



**Minutes
Benson Striders AGM**

**Wednesday 27 February - 19:30
Venue: The Shepherds Hut, Ewelme**

Attendees: Donal McGurk, Simon Jarvis, Dee Bryson, Emma Hagues, Clare Read, Jennie Hempleman, Larry Haywood, Frances Wilmott, Anna Keith, Anna Malkin, Alice Jones-Evans, Kathryn Markey, Gina Russell, Ian Robinson and Lindsey Stark

1	Welcome	Action
	Donal (Chair) welcomed everyone to the meeting.	
2	Presentation of Annual Report	
	Report from our Chair (Donal McGurk) attached.	
3	Presentation of Accounts	
	Report from our Treasurer (Clare Read) attached.	
4	Adoption of Accounts	
	All members present voted to agree and adopt the accounts.	
5	Summary from Committee members	
	<p><u>Dee (Vice Chair)</u> Run leaders: There are 18 which Emma trains (through in-house training). We started using the Teamer App this year to replace the rota for Saturday runs. This allows us to be able to keep track of who's available on Saturday mornings. The App has been generally successful. But the system does rely on</p>	

all run leaders taking their turn doing the shorter distances which can sometimes be an issue.

Hope to encourage more people to become run leaders, and we did have interest through the questionnaire.

Kit: We're launching brand new kit this evening. Thanks to Ken who's sourced this. And this is now available on our website to order direct from the company by members.

Emma (Head coach)

Wednesday night sessions - interval training and hills. This provides real gains in endurance etc. Weds sessions are geared around being inclusive, so sessions are planned for everyone to achieve their own goals.

School running club – This ran for 5 weeks in the autumn term at Benson primary school and was a great success. Thanks to Ian who helped to run this with Emma.

Run leader training – 23/9/18. Talking people through how it works, expectations, using teamer and going through any concerns.

Development pathway – to be launched on the website. Official pathway to be a run leader or coach with England Athletics. This will show individuals how to plan and run a session to give more flexibility in terms of enabling other to run warm ups etc.

Coaching development training attended – hurdles, jumping drills, throwing drills etc. This can help injury and improve performance. To look at doing whole sessions on functional movement.

Secretary(Jennie)

Race Ballots: London Marathon was a roll over from last year as Dee won but they'd changed the rules

Chiltern Chase - 3 members won ballot places - Sara Rafferty 5k, Neil Pocock 10k and Emma Hagues - 15k.

Henley Half and Marlow Half were offered - but interest was only for Henley which Dave Quinn won the ballot place.

Reading Half – Clare Read won the ballot.

England Athletics admin: Registering members as athletes and keeping the portal up to date. Which includes club numbers and paying our annual subs.

Social Secretaries (Anna K and Jennie)

Summer Social - 7/7/18 at Shepherds Hut, lower numbers this year, probably because we held it later than previous years and clashed with school holidays for some and various other summer events. Still had around 25 members attend. This made us rethink the summer social for 2019, so we're having it a bit earlier (22/6/19) and changing the format by including a disco, a theme and BYO drinks.

Run leaders socials: We'd introduced the idea of giving back to those who give up their time to support the club last year

	<p>and we wanted to make this a regular event. We held a social on Sunday 23/9/18 (brunch at The Waterfront café) that was combined with new run leader training and refresher training for existing run leaders.</p> <p>We're doing this again on 7 March with "Pie Night" at the Chequers pub, inviting all run leaders to come along for a meal on the club as a thank you for their contribution.</p> <p>Christmas Awards Party - 1/12/18 at Avanti - introduced the idea of having some awards of which there were around 18 in the end, including fun and more serious ones in recognition of the achievements and the time that some of our members give to the club. This was a great success with 47 members and partners attending. This has set us thinking about how we might do something similar next year for our 10th anniversary.</p> <p><u>Alice (Digital and Press Officer)</u> Website: Keeps the website up to date and makes changes. Developing this further this year. We'd like to put together race results, but not had much response from members. Added the calendar of events. New kit will be available on the website soon. Strava: Club was set up this year on Strava, and has proved very successful and rather competitive on the leader board.</p> <p><u>Anna M (Social media)</u> Facebook Page: Keeps this up to date and adding lots of useful links and information for members. This is a great place to advertise club runs and events. And other local events can be posted by members. Newsletter: Produces the newsletter sharing information about the club, updates and members' stories.</p>	
6	Election of Committee	
	<p>All committee members stood down and were re-elected. Details of election attached.</p> <p>All members agreed the new committee.</p>	
7	Members Questionnaire – Feedback	
	<p>Members questionnaire results attached.</p> <p>The results highlighted a list of potential run leaders. Simon will recirculate the list and then to approach the members who've expressed an interest.</p>	Simon

	Donal confirmed that we'd do another survey next year to compare with this year's results.	
8	AOB	
	<p>Discussion around C25k – retention rates by holding later in the year rather than January.</p> <p>Ian – interested in running some sort of activities around physical preparation so they don't sustain more injuries Need to think more about what works with C25k, as there's a lot of mental barriers, as well as fitness. Idea that there could be a pre- C25k group to look at warm ups, strengthening exercises etc. And additional resources on the website, including you tube videos.</p> <p>Ian – been approached by the organiser of Brightwell cum Sotwell 5k, which has now been extended to 8k. Ian's approaching Run Wallingford and wants to know if we're interested in helping out eg. Marshalling. Ian to find out more details and come back to the committee.</p> <p>Lindsey – ready to start C25k from 1/4/19 and would like to run them from April to December and then take off 3 months.</p> <p>Larry – expressed his appreciation of all those running the club. Liking the fact that there are more members running longer distances. But not seeing experienced runners going on to the longer distances as there's a barrier there for moving on. Need to think about ideas for making this work.</p> <p>Frances - Affiliation no: for England Athletics – where can we keep this so that everyone can access. Suggested the Website members only area.</p> <p>Alice – To add a section to the website about recommended reading. And perhaps a section that's geared toward beginners. Idea – “Things I wish I'd known”....etc.</p>	<p>Ian</p> <p>Lindsey</p> <p>Alice</p> <p>Alice</p>
	Meeting closed at 9 pm	

Item 2

Benson Striders AGM - Chairman's Report

27 Feb 19

Good evening Striders welcome to Annual General Meeting 2019.

It is now a year since the AGM 2018 and the associated significant changes the committee. I am glad to report to you that your committee has continued to function and your club has continued to flourish. We as a club carefully walk a line that has enabled us to be very inclusive, for beginners and less experienced runners, whilst supporting and encouraging those of you keen to race or partake in the big events like marathons and ultras.

Agenda for this evening is available to you all and includes an update from most of the members of your committee:

Report

Your club exist largely thanks to 2 groups of people, and the venn diagram of them overlaps considerably. So I want to start by publicly thanking them for making my job easy and, more importantly, making your club function.

Firstly, the people who make the running happen for us all at the weekends – **the Run Leaders**. This group:

Anna Keith, Dee Bryson, Emma Hagues, Larry Haywood, Jennie Hempleman, Alice Jones-Evans, Dionne Simpson, Gina Russell, Ben Keith, Anna Malkin, Neil Pockock, Harvey Poole, Ian Robinson, Lindsey Stark Colin Suttie, Ken Swan, and Gill Young – I apologise if I have missed you out.

often sacrifice the run they would prefer to run to make sure that we have the spread of runs that we provide. Three of these get a special mention – Emma (coach) for Wednesdays, Lindsey for C25K and Dee for circuits.

Secondly, the people who enable the Club to function – **your committee**. This group:

Dee Bryson, Jennie Hemplemen, Anna Malkin, Clare Read, Alice J-E, Anna Keith, Emma Hagues, Ken Swan and Simon Jarvis. You will have heard the overlap! SO thank you all Run Leaders and Committee Members.

This year has seen some big developments, especially our new website, with its members only section, has worked very well. Also the Club Strava leaderboard which has been both inspiring and also prone to bring out the best and worst in competitiveness.

Club socials have been a huge success with both the Summer Party and the excellent Christmas Party – thank you to the Social organisers. We have also had a good run of Club Runs including in Wallingford, Cartshed, and Abingdon Parkrun.

Our Club has continued to grow and sits at about 104 members. This has been supported this year by the (probably) unique occurrence of 2 Couch to 5k courses (spring and Autumn) which really helped to deliver for beginners. Lindsey's, together with Ian's, commitment to beginners has been fantastic. We remain a very beginner friendly club and I am proud of that and I think our 'C25K graduation ceremonies' with certificates, medal and coffee and cakes have been really enjoyable.

Our long distance running nutters have achieved a huge amount, with the Henley, Oxford, Windsor, Bisham Abbey, Stonor Trail, Henley and Maidenhead Half Marathons (though not the Reading Half of course); the Brighton, London

and utterly ridiculous Snowdonia Marathon (Ken you are a loony but very well done); and the Race To The Stones 100Km Ultra Marathon (very well done to Dee and Kerry). We also had our Ultra Nutters evening in the Hut with the inspiring talk from Lauren on the Marathon des Sables.

And so we have moved into 2019 with a similar set of challenges ahead, so good luck to you all, enjoy your running and keep injury free.

Item 3

Benson Striders Accounts 2018/19

For those of you who don't know me I am the treasurer and I am the one who keeps track of who has paid or not! My role involves doing a monthly reconciliation of the accounts and then checking it against the bank statement. I also present a summary of the accounts each month at the committee meetings. I let various members of the committee know who had paid and for what, for example, payment for social events, subs or circuits. I liaise closely with Donal, Dee and Simon about memberships. I pay any bills the club has such as insurance, hall/event hire and jog leader courses. In order to pay the bills, I set up the payment and then before the bill can be paid either Donal or Dee had to authorise it – so basically for each payment two authorisations are required. The three of us are the signatures on the account. All banking is now done via the internet.

Now for the figures!

We started the year with a bank balance of £1927.95 up £896.36 from 2017.

A total of £1540.00 of income was generated through membership.

Our two highly successful C25K courses brought in £380.00 of income.

A total of £1099.14 was generated by circuits.

Total Income - £2639.14

This enabled us to pay for (in no particular order): -

Entry into local races such as the Reading Half, Henley Half, Chiltern Chase.

Circuits Insurance

Circuit Equipment

Youth Hall Hire for Circuits

A website designer to help with the set-up of the new website

Athletics Affiliation

Affiliation to England Athletics for the committee members £150 (this enables the club to be eligible for a place in the London Marathon).

Curry evening for jog leaders

Jog Leaders Brunch

Striders clothing to have in stock

Wreath for Remembrance Day

ICE Tags for each member at £2.90 each

Awards for the Christmas Party

We received a grant from South Oxfordshire for £500.00. We used this money to pay for Benson Primary School to have a running club. Emma and Ian kindly ran this for us and it was a huge success.

We ended the year with a bank balance of £1,992.82 which is £64.87 more than in 2017.

So, as you can see any money we generate is put back into the club so everyone can benefit.

Finally, anyone is welcome to look at the accounts if they wish to just let Donal, Dee or myself know.

Clare Read

(Treasurer Benson Running Club)

Item 6

Election of Committee Members

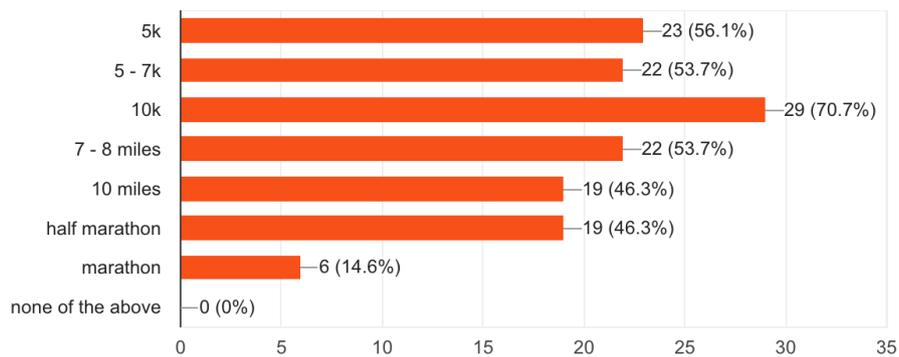
Position	Proposed	Proposer	Seconded
Chair	Donal	Clare	Emma
Vice Chair	Dee	Jennie	Anna K
Secretary	Jennie	Emma	Donal
Treasurer	Clare	Anna K	Jennie
Welfare Officer	Alice	Dee	Simon
Head Coach	Emma	Donal	Anna M

Item 7

Benson Striders Members Questionnaire 11/2018 – AGM summary

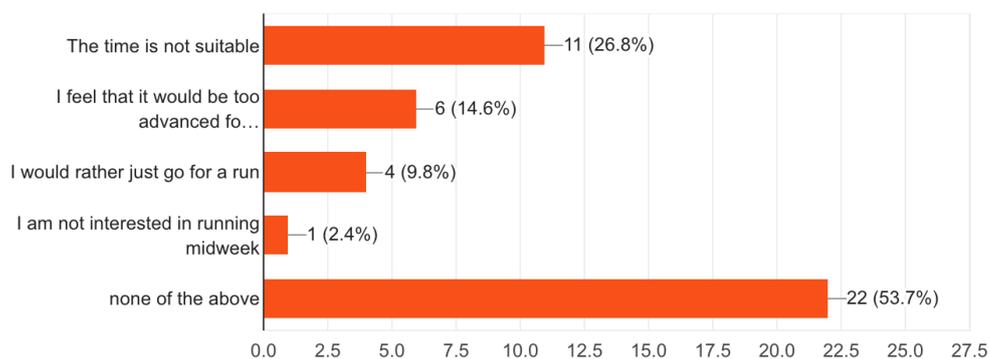
What distances are you interested in running? (tick all that apply)

41 responses



On Wednesday there is an interval training session provided. If you have not attended this is it for any of the following reasons (tick all that apply)

41 responses



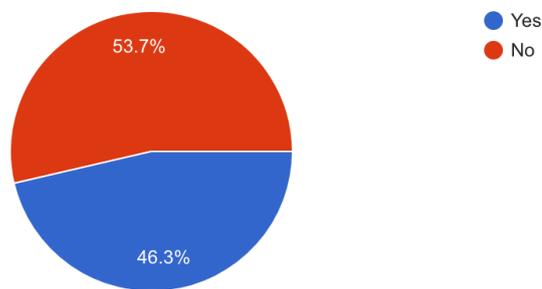
If you have recently completed the C25K what do you think the club could do to help you to progress into 5k, 5-7k groups?

12 responses

- A C25K progression group
- Continue with a slow 5K group

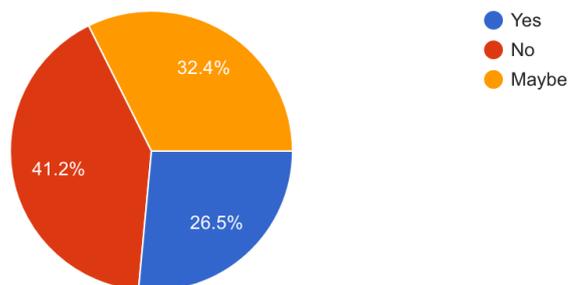
On Monday there is a circuit class, for which there is an additional payment. Numbers have had to be capped due to the constraints of the working area. Would you like to attend such a training session?

41 responses



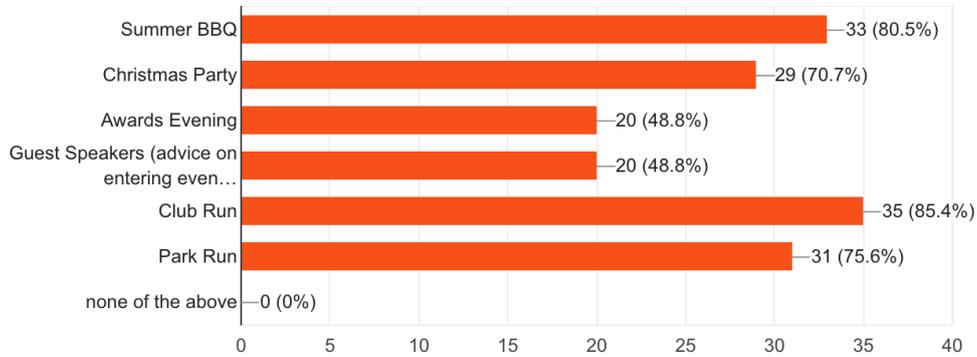
The club relies heavily on people volunteering to lead groups as jog leaders. The club provides jog leader training. Would you be interested in being trained as a leader ?

34 responses



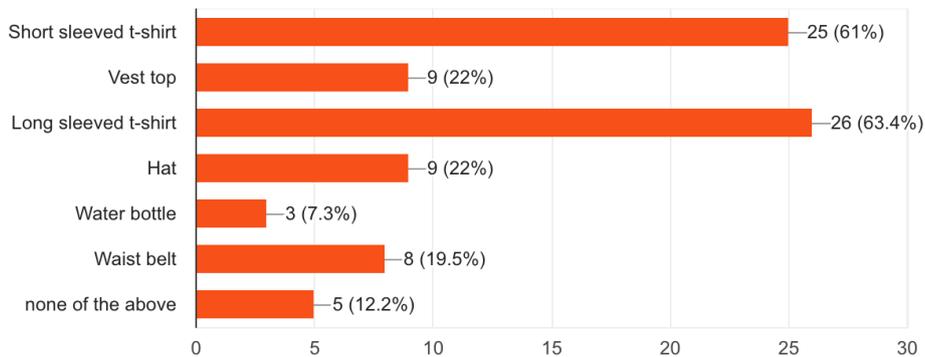
Which of the following club social events would you be interested in attending? (tick all that apply)

41 responses



The club are reviewing Benson Striders kit. Which of the following would you be interested in purchasing? (tick all that apply)

41 responses



Have you any suggestions for an award (serious or comical) which could be presented at Club Christmas Party?

13 responses

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Is there any member that you would like to nominate for RUNNER OF THE CLUB? (If so please give their name)

23 responses

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