



ELY RUNNERS - ANNUAL GENERAL MEETING **Wednesday 6th March 2022 at 7:00pm** **EOSA**

MINUTES

Apologies Received:

Present: Stephen Howard (SH, Chairman), Lauren Thomas (LT, Secretary, minutes), Ann Thornton (AnT, Treasurer), Alan Rutterford (AR), Allistair Berry (AIB), Andrew Scarlett (AS), Andrew Thornton (AdT), Andy Barber (AnB), Barry Graves (BG), Ben Morris (BM) David Carnac (DC), Debbie Fisher (DF), Frederick Cheung (FC), Goska Leslie (GL), Gwen Graves (GG), Hamish Ross (HR), James Fisher (JF), Jemma Read (JR), John Turner (JT), Jon Price (JP), Justin Smith (JS), Kath Gerighty (KG), Lizz McKiernan (LM), Lizzie Ludlow (LL), Michelle Berry (MB), Natalie Andrews (NA), Peter Royle (PR), Tom Levinson (TL)

Apologies: Ali Driver, Charlotte Scruton, Nick Dowdy, Rob Pope

1. Chairman's opening remarks (SH)

SH welcomed everyone to the AGM and thanked EOSA for hosting us. He stressed the importance of the AGM and congratulated the club as a whole for its inclusive approach to training and competition.

2. Juniors' report (AR)

As of the weekend of March 9th we will have 62 junior members - 37 boys and 25 girls. 12 are expected not to renew.

We had a very successful Frostbite in 2022/23, coming 2nd out of 14 clubs, and at the time of the AGM we were again in second place with PANVAC hot on our heels.

13 juniors attended a track and field meeting at St Ives, and between them they did 11 events. AR stressed the fact that this is also open to seniors!

There have been two sports hall sessions (one in Peterborough and one in Cambridge) attended by 13 juniors. 11 of them represented Cambs in the regionals in Norwich.

22 juniors participated in our Club XC, 16 from Ely Runners and 6 from Newmarket Joggers. They gave great feedback and loved the mud and water!

3 of our girls did the pentathlon for the first time in 2023. After just 6 weeks of training, Connie, Ruby and Isabella participated in the 800m, long jump, high jump, shot putt and hurdles. Connie came 2nd in her age group, and Ruby was 3rd in her age group into the last event, but an amazing turn in the 800m saw her clinch 2nd place. Isabella came 4th in her age group. They trained 4 nights a week and are keen to take part again in 2024.

3. Treasurer's report (AnT)

AnT reported that we had seen an increase in spending on social events, coaching courses, coaching kit and equipment for juniors.

SH stated that we would not be raising fees this year, and the club also does what it can for anyone experiencing hardships. He also thanked AnT for all the hard work she has done in modernising payments.

The full statement can be seen at the bottom of this document.

4. Secretary's report (LT)

We're still continuing to fulfil our club objectives, and I'll go over them quickly here for anyone who hasn't heard them before:

- Encouraging the practice, promotion, development and participation of amateur athletics in Ely and the wider community
- Providing training for member
- Organising open, league, championship and club running race
- Organising teams to represent the Club in championships and leagues
- Catering for the following athletics disciplines: Road Running, Track Running, Cross-Country Running, Fell Running, and Race Walking

A brief update on ongoing projects in the club:

UK Athletics Club Standards: We are remaining fully up to date with the documentation required to meet England Athletics' Club standards. This includes having:

- A club constitution and legal structure
- A committee that has a president or chair, club secretary, treasurer, membership secretary, welfare officer and DBS verifier (with at least three people on the committee in these key roles that are unrelated or not cohabiting)
- A grievance and disciplinary policy
- A privacy notice
- An Inclusion Policy
- A code of conduct
- One lead welfare officer and at least one additional welfare officer

5k League

The race league will continue to be known as Arkwright's for 2024.

After the success of the 2023 event, our race will once again be held at Ben's Yard on May 16th. Other dates are still in the process of being confirmed, and these will be circulated to members in due course.

EDIT - race dates now confirmed.

- 1 - Thursday 25th April: Impington (**HI/Cambs Tri**)
- 2 - Thursday 16th May: Ben's Yard (**Ely Runners**)
- 3 - Thursday 6th June: Rowley Mile (**Newmarket Joggers**)
- 4 - Thursday 4th July: Carver Barracks (**Saffron Striders**)
- 5 - Thursday 8th August: venue tbc (**Haverhill RC**)
- 6 - Thursday 22nd August: Therfield Heath (**Royston R**)
-

Races 1 & 6 start at 7pm, races 2-5 start at 7:30pm. Some may have a Junior race too.

Some Membership statistics:

Current membership:

319 members (64 juniors, 255 seniors) (9 more than last year, 7 more juniors, 2 more seniors)
94 members had EA affiliation in 2023-24 (again, an increase on 2022-23)

75 members joined during 2023-24, 5 of them were graduates of the beginners' course. These seems low based on previous years (last year it was 20) but it's possible that some didn't use the discount code when they signed up.

Just for clarification, our figures don't always match those of the junior coaches, as my clubhouse keeps them in the system as juniors until renewal on April 1st, rather than moving them into seniors as soon as they turn 17.

Remains to say: thanks to all the members of the Committee and the Events Working Group for their time and expertise in 2023, and also everyone who has been part of this amazing club, whether that's through volunteering, training or competing. And on a personal level, I would like to say a particular thank you to the support this club gave me in 2023. After my accident I had so many club members reach out to me, bring me chocolates and flowers, and send me funny GIFs and memes just to ensure I made it through some very tough weeks. And not to mention the club members who literally saved my life. I had more support from Ely Runners than I did from some of my oldest school friends during that time, and it just cemented for me just how brilliant this club is, and I know that this sentiment is echoed by Ali and Michelle Berry after an incredibly difficult 2023 for them as well. We're more than just a running club - we're a community.

5. Training report (JT)

JT started by thanking all of the run leaders. He stated that training continued to be well attended and enthusiastically carried out, and made special mention of the chatty run and JR's contribution with bringing in new and unusual routes. He also stated that the beginners' course continues apace.

SH thanked JT's contribution, naming him as the person people go to with questions about routes and training.

6. Beginners' Representative Report (JS)

JT mentioned that he always worries about numbers for the beginners' course, but these fears were unfounded. We have 32 for the current course and the retention has been particularly good this time around.

The summer course has been confirmed to start on 3 June for 10 weeks.

JS also thanked the coaches for their time, and also requested access to the club's PayPal account so that he can track who has paid rather than relying on the word of the attendees and having to both AnT for confirmation on payments. AnT is planning to remove ex members from the account and will look at adding JS.

7. Special Achievement Awards 2023 & Honorary Memberships (SH/LT)

Honorary Membership: **Charlotte Scruton** (Services to the Club and the Local Running Community)

Special Achievement (**bottle of wine**): **Natalie Andrews** (Services to the club)

8. Election of Committee (max twelve) plus three officers (Chairman, Secretary, Treasurer)

- **Chairman** - Stephen Howard pJT sBG
- **Secretary** - Lauren Thomas pJS sNA
- **Treasurer** - Ann Thornton pAIB sJF
- **Senior Training** - John Turner pLM sLL
- **Membership Secretary** - Caroline Brown pLT sAnT
- **Club Captain** - Alistair Berry pAdT sTL
- **Beginners Representative** - Justin Smith pJP sAS
- **Social Secretary** - Peter Royle pBM sAdT
- **Ladies Representative** - Lizz McKiernan pKG sGL
- **Club Welfare Officer** - Jon Price pAIB sJT
- **Club Kit** - Janette Palmer pKG sAnT
- **Junior Section Secretary** - Debbie Abraham pKG sLT

- **Chief Marshal - Kath Gerighty** pAnT sLM

9. Election of Events Working Group (EWG)

- **Race Director NYE 10k - Debbie Abraham** pKG sAIB
- **Race Director 5k League - Rob Pope** pJP sBG
- **Course Director - Allistair Berry** pKG sNA
- **Stores - Peter Royle** pKG sLT
- **Club Events Race Director(s) (XC, TTR, 10kHC, 1mHC) - Stephen Howard and John Turner** pLL sAnT
- **Chief Time Keeper/ Watches & Place Keeping - Ann Thornton** pJT sKG
- **Assistant Time Keeper and Assistant to Chief Marshal - Debbie Fisher** pAnT sLL
- **Sustainability Champion - Ben Morris** pTL sLT
- **5k League Scorer - Rob Pope** pAS sLL
- **Frostbite Manager - Alan Rutterford** pAS sGL
- **RNR Open Class Team Manager - Stephen Howard** pAIB sTL
- **RNR Mixed Class Team Manager - Allistair Berry** pAS sJP
- **Hereward Relay Team Manager - Stephen Howard** pLT sAnT
- **Photography Coordinator - Justin Smith** pLT sKG
- **Trophies - Andy Barber** pPR sAS
- **Race Diary - DEFAULTED**

The role of website has been removed from the Committee for now, and a working group made up of LT, FC, BM, AIB and MB will work with previous website lead Mark Bell to build a new website in a CMS for the club. The Race Diary will be absorbed into this project and a lead for both will be appointed for both at the next AGM.

The role of head coach will become coaching coordinator, and will be absorbed by the secretary who is already responsible for making sure all coaching details are kept up to date as part of England Athletics' Club Standards requirements. It will no longer be a standalone committee role.

10. Consideration of donations

The plan remains to donate 25% of NYE10k profits to charity.

The money in liabilities from 2022 donations will be sent to Ely Foodbank. Money from NYE10K (25% of profits) along with matching Xmas raffle donations (£233) together with raffle takings (£233) and NYE 10k cake stall (£412) will go to MAGPAS.

From the NYE10k 2024 instead of deciding the charity a full 9 months ahead of the event, the charities will be picked at the 2025 AGM. Charities mentioned at the AGM included the Brain's Trust and Tom's Trust, and the RD/Committee are happy to receive further proposals for the charity/charities to benefit.

The 2025 AGM will then consider proposals and make the final decision.

The club may make other charitable donations throughout the year. The committee will have the final say on beneficiaries along with the fundraisers themselves (eg Hereward Relay mileage matching, Xmas raffle, etc.).

11. Annual review and re-approval of the savings set aside for the Track Fund

We have moved some of our funds from poorly paying accounts, and the track fund now sits in a 4% fixed term bond (until December 2025).

JT updated us on talks with Carver Barracks who recently built an athletics track. Their council (Uttlesford) gave them a considerable sum towards the track. JT met with a new contact at East Cambs District Council who reached out to Uttlesford for more information. Conversations have stalled somewhat, but JT intends to reach out to Lucy Frazer.

We have identified a potential site for the track. We need to prove that if a track were made available there would be enough demand for it. It was agreed that we should reach out to other running club and sports groups in the surrounding areas to gauge interest, and as members we should be talking about it more to raise interest in the city.

Vote: carried and approved

12. Renewal of Affiliations/Joining

- ARC - and continue with open event ARC permits
- UKA - individual EA club registrations (£19 payable for individuals 2024-25)
- SEAA Competitions Ltd - provides championships in the SE region
- CAA - provides championships for Cambridgeshire
- Friends of the Roman Road & Fleam Dyke

Vote: carried and approved. BM will be looking into other affiliations we may look at joining which can be discussed at a future committee meeting.

13. Consideration to authorise Committee & EWG to organise the following events:

- Turing Trail Relay (3rd Sunday in March) - Private Club Event with other teams by invitation only
- Club 10k Handicap on a Thursday in June when Little Downham Pavilion is available
- Club One Mile Handicap on a Thursday in June when the course is still marked
- New Year's Eve 10k on 31st December
- Club Cross-Country Championships on a Sunday morning in January/ February 2025

Vote: carried and approved

14. Authorise the Committee to enter the club for relay, team and league events, including:

- Round Norfolk Relay – Teams composition TBC depending on team captains volunteering
- National, Regional, Area and County Championships including relays E.G. SEAA Road Relays
- Frostbite Friendly League
- Hereward Relay (including helping March AC with marshalling at ERFC)
- Arkwrights 5k League
- Green Wheel Relay
- Essex Road Relay Championships

Vote: carried and approved

15. Proposal (pSH) for the club's Officers or Committee (subject to the Treasurer's advice on the threshold reserve of funds) to authorise reasonable expenditure, to the benefit of the club and its members, including:

- Club membership (due 1st October) of the Paradise Centre for members to change/shower FOC after training or events
- Running/training/stretching/injury books for members to borrow
- Food after the 10k Handicap, One Mile Handicap, Christmas Drinks and monthly Thursday socials
- Club team entries for relays, league membership, and championships
- Fund appropriate coaching and support courses (subject to commitment) for members
- Supplies for events, equipment for club use, race kit, and bibs for night training
- Mileage at 45p/m for official duties on behalf of the club and/or carrying stores from/to Ely or HQ for the club's open races, selected teams in events, and training events
- Electronic race processing and recording equipment
- Trophies & engraving
- Support of new, local area races attended by and for the benefit of members
- Charities
- Kit store
- Athletics equipment for Junior Section - *committee to approve the purchase of athletics kit at a later meeting*
- Access to training facilities e.g. track, safe winter venue for juniors

Vote: carried and approved

16. Member question and answer session with club Officers and the Committee on any relevant topic.

- Can we establish a more formal way for members to share events they have signed up for so that other members can also sign up and have support/friendly faces at events?
 - We will start adding races to MyClubhouse so that members can see who else has signed up and potentially car share/have company at events. This is preferable to putting this information on our website where it could be viewed by people who are not members of the club.
- Can we look at organising a scheme for recycling trainers?
 - Outgoing sustainability champion JP has already reached out to jogonagain.com and has passed on all necessary details to incoming sustainability champion BM who will look at also working with the Paradise Centre re. A place where Ely Runners and other centre users can recycle their trainers.
- Can we look at additional club stash?
 - This question was raised by Ryan Parker, and we will put him in touch with Club Kit Officer Janette Palmer, and also loop in member Alex Levantis who also has connections with suitable companies. Sigma embroidery was also raised as a potential supplier who we have used for RNR items and by other members for sportswear.

ELY RUNNERS ACCOUNTS 2023

2022		2023
£	INCOME	£
	Net Profit on New Year's Eve 10k (before donations)	
5,220		5,621
4,763	Membership subscriptions	5,034
1,167	Membership EA Affiliations	1,476
	See below	
708	Club Members Vests net surplus	
	PB teamwear cashback on other purchases	110
1,770	Beginners Courses	2,160
24	Track Fund interest	600
60	General Interest (excl. Track fund)	600
	Track session attendee payments	282
13,711	TOTAL INCOME	15,883
	EXPENDITURE	
	Payment Processing Fees (nominal as info not available)	
253		253
384	MyClubhouse Fee	514
564	Club Affiliation Fees	589
	note 1	
1,167	Membership EA Affiliations passed on to EA	1,476
1,409	RNR entry and expenses	1,166
	note 2	
186	KHL/Arkwrights League	161
160	Frostbite	170
440	Other event entries and expenses	369
	note 3	
576	Club Races	101
0	AGM room and food	190
290	Christmas Buffet/Juniors evening	306
608	Wooditton Run	597
1,177	Coaches Courses and equipment (net)	2,713
	note 4	
-3	St Ives Track Sessions	280
313	Paradise Centre changing facility	416
504	Trophies and Awards	384
297	Internet	72
500	Store	500
115	Stationery and misc	148
	Social including post-race, coaching forum, PTSD	1,172
	Club charity donations	100
	note 5	
	Ely Foodbank donation (2022 Liabilities)	500
8,942	TOTAL EXPENDITURE	12,177
4,770	Surplus of income over expenditure for year	3,706

Notes

1. Affiliations ARC, (ABAC), EA, (SEAA), Cambs AA, (GCAN), (Friends of Fleam Dyke)

589

2. Round Norfolk Relay

505 Entry Fees and membership (£5)

405

904 Minibus Hire, fuel, supplies

761

3. Other Entries

323 Hereward + entry and expenses

309

118 XC Champs - EEA, CAA, SEAA, National; Track champs CAA, SEAA

60

4. Coaches Courses and Equipment

1,177 Coaching Courses

1,393

- Coach Kit

828

Seniors athletic equipment

45

- Juniors athletic equipment

447

5. Charity donations. NYE10k, Xmas raffle matching - see Liabilities

176 Match Xmas Raffle takings

233

1,565 NYE 10k donation (25% of profit)

1,874

Brains Trust

100

Ely Foodbank (from 2022 Liabilities)

500

1,741 DONATIONS TOTAL

2,707

BALANCE SHEET AT 31ST DECEMBER 2023

31.12.2022			31.12.23
	CURRENT ASSETS		
957	Payments in advance		
51,279	Deposit Account Cambridge BS General	closed 02/24	19,201
-	Fixed Bond Lloyds (Track Fund)	matures 12/25	24,400
-	Fixed Bond Lloyds (savings)	matures 12/25	25,000
5,500	Deposit Account Scottish Widows		
44,209	Lloyds and paypal		40,655
101,945	TOTAL CURRENT ASSETS		109,256
	LESS CURRENT LIABILITIES		
	Creditors		
1,223	NYE 10k		2,450
1,917	Donations Fund	note 6	2,340
	Donations from 2022 Liabilities		1,417
847	Other Accrued expenditure		3,174
1,178	Subscriptions received in advance		
612	Vests not yet taken from PB Teamwear		
5,777	TOTAL CURRENT LIABILITIES		9,381
96,169	NET CURRENT ASSETS		99,875

Notes

6. Donations (Liabilities) made up of	
25% of NYE10K profit	1,874
Xmas Charity raffle takings	233
Club matching Xmas raffle takings	233
NYE10k cake stall takings £412 added to 2024	0

NYE 10k INCOME AND EXPENDITURE**Income**

2022		2023
11,170	Main Event Net Income (Gross less 6%)	12,428
245	Catering Net of direct costs	
11,415	TOTAL INCOME	12,428

Expenditure

950	Chip timing	950
770	Cash Prizes	870
75	Trophies	82
614	Beer/Soft Drink/Water	743
25	Race Licences	25
81	Race Supplies/equipment	128
180	Hire of Village Hall and Pavilion	325
720	Hire of Toilet Units	720
630	First Aid	620
200	Bagpiper	200
166	Van	120
42	Miscellaneous Expenses/ tea/coffee/cups	150
4,454	TOTAL EXPENDITURE	4,933

6,961	PROFIT BEFORE DONTATIONS	7,495
	Donation (25%)	1,874
	PROFIT AFTER DONATIONS	5,621