

**Dulwich Runner Athletic Club**

**Annual General Meeting**

Wednesday 19 April 2023

Edward Alleyn Club

83-85 Burbage Road

London, SE24 9HD

**MINUTES OF AGM HELD ON 19 APRIL 2023**

1. **Apologies for absence**

There were apologies for absence sent by Clare Wyngard and Mike Mann.

1. **Co-Chairs’ Opening Remarks**

Ange Norris (AN) and Ebe Prill (EP), Co-Chairs, welcomed Club members old and new to Dulwich Runners’ 2023 AGM.

AN shared the Co-Chair’s summary for 2023, highlighting the following:

Membership has stayed constant with 298 members at the end of the year, with a ratio of roughly 2:1 male to female. The committee is looking to introduce monitoring of the composition of membership to help with diversity and inclusion. This information will be beneficial in helping attract new members, and also help when applying for community places to races such as The Big Half.

Post Covid, the number of members entering races has gradually increased and 183 members had already raced this year.

The Club Champs were back to pre-Covid format with 18 members completing the minimum of 5 races, and 128 entering at least one race.

In Cross Country, 8 men and 8 women completed the minimum of 5 races plus 54 men and 21 women completed at least 1 race.

Both men’s and women’s teams competed in Division 1 of the Surrey League with the men successfully remaining there for next season. The women will run in Division 2 next year but with a good turnout will have every chance of gaining promotion.

This year, members took part in a wide range of races including road, cross country, track, trail, fell, ultra and triathlon. Dulwich Runners were represented at both the Euro and World Masters and members qualified to race for England in Cross Country and Road.

The Club had one team in the Green Belt Relay, and 7 teams in the Beckenham Relays. We had both men and women’s teams at the British Master’s Road Relays where Dulwich’s W55 team became the most successful club in Britain in that age group.

Polly Warrack, Jack Ramm and Ed Chuck qualified to run at the Night of the 10,000 PBs.

Dulwich Runners’ men have continued to go from strength to strength this year, including qualification for the National 6 Stage Relays at Sutton Coldfield where they finished 38th.

Oue men finished 13th in the recent SEAA 12 Stage Relays which again qualified them for the Nationals, but unfortunately with the timing clashing with marathons we were unable to put a team forward.

The Dulwich Runners Midsummer Relays were a sold-out event, and AN extended thanks to the core organising team and everyone who helped on the day to make it successful.

The annual Mark Hayes Mile was well-attended with 39 runners and won by Ed Chuck and Yvette Dore.

Consistency in training produced numerous Club Records again this year.

For the women, 6 records were set between Kay Sheedy, Clare Norris, Claire Steward, Ros Tabor and Chris Bell.

For the men, 27 records were set between Nick Impey, Ed Chuck, Jack Ramm, Matt Cooke, Andy Bond, Ebe Prill, Tony Tuohy, Gary Budinger and Mike Mann.

AN extended thanks to the Club Coaches - Tom Poynton, Katie Styles and Mark Callaghan. Despite Dulwich College closing for track refurbishment and Crystal Palace track closing due to unsafe lighting, the coaches have continued to set weekly structured training sessions.

The responses to the members survey last year has helped the Committee know what people wanted from the Club Champs and helped Tom Poynton target training more to meet all needs.

Following the survey, the format of the Club Champs has changed slightly this year with fewer races to qualify. AN said there will also be increased visibility when advertising races and more timely information on how and when to enter.

There were more Club social events this year, with pizza evenings proving popular paired with Club Champs awards presentations. Social Secretary Michelle Lennon also organised a summer social weekend including the ever popular Brewery run and a BBQ. The Christmas Drinks and Awards Night was popular and well-attended.

Sustainability has been a key focus this year and so far has included sourcing sustainable wooden trophies and medals, and donating pairs of used shoes to charity. Last summer the Club donated over 90 pairs to Care4Calais who collect for refugees. There is much more that we could do, and members are encouraged to become involved.

At the last AGM, members said they would like the Club to make a donation to a local charity. The Committee discussed this and asked for suggestions of charities that were meaningful to the membership. Unfortunately, no ideas were suggested so no money has yet been donated. AN asked again for members to get in touch with ideas.

To conclude, AN said it had been a busy year with many more events taking place and social opportunities

1. **Minutes of last AGM**

The 2022 AGM minutes were approved, proposed by Jonathan Whittaker and seconded by Chis Vernon, with the correction of the spelling of Claire Steward’s name.

Picking up on the action from the AGM last year to put the Dulwich Runners name on the Club House sign, EP said a Dulwich Runner branded banner has been permitted and this will be actioned.

1. **Treasurer’s Report**

Andrea Ceccolini (AC) said the Club concluded the financial year in a healthy financial position as detailed in the year end accounts.

He said membership subscriptions had been the main source of income, bolstered by good turn outs for both Tuesday and Wednesday sessions.

The Summer Relays had also been a good fundraiser. AC said there is no need to increase the membership fee and it should be maintained at its current level.

AC asked if there were questions regarding the Club’s financial reports. There were none and Dave West (DW) proposed that the accounts be accepted and Hugh Balfour (HB) seconded.

1. **Vote of thanks and adoption of new General Committee**

EP and AN thanked the Committee, and paid thanks in particular to Chris Vernon who stood down as Honorary President at the end of the year, and to Joint Women’s Captain Ola Balme and General Members Eleanor Simmons and Ryan Duncanson, who are standing down from their Committee roles.

Barrie Nicholls was nominated for the role of Honorary President.

Jack Ramm and Gower Tan were nominated for the roles of General Members.

Katie Smith was nominated for the role of Joint Women’s Captain.

Mark Foster was nominated for the (non-committee) role of Welfare Officer.

No other nominations had been put forward for any further Committee Positions therefore all incumbent Committee members were re-nominated for their positions.

AN asked that a member propose and a member second that the incumbent Committee members be re-appointed and the nominated members be appointed.

This was proposed by Sue Vernon and seconded by Chris Vernon, and all committee members were unanimously voted in through a show of hands.

1. **Inclusivity for slower runners**

Dave West (DW) brought the issue of inclusivity of slower runners to the AGM. He said a few people do not come to Wednesday sessions because they are not fast enough for any group and end up running on their own. He asked if the Club can do more for slower runners, or if we only cater for those who can run 9 minute miles and above.

Lindsey Annable (LA) said she does not come on Wednesdays for this reason, and it becomes self-perpetuating.

Barry Graham (BG) said when he receives enquiries from slower runners, he has to recommend they join a different club if they are slower than 11 minute miles. He said Penge Cycle Club has a coordinator to help match up groups.

AN said the Club had historically had a rota to take out new runners, and that a voluntary rota to take out slower and new runners had been tried but there had not been much demand for it. She emphasised the Club wants people to feel included, and asked for suggestions.

Joanne Shelton (JS) suggested offering guidance on how to lead groups and an intro to leader etiquette, such as regrouping at certain points to stay together.

Laura Vincent (LV) said Truro Runners appoint run leaders with a designated pace and route, and the Club could take a similar approach. Jonathan Whittaker (JW) said this is a good approach but it needs a lot of people to make this worthwhile.

DW said that the short run on Wednesdays used to be shorter than 5 miles, and 3 mile or 5k routes would be more suitable for slower and new runners. Joe Farrington-Douglas (JFD) said this would be good progression and attractive for runners who had done Couch to 5k.

EP said regular routes of 3-4 miles can be introduced on Wednesdays for runners paced at 10 minute miles and above.

AN asked who would be happy to lead slower groups on shorter routes. Dave West, Lindsey Annable, Laura Vincent and Michelle Lennon volunteered. AN thanked them.

1. **Any Other Business**

HB proposed and led a round of applause to Barry Graham for producing the Shorts newsletter every week.

Barrie Nicholls said having been a member for 25 years it is a great honour to be Honorary President, and thanked outgoing President Chris Vernon for his dedication to the Club.

AN closed the meeting and thanked attendees for coming and for their input.