



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
FRIDAY 13th March 2026**

Venue – Ex-Servicemen’s Club, Windsor Road, 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 2025 AGM
3. CHAIR’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 criteria for Life Membership
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 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 1st 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.

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 CRITERIA FOR LIFE MEMBERSHIP

The constitution currently states that Life Membership is restricted to members who can prove that they have been full, paying members for 25 consecutive years. Due to incomplete records covering this period, this has proven to be difficult to implement in practice. The committee also feels that some discretion should be allowed to award Life Membership to long-term members who have made an exceptional contribution to the club, regardless of whether they can prove that they have completed the full 25 years. For that reason, the following change to the constitution is proposed by the committee:

CURRENT WORDING:

4. 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.

PROPOSED WORDING:

4. 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.

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. These must be supported by five signatories (full members).

NOTICE OF A MOTION OR AMENDMENT TO A MOTION SHOULD BE SENT TO KIT LAMBERT BY FRIDAY 27th FEBRUARY 2026, SO MEMBERS CAN BE ADVISED OF ADDITIONAL MOTIONS BY FRIDAY 6th MARCH 2026.

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. Kit Lambert - **Chair**
- ii. Simon Williamson - Vice Chair
- iii. Lyn Evans - **Treasurer** (also Race Director)
- iv. Arabella Calder - **Secretary** (also Welfare Officer)
- v. Colin Caesar - Membership Secretary
- vi. Keira Evans-Determan - Ladies' Captain
- vii. Ross Flanigan - Men's Captains
- viii. Sarah Lees - Kit Manager
- ix. Nigel Adams - Coaching Coordinator/Welfare Officer
- x. Stuart Allen - General Committee Member
- xi. John Shewring - General Committee Member
- xii. Tony Gale - General Committee Member
- xiii. Kathryn Petersen - Social Secretary (non-executive)
- xiv. Emma Healy - Social Secretary (non-executive)

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

Any further nominations for the positions of Club Chairperson, Vice Chair, Secretary and Treasurer should be made in writing to the Club Chair (Kit Lambert) or the Club Secretary (Arabella Calder) by 27th February 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 to ensure the smooth running of the evening.

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)

20/02/2026