

# Friday 20 May 2022 at 1930 The Strand, Cheltenham

### **AGENDA**

Notice is hereby given that the Annual General Meeting of CLC Striders running club will be held at 1930 on Friday 20 May 2022 to discuss the following:

- 1. Minutes of the last meeting
- 2. Committee annual reports

а.	Membership report – Gavin Jerman	Paper 1
ο.	Treasurers report – Eoin McQuone	Paper 2
Э.	Women's Captain report – Karlien Heyrman	Paper 3
d.	Men's Captain report – Will Pearce	Paper 4
Э.	Training update – Amelia Mullins	Paper 5
	Social Secretary update – Tom Kabala	Paper 6
g.	Kit update – Laura Daubney	Paper 7
٦.	Media update – Paul Northrup	Paper 8
	Club policies	Paper 9
	Elections to the Committee	Paper 10

- 3. London Marathon ballot
- 4. Any other business
- 5. Date and location of next meeting

The meeting included the Club Annual Awards



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### **MINUTES**

### In attendance

Adam Greenwood

Charlotte Kerr

Deborah Rees

Domenico Geracitano

Ed Thompson

Eoin McQuone

Gavin Jerman

Helen Howes

Joel Freeland

Jon Howes (Chair)

Kate Telford

Karlien Heyrman

Laura Daubney

Martin Bick

Matt Ashman

Ollie Watkins

Paul Northup

Rachel Carey

Rachel Vines

Rob Barnett

Rob Bircher

Rob Green

Sophie Longmore

Tim Brock

Tom Burgess

Will Pearce

# **Apologies**

Amanda Steer

Amelia Mullins

**Andy Brookes** 

**David James** 

**Ed Collier** 

Helen Knight

Isabel Alonso

Jill Harsent

JJ Wilson

Liza Bradshaw

Mike Crossley

Mike Speke

Nicola Weager

Nick Ledwold Ryan O'Donnell Sarah Wilson Tom Kabala

### Minutes of the meeting

The Chair welcomed everyone to the meeting.

It was noted that there are 2 vacancies on the Committee, Social Secretary and Ladies Captain which will be discussed under item 2j. Members were asked to consider if they wished to put themselves forward for one of these roles.

### 1. Minutes of the last AGM

The minutes were agreed and accepted as an accurate record of the previous meeting.

# 2. Committee's annual reports

The Chair passed thanks to all of the committee members for their hard work and commitment to the club over the past year.

# a. **Membership report – Gavin Jerman**

Paper 1

There are currently 110 members compared to 100 at the last AGM. 77 have paid their membership for 2021/22, those that have yet to do so are reminded that membership fees are due within 28 days of receipt of the payment link.

Positive feedback was received on the new online membership system.

# b. Treasurer's report – Eoin McQuone

Paper 2

There is currently a surplus of £1,400. Membership fees are covering EA membership and race fees.

The accounts are in good shape and there were no issues to report

### c. Ladies Captain report – Karlien Heyrman

Paper 3

A synopsis of the previous year was provided to Members highlighting some fantastic achievements from the ladies team both on and off the track.

Karlien has taken the decision to step down as Ladies Captain and a replacement is being identified. Huge thanks to Karlien for her leadership with the Ladies team over the past 4 years.

# d. Mens Captain report – Will Pearce

Paper 4

A synopsis of the previous year was provided to Members highlighting some fantastic achievements from the mens team both on and off the track.

Thanks were passed to those on the mens team who participated in cross country this year, many attending the majority of races to ensure the club could present a team at each. For a small club of 100 members the level of commitment is significant and consistent.

### e. Training report - Amelia Mullins/Joel Freeland

Paper 5

Training continues to take plan on Monday and Wednesday evenings with attendance at both sessions increasing – it's great to be back training in big groups rather than organising groups of 6/7.

A block of off road/hill training sessions took place on Friday's to prepare for the cross country system and 7 weeks of track training took place at the Prince of Wales stadium in the spring which was well attended.

Thanks were passed on to the CiRFs and LiRFs who either coach or run training sessions on a regular basis.

### f. Social Secretary update – Tom Kabala

Paper 6

Social events have returned over the past year and have been well attended. More will be planned over the forthcoming year.

Tom has taken the decision to step down as Social Secretary and a replacement is being identified. Huge thanks go to Tom for all his work in keeping us 'social' which is a really important element of being a Club.

# g. Kit update – Laura Daubney

Paper 7

Training t-shirts and vests are now available for ordering from Gloucester Sports. A new hoodie design has been produced and was shared with Members at the AGM, these will also be available for ordering from Gloucester Sports via their website.

# h. **Media update – Paul Northup**

Paper 8

A comms sub-group has been formed to ensure timely communications can be released on Facebook, Instagram, Club website and via email. This is initially Paul Northup, Joel Freeland, Will Pearce and Matt Ashman. Should anyone else be willing and able to be a part of this please let Paul know.

If anyone wishes to do a report for the website please send to Matt Ashman (<u>secretary@clcstriders-runningclub.co.uk</u>). Similarly, if anyone has photos of a race to share please send to Joel Freeland or Matt Ashman who will post on Instagram.

### i. Club Policies - Matt Ashman

Paper 9

As part of the Club's England Athletics, certain policies are required to be in place to ensure the safety and wellbeing of members.

A Club Welfare Policy has been agreed by the Committee and is available on the Club Website. An Inclusion Policy has been drafted and needs to be formally accepted by the Committee and work is commencing on a Health and Safety Policy.

Members are asked to review all of the Club policies and they will be made available to members via the membership renewal process in 2023.

### i. Elections to the Committee – Matt Ashman

Paper 10

At the AGM in November 2020, the following were proposed and agreed by Members

- 1. the new Club Constitution.
- 2. Re-election of each of the Committee members for a 2 year term (to implement the new structure of the Committee within the Club Constitution).
- 3. to move the AGM from November to May each year.

In line with point 2 above, the terms of the existing Committee Members currently run until November 2022. To bring nominations and re-election back in line with the new AGM date.

It was agreed by Members to extend the term of each of the Committee members by 6 months until the AGM in May 2023 at which point they can either opt to be re-elected or stand down from the Committee.

There are currently 2 vacancies on the Committee, Social Coordinator and Ladies Captain. Ryan O'Donnell was nominated for the position of Social Coordinator by Tim Brock and seconded by Eoin McQuone.

There were no volunteers for the position of Ladies Captain. Sophie noted that there is the option of shuffling the committee around to enable someone else to step into the post.

### 3. **London Marathon ballot**

There is 1 2022 London Marathon place available for the club to ballot to members who met the criteria.

Gavin Jerman was selected from the draw for the club place.

# 4. Any Other Business

Thanks were passed to Martin Bick for all the officiation he undertook at Cross Country training.

Thanks were also passed to Jon Howes for his role as Chair and the work he does behind the scenes to support the club.

# 5. Date and location of next meeting

Thursday 8 September Thursday 10 November

# **ACTIONS**

# Outstanding

Date raised	Action	Assigned to	Updates
2021-07-15	Events to be added to the website once Rachel has completed the list	Rachel	In progress
2022-04-07	Survey to be undertaken with members re potential for more track training, timing of speed training on a Wednesday and track training on a Friday	Joel	In progress
2022-04-07	Commence work on the policies needed for Club Standards	Matt	In progress
2022-04-07	MA to email committee members to ascertain if any wish to step down at the 2022 AGM	Matt	Closed
2022-04-07	Ask Gloucester Sports to provide some sample hoodies for presenting to members at the AGM	Laura	Closed
2022-04-07	Organise Pittville parkrun takeover	Matt	In progress



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Paper 1

### **MEMBERSHIP UPDATE**

# Membership statistics @ 18 May 2022

**110** athletes on the books (**4** second claim). This compares to 100 athletes registered with the Club at the last AGM

of which:

77 have paid membership fee and are registered with EA until 31 March 2023

Those members who have yet to renew their membership are reminded that membership fees were due within 28 days of receipt of the payment link issued on 3 April 2022.

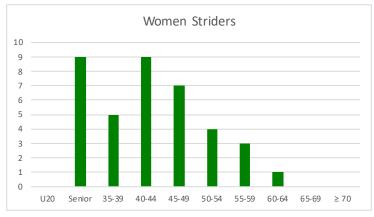


 Men
 Total:
 72

 Average age:
 45

 Min age
 25

 Max age:
 72



44

 Women
 Total:
 38
 35%

 Average age:
 42

 Min age
 26

 Max age:
 64

Total
110

@ 18 May '22

Average age

Gavin Jerman Membership Secretary



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Paper 2

# TREASURERS REPORT

This report covers the following: Accounts & commentary for the year ended 31 March 2022.

# 1. Income and expenditure summary

	2021/22	
Income	£	£
Race fees	3,707.12	
Membership	1,367.16	
Sponsorship / donation	0.00	
Training fees	360.00	
Social	753.00	
Merchandising	125.00	
Total income		6,312.28

2020/21	
£	£
0.00	
1,124.21	
0.00	
102.00	
0.00	
546.00	
	1,772.21

	2021/22	
Expenditure	£	£
England Athletics fees	150.00	
Race & affiliation fees	1,006.45	
Race organization	1,910.39	
Kit costs	0.00	
Training	1,325.00	
Administration costs	522.72	
Total expenditure		4,914.56

2020/21	
£	£
150.00	
0.00	
0.00	
549.74	
383.00	
297.16	
	1,379.90

Surplus/deficit for year	1,397.72

392.31

# 2. Balance sheet

	2021/22	
Assets/liabilities	£	£
Cash	7,910.94	
Debtor	0.00	
Liabilities	0.00	
Stock	1,687.50	
Net assets/liabilities		9,598.44

2020/21	
£	£
6,513.22	
0.00	
0.00	
1,687.50	
	8,200.72

	2021/22	
Represented by:	£	£
Opening balance (31/03/20)	8,200.72	
Surplus/deficit for the year	1,397.72	
Reserves		9,598.44

2020/21	
£	£
7,808.41	
392.31	
	8,200.72

Eoin McQuone

**Treasurer** 



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Paper 3

### LADIES CAPTAIN REPORT

Reflecting back on the last year and looking at everyone's achievements really makes you appreciate what a wonderful club we have with dedicated members and of course the best women's team. There are too many races and results to mention so I've focused on a few club favourites and some individual results such as club records.

In April 2021 we'd only just started training properly in larger groups after lockdown and various restrictions. It was great to see Striders back on the Ladies college field by the end of April and also back on the Prince of Wales track on Friday nights. Our star of the month was hands down Liza Bradshaw who in 3 weeks managed 5 races and 5 PBs culminating at Cheshire elite half in 81:58 (V35 club record). Meanwhile Helen Knight decided to casually run 45 miles of the Cotswold Way due to her planned ultra-race having been cancelled, an effort definitely worth mentioning too!

May saw the return of track racing with the Gloucestershire championship where Rachel Vines couldn't wait to get back on the track and ran the 3000m. We were well represented at the Cleeve Cloud Cuckoo: 6 ladies participated with Liza Bradshaw finishing 3rd, Helen Knight 4th and Amelia Mullins2nd V45.

In June, Liza Bradshaw ran the Milton Keynes marathon in 2:58:56, while not a PB, she did get an England vest for it!

In July, everyone's favourite, the Cotswold Way Relay was finally back and we managed to finish as second ladies team overall which is an amazing result considering the calibre of clubs that take part. Special mention goes to Sophie Longmore who at 7 months pregnant ran leg 10 at the last minute.

We all know July equals track and it shouldn't be a surprise that it was mainly attended by Rachel Vines and Helen Knight. For the 1mile, Helen finished 1st LV40 (club record) and Rachel 2nd LV35 in the county. Both raced the mile again 3 days later (on road this time) and both broke their times, each beating club records (R 5:44, H 5:42).

Back on the track they both achieved great times in the Midsummer Open 1500m with 5:26 for Rachel and hot on her heels 5:27 for Helen (club record).

End of July saw the long awaited return of Parkrun and in August 6 ladies attended another favourite race, the Bugatti 10k. Liza Bradshaw finished 3rd, Helen Knight was first in her age category.

September was a busy month with the Cheltenham half, Chedworth roman trail (with a very impressive water crossings), County Champs and Sutton Park Road Relays. We finished first female team at Chedworth (Fiona Brady-Miller, Helen Knight, Laura Daubney). Let's also not forget about Liza's elite start for the Great North Run with her heavily televised finish!

Another club record for Helen Knight County Champs 10k on the track in 42:27. We managed a full team at the sunny road relays in Sutton Park with Amelia Mullins, Rachel Vines, Fiona Brady-Miller and Liza Bradshaw.

October saw the first London Marathon since Covid as a mass event which was run by Liza Bradshaw, Helen Knight and Janet Brookes.

On to the autumn where both XC leagues which we take part in were back up and running. Some of these races were quite far away and I really appreciate people turning up for them , filling spaces at the last minute, especially when pretty everyone got Covid at one point or another! Thank you Rachel Vines for organising everyone and making sure we got a team out every time. A special mention goes out to Emma Abbey who ensure we had a full team at the first Midland league race in Crewe – she had a really good run as well! Another special mention to Sophie Longmore who ensured we had a complete team in Leamington, complete with a 6 month old baby in tow.

In November Fiona Brady-Miller and Laura Daubney took part in the Guy Fawkes 5miler and Helen Knight finished 3rd V40 at Gloucester Road race series.

It was nice to see socials back on the calendar with the Bath Road Beers tasting, Christmas social and end of XC celebration.

On to January with the county champs XC - 2nd place in age cat for bot Liza and Helen (who got selected for and subsequently represented Gloucestershire at the inter counties in March) and 2nd masters team for Helen, Liza, Rachel.

Linda Franks was back on the calendar too which saw Charlie Haward and Rachael Cary take part.

Most striders were helping out at the Staverton 10 but Kate Telford had entered before she joined us and finished in fantastic this place which got her a club record.

The XC Gloucestershire league race in Pittville park was a XC debut for another club newbie: Deborah Rees.

In February, Amanda Steer and Helen Knight ran the Bourton 10k for which Helen got (yet another!) club record in 39:11.

On to March where it was great to see the block of Wednesday track sessions so well attended. On to March for the final XC Gloucestershire league race at Old Down: Helen finished joint 3rd V40, Fiona 2nd V45 and we also won 3rd Masters team for the series.

We had one female strider attend the Fission Half: Rachel Vines and 6 ladies attended the FOD half. Another PB for Helen Knight, medals for Rachael Cary and Helen and first team place (Amelia, Fiona, Helen and Rachel).

We also managed a full team of 6 for the spring road relays, thanks to Helen Knight, Amanda Steer, Kate Telford, Nikki Smith, Helen Howes and Rachel Vines.

Thanks ladies for your dedication, commitment and determination this year, whether for training, racing or both.

Karlien Heyrman Ladies Captain



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Paper 4

### **MENS CAPTAIN REPORT**

Despite Covid still lingering and more lockdowns, the men have had a very successful year on the road, track, cross country & trails. It's difficult to cover everything but rest assured all of your achievements haven't gone unnoticed and I've given just a few highlights in this report.

We were back to a full fixture Cross Country season and what an epic season it was! In the Gloucestershire League, Dan Bazzard was selected to run for the County by finishing 22nd at the County Champs race. JJ Willson and David James took age category wins at Pittville Park and Cirencester Park respectively. Ed Collier won an overall MV60 Silver medal. Well done. The Birmingham League XC season was full of excitement and went right to the wire with the men having a fantastic final race in Redditch, climbing out of the relegation zone to finish 7th, our joint highest ever finish in Division 2! We had a squad of 17 on the day with everyone playing their part to ensure we can battle it out next season with our local rivals the Cheltenham Harriers and Western Tempo. Rob Green, in his debut XC season, finished in a brilliant 4th position overall and other newer members contributed massively across the 4 races. I won't list everyone, you know who you are, but I want to thank every single one of you for your commitment & determination throughout the season to ensure our survival. Whatever position or team you finished in, it all made a massive impact (we had 11 different A team scorers for example across the season). Thanks as always to Brendan for his motivational screams and Martin for his support & officiating.

On the track, with lots of events back on, JJ Willson smashed many club records. In July 2021, he set 6 new V60 club records, including a 5:53 Mile and a 19:22 5000m on the POW track. He followed this at the Bourton Mile race with an incredible 5:38 which ranked him 2nd V60 in the UK! Paul Northup also set a new V55 road mile record running 5:53 in the same event. Eoin McQuone also set V50 club records running a fantastic 5.12 for 1500m & 2:30 for 800m.

With the start of the track season underway this year, we are already seeing new club records, with Paul Northup running a brilliant 19:03 5000m & 11:08 for 3000m to set new V55 records and Paul Lockyer a blistering 13.3 100m & 27.7 200m for V45 records. I'm looking forward to seeing more records & PBs for the men over the summer on the track. It was really encouraging to see the excellent performances & PBs at our recent club 5000m time trial from newer members Jamie Hartnoll, John Comer, Ryan O'Donnell, Adam Greenwood & Rob Barnett. There are lots of events coming up so don't be afraid to enter and have a go and put your recent track training into good use!

July 2021 saw excellent performances in the Cotswold Way Relay, with Jon Howes and Billy Bradshaw crowned Kings of The Cotswolds (running all 10 legs now as Striders). I hope you are all training well and recceing your routes for this year's race.

In September 2021, our Ultra man Rob Bircher ran the entire Cotswold Way, completing all 102 miles of the Cotswold Way Century in 29hrs 18mins for 35th place. Incredible! Over the last year,

Rob has completed 8 Ultras & 4 marathons across all terrains. The Cheltenham Half Marathon saw 15 men donning their Striders vest in our hometown half which was well supported as always. Club legend David James continued to break records, running a blistering 35:11 at the Guy Fawkes 5 mile race, ranking him 5<sup>th</sup> V70 in the 2021 UK Rankings for the distance. He also ran a V70 club record 44:37 at the Berkeley 10k last October and well done to all the men who raced recently for Striders in this year's race.

Our Staverton 10 Race at the end of January was again a huge success and thanks must go to Eoin for bringing this all together. The race also saw a 2nd place finish for the impressive Rob Green in his debut road race for Striders in a V40 club record time of 53:56 and 9th for his 'twin' Tom Burgess, also in his debut in a brilliant 57:31. January also saw good representation at the popular Linda Franks 5 mile race, with a brilliant road debut race for the talented Rob Barnett in 29:29 and a V55 club record time of 31:42 for Paul Northup, coming back strong from injury setbacks which has been great to see.

In February, there was an excellent showing as usual at the Bourton 10k. We had 8 men racing for Striders, with Tom Burgess leading them home in a brilliant PB time of 34:01. There were also excellent PB's for Dan Bazzard breaking 35mins for the first time, Rob Barnett sub 36 in his first ever 10k race and Ryan O'Donnell and Adam Greenwood in their full club debut road race, in 38:59 and 44:07 respectively.

In March, 5 of the men's squad competed in the local Fission Half Marathon in windy conditions. Rob Green took the overall win in a PB and V40 club record of 1:11:41! The race also saw PB's for Rob Barnett, Ollie Watkins and Jon Howes running a V45 club record time of 1:23:10.

In April, the mountain goat Iain Porter won the Snowdon Marathon (by over 20mins!) in a time of 5:42:03. Oliver Watkins had a fantastic run at the Manchester Marathon, smashing his PB in a new V40 club record time of 2:42:53! Our KGV Parkrun takeover was a success for the club and thanks to all our volunteers and Jon Howes for the smooth organisation. A mention in April must also go to Gavin Jerman, our fantastic membership secretary, for forfeiting his own race at the Shepperdine Marathon......"Never leave an injured Strider" were his words to Deborah who he stopped to help. Hero!

It has been very encouraging to see excellent turnouts out training, with the men working hard & pushing each other and creating a strong camaraderie amongst the squad. Big thanks must go to our fantastic coaches Joel (thanks also for your ongoing support as Vice), Amelia, Brendan, Martin & Matt for making this happen & their constant encouragement and support.

With the added strength we now have in the squad and the continued improvement & commitment of so many of the men, I am really excited for the coming year and success this will bring to Striders. Let's now focus on smashing up some track races at the POW this Summer!

Thanks everyone for all of your efforts for this fantastic club.

Will Pearce Men's Captain



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Paper 5

# TRAINING UPDATE

We're very pleased that training has been able to return to normal, following the disruption of the previous year. Over the past 12 months we have been able to train in our usual groups; with our sociable Monday club runs making use of the roads around Cheltenham in the winter months, and Pittville Park and the racecourse in summer, and our Wednesday interval sessions on the Honeybourne Line, the Prince of Wales track and the CLC sports centre field. Attendance at training has been consistently good, with both current members and a steady flow of new runners trying the club out. Many of these have joined the club and have become regulars at training and in races.

Last autumn we held a series of Friday evening off-road/hill sessions to prepare for the cross-country season – thank you to Jon and Liza for organising and taking these sessions. In March and April this year, we ran a block of track sessions at the Price of Wales stadium in addition to the regular Honeybourne sessions. This gave members experience of the track environment and also helped us manage the number of runners on the Honeybourne Line, which had been steadily increasing from the start of the year. The track hire was paid for by the club and the sessions were very well attended, with members enjoying the different type of training, and many finding the later start time more convenient. We are intending to hold another block of track sessions later in the year.

Our enthusiastic Run Leaders have helped to plan routes, sort and lead groups on Mondays – so thank you to all of them. Andy Brookes and Paul Northup both qualified as LiRFs at the end of last year, adding to our list of qualified Leaders. Thank you also to those who have willingly stepped up to take sessions when needed – in particular Matt, Eoin, Tim and Jon. This has been crucial to the smooth running of the club. Matt is in the process of undertaking the Coach in Running Fitness course, and Martin has almost completed the Level One Endurance Official course. If anyone else is interested in doing a run leader or coaching course, they can speak to one of the Coaches about this and we'll be happy to give them more information.

The CLC Striders Coaches (Brendan, Joel, Martin and Amelia) would like to thank all of our members for their continued enthusiastic participation at training. It gives us a lot of satisfaction to see everyone's efforts rewarded by results in races and events, as well as the simple enjoyment that comes from running with friends. I think we have all come to appreciate this a little more!

Amelia Mullins Coach



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Paper 6

# **SOCIAL UPDATE**

In the past year club social events have made a welcome return after the end of lockdown measures, and have been very well attended. An informal gathering turned beer tasting social was held at Bath Road beers last September, followed by a Christmas party at the Suffolk Arms in late November and then in March the club put on another social at the Suffolk Arms to celebrate the end of the Cross Country season. It has been really great to see the enthusiasm of the members to get together outside of the formal club sessions. More to come this year.

Tom Kabbala Social Coordinator



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Paper 7

# **KIT UPDATE**

Training t-shirts and vests have now been launched on the Gloucester sports website so members can purchase directly from them.

A new hoodie design has been agreed by the committee to be launched at the AGM, this will also be available to purchase directly from the Gloucester sports website.

All other kit remains available through the Kit Coordinator.

Laura Daubney
Kit Coordinator



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Paper 8

### **MEDIA UPDATE**

### Looking back ...

- It is proving increasingly difficult to get reports published in the Echo since it's gone weekly
  and as we've come back to racing post-pandemic there has clearly been lots of pressure
  for coverage.
- This begs questions about whether we want to still make getting reports in the local print paper a priority anyway.
- Alongside this change, there is clearly an increasing role for social media for reinforcing our values, registering our successes and deepening a sense of belonging.
- And the website is clearly working well for recruitment, and for recording achievements (esp the records section, thanks to Gav)
- The website should also work as a comprehensive repository of race reports, too.

# Looking forward ...

- Given this new context and ecology, we are looking at a 'team' approach to the club comms and PR going forward each of the team with a particular focus/lead, but working on a rota basis to ensure timely comms can always be achieved (across whichever channels suit)
- As part of this new team approach, we will establish a 'Comms sub-group' (with the Committee's blessing) and draft a short plan to frame our comms and PR activity.
- The initial make-up of this group is Joel Freeland, Matt Ashman, Will Pearce and me but if **anyone** is up for being involved in this alongside us, then we would **very much welcome greater diversity**, to share the work and play to people's strengths
- We will be clear about what we do where and who leads in which areas (across web, PR, socials etc)

Paul Northup

Media Coordinator

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Paper 9

### **CLUB POLICIES**

As part of the club's England Athletics membership, we are required to have certain policies in place for the safety, wellbeing and welfare of members.

Since the last AGM, 3 policies have been identified as being required by the club:

# 1. Welfare Policy

This policy covers the Club's commitment to ensure that all members can participate in Club activities in an enjoyable and safe manner.

The policy is provided below for reference and has been made available on the Club website at <a href="https://clcstriders-runningclub.co.uk/assets/Policies/CLC-Striders-Welfare-Policy.pdf">https://clcstriders-runningclub.co.uk/assets/Policies/CLC-Striders-Welfare-Policy.pdf</a>.

The Club Welfare Officers are Amelia Mullins and Matt Ashman. Both are going to undertake a Time to Listen course with England Athletics in due course.

The policy was agreed by the Committee in November 2021

# 2. Inclusion Policy

This is a new Policy which aims to ensure inclusion for all, enabling individuals to participate in Club activities. The Committee has yet to formally review and agree the policy, it is therefore provided in draft format below.

# 3. Health and Safety policy

England Athletics require the Club to have a Health and Safety policy in place along with risk assessments. The Committee is going to commence work on this policy in due course and will notify Members once available.

Matt Ashman

Club Secretary



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Paper 10

### **ELECTIONS TO THE COMMITTEE**

At the AGM in November 2020, the following were proposed and agreed by Members

- 1. the new Club Constitution.
- 2. Re-election of each of the Committee members for a 2 year term (to implement the new structure of the Committee within the Club Constitution).
- 3. to move the AGM from November to May each year.

In line with point 2 above, the terms of the existing Committee Members currently run until November 2022. To bring nominations and re-election back in line with the new AGM date, it is proposed to extend the term of each of the Committee members by 6 months until the AGM in May 2023 at which point they can either opt to be re-elected or stand down from the Committee.

The Committee consists of:

# **Honorary Officers**

Chair
Club Secretary
Membership Secretary
Treasurer
Men's Captain
Women's Captain
Club Coach
Jerman
Gavin Jerman
Eoin McQuone
Will Pearce
Warlien Heyrman
Amelia Mullins

### **Ordinary Members**

Deputy Men's Captain Joel Freeland
Deputy Ladies' Captain Sophie Longmore

Social coordinator Tom Kabbala (becoming vacant as of AGM 2022)

Kit coordinator
Web developer
Press coordinator
Events coordinator
Wat Benfield
Paul Northrup
Rachel Vines

# For agreement

Members are asked to confirm if they accept the proposal for the terms of all existing Committee members to be extended by 6 months.

If there are any Members with an interest in joining the Committee, or to be more involved with the running of the club, please speak to the Club Secretary who will be more than happy to help.

Matt Ashman Club Secretary