

**Lingfield Running Club
Annual General Meeting
12th January 2016**

Chair Bob Pank, President

Present

Please refer to list on page 9 for a list of attendees and apologies.

Welcome (Bob Pank)

Welcome to the 33rd Annual General Meeting of the Lingfield Running Club.

First I must point out the emergency exits.

Acceptance of minutes of last year's AGM – duly accepted.

Next I would like to thank our committee and officers who have kept the club moving forward over the last twelve months. This involves considerable of time and effort on their part but it works like the proverbial duck, gliding along on the pond, but under the surface it's paddling hard!

As dictated by the club's constitution, four of us are retiring after three years service – Kirsty has been an excellent secretary and her knowledge of insurance matters has also proved very useful.

Mark has very efficiently looked after the club's money and introduced some online services.

Also Dave Chase, our Social Secretary is stepping down. Table tennis, snooker – including mixed doubles, the Curry Grand Prix, as well as quiz night and the amazing club's 30th Birthday Party brought club members together in many new ways. And what fun we had!

Over my three years I have witnessed a number of changes. Perhaps the most significant has been the achievements of our younger runners, some new to the club, who finish at or near the front of races. Well done them and thank you for representing the club so well.

And thank you too to all our runners who represent the club in all events. I read the newsletter each week and see the results showing there are many Lingfield runners out there racing each weekend. We are more active than ever.

This is all proof that the club is thriving and has a good number of keen runners that make their mark – and marks for the club.

Chairman's report (Cathy Samuel)

Thanked all present for coming to the AGM, introduced the committee and subsequently each agenda item.

The highlights of the year were:

- A board has been put up outside the club advertising LRC. Thanks go to Mark Clayton and Bob Pank for this.
- Diane Clayton has taken over responsibility for the newsletter from Dave Wilkes and thanks go to both for their efforts.

- The Monday night beginners group was a success again and thanks for this are due to Mark Clayton and Dave Chase.
- Trevor Crowhurst's continuous enthusiasm and support – thanks once again.
- A new website - thanks to Dave Wilkes for running this to date and Simon Mills for the new version.
- Lockers and key safe in the disabled toilet for member use.
- Dry Hill 5 and 10 - thanks to the Dry Hill 10 sub-committee.
- Night torch runs - thanks to Ian Greenaway for organising and leading these.
- Equinox 24 event - thanks to Vernon Given for organising this.
- Park Run takeover in July - thanks to Vernon Given and Lisa Compton for organising this.
- Dave Chase for being a fantastic social events organiser – thank you.
- Ordering of hoodies is now done online. Thanks to Mark Clayton for sorting this out. Hopefully t-shirts and vests will follow in the near future.

Secretary's report (Kirsty Wachuku-King)

Well this has been my last year as Secretary and there has been a little bit of juggling involved this year, what with a small change in personal circumstances – first baby! As you might be able to tell by now, Duane and I decided we were getting too much sleep with just one, so another one is now on the way to sort that out!

There have been ups and downs, the London Marathon issue being one of the latter but the Club has generally rolled on successfully, with a little steering from my committee colleagues, as well as a hand or two from many other members. Many of you provide much welcome help throughout the year – to highlight a few from this year – the Dry Hill 10 sub-committee, Trevor and Simon Mills. Thanks to the Dry Hill 10 sub-committee for organising another successful event, as well as to all those members who volunteered their time and support to make this event happen – from marshalling to the ever-popular cake-making and eating! Trevor has, as always provided unending and valued support throughout the year and thanks to Simon, we have a new website – check it out if you haven't already.

In terms of running events, there has been continued participation in a wide variety of events and this is set to continue into the new year, with some members travelling the country to represent the club, including a few at the English National Cross Country Championships next month. There was a highly successful local event in the Lingfield takeover of the Tilgate Park Run in the summer. Thanks to those that helped organise this and to all that were there on the day, helping to promote our club. It's good to also see slightly different regular runs taking place, such as the torchlight ones that Ian takes. If I manage to get my trainers on later this year and squeeze a bit of running in, I will definitely have a go at a few of those!

Treasurer's report and adoption of the annual accounts (Mark Clayton)

I am pleased to report that the finances of our club remain robust and healthy.

The club's income for 2015 exceeded its expenditure by £808. £690 of this surplus is attributable to the net income accruing to the club from the successful running of last year's Dry Hill Ten, whilst the remainder of the surplus is the result of our membership income for the year exceeding the club's operating expenditure for the year by £118. In other words, the club is currently living within its means without taking into account any residual income arising from the running of the Dry Hill Ten.

Club uniform sales in 2015 totalled £518. Whilst the club did not purchase any additional uniforms in the year, we did enter into an arrangement with PB Teamwear, whereby the latter hosts an online shop to serve the members of the club. This online shop currently only stocks club hoodies but it is

envisaged that both club vests and t shirts will be added once our own existing stocks become depleted. There are a number of advantages to this arrangement with PB Teamwear:

- The club does not have dead money tied up in stock (we currently have over £1,000 of funds tied up in existing stocks);
- There is no possibility of stock losses to be borne by the club;
- Once sales reach a certain target, a small commission accrues to the club;
- The club and more directly its committee members, are relieved from having to safeguard and administer uniform stocks, purchases and sales;
- Members have the ability to personalise their purchases by the addition of their initials and/or names.

The club's bank balance has increased by £1,290 in the year to a balance of £6,893 at 31 December 2015. This increase can largely be explained by the operating surplus of £808 generated in the year, coupled with the receipt in cash, of club uniform sales totalling £518.

The Dry Hill 10 event has made a good contribution to the club's finances over the years and especially this year. In addition, many costs associated with this are actually not incurred year on year; some years are less costly than others.

I believe that our current annual membership subscription of only £10 per annum, represents great value and must be a real attraction for prospective new members to the club. Given the current healthy state of the club's finances, it is my personal opinion that there is no need to increase this annual subscription in 2016.

I would now like to answer any questions from the floor regarding the financial accounts as presented.

Sue Garner queried if we could give away more money – Mark advised that this has been generally discussed and the club would consider this but for the fact that future expenses and membership levels are an unknown. The issue could however be discussed again in the future.

Debbie Wilkes questioned whether we could increase the donation we make to charity from the Dry Hill 10 income. Again this is something that could be further discussed.

In connection with both of these questions it was also pointed out by the committee that the club may need to take into consideration the future of its base, should the current arrangement alter. This could incur significant costs.

In conclusion, this is my last report as honorary treasurer to Lingfield Running Club. I would firstly like to thank both current and previous chairpersons and committee members, with whom I have served during the past three years, for their wise and generous support. I would also like to personally thank Trevor for continually acting as a financial intermediary between myself and those members who periodically owed monies to the club. Finally, I would like to thank the general membership of the club for giving me the honour of serving as your treasurer these past three years. Mrs Chairwoman, I now move the accounts for the year ended 31 December 2015 for adoption. Thank you.

The proposed Accounts were adopted. (Proposer Paul McManus; seconder Simon Mills.)

Membership Secretary's report (Wendy Smith)

In Wendy's absence, Mark included her report in his own and advised that member numbers as at the end of 2015 were 148 of which 81 were England Athletics affiliated.

It was also pointed out that this year's entry criteria for the London Marathon stated that for 0-99 England Athletics affiliated members, clubs received one place. If our numbers increased over this level, we could secure more places on the current basis.

Last year, by comparison, the club had 164 members of which 94 were England Athletics affiliated.

Ladies' Team Captain's report (Diane Clayton)

The cross country team for the 2014/5 season finished 13th out of 35 teams. The new season for 2015/6 saw unlikely conditions for the first race; a beautiful day and we fielded two teams, with the A team finishing 16th out of 39. Much appreciated support was present from other club members. The second event was much more in line with cross country expectations – rain and mud aplenty. However all those that ran enjoyed themselves and there were even some new sign-ups.

Acknowledgements this year go to Mandy Regenass for her achievements and to Sue Garner for her performance in her age category.

The Ladies' Captain's prize (a bottle of wine) goes to someone who regularly represents the Club at events – she is always there! Hannah Cartledge – thank you and well done.

I would also like to thank Simon Mills for his help with updating the website with my news.

Men's Team Captain's report (Vernon Given)

Lingfield participate in the Surrey Cross Country Division 4 as well as the East Surrey Cross Country league, both of which now contribute to the points tally for the cross country trophy.

As you may have noticed, this year we have included additional races for the cross country trophy. The purpose of this was to make the trophy competition more competitive, as well as encouraging Lingfield runners to run in other local races. The additional races are:

- East Surrey cross country race 1 at Lloyd park
- East Surrey cross country race 2 at Wimbledon
- Reigate cross country relays
- Southern Championships

I believe these changes have achieved exactly what we hoped. Firstly although Dan Oppe is likely to win next year's trophy, for a change he may have a little competition, in that if he doesn't race in all 8 races, he could be caught. Additionally a good example of Lingfield runners competing in additional races was at Lloyd Park, where we have previously only fielded one runner (George English) for the last few years. This year saw a four Lingfield teams, totalling twelve runners.

Surrey Cross Country League

There are eight teams in our division and Lingfield had a final finishing position of 4th overall. Team 26.2 were the runaway leaders. We had a total of 24 men who ran in one or more of the four league races. Special congratulations to Dan Oppe, Mark Clayton, Vernon Given, Guy Wates, George English and David Nottidge who ran in all four.

Dan Oppe becomes the men's champion for the 2014/15 season with a total of 79 points. Well done Dan. Second was Mark Clayton (63 points) and Vernon Given was 3rd (60 points).

Another event we participated in after a few years absence was the Southern Cross Country Championships at Stanmer Park. This event was for most, a bit of an eye opener. The Ladies race being 8,000 metres or 5 miles and the Men's race being 15,000 metres or 9 miles.

Lingfield were able to field a team of five men and four women. Both teams were able to compete with as well as be lapped by, the best. There is no denying it was a tough race but it was great to run alongside (be overtaken by) the best runners in the country and I don't mean me beating Ian Greenaway for the first time.

In the Senior Ladies race over 8k, we were represented by Grace Barnett, Lisa Compton, Theresa Donohue and Hannah Cartledge and in the men's, over a demanding 15k by Joe Davey, Vernon Given, Ian Greenaway, Scott McDonald and David Wilkes. It was a perfect day for running; the underfoot conditions were not too muddy but it was the hills that everyone found most demanding. As a result of this race, we have entered again this year, as well as entering a team in the National Cross Country Championships in Doncaster. So we can really say we have been lapped by the best.

A big thank you to all who have participated over the last year and a special thank you to a couple of people:

- Dan Oppe for always being so consistent, especially standing in the cold, waiting for the rest of the Lingfield team to finish.
- Ian Greenaway and Mark Clayton for always being so reliable and never having to be asked to run. I just expect and you don't let me down.
- Welcome back to Richard Adams, who had a tough year but great to see him back in the Lingfield team.

Finally my award goes to Dave Nottidge for being the most consistent cross country runner. Again I never ask Dave to run but know he will always be there. He has had a great season and seems to just keep improving with every race. He is also entering the Southern Championships, as well as the Nationals this year.

The cross country points for the year 2015 - 2016 after five races are:

Dan Oppe - 60

Vernon Given - 46

Ian Greenaway - 43

George English - 39

Three races remain with a total of 50 points up for grabs.

Social Secretary's report (Dave Chase)

Pasta Party – to celebrate the marathon runners, hope you all attend this year as I'm doing Brighton.

Curry GP - This year we attended six different venues, with points awarded based on the hotness of the curry. Also some interesting bonus points were bestowed – for belly dancing, singing a Simple Minds song to the whole pub, leading a whisky shot pub crawl around Newick after the fireworks, dancing like there was no one watching and bizarrely, licking Wendy's spoon. I have a special prize for being serenaded by none other than Elvis Presley - a solar powered Elvis Presley - for Diane (presented). However there can only be two winners. Ladies and gentleman, this year's men's and ladies Curry Grand Prix champions are Mark and Diane Clayton. (Mark and Diane were then presented with their trophies and toilet rolls.)

Wimbledon Tennis Tournament - This was a prediction competition which I stole from work, where one of the students updated the spreadsheet with results. There were often mistakes which Trevor carefully pointed out each day and I relayed back to the student - who was subsequently sacked. Anyway, after a close fought competition, the men's and ladies' Wimbledon champions were myself and Wendy Smith. (Both get trophies.)

Pub Quiz - These take place every last Thursday of the month at The Star. They have been well attended – so much so that we have often had to split into Lingfield Running Club “A” and “B” teams and I think we actually won it once this year - or is that just my imagination? Anyway, I can confirm that the “B Team” came 3rd in the charity quiz at the Old House at Home just before Christmas. They then disgraced themselves by finishing last out of the whole pub at The Star's Christmas quiz – despite learning the names of all the reindeer in advance. However, as a member of the “B” team, I don't want to dwell on this, so let's move on to the...

Table Tennis - The highlight of this was a joint session with Crowhurst Table Tennis club, with a training/exhibition session from a current Surrey league player, who removed any doubts about whether we are good enough to play in a league or not (except for Dan Oppe). It turns out we're not very good! This brings us neatly on to the....

Snooker – the club's entire kitty of £5,000 was on offer for a 147 break - the highest break so far is 22 (from John “Cool Hand” Colletti)!

As usual, the quality of the snooker has been pretty dismal this year but on the plus side, this has helped Emma Fuller and myself to reach the mixed doubles final! There are still a few more games to play – with big names still in the frame such as Steve “Hurricane” Hollis, Mike “The Pillaging Potter” Preston and newcomer Chris “The Rocket” Rance, so the eventual winners will be announced in the newsletter and on Facebook. The trophies will be awarded accordingly.

Fat Club - 16 “losers” have signed up to the Fat Club and are doing their best to reduce their weight – spurred on by peer pressure. If anyone else would like to join in then please let me know – but you have to share your weight with the rest of the group!

Post Christmas Hoedown party – Saturday 30th January - Building on what can only be described as “enthusiastic” dancing, at last year's Burns Night, this year we are trying our hand at barn dancing. Kellie Love will be providing the food which will be chilli con carne and a vegetarian alternative. Please see me for tickets afterwards – at £12 each (or £15 on the door).

Lastly, I am standing down after three years as Social Secretary. It has been great fun and I want to thank everyone who has helped out and also joined in with any of the social events over the last three years. It has been a blast! Thank you!

Elections of Officers, Committee Members and President for the forthcoming year (Bob Pank)

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	Proposer	Secunder
President	Dave Wilkes	Cathy Samuel	Diane Clayton
Chairman	Cathy Samuel	n/a	n/a
Treasurer	Guy Wates	Mark Clayton	Kirsty Wachuku-King
Secretary	Graeme Bennett	Kirsty Wachuku-King	Mike Preston
Membership Secretary	Wendy Smith	n/a	n/a
Men's Captain	Vernon Given	n/a	n/a
Ladies' Captain	Diane Clayton	n/a	n/a
Social Secretary	Maxine Lower & Lynda Willment	Cathy Samuel	Diane Clayton

Setting of the membership fee for the forthcoming year (Cathy Samuel)

These will be:

Club Membership £10

England Athletics Membership £13 (Optional)

Victoria Sports and Social Club £15 (Required if you use the facilities)

These are due by the end of January.

Event Organiser's report (Trevor Crowhurst)

Internal Club Events

Twelve internal club events were held in 2015. In April, a 5K handicap was held using an out and back course down St Piers lane. This attracted a field of 22 runners compared with 26 the previous year. This was followed by the four May team races. These again proved popular with an average attendance of 25 runners. In total, 50 members ran in one or more of these races with six running in all four.

Further races of 5K, 5 miles and a 4½ mile cross country event, were held throughout the summer and were part of the handicap grand prix series. The uphill mile took place on 4th August with a turnout of just nine runners. Luke Carpenter ran the fastest time in 9.12.

The 23rd running of the Dennis Crowhurst Handicap 5, took place around Staffhurst Wood and Itchingwood Common, on Saturday 21st November. This resulted in a win for George Willment (son of Lynda) who was running as a guest. Sue Garner was the first club member to finish; in second place overall with Debbie Wilkes in third.

The Christmas Handicap race took place on 21st December, for which we had a total of 29 runners. The first home was Chris Rance. He was followed by Judith Cartledge in second and Bob Pank in third place.

In the East Surrey League, so far two races have taken place. The first was a 5 mile cross country race in Lloyd Park, Croydon. We had a good turnout of twelve runners for this event and Dan Oppe was our first runner to finish. The next race was again a cross country event and took place on Wimbledon Common on Saturday 5th December. This event was hosted by the Hercules Wimbledon Athletic Club. There is just one fixture remaining in this competition which is the usual 4 mile road race which starts on the Epsom and Ewell athletic track. The date is yet to be announced but it is usually a mid week evening in early April. We need at least four runners to make up a team and try to achieve some league points.

Lisa Compton was the convincing winner of the Surrey Summer Ladies Road League competition for 2015, with a total of 100 points. The men's competition was won by Mark Clayton, with 99 points and he was closely followed by Vernon Given with 94 points. There are seven fixtures in this competition. We had better participation in this competition in 2015, with nine men and three ladies taking part.

Club 10K Road Championships

The Brighton 10K race was again chosen for our annual club 10K championship. There was keen competition in the men's race with Dan Oppe, Dan Quinn and Paul Blackmore all running together at 7K. A fast finishing Dan Oppe saw him get ahead of Dan Quinn, with Paul finishing in third place. Dan Oppe's time was 37.38. Mandy Regenass was our first lady in 45.59 and Karen Wells and Michelle Hollins were placed second and third. Again we had a good turnout of 28 runners.

Grand Prix

The winner of the men's open Grand Prix (best 10 scores from the 13 designated races), was Neil Burchett, with a total of 172 points. David Nottidge was just two points behind. Sue Garner was the convincing winner of the ladies' Grand Prix. The ladies' and men's winners of the Club Handicap Grand Prix were Sue Garner and Michael Preston.

London Marathon

Five club members ran in and completed the 2015 London Marathon. Mandy Regenass ran the fastest club time in an excellent 3.20.24. Brandon Webb was our first man to finish in a very good time of 3.22.44.

Any other business (Cathy Samuel)

Mark Clayton advised that the Club's team came first in the Salisbury Ultra. Well done to this team.

Charity nominations are now being taken. So far we have Lingfield Scouts, who are raising funds to rebuild their hut and Pancreatic Cancer.

A reminder was given about the Christmas Party, taking place on 30th January and for which tickets are now on sale.

Presentation of prizes (Bob Pank and Trevor Crowhurst)

Prizes were awarded as follows:

- A bottle of wine each to the Ladies' and Men's Captains' choices, Hannah Cartledge and David Nottidge.
- Trophies as follows:

Prize	Winner
10K Ladies	Mandy Regenass
10K Men	Dan Oppe
Surrey Summer Road League Ladies	Lisa Compton
Surrey Summer Road League Men	Mark Clayton
Grand Prix Ladies	Sue Garner
Grand Prix Men	Neil Burchett
Ladies' Cross Country Shield	Mandy Regenass
Men's Cross Country Shield	Dan Oppe
President's Cup	Dave Chase
Trevor Crowhurst Cup Ladies (Handicap Grand Prix)	Sue Garner
Trevor Crowhurst Cup Mens (Handicap Grand Prix)	Mike Preston

A Word From the President, Bob Pank

The President's Cup is awarded to those people who have contributed but outside event running itself. I am glad to say there are many members who help out in various ways. However I had to make a choice...

This year I am delighted to award this to a team of two again - Mark and Diane Clayton. They are always doing things for the club, like putting up signs, fitting locks and providing mass transport for runners. They also feed hungry runners at events, cook at barbecues, help to train new runners and both serve on the club's committee. Diane edits and distributes our weekly newsletter and both are very handy event photographers. It all adds up to a great contribution. (Trophy awarded.)

Presentation of Wine to Outgoing Committee Members (Bob Pank)

A bottle of wine went to Bob Pank, Mark Clayton, Kirsty Wachuku-King and Dave Chase by way of a thank you for their hard work on the Committee during their terms.

Meeting Close (Cathy Samuel)

Cathy thanked everyone for attending and brought the meeting to a close at 9.40pm.

Apologies:

Wendy Smith	Alistair Matson
Chris Rance	Fiona Brown
Tony Styles	Dan Quinn
Lisa Compton	Mark Piper
Kath Garrido	Kio Vejdani
Reg Garrido	Jill Streater
Neil McLennan	Scott Ulatowski
Chris Le Beau	Theresa Donohue

Attendees:

Bob Pank	Richard Adams
Cathy Samuel	Mandy Regenass
Kirsty Wachuku-King	Guy Wates
Mark Clayton	Sue Garner
Diane Clayton	Lynda Willment
Vernon Given	Maxine Lower
Dave Chase	Clive Barnard
Trevor Crowhurst	Allison Phillips
Chris Bridgwater	Gina Obee
Paul McManus	Catherine Pearce
Simon Mills	Judith Cartledge
Graeme Bennett	Hannah Cartledge
Mike Preston	Chris Oppe
Liz McLennan	Dan Oppe
Tracy Roberts	David Nottidge
Ian Greenaway	Neil Burchett
Dave Wilkes	Debbie Wilkes
Natasha Beard	