

Notes from AGM 11th December 2013

<ul style="list-style-type: none"> • Intro & Apologies <ul style="list-style-type: none"> ○ Very positive feeling about the last 12 months. From a low of no more than 60 members a year ago we now have c85, roughly 90% of where we were back in 2001, and we're actively growing. More members are taking part in events, with the monthly handicap showing 53% more participation in 2 or more races (over 2012), 83% higher participation in any race, and nearly 400% increase in participation in the winter months. Plus the Seven Stiles had the highest entries since 2010. All these positive signs were slightly offset by lack of participation in other events, such as the Grand Prix, Fun Runs, the lack of support for the Green Barrows this July, and the loss of a whole team in the South Downs Relay. All we can do is encourage all members to participate wherever they can during 2014, and especially our newer members. The updated website had been well received and clearly a much used resource, with over 7100 visits since January, driving 21,000 page views, and even being used as a reference site by other clubs in the area for Events (commented upon at the West Sussex Fun Run League AGM in November, according to Terry B). The general feeling is that we are a well ordered club in good shape with plenty of opportunities to expand and grow during 2014, with a special focus on providing greater engagement with our members and delivering what our members see as being key to their participation. 	Paul
<ul style="list-style-type: none"> • Membership Update (incl Beginners/New Members/Social Update) <ul style="list-style-type: none"> ○ The change to using The Bell had proven very successful and even charging only £3.50/head had created a small profit during the year which would be used to fund other member benefits. In trying different things not everything had worked, e.g. the Ten Green Bottles event, but the Pizza evening and the summer event had been well supported. And the Christmas bash over-subscribed. Lessons learned will be applied in 2014 	Gill/Liz
<ul style="list-style-type: none"> • Treasurers Report and Accounts incl 2014 Subscriptions <ul style="list-style-type: none"> ○ The accounts were deemed to be in rude health; in fact we continue to have more funds than we need. This means that we are able to hold the Subs at just £10, the same figure as back in 2001, representing tremendous value. Information: RENEWALS FOR 2014 ARE NOW DUE. ○ This year Brian/Jackie will contact members in the Spring to gain interest in the England Athletics registration scheme. This is not due until April and currently costs £10. The membership form has therefore been amended to remove this option it is too early to commit to. 	Lesley & Brian
<ul style="list-style-type: none"> • Race Overview 2013 – <ul style="list-style-type: none"> ○ West Sussex Fun Run League/Grand Prix – A similar story from both Paul and Jenny in that we were only let down by a lack of participation from members, finishing bottom of the West Sussex Fun Run League table point scoring. However Mick Dee was 3rd in the Sussex Grand Prix V7 Men's category this year, and Cynthia Dee 5th in the V7 Ladies category – well done to both of you! Both Paul & Jenny will continue to represent the Club for the WSFRL and Grand Prix respectively in 2014. ○ South Downs Relay had to be reduced to one team due to last minute pull-outs. Despite that a fabulous day was had by all and a big thanks to all who participated either by organising, running, driving or marshalling at Saddlescombe. Hopefully we can run 2 teams in 2014 – the date will be Saturday 7th June. ○ The three races of 2014 in Henfield will be a joint partnership with the Leisure Centre. These will be: <ul style="list-style-type: none"> Henfield 9 Mile Run - Sun 23rd February Henfield Seven Stiles - Sun 27th July 	Mark/Paul

<p>Henfield Half Marathon - Sun 17th August</p> <ul style="list-style-type: none"> ○ We really do need members to get behind and support these races. We especially need people to help out with Timing, Entries/Results, and Marshalling. For any more information see Mark or Paul 	
<ul style="list-style-type: none"> ● Pub Run Review 2013 – plans for 2014 & Coaching <ul style="list-style-type: none"> ○ Pub runs generally well supported and popular, and those who weren't able to attend still had the Leisure Centre option. All encouraged to take part – the biggest hurdle being proximity and therefore travelling time can make it impossible for some. For 2014 the programme should aim to cover those pubs closest to Henfield ○ After discussion the general feeling is that members are interested in running coaching on one or two nights a month, in a manner that benefits everyone and not just focused a small minority of needs. We are exploring several options that Brian & Hugh have explored and aim to run some trial sessions initially to gauge interest and suitability. It is also possible that one or more members could be supported by the Club to take local Running Coaching Courses by England Athletics or Sussex Athletics, allowing them to coach the Club from within. If anyone is interested in learning more please tell Paul 	Hugh
<ul style="list-style-type: none"> ● 2014 Kit <ul style="list-style-type: none"> ○ After continual feedback that the Club Colours do not stand out, that no one is wearing the shirts, that no one likes them etc etc, Liz has sourced a new vest design that returns the Club to its green heritage. Feedback from the meeting was unanimously positive on a running vest able to be worn on its own or over a shirt. All other details will be provided in early 2014 	Liz
<ul style="list-style-type: none"> ● Handicap Trophy <ul style="list-style-type: none"> ○ After a very close season that went to the final run of 2013, congratulations go to Liz Pamment who took the Grace Wells Trophy this year, with Gill Hamilton-Orr second, and Michele Longmore third. ○ It is worth reminding everyone that the Handicap is open and winnable by all. Whatever your level of running, it's all about your own personal improvement which means that a complete beginner has just as much chance of winning as an experienced runner 	Chris Bradfield
<ul style="list-style-type: none"> ● Awards: <ul style="list-style-type: none"> ○ Most successful runner in 2013: <i>Andy Massingale</i> ○ Runners runner: <i>Michele Longmore</i> ○ Best 'Beginner' in 2013: <i>Nikki Hargrave</i> 	Paul
<ul style="list-style-type: none"> ● Marathon Places – Brighton & London <ul style="list-style-type: none"> ○ Three names went into the draw for the single London Marathon place, Jenny, Hugh and Terry. The place was won by Hugh. ○ As we had two names for the two Brighton places, both Natasha Heasman and Jackie Parsons won the entries 	Paul
<ul style="list-style-type: none"> ● Thanks were unanimously given to: <ul style="list-style-type: none"> ○ Derek and his family – for a fantastic Pizza evening during the summer ○ Sue and Brian – for a stunning Summer Social ○ Chris Bradfield – for acting as Handicap timer for 10 years ○ Trevor Hodgson – For taking on what became the poisoned chalice of organising the Green Barrows display at the Village Fair ○ Terry Bourne - who is not a member now but who still came along and helped with the Seven Stiles ○ Sara Knight – who is also not a member but who has managed the Results for Seven Stiles etc for over 20 years ○ Mick Dee – For participating in the highest number of Fun Runs in 2013 by far & stalwart of Grand Prix! ○ Thanks to Committee members stepping down: <ul style="list-style-type: none"> ▪ Gayle Williams not just steps down but leaves the Joggers completely as she is quitting running for cycling. Many thanks for everything including her focus on the Beginners and also Race Secretary for the Seven Stiles. 	Mark/Paul

<ul style="list-style-type: none"> ▪ Lesley Besson who has been an active Committee member for many years and at one point singlehandedly kept the Club going. For her work over many years she has been awarded Life Membership as recognition for her dedication to the Club 	
<ul style="list-style-type: none"> • Election of Committee & volunteers to cover the following: <ul style="list-style-type: none"> ○ Club/Membership Secretary (<i>Jackie Griffiths</i>) ○ Treasurer (<i>Brian Griffiths</i>) ○ Beginners/New Member (<i>Cathy Walker</i>) ○ Publicity & Communications (<i>Paul Crowe</i>) ○ Pub Run Coordination (<i>Hugh Martin</i>) ○ West Sussex Fun Run League (<i>Paul Crowe</i>) ○ Race Director (<i>Mark Skilton</i>) <ul style="list-style-type: none"> ▪ Henfield 9 ▪ South Downs Relay (Terry Smith will lead this in 2014) ▪ Seven Stiles ▪ Henfield Half ○ Social Coordinators (<i>Gill Hamilton-Orr/Liz Pamment</i>) ○ Roaming Role (<i>Danielle Kaelin</i>) 	Paul
<ul style="list-style-type: none"> • AoB <ul style="list-style-type: none"> ○ Mulled wine run will be at Brian and Jackie Griffith's house – from 7.30pm onwards. Wear something suitably tinselly and Christmassy and turn up for drinks and snacks after your run – address and map link will be emailed to all members. 	Paul