

Pensby Runners Annual General Meeting

26th January 2018 at Heswall Squash Club

Present

David Green, Jayne Price, Nigel Crompton, Chris Marsland, Gordon Scholefield, John Keyworth, Andy Morley, Ralph Pawling, Mark Roberts, Paul Challender, Pat Peers, Antony Dala, Steve Ellis, Glyn Thomas, Steve Girling, Andy McGivern, Nigel Pratten, Lisa Grantham, Rob Grantham, Zach Ryan

Apologies

Ruth Isaacs, Claudia Pagoulatou, Mark Smith, Colin Lamprey, Ian Chalmers, Eddie Roche, Peter Elliot, Stella Elliot, Roy Fisher, Dom Roberts, Jeff Adams, Ben Darby, Julie Dala, Andy Sumner

Charity Presentation

Cheques for £500 were presented to Ronald MacDonald House and Harrys Helping Sands

Approval of minutes

Minutes of 2017 AGM on 26th January 2017 were accepted as a true record
Proposed: Nigel Crompton Seconded: Jayne Price

Matters Arising

There were no matters arising

Chairman's Report

See appendix I

Fell Report

See appendix II

Cross Country Report

See appendix III

Seaside Run Report

See appendix IV

Nigel Pratten asked if 300 runner limit was made clear to entrants. This is stated on the website and entry form.

Road Race Report

See appendix V

Jayne Price asked about the limited number of places in the Knowsley 10 mile. These will be released 1-2-18 at 6am

Ralph Pawling advised that the Sefton Park 5 is also sells out quickly

Gordon Scholefield suggested that we might bid a seaside run into the Merseyside Grand Prix in 2019

Super Cup Winner

The Supercup determines the Super Omnium (all round champion) runner across all disciplines of road, fell, cross country, multi terrain etc. 51 men and 23 ladies, a total of 74, took part in the Supercup 2017 (even if they weren't aware of it at the time). This year we altered the rules making it no longer mandatory to enter at least one of every type of race discipline although extra incentivising points were offered to those who did.

The Supercup 2017 was won by Lisa Grantham and Ralph Pawling.

Treasurer's Report

See appendix VI

John Keyworth asked what the "Members Mispayments" item was. These are from direct debits that members haven't cancelled in the previous subscription system

Membership Report

See appendix VII

Antony Dala asked whether Social Members were counted in the numbers used to pay Heswall Squash Club. No they are not, neither are those members who have joined the squash club directly
Mark Roberts asked if members were happy at the amount of the club's income that went to charity and wondered if members might prefer a subscription reduction instead.

John Keyworth stated that track sessions used to be a pay as you go activity and not supported by the whole club

Gordon Scholefield said that Wirral AC membership was £78 p.a. and was paid monthly

Paul Challender asked about the status of Social Members. The committee are aware of the issues and promised to clarify the position before March, with the help of a membership survey

Election of Officers

Position	Nominee	Proposer	Secunder
Chairman	Roy Fisher	Nigel Crompton	Rob Grantham
Vice Chairman	Gordon Scholefield	Ralph Pawling	NP
Secretary	Chris Marsland	Paul Chalender	David Green
Assistant Secretary	David Green	Antony Dala	Jayne Price
Treasurer	Andy Morley	John Keyworth	Pat Peers
Assistant Treasurer	John Keyworth	Steve Girling	Jayne Price
Membership Sec.	Andy Sumner	Jayne Price	Lisa Grantham
Club Captain	Nigel Crompton	Ralph Pawling	Antony Dala
Club Vice Captain	Jayne Price	Pat Peers	David Green

Achiever of the year

This was awarded to Jeff Adams, see appendix VIII

The meeting closed at 2130h

Appendix I – CHAIRMAN’S REPORT – Gordon Scholefield

Let’s begin with a short personal history lesson! I first started running, in the early 1980’s, it was as a result of watching the first London Marathon in 1981. I then spent the next five years and 3 marathons, including London, running on my own. With a young family I enjoyed the freedom of running when it fitted in and I did not feel that I wanted the commitment or pressure on time of running with a club. So today I fully understand those who say they are not yet ready to join a running club. All I would say to them is when you feel the time is right give it a go. Sometimes turning up for your first club run is like taking the first step outside the door on a wet and cold evening, once you are out there you enjoy it! It still surprises me how many runners, of all abilities, are not members of a running club. In the Seaside Runs often half of the runners are not in a running club.

The benefits of being a member of a running club are many and varied and include:

Advice and support – learn from the experience of others

Motivation – much more likely to continue running

Camaraderie – meet new people, make new friends – from a wide range of occupations!

Improved fitness (you always run harder on a club run than on your own!)

All summed up this week when one of our newer members posted the following:

“Thank you, Pensby Runners, for all the encouragement over the last couple of months. I joined the club to help me train for the Helsby half today and now I can’t imagine not being part of the club! “

The Helsby Half-Marathon exemplifies many of the positive aspects of being in a club with 29 members running 13.1 miles in freezing wet conditions! Hopefully everyone felt part of the Pensby Team.

The last twelve months have seen the club continue to grow and develop. We offer a wide range of training opportunities, including Hill Sessions, road runs, multi-terrain events, monthly handicap races, track sessions and thriving junior runs. It never ceases to amaze me how many members take part in our regular training runs. To have a third of the club running on a Tuesday night is phenomenal! Please help to spread the word and encourage anyone you know, who is a runner and not a member of a club, to join one, preferably Pensby!

During the last twelve months we have seen a number of significant developments. We have negotiated an improved financial arrangement with the Squash Club, more of that later. We have managed to create a storage area for club equipment at a fraction of the cost of the original container idea. We have improved the communication of club activities through the excellent work of Ralph Pawling and we have seen the enthusiasm for overseas tours grow. One of our flagship events “Tuffnutz” was once again a great success but entries for the 2018 are very slow in coming in so please spread the word. The Jack Lewis Trophy was awarded to Colin L. for all he has done for the club, particularly with regard to the Thursday night sessions and the junior run initiative. The club London Marathon place was “won” by Rob Chalmers and I know he has already started building up the miles.

Like all families and organisations, however, there will be times when not everyone agrees and the true test of strength and sustainability of a club is how we move on and continue to thrive. I would just like to finish by addressing a couple of issues that have been raised recently.

The first is Social Membership – a number of members have questioned the status of social membership as an official membership category. In the next few days all members will be asked for their opinions, relating to Social Membership, through an online survey. Within the next few weeks the committee will consider the results of the survey and aim to clarify the position before the annual subscriptions are due on 1st March.

The committee would also like more of the membership to take an active role in the management of the club and it is for this reason that we shall propose that from 2019 two positions on the committee are filled by members who do not wish to take on a formal office but who are willing to serve on the committee for a twelve-month term and therefore widen the representation of the members. I look forward to 2018 being another successful year for the club and wish all our members success in achieving their own personal goals. We shall now begin our various reports and I am afraid you have not yet heard the last from me! We shall begin with our Fell Race Report.

Appendix II – FELL RACE REPORT – Nigel Crompton

Fell running remains an active section of the club and we maintained our practice of 2 fell leagues, both summer and winter, travelling to races mainly across North Wales but also to the Lakes in 2017. The Winter League attracted 18 men and 9 ladies (27 in total) and was won by Dave Green and Alex Royden. The summer league attracted 28 people to the fell races and culminated in the Cilcain Show Race. The League was won by myself and Alex Royden. We have started our Winter league with races at the Clwydians, Penmaenmawr, Cardington Cracker and Jubilee Plunge. At time of writing Dave Green heads up the men with Lucy Partridge leading the Ladies although Lisa Grantham is just 1 point behind.

Mentions in dispatches must go to Alex Royden, so keen she turned up at Moel Y Gamelin as the sole Pensby entry, Jeff Adams for his portrayal of running life after prostate cancer marked by his excellent article in the Fellrunner magazine, Paul Challender for taking on the unenviable task of organising the club entry to the interclub fell relays in Llanberis in September. WE fielded two teams and had a great day out and, finally, Ben Darby for tackling his first fell race, guided by Nigel, at the Cilcain show race.

In 2018 we hope to get more people out into the fells, sampling fell running and hopefully field a team in fell county championships at Pendle Hill, perhaps even get some Pensby into a county vest for the Intercounties at Lads Leap in Glossop in May.

Appendix III – CROSS COUNTRY REPORT – Dom Roberts

This season we have continued to have a strong turnout at the league and championship races and have a loyal core of XC runners. I'd like to thank all of our runners who have ensured that we put out teams, often two, in both gents and ladies competitions.

During the 2016/17 Season, Pensby Runners competed in:

The North West Sunday Cross Country League of 6 races and the numbers competing continues to expand, with regular 300-400 runners. Currently the men are lying 8th of 20. Ladies 6th of 20 in the leagues. Thank you for all who took part in organizing, marshalling and catering for our own snowy Arrowe Park cross country.

In the County Championships (Merseyside/Cheshire). We had good numbers and this season Andi Gow picked up a first V65 medal at Merseysides.

At the North of England Championships at Knowsley safari park we had 21 runners take on the usual mud motorways. And tomorrow is the Northern championships at Harewood House where we have a loyal contingent running.

In our own cross-country league, made up of 9 races, 26 men and 16 ladies have competed this season so far. Last years overall league winners were Lucy Partridge and Alistair Malpas. This season Lisa Grantham leads the ladies and there is an interesting battle in the gents league between Alistair and Simon Rogers.

Finally, I would like to thank all members who have run in any of the cross-country races over the last few years, particularly many of the relatively new members. If you have not yet experienced the joy of running as part of Team Pensby then why not join us on Sunday at Croxteth Park

Appendix IV – SEASIDE RUN REPORT – Mark Roberts & Gordon Scholefield

Mark Roberts

When Gordon and I took over the race we felt we needed to make some changes.

The first was to extend the course to 5k and have it measured.

The second change was to drop the September and October races, because of clashes with other races, ie MT, Hoylake, and Wirral half. This meant there were 6 races instead of 8. Thirdly to drop Sunday races and only race on Wednesdays.

The measured 5k proved to be very popular and we think is the main reason for the increase in the popularity of the race.

The other changes did not seem to have any effect, positive or negative.

We have made some minor changes for 2018, however Gordon will go through these later.

Most of the communications are through Facebook and our following has increased to 970

We had a total 552 Runners over the whole series of which 336 were men and 216 women
203 were non club members and 349 were club members. The average number of Runners per race was 179, the most we had was 221 in the August Race. 58 Runners competed in a minimum of 5 races, and were given a Grand Prix Trophy. 203 were non club members and 349 were club members

The top clubs were

Wirral – 75, Wallasey – 56, Pensby – 44, BTR – 20, Ellesmere Port – 20, Penny Lane 13, UTS – 13

Prizes were given for 1st Man and Woman in each race, Fastest Man (Dan Jarvis – Time 14 mins 59 secs), Fastest Woman (Ellen Mary Kearney – Time 18 mins 46 secs), 1st Man and Woman in each race and 1st and runner up in each category

Race Receipts were £3,863, prizes were £ 693, costs were £ 611

We contributed £500 to Leasowe Lighthouse

Profit retained by Pensby Runners is £ 2,059 of which 35% goes to charity

Volunteers

Mandy McGonigle – Pensby

Fiona Doherty

Norman Grundy

Chris Marsland – Pensby

Colin Sinnot

Gordon Scholefield

Moving into 2018 we aim to keep many of the successful elements of the previous year and try to develop and improve the series. We shall aim to maintain the friendly low-key nature of the races whilst at the same time providing the running community with a quality event.

The cost of entry, £3 for club runners and £5 for non-club runners, will remain the same. We shall be keeping to the same timetable of the last Wednesday of every month from March through to August i.e. 6 races. As the races are licensed by UKA we are required to adhere to their guidance relating to the maximum distance to be run by youngsters. In 2018, therefore, all runners must be over the age of 11. There will be no Under 11 category but in its place, there will be an over 70 category, which should please some of our more mature members!

A number of the races last year had in excess of 200 competitors which placed increased pressure on the management of the finish area. We had already set the maximum number of entrants at 300 and our experience in 2017 means that we shall certainly be adhering to this limit in 2018.

In 2018 we would also like to make the runs more accessible to our local community. We have already announced that anyone acting as a guide for a runner should be free of charge and we would like to continue our link with the Couch to 5K programme. We would also like to encourage other community groups to take part in the runs and so please spread the word.

Finally, the success of the 2017 series and the basis for further success in 2018 is the willingness of members to volunteer to help on the start and finish. For each race we need 9 volunteers. In 2017 we were extremely lucky to have 4 people who helped out with every race and 3 of them were not even members of the club! We only ask for about an hour and a half of your time but without it we would not be able to successfully maintain the quality we expect from a Pensby event. So please make it one of your new year resolutions to help out with at least one of our races. You will be helping to raise money for our nominated charities and at the same time generating income for the club.

Appendix V ROAD RACE REPORT— Mark Roberts & Gordon Scholefield

Mark Roberts

For the 2017 RRL, we reduced the number of races to 10 by removing the Seaside Runs. Gordon and I wanted to encourage volunteers for the Seaside Run!

The league got off to a flying start with 38 people taking part in the 4 Villages, 13 ladies and 25 men and which proved to be the most popular race of the series.

However in the second race, a 10k at High Legh, there was only 1 lady and 10 men, which set the scene for the rest of the year.

In the Ladies League there was a close tussle through the year between Lisa Grantham, Victoria Ford, Alex Royden and Emily Astley. It came down to the last race the club 10 mile in November, Lisa won the race and the league with Victoria was only 5 points behind in second place.

Lisa took part in 4 races, Victoria in 5, Alex in 3, as you can see the interest for the whole series was just not there.

The Mens League was also very close with Mark Smith leading all through the year and being pipped at the post by Simon Rogers who won by 6 points after gaining bonus points in the final race, Mark was second winning 4 races of the series and Andie Gow was very consistent, won the category prize in most races took part in every race and was fastest Pensby runner in the Wirral Half and was a very close third in the league.

Rob Grantham was 4th in the league after competing in only 4 races.... he just beat everybody and gained maximum points, well done Rob.

Simon, Mark Smith and Andie gained 10 bonus points as did Rob Chalmers and Gordon Scholefield, and were 5th and 6th in the league.

This was the last year of the RRL in its present form, we will be hearing about a replacement shortly.

What we looked for races for the RRL were local races which were value for money, to attend as a club, for the social aspect as much as the racing and competitiveness. Some races were always more popular than others, for example the 4 villages, Chester Spring 5 mile , Christleton 5k and the Birkenhead 5 mile.

However as a post script the second most popular race in 2017, was the final race. This was a 10 mile route, on a Sunday morning in November, The route was set by Gordon, along the Wirral way to Caldy and back along Telegraph Road. It was the safest route we could find and the traffic was fairly light because of it being a Sunday Morning. Also the weather was kind to us, quite cold, fairly bright, not raining or windy.

16 men and 9 ladies took part, for 7 of the ladies it was their first time in the league and the same 6 of the men.

Is there a case for this to become an annual race? I know we have the Chairman's Challenge and the Monthly Handicaps, what do you think? Should we have a one off, annual race, in daylight, with cakes and coffee afterwards?

Gordon Scholefield

For 2018 Pensby Runners Road League will be part of the Merseyside Road Grand Prix Competition, which is both a team and individual competition.

Briefly the Grand Prix will comprise of 10 events, with a club's best 6 scores counting toward the team award. For individuals a runner's best 5 scores will count.

Men and women are scored separately.

The Grand Prix is open only to first claim, EA registered athletes.

For clubs registered for the Grand Prix, no special entry requirements apply. Runners just enter races as they would for any other open road race, and the Grand Prix Coordinator will identify eligible runners in the results supplied by the race organiser.

For the purposes of the Pensby Road League the scoring will follow the same pattern as in previous years and the same as the Supercup with the first man home and first lady home receiving a minimum of 15 points. Second 14, third 13 etc down to 3 points. Should there be more than 13 men or women then the maximum will increase to the number entered plus 2 e.g. if 14 men then 16 points and similarly down to 3 points. DNFs get one point. The final positions will be based upon an individual's 5 best results and there will be no bonus points for completing a race at every distance.

There will also be Awards for the overall Grand Prix series, including category awards. In other words, it will be two competitions within one! Please note the Kirby 10 mile race is proving to be extremely popular and more entries will be released on 1st February.

The races for 2018 are as follows:

Sunday 4th March	Race 1: St Helens 10K
Sunday 6th May	Race 2: Liverpool Spring 10K
Tuesday 8th May	Race 3: Walton Park 5
Wednesday 6 th June	Race 4: Birkenhead Park 5 (Provisional date)
Sunday 24th June	Race 5: Penny Lane 10K
Sunday 1st July	Race 6: Southport Half Marathon
Wednesday 11 th July	Race 7: Sefton Park 5 (Provisional date)
Tuesday 7 th August	Race 8: Mystery 5K (Provisional date)
Saturday 1 st September	Race 9: Halewood 5K
Sunday 7th October	Race 10: Knowsley Safari Park 10 Miles

We will need to appoint a club representative who will be the first point of contact for the overall Grand Prix coordinator. The role should not be too onerous with the main tasks involving deal with eligibility queries and updating of our internal league table. I shall be emailing the membership in the next few days to ask for a volunteer.

Appendix VI – TREASURER’S REPORT – Andy Morley

PENSBY RUNNERS

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING 31st DECEMBER 2017

<u>INCOME</u>			<u>31/12/2016</u>	Movement	%
Subscriptions	£	8,657.45	£ 7,865.00	£ 792.00	10.08%
TuffNutz	£	2,390.65	£ 4,538.00	£ 2,147.00	-47.32%
C/Country	£	21.00			
Seaside Runs	£	3,691.00	£ 2,751.00	£ 940.00	34.17%
Member Mis-payments	£	250.00			
Account Transfer	£	50.00			
TOTAL	£	15,060.10			
<u>EXPENDITURE</u>					
HSRC	£	4,314.37	£ 5,520.00	£ 1,206.00	-21.84%
E.A. Fees	£	2,311.00			
TuffNutz	£	2,096.54			
C/Country	£	906.92			
Seaside Runs	£	1,131.51			
Member Repayment	£	415.00			
Stripe/RiderHQ Fees	£	69.41			
PayPal Fees	£	197.06			
Courses	£	190.00			
Fell Race Entries	£	200.00			
Track Nights	£	225.00			
Storage Unit	£	381.55			
Donations	£	1,300.00			
Xmas Party	£	300.00			
RRL Prizes	£	49.45			
Trophy Plaques	£	12.00			
TOTAL	£	14,099.81			
<u>Net Income/(Expenditure)</u>	£	960.29	£ 75.00	£ 885.00	1180.39%

<u>OPENING BANK FIGURE</u>	-	£ 6,308.20
<u>CLOSING BANK FIGURE</u>	-	£ 7,268.49
<u>TOTAL+/-</u>	+	£ 960.29

Additional comments

The reasons for the big Tuff Nutz deficit was as follows:-

The previous year (2016), we received sponsorship via Roy Fisher of £500, and nearly £900 from

Andy Morley, these payments were nearly always in arrears, due to the companies, financial year ends.

Also due to the old payment system for Tuff Nutz, we didn't get the details of the early bird payments for until after the accounts closed. Therefore 2016 accounts had monies for Tuff Nutz, which would have gone in the previous year. This all added up to a one off deficit, this should not happen again as we have a different system – RiderHQ

Appendix VII – MEMBERSHIP REPORT – David Green

Membership numbers for year 2017/18 (end Jan 2018)

- Standard 135
- Full members 15
- 2nd claim 3
- Squash members 4
- Social 18
- Total 175

Since renewals in 2017 24 new members have join Pensby Runners.

Fees for 2018/19

Discount from HRSC based on a 10% discount for 150 members (current numbers are too close to agreed limits to allow for a 15% discount for 150+ members).

Type	2017/18	2018/19
Standard Membership	£51	£48
Full Membership	£138	£126
Second Claim Standard	£37	£33
Second Claim Full	£124	£111
Under 25 or full time student - standard	-	£40
Under 25 or full time student – standard (second claim)	-	£25
Under 25 or full time student - full	-	£99
Under 25 or full time student – full (first claim)	-	£84
Squash Club member (first claim)	£26	£25
Squash Club member (second claim)	£12	£9
Social Membership	£5	£5

Notes:

- New fees will appear online very shortly on RiderHQ.
- Members can renew already, but an email will be sent out from the system during February or 1st March (at latest) asking for renewals.
- After that date an auto-renewal email will also be sent out if you haven't already renewed.
- At the time of renewal options are available to continue, end subscription, or change subscription type – important for those changing to U25/Student or second claim etc.
- Please ensure all subscriptions have been updated and paid by 1st April 2018 as England Athletics are updated and paid from that date: 1) easier admin action if update can be done as one job 2) if members have not paid then it will affect their eligibility to race.

Appendix VIII – ACHIEVER OF THE YEAR AWARD – Gordon Scholefield

Jeff Adams – “Running Prostate Cancer Away” August 2015 – recommended read for new members, it is on our website in the news section. For those who don’t know Jeff was diagnosed with Prostate Cancer early in 2017. In his own words;

“The diagnosis had an odd effect on some of my friends and wider family when they first heard about my having cancer. I remember going to a restaurant for a relative’s birthday celebration where one person hurried over and offered me a comfy chair, going to some trouble to see that I was comfortable, as if I might expire at any moment. I didn’t have the heart to mention that I had been intensively training for several weeks and was racing in the Yorkshire Three Peaks Mountain Marathon the following morning! After that I tended to avoid the word cancer when other people asked about my health, and to simply say that I had to have some surgery; I found most people assumed it would be treatment for a running injury, unless they inquired further. Later I became more accustomed to the fact of having the cancer myself, and found it easier to talk about it and to reassure people – and also I realised that I had a responsibility to raise awareness, as others had done with me.”

Not long after his major operation I met Jeff out for one of his very early recovery runs along the Wirral Way. Only a couple of weeks earlier he had written:

“I’m still feeling fragile and I’m careful not to lift anything heavy, but I’m out and about and interacting with the world, and driving again. I walk every day with the dogs – now I’m up to two and a half miles at a fairly normal walking pace – my first walks were very slow due to fatigue and discomfort from the wounds in my abdomen. The soreness is gradually subsiding, and I find that I can walk, sit and sleep in more comfort.”

Last Sunday Jeff guided Ben Darby, our partially sighted runner to a sub 1-44 half-marathon!! What an inspiration!

I think everyone will agree with me that Jeff Adams is a deserved winner of the 2017 “Achiever of the Year Award”