

MINUTES OF THE ANNUAL GENERAL MEETING OF TRENT PARK RUNNING CLUB

HELD ON MONDAY 28 OCTOBER 2019 AT SOUTHGATE HOCKEY CENTRE COMMENCING

7.30pm

1. **Apologies for absence** – David Arnold, Emily Clarke, Janet Clarke, Steve Clarke, Christine Hawker, Jill Jex, Trevor Jex, Jason Maloney and Andrew Ryde.
2. **Minutes of the AGM held on 29 October 2018** – Approval was proposed by Geoff Harris and seconded by Colin Thurston. The minutes were agreed.
3. **Matters arising** – there were no matters arising that would not be dealt with in the current meeting.
4. **Honorary Chair's Report** – Chas Taylor

Introduction Welcome and thank you for giving up the time to attend and play your part in the running of the Club.

Personal I am delighted and honoured to be Chairman of this great running club. I work hard at the role but am pleased to do that to make the Club as great as it is for all our members. I have thought for some time that a new approach from a new chairperson might benefit the Club but if you still want me I am very happy to carry on.

Overview The Club is very strong offering a wide range of activities for all requirements, financial strength, competitive success, great facilities and location and great social atmosphere.

Committee The Committee we have in place is brilliant. They all work very hard in spite of demanding careers and family lives. Don't forget they are volunteers giving up their time for your benefit. The fact that they work so hard and well makes my job so much easier. I don't really want to pick out individuals but James Joy is involved in so much, often hidden.

Aspects of Club Life

- a. **Beginners** Another great batch of Beginners this year. This was the 10th year of the Beginners Course. Congratulations to Trevor Jex and his helpers Chris & Miranda.
- b. **Juniors** We have moved on from the era of Jan Bowman and the team led by Peter Ley have made a great transition to the new environment. They still need more leaders/coaches particularly so that they can bring in more younger recruits.
- c. **Coaches/Leaders** There are some fantastic coaches and leaders in the Club. We are very grateful to them. We need more. We are trying to bring all the accreditations up to date. We also need them for the Juniors as mentioned above.
- d. **Competitive Side** Another successful year, Adam will give details. We have been hit by some significant long term injuries but some strong recent new recruits. After a period in the doldrums we now have a stunning ladies team. We have had a number of new Club records including Roisin Keohane at 14.
- e. **Social Activity** Kath Sinnott and her team have done very well organising social events but have not always had the support. We are a great social and party club please support the events organised especially the Dinner & Dance. Also special thanks to Sally Minks for her contribution to our social life.
- f. **Triathlon** Good team led by Anthony. Growth in interest looking forward. Aquathlon was a great success and we must keep it going.
- g. **Volunteering** Very happy with the way members respond but there are still some that never volunteer. We had 100+ at Triific Trail, we need 50ish for 1st December

cross country (offers to Peter Goldfinch). We always get plaudits for our volunteers. Thanks go to Matt Burn for Handicap volunteers and Chris Prescott for Triffic Trail.

- h. **Triffic Trail** Another fantastic success. See Alan Collingbourne's report below. Alan will again be Race Director for 2020 (21st June) but has decided that will be his final hooray. We are currently looking for someone to shadow Alan with a view to 2021.

Triffic Trail 2019

This year we had over 650 paid entrants and a record 571 race finishers. The event would have not been as successful without the help and support from our Main Sponsor, Chamberlains Estates, all of our other sponsors, the Team Leaders, 90+ volunteers and club runners on the day. A big thank you to you all for making it a huge success and a great advert for the club. At this year's event we reduced our use of Single Use Plastic and were more joined up with the Junior TT. There were some rising costs, extra t-shirts to buy & goody bags to fill but we still managed to make a 'profit' of £4066.27p. From that sum the Committee kindly agreed to donate £1400 to our 3 nominated charities of The Nightingale, Chickenshed and the WRAS. Mustafa Ibrahim applied to get 'match funding' from Barclays Bank but they proved to be very inflexible and it hasn't worked out (yet!). Thanks to Mustafa for trying so hard. Planning is already underway for next year's run, which is on Sunday 21st June. Entries will open in early January. See you all there. Alan

- i. **TP News & Park Life** TP News takes time but hopefully is still useful and read. Park Life is an embarrassment that has not been published for some time. This will change.

Berkeley Homes We have a good relationship, particularly over arrangements for races. We do need to develop a longer term relationship probably with the management company who will be running the estate in the longer term.

Southgate Hockey Centre We have a good working relationship. They have asked to reintroduce a formal written agreement which hasn't been in place during my time in position. We were given a copy of a document in place before my time. I reviewed this with the support of Robert Pick and Robin Tremaine and went back with a number of changes. We have heard nothing since. I am happy with a gentleman's agreement. One part of that agreement was an increase in the amount we pay from £90 per senior member to £92. This has remained unchanged for 7 years. We accepted this change. The new overflow car park is a major step forward especially when we have a race in Trent Park.

Summary The Club is in a strong position with a dedicated committee. We offer a wide range of running and other activities to meet the requirements of all our membership. There are a number of things on the horizon but we are geared to go from strength to strength.

5. **Honorary Treasurer's Report – delivered by Chas Taylor on behalf of Jason Maloney**

Jason sends his apologies for his absence.

Firstly, Jason would like to thank all committee members who have helped him in his duties over the last year. He would also like to thank all the Trent Park members who have paid for expenses personally for their patience in being refunded. Lastly, he would like to thank the former member, Andy Andreou for helping in preparing the accounts.

Turning to the accounts for 18/19, and looking at the Balance Sheet, you will see the following:

- Cash at bank as at 31 March 2019 totalled £61,581, however please note that as at that date, there were accruals (i.e. liabilities incurred but not paid or cash received not relating to 18/19) which totalled £9,647. This figure includes rent totalling £6,199.
- A truer reflection of the financial health of the club is reflected by the reserves which totalled £55,550, an increase of £1,222 from last year. This figure represents the surplus of the club in the year ended 31 March 2019.

Turning to the Profit & Loss accounts, you will see the following:

- The profit figure of £1,222 has been split as follows:
 - A loss of £1,661 attributable to the seniors' club activities
 - A profit of £2,882 attributable to the juniors' club activities
 - The above is based on most shared costs for seniors and juniors being allocated to seniors where there is no obvious rationale for apportionment
- The profit figure for the last year totalled £8,584, and thus the profit for 18/19 decreased by £7,362
- Broadly the main differences between this year and the previous to account for the decrease are:
 - A decrease of total income for seniors of £3,705
 - A decrease of total income for juniors of £1,529
 - An increase in URN costs and race related costs of £1,082
 - A write off of old triathlete kit costing £987
 - An increase of coaching/training costs across junior and senior activities totalling £1,165

So, to summarise, club income has continued to exceed expenditure, however lower income and increased costs have reduced the profit made by the club to £1,222. The club enjoys reserves of some £55,550 that acts as a buffer should there be increased expenditure in the future.

6. Membership Secretary's Report – delivered by Chas Taylor on behalf of Christine Hawker

It has been an interesting introduction to the life of managing the Club's Membership system. I have also taken on the process of registering the Unique Runner Number (URN) with England Athletics which was previously managed by Malcolm Allen. Thanks must go to James Joy for developing our Membership Management System and for sorting out numerous anomalies and difficulties with the system. Although the system is fairly easy to use there were some interesting ways that people found to give me some challenges. For those that enjoy the numbers I show below the membership under each category at the end of the membership year ending 31st March 2019 and where they currently stand:

End of Year 2018/2019		Current 28/10/19	
Senior	316	Senior	290
Beginners	15	Beginners	14
Students	16	Students	20
Social	12	Social	12

		Swimming	7
Juniors	146	Juniors	115
Honorary	3	Honorary	4
Total	508	Total	462

There have been 35 new members this year (including a few old members returning).

We have registered 101 URNs for this year (April 2019 to March 2020)

7. Club Team Manager's Report – Adam Bowman

Stood here 2 years ago and told you we'd build a winning women's team, beyond my expectations.

Massive thanks to Zoe. Also Paul Carl and Scott

Back to XC effectively 12 months ago. Nice transition moving away from Chingford League (CL) and focusing on Metropolitan League (ML) and Sunday League (SL).

TP running the ML. Massive thanks to Mum, James and Charlie. Joined in 2015 so our 4th season last year and 5th this year, effectively running the whole thing.

Really found our feet here now and established team within the best XC league in the country.

Seniors – 9th in Div1, relegated but saved by a change in the rules. Hit with injuries, common theme for us in the past 12 months. Vets 3rd for the season, very good, were in with a chance at one stage.

Both teams in Div 1 19/20 season.

Individuals – Charlie 3rd V40, Carl 5th, Scott 3rd V45

Women – Senior Div3 winners, Vets were 2nd in Div 2. Vets now in Div1 and Seniors in Div2.

Individuals – V40 Fiona Hathaway 4th and Zoe 5th

Sunday league – always very fruitful for us historically and this year no different

Mens – A team winners, B team winners and Vet winners. Clean sweep

Individuals – Jim Arrowsmith 5th senior, Charlie 1st V40, Scott 5th, Mick O 5th V50, Robert Pick 3rd V60, Chas 1st V70

Women's – A team 2nd, B team 3rd, masters 4th. Combined winners for the season.

Individuals – Emma 1st Senior, Anja 2nd V35

Overall for XC pretty good for us, both men's team in Div 1 and both women's team promoted in Met and good collection of SL trophies as usual

North London champs – first time we've entered this so not too sure what to expect.

Men – 3rd in overall and 1st in Vets.

Individual – Charlie won V40 but we had him down as a senior by accident, Carl and Scott?

Women – 1st in overall

Midweek league – very good in past few years, competitive league but we're right up there at the forefront

Men – 4th in Seniors and 2nd in Vets. Vets ok as NHRR very strong, but seniors really disappointing. Hit by injuries (Charlie, Paul, Ricky myself for example)

Individuals – Carl 4th V40, Scott 5th, Del 3rd V50, Stuart 5th V50, Robert Pick 1st V60, Ray Clarabut 1st V70, Robin 3rd V60, Chas 2nd V70

Women – 1st in Senior and 1st in Vets, outstanding.

Individuals – Emily 1st Senior, Cyn 3rd, Anja 2nd V35, Zoe 3rd V35,

Combined – 2nd in overall and 1st in Vets

Women 1,2,3 at TP with Katie winning was another outstanding performance

Overall – women fantastic, the place the team is in now is ridiculous. Again, if I said 2 years ago they'd win the overall and vets in MWL, no chance. Take out Emma and Jess as well.

8. Coaching Coordinator's Report – Paul Ward

Over the past 12 months the members of the Club have had the opportunity to follow a structured training program for:

- Beginners Course
- Winter Cross Country League
- Summer 10km Mid-week League
- Various Half and Full Marathons

On club nights we are able to support all abilities with a small but experienced group of leaders. The number of club members attending the Track on a Tuesday has grown and we regularly support 15-20% of the Adult membership, which is really positive and adds great value to your club membership.

At the weekends we now have the benefit of Bodylogics warm-up and conditioning sessions provided by Jason Dodd on a Saturday. These are very well attended and a welcome addition to the club's activities. A number of Hill Sessions for the whole club have also been organised on Saturday's and I believe enjoyed by all.

It is also good to see the increased use of Social Media to organise Sunday runs, which I'm sure new and old members will benefit from as runners prepare for their assault on the Spring Half and Full marathons.

Over the next 12 months I would like to improve the number of qualified Leaders and Coaches within the club. At present, we have 15 qualified Leaders/Coaches with an up to date DBS. There are several more members who are experienced at leading groups that could become qualified and therefore covered by the EAA insurance.

Robert Pick has completed some work on this already and we will be communicating further on this matter shortly.

9. Junior Section Representative's Report – delivered by Paul Hart

We currently have 115 junior members compared with 146 as of 31/3/2019. This year's strategy is to reduce group sizes to ensure better and safer coaching. 42% of the current membership are girls and 58% boys. We are currently operating waiting lists for the U11 and U13 age groups whilst we source additional coaches. There are approx. 25 children on the waiting list.

We currently offer 3 sessions per week. Saturday morning social run for all and invitation only track (Tuesday) and Club runs (Thursday) for faster runners.

The club competes in two Winter cross country leagues and one Summer track and field league. The coaches are actively trying to increase participation in cross country events. At present approx. 25% of the membership is competing. This is considered too low.

Particular recognition was made of the achievements of Roisin Keohane (800m ladies club record) and Alessio Ferrari (consistent top 10 finishes and outstanding effort).

Thanks were given to the chairman, coaches, parents and TPRC administrators for their support

10. Communications Officers Report – James Joy

My main focus has been the completion of the website so this can become the central hub for information rather than being dispersed across TP News and various forms of social media.

The website was finalised in January and since then we have made a number of improvements and in the summer we changed the photo gallery to make it far easier to display photos on the site. These pages are the most popular pages on the site. The website now receives over 12,000 page views per month and around 60% of this traffic is from mobiles and tablets.

With the major works on the website complete I have been focusing on building our social media activities, which was particularly important for spreading the word about the Triffic Trail to runners as well as retaining and attracting new sponsors. These posts seemed to do the trick as we had the biggest entry field we have ever had.

Currently, for the Trent Park RC social media, we have 696 followers on Facebook, 618 on Twitter and 315 on Instagram. For the Triffic Trail for which we run separate accounts, it is 345 on Facebook, 139 on Twitter and 182 on Instagram.

11. Social Secretary's Report – Kath Sinnott

It has not been the most blistering of years for formal social events the Club to be fair – I think we'll just blame Brexit!

We held a Caribbean Night at Enfield Golf Club in March. Whilst not massively attended and ticket selling was quite hard work, on the evening, it was great fun. We arranged for authentic Steel Band Players who lent brilliant atmosphere and the opportunity for some limbo dancing. The DJ also provided lots of Caribbean inspired floor fillers which had everybody up dancing.

This event followed a now-tradition of themed evenings – we have not yet planned a booking for February/March 2020 but any suggestions will be welcomed.

Sally Minks arranged a fabulously entertaining Quiz Night at Enfield Golf Club in May which was well attended and a good time was had by all. We would like to thank Sally for all her fundraising efforts this year (together with all her helpers) and reiterate the wonderful generosity of the club members and their willingness to bake and eat cake for a good cause. All Sally's activities were in memory of her good friend Susanna, who was also a member of the Club, and we know Sally is planning to continue her efforts into 2020.

The summer passed by in a flash and whilst there was talk of a repeat of the successful BBQ of 2018 and possibly a Brunch, I'm afraid neither came to fruition.

So here we are in the final quarter of the year – we are currently in the throes of the organisation of the Annual Dinner Dance which this year is a Black Tie event celebrating the 35th Anniversary of the Club's formation. It is to be held on Saturday 23rd November 2019 at Hadley Wood Golf Club and promises to be a classy evening. Despite publicising regularly through TP News and various WhatsApp group, we really need everyone to come forward as soon as possible to confirm their places. We will be selling tickets at the Halloween event and, following that, will need to make a decision on whether we open up sales on a wider scale to friends and family.

Talking of Halloween, the annual festivities are planned for Thursday evening followed by Pizza in the Clubhouse. Please confirm your attendance with any of the Social Team or through Facebook Running Buddies so that we can make sure we have enough pizza!

Finally, we will round off the year with the Christmas party which is planned for Thursday 19th December and the Xmas Fancy Dress Fun Run on 21st December – I believe the theme is still to be decided. Once again, the Xmas Party will be an opportunity to dress up and get together before the festive season really kicks in. The plan, as previously, is to bring along savoury and sweet dishes and details will be out soon.

As a team, we will be discussing ideas for next year – as I am sure you are aware, it takes quite a bit of effort to organise events and we do see that it is important for the club to have fun times as well as competitive times. Please feel free to let us know if there is something you think would be a great event or activity.

Once again, I would like to say a big thank you to my lovely band of Transformer colleagues who always step up with help, support and general merriment to make sure the events go with a bang.

I would also like to thank everyone who has attended the events and helped to make them successful.

12. Handicap Organiser's Report – James Joy

At the beginning of this year's season, a few changes were made. Firstly, we dropped the guest fee. As it was not exactly a major income stream and it was felt that it would encourage more guest runners to the club.

The second change was the way the improvement was calculated. Rather than a straight time improvement, which advantages runners with slower times, it was switched to a percentage calculation, improvement divided by handicap time.

We also changed the point calculation for the series to be 10 of the 11 events in the series.

Lastly, we merged the juniors and senior handicaps. This was to allow the junior section to adopt the same system, but also had the advantage the seniors and junior sections get to run together at least once a month. However, with clashes with the Juniors North West London League, we have had to run a few of the races separately.

The construction works have not made running these events easy. However, Berkley homes have been fairly accommodating, allowing us to run through the construction site on a couple of occasions. However, an incorrect measurement of this section, lead to the rescheduled May handicap coming up short, so we removed the points from this race, thus the series is now best of 9 of 10.

Currently, we have 475 people registered to run, 354 seniors, of which 91 are guest, and 121 juniors. In total 302 people have run one or more races. The average attendance each month combined is 102, with an average of 62 seniors and 50 juniors.

We are currently trialling some new software for next year to make timing and recording the race results easier. This uses a mobile phone to record the times, and another mobile or tablet to record the numbers. These can be published live so people can check their times immediately after finishing. This also allows a race to go ahead without me as the software can be downloaded to most mobile phones.

I will be doing some further work with this over the offseason to integrate the two systems to work together.

I would like to thank the small army of volunteers that turn out every month sometimes in terrible conditions and do everything from setting up the course to clearing it down. In particular Matt Burns who manages this small army.

13. Triathlon Section Representative's Report – Anthony Plewes

Team spirit

Small but enthusiastic group

Build team spirit with regular socials and WhatsApp group

We had a good number of new people trying out triathlon for the first time this year and who will be continuing through to next year

Championship

Championship plan to get people to sign up for the same races and compete against each other

Around 20 took part overall

Successful on the men's side where Luke Bowie won the inaugural championship.

On the women's side it was less successful as fewer signed up for the championship races.

We will continue in 2020 – the races will be chosen through a voting process, and this will happen later in the year when more races have been announced. More enthusiasm on the women side – so optimistic.

One of the races will be a weekend away – which we did this year at Holkham half ironman, with nearly 10 racers – with several of us camping.

Other racing

A few fantastic Iron distance successes this year. Bolton, Barcelona and Copenhagen in 2019. More people signed up again in 2020.

Team kit

Key thing for next year will be to get more people in our team kit. We have some men's large kit in stock, and we will be putting in an order for more kit – including women's kit soon.

Swimming

Continues at Furzefield Mon 9pm and Queenswood Sat 7:30am. Both sessions well attended. Will continue into 2020. Over 20 for Queenwood, and around 15 for Furzefield.

Open Water swimming

Good group going to Blue Lagoon, which we want to continue for 2020. Merchant Taylors is the main alternative. The Blue Lagoon crew team helped fix the access road to the site, which went down very well.

Aquathlon

We revived the Aquathlon this year at Furzefield and we got a great turnout from the club. Great turnout from juniors as well. Thanks for their support. Planning on doing it again in 2020. Probably in May this time.

Duathlon

We did the Mince Pies Duathlon this year but won't do it next year as I am away. The event will continue under another club.

14. **Presentations**

The Ralph Martin Trophy will be awarded in the near future.
The Pig was awarded to Anne and Martin Lippitt.

15. **Election of Officers**

The current Committee have all agreed to stand for another year. There were no new nominations. A block vote was taken and the Officers were duly elected as follows:

Chair – Chas Taylor
Honorary Secretary – Robert Pick
Honorary Treasurer – Jason Maloney
Membership Secretary – Christine Hawker
Club Team Manager – Adam Bowman
Junior Section Representative – Phillip Ley
Communications Manager – James Joy
Triathlon Representative – Anthony Plewes
Social Secretary – Kath Sinnott
Coaching Coordinator – Paul Ward

16. **Motions: Constitution Changes**

The committee has submitted the following proposals:

Proposal 1

That the club constitution be amended to allow for the appointment of an Assistant Chair to the committee.

If accepted Section 5 Management of the constitution would read:

The management of the club is vested in a Committee consisting of Honorary Chair, Assistant Chair, Honorary Secretary, Honorary Treasurer, Membership Secretary, Social Secretary, Coaching Co-ordinator, Communications Officer, Club Team Manager, Triathlon Section Representative and Junior Section Representative, all of who are to be elected annually and up to two general committee members who will be co-opted by the committee as required.

The proposal was unanimously accepted.

Proposal 2

That the club introduce an additional membership category of second claim membership.

If accepted the following would be added to Section 7 Membership Fees.

Second Claim Member. To qualify as a second claim member, the member must

- a) Have a first claim membership of another club affiliated to England Athletics;
- b) Be approved by a sub-committee comprising Chair, Team Manger and Membership Secretary;
- c) Agree to pay the second claim membership fee.

The proposal was accepted with one abstention.

17. Any Other Business

None

The meeting closed at 21.05.