

Pensby Runners AGM - Minutes

Held at Heswall Squash Club 31st January 2020 1930h

Present

Gordon Scholefield, David Green, Andy Morley, Colin Lamprey, Nigel Crompton, Andrew Sumner, Dan Bruffell, Mike Green, John Suckley, Nigel Pratten, Patrik Corrigan, Antony Dala, Steve Roberts, Ian Chalmers, Kate Carter, Rob Chalmers, Ralph Pawling, Ben Darby, Peter Gateley, Mark Roberts, Steve Ellis, John Keyworth, Ian Shorrocks, Sue Davies, Janine Parry, Jeff Adams.

Apologies

Roy Fisher, Ruth Isaacs, Emily Astley, Mark Smith, Lesley Keyworth and Pat Peers.

1. Charity Presentation

Wirral Deaf Children's Society

For 2019 we had just one nominated club charity which was the Wirral Deaf Children's Society. The group's mission is to support deaf children and their families across Wirral to ensure they have access to and use of all information and equipment they need to reach their full potential. A large proportion of the money we donate is generated by our Seaside Run series and so this year we felt it appropriate to present the charity with £500 at our presentation evening in September. We would now like to present a further £500, making a grand total of £1000.

Our nominated charity for 2020 has yet to be decided by the results of our online poll of all members. The nominated charities are:

Claire House - nominated by Helen Watson

Running Head First - nominated by Chris Redmond

Merseyside Search and Rescue Team - nominated by Dan Bruffell

The Charles Thompson Mission - nominated by Ian Chalmers

North East Wales Mountain Rescue to the list - nominated by Andrew Sumner.

Selected: Charity for 2020 is The Charles Thompson Mission – 36%

2. Apologies

3. Minutes of the last meeting 25th January 2019

4. Matters arising - None

5. Chairman's report

As I think everyone knows our Chairman for the last 20 years has suddenly been taken ill and unfortunately, he has found it necessary to resign from his position as Chairman and so my own final contribution to the management of the club will be to chair our AGM.

Message from Roy Fisher:

"The last couple of weeks has been a bit of a turmoil for me and the family as you can expect. However we have been heartened (and tear struck I have to admit) at the amount and depth of feeling that has been transmitted to me by Facebook, email, message and visits by members of my extended family at Pensby Runners. For that we'd like to say a heartfelt thank you to all the Club. At one point I felt like a proper fell runner for once as I went downhill really fast. It has levelled out a bit now and I've come to terms with things and am now facing up to a tough uphill. Folk who know me will know I'll be giving it a good shot. Thanks again and I hope to catch you all soon – Roy"

Main report:

I would like to begin my report with publicly acknowledging the contribution our Chairman, Roy Fisher, has made to the club over the last 30+ years. He has been Chairman for the last 20 years and has been instrumental in the development and growth of the club. He has personally introduced and managed numerous initiatives, including weekend walking groups, relay teams, particularly the Cotswolds and Welsh Castles. He somehow, single handed, managed the Seaside Runs for 22 years, together with the monthly handicaps. The ever popular Tuffnutz event was the brainchild of Roy, together with the infamous Chairman's Challenge! Over Roy's tenure we have seen the club more than double its membership and become an established and respected club, both locally and nationally. Well done Roy!

In recognition of Roy's contribution to the club I would like to propose that we ask Roy to accept the position of Honorary President of the club, which would include a life membership.

No objections were raised to this proposal.

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! I am sure that the achievements of our club members will be covered in our various discipline reports but I thought I would take this opportunity to share a few of my own thoughts about the club over the last year.

During the last twelve months the club have introduced a number of new initiatives, whilst at the same time retaining many elements that make Pensby a special club to be part of. We have continued with our tough "Chairman's Challenge" every three months but this year we added the variation of an inter-club challenge with Wirral A.C. The honours were shared, with Wirral winning the men's team event and Pensby winning the ladies. Well done to all who took part and helped on a rather wet evening! The Summer also witnessed a repeat of the ever popular run to Hilbre Island, followed by a fish and chip supper. The event was so popular that it was repeated on a Sunday morning, minus the fish and chips! We once again tried to support our local environment by organising a Litter Pick Run on one of our regular Tuesday evenings. The event was not particularly well supported and perhaps we need a rethink in 2020.

Every year it never ceases to amaze me how many super human challenges some of our members take on. Whether it be ironman/woman triathlons, or multi-day events the Pensby vest has been

worn with pride. One particular challenge, however, was particularly mind boggling! The thought of running for more than an hour on the fells has always filled me with fear but to cover over 100 miles, with 23,000 feet of climbing in 36 hours is almost unbelievable, but that is exactly what Andy Sumner achieved in the Summer. The other person who never ceases to amaze me is our very own Ben Darby. As a blind runner he has competed over almost every distance this year from 5K to marathon. I once struggled to keep up with Ben in the Thurstaston multi-terrain race and couldn't believe how he successfully negotiated the terrain. A few months ago Ben also had a spell in hospital but I am pleased to report that he has bounced back as fit as ever and recently completed the 4 Villages half-marathon in an amazing time of 1 hour 28 minutes. Well done Ben.

2020 was also the year of significant change in the organisation and delivery of the multi-terrain series. A special thank you must go to Nigel for ensuring the series continued and for all the volunteers who helped to make the series a great success. I have noticed that Ralph has a little more grey hair showing through now after battling to produce the race results! I think technology may come to our rescue in 2020.

Once again, we also tried to support local charities and in addition to the Wirral Deaf Children's Society we also collected and donated unwanted T-shirts and training shoes for the Charles Thompson Mission in Birkenhead. Thank you to Ian Chalmers for organising.

One of our flagship events "Tuffnutz" was once again a great success but entries for the 2020 event are very slow in coming in so please spread the word. The Jack Lewis Trophy was awarded to Ralph Pawling for all he has done for the club, particularly with regard to supporting the organisation and delivery of the multi-terrain race series and the monthly club handicaps. The club London Marathon place was "won" by Peter Gately, who will be joining Patrick Corrigan as our official club representatives in April. I know both have already started building up the miles.

The new year has already started with a couple of new initiatives, with Jeff Adams setting up a 9 week Beginners Group culminating in a 5K Park or Seaside Run. A number of members have also signed up for Nigel's 2020 Challenge of either 2,020 miles or 2,020 km in 2020.

I look forward to 2020 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.

6. Fell Race report

2019 saw Pensby Runners take part in 20 fell races across North Wales (predominantly) and England across our Winter 2018 / 2019 League, our Summer League and our Winter 2019 / 2020 league. All told 23 men and 8 women took part in at least 1 fell race. Unfortunately, too many of them did just that – just one fell race!

The Winter 2018 / 19 season was won by David Green for the men – just wresting it away from Nigel Crompton in the final race at a cold and blustery Yr Aran fell race near Bala in North Wales as Nigel was otherwise engaged running up some mountains in a rather more sunny Andalusia. Ursula Moore also secured her win over Ruth Isaacs at the same race, the final race of the season.

The Summer fell league was won by Nigel Crompton and we had a tie among the ladies with both Lisa Grantham and Carole Morrison taking equal points in the ladies half of the league and sharing the trophy.

The current winter league has David Green in the lead with Jeff Adams coming up in second place with Lisa Grantham in first place, again closely followed by Carole Morrison.

Looking forward to 2020 we look forward to seeing many of our new members, of which we have a lot, out on the fells. It would be especially nice to see more ladies out on the fells. To this end we will be holding another Introduction to Fell Running Workshop in the spring but will ally it to a shorter, local fell race by doing some of the raining on the race course and then doing the same race a week later. We will announce this in due course.

7. Cross Country report

The XC season runs from October to March and the Pensby intra-club league consists of nine races:

- North West XC Sunday league – six races including our own Arrowe Park one
- County Championships (Merseyside and Cheshire)
- North of England Championships
- National English Championships

The 2018-19 season had 44 Pensby Runners doing at least one of these, participation is up and team spirit is good. We took it in turns to bake post-race cakes and had a successful end of season meal out for XC regulars.

We now have a Men's and Women's Cross Country shield engraved with the winner's name each year and awarded at the Christmas Party.

Rob Beech was well deserved Men's champion, winning the trophy with a race to spare and Lucy Partridge pipped Alex Royden to the Women's one by just one point.

The Club Tent has been a great addition and makes us look like a proper club at the large events as well as providing welcome shelter.

I'd like to thank the committee for agreeing to subsidise travel to the Northern and National Championships as well as paying the runners' entry fees. I was able to hire a minibus to take us to the races at Pontefract Racecourse and Harewood House in Leeds.

8. Seaside Run report

Highlights of 2019 -Gordon Scholefield

In 2019 we introduced biodegradable cups at the finish, rather than plastic sports bottles, in an attempt to reduce waste and our use of plastic. We also improved the updating of the category league tables for which we must thank Dan at Nifty Timing. Over the season we had an average of 306 runners per race, compared to 272 in 2018 and 179 in 2017.

2019 also saw our May race included in the Merseyside Road Race Grand Prix and it now looks like we have become a permanent fixture in the series. The May race attracted over 500 entries, with 445 finishers! Mark and I both ran one of the races last year and we are both in agreement that 500 is our maximum and if we reach the maximum then we will close entries.

We are attracting runners from far and wide and a selection of clubs represented in 2019 include: Datchet Dashers, Hyndburn AC, Rochdale Tri, Bramhall Runners, Macclesfield Harriers, Nidd Valley Road Runners, Llangollen Ladies, Whitchurch Whippets and Ilford AC.

In total there were 71 teams entered over the 6 races.

Our annual presentation evening was extremely well attended with over 100 attendees. At the Presentation Evening we gave out 24 category trophies and 115 Grand Prix Awards. Although the Derby Pool proved to be an improvement on Leasowe Lighthouse as a venue we still struggled to fit everyone in the room. We presented a cheque for £250 to Leasowe Lighthouse and £500 to our nominated charity, the Wirral Branch of the Deaf Children's Society.

As a result of the 2019 Seaside Runs we were able to generate a profit of £4899.48 against a profit last year of £3761.10 which is a 30.27% increase for the club funds.

Plans for 2020 - Mark Roberts

Looking to the future we are always striving to improve and with this in mind in 2020 we are planning a few new initiatives as well as keeping a lot of things the same.

We shall aim to keep entry fees the same at £5 and £7.

We will continue to offer free places to Guides and also C25K Graduates.

We plan to retain Spark Medical as our first aid providers.

We will be keeping electronic timing provided by Nifty Timing.

We are also planning to keep the format of the race dates the same i.e. the last Wednesday of each month March to August. The first race, however, will be on Wednesday 1st April, to ensure everyone finishes in daylight!

In an effort to further improve we aim to provide markers at each kilometre.

We are investigating the feasibility of introducing a team competition. We have run some preliminary results. In 2019 Wirral AC would have been top team, UTS second, Wallasey AC 3rd, Ellesmere Port 4th, Pensby 5th and BTR 6th.

We also plan to introduce some financial reward for 2nd and 3rd place and for breaking any of the course and category records.

Finally, Gordon and I would like to publicly thank all the volunteers, some of whom are not members of our club, for regularly supporting the races. Without their help the event would not take place.

We shall be asking for your help once again in 2020.

We will be asking the PROBS's for a volunteer to be lead cyclist.

We will have a Marshal rota and would like to have named volunteers in place well ahead of the race dates so please remember that by volunteering you are helping the club to remain financially sound.

We need about 10 volunteers per race plus MR and GS, this year we have had over 15 different people as marshals, of which 4 are not from Pensby.

Finally, we are hoping to combine the last race of the series with the very popular presentation night, and will definitely need extra volunteers.

Questions:

Ian Chalmers - How is the course going to be marked? – painted and movable markers – managed by GS & MR

Ian Chalmers - Venue – sailing club at end of year presentation could be used – GS has investigated this option but no response.

John Keyworth – Nearly £5,000 raised - need to make sure all of the club is aware of benefit and effort; therefore, the rest of the club should support the minority that makes this a success.

Colin Lamprey – suggestion that all members should be expected to volunteer, willing to administer.

Mike Green – We could develop an agenda based on people's surnames or similar to plan out volunteers.

Peter Gately – Challenge of making people to do something is not a popular thing to do.

John Suckley – Agreement that people accept some degree of planned volunteering.

Mark Roberts – Is working through the proposed approach to volunteering – he is also continuing to approaching people to help. Agreed with by Ian Shorrocks.

Gordon Scholefield and Ralph Pawling – Broader point around volunteers to be considered by the committee in the next meeting.

Andy Morley – suggestion that London Marathon places are only dependent on volunteering – general sense of agreement in the room.

9. Road Race report

In total 65 Pensby Runners took part in the 2019 Road League, which included a range of local fixtures from 5k up to half marathon distance. This year I added the Birkenhead parkrun as an event, along with each of the Wirral Seaside races. There were one or two people who seemed a bit confused as to how the scores for these races would be worked out but it was great to see a healthy number of people, me included, pitching up as 'guests' on Saturday mornings in Birkenhead and joining the usual crowd of Pensby regulars. The highlight of the series for me was again the Club 10 mile race, where 27 runners took part, and they, along with time keepers and marshals headed back to the club afterward for tea and cake.

in the women's league, Tracy Pennington put in a season that was both consistent and dominant, as she won by a margin of 27 points. However, the 75 points scored by Rachel Kenrick would surely have scored her top spot in previous years. She settled for second this year. Lucy Wood came in a close third. In the men's league, Ralph Pawling won by an identical margin of 27 points, with Rob Grantham in second position and Jeff Adams in third.

10. Supercup report

Once again, the 2019 Supercup took in a range of road, fell, cross country, multi-terrain, Seaside and club events. The club events, the April handicap and August Chairman's Challenge were particularly well attended. In the end, the top spots went to two runners, Lisa Grantham and Ian Shorrocks who fittingly, are well known for racing over all terrains. Lisa won with some daylight between herself and Alice Cox-Cooper, who is running some really impressive times on the road, and Ian and Jeff Adams took their competition right to the final race with Ian pipping Jeff by a single point in the end.

11. Treasurer's report

<u>INCOME</u>									
<u>SOURCE</u>	<u>January</u>	<u>February</u>	<u>March</u>	<u>April</u>	<u>May</u>	<u>June</u>	<u>July</u>	<u>August</u>	<u>September</u>
<u>Membership</u>	£ 39.00	£ 3,756.98	£ 1,755.26	£ 229.20	£ 92.63	£ 195.81		£ 38.20	£ 143.00
<u>TuffNutz</u>	£ 916.85	£ 272.16	£ 317.84						
<u>Seaside Runs</u>	£ 194.08	£ 146.49	£ 1,093.22	£ 2,114.72	£ 1,687.38	£ 1,791.67	£ 1,158.12	£ 1,535.71	£ 792.00
<u>Cross Country</u>						£ 308.00			
<u>Track Nights</u>									
<u>Christmas Cards/Raffle</u>									
<u>Christmas Raffle</u>									
<u>Collection Tin</u>									
<u>E.A Refund</u>	£ 13.00								
<u>Multi-Terrain</u>						£ 1,188.00			
-									
<u>Totals</u>	£ 1,162.93	£ 4,175.63	£ 3,166.32	£ 2,343.92	£ 1,780.01	£ 3,483.48	£ 1,158.12	£ 1,573.91	£ 936.00

SOURCE	EXPENDITURE								
	January	February	March	April	May	June	July	August	September
<u>HRSC</u>			£ 3,500.00						
<u>England Athletics</u>				£ 1,950.00		£ 180.00		£ 60.00	£ 225.00
<u>TuffNutz</u>			£ 1,623.23	£ 57.63					£ 54.00
<u>Seaside Runs</u>			£ 213.27	£ 1,460.99	£ 23.73	£ 1,205.34	£ 743.40	£ 1,417.77	£ 520.00
<u>Cross Country</u>	£ 491.27	£ 25.00	£ 280.73			£ 73.42			
<u>Domain Payment</u>								£ 57.56	£ 115.00
<u>Charity Donations</u>	£ 1,000.00			£ 50.00					£ 250.00
<u>Northern Athletics</u>									
<u>Xmas Party</u>			£ 50.00						
<u>Track Nights (Wirral A.C.)</u>	£ 326.00								
<u>Courses</u>	£ 140.00								
<u>Trophy</u>				£ 20.00					
<u>Member Adjust</u>				£ 73.00					
<u>Multi-Terrain</u>					£ 628.73				
<u>Unpaid Cheque (M/T)</u>						£ 591.00			
<u>Banners / Flags</u>								£ 561.26	
<u>Room Hire</u>									
<u>Sundries</u>									
<u>Totals</u>	£ 1,957.27	£ 25.00	£ 5,667.23	£ 3,611.62	£ 652.46	£ 2,049.76	£ 743.40	£ 2,096.59	£ 1,165.00

Questions:

Nigel Pratten – Seems like a reasonable amount to effectively manage the club.

Ian Chalmers – this is contingency so it ok.

David Green - we are slightly higher than other clubs whose balances are typically around £6-7k.

Rob Chalmers – potentially all new members should get new vest.

Gordon Scholefield and David Green – we are covering all of our UKA and Squash club etc

Ian Chalmers – challenged the cost of track nights of £326 – agreed as acceptable.

12. Membership report

Membership report:

- 168 - members in total
- 159 - 1st claim
- 9 - 2nd claim

Breakdown of figures:

- Standard (inc squash club members) - 148
- Full members - 8
- Under 25 - 4
- 2nd claim - 7
- 2nd claim & under 25 - 2

Statistics for the 159 1st claim:

- 125 over 40
- 34 under 40
- 94 male
- 65 female

We also have 24 C25k runners who will become full members for the 2020/21 year.

Question:

Andy Morley – should we have a membership reduction for over 65 – no agreement in the room.

13. Election of officers

Chairman	Proposed	Nigel Crompton
	Proposer: Andy Sumner	Seconder: Dan Bruffell

Vice Chairman	Proposed	Ralph Pawling
Proposer: Nigel Crompton	Seconder: Emily Astley	

Secretary	For re-election	Emily Astley
Asst Secretary	Proposed	Ralph Pawling
	Proposer: Nigel Crompton	Seconder: Gordon Scholefield
Treasurer	Proposed	Ian Shorrock
	Proposer: Nigel Crompton	Seconder: Gordon Scholefield
Asst Treasurer	Proposed	Kate Carter
Proposer: Helen Measures	Seconder: Rob Chalmers	
Membership secretary	For re-election	Andy Sumner
Club captain	Proposed	Andy Sumner
	Proposer: Nigel Crompton	Seconder: Dan Bruffell
Vice-captain	For re-election	Dan Bruffell
Non-Voting Member	Proposed	Peter Gateley
Proposer: Gordon Scholefield	Seconder: Emily Astley	
Non-Voting Member	Proposed	Antony Dala
Proposer: Nigel Crompton	Seconder: Gordon Scholefield	

Amendment to the above:

Antony Dala will take the Assistant Secretary role rather than a non-voting member role.

Proposer: John Keyworth Seconder: John Suckley

Non-voting member role remains open – option to fill it during the coming year.

All agree to accept the proposed en masse by show of hands.

Nigel Crompton takes over as chairman – thanks to outgoing members.

14. Motions from The Membership

a) Proposal to not affiliate to Northern Athletics in 2020

Proposer: Gordon Scholefield

Secunder: Ralph Pawling

Questions/discussion:

Gordon Scholefield – suggests alternative is the Cross Challenge – usually in Sefton Park, Liverpool – similar in prestige level.

Nigel Pratten – large amount of money for the number of individuals. Asked whether individuals could join the XC Northerns. Not believed to be allowed anymore.

Rob Chalmers – Happy as leading XC not to take part in the Northern XC race.

Ian Shorrock – does this decision preclude us from re-joining Northern Athletics – response not believed to be the case.

Vote – no objection – proposal carried.

b) Proposal to reapply to the Border League

Proposer: Colin Lamprey

Secunder: Ian Shorrock

Questions/discussion:

Nigel Crompton – committee does not object to Colin's proposal, but we need someone with commitment to lead and people to support/run.

John Suckley – Are there too many races currently – response other leagues are not too expensive.

Mark Roberts – what does it cost to join – response – unknown.

Rob Chalmers – what type of league is it – response – road during winter.

Mark Roberts - not that local and it clashes with a seaside race – response yes that is a challenge, looking at it as another opportunity.

Mike Green – Maybe this is a cost-effective road race option.

Ralph Pawling – we maybe need to understand how significant the costs and penalties are before progressing

Vote – no objection – proposal carried.

15. Presentation of Achiever of the Year Award

Achiever of the year award presented to Andrew Sumner

The achievers of the year award is awarded each year by the committee to the member they feel has achieved the most throughout the year.

This year's achiever of the year went a long way to achieve the award. On the 4th March 2019 they entered a local 50 mile ultra marathon around Chester to 'see where their legs were at' but finished in 85th position getting a gold medal for finishing in the top 100.

On the 1st May a short day out on Yorkshire 3 Peaks saw them running this 24 mile race over Yorkshires 3 mountains knocking 24 minutes off their previous best before their next Ultra marathon on the 19th May in Keswick a week after completing the tough Excalibur Marathon in North Wales. The Keswick 32 mile ultra started off with them feeling a bit rough having been chesty all week and heavy legged from Excalibur but, once started the 'dial was set to 8' which lasted the while way with a fast ascent of Honister Slate Mine included (whilst dodging a faller with blood pouring out of his head who was helicoptered off) knocking an amazing 41 minutes off a previous best and setting another PB for the year and 49th out of 175.

The next four weeks, though, saw an absence from the hills with time off due to a tendon injury and time spent in the Gym on the rowing machine trying to maintain fitness.

But, on the 19th June they were back on the hills testing out the legs with the Lakeland 5 Passes route which is 33 miles long but with 10,000 feet of climb. This was to be the 6th ultra distance race of the year so far. After that 4 week lay off it was tough and almost saw a DNF after just 8 miles but they dug in and carried on and was pleased to complete in 82nd position out of 220 starters with 6 weeks to go to the big one. The one that had defeated them a year earlier. The 105 mile Lakeland 100.

Many of us tracked this race from our armchairs over the weekend last July. Here are his own words about the event just after the finish.

"After last years DNF at 90 mile - I got to the finish line this time - hardest thing I've ever done - talk about digging in !?"

The 105 mile with 23,000ft climb ain't the real issue it's the 2 nights no sleep and 36 hrs on your feet that wipe you out.

461 started the race at 6pm in muggy heat which lasted all night - I started at the back and worked my way through the pack - by the time Saturday sunrise came I was moving really well - short pit stops & shoving food in kept the pace high - at 60 mile check point I was 5 hrs up from the year before so felt like I had it in hand but weren't taking anything for granted as 50% don't finish this race.

Next 8 hours went really well with the 50 mile runners joining in It helped with a lot of them cheering me on - I got up to 113th place and was still ticking along nicely.

90 miles in at Ambleside, the scene of last years DNF, I was 7 hrs up on the previous years' time - I started to think 'I've so got this I'm flying ! I can moon walk it from here' !

6 miles later I collapsed into the check point at Chapel Style - great help from the marshals there helped me out I was shaking & not looking good at all - I felt like my race could end here with 10 mile to go. Soup, potatoes, jellies and a hours sleep helped me out - I put all my waterproof layers on + hat & gloves and headed out into the pitch black 1am night.

I knew I had 9 hrs to finish in - a steady pace would get me there was all on my mind and a finish is a finish in this event.

3.5 mile to go and I hit rock bottom again but with no one to help me out on top of a pitch black Mountain! - 3am blurred vision , legs that couldn't bend , balance at zero % and No energy in the tank - I literally could drop at any moment- I had to focus and dig deep and I shuffled that last 3.5 mile in 2hr 47 min to the finish.

It was like a scene from a zombie film !

At the finish I was a bit gutted but I suppose I did all the hard work early on - and all I've trained for was to get to that finishing line & my goal was achieved!

I finished in 166th place out of 461 starters in 36 hrs 5 mins with a huge medal and pride.

12 months of hard work payed off with 4 hrs to spare".

This year's achiever of the year award goes to Andrew Sumner.

Meeting closed.