



Norwich Road Runners AGM, 28th November 2019,
held at Sprowston High School 8pm

There were approximately 90 club members at the meeting plus the current committee: Gary Cooper, Jodie Causer, Chris Harrison, David Field, Mark Betts, Chris Amos, Jessica Behan, Mick Powell, Stephen Pizey, Kathy Easter, Alma Simmons, Stacey Harper, Glyn Manton, Beryl Knowles.

Chris Harrison welcomed everyone to the meeting and led us through the handout/power point presentation.

Club training – much work has taken place to establish the pace groups and programmes for Tuesday evenings. Group leaders/coaches have now been identified and programmes are being agreed and shared. Our aim is to offer a range of training options with a view to people knowing in advance what is happening at sessions.

Monday and Thursday sessions are going well with the introduction of Couch to 5k group and new road routes from our new base.

Juniors – led by Alma Simmons, Elies Mann, Ally Hadden, Ray Lindsay. Another successful year, with teams taking part in Sportshall, Parliament Hills and EKIDEN. Many Juniors took part in the first chip timed Junior race at The Dinosaur Park last March.

Alma gave special thanks to Maureen Hamis who has just stepped back from the Junior Committee. Maureen has worked tirelessly for the Juniors, in particular, organising the volunteer rota – a difficult but essential task. Samantha Wall is taking this over and Alma asked for people to put themselves forward by contacting her or one of the Junior leaders.

Ally talked about how the importance of Transition runs had helped the older Juniors in strength and confidence to take part, with support, in Senior sessions. This cannot be done without volunteer help and more help is needed.

Social team – Christmas events as listed. More help in organising social events is always welcome.

Chair's report – Gary was pleased to mark the fact that founder members and club legends, Richard Sales, Mick Powell and Ray Lindsay, were still active in the club. He also noted that there were a significant number of



members who were attending their first AGM. Gary said he was particularly proud of how the Junior section of the club has developed and thanked the leaders.

The club has grown hugely to around 500 members – and the committee has not expanded in proportion. To keep the club running as it does and to take on new challenges, we need lots of volunteers and Gary asked members to consider stepping forward to do a bit extra at one of our events, help with the Juniors or consider joining the committee.

Treasurer's report – see handout. It is worth noting that from the annual membership fee of £36, only £20 comes to the club, the remainder going to UKA for insurance and registration purposes.

Kathy explained that the club had seen many changes during this year and had recorded a loss of £15,000. The move to Sprowston had had additional costs to those planned and we had invested in new, and much needed, equipment. For the first time, the club had paid for first aid training as well as continuing to support members through leadership/coaching programmes.

Glyn proposed three amendments to the Constitution – change of address, the addition of four new committee roles and an increase in the number and flexibility of committee members. All changes were proposed, seconded and accepted unanimously.

Election of committee - if a person has been on the committee for more than 5 years, they can be re-elected. Other committee members, if willing to stand again, are elected en masse.

Gary Cooper – proposed, seconded and re-elected as Chair.

Kathy Easter – proposed, seconded and re-elected as Treasurer

Mick Powell – proposed, seconded and re-elected as Committee member

All others were re-elected en masse.

Mark Betts is standing down as Membership Secretary after incredibly hard work in this role. He is succeeded by David Hender. Chris Harrison is stepping down from the committee – huge thanks for all his work on getting our communication systems to work more efficiently.

Nick Gurney has been put forward as Vice Chair – this was proposed, seconded and accepted unanimously. Gary Stevens has volunteered to join the committee and has been accepted. Jess has volunteered to take a lead on training/coaching.



There were no questions submitted in writing prior to the meeting so questions/comments were invited from the floor.

One member commented that although the club has seen a loss this year, all spending is put back into the club, providing opportunities for members to travel to races, take part in track training, do coaching courses etc. The club invests in its members so the membership fee is excellent value.

It was suggested that we have a survey to get feedback on the move to Sprowston – Kevin Rowe said he would help with this. He is also working on streamlining our Facebook communication and would be feeding results of this back to the committee and club.

Club awards – voting opens on 29th November, closing on December 18th. Club awards will be presented at the Christmas Dinner.

There being no further comments, this closed the AGM.

VLM ballot

Glyn explained that due to an administrative and timing error on his part, the club has not got any ballot places for 2020. Glyn apologised wholeheartedly for this and received much support from all present.

The committee had had an emergency meeting and, as a gesture of goodwill, voted to offer a paid place in a UK marathon of their choice to the four people who were drawn in the ballot. This would not prejudice their entry into the ballot next year for VLM 2021.

The draw took place and the following were picked :

Kevin Rowe	Reserve Rachael Pizey
Paul Martin	Reserve Stuart Sayer
Sally Aspin	Reserve Stacey Harper
Rachel Miller	Reserve Aston Martin

There being no other business, the meeting closed at 9.15pm.

BK 2.12.2019



Annual General Meeting 2019

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Order of business

- Review of 2019
 - Membership
 - NRR races & 2020 races
 - Club Training
 - Juniors
 - Social committee
- Chairman's report
- Treasurer's report
- Minor changes to club constitution
- Election of the management committee
- Election of the club officers
- Discussion of written questions submitted to the committee
- Close of AGM
- London marathon draw

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Review of 2019



Highlights:

- Club location move to new facility.
- Club trips Parliament Hills, Ekiden and National XC competition.
- Horsford XC goes from strength to strength
- First ever first aid courses organised by club (2x1 day events 20 qualified this year)
- Round Norfolk Relay:
- Ladies team winners – Mens 2nd Place 'Open' class & 4th overall – Ballot 10th in class.
- Junior section continues to thrive and grow.
- Race representation:
- 350 awards achieved by over 90 different members – Ladies & Mens split is.....to be revealed at the Xmas Party!
- EACCL – Great representation at the friendly cross country series, with success too!
- C25K Club programme – making Mondays popular!
- Local and international personal successes.
- Fundraising success from our hosted races.
- Inaugural Ringland Half Marathon.
- Club challenge – Ridgeway 3 day walk 87 miles – over 20 members completed
- Wroxham series record setting!

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Membership Cont.



Current period (Shown prev. – Renewal Window):


- 486 Adults (Total 2019 to date – 504*)
- 16 Second Claim (Total 2019 to date – 16*)
- 70 Juniors (Total 2019 to date – 91*)

Fees Update:

- Current membership fees (1st April 2019 – 31st March 2020)
 - Second claim £15
 - Junior £30 (including a NRR vest upon joining)
 - Seniors £36
- Decision on fees for the year ahead
 - UKA enforced increase by £1 (Will now be £16 going to UKA)

*Excludes November


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Ringland Half	Finishers – 776 (2018-271-Broadland)
↓	
Wroxham	Race 1 finishers – 750 (2018-555) Race 2 finishers – 796 (2018-630) Race 3 finishers – 819 (2018-590)

NRR Races

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Club Training

Highlights & Insights through 2019

- *Couch to 5k programme – bringing new members as a result.*
- *Establishing new routes for sessions – use of new field.*
- *Have started putting new members through LiRF courses to support sessions.*
- *Linked up with Gazelles to share UEA track sessions with Paul Evans.*
- *Targeted race training for the 10k distance.*
- *Revised regular weekly sessions – providing details much further in advance.*

- *Where does my £36 subscription money go?*
 - i. *£16 goes to UKA for insurance and registration purposes.*
 - ii. *£20 comes to the club for all overheads.*
 - iii. *So £1.67 per month for training sessions...!!!*

- *A lot happens over the year organising training – accommodating lots of people and abilities, we know sometimes it doesn't fit everyone and we can't do everything all at once...but we can try new things, amend and incrementally improve – but finding a right balance doesn't happen overnight.*

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Christmas Fun Run

Thursday 12th December

- Fancy Dress!
- Starting and finishing at The Brickmakers pub.
- There will be a buffet afterwards - Please all bring a food item.

Christmas Party and Awards Night



Saturday 21st December

- Sprowston Manor Hotel


ParkRun Socials

Various Dates in 2020

- To bring members together at the various regional ParkRuns – run followed by tea & coffee & chat.

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- **Current elected committee**
 - Gary Cooper
 - Mick Powell
 - Kathleen Easter
 - Beryl Knowles
 - Chris Amos
 - David Hender
 - David Field
 - Stephen Pizey
 - Stacey Harper
 - Mark Betts – Leaving end of the year.
 - Chris Harrison – Leaving end of the year.
 - Glyn Manton
 - Jessica Behan
 - Jodie Causer
 - Alma Simmonds
 - Vacant position x1

Election of the Management Committee

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NORWICH ROAD RUNNERS - BUDGET FOR SEPT 2019- AUG 2020

Income from members	500 x £20	10000		Total costs	19640
Profit from races					
Wroxham		5000			
Ringland		4200			
Horsford xc		100			
Sponsorship income		340			
Total budgeted income		19640		Planned surplus	0
Budgeted outgoings (excluding races)				lighting repairs	400
Ekiden coach +entry-member contribution		700		First aid training (1 course)	450
RNR- Entry+bus+ expenses+sweat shirts	3 x 450	1350		L2 coaching costs (4)	1020
Parliament Hills-Coach +entry-contribution		750		L1 LiRF costs (6)	840
XC fees-midweek		230		Coaching kit/junior kit	500
XC minibus hire-Midweek league		500		Club equipment	200
XC Nationals- Minibus + entry		400		Online safeguarding	15 x10
Ekiden-Coach hire +fees - contribution		1100		Training costs	3560
BARR fees and SEAA fees		200			
Track hire	75x12	900		Sprowston	5400
Sportshall- juniors fees and transport to Kings Lynn		750		Stationary	50
Race related costs		6880		Web site/IT	500
				Awards/certificates	300
Christmas party other social costs for year		2000		Club awards	400
Club trip		300		Admin costs	50
Social costs		2300		Auditor	150
				Other sundries	50
				Operational costs	6900

15.0 Amendments to the Constitution

- 15.1 The constitution will only be changed through agreement by majority vote at an AGM or EGM.

Proposed change 1- Address

2.0 Headquarters

- 2.1 The headquarters of the club shall be Sprowston Community Academy, Cannerby Lane, NR7 8NE

Proposed change 2- Committee job roles

Current constitution allows for 12. The club has doubled in size since the constitution drawn up so it needs the flexibility to increase size of committee.

The current 'new' roles should be added

- Health and Safety Officer
- Compliance Officer
- Training Officer
- Induction Officer

Proposed change 3 - Current constitution limits committee to 12.

The following change is needed

The Management Committee shall be composed of up to eleven (11) officers of the club (see above) and up to five (5) members, all will be elected at the Annual General Meeting.

Norwich Road Runners

Founded 1985

Income and Expenditure Account for the year ending 31 August 2019

Income	£
Membership subscription	18,787.95
Kit	3,473.05
Ringland ½ entries	22,027.20
Ringland ½ – T-shirts, donation, refreshments	594.29
Wroxham 5K 2019 entries	22,335.10
XC 2019	605.00
Coaching course refund	70.00
Ipswich Ekiden refund	368.60
Lynda Moore contribution to bench	304.49
London Marathon	2,437.29

71,002.97

Expenditure

Room Hire	3,807.00
Broadland 1/2 2018	3,701.62
Ringland 2019	17,658.96
Ringland 2020	30.00
Wroxham 5K 2019	16,366.84
XC 2019	219.77
Clubs contribution to enter races	8,981.97
Kit	8,822.88
England Athletics Affiliation Fees/BARR Fees	9,608.75
Christmas party/Social Costs	2,591.56
London Marathon	2,086.75
Coaching course fees	1,500.00
Cost of track sessions	1,010.00
Web site/copy right charges	359.44
Trophies/ Engraving/Club photo	121.36
Batteries	11.00
Set up charges Sprowston	2,703.26
Stationery/Stamps/Notice Board	314.47
Banner/Megaphone/Gazebo bag	307.59
Equipment for Juniors	1,322.64
Start/Finish Arches	1,510.80
Auditors fee	130.00
First Aid Course	877.38
Flood Lights for field	1,867.08

85,911.12

Loss of Income over Expenditure

-14,908.15

Note: 1 Room hire invoice not yet received for August

SMY
26/09/19

Norwich Road Runners

Founded 1985

Balance Sheet as at 31.08.19

Current Assets	£
Current Account	16139.37
Petty Cash	15.50
	<hr/>
	16154.87

Represented by:

Income and Expenditure Account

AT 01.09.2018 31063.02

Loss of Income over expenditure -14908.15

16154.87

Prepared by Kathleen Easter (Treasurer)

The accounts as stated above have been examined against books and records provided and accurately reflect the position as recorded there in.

Signed 

Auditor

Date 26/09/2019