

Minutes of Pensby Runners AGM held on 30/01/2015 at Heswall Squash Club

Apologies were received from Dave Connolly, Steve Roberts, Lynne Kirk, Paul Challender,

John and Lesley Keyworth, Dave Quirk, Ally Singleton, Mark Watts, Dave Green, Mark Roberts, Richard Green, Ruth Harkness, Jayne Price, Alison Fisher, Dave Easthope

The meeting was attended by 43 club members

Roy opened the meeting by thanking all for attending

Roy then proceeded to hand out the two charity cheques both of £575 to Prostrate Cancer Support Group and APEX.

Each gave a little talk on what they both do and how our cheques will help them in the future

We then had a small EGM to allow the use of "in absentia" votes for committee posts only and that we introduce the Committee position of Assistant Secretary

A vote was taken on these two matters and all were in favour and none against

The minutes of last year's AGM were taken as a true record of the proceedings

Proposed by Gwynn and seconded by Andy.

Matters arising from last year's AGM: none

Chairman's report

Please excuse me if I omit anything because so much is happening in this Club that it is hard to keep track of it all. Firstly I'd like to thank the Committee for their hard work and support. I am pleased to say that not only has each one done their own job well but all have been prepared to stand in and do other things when necessary to keep things functioning. Our membership now stands at 126 and the influx of new members has been most noticeable this year. Several have come from other clubs for various reasons but the majority will have been attracted I'd like to think, by the range of facilities we offer – running genres, training and coaching, in-house competition, social events and the feel-good atmosphere from a friendly club.

What has been noticeable is that a combination of leadership and competition in our leagues in those genres has resulted in a huge upsurge of participation which had been lacking. More on those later. We still have the much-loved Chairman's Challenge every three months and 97 have attempted it. After 19 races since early 2010 we have 43 sub-60, 15 sub-55 and 5 sub-50 with Adam Peers 45'07 and Lisa Grantham 51'27 as the leaders. Handicaps are flourishing too with nearly 50 competing recently. Committee bar chat resulted in an idea for a Super-Cup to find the Victor Omnium (Overall winner) across all those leagues being instigated for the forthcoming year. Nigel in particular is to be commended for his efforts with a calendar, fixtures list and a huge piece of paper the size of a tablecloth to come up with a list of twelve races taking two from each genre to generate a 'best runner' in the Club. It will be fun watching that develop. We had our annual participation and hosting of the Multi-terrain Series in September with the men's team 10th out of 62 and the Ladies' teams 3rd and 16th out of 52. Sarah Roberts won the under 40s and was 3rd overall. Jenny Chee won the over 60s. TuffNutz was a success again but with a reduced field this year. Hopefully with more aggressive advertising 2015, our eighth TuffNutz, we will see more than 40 teams again and we as always look to our membership to help marshal and make it a success. Our training nights have shown a huge change. Fridays have been dwindling and this

compares to Tuesdays which regularly have 50+ turning up. Fortunately we have several groups to cater for all aspirations including Nigel's coaching sessions which are well supported. His input in this area is to be commended and must be instrumental in some much improved performances in races. The introduction of an official Thursday session has counteracted the dwindling Friday and is well supported also. Thanks to Colin Lamprey for stepping in to lead most of those. Sunday morning remains as our off-road countryside trundle.

Socially we've ranged from minor drinkies after fell races to well over 60 attending the Christmas Social which was held here for the first time in a while. Our November Beer and Curry night was again a success thanks to Steve Tilby and Dave Quirk organised a very successful End of Christmas Party at the Jug in Heswall. The PRoBs group continues to pedal around the North-west every Thursday and longer bike tours happen every year with more in the pipeline thanks to Ian Chalmers. The Jack Lewis trophy for best contribution to Pensby Runners was shared between Fred Mottram and Gordon Scholefield. Our London Marathon entries went to Daniel Cuthbertson and Joanne Cook. Before I move on to our League reports I'd like to mention the wonderful contributions all of the membership have made either in person at training and races, or via email and Facebook which has proved to be a catalyst for a lot of what happens in this Club. This is what makes Pensby.

Also below are small reports by Nigel Crompton (fell) Gordon Schofield (x/country) and Jim fedigan (seaside runs)

Seaside

Seaside runs had another good season returning profit just under £1000.

Two things were tried- spot prize T shirts that did not seem to have much of an impact so will be dropped next year. The grand prix medals given for completing 6 of the 8 races awarded at the end of year did go down well and would continue.

The Leasowe Lighthouse registration initiative has been a great success and Rose from Friends of Leasowe Lighthouse has confirmed availability again for next year.

We have also registered with Run England and can now use their Logo.

Great to see members of our Apex charity turn up at two of the races.

Thanks to Neil for offering use of his garage as central store for Seaside gear.

Most of all thank you to Phil as co-director and all the volunteers without who the events could not take place.

Pensby Cross-Country Report 2014/15

During the 2013/14 Season, Pensby Runners competed in the North West Sunday Cross-Country League as well as three major Cross-Country Championships, the Merseysides, the Northern and the English National. In our own cross-country league, made up of nine races, 23 men and 10 ladies competed and the overall winners were Gary Thornton-Allen, who managed to run in every single race, and Ceri Baker. The current leaders are Gary, who is well on the way to defending his title and Sarah Roberts.

In the Sunday League the men were 9th overall and the ladies 7th. In the current season the men are lying in joint 8th position but the ladies are 2nd. The overall number of runners competing in the Sunday League, have doubled in the last four years, with, for example, 127 finishers in our Arrowe Park Race in 2010 compared to 256 in 2014. I would like to say a big thank you to all the members who either ran or helped on the day to make our home fixture this season such a success.

Last season we finished complete teams in all the major championships, including the English National in Nottingham. In the National we were the only Wirral based team to finish a complete men and ladies team! This season the club has gone from strength to strength with the number of members competing in the Pensby cross-country league already exceeding last year (25 men and 13 ladies to date).

The highlight of the season so far has been the support for the Merseyside Championships held in Sherdley Park at the beginning of January. Fourteen men and nine ladies completed the course and the ladies came away as silver medallists. Not only that, but Sarah Roberts was also selected to run for Merseyside in the inter-counties race in March! Quite an accolade for both Sarah and the club. The men were 9th but had three runners in the first 50 compared with one in the first 50 last year. We finished two complete teams in the North of England Championships, held in Pontefract last Saturday and our ladies once again proved that they are the number one Wirral based team. We are not entering the English National this year as the London venue proved too far for many of us.

I would like to thank all members who have run in any of the races to date, particularly many of the relatively new members. All your support has been much appreciated. If you have not yet experienced the joy of running as part of Team Pensby then why not join us at Beacon Park on Sunday? We shall be meeting at B&Q, Bidston at 8.20 a.m.?

2014 Fell Running Report – Pensby Runners

2014 was another good year for fell running. As a section of the club we are going from strength to strength. In total 36 Pensby runners took part in a fell race during the year.

The winter league finished in March with a foreshortened Yr Aran near Llanuwchlân, Bala due to heavy snow. 29 Pensby took part in the winter league – making it our best attended winter league, yet. Tommy Rutherford took the trophy for the Winter League along with Debbie Rutherford, the Ladies trophy.

The Summer league kicked off with Fells and Bells which was a race set up to mark the wedding of two fellrunners over in Yorkshire and involved us all running a fell race dressed either as bridesmaids or page boys before going into the wedding ceremony itself. A wedding cake made out of pork pies and endless supplies of free beer sealed the deal. The league also included the Snowdon International Race which brings a great atmosphere to Llanberis and definitely on the calendar for 2015. The league closed with increasingly tougher races such as Arenig Fawr, Maesgwm Muddle and the 3 Shires in the lakes progressively testing our competitors. Yours truly took the mens trophy for the summer league and Pat Peers the ladies trophy. 30 people took part in the Summer League with our best attended race being Up the Beast out at Maeshafn with 26 Pensby dominating the field.

Members of the club have reached out into other ventures. Jeff Adams organised an excellent and successful weekend for the club doing the Bob Graham relay – 72 miles and 28,000ft of climb in 5 sections in less than 24 hours. A group did the 53 mile Highland Fling in the Scottish Highlands and a bigger group are tackling it again this year and Pat and I did the 200 mile route across the mountains of Corsica in July.

15 have so far taken part in this Winter league (but there's plenty of time) and Paul Challender and Cath Lancaster are heading up the field so far).

I can only think 2015 will be stronger again. We are attracting more people in from other clubs some of whom are class runners and the name of Pensby Runners is very well known, especially on the hills of North Wales.

Treasurer's report

Accounts

The accounts comprise a basic income and expenditure record of the clubs finances. The club is in a strong position due to a healthy bank balance of £7000 however there are several items that need to be considered.

Income- Overall the income shows that actual profit arose from the Seaside and Tuffnutz races. The largest income stream-annual subscriptions were passed over to HSCR.

Expenditure- The main issue is that the Subs paid to HSCR including EA registration actually exceed income. i.e. in terms of Subs paid alone the club would be insolvent as for both full/social membership there is a £2 per member loss. This is an agenda item so we will discuss options later.

Other expenditure items were described per the accounts. However there was no balance sheet although the asset position was broadly

Cash at Bank £7240

Kit £400

Club Equipment £300

Two questions arising.

Loss on lakes weekend due to late cancellations. Suggested that payment in advance in full should be obtained and if a replacement found at late notice refund could be given if not payment forfeited.

Balance sheet- Questioned why there was no balance sheet as the the amounts were relatively large and the asset/liability picture should be available to members. Agreed that new treasurer would pick this up. In the interim the minutes would record (above

Also a vote of thanks was given to Chris Nolan for the excellent work done on the new web site

Election of officials

It was already known that Phil was to step down as club secretary after many years in the role and a small presentation was then made and Phil then said a few words of thanks to all and the continued success of the club.

Chairman Roy fisher proposed Cheryl

Vice chairman Jim Fedigan proposed Gordon

Treasurer Andy Morley proposed John Keyworth

Club captain Nigel Crompton

Vice-captain Gordon Schofield

Membership secretary Steve Tilby

There was a vote for club secretary/assistant secretary as below

Jo Cooke 27 votes as secretary

Andrew Sumner 26 votes as assistant secretary

They were both duly elected

There was also a discussion with regard to club fees due to the increase in fees that we have to pay to England Athletics (now £12.50)

If we did not increase then we would not be covering what we pay to the squash club

It was proposed that the fees are increased by £5.00 each to the following from 01/09/2015

Full membership to £110.00

Other membership to £40.00

It was proposed by Roy that we agree the above and it was seconded by Gordon

It was agreed by all and only 1 abstention

There was then a general discussion with regard to the charities for 2015 and it was agreed on the following

APEX as this year

Diabetic Alert Dogs

Jim gave a small chat about how this works

It was agreed that we have the above as our charities for 2015

The meeting finished at 2145hrs

