

## Minutes of Lingfield Running Club AGM 2022

Victoria Sports and Social Club, Thursday 21<sup>st</sup> April, @8 p.m.

Chair, Scott McDonald, welcomed members to the 38<sup>th</sup> AGM of the Lingfield Running Club, at the Victoria Sports and Social Club. The business of the AGM was able to go ahead, with 27 members present, over the quorum of 25% of the membership (96).

Present:

Brandon Webb Dave Nottidge Clare Evans Terri Scott Scott McDonald Gary Spring Dave Watkins Ian Watkins Nick Hall Lisa Compton Tracy Roberts Liz McLennan Alison Slater Richard Adams	James Kilfiger Michelle Hollins Trevor Crowhurst Simon Mills Dave Worsell Dave Wilkes Bob Pank Robert Healey Keith Chambers Pete Holmes Kath Garrido Hannah Cartledge Tom Cartledge
Apologies:  Graeme Bennett Susie Birch Helen Davey Wendy Smith Mike Manwill Carole Barnes Christopher Ryan Cathy Samuel Sue Garner Nick Champness	  Fiona Champness Diane Clayton Mark Clayton Ian Greenaway Theresa Donohue Graham Bradbury Kirsty Wachuku-King Shona Wilkinson Dee De Luca

1. The minutes of the 2021 AGM were accepted with additions of proposal 1 and 2, to be formally added. Proposer- Simon Mills, Seconded – Nick Hall.
2. The Chair read out his report:

Thank you for attending this evening and a very warm welcome to all of you. Our club would not exist or indeed be as successful as it is if it were not for a number of volunteers to make things happen. Let me thank our committee for their work during this last year, particularly Terri and Clare who have now completed their three-year tenures as Treasurer and Secretary. I also want to thank our trainers and run leaders - Fiona, Gary, Megan, Ian Watkins and Ian Greenaway, James Kilfiger, James Ward, David Worsell, Vernon, Lisa Compton, Tom and Terri.

Others to thank include Trevor who makes contributions to the weekly newsletter and assists with race organising, I also want to thank Graeme Bennett as newsletter editor and before Graeme, I wish to thank Diane Clayton who was newsletter editor. Also, important to thank Dee, who is our new social secretary. And lastly, my thanks to you as members for supporting our club, please continue to support our great club!

3. The President's Trophy was handed to Hannah Cartledge by Kath Garrido.
4. The Secretary's report highlighted the events over the last 12 months:
  - a. What's been happening since our AGM in 2021, where we all met under the strangest of circumstances over Zoom, due to covid restrictions? The committee has continued to meet every month or so to discuss club matters. All minutes of these meetings have been published on the Club's website. See the highlights below:
  - b. June 2021 - The committee decided to consult the membership on a number of areas. Plans were made to recruit more run leaders and to collate a bank of club runs for members to follow. C25K would not be running. A pilot time of a 6 p.m. option start on a Thursday was agreed to go ahead, starting in September. All members were looking forward to restrictions being lifted, running together and the re-opening of the VSSC.
  - c. August 2021 - We had news that Surrey XC Men's and Women's groups were to merge, but not all events. Gary Spring came on board as an events co-ordinator, allowing Trevor to begin retiring from his many roles within the club. Lingfield 10s was proposed to take place in September for club members and dates for the Grand Prix were decided on (reduced to the best 8/10 races). An offer from Kirsty to do Pilates with members was received. Pilot for mass start/handicapped races was to be addressed.
  - d. Highlights from the club survey:
    - i. 56 responses were received out of 170 members. 40 responses used as over 40 incurs costs. The highlights are as follows:
    - ii. 75% of members run with LRC for health and fitness
    - iii. 30% run competitively
    - iv. Preferred times remained a Tues/Thurs eve @ 7p.m./ 9a.m. on a Saturday
    - v. 2 definitely, and 7 maybe, interested in becoming a Run Leader.
    - vi. Members are interested in exploring sessions in stretch, strength, diet and nutrition. Main reason people don't attend is due to work commitments/injury/being slowest. 30% are also EA members.
    - vii. 73% would recommend LRC
  - e. October 2021 (via Zoom) -Three new coaches were recruited – James H. and James W., Richard A. (training pending). A variety of routes were offered to club members on training nights, offering distance/speed options. The Club Database required attention and needs thought over how this is maintained for future. Dee De Luca Took over the role of Social Secretary.
  - f. November 2021 - The Grand Prix races for '22 were discussed, Christmas Fun Run arranged. Social media rules discussed. Staggered starts were noted to be the preferred start for most runners. A new trial of running from a different venue was initiated by Gary S.
  - g. January 2022 - Post of secretary and treasurer were 'advertised'. The coaching team met and agreed to offer different pace options. Trial of two coaches on a Wednesday, with runners requested to continue to use booking app. Further social events planned for the year. A 'bring a friend' night was planned. We heard of the passing of Karen Sparrow, a club member and volunteer at East Grinstead parkrun.

- h. February 2022 - Began with prepping for the AGM. Discussion around maintaining the database was raised, with further expertise sought from club members. Runners are now being asked to hold emergency contact details/ parkrun slip for health and safety. Graeme B. has now updated the newsletter to show activities planned over 'the next 10 days'.
  - i. March '22 - In prep for advertising future 'bring a friend' runs, committee will follow up on business cards. If 25% of quorum is not reached, a further meeting date has been set on the 28/4/22 to complete business. Membership form and privacy policy has been updated. Some of the committee visited Lingfield Sports Association to view the facilities.
5. The Treasurer's Report by Clare Evans.
- a. As we started the year with a healthy bank balance after the pandemic, we gifted members a free year for their loyalty which obviously shows in this year's figures as a loss. We still finished the year with £5,000 in the bank. The £150 compensation received from the bank was for them not actioning our requests promptly.
  - b. Expenditure this year has included membership to Victoria Club, vest stock, track hire at Imberhorne and spot prizes at the races and Christmas Raffle. We have invested in more members for coaching course, and we are waiting for one person to complete. We also paid for members to enter the Nationals.
  - c. This was my last year as Treasurer, and I would like to thank the committee for their support over the last three years in helping me keep the club accounts in good order.
  - d. Accounts adoption proposed by James Kilfiger, seconded by Tom Cartledge (see end of report for detail).
6. The Membership Secretary's report by Gary Spring:
- a. Membership numbers at 31st March was 212 - 110 ladies, 102 men
  - b. Location of Membership: 60% East Grinstead, 35% Lingfield, 5% Edenbridge
  - c. Change over previous year was +30, predominantly experienced runners, moving to the area
  - d. No Couch to 5K classes last year, so no membership increase through that option
  - e. Currently have 95 paid-up members for 2022/23 year. I will be contacting last year's members who have not paid yet, to see if they plan to re-new or not, from tomorrow. I would like to get this completed before the end of April.
  - f. The membership fee is still £10 for this year but, based on the result of a motion in this AGM, it could be increased for 2023/24 year and then further increases each year, to keep in line with inflation.
7. The Ladies Captain's Report was read out by Scott McDonald in Fiona Champness' absence: Firstly, apologies for not being with you in person. I, Nick and the boys are currently in Turkey having a family holiday.
- Cross Country
- a. The first XC of the year was at Richmond Common, it was surprisingly warm and sunny. We had 4 runners, with the team finishing in 25th Place: Michelle Hollins (87) 32:59, Fiona Champness 34:20, Nicky Pumford 34:58 and a brave Liz Mclennan who limped to the finish after pulling her calf muscle in 37:31.
  - b. Next we were off to Wimbledon Common, a slightly different two lap route were we managed to field 2 teams: Lingfield A finishing in 18th place: Meghan Bowen 29:25, Fiona Champness 31:41, Liz Mclennan 31:47, Sophie Davies 31:48 and Michelle Hollins 32:07
  - c. Lingfield B finishing in 33rd place: Maggie: 33:03, Nicky Pumford 33:17, Katie Cahill-Smith 37:15, Terri Scott 37:33, Dee in her first XC 37:43

- d. Mitcham Common was our next venue – 3 laps with 3 hills per lap! This was a tough one: We had 4 brave runners: - Meghan Bowen – 41:45, Liz McLennan 44:52, Maggie 45:32 and Fiona Champness 47:54. We left a little early for this one, however we managed a stop off at the Wing Yip to stock up on dim sums and noodles!
- e. Lloyd Park was the venue for the last XC, and this doubled with the East Surrey League due to the aftermath of storm Eunice. This was exceptionally muddy, shin deep in places! We had 3 runners, Liz McLennan, 44:16, Fiona Champness 44:44, Maggie 45:04.

#### Other XC events included:

- f. The Reigate relays where we fielded 3 teams. And had tremendous support from members and family members.
- g. The Southern XC championships, runners included: Liz McLennan, Fiona Champness, Maggie S-B and Katie Cahill Smith. This was a surprising dry course and rumour has it even Fiona Champness was seen in a vest! Katie Cahill-Smith, decided she could out do even this and managed to strip down to her pants at one point!
- h. The tough National XC Championships were hosted at Parliament Hill, Liz McLennan, Maggie S-B and Wendy Smith represented Lingfield on an extremely highly, muddy course. Well done to the three of you for braving this tough course.
- i. I was very proud to captain the team this year, my takeaway memories will include: Everyone knows Maggie, if Madonna is the queen of pop, Maggie is the queen of Cross Country! Liz and Neil McLennan make amazing cakes, it is worth a trip to XC just for the cakes!
- j. Thank you to everyone who supported the team and those who ran.

#### Racing

- k. It has been wonderful to have races back! Of course, it has led to clashes as everyone has tried to fit events into their schedules, but it has be great to see once again members pulling on a Lingfield vest, achieving their goals, setting new PBs and raising money for their chosen charities. Well done everyone

#### Coaching and Club runs

- l. This year I have also enjoyed leading a number of the club runs and coaching sessions. I would like to thank everyone who has attended these sessions, particularly through the cold winter nights. Also, a big thank you to all the other coaches and run leaders for their dedication. I think we are very lucky to have such a committed bunch. We have had a large variety of sessions including the run to the airmen's grave, pairs offs, loop backs, hills, lamp post sprints, bring a friend night, egg hunt, runs from different locations. As a coaching team we have tried to bring a little more structure to the evening runs particularly.
- m. Now we have the evening light we will also have a variety of different runs available to us, we look forward to seeing members. If anyone would like to lead a run, please let us know and we can publish the details. Details are in the newsletter, online race calendar and on Facebook. However, if you have any questions or concerns, please just ask.
- n. Finally, the Lady Captain's award. This goes to someone who not just a wonderful person, someone who always takes time out to speak to fellow runners, always shows genuine care and concern for all. Additionally, she has always shown great enthusiasm and commitment to the Cross-Country events. At times she has stuck herself together with tape just to get to the start line! And, most importantly, makes exceptional cakes.

The Ladies' Captain's trophy was awarded to Liz McLennan  
Michelle Hollins received the trophy for the Grand Prix and the 10K.

8. The Men's Captain's report – Dave Watkins
  - a. Although this has been my second year of my captaincy due to COVID restrictions it was my first year of cross country as Men's Captain.
  - b. These consisted of four Surrey League races, Three East Surrey League, the Southern, the Nationals and the Reigate Relays.
  - c. We managed to field strong teams in the Surrey League where you are required to have 10 to score without penalties, although we were down on numbers from our 2019/2020 campaign, we comfortably fielded enough to finish 5th out of 14 teams. A special mention for Joe Robinson who was 5th in the 40-50 Category. We also managed to have two strong teams for the Reigate Relays and finished 6th and 27th place out of 37.
  - d. The East Surrey League consists of teams of high-quality runners from Divisions 1 - 4. We were well represented in the first and third races but were unable to field a team in the middle of these. Many of the other teams had the same problem and the results were taken from the final Surrey Cross Country and filtered into the division 1 results of the rearranged Surrey League race from that week. All a little complicated, but it meant we finished in 4th place out of 5 teams.
  - e. Last but by no means least were the Southern Area cross country championships at Beckenham Place and the Nationals at Parliament Hill. With last minute injuries ruling 3 runners out we were unable to field a team of six, but all our runners gave a very good performance, and also in the Nationals where we managed to field a team and finished in 105 place out of 132 teams.
  - f. I would like to thank all those that have run for Lingfield this season, the club's previous captains for the hard work in producing the team it has today, also the East Grinstead parkrun core team most of whom are running club members and have made it easy to find more runners for the team. The committee and Trevor for supporting me for two years, Graeme for deciphering my run reports, and most importantly of all Fiona the ladies captain who has worked with me behind the scenes and has also worked very hard arranging her ladies' team and, with the help of the many run leaders producing high quality training sessions.
  - g. Going into my final year as Captain if anyone would like to take over when my reign is over, please let me or anyone from the committee know. It is a very rewarding job.
  - h. Now for the presentation of the Men's Captains award. This has in the past gone to someone who has competed in many events in the season, but we have many men that have achieved that feat, so I have had to look at what they are doing at the club and who has improved as a runner over the year. Someone who fills all these boxes, has provided coaching sessions, produced a booking website for training as well as helping to arrange last year's AGM on Zoom. He has also had time to improve his PB's on all distances and completed his target of running 2021 miles last year. This year's award goes to Dave Worsell.

The Men's Captain trophy was awarded to Dave Worsell.

Richard Adams received the trophy for the Grand Prix and Dan Celani received a trophy for the 10K.

Trevor Crowhurst' handicap series went to Nicky Pumford with 68 points and to Martin Faulkner with 67 points.

9. There was no opposition to incumbent members remaining in their term, with the following roles elected:

<b>Role</b>	<b>Name</b>	<b>Proposed</b>	<b>Seconded</b>
Chairperson	Scott McDonald	Clare Evans	Liz McLennan
Secretary	Graeme Bennett	Simon Mills	Gary Spring
Treasurer	Tom Cartledge	Richard Adams	Trevor Crowhurst
Ladies' Captain	Fiona Champness	Scott McDonald	Tracy Roberts
Men's Captain	Dave Watkins	Scott McDonald	Alison Slater
President	Kath Garrido	Trevor Crowhurst	Lisa Compton

10. The Event Organiser's report by Gary Spring.

- a. Starting publishing the planned routes for Tuesday and Thursday evening in the newsletter. Aim is to have a number of leaders for the routes to run at different paces, so no-one is forced anyone to run faster or slower than they want to.
- b. If any member wants a slower, shorter run, I recommend they contact Simon Elliot, who is doing a great job as group leader/organiser for this type of run. Simon uses a WhatsApp group to post the planned runs, so get in touch with him if this interests you (or let me know and I can connect you)
- c. Saturday morning runs from Victoria Club: Good regular attendance for the 10am run, where Scott usually leads a group of two and four-legged runners for a 4 to 5 mile off-road run. The 9am run is much less popular, and I would recommend only turning up if you know for sure that someone will be there.
- d. From Strava and Facebook posts, you can see that there are members running long distances on Saturday and Sunday mornings; just not from the Victoria Club. If this is something you want to try and join, contact one of the members on the post directly or ask one of the club committee to put you in touch. This is a great opportunity to try out trail paths further afield from Lingfield. Just be careful to make sure you are comfortable with the start location and time, the distance and pace.

Club Runs:

- e. The Bluebell Run is next Tuesday. We will meet at the Staffhurst Wood Road car park (where we meet for the Dennis Crowhurst race). If anyone needs help locating it, please let me know. I have not had any requests for the 10 km route so we will all do the 5 km run. It has so many twists and turns through the woods that you will think you've done 10 km by the end. There is the option of meeting in the Royal Oak pub after the run
- f. Pub Runs: The May Pub Run will be on Tuesday, May 17th, from the Wiremill Pub, off the A22. If anyone who plans to do this run, knows the route, please let me know so we can break up into different-paced groups

Club Races:

- g. We start with the club 5km road race next Thursday. I have been studying everyone's parkrun times since January to determine handicap start times. East Grinstead parkrun times have been adjusted down to account for the tough conditions.
- h. May Races dates are in the newsletter and website events calendar. I need about 7 volunteers for each race, 4 for course marshals and 3 for the Start/Finish. Please let me know if you are available to help on any of the dates. My plan to use age-graded times to increase competition for prizes has not worked as our senior superstars like Sue,

Maggie and Paul would be many minutes ahead of everyone. I plan to review the results from May Race 1 to see what is possible; otherwise, we will continue to use handicap times to determine points. If anyone has a workable suggestion of how to make the race series as competitive for as many members as possible, please let me know after this meeting.

- i. In addition to this, Trevor Crowhurst encourages all members to participate in the six races run by Surrey Road League.

11. The club ballot for the London Marathon was held. Kath Garrido drew out the winner, Fiona Champness. Helen Davey was drawn out as reserve.

12. Any other business:

- a. Tom Cartledge queried if runs were downloadable from the club website. Gary Spring explained some maps were on the home page of the club website, but not all, so as not to overcrowd the site. Maps can also be uploaded to Garmin and GPX maps.

## Income and Expenditure Account

		<b>12 months to 31/03/2022</b>	<b>12 months to 31/03/2021</b>
	<b>Notes</b>	<b>£</b>	<b>£</b>
<b>Income</b>			
Members' Subscriptions to Lingfield Running Club		520.00	1,830.00
Members' Subscriptions to England Athletics		908.00	1,605.00
Lingfield 10	1		(544.92)
Sales of vests		246.00	40.00
C25K	2		0.00
Compensation		150.00	0.00
		<b>1,824.00</b>	<b>2,930.08</b>
<b>Expenditure</b>			
Affiliation Expenses		315.00	175.00
Members' Subscriptions to England Athletics		1,215.00	1,605.00
Social Events	3	0.00	0.00
AGM Expenses, Club Trophies & Prizes		224.70	51.24
Insurance		137.00	137.00
Equipment Purchases and Repairs			
Website expenses		120.00	120.00
Purchase of Vests		768.00	0.00
Sundry Expenses (Printer Cartridges, Flowers, Postage, etc)			72.00
VSCC subs		250.00	0.00
Running courses & track hire		300.00	290.00
Entry into Nationals		130.50	
Speedwork track fees		382.50	93.75
		<b>3,842.70</b>	<b>2,543.99</b>
<b>Excess of income over expenditure/(expenditure over income)</b>		<b>(2,018.70)</b>	<b>386.09</b>

## Balance Sheet

		<b>12 months to 31/03/2022</b>	<b>12 months to 31/03/2021</b>
	<b>Notes</b>	<b>£</b>	<b>£</b>
<b>Assets</b>			
Stock of Club Uniforms		916.00	962.00
Debtors		140.00	0.00
Prepayment		360.00	0.00
Cash at Bank		5,015.49	7,535.19
Total Current Assets		<b>6,431.49</b>	<b>8,497.19</b>
<b>Liabilities</b>			
Creditors			
Subs paid in advance		(388.00)	(435.00)
<b>Net Assets</b>		<b>6,043.49</b>	<b>8,062.19</b>
<b>General Fund</b>			
Balance at the beginning of the year		8,062.19	7,676.10
Income/(Loss) for the year		(2,018.70)	386.09
<b>General Fund balance at the end of the year</b>		<b>6,043.49</b>	<b>8,062.19</b>

**Notes to the Accounts**

	12 months to 31/03/2022 £	12 months to 31/03/2021 £
<b>1. Lingfield 10</b>		
<b>Income</b>		
Entries (net of Running Magazine commission)		
Sponsorship	0.00	
Tea & Cake Sales		
Total Income	<u>0.00</u>	<u>0.00</u>
<b>Expenditure</b>		
Cash Prizes		
Hall Hire	0.00	
Numbers & Safety Pins	0.00	
Timing clock	0.00	
Medals, Ribbons etc.	360.00	544.92
Loo Hire		0.00
Sundry Expenses		
Total Expenditure	<u>360.00</u>	<u>544.92</u>
Excess of Income over Expenditure	<u>(360.00)</u>	<u>(544.92)</u>
Less: Donated to charities		
<b>Net Income Retained from Lingfield Ten</b>	<u>(360.00)</u>	<u>(544.92)</u>
<b>2. C25K</b>		
<b>Income</b>		
Subs	0.00	0.00
<b>Expenditure</b>		
Medals, T-Shirts & Certificates	0.00	0.00
Sundries	0.00	0.00
Total Expenditure	<u>0.00</u>	<u>0.00</u>
Excess of Income over Expenditure	0.00	0.00
<b>3. Social Events</b>		
	0.00	0.00
	0.00	0.00
	0.00	0.00
<b>Total Net Cost of Social Events for the Year</b>	<u>0.00</u>	<u>0.00</u>
<b>4 Debtors</b>		
Leadership in running courses paid for in advance	140.00	0.00
<b>Creditors</b>		
L10 fees received in advance	0.00	0.00
C25K fees received in advance	0.00	0.00
Accrued expenses	0.00	0.00
Total	<u>0.00</u>	<u>0.00</u>