



NOTICE OF ANNUAL GENERAL MEETING
OF
PENARTH AND DINAS RUNNERS CLUB
TO ALL CLUB MEMBERS

**TAKE NOTICE that the ANNUAL GENERAL MEETING of the PENARTH
AND DINAS RUNNERS CLUB will take place at 7:00 pm on
THURSDAY 13th March 2025**

Venue – Penarth Athletic Club, Penarth

The AGENDA is as follows: -

1. APOLOGIES FROM THOSE WHO ARE UNABLE TO ATTEND
(Please send to Kit Lambert in advance if possible).
2. APPROVAL OF MINUTES FROM 2024 AGM
3. CHAIRMAN'S REPORT / REVIEW OF THE YEAR
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 - no club membership increase proposed
 - ii. Change to restrictions on social membership
 - iii. Change to limit on number of committee members
5. ELECTION OF OFFICERS
See page 3 for further details.
6. TREASURER'S REPORT – LYN EVANS
7. RACE DIRECTOR'S REPORT – LYN EVANS
8. OPEN FORUM
9. ANY OTHER BUSINESS

RESOLUTIONS & MOTIONS

THE COMMITTEE OF THE CLUB PROPOSES THE FOLLOWING RESOLUTION:

(N.B. Simple majority required of full members in attendance plus proxy votes):

4.I MEMBERSHIP FEES

- It is proposed that for the 2024/25 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 1st 2025.
- Renewing members will pay £25.00 throughout the year.
- Please note that Welsh Athletics membership will be increasing from £21 to £23 for 2025/26.
- Social Membership Renewal to remain at £5.

THE COMMITTEE OF THE CLUB PROPOSES THE FOLLOWING CHANGES TO THE CLUB CONSTITUTION:

(N.B. Two thirds majority required of full members in attendance plus proxy votes)

4.II CHANGE TO RESTRICTIONS ON SOCIAL MEMBERSHIP

The constitution currently states that social members **must previously have been full members of the club for at least one year**. In order to increase engagement with friends and family of club members, many of whom volunteer at P&D races, the committee proposes removing this requirement. However, anyone who wishes to apply for social membership, who has not previously been a full member, must be nominated by a current member of the club and must be approved by the committee at their discretion.

Please note that social members are not eligible to vote at the AGM. They are not allowed to run at organised club sessions, nor to represent the club at cross country, Welsh Castles Relay, or other official events.

4.III CHANGE TO LIMIT ON NUMBER OF COMMITTEE MEMBERS

The constitution currently limits the number of committee members to 9. Due to the increase in membership numbers in recent years, combined with the high level of club activity, **the committee proposes increasing this maximum number to 12**. This will allow us to get more members involved in the organisation of the club and enable the committee to share this increased workload more effectively.

ADDITIONAL MOTIONS

Club members may put forward motions or amendments to existing motions if they wish the Club to discuss or vote on them at the AGM.

NOTICE OF A MOTION OR AMENDMENT TO A MOTION SHOULD BE SENT TO KIT LAMBERT BY 27th FEBRUARY 2025, SO MEMBERS CAN BE ADVISED OF ADDITIONAL MOTIONS BY 6th MARCH 2025.

It is emphasized that if a motion involves a change, then the full club should be given the opportunity to vote. Therefore, it must be put forward as a proposal in advance of the meeting to give members the opportunity to vote by proxy if they cannot attend the meeting.

NB. If you are not able to attend the AGM and wish to vote on these motions, you are entitled to nominate a proxy to vote on your behalf. This nomination must be received in writing by the Chair (Kit Lambert) prior to the meeting taking place.

ELECTION OF OFFICERS

The Committee at present is:

- i. **Chair** – Kit Lambert
- ii. Vice Chair – Simon Williamson
- iii. **Treasurer** – Lyn Evans (also Race Director)
- iv. **Secretary** – Mandy Barrington (also Social Secretary)
- v. Membership Secretary – Colin Caesar
- vi. Ladies' Captain – Keira Evans-Determan
- vii. Men's Captains – Ross Flanigan
- viii. Volunteer Coordinator/Kit Manager/Welfare Officer – Debbie Williams
- ix. Coaching Coordinator/Welfare Officer – Nigel Adams

Mandy Barrington and Debbie Williams will be stepping down from their roles at this AGM.

All other Committee Members are happy to be nominated for their existing roles in 2025/26.

The following members have put themselves forward for election to the committee:

1. ARABELLA CALDER (Secretary and Welfare Officer)
2. SARAH LEES (Kit Manager)
3. STUART ALLEN (General Committee Member)
4. JOHN SHEWRING (General Committee Member)
5. TONY GALE (General Committee Member)

In addition, KATHRYN PETERSEN and EMMA HEALY are standing as non-executive SOCIAL OFFICERS.

Any further nominations for the positions of Club Chairperson, Vice Chair, Secretary and Treasurer should be made in writing to Kit Lambert by 27th March 2025, in order that any additional Notice of the Candidates for the Officers of the Club can be posted to members.

Nominations for other Committee Member positions can be made WITHOUT NOTICE AT ANY TIME but an expression of interest to the Chair (Kit Lambert) ahead of the AGM would be appreciated.

OPEN FORUM

This is an opportunity to have your say on matters such as:

- What could we do to improve our club?
- Do you have any thoughts on changing our training sessions?
- Suggestions for new relay/team events?

And anything else that is on your mind.

SIGNED/DATED

Kit Lambert (Club Chair)

14/02/2025