

**Lingfield Running Club
Annual General Meeting
24 April 2018
(draft minutes)**

Chair Cathy Samuel

Cathy welcomed members to the 35th Annual General Meeting of the Lingfield Running Club.

Present

Graeme Bennett	Kath Garrido	Bob Pank
Richard Adams	Sue Garner	Mike Preston
Chris Bridgwater	Paul McManus	Cathy Samuel
Fiona Champness	Dave Nottidge	Alison Slater
Neil Burchett	Trevor Crowhurst	Wendy Smith
Nicky Pumford	Louise Wates	Guy Wates
Chris Rance	Lisa Compton	David Watkins
Diane Clayton	Mark Clayton	Dave Wilkes
Stephen Linton		

Apologies received from:

Susie Birch	Simon Mills
Nick Champness	Liz Webster
Clare Evans	Mark Piper

1. Acceptance of minutes of the 2017 AGM – duly accepted.
2. Chair's report

CS said it was great to see everyone here this evening, but there were not enough to make the meeting quorate. Therefore the AGM won't be able to make any decisions affecting the constitution.

CS said a few 'thank yous' as she was stepping down as Chair having served three years on the Committee. Thanks to all the committee members who have put in so much time and effort to keep everything ticking over behind the scenes. The Committee meets here every two months to discuss new ideas and innovations to move the club onwards and upwards.

CS thanked Diane Clayton for posting the newsletter each week, and Mark Clayton for looking after the club kit (he has recently stepped down and Liz Webster has taken over); thanks also to the Dry Hill committee AND of course to Trevor.

Cathy then recorded her highlights of the year. In Jan 2017 and Feb 2018, the post-Christmas bashes. So well attended this year that Kellie was having nightmares in the kitchen. It was great fun but time for a change in 2019, she suggested?

Feb 2017 was a momentous month. Trevor's 80th birthday which the club celebrated with a great party. In April 2017 and 2018 it was time for the traditional pasta parties. CS thanked Kellie for her culinary skills and said well done to all who took part in Brighton, London and other world-wide marathons, representing LRC.

CS noted that in April 2017 we revised the London Marathon ballot rules. This was not a unanimous decision and sadly Dave Wilkes had decided to resign as President as a direct result of the Committee vote. This will be discussed in more detail when as item 4 on the agenda.

In January 2018, CS investigated how to develop a new club handbook. She thanked Lisa and Graeme who worked on getting this to fruition. A draft was included in newsletters on 21 and 28 March and copies are available at the back of the room for your final comments before we launch it.

CS said it had also been a sad time for the club as it lost two longstanding members in the last year. The wonderful Barrie Clegg was a regular runner at the club and would always encourage others to take part. Indeed, when Cathy's daughter was ready to give up on the 10 mile route, he took it upon himself to run alongside her and encouraged her all the way. As mum, she was ready to stop and help her 'poor baby' to ring for a lift. Actually completing the course was a far better idea and she was so ecstatic when she had completed that tough 10m. Thanks Barrie, we miss you!

Recently, we also lost Jan Diebel. Another longstanding member of the club. Many will remember Jan. Such a quiet lady but a wonderful friend to many of our older club members. She never had a bad word to say about anybody. She will also be missed as she was a very active member of the club running and latterly the walking group.

3. Secretary's report

GB was pleased to report that Committee attendance was again 90% last year. He thanked Dave Wilkes who, early in 2017, transferred all Trevor's historic paper records into the club database. Members can now get a full record of all club events they've completed since 1983.

In June 2017 the Club responded to a Tandridge Council sports club survey in the hope it might result in extra funding for the Victoria club or ourselves. GB noted that it was still waiting to hear.

In the autumn, the Committee instigated a review of the club website, and GB thanked Tim Lloyd in particular for the research he has done into the most viable options. He is starting to put those changes in place, which members should notice during the year.

Most recently, GB has been preoccupied by the General Data Protection Regulation (GDPR) which comes into force on 25 May. For a few months membership forms have included signed agreement to sharing personal data with EA, whose site we use for almost all our club administration. The Club has developed a members' advice note and a privacy policy which explains how the club treats the personal data members give it, and asks them to sign up to this. Copies of these documents are available tonight, so please take one. GB asked members to let him know if they had any substantive comments, by the end of April. The Club will then send all members a copy to sign and return.

Motion 1 – GB said that while the AGM is not quorate, and we can't implement any constitutional changes even if agreed, it would be helpful to know members' views. The suggestion was to add a new paragraph in the Constitution, to enable the Committee to appoint to vacancies which may occur between AGMs. There was no opposition to this proposal.

Motion 2 – this proposal was to reduce the quorum for the AGM from 25% of the membership to 20%. GB again said it would be helpful to know members' views, even if we couldn't implement yet. Members expressed general support for the proposal but thought the quorum should be even lower, and that Committee should try to link the AGM with another event to encourage attendance.

GB said that Committee would need to discuss members' views and consider whether to call an EGM to approve rule changes.

4. London Marathon ballot rules

GB explained that Dave Wilkes had asked for this item to go onto the agenda after Committee had approved changes last April. As these changes appeared to benefit Committee members, he thought the AGM should approve them.

WS explained the intention was to encourage members to consider joining the Committee, not to benefit current Committee members. It was based on Horsham Joggers' ballot rules. GB said he thought it only gave being a Committee member the same status as someone spending a few hours marshalling one event.

Several members spoke strongly in favour of returning to the previous (2016) rules, and said the rules were too vague but, on a vote, ten members supported the change and six voted against. The new Committee will consider the views expressed at the meeting.

5. Treasurer's report and adoption of the annual accounts

GW noted that all present had a copy of the accounts in front of them. He said the Club was still in a strong financial position despite spend on training more coaches. We have been helped by DH10 (and Greathed sponsorship) and the excess on the vests (mainly attributable to the rebate given to us in compensation for the supplier's poor performance).

GW said that the Club does have low rates of subs compared to others and gave advance warning that, although Committee was recommending no increase this year, future spending may require an increase in 2019.

The meeting adopted the accounts (Appendix One below) for the 15 months ending 31 March 2018. Proposed Guy Wates, seconded Chris Bridgwater.

6. Setting the membership fee for the forthcoming year

WS noted that members do have until 30 June to pay EA subs, but the Club aims to collect its subs asap.

The meeting approved that fees for the year 1 April 2018 to 31 March 2019 shall be £10, payable by 16 May 2018. Proposed Guy Wates, seconded Diane Clayton.

7. Membership Secretary's report

WS explained how we put members' data on the EA database and use it for club administration. Members do have the facility to pay via 'payzip' which involves less admin and to let her know if they want to do so.

8. Ladies Captains' report and trophy

LC reported that the Lingfield ladies participated with great enthusiasm during the cross country season. For the first two matches of the season they were able to field two full teams, with the A team finishing in 14th and 17th places. Unfortunately for the matches at Wimbledon and Richmond several people were struck down with winter colds or injuries, so the Club only had one scoring team in each match. Nevertheless they still finished in very respectable 24th and 19th places.

Meghan Bowen and Sophie Davis had both put in some great performances, with each of them being the first Lingfield finisher twice, but the overall winner of the Ladies Cross Country trophy was Wendy Smith. Well done, Wendy.

Meghan Bowen was also the first Lingfield lady to finish in the Southern Cross Country Championships in January, with an excellent run on a very wet and slippery course. LC noted this was the only event for which Trevor had written up an unenthusiastic report!

LC also commended Liz McLennan and Theresa Donohue, who bravely took on Parliament Hill, representing Lingfield on the last day of the cross country season at the National championships. And finally LC thanked Diane Clayton for her cross-country handover and for always being there for advice.

The Couch to 5k programme ran from May until mid-July 2017. Marketing on social media resulted in a record attendance of 42 people at the first session - far more than anticipated. Thankfully there was also a good turnout of Club members to provide help and encouragement.

Inevitably some people dropped out during the course, for a variety of reasons – some found running was just not for them. However, at the end of ten weeks, 29 completed a timed 5k run along St. Piers Lane, and some went on to finish the Tilgate parkrun the following Saturday.

The programme was great fun, and was really well supported for the entire ten weeks from LRC members. Eleven people joined the club once the programme finished, although not all of them are still running. This may be because we don't have sufficient support to enable them to progress past the 5k mark, as the average club run is closer to five miles. As the club now has more trained coaches, we will look into providing further assistance to new runners over the coming year.

Chris Rance asked why we had introduced a charge this year. LC said we were one of the very few who don't charge, it's a big commitment, and that expense (inc a year's membership) should help draw people into the club.

Tilgate parkrun takeover

LC described how, on 1st July 2017, LRC 'took over' Tilgate parkrun for the third year in a row; once again, this was hailed as a tremendous success. In all, the club provided 45 members in various roles. Runners' feedback was that we provided the most enthusiastic and noisiest marshals ever seen at Tilgate (a reputation that we have now transferred to East Grinstead parkrun).

It was fantastic to look round the park and view a sea of Lingfield vests, showing what great support we have. A number of those attending were not regular parkrun goers, but they all heeded the call to be part of the takeover, and show the world (or at least, Tilgate users) what a great club we are.

This coming year, Lingfield is invited to 'take over' East Grinstead parkrun – if anyone is interested in organising this please let me know. As LC and Vernon are now EG parkrun organisers, the Club needs someone else to take the lead on the 'takeover'.

Club Run

LC reported further good news to end the year on. Lingfield RC is one of only 40 clubs nationwide to be accepted onto the England Athletics Club Run programme. This is a free initiative specifically aimed at supporting road running clubs. An experienced EA coach will provide the Club with practical

coaching sessions, in line with the aspirations of our runners and helping them prepare for a particular event or distance. The coach will also provide endurance specific warm up and cool down session components, and the opportunity for informal discussion linked to training and race preparation, along with support and guidance to those club members with the Leader and/or Coach in Running Fitness qualifications, to help them to develop an ongoing coaching programme.

This is a fantastic opportunity which will help club members of all abilities to improve their running; whether it be improving speed, learning to judge race pace, getting race times down at 5k and 10k, or preparing to run a marathon. LC encouraged everyone to participate in the sessions, which will be held over the summer.

And finally...

Although LC's report focused on some specific highlights of the past year, not a week has gone by without numerous examples of great performances from the Lingfield ladies, both locally and in venues all over the world. To mention just a few, Clare Evans ran parkrun in Canada, Eliska Kelly ran a half marathon in Las Vegas, Wendy Smith ran a half marathon in Egypt, and a number of ladies ran various distances in Lanzarote. The Club truly had an international presence!

LC thanked everyone for making her first year as ladies captain so enjoyable; all the committee members and, of course, Trevor, for his continuing help and immense knowledge of all things LRC related. LC confessed however, that she still hasn't mastered how to pack the tent away.

Ladies' captain award - LC chose someone who was regularly seen at the club, who took part in club events, such as the handicap races, XC races and helped at the DH10, and who always joined in things - a real team player. Therefore, the Ladies Captain's Trophy went to Fiona Champness.

9. Men's Captain's report and trophy

DN reported that the Club took part in all four races of the Surrey Cross Country League. Unfortunately we got off to a poor start and were unable to field a full team for the first race, so were hit with penalty points. We ended up in 10th place. I think/hope all our runners enjoyed the events – they are a lot of fun. We do need a few more cross country enthusiasts for next season. DN estimated that, with full teams to the races, we should aim to get to 6th or 7th place next season. DN made special mention of George English – over the four races he was ranked overall in 3rd place of the leading Individuals over 60 years old. The overall winner of the Men's Cross Country trophy was Vernon Given. Well done, Vern.

DN added that the Surrey XC League is looking for clubs to host races. While he thinks that would be too much for the Club this year, DN will consider possibilities for 2019.

The Southern XC Champs was held at Stanmer Park. Dave Watkins was the only male runner in a Lingfield vest. He performed excellently in the foul weather LC has already mentioned. At the National XCs on Parliament Hill we had a team of seven male runners who all did really well. Both events are real occasions and just being part of it feels like an achievement – wherever you finish.

DH10/GG5 - while these are not specifically the men's captain's responsibility, DN said he was as well placed as anybody to report back. Last September we held the annual races, the DH10 and GG5. DN said he joined the race committee fairly late but it soon became clear that group consisted of committed people who put a great deal of time and effort in.

The races went well on the day. The Club was lucky to receive £600 sponsorship from Greathed Manor, and the races raised funds of £500 for Jigsaw SE. But there was some disappointment that race entries were again low and the race committee considered carefully what to do for 2018. If we were to organise any races it was clear that the Club needed to make some changes.

So this year we have made the following changes:

- The date changed to 1st July.
- The race base and start is moved to Lingfield College with improved parking and other facilities.
- We are providing a 10 mile race and a 10k race. Both are different routes but including the best of the previous race routes.
- The most suitable body which awards permits for these sort of races is the Trail Runners Association. We have a permit covering both races from the TRA, mainly for insurance reasons.
- Four new club members have joined the race committee: Bob Pank, Helen Davey, Sophie Jones, Gary Spring.

Now we need volunteers to marshal – and of course runners to take part! On line entries can be made on Run Britain.

Men's captain award - there is one name among all this activity that appears time and again. He can be relied on to put in 100% every race. He has represented the club at many races around the region and at /from the club. This is Dave Watkins - so DN awarded the Captain's trophy to Dave.

10. Elections of officers, committee members and President for the forthcoming year

There was no opposition to the incumbent members remaining to serve their term. Retiring positions were filled and full Committee details for the coming year are as follows:

Position	Elected	Proposed	Seconded
President	Sue Garner	Kath Garrido	Alison Slater

Chair	Simon Mills	Graeme Bennett	Sue Garner
Treasurer	Guy Wates	Bob Pank	Fiona Champness
Secretary	Graeme Bennett	Dave Wilkes	Diane Clayton
Membership Secretary	Nicky Pumford	Diane Clayton	Mark Clayton
Men's Captain	Dave Nottidge	Mark Clayton	Nicky Pumford
Ladies' Captain	Lisa Compton	Nicky Pumford	Trevor Crowhurst
Social Secretary	vacant		

11. Event organiser's report

The Club held 12 internal events in 2017. In April a 5k handicap was held using an out and back course down St Piers Lane. This had 43 runners and was won by Julie Landsborough. This was followed by the four May team races. These proved popular with an average attendance of 38 runners. In total, 65 members ran in one or more of these races with 19 running all four.

Further races of 5k, 5 miles and a 4½ mile cross country event were held in the summer and were part of the handicap Grand Prix series. The uphill mile took place on 13 June with a very good turnout of 27 runners. Dan Oppe ran the fastest time with 7.39. Nicky Pumford ran the fastest lady with 10.14.

The 25th running of the Dennis Crowhurst Handicap took place around Staffhurst Wood and Itchingwood Common on Sunday 5th November. This resulted in a win for Nikki Robson, with Katie Robson in 2nd and Dave Wilkes in 3rd place. Again there was a good turnout of 24 runners. Richard Adams ran the fastest time for this five mile course, finishing in 33.44. Michelle Hollins was the fastest lady with 40.02.

The Christmas Handicap took place on the 16th December and had a very good total of 39 runners. First home was Graham Bradbury, followed by Matthew Waite (guest) in 2nd and Laura Ireland in 3rd. Matt Waite ran the fastest time for this 4.6 mile course finishing in 30.57. Liz Webster was the fastest lady, in 35.00.

East Surrey League

As well as the Surrey Cross Country League we also compete in the East Surrey League. There are three races each year. The first was a five mile cross country race on 1 October in Lloyd Park, Croydon. Five men and three ladies ran in this event. Sophie Jones and Dan Oppe ran our fastest times. The next race was again a Cross Country event at Wimbledon Common on Saturday 10 December, hosted by Hercules Wimbledon. We had five runners in this race. Dan Oppe was our fastest man and Meghan Bowen our fastest

lady. The third and final race was a 4.2 mile road event which started on the Epsom and Ewell Athletics Club track. This proved a high quality race with a total of 75 runners. Dan Oppe was our fastest runner on the night, completing the course in 26.50. Meghan Bowen was our only lady in the race and finished in 32.20. Good running all round. This enabled us to finish in 8th place out of the 15 competing teams.

Surrey Summer Road League

Nicky Pumford won the Surrey Summer Ladies Road League competition for 2017, with a total of 59 points. Meghan Bowen finished in 2nd place. The men's winner was David Nottidge, with 70 points, having run in four of the seven fixtures.

Club 10 kilometre Road Championships

We again chose the Brighton 10k race for our annual club 10k championship. We had a good entry of 21 runners in this race. Dan Oppe was the 2017 men's 10k champion as he was the first Lingfield man to finish in a very good time of 35.30. Liz Webster won the ladies trophy, being the first Lingfield lady to finish in 45.44.

Open Grand Prix

Simon Mills won the men's open Grand Prix (best ten scores from the 15 designated races) with a total of 172 points. David Nottidge finished in 2nd place (again) with a total of 147 points, with Neil McLennan 3rd with 117 points. Liz Webster won the ladies Grand Prix with 155 points; Sue Garner came 2nd with 103 points and Katie Cahill-Smith 3rd with 101 points.

Handicap Grand Prix

The men's competition was won by Paul McManus with 52 points and the ladies winner was Alison Slater with 46 points.

London Marathon 2017

Ten club members ran and completed the 2017 London Marathon. First Lingfield member to finish was Luke Davis (running for his first club Clapham Chasers) in an excellent 2.33.38. Our next two runners both finished with sub 3 hour times. They were Juhana Kirk with 2.51.37 and Dan Quinn with 2.55.49. Mandy Regenass was our fastest lady with a great sub 3.30 time of 3.18.34, beating her 2016 London time by over seven minutes.

Brighton Marathon 2017

Nine club members ran and completed the 2017 Brighton Marathon. First Lingfield runner to finish was Peter Barlow in 3.34.14, and our first lady was Tor Rutter with a time of 3.44.43.

London Marathon 2018

Well done to all six Lingfield runners who ran and completed the 2018 London Marathon in what was recorded as the hottest of the 38 London marathons so far. The times of our runners were:

Luke Davis	2.41.32
Juhana Kirk	2.44.00
Mandy Regenass	3.31.10
Tor Rutter	3.50.57
Peter Barlow	3.54.43
Neil McLennan	4.45.49

Brighton Marathon 2018

We had just two ladies who ran in and completed the 2018 Brighton Marathon on Sunday 15 April. Meghan Bowen running her first marathon finished in 4.10.24 and Michelle Hollins finished in 4.21.22 having completed the Paris marathon the previous week in 4.21.10. Well done both of you.

12. Any other business

DN thanked the Chair and Membership Secretary for their three years dedicated service and presented them with flowers on behalf of the club.

Appendix One: Club accounts – 1 January 2017 to 31 March 2018

Income and Expenditure Account

	Notes	15 months to 31/03/2018 £	12 months to 31/12/2016 £
Income			
Members' Subscriptions to Lingfield Running Club		1,979.00	1,590.00
Members' Subscriptions to England Athletics		1,524.00	1,182.00
Dry Hill Ten	1	396.40	(404.82)
Sales of vests		1,120.00	0.00
		5,019.40	2,367.18
Expenditure			
Affiliation Expenses		401.00	301.00
Members' Subscriptions to England Athletics		1,524.00	1,182.00
Social Events	2	610.50	199.12
AGM Expenses, Club Trophies & Prizes		493.43	416.59
Insurance		135.00	134.50
Equipment Purchases and Repairs		42.96	79.99
Website expenses		150.00	120.00
Cost of vests sold in year	3	757.53	783.00
Sundry Expenses (Printer Cartridges, Flowers, Postage, etc)		64.04	200.33
Write off of loan to Victoria club		0.00	250.00
Running courses & track hire		1,042.50	0.00
Entry into Reigate Priory XC team		146.00	0.00
		5,366.96	3,666.53
Excess of income over expenditure/(expenditure over income)		(347.56)	(1,299.35)

Balance Sheet

	Notes	15 months to 31/03/2018 £	12 months to 31/12/2016 £
Assets			
Stock of Club Uniforms	3	284.07	0.00
Debtors		0.00	42.00
Prepayment		0.00	0.00

Cash at Bank		6,641.45	7,474.08
Total Current Assets		<u>6,925.52</u>	<u>7,516.08</u>

Liabilities

Creditors	4	(20.00)	(300.00)
Subs paid in advance		<u>(60.00)</u>	<u>(23.00)</u>

Net Assets		<u>6,845.52</u>	<u>7,193.08</u>
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General Fund

Balance at the beginning of the year		7,193.08	8,492.43
Income/(Loss) for the year		<u>(347.56)</u>	<u>(1,299.35)</u>

General Fund balance at the end of the year		<u>6,845.52</u>	<u>7,193.08</u>
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Notes to the Accounts

1. Dry Hill Ten	15 months to 31/03/2018	12 months to 31/12/2016
	£	£
Income		
Entries (net of Running Magazine commission)	1,175.88	1,126.00
Sponsorship	600.00	310.00
Tea & Cake Sales	195.50	217.60
Total Income	1,971.38	1,653.60
Expenditure		
Cash Prizes	440.00	344.45
Hall Hire	126.00	140.00
Numbers & Safety Pins	10.98	0.00
Timing clock	180.00	0.00
Medals, Ribbons etc.	182.10	1,052.82
Sundry Expenses	135.90	21.15
Total Expenditure	1,074.98	1,558.42
Excess of Income over Expenditure	896.40	95.18
Less: Donated to charities	500.00	500.00
Net Income Retained from Dry Hill Ten	396.40	(404.82)

2. Social Events	15 months to 31/03/2018	12 months to 31/12/2016
	£	£
Xmas Party	(405.50)	(88.50)
Pasta Party	(190.00)	0.00

Dry Hill Ten BBQ	0.00	(67.95)
Park run take over	0.00	(23.97)
LRC Hsh run	0.00	(18.70)
Trevor's 80th	(15.00)	0.00
Total Net Cost of Social Events for the Year	(610.50)	(199.12)

3. Club Uniforms	15 months to 31/03/2018	12 months to 31/12/2016
	£	£
Value of Club Uniforms at the beginning of the year	0.00	1,073.00
Cost of Uniforms purchased in the year	1,041.60	0.00
Value of Uniforms sold in the year	757.53	(290.00)
Adjustments to value of Uniforms	0.00	(783.00)
Value of Club Uniforms at the end of the year	284.07	0.00
4. Creditors		
Amounts to members at year end	(20.00)	(300.00)