



**Minutes  
Benson Striders AGM**

**Thursday 19 November - 19:30  
Zoom meeting**

**Attendees:** Donal McGurk, Simon Jarvis, Jennie Hempleman, Ken Swan, Anna Keith, Emma Hagues, Ben Keith, Francis Wilmott, Larry Haywood, Anna Malkin, Cath Chamberlin, Malie Lalor, Lauren Cooper, Harvey Poole, Ian Robinson and Alice Jones-Evans

**Apologies:** Clare Read and Jen Anderson

<b>1</b>	<b>Welcome from our Chair</b>	
	Donal McGurk welcomed all those present to the meeting and confirmed we'd be discussing the previous year 19/20 and the post March C-19 situation.	
<b>2</b>	<b>Presentation of Annual Report</b>	
	See attached report from our Chair – Donal McGurk	
<b>3</b>	<b>Presentation of Accounts</b>	

2019 Accounts - new format.xlsx - Accounts P&L

year	2019		
Values			
Category	Sum of Paid Out (£)	Sum of Paid In (£)	Sum of _Total
_brought-fwd		£1,992.82	£1,992.82
c25k		£523.75	£523.75
circuits	£132.51	£1,683.00	£1,550.49
equipment	£248.21		-£248.21
event-entry	£149.89		-£149.89
hall-hire	£1,066.68		-£1,066.68
ice-tags	£327.90		-£327.90
kit	£36.60		-£36.60
misc	£171.12	£62.05	-£109.07
party	£916.05	£570.00	-£346.05
subs	£61.00	£1,519.00	£1,458.00
website	£171.57		-£171.57
xmas-party	£456.99	£918.00	£461.01
<b>Grand Total</b>	<b>£3,738.52</b>	<b>£7,268.62</b>	<b>£3,530.10</b>

Simon Jarvis, Membership Secretary presented the accounts (in place of Clare Read, Treasurer who sent apologies) as detailed above. We'll see a significant drop in our income for this year as the majority is generated through circuits. But still in a very health position at year end. Simon confirmed going forward a third party will review and sign off our accounts.

#### 4 Adoption of Accounts

Accounts were approved by those present.

#### 5 Subs and membership

103 members in 2019 – 49 members on renewal this year 20/21

Proposal is to change how we charge for committee and run leaders to 50% of the annual fee rather than the current charging structure whereby committee and run leaders are free.

All present agreed this was fair.

#### 6 Members Survey

<https://www.dropbox.com/s/3uhlm3lkxjvcayl/SJarvis-Benson-Striders-members-questionnaire-results-201910-AGM.pdf?dl=0>

Simon Jarvis, presented the results from the members survey.

Please use the link above to access the results of the members survey.

**7 Election of Committee and committee posts updates**

All current committee members stood down from their posts and the following positions were elected:

<b>Position</b>	<b>Proposed</b>	<b>Proposer</b>	<b>Seconded</b>
<b>Chair</b>	Donal McGurk	Jennie Hempleman	Simon Jarvis
<b>Vice Chair</b>	Ken Swan	Anna Keith	Larry Haywood
<b>Secretary</b>	Jennie Hempleman	Simon Jarvis	Ken Swan
<b>Treasurer</b>	Simon Jarvis	Larry Haywood	Cath Chamberlin

Committee Roles – we can have a maximum of 10 members on the committee so we have 2 vacancies for anyone else who'd like to join without a specific role.

Below is a list of the current non-elected roles.

Huge thanks to Alice Jones-Evans who's decided to step down from her role as Digital Comms/Website and Press Officer. And we welcome Ben Keith who's stepped forward to pick up the reins around social media/digital comms work.

<b>Role</b>	<b>Committee Member</b>
Social Secretary	Anna Keith, Jen Anderson and Jennie Hempleman
Digital Comms and website officer	Ben Keith
Welfare Officer	Ken Swan
Membership Secretary	Simon Jarvis
Committee Member	Clare Read

**Volunteers**

Coach – Emma Hagues has kindly agreed to stay on in the role of Coach for the club.

**8 Questions from members**

Ian Robinson – would like to help with the C25k group when another one runs.

*Currently we don't have details about the next C25k group.*

*Thanks to Ian for his kind offer of support and we'll get back to you Ian when we know how this will look next year.*

Larry – is there a recruitment drive for new members due to the considerable drop in numbers?

*Donal confirmed that with C-19 people haven't rejoined but we feel confident that they will next year on renewal. Understandably members are cautious/nervous about running at the moment in groups. We'll reach out to them when the restrictions lift and people feel safe.*

*We recognise that circuits, Wednesday evening sessions, Saturday social runs, C25k are the areas that attract people's interest, and we don't have an offer for them at the moment. As a committee we'll be planning a strategy for this in the New Year.*

Larry and Harvey – confirmed they'd be happy to pay full subs rather than the 50% off for being a run leader.

Harvey – is there a Covid response where people can buddy up for a run, as it's unlikely we'll be running again until Spring 2021?

*Alice confirmed that she'd posted this on FB to offer buddying.*

*Ian commented that "Run Wallingford" have a WhatsApp group and they informally post on there to organise a buddy run which works really well – comprises 30+ members.*

*Donal confirmed we'd take this away and discuss at our next committee meeting.*

Francis – Wanted to know if it's possible to have a receipt for subs payments?

*We don't currently have a way to do this, but Simon will have a look to see how easy this will be.*

Francis - What are the plans for circuits going forward?

*Donal confirmed, we've been looking into it and Jen Anderson has been working on a plan. This may mean a change of venue and timing, and obviously whilst the restrictions remain in place there's a limit to what we can do.*

	<b>Meeting closed at 8:30 pm</b>	
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## **Benson Striders AGM - Chairman's Report**

19 Nov 20

Good evening Striders welcome to the delayed Annual General Meeting 2020.

I think we are all missing the beer and chips which are normally the high point of the AGM. Also we are not in the Shep Hut – I am at my dining room table/office desk - so we didn't run or cycle to the AGM! Sports kit! Pilates

Technically this is the AGM for Apr 19 – Apr 20 but clearly we are also going to incorporate what has happened since the deferred AGM in March.

Thank you for joining us on what is always an important evening for the governance of the club – and there are a couple of items that we want to update you on and formalise. We will also talk briefly about the results of the survey from earlier in the year – thank you to those who filled it in.

Pre-COVID your club was flourishing. We as a club had always carefully walked a line that has enabled us to be focussed on and inclusive for beginners, less experienced runners and returning runners, whilst supporting and encouraging those of you keen to race or partake in the big events like marathons and ultras.

During the COVID era we have really had to focus on safety, staying in touch, ticking over the club, and preparing to burst back into action.

So...

Agenda for this evening is:

Report

Simon – Accounts,

Subs, membership

And Review of the survey – which may be a bit out of date but worth reviewing

Jennie - Election of committee members

And then a chance for any questions from members

Report 19/20 and 2020 part 1 (Lockdown 1 and 2 and the bit inbetween)

Your club exists and functions largely because of 3 groups of people, and the venn diagram of these 3 groups obviously overlaps considerably, as you will see.

The first group – is all of you, **the club members or Striders**. The club only exists because of, and for, you. In terms of membership the club was healthy throughout 2019/20 and grew throughout. We reached over a hundred members – and I know we never see all hundred at one time – but that is part of joy of the club – it allows you to do what you want or need and is too demanding or all consuming. Some people are ‘circuits’ cohort people, some the Wednesday evening sessions cohort, some in the C25K gang and some focus on the Saturday social run. For me – that is how a running club functions – and when we are up and running again I hope you keep getting what you want and need from the club. On the Saturday social run – which is what I am most able to consistently attend - I personally really enjoyed running with all of the different groups during 19/20 – 5K, 5-7K (ie the 7K group!), fast and slow 10K and the longer/nuttier group. I love the crossover between groups – long may it continue. Although my string of injuries over the last 18 months both helped nudge me to run with shorter groups but also completely stopped me running at various times which I know plenty of others struggle with too – it is hard. Our survey hopefully gave you a chance to say what worked for your and what didn’t. If not, then we have time for questions and discussion this evening.

I next want to publicly thank the second group – for facilitating much of our actual running - **the Run Leaders**. This group:

Anna Keith, Jen Anderson, Dee Bryson, Catrin Cuzen, Leigh Edmond, Emma Hagues, Larry Haywood, Jennie Hempleman, Fliss Hoad, Simon Jarvis, Alice Jones-Evans, Ben Keith, Anna Malkin, Neil Pocock, Harvey Poole, Ian Robinson, Gina Russell, Dione Simpson, Tom Southall, Lindsey Stark, Colin Suttie, Ken

Swan, Kathryn Markey and Gill Young – I apologise if I have missed you out (I used Teamer to check!). I know that not everyone always can lead or wants to lead but between you, you have made the sessions function. Three people deserve especial praise for their dedication to running: Lindsey (for C25K), Dee Bryson for circuits, Wednesdays and warm ups, and Emma Hagues for being the Coach and leading on Wednesday speed/hill session and warm ups on Saturdays – so thank you to you three. I should also mention Harvey Poole – who at our Christmas Social I awarded the clubs Run Leader Bon Oeuf (Good Egg) award for being the most reliable, flexible and easy going run leader – the award was simply a bottle of wine which (given Harvey couldn't be at the Christmas do) I agreed I would pass on to him. Sadly for him – when I next saw him I had to explain that he had been awarded the prize but when went to get it from our wine rack it had gone – presumably it had been drunk during the Christmas Season – Harvey laughed and said not to worry about the wine (it was the award that counted) – but I know I still 11 months later owe him the prize. So thanks to the Run Leaders – they often sacrifice the run they would prefer to run to make sure that we have the spread of runs that we provide.

Finally – thank you (on behalf of all the Club) to the Committee members, they are the people who make the running happen for us all at the weekends. **Your committee** during the period have been:

Dee Bryson, Jennie Hemplemen, Clare Read, Alice J-E, Anna Keith, Emma Hagues, Anna Malkin, Ken Swan and Simon Jarvis. You will have heard the overlap! You would be amazed at the amount that goes on behind the scenes to make the club function – your committee have been amazing and so a massive personal thanks from me.

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 in 2019 were a success with both the Summer Party, the less said about the beach wear fancy dress the better but I think some people might still be scarred, and the Christmas Party – thank you to the Social organisers. We have also had a good run of Club Runs including in Stadhampton, Nettlebed, Blue Tin at Checkendon/Ipsden and at the CartShed. Christmas also saw a fantastic boot load of donations for the Wallingford Food Bank – thank you.

Our Club grew and sat at over 100 members in Feb 2020. This had been supported this year by the Couch to 5k course which really helped to deliver for beginners.

We have also had a good spread of runners at local and not so local events during 2019 including: Wallingford Thames Run, (Ken, Colin and Dione at least) Chiltern Chase (too many to name), London Marathon (Dee Bryson), Race to the Stones (well done especially to Alice, and Gina for their first Ultras – complete with broken foot), and the first season of the Oxfordshire X-country League which enabled 10 spaces over 5 races for us to enter runners – which all who did it agreed was a great even, on top of that runners from the club did

a wide variety of other events long and short – well done. I am personally looking forward to next year when we get the chance to do the X-country league again – hopefully I will be injury free....

Comings and goings are a natural part of any club.

We sadly said good-bye to a few committee members this year, and some replacements will be elected later on, and so I want to say thank you for all you have done to Anna Malkin who stood down from the committee but is staying a club member. Alice Jones-Evans who has suffered injury after injury and is stepping down from doing our website (and did an amazing job during Lock-down 1). Also Clare our outgoing Treasurer who has done many years of service, and is staying on the committee but giving up the Treasurer duty. Thank you all.

And we also said good-bye to our vice-chair Dee Bryson, who re-located with her family to Shropshire in the summer and so stood-down as vice-chair. Thank you so much Dee, you in particular kept me on the straight and narrow throughout your/her tenure and were truly part of the glue that has held the club together and have been a force of nature for making things happen – I know we are all missing your huge contribution. All that and an inspiring athlete too!!! Thank you to everyone who contributed to Dee's Garmin leaving gift – she passed us the following message

*“My sincere thanks to members for their gift of a Garmin watch, I'm putting it to good use and am managing to make regular appearances on the Strava*

*leaderboard. My new club is organised a bit differently which has only gone to reinforce how lucky Striders members are to have such an all encompassing club run so effectively by enthusiastic volunteers. Keep safe and enjoy the wealth of trails that you have access to.”*

And so we have move onto 2020 with all the challenges of COVID19.

Lockdown 1 was a real low point for the club, having to stop all group activities (so facebook challenges were the limit). Our grand plans for the Summer Social celebrating our anniversary were cancelled (well deferred until the Christmas function, then cancelled). Our 2<sup>nd</sup> season of cross-country was cancelled. And no C25K courses.

We did cautiously re-start our Saturday Social runs but understandably many people have been nervous about returning to group running – and we could only physically run in groups of 6. We were just about to re-start Wednesday evenings (with a bit of an organisational burden) when Lockdown 2 arrived.

We are planning for a similar cautious re-start as soon as we can – so stay alert for that.

Much of our planning over the next months will be trying to ensure we can burst back into action as soon as it is feasible and get back to our former glory – so keep the faith, stay safe, safe fit and I look forward to running socially with you again – which is the bit I really miss - in the not too distant future I hope. And thank you for supporting your club!

Simon for the accounts