

Harpenden Aro Runners

Annual General Meeting 28th February 2011 – 7.30pm

Venue: British Legion Club

Committee Members:

- Colin Wareham – Chairman (CW)
- Graham Harper – Events/Races (GH)
- Karen Skyrme – Membership Secretary (KS)
- Sarah Dumbrill – Social Secretary (SD)
- Ian Smart – Treasurer (IS)
- Andy Wilkins – Secretary (IS)
- Anita Burrows – (not present)
- Amy Whidburn – (not present)

1. Introduction

CW opened the meeting and explained the purpose and ethos of the club, that the club was a friendly social running club for adults to enjoy their running at many different levels. It was stressed that not all members wanted to be committed racers and that there were no minimum standards of fitness or attendance. This ethos had always been core to the club and that there was no intention to deviate from this in the future.

2. Membership Secretary's report

KS gave a detailed review of the membership statistics, the entire report can be found appended to these minutes, in summary when the club was founded in 2007 the club had 24 members, in 2011 the club now has 172 members with a fairly even gender split which was applauded. On club nights there are regularly 20-35 members running.

3. Treasurer's report

IS confirmed that he took over as Treasurer in December 2010 that the club has £2,300 in funds from club subscriptions and that the new renewal date for all members was 1st January annually (with a few exceptions for new members who joined in the second half of 2010). ARC fees are paid from club subscriptions which allow members to benefit with reduced race entry fees, club vests are purchased and sold at no profit. The ARO sports shop was used historically as the club venue free of charge but in future would charge £200.00 annually to cover costs for heating and lighting. A full income and expenditure report would be issued going forward and presented to the committee members.

4. Social Secretary's report

SD advised that generally on the last Thursday of every month the club held a 5k handicap race and that after the race a social evening including a meal was held at The Engineer PH. There were also meals/social events after most of the popular local races including the Herts 10k at the Harpenden House Hotel, the Marston Forest 5k and the Wheathampstead 10k (generally at The Gibraltar PH). There has also been a summer barbeque and a Christmas meal held at the Silver Cup PH and the intention is to continue holding all of these social events and expand to include meals after other races like the Silverstone Half Marathon on 6th March 2011.

5. Events/Races report

GH confirmed that the 5K handicap race on the last Thursday of every month could only be run if sufficient club members volunteered for marshalling duties, at the last race all members finished within 3 minutes which goes to show that the handicapping system has been working well. GH stated that race reminders are sent out ahead of popular local races and it was important for members to send in to him any race reports that they want published via e-mail/added to the website. The Nice marathon in November 2010 was the clubs first group overseas event where 12 club members took part, many as marathon virgins, plenty of PB's were achieved and even some banner waving supporters. This years event is the Amsterdam marathon in October, 17 members have already signed up.

GH said that races always bring out the best in everyone and reminded members to always enter races as a member of the Harpenden Aro Running Club as this would enable the club to enter for team prizes.

GH gave a brief overview of the recently introduced "club standards" which being age and gender related was a "real leveller" and encouraged members to take the time to take part in this.

Ad hoc runs at weekends were becoming a regular occurrence so members wishing to join in with these were urged to contact any of the committee members who would be able to co-ordinate with those already running at weekends.

Visibility of members running on club nights was highlighted, all members should wear hi visibility clothing especially when running in the winter, hi visibility vests were available to any members who arrived without suitable clothing but a small charge would be made to encourage members to turn up suitably attired.

6. Club nights/Training report

GH delivered the club nights report prepared by Amy; a survey had been issued to all members and no negative feedback had been received which was positive. It was seen as important that all members on club nights should (even if running in small groups) be conscious of the people they are running with and especially those at the back of the group not being left behind. It was reminded that all members should arrive on club nights by 7.20pm and get organised into groups according to running speed and distance of run.

Members were advised that if they had good running routes then these should be transmitted to any member of the committee. External coaches and trainers were being considered but no final decision had been made on their use. Hill and speed training could become more popular but logistically this is much easier to do in the spring and summer months.

7. Voting in of Committee members

Colin Wareham – Club Chairman duly voted in (Proposed by GH, seconded by AW/SD)

Graham Harper – Events/Races duly voted in (Proposed by CW, seconded by IS)

Karen Skyrme – Membership Secretary duly voted in (Proposed by CW, seconded by AW)

Sarah Dumbrill – Social Secretary duly voted in. (Proposed by GH, seconded by SD)

Ian Smart – Treasurer duly voted in (Proposed by CW, seconded by KS)

Andy Wilkins – Secretary duly voted in (Proposed by CW, seconded by GH)

Anita Burrows/Amy Whidburn – duly voted in (Proposed by GH, seconded by AW/SD)

8. Club Constitution

Proposed by CW and seconded by AW.

9. Questions and Feedback

Communication via Face-book was deemed the easiest/appropriate way to contact members, if members wanted to take part in hill training this conduit was seen as the best way to make contact.

Members' renewals were discussed.

Insurance was discussed and it was confirmed that the ARC membership, Run England gave some insurance cover.

Achievement to be recognised for less naturally talented runners, improvements in time and number of races entered to be considered. Fetch can be used to measure this. Members could publish goals for the year and this would generate support within the club.

