

Minutes of Lingfield Running Club AGM 2021

Via ZOOM Wednesday 21st April, @7.30p.m.

Chair, Simon Mills, welcomed members to the 37th AGM of the Lingfield Running Club, via the ZOOM link – a first for LRC due to Covid restrictions.

Present:

Simon Mills Nicky Pumford Sue Garner Fiona Champness Nick Champness Clare Evans Terri Scott Kath Garrido Lisa Compton Trevor Crowhurst Scott McDonald Dave Nottidge Wendy Smith Michael Manwill Jill Streater Maggie Stratham – Berry Ian Greenaway Linda O’Sullivan Martin O’Sullivan Ian Greenaway Linda O’Sullivan Martin O’Sullivan Karen Sparrow Liz McLennan Chris Rance Catherine Wilson Theresa Donohue	Dave Wilkes Debbie Wilkes Brandon Webb Graeme Bennett Bob Pank Graham Bradbury Linda Dyja Liz Webster Mark Piper Helen Samways Ian Watkins Catherine Watkins Andrew Hindmarch Peter Vaughan Julie Lansborough James Kilfiger Richard Adams Gary Spring Helen Davey James Willis Luke Davis Sophie Jones Nick Averre Dave Watkins Dave Worsell Nevenka Worsell Cathy Samuel Martin Payne Diane Clayton Mark Clayton
<u>Apologies</u> Eliska Kelly Tracy Roberts Anne-Marie Riccardi Tom Cartledge Aly Warner	Angela Brown Jane Jones Alan Jones

Please note that some of the attendees were not able to take part in 100% of the Zoom meeting, however most did.

1. Acceptance of minutes of 2019, duly accepted.
2. Reports all read out by Chair
3. Secretary
4. Treasurer (some parts had a query, so to be ratified at a later date) (Proposal 1)
5. Membership Secretary (Proposal 2)
6. Ladies Captain
7. Men's Captain
8. President's Trophy
9. **Election of officers, committee members and President for forthcoming year 2021-22 (new and to be ratified):**

ROLE	Proposed by	Seconded by
President -Kath Garrido	Sue Garner	Terri Scott
Chair – Scott McDonald	Lisa Compton	Bob Pank
Membership Secretary -Gary Spring	Dave Nottidge	Fiona Champness
Club Secretary - Terri Scott	Liz McLennan	Trevor Crowhurst
Treasurer – Clare Evans	Nicky Pumford	Mark Clayton
Ladies Captain – Fiona Champness	Kath Garrido	Michelle Hollins
Men's Captain	Clare Evans	Dave Worsell

10. Event Organiser's Report
11. a. Proposal 1 - To adopt the accounts for the year ended 31 March 2021 (Clare Evans) -delayed on this
 - b. Proposal 2 - I move that fees for the year 1 April 2021 to 31 March 2022 shall be £10 to new members and fees for club membership fee waived for existing members for this year - in light of the Covid-disrupted year. (Nicky Pumford) – agreed and passed.
 - c. Changes to quorum (Proposal 3) by Dave Nottidge. Agreement that future quorum for the AGM will be 25% of the membership. In addition a) if a quorum is not present within 30 minutes of the time appointed for the meeting or if a quorum ceases to be present, the meeting shall be adjourned to the same day in the next week and b) if the number of members present at the adjourned meeting is insufficient to constitute a quorum in accordance with rule a above, the members present shall constitute a quorum. – agreed and passed
12. Any other business - none

Chair's report

Thank you for tuning in this evening and welcome to Lingfield Running Club's 37th AGM. Since our last AGM in April 2019, I don't think anyone could have anticipated the kind of turmoil we have all experienced over the last 13-14 months or so. The Covid pandemic has really hit us on so many different levels, personally, professionally and mentally. The one constant for most of us has been the ability to slip on a pair of trainers and head out the door to not only get some exercise, but also to exercise our minds.

The flip side has been that social interaction and running competition on which so many of us thrive, has been reduced and cancelled or postponed. The backlog of races, shoehorned into fewer weekends over the upcoming months is testimony to that.

Thus, it was almost a godsend that as a club over the last year, we were able to organise virtual races and events, which at least got our competitive juices flowing. For this, huge thanks has to go to both Lisa Compton and Trevor Crowhurst for many hours behind the scenes thinking up new challenges and also setting handicaps to make the races inclusive.

Thank you also to all the club coaches for running training sessions (when they were able to do so last summer). Your time and patience was hugely appreciated by us all.

I also want to acknowledge and pass on our gratitude and thanks to Diane for putting together the weekly newsletter. It is always eagerly anticipated and a hugely enjoyable read and whilst I know she has struggled for content this year with the lack of races, she has always managed to find something to peak everyone's interest. The walks (runs) down memory lane and meet the member, were particularly enjoyable.

Thank you also to Graeme Bennett for updating and tweaking the club website on a weekly basis. The website remains an important shop window for the club.

Thank you also Trevor for your incredible enthusiasm and support. The time you give to the club and your knowledge about everyone's best times and running history is outstanding. The recent publication of club records was a really interesting read; Hopefully there will be more opportunity for us to break some of these records over the coming months.

As far as the committee goes, I really want to thank you all for your hard work this past year. It has been a particularly unforgiving year, trying to stay on top of EA guidance, whilst at the same time trying to encourage members to remain with the club and also provide some fun events to get involved in – even though they were virtual.

The club constitution states that members can only remain on the committee for a total of three years so I will be sad to step down as chair. I also want to thank Sue Garner for her unfailing support as President and Nicky Pumford for her enthusiasm and hands-on approach as Membership Secretary. Both have served their time as well.

As we didn't have an AGM last year due to the pandemic, I'd also like to pay tribute to the two former club captains, Lisa Compton and David Nottidge for all the additional hours and work that they put into the roles too.

Now that we can run again in groups of 6 – and from next month in bigger numbers, the club races including the May races, handicaps and also Road and XC races will be back. For Intra club races, the committee who look after the Lingfield 10's have agreed to take these on – and there will be an email going out shortly with the expected dates for the May races.

We very much look forward to seeing you there.

And now, I'd like to pass over the baton to Terri with the secretary's report.

Secretary's report (Terri Scott) – acting since June '19

Despite the lack of an AGM in 2020, the committee has continued to meet every two months to discuss club matters, latterly in the virtual world. All minutes of these meetings have been published on the Club's website. See the highlights below:

July '19

The website has continued to be updated, with thanks to Graeme Bennett and has evolved to include the role of the committee members. The committee voted to donate £2300 to St. Catherine's Hospice. Parkrun support was a success with 97 taking part. A total of 30 runners completed the C25k programme.

October '19

Club runs and run leaders discussed, speed sessions advertised on Facebook. Succession planning required for Men and Ladies Captain roles. Club reaffiliated with South of England Athletics Association.

December '19

London Marathon Ballot took place – Chris Rance. Club members invited to do Leadership in Running Fitness with England Athletics. Grand Prix alternatives looked at. Xmas party postponed. Lingfield 10's to remain at 300 entries with charity t.b.c.

February '20

Update to members handbook to include support/advertising of local businesses offering discounts. Further run leaders recruited. Insurance FAQ's raised. Vests taken over by Helen Davey and a stock take done. Membership fee to include VSSC and speed sessions.

March '20

Newsletter -meet the club member. Cancel Pasta Party/AGM. Coronavirus update from EA. Social Media policy updated.

April '20

May races -to review. Update re coronavirus advice.Club Welfare resource on EA website. Trevor's lockdown 5k.

June '20

Social media policy revised – no advertising of businesses. Club Handbook - Graeme Bennett and Dave Nottidge updating. EA/SEAA - membership paid and club affiliated. AGM/constitution changes discussed. Safeguarding requirements from EA. Self-assessment framework to be worked through.

August '20

Club Covid Policy -action plan, covid secure , use test and trace. Membership forms to include medical/emergency contact. AGM postponed – awaiting further advice from EA. New Captain's to be invited on committee in acting role -to be ratified at a later date. Grand Prix season to be cancelled. Facebook membership updated.

October '20

Engraving of trophies. Michelle Hollins taking over role of club vests. Allowed to run in groups of 6. Membership down from 290 to 172. Discuss real/virtual events. Succession planning sought for Chair, President and Membership secretary.

December '20

Covid Update. To use Eventbrite for runners to book with a run leader. 120 in membership. Christmas Handicap race proposed. Ian Watkins and Fiona Champness now trained Run Leaders.

February '21

Covid Update -awaiting Gov advice on 22/2. Mental Health support offered by Scott McDonald. Further coaches pursued.C25K to be postponed until 2022. Lingfield 10's postponed until 2022. Trophies, virtual races. Surrey L XC may return in October. Prep for AGM by ZOOM.

March '21

Covid update -return to run in 6's on 30/3. Trophies announced/ handed out. Coaching /training with a max of 12 – use Eventbrite. May races - may take place

from 12/4 in covid secure environment - Trevor supporting with volunteers. Proposed date for AGM – 21/4/21 via ZOOM. Membership/subs to be ratified at AGM. Editor post sought.

Membership Secretary Report for AGM 21/04/2021

Good Evening,

Currently we have 180 Members as of today, 21st April.

Despite 2020 being a very quiet year with hardly any physical races due to lockdown restrictions, we still managed to retain 170+ members.

Previously in 2019/2021 we increased our membership to just fewer than 300 members.

Unfortunately last year we could not run the C25K course, which normally generates an additional 50 members. That coupled with only virtual races, and not being allowed to train in groups due to lockdown, meant our numbers were down on the previous year.

However, we have still received enquiries from new members during lockdown, and now restrictions have eased, it has enabled new members to join and physically take part in group runs and training sessions.

All of us on the Committee voted to waive the £10 membership fee to existing members who had paid their subscription for 2020-21 as a way of saying thank you for supporting the club during the various lockdowns. We also decided to keep the annual membership fee at £10 per annum for any new members.

England Athletics have extended the date EA renewals are due until ??/?/2021. Payments details are on the website on page 4 of the application form.

Finally, I would like to say how much I have enjoyed being on the committee for the last 3 years with a lovely bunch of people. My position as Membership Secretary is now available to anyone who is interested in the vacancy. Please either speak to myself or any member of the Committee.

Ladies Captain Report – highlights from 2019 -20.

This is the report that I would have given at the 2020 AGM, looking back retrospectively over the past year – had Covid not intervened! It is somewhat brief as my memory of 2019 – 20 is rather hazy a year on. Hopefully it contains the highlights.

Cross Country

The cross country season started with an excellent turnout of 17 Lingfield ladies at the first match at Reigate Priory on 12th October, 2019. The A team finished in a very good 14th position, and the B team in 25th. Fiona Champness was our first finisher, in a good time of 31:02. She was also the first finisher for the next two matches, at Mitcham Common in November, and Wimbledon in January 2020. We fielded 14 runners at Mitcham which saw us finish with respectable positions of 15th and 28th. At Wimbledon, the first match of 2020 we had 11 runners and finished in 15th and 27th positions respectively. The final match of the season was at Richmond,

and once again we had 11 runners, with the A team finishing in 13th place, and the B team in 24th. Claire Ziegler was the first finisher on this occasion, in 40:47, with Steph Reeve just a few seconds behind in 40:52.

These were the best turnouts for a XC season in my time as Ladies Captain, with two teams and spares for every match. I would like to say a belated thank you and well done to everyone who ran. And also, a big shout out to Terri Scott who sustained some nasty injuries from a fall at the Mitcham Common match; she was extremely brave and remained smiling and cheerful over the following weeks, even while hopping round in a plaster.

C25K

The C25k programme started in May 2019, and ran for ten weeks. This time we held it at Imberhorne School, as St. Piers was no longer suitable for the numbers of runners involved. In all, 50 people joined the programme, and as before the sessions begin with run/walking, and gradually progressed until the participants were running continuously, building up to 5k without walking. The runners were divided into small groups, all supported by LRC members. They were also given 'homework' of a further two sessions every week, and encouraged to meet up so they had company on their runs.

Once again, the support from LRC members was tremendous, with many members turning out every week to help and encourage the new runners. Inevitably, some people dropped out, either with injuries or because they found running was not for them. However, 37 people completed the course, running 5k unsupported at the final session or at parkrun over the following few weeks. Every finisher was presented with a medal and a finishing certificate.

Several runners then continued with the 5-10k course over the next few weeks, with sessions organised by Ian Greenaway and Dave Worsell. This again proved popular, and the support of the coaches much appreciated.

Feedback from C25K participants was overwhelmingly positive, with all the respondents very likely to recommend the programme to others. Sadly though the 2020 course had to be cancelled due to Covid.

Coaching Sessions

Coaching sessions continued during 2019-20 up until the first lockdown. A rota was set-up between the coaches with sessions held at Imberhorne school and the surrounding roads. They usually include a warm-up, an interval or hill session, and usually some relays and strength exercises. Attendance has been generally very good, and feedback positive. With the lighter evenings there are numerous opportunities to explore the surrounding area and include more hill work and longer distance intervals.

I would like to conclude by saying how much I enjoyed my time as Ladies Captain. I have seen some great achievements by the Lingfield ladies, far too many to mention, and it's always great to see so many Lingfield vests at events. It's a fantastic club to belong to, and as always, my thanks go to Trevor for his support and encouragement.

Lisa

Men's team captain report

2019/20

This was my last year in my term as Men's team captain. From a cross country racing point of view LRC did superbly well. We finished in fourth place out of 12 teams in the Surrey League and were very close to third place. I'm sure we were all delighted. It was not that long ago when we often struggled to put out one full team and now it was a case of can we put out not just one team but two? We caught many in the league by surprise. It's worth noting that LRC fielded more Div 4 male runners over the season than any other Div 4 club. A great effort.

There were 4 Surrey league races over the season. Richmond Park, Epsom Downs, Oxshott and Lloyd Park. LRC A team finished in third place twice and fifth place twice. Our leading performers were Tom Seller, Kieran Barnes and Dan Oppe. Tom was the first LRC runner to finish in three races. Kieran was first in the fourth race. Dan was in our first three on all races. We had two other runners mentioned in the end of season collated results: James Kilfiger was 5th placed runner in the 40+ category and George English was fifth placed runner in the 60+ category.

The two other main events of the year were the Southern Cross Country Championships and the National championships. The Southern took place at Parliament Hill on 25th January and were as testing as ever. LRC had 5 runners, Kieran Barnes, Tom Seller, Ian Greenaway, Mark Aldred and myself. Great runs from everyone. At the Nationals in Nottingham we had four runners: Tom Seller, Ian Greenaway, Dave Watkins and myself. Excellent performances again from our runners. The course was the wettest and muddiest I have ever run on - knee deep, glutinous mud and water. Both events were superb occasions – they always are in my experience.

Well done to all LRC male runners who played a part in our successes over the year.

David Nottidge.