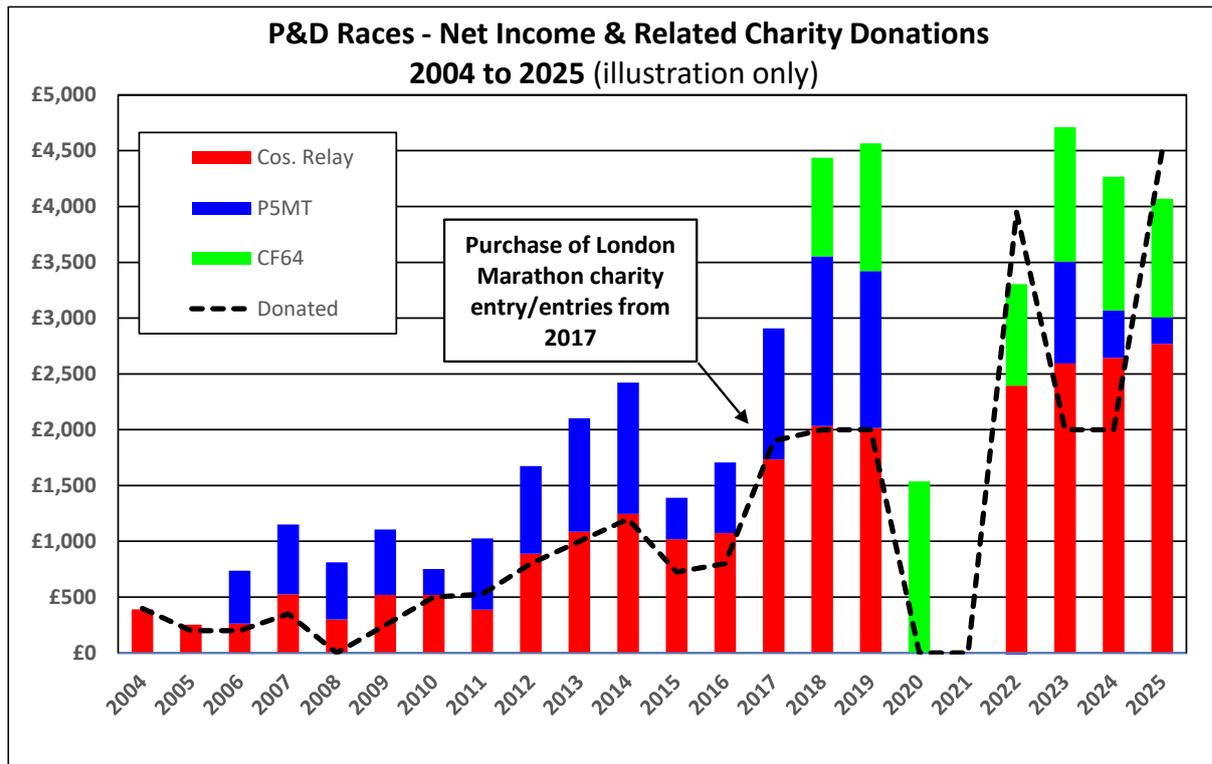
To win a National Award is something that every member of the Club, past and present, can be extremely proud of. We can also celebrate the quite considerable amounts of money we've donated to various charities from the profits of this and our other races....of the order of £20,000 in the last 10 years, bolstered by up to another £10,000 from individual members' fundraising efforts.

### 2. 2025-26 Club Races

#### 2.1 Summary

- 2025-26 was the second disrupted year in the last three for our race schedule, with the very late postponement of January 2025's CF64 Winter Race (due to bad weather).
- The 2025 Cosmeston Relay Race and the 2026 CF64 Winter Race were both sell-outs. The rescheduled 2025 CF64 Winter Race was a near sell-out, but the 2025 Porthkerry 5MT Race only sold 51% of places.
- Total net income from the four 2025-26 races totalled £5,191 (see Figure 1, on page 2). This is used to purchase London Marathon charity entries for Club members, via Tenovus Cancer Care. The remainder contributes to Club running costs and helps keep membership fees down.
- A change to Welsh Athletics' licensing fees came into effect in 2025, which resulted in increased licence fees for CF64 and P5MT, but a slight decrease for Cosmeston Relay Race. Park hire fees (for Cosmeston and Porthkerry) also increased significantly.
- 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, St. John Ambulance Cymru and the Vale of Glamorgan Council.

Figure 1: P&D Races - Net Income & Related Charity Donations 2004 to 2025 (illustration only)



## 2.2. Commentary

### 2025 CF64 Winter Race - Re-Scheduled ('CF64')

- The 2025 CF64 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. It was subsequently re-scheduled to Sunday, March 23<sup>rd</sup>.
- The original race was another sell-out (350 places), and the rescheduled race sold 97% of places, even after refunding more than 50 of the original entries.
- 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 for entry fees.
- The race generated a net income of £1,064. And additional £104 for the Club charity was raised from runners' entry fee and prize donations.

### 2025 Porthkerry 5 MT Race ('P5MT')

- The 2025 P5MT was held on Sunday June 1<sup>st</sup>, the second year in a new early June slot.
- Entries, however, dropped to 51% (from 57% in 2024), despite the race incorporating the South Wales Regional Trail Championship for the first time.
  - Our view is that numbers were significantly affected by the 2025 Barry Island 10k race moving to mid-June in an already busy May and June race calendar.
  - The 2026 P5MT will be trialed in a new slot in September. It will also be the 20<sup>th</sup> anniversary of the race, which started, as the 'Porthkerry Plod', in 2006.

- The race received full marks from the race adjudicator and excellent feedback from participants. It generated a net income of £238.

### **(The Award-Winning) 2025 Cosmeston Relay Race**

- The 2025 race was another very quick sell-out, with a near-record 238 teams on the start line, including the first ever VI-guided team.
- It was another great, successful night's relay racing - with very good participant feedback and full marks from the race adjudicator.
- The race generated a (new record) net income of £2,766.

### **2025 Cosmeston Country Mile Time Trial ('CCMTT')**

- The second members-only 'CCMTT' took place on a Sunday, August 17<sup>th</sup>, the third event of the 'Big P&D Weekend'.
- 31 runners took part, supported by a full, vocal P&D volunteer team.
- The race has again been included in the 2026 Club Championship.

### **2026 CF64 Winter Race**

- The 2026 CF64 Winter Race took place as planned on its original date of Sunday January 18<sup>th</sup>.
- The race was another sell-out (350 places).
- We received positive feedback from runners - due in no small part to setting a new Club 'personal best' for race day volunteers - with numbers in the low 90's.
- The race generated a net income of £1,120.

## **3. 2026-27 Race Outlook**

- We're planning on our normal 3 races going ahead as usual in the 2026-27 Club year, with P5MT moving from June to September.
  - Dates are:
    - 2026 Cosmeston Relay Race - Weds. July 8<sup>th</sup> 2026
    - 2026 Porthkerry 5MT (20<sup>th</sup> anniversary) - Sun. Sept. 20<sup>th</sup> 2026
    - 2027 CF64 Winter Race - Sun. Jan. 17<sup>th</sup>, 2027 (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.

Thank you for the continued support.

**Lyn Evans (Race Director)**

**March 2026**