

Rebel Runners~Medway

Annual General Meeting
St George Hotel, New Road, 7 -8 Chatham Avenue, ME 4 6BB
Monday 22 November 2018 19.30

MINUTES

1. Chairperson's Welcome

The Acting Chair, Lorraine Ruminski, welcomed members to the meeting. A register of those present was taken. No apologies were received.

2. Minutes of AGM 2017

It was proposed that the Minutes of the 2017 AGM were accepted as a true record.
Proposer: Maxine Lehane; Seconder: Cheryl Whitlock
The Minutes were agreed by the members and signed by the Chair.

3. Matters Arising

There were no matters arising.

4. Chairperson's Report - Acting Chair – Lorraine Ruminski

Rebel Runners (RR) has 326 first claim members and 5 second claim members, the highest membership base ever, with team run attendance also at an all-time high.

RR 's international presence has included runners at parkruns in Poland, other European countries, and the USA, as well as races in San Francisco, Las Vegas and the New York marathon. In the UK, the club made appearances en-masse at the London and Brighton Marathons, the Medway 10k, Whitstable 10k and The Great South Run, with multi marathoners achieving regular ultras and 100 milers. There are also member-led runs 4 days every week.

Parkrun remains popular with RR and over 50 members regularly attend the Great Lines parkrun, to run and/or volunteer, with an RR takeover in October. Members took part in UK parkrun tourism, including to Bushy Park.

The Chair thanked all RR contributors to the local parkrun.

Club Championships have been successful again this year and the winners will be named later in the evening. The Chair thanked everyone involved.

There are now 2 running coaches with a 3rd coach starting in 2019, in addition to the 25 LiRFs and another 4 LiRFs joining the team very soon.

The successful couch to 5k programme in January 2017 saw xx of our runners graduate at parkrun on 24th February. September saw the brand new Distance Medley Relay.

Coach led sessions have been extended and include Darren Jarvis's Thursday evenings and Jane Jeffrey's distance sessions. Jane devised and executed a successful 5k-10k programme which has seen many couch to 5k graduates increase their distance, and then recently completed a 10k and beyond programme. She will also be leading RR's rebranded 'park bench to parkrun course' in January 2019. Many members have fed back about their improved performances, and thanked both coaches. The Chair thanked the coaches, LiRFs and those that volunteer in many other capacities.

This year's successful social events have included nights out, chuckle bus road trips, the summer relay, the summer BBQ at Fort Amherst and the Christmas party at the Roffen. Although the summer relay at Great Lines was rained off, we secured the badminton courts at Medway Park and regrouped there for a fun filled morning of raffle, lotto, cake and sports. This year's Christmas party is at King Charles Hotel

The chair thanked Helen, Chris & Lesley for organising various buses to take members to runs such as Harvel 5, Hampton Court, Great South Run and the Windsor Half Marathon, saying that everyone really appreciated the time and effort they put in to organising the trips..

Following feedback, meetings, and the members survey, the committee decided to issue a statement of club direction for clarity. As stated: 'We are, and always will be, a social running club that encourages competitiveness and improvement. ' The chair added that the club has grown and changed over the past 4 years but she hope this is to the benefit of the members and knows the committee work hard to ensure this continues.

Following a UKA price increase, new RR membership fees will be announced by the treasurer, and the committee wants to ensure the club can continue to offer everything discussed above and more.

The chair concluded by highlighting members' achievements, whether it was completing a first 5k or completing an ultra-marathon, saying the committee all support and congratulate members who make the club what it is. The love and support members show for each other is tremendous and this is something the club continues to be renowned for.

5. Treasurer's Report –Helen Gower

Treasurer's report for the year 14th October 2017 to 13th October 2018

The accounts have been independently reviewed and approved by Sean Rodwell ACCA, MAAT.

The financial position as at the 13th October 2018 was:

Bank Balance :	£5,825.65
Decrease in funds over the year :	£3,388.33*

NB this figure is skewed slightly by transactions in relation to Christmas parties, as income and expenditure spans multiple years (summary below). Excluding Christmas party transactions, there has been a **decrease in funds over the year of £623.*

Our main source of income is the portion of the membership fee that we retain, supported by merchandise sales and fundraising.

In terms of expenditure, as well as passing £15 per member on to UKA, our outgoings this year have covered volunteer qualifications as well as training courses and workshops for members, admin and equipment and events. This year we also spent money giving back to our local community (through couch to 5k) and providing a monthly prize draw for members.

All profits are reinvested into the club, to provide services and activities for our members. During 2018-2019 the funds received will enable us to expand our services, including funding the free track sessions at Medway Park, which will now be offered every week. We are also aiming to train a

third coach during 2018-2019, which is likely to create additional costs for the club.

Detailed Report

We generated approximately £3,150 from membership fees during the year.

In April 2018, UKA put their affiliation fee up from £14 to £15. However, as a club we chose not to increase our fee last year (£25), which resulted in a £1 reduction in the amount we retained per member. We have chosen to increase membership by £1 next year, taking it to £26 for first claim affiliation.

Merchandise, Lotto & Fundraising

Our merchandise range generated £982 for the club during the year, while the lotto generated £311.

During 2017-2018 we introduced new vests, which received positive feedback from our members in terms of the quality and the price (a reduction from £19 to £14).

We continue to raise funds through Easyfundraising and I'd like to extend the club's gratitude to all those that have contributed to this. We were also lucky enough to again benefit from a donation of £250 from Power Networks thanks to Jon Moreton.

Events - Christmas Party, Summer BBQ and the Relay

We spent approximately £408 on the Relay this year, which covered equipment, prizes, food and drink, hire of the Great Lines park etc. Many of the items purchased can be used again next year (weather permitting).

Income and expenditure for the Christmas party and BBQ are designed to balance each other out:

- BBQ - The 2018 event made a surplus of £26.
- Christmas Party - During the 2017-2018 financial year our Christmas party fund decreased by £2,765. However, this reflects the timing differences in relation to the 2017 Christmas party, where we collected income from members during the 2016-2017 financial year, but paid it to the venue in the 2017-2018 financial year. Overall the 2017 Christmas party cost the club £29. As at the end of the 2017-2018 financial year, the 2018 Christmas party had a £350 deficit. However, we expect this to be made up during 2018-2019.

Courses and training sessions

We paid for 10 Leader in Running Fitness (LiRFs) courses during 2017-2018 (with two more paid for after the year-end). Our LiRFs and Coaches are an invaluable asset to the club and we consider this a great investment for future years.

The club covered the majority of the costs for hiring the track at Medway Park during the year and also paid for the club's affiliation to the Kent County Athletic Association.

During the year we also provided a number of training courses to our volunteers/members, including topics such as first aid, nutrition, injury prevention and a mindfulness in running workshop.

Social & Community

£360 was raised for Demelza during this year's Club relay event. We also provided our annual, free couch to 5km course, designed to support members of the local community to get running. In

addition, our members benefited from fun Valentine and Halloween sweets and a number of our members were winners of our monthly prize draw.

Admin and Equipment

Approximately £1,600 has been spent on admin and equipment this year. This includes providing kit for our lirs and coaches, purchases associated with the AGM and club champs, PayPal fees etc.

Taking a more professional approach to the running of the club (eg securing proper facilities for committee meetings, couch to 5k graduation and refunding volunteer expenses) means that administrative expenses have increased this year.

The Treasurer concluded that the club is in a good financial position, covering the majority of our annual outgoings through the income we generate in the year, while allowing a reasonable reserve balance to be maintained.

6. Adoption of Accounts

Proposed by Steve Wolfe
Seconded by Ross Sandy
The accounts were approved.

7. Resolutions and motions

There were no resolutions.

8. Voting and Elections

As fewer nominations were received than vacancies on the committee, elections were not required.

9. Announcement of 2018 19 Committee

A previous RR constitutional requirement had been that members must serve a minimum of one year as an Ordinary Committee Member (OCM) before they could be nominated for an executive position. However, the committee asked EA 's advice about waiving this, and as a result, Paul Smith was welcomed on to the executive committee as Club Secretary.

Lorraine Ruminski (Acting Chair) becomes Chair and Helen Gower continues as Treasurer.

OCM members retiring are: Jon Moreton, Tina Crittenden and Cheryl Whitlock.

As fewer nominations were received than vacancies on the committee, elections were not required. 2018 – 2019 OCMs are: Johanna Bridge, Jenny Baldock, Dan Gower-Smith, Susan Smith and Ross Sandy.

10. Vote of Thanks

Lorraine Ruminski, the Chair, thanked members for attending and closed the meeting.

AGM closed at 20.00.