

Felixstowe Road Runners
Annual General Meeting 2018

Wednesday 6th February 2018 @1900 – Felixstowe Lawn and Tennis Club

Attendees

Angela Soames	Joanne Brooke
Peter Woods	Tim Finnegan
Vince Calver	Jimmy Russell
Robin Harper	Adele Chaplin
Amanda Smith	Sarah Fitch
Dave Solomon	Christina Howland
Sarah Severwright	Mark Ford
Carla Wiggins	Sara Proffitt
Jonathan Wilding	Trish Hopkins
Shane Allum	Tim Finnegan
Jonathan Jenkyn	Carla Wiggins

Apologies

Davit Tillett	Karen Eaton
Catherine Walsh	Matt Malkin
Bella Lewendon	Annie Woodard
Clair Fiddaman	Liz Beighton
Jo Whelan	Rachael Miller

Reports

Report Title	Proposed	Seconded
2017 Minutes	Adele Chaplin	Peter Woods
Chairman	Jonathan Wilding	Trish Hopkins
Treasurer	Dave Solomon	Christina Howland
Captain	Adele Chaplin	Peter Woods

Election of Committee

Jonathan announced that the volume of nominations for committee positions was particularly poor this year, resulting in only a single contested position. Many offices were only filled during the final few days leading up to the AGM. Additionally, the low turn out to the AGM was also noted.

[Current Chairman and Secretary are not permitted to vote]

Post	Current Holder	Elected	Proposed	Seconded
Chairman	Mark Ford	Mark Ford	Shane Allum	Jimmy Russell
Treasurer	Tim Finnegan	Joanne Brooke	Adele Chaplin	Peter Woods
Secretary	Jonathan Jenkyn	Jimmy Russell	Trish Hopkins	Carla Wiggins
Captain	Robin Harper	Robin Harper	Shane Allum	Angela Soames
Vice Captain	Dave Solomon	Dave Solomon	Christina Howland	Vince Calver

Head Coach	Mark Goodwin	Liz Beighton	Shane Allum	Sarah Fitch
Junior Coach	Amanda Smith	Amanda Smith	Sarah Proffitt	Jimmy Russell
Membership Secretary	Sarah Proffitt	Sarah Proffitt	Christina Howland	Adele Chaplin
Kit Officer	Jo Whelan	Sarah Fitch	Sarah Proffitt	Sarah Severwright
Webmaster	Peter Woods	Peter Woods	Dave Solomon	Jonathan Wilding
Welfare Officer	Shane Allum	Shane Allum	Adele Chaplin	Amanda Smith
Publicity Officer	Lucy Sheehan	Lucy Sheehan	Peter Woods	Sarah Proffitt
Social Secretary	Adele Chaplin	Adele Chaplin	Angela Soames	Jonathan Wilding

AOB

Fees Increase

UKA are increasing their athlete membership fees by £1, to £15. It is proposed that the club follow this annual trend and increase our fees by £1 to cover this cost.

Proposed: Shane Allum	Seconded: Jonathan Wilding
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Constitution Change

A change to the AGM election process is proposed by Jonathan Jenkyn to make the process clearer and less ambiguous. Copies of the current and proposed wording were distributed to those present. This amendment was previously agreed by the committee, and was agreed by the AGM.

Proposed: Jonathan Jenkyn	Seconded: Trish Hopkins
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New Race Directors Sought

Both Martlesham (Rachael Miller) and Coastal 10 (Mark Ford) Race Directors are looking to move on from managing their respective races after 2018. A publication will be made to the membership to find replacements who can shadow the process at the respective 2018 event. Peter Woods make a publication to this effect on the FaceBook members site.

Reduction of Plastic Waste at Club Races

It was proposed by Angela Soames that the club reduce or eliminate the use of disposable plastic at club events. While this is perceived as being non-trivial, the general consensus was that the committee should investigate 'green' alternatives to the current plastic cups and bottles being used. Sarah Fitch detailed bio-safe "water balls" which might be suitable. The committee agreed to investigate and implement changes to races to make them greener in terms of plastic use.

Chairman's Report

This meeting marks the conclusion of my first year as Chair. It has been a year of year full of highs and challenges.

Over the last 12 months we have seen club participation levels grow on Tuesday nights. We have also seen Thursday core, Frogerish and trail runs, and Friday night track sessions become firm favourites and massively popular. Thank you to all who attend and thank you to all the leaders who have given up their time to plan, organise and run these sessions. These are the bedrock of our club, providing a focal point for all our other activities.

Out racing we have continued to punch above our weight. We are a small club yet we have had huge turnouts at many local events including Woodbridge, Great Bentley, the cross-country series and Friday 5s. Speaking for myself, arriving at a race HQ to find club mates and friends eager to discuss race strategy and provide encouragement is very motivating and supportive. And of course, we have retained the Suffolk Grand Prix title, the only club ever to retain. We should be very proud.

Our club races continue to be hugely successful with Coastal 10 and Martlesham selling out. Kirton continues to be a very popular with it PB potential. Thank you to the Race Directors, Rachael and Vince, for giving up so, so much time to organise these events. These race at critical for our financial future and as a result it crucial they are run well.

There have been some well documented challenges this year, financial scam and Great East Run. But, we have overcome these and these showed an important difference in our club to other local clubs. We are all passionate about the club and you can see this in our social media presence most notably with the Great East Run issue but day-to-day on Facebook. If you look at other clubs' pages they can go for days without a post; for FRR its usual to go several hours without a post. You all should be very proud in this level of interest and participation in the club and turning out for social events (after all we are a drinking club with a running problem) this is what makes us difference (and better in my opinion) than other clubs and so welcoming and attractive to new members.

Finally, I would like to thank the committee for their hard work in their own time and support of the last 12 months. We will lose several members this year for various reasons. It is always sad to we people leave the committee however, new members will bring renewed energy and ideas. I would like to mention Tim leaving as Treasurer; Tim has been Treasurer for many years and has been pivotal to the successful running of the club. Tin, thank you for all your efforts over years, your support will be missed.

I hope my first year as Chair can be judge as a success. I would like to continue for the coming year and hope I have you support to do so. Thank you.

Treasurer's Report

This is a statement of the accounts for the financial year ending 31st January 2018.

The club currently have £2987.27 in the current account and £4008 in its premium account.

This year the club have made a loss of £2651. This is mainly due to the impact of a fraud committed on the club which has cost the club £6597. The police action fraud team have now completed their investigation. The conclusion was that the source of the fraud was Eastern Europe and that many clubs have been targeted and lost significant amounts of money. It is very unlikely that any of the money will now be recovered. FRR have informed all of the local clubs. We have now tightened up our procedures and will continue to review our financial security.

On a more positive note we had a record profit on the Coastal 10 as well as very healthy profits on the Martlesham 10k and Kirton 5. These profits are used to subsidise kit allowing runners pay cost price or less. We also subsidise the team events RNR, HR24 and Ekiden Relays. FRR also pays entry fees for the six Suffolk cross country events and the popular track sessions in Ipswich. We also fund several social events including the Christmas event and the very successful one lap to Ultra event. So, for less than 50 pence per week you get all this and the skilled direction of the coaching team on a Tuesday night and the junior coaching team on a Wednesday evening.

Finally, this is my last report as treasurer as after 14 years it's time to hand over to a new person. I would like to thank all that have helped over my tenure.

2017/18	In	Out	Profit	
General & Admin	-	8,768	- 8,768	Includes £6.5k Fraud, £1k container
Coaching courses	335	1,090	- 755	Slightly higher than previous years
Social Events	-	-	-	Last years awards was paid in previous years accounts
Sporting Events	15	1,584	- 1,569	Includes XC season
Centre Hire	-	1,355	- 1,355	Includes brackenbury, Northgate and tennis club
London Mara.	839	653	186	Includes the some income from next year
Membership	5,715	3,712	2,003	membership up significantly
coastal 10	9,704	4,150	5,554	Very high profit again
Kirton Five	6,905	5,626	1,279	Good profit which we hope to grow with increased sponsorship
Martlesham 10k	8,184	5,376	2,808	Includes £2880 donation to Woodbridge Lions
Kit	1,637	3,670	- 2,033	Subsidize kit and have some stock
Profit			- 2,651	

Captain's Report

It has been another excellent year for the club "out in the field" with some remarkable achievements at both individual and team level.

Highlights:-

Eleven FRR athletes achieved podium positions in their respective Suffolk Grand Prix categories.

The club as a whole won the Team Grand Prix for the second year running. This is genuinely historic stuff because no club has ever even won the SGP twice, let alone retained it. Can we do the treble?

Four FRR athletes achieved podium positions in their respective Friday 5 series categories. We fielded a record eleven teams at the 2017 Ekiden relay event, this summer club day out continues to go from strength to strength, and I'm wondering if any of the younger men will ever step up to defeat the old guys!

There are many more success stories that are, perhaps, too intangible to apply numbers and stats to. The sheer growth in membership meaning a healthy red contingent at many of the local races. We have people tackling an amazingly wide variety of challenges, ranging from 1 tarmac mile (I can't mention that race by name until July at the earliest in case I start heaving) right up to unfathomable distances on tough terrain as the vogue for ultra running continues to grow.

It has been a pleasure, as ever, to serve as Club Captain over the last year, I always enjoy meeting up and chatting with my clubmates and laughing at the many and varied tales posted on social media about member's racing adventures. Here's to a continuation of the fun into 2018 and beyond as we hopefully continue to go from strength to strength.