

Pensby Runners – Annual General Meeting Agenda

Friday 27 January 2017 – Heswall Squash and Rackets Club – 20:00

Attendees:-

Roy Fisher, Andy Morley, Rob Beech, Ian Chalmers, John Keyworth, Dom Roberts, Andy Sumner, Dave Green, Nigel Crompton, Mark Roberts, Colin Lamprey, Paul Alexander, Lisa Grantham, Jayne Price, Beccy Davies, Ralph Pawling, Alan Muir, Chris Marsland, Andy McGivern, Gary Thornton Allen, Gwyn Thomas, Sue Davies, Steve Girling

Apologies:-

Jim Fedigan, Ruth Isaacs, Lucy Partridge, Maureen Muir, Phil Aldag, Polly Williams, Nick Flynn, Alex Royden, Claudia Pagoulatou

Charity Presentations

Beccy Davies - Claire House

Andy Morley – Ronald McDonald House

Nigel Crompton – Harry's Helping Sands

Roy Fisher (on behalf of Claudia Pagoulatou) – Merseyaid

A brief indication of the focus of each charity was provided as well as a practical example of how funds would benefit each individual charity. There was also a confirmation that Rob Beech was individually raising funds for Ronald McDonald House.

There was a discussion between members about whether to provide charity support on a 100%, 50%, 75% or 25% basis to each charity. It was agreed by way of a vote with 12 in favour that the charity donations should be split between two on a 50/50 basis. There is of course nothing preventing donations for other charities.

There then proceeded to be a vote to determine the two charities. The voting figures were as follows:-

Harry's Helping Sands – 17 votes

Ronald McDonald House Arrowe Park – 15 votes

Claire House – 13 votes

Merseyaid – 1 vote

The two nominated charities for 2017 are therefore **Harry's Helping Sands** and **Ronald McDonald House Arrowe Park** on a 50/50 basis.

Minutes from 2016 AGM

Accepted as a true record, proposed by Chris Marsland and seconded by Nigel Crompton

Matters arising from 2016 AGM

Ian Chalmers raised the question of whether a Facebook poll had been undertaken to ascertain the source of new members. This has not been done.

Ian Chalmers also queried the status of non LIRF/CIRF recognised individuals leading runs. It was confirmed there the club insurance provides cover however the use of LIRF/CIRF qualified people is done for credibility and good practice.

Chairman's Address – Roy Fisher

Confirmation given that the club is flourishing with significant new members again. The events undertaken are diverse including the various club leagues, handicaps, supercup, family runs as well as those done in smaller groups.

The online membership system has been a success but will be migrated to another provider to make things even more efficient.

Track nights have been reintroduced, there are new LIRF's, two mental health ambassadors , Nigel Crompton is the new Merseyside Fell Secretary and a new team of Gordon Scholefield and Mark Roberts are taking over the Seaside Runs.

Charitable donations were again made including £250.00 to the Lighthouse. The club celebrated its 30th anniversary and also implemented a barcode timing system. The club is shortly to acquire a shipping container to store the increasing amount of paraphernalia.

There were numerous individual achievements too vast to mention. There were particular thanks to Chris Nolan, Jim Fedigan and Dave Green for their various endeavours.

Treasurers Report and Accounts – Andy Morley

A summary was given as per the statement of accounts provided at the AGM. The accounts were proposed as correct by Ian Chalmers and seconded by Andrew Sumner.

Membership – Andrew Sumner

The club as it stands has 189 members, 153 being registered with England Athletics with the rest being social members or second claims.

Fees/Succession Plan – David Green

David advised members that having scrutinised the accounts the club was not operating profitable nor was it meeting base membership costs. England Athletics fees are to increase by £5 in the next few years and membership fees of £40 and £110 do not promote a healthy financial position.

There have been comparisons to other local clubs and it is established that £51 and £138 would be the most appropriate pricing structure for memberships.

Queries were raised from numerous members about the cost of utilising the Squash Club and it was agreed that the committee would investigate alternatives and would then consult with the Squash Club with a view to negotiating a better deal.

There was a vote for increasing the membership fees to those specified above with the results as follows:-

In favour – 15

Against – 2

Abstentions – 3

The vote to increase membership fees was therefore approved.

David then also summarised the embryonic succession plan to circulate the committee and ensure more people are involved. This is still in the planning stage and is not yet ready to be put to the membership but it is useful to identify that this is being considered.

Cross Country – Dominic Roberts

General review of the season so far, noting the good participation from the club. The issue of perhaps severing ties with Birkenhead AC was raised but no definitive answer given.

Fell Running – Nigel Crompton

Male and Female league trophies were presented to Andrew Sumner and Lisa Grantham respectively.

The club are looking to field a team in the inter club fell event which will take place in Llanberis.

Road League – Mark Roberts

Confirmation that the female league was won by Tracy Pennington and the men's by Simon Rogers

Seaside Runs – Mark Roberts

General narrative about the changes and structure for the events as set out on the Internet previously.

Supercup – Nigel Crompton

Confirmation that the supercup was awarded to Andie Gow who completed 100% of the races.

The supercup was not felt to have been as successful as the previous year and it was suggested that this was because once people were eliminated there was no incentive and Nigel has also been busy with his business endeavours.

There will be significant changes for the 2017 supercup with no disqualifications but incentives for participating in various events.

Election of Officials

The committee were re-elected without the need for a vote with the exceptions of Simon Rogers and Rob Beech who had both resigned.

Chris Marsland was proposed by Joanne Cook and seconded by Rob Beech for the position of Club Secretary and this was approved by the membership.

Jayne Price was proposed by Alex Royden and seconded by Rob Beech for the position of Vice Captain. Again this was approved by the membership.

Achiever of the Year

This was awarded to Andrew Pettitt.

AOB

Ian Chalmers expressed gratitude for the hard work of the committee.

Meeting closed at 21:40

Section Reports

Treasurer's Report (separate document)

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Fell report – Nigel Crompton

The year started with the culmination of the 2015 / 16 winter season with Y Moelwyn race at Blaenau Ffestiniog. For the first time in quite some time I actually won that race and secured the winter league trophy. Paul Challender was second and Kev Charleston third. Lisa Grantham finished the league easily ahead as the Ladies winner followed by Ceri Baker and Louise Waywell in joint second. We had 31 Pensby runners in that winter fell league which is good for a winter league. This included 24 men and 7 ladies. Shame we can't get more ladies out during the winter fells but the season did see new appearances by Jayne Price and Alex Royden as well as Tracy Pennington in her first AM race.

The Summer league culminated with the Gladstone fell race at Penmenmawr. Andy Sumner was leading the men going into the final race and Alex Royden leading the ladies. Both only needed to show up to win. Ralph Pawling and Lisa Grantham were both ready to steal. Andy turned up and won the men's summer league but Alex by her non-attendance forfeited the ladies title to Lisa. Altogether 24 Pensby runners took part in the league.

We are currently half way through the 2016 /17 winter league with Long Mynd next on the 5th February.

Since my appointment as fell secretary to Merseyside County Athletics since the sad passing of Leo Carroll we are looking forward to the country fell championships moving from Rivington Pike to a race more representative of selecting a county team and hopefully we can get some Pensby representation into that county squad.

Supercup report – Nigel Crompton

In the second year of the Pensby Supercup Trophy it could be argued that it was not as successful as year 1. I feel there were different reasons for this a) I don't believe that I was as 'on it' as the previous year. Announcing races, publicising the events, attending races as a competitor, getting the results out and so on. b) perhaps the rules which meant that people were eliminated if they failed to achieve attendance at the requisite races meant it was too hard. In the end only 3 men – Andie Gow, Dom Roberts and Gordon Scholefield still qualified at the end of the year and no ladies

This is not to diminish Andie Gows achievement who takes the mens title of Victor Omnium for 2016 having completed every single Supercup race and in the absence of any female qualifying (although it only took Tracy or Alex to have completed one more race to have qualified and thereby won) it was awarded to Lisa Grantham who accrued the most points..

For the 2017 Supercup then

..... to decide the men's and ladies' Victor Omnium for Pensby Runners. The best runner over a full range of the running disciplines that we cover. This year the points are a bit different to previously with an emphasis on incentivisation rather than disqualification.

First man home and first lady home get minimum 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.

In addition, if an athlete completes in at least one race in each category they will receive an additional 10 points.

Also, if an athlete completes all 10 races in the Supercup they will receive a further 10 bonus points.

Competitors can take part in as many or as few Super cup races as they wish. They need not race in each category (Categories are : Fell, Cross Country (XC), Club, Road and Multi-terrain. There are two races in each category. There are no additional

races selected for the Supercup. All races are selected from existing leagues. You have to be a fully paid up member (1st or 2nd claim) of Pensby Runners to take part. The wearing of the Pensby vest is mandatory (with the exception of 'fell' category where it is preferred and 'club' races where it must not be worn) or the internal club events where it must not be worn. You must be eligible to run for Pensby in the race.

We will finish with the 10 mile road race in October which is also the culmination of the road league and then drinks in the bar afterwards and, maybe some food, too.

Cross country – Dom Roberts

I'd like to start by thanking Gordon for his contribution in previous years to our cross country teams. He drove up participation and ensured those attending were well looked after and had a positive experience. This season we have continued to build on these foundations 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 2, in both gents and ladies competitions.

During the 2015/16 Season, Pensby Runners competed in:

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 10th of 20. Ladies 5th of 20 in the leagues. Thank you for all who took part in organizing, marshalling and catering for our own Arrowe Park cross country.

County Championships (Merseyside/Cheshire). This season Louise, Roy, Patrick and Andi picked up medals in the age categories at Merseysides. Last season Sarah qualified again to represent Cheshire at the Intercounties, but didn't take this up as she was of course expecting number 3.

North of England Championships which last year saw some of the most testing conditions on a tough course up at Blackburn. And tomorrow we have 24 entries at Knowsley safari park.

National Championships. Next month we will be running in the English National Championships, which this year are held in Wollaton Hall park, Nottingham. Again we have good support with 19 entries and it promises to be another exciting day out and testing course.

In our own cross-country league, made up of 9 races, 23 men and 10 ladies have competed this season so far. Last years overall winners were Lucy Partridge and myself. This season Lucy and Lisa look to be fighting it out and there is an interesting battle in the gents league between Alistair and Ralph. Lisa has always put in solid performances in the league races often finishing in the top 10 and a special mention for Rob Grantham who was our first ever winner of an XC race at Beacon Park in November. The club is certainly getting noticed.

Future

I would certainly like to increase numbers taking part. So if you've tried it before – come back and if you've never done it since school, give it a try. We run as team and there is always plenty of support and of course cake.

Improve on league position. We have a good core of XC runners and if we put out our best sides we can compete for top 3 placing in both ladies and mens leagues.

End our partnership with Birkenhead RC. We have always put on a team, often 2. They have very few runners taking part, only 1 runner at Otterspool. I will consult with the committee and XC runners to gauge opinion. A decision will be taken before July. If you have strong opinion either way on this let me know.

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 for the last race of the season on Sunday 19th February, at Forest Park, Birchwood.

Road Race League – Mark Roberts

Just for anyone new, it really does do what it says on the can, i.e. there are 12 races, on roads, (surprise, surprise) from March to October and points are awarded for your position in each race.

There is a league for Ladies and one for Men.

In the 12 races in 2016 – (16)21 ladies and (29)31 men ran in at least one race.

The most popular race was the Wirral half with 20 Pensby Runners, Second was the July Seaside Run with 18, 3rd Birkenhead 5 mile with 16, 4th April Seaside run with 15 runners and the Rock and Roll Half was 5th with 14 runners.

The least popular races were Lancaster 10 mile and the Colshaw 10k with 6 and 8 runners respectively.

So the popularity of a race has very little to do with Race distance or money, with the 2 longest and most expensive races of the 12 in the top 5.

I feel it has much more to do with the distance to travel to the race and also the time of the race.

The Lancaster 10 mile was the least attended race, it was one of the cheapest however it was on a Sunday, was a 90 minute car journey each way and a start time of 11.00 am so we weren't back with our families until after 2.00pm Despite Rob Grantham and Simon Rogers flying around the course, obviously in a rush to get home.

It is a nice race, friendly people and well organised, good parking, etc etc, just too far away.

So for 2017 we have kept the races as local as possible, more of that in a minute

So to the actual races...

In 2016 the Ladies League was won, for the **third** year running by Tracy Pennington, who had competed in 11 races and picked up the 10 bonus points. Making a total of 137 points that is a record points score.

Once again it was a very close finish in the Ladies league with Alex Royden only 9 points behind and it came down to the last race at Farndon for Tracy to get her 10 bonus points.

Vicky Ford , Lisa Grantham and Emily Astley all did well in the second half of the season, too little too late though.

So Congratulations to Tracy for retaining the title yet again.

I am looking forward to 2017, some of the new members joining in, and Vicky, Emily, Lisa putting in a full season to give Tracy some competition. Although Alex Royden is the lady to watch she has run really well in her recent races.

The Men's league was won by Simon Rogers, regaining the title after one losing it for one year, he won in fine style winning 7 of his 9 races, and just like the Ladies league, it came down to the last race at Farndon. The 10 bonus points meant he was 12 points ahead of Andie Gow.

Congratulations to Simon, well done.

Andie had a great series of race, wining his category in a number of races and was the front runner in the league for most of the season, Well done Andie great fight.

Gordon Scholefield had a very good season competing in 9 races and 3rd in the league.

Dom Roberts was doing soo well, then was completely distracted and dropped to 4th.

Chris Marsland was 5th and I think we will see more of him this year.

A big thank you to everyone who ran in these races and make the event an enjoyable experience, Pensby Runners do enjoy themselves so thanks to Mandy, Lucy, Sarah, Debbie, Wendy Colin, Paul, Jeff, Alistair the Chalmers! and many more . Thank You

We have announced a few changes for 2017

Only 10 Races – No Seaside Runs

Local Runs – Furthest is Farndon

More Prizes

Also the Grand Finale on Sunday 19th November ..

Because we struggled to find a 10 mile race locally we are going to have a 10 mile race here at the Squash club, as the final race of the series. It will also be the final race of the Supercup and we plan to have a “bit of a do” at lunchtime to awards the prizes there and then.

We are hoping to have a really enjoyable end to the series for the whole club to join in. We will need Marshalls etc,

So the league has got off to a flying start with 38 runners in the 4 villages.

The next run is the High Legh 10k on Mar 5th

Seaside runs – Mark Roberts

This race series has been in place since early 80's with 8 races in 2016 from March to October.

It is an incredibly popular race with a number of very loyal runners who clearly enjoy the “dash along the prom” in any weather. Wind in any direction for or against. Jim and Phil have done a great job this year and indeed over the last 4 years, the races are really well organised, extremely well received and a great sense of community is always present.

We have had an average of about 125 runners per race, with a max of approx 170 and a min of approx 80

There is a good Facebook presence with over 450 followers

There is a prize for the Lady and Mans winner of each race.

A Grand Prix Trophy for completing 6 out of 8 races has been very popular with over 30 given out this year

The race is run by our club and a lot of money is raised for charity, including the Lighthouse trust and also makes a good return to the club.

All the marshalls are Volunteers and give up their time to make this happen, a big thank you to all who have helped and given their time so selflessly.

For 2017 Gordon and myself are taking over the organising of the race and as I am sure you are aware have made a few changes.

There will only be 6 races this year on the last Wednesday of Mar, April, May, Jun, Jul and Aug, Clashes with Sept and Oct

Gordon is away at the moment, however he has done an excellent job getting so much organised before he left for his holidays.

The course has now been measured to 5k

We have the UKA licence and WBC have also confirmed all is OK the dates are now confirmed

We intend to have more prizes this year and the Grand Prix prizes will definitely be retained.

The Entry price will remain the same at £3 and £5

We are also hoping to run a league table for runners and record PB's etc

Volunteers – This is a request to all members of the club, this race cannot happen if we don't get volunteers. I will be putting up rota for volunteers

This race puts a lot of money into our club and we will continue to make a donation to the Lighthouse.

However Gordon and I will not be making the decision about any gifts to charity. All the proceeds after expenses will go back into the club for the club committee to make the choices.

We hope the changes will increase the number of runners and increase the income for the club as well as making the Seaside run Experience even more enjoyable and rewarding.

Gordon and I really do need your support though as runners and as volunteers