



Great Yarmouth Road Runners

Great Yarmouth Road Runners Annual General Meeting 30th January 2015

Present

Tamsin Desborough	Jeff Helmore	Sean Jermy	Mark Stone
Chris Harbord	Malcolm Holmes	Stuart Canwell	Claire Baker
Pat Arnell	Rod Shulver	David Loveridge	Nicos Seymou
Bob Arnell	Peter Spandler	Andy Peck	Gary Stanley
Ivan Lees	Neil Sibley	Vicky Quantrill	John Bone
Nicola Baker	Jim Spong	Chuck Weigand	Ian Tooley
Andrew Baker	Roger Andrews	Dianne Crosby	Cathy Tooley
Dave Silk	Carole Spong	Stephen Leeves	Simon Bekker
Gary Pillar	Lisa Smith	Pauline Leeves	Mark Stone
Kyle Ella	Darren Honour		

Apologies

Karen Manning	Angie Silby	Michael Dale	Jody Donaldson
Anne O'Leary	Jessica Vincent	Becky Durant	Myles Duffield
John O'Leary	Carl Jessop	Pandora Buck	Sue Fraser
Jacky Helmore	Ken Overy	Paul Spandler	Toni George
Linda Shulver			

1. Notes of AGM of January 2014

These were thought correct. A copy of the notes was signed by Jeff Helmore [chair].

2. Chairman's report

As you may be aware, I intend to stand down from the position of Chairman so normally I would give a report about the last year. However I would like to talk a little about my time as Chairman which now spans several years. I did try and scan back through some of the records that I have tucked away gathering dust but I struggled to find the information I was looking for which is how long I have been chairman. I think it's probably from around 1997/8, whatever it is it's a long time.

The majority of that time has been a pleasure, and down the years I have been ably assisted by some great stalwarts of the club and some excellent committees. I would like to thank all of them for their time and effort to support myself as chairman, but also their commitment to the club. You can't be a good chairman without a good team behind you, and ultimately it's only the club members and the passing of time that can judge whether I have been a good chairman. I would like take a stroll down memory lane and pay tribute to a few individuals whose contribution down the years has been outstanding, either supporting the club working on the committee, organising races and club events or on the road racing. Some of the newer members may not recognise the names, but over the last 25 or so years they have played their part in building the club of which you are now members.

I will start with the two men who have covered the position of Club Treasurer for almost the entire existence of the club - Jim Spong and Rod Shulver. Others who have either covered various roles on the committee or organised races include Chris Harbord, John Wyatt, Ken Overy, Sue Heckels, Anne O'Leary, Mike Spragg, Dereck Gathercole, Roger Andrews and Pat Brightmen to name but a few. From a running point of view, Martin Piggott was probably the best but others such as

Dave Parr, Ian Keeler, Mick Collins, Gary Zupan, Mike Spragg, Gary Stanley for the men, and of course Carol Spong for the Ladies having won her age group in the London Marathon a number of times.

Getting back up to date it's been another great year on the membership front with us now hovering in and around the hundred membership mark, the majority of who are active members. I don't want to steal the thunder of the club captains but would like to say what a great job both Nikki and Neil have done, especially with the Round Norfolk Relay for which raising a team was quite a challenge. Plus also some excellent performances on the road.

However it has also been a sad year and I would like to pay tribute to four people no longer with us but who have all played their part in the early years of the club. Marjorie Gilham, wife of Joe. If any of you have taken time to look at the early archives now in digital form on our web site, these were all compiled by Marjorie and Joe. Marjorie had been ill for a long time and passed away early last year. Janice, wife of Chris. Janice was a member of the club from early on and I have happy memories of going around to Chris's house at Christmas for the handicap half and other events that he regularly put on. Janice was always there helping out. And recently Rogers's wife, Sylvia sadly passed away. Roger and Sylvia always supported all the club events be it a trip down to the London Marathon or Grizzly or the annual dinner. And last but not least Richard Blake who was not only a very good veteran runner but also kept the club records for a number of years.

As said earlier this will be my last chairman's report. I feel it is time to move on and let someone else have a go. We have lots of newer members within the club, some of whom have now been with us for a couple or so years, it will be nice for some of them to come forward and take a more active role in the running of the club. As far as our races were concerned, again it was another successful year. Rod has done his usual excellent job organising the five mile series, and is now handing over the reins to Pauline. I hope you will all support her in her first year of race organization. Cathy did an excellent job of organising the half marathon, and I hope she plans to carry on. I organised the 10k, and would like to hand that over to someone, so this is a good opportunity to learn the ropes of race organization while I watch over your shoulder.

Thanks for all your support, and I hope you all have a successful and enjoyable year of running.

3. Treasurer's Report

Copies of the accounts were distributed. The bank balance brought forward to 2015 was £9,007.21p, which was up by 39.6% on 2013, and the surplus for 2014 was £2,558.00p.

Historically the trend was for a surplus each year apart from 2008 [poor races] and 2012 [anniversary marathon costs], and the outlook for the club seemed good with rising entries for club events and membership numbers also rising.

Income was mainly from race entries for club-held events and from membership fees. The dance numbers were down by 28% and a new venue may be considered.

Costs for the Half Marathon and Five Mile Series were similar to 2013, with costs nearly halved for the 10K due to not hiring chip timing and a course change. Pub run numbers and the Yuletide Doubles numbers were nearly double those of 2013 due to the increase in membership numbers.

A race scanner had been bought for £934.57p; donations of £390 were made to EACH and via funerals. Costs for the dinner dance were down by 37.6%, and there is an outstanding bill of £355.86p for mini-bus hire for travel to cross-country events in 2013/14.

Race contributions were all up on 2013. Five Mile Series by 41% at £3,307.65p; Half Marathon by 31% at £1,541.87p; 10K by 106% at £2,977.70p. GYBC contributed £1,750.00p in sponsorship; this could be reduced/ not forthcoming for 2015 due to local authority budgetary constraints.

With, hopefully, a continuing rise in membership numbers and entries for club-held events the outlook for 2015 looked very promising. Rod hoped that there would be a rise in numbers attending coaching and marshalling courses and hoped there would be suggestions for more ways to expand the Club's interests.

Rod stated he would not be standing for re-election as treasurer and thanked the committee and members for their support over the years, and to Peter Spandler and Gary Pillar who audited the complete accounts.

4. Membership Secretary's Report

Peter Spandler reported that the membership numbers stood at 110 for 2014 – up by 25 from the previous year. Within these numbers, three were honorary members, three second claim, and three non-running members. There were 43 female members and 67 male ones.

Peter stated that he would not be standing for re-election as membership secretary.

5. Team Captains' Reports

Neil Sibley reported that 2014 was another excellent year for the Club with a total of 102 races completed – 5 up on last year.

This was only the 2nd time that the figure had gone over the hundred mark since 2008.

A total of 43 men had raced in 2014 with Steve Leeves leading the way on 24 races, followed by Neil Sibley on 14, and Sean Jermy on 13 races.

The men had achieved 6 “A” category awards and 2 Norfolk County medals.

Outstanding half marathon times were run by Mark Thompson at Peterborough - 1hr 15m, and Kyle Ella at Amsterdam - 1hr 17m.

The Club has also been fairly well represented at cross-country again, and also around the UK, in Europe and America. Neil also reported that the Club had another good year at the Round Norfolk Relay despite some setbacks and finished in a time of 24hr 24m 24s.

There were ten races in 2014 where ten or more runners participated with the highest number [27] at the Humpty Dumpty, followed by Freethorpe [23], the Turkey Trot [17], and the highest number for some years at the Lowestoft Scores [16].

This year in 2015, John Figiel and Paul Greensides will be raising money by running, over a period of days, from Great Yarmouth to Newcastle and then competing in the Great Northern Run. We wish them well in this challenging enterprise.

Nicki Baker stated that 2014 has been another fantastic year for the ladies in Gt Yarmouth road runners. With the ever increasing numbers (there are now 32 female runners) the club has been represented at all levels, ages and distances. The ladies have had 182 race appearances at 74 races not to mention hundreds of park runs and have won county championships, age categories and even broken a couple of the club records. In doing this many of our ladies have smashed their PBs - some even internationally.

The most races run is by Lorraine Dawson with a total of 18.

Karen Manning is the first lady in the club to run an ultra-marathon distance of 28 miles in a brilliant time of 5hr 16 minutes.

Six ladies took on the challenge of the London Marathon. Penny Studley, Carole Spong and Nicki Baker took part with both Penny and Nicki going under 4 hours with Carole not far behind. Although Penny had to muster up a sprint as she approached the finish, when she realized how close she was to going under 4 hours. She finished with a time of 3 hours 59 minutes and 50 seconds! Carole came third in her age category. Nicki won a gold county age group championship medal for her London time in the Norfolk marathon championship. Tamsin Desbotough ran her first very hilly marathon at Halstead in May in 4hrs 29m. Amie Dixon went international for her first marathon in Amsterdam and did a brilliant time of 4hrs 19 m. Karen completed the Snowdonia marathon less than two months after her ultra.

Many ladies ran their first half marathons this year in very respectable times, Elaine Stone, Claire Baker and Lisa Smith being three of them. Vicky represented the club across the Atlantic in October when she completed the Empire State Half Marathon in an excellent time of 1 hour 38 mins 2 secs. At Wissey in September, Nicki won a Norfolk county silver medal for her age category.

Ten mile races have also had plenty of representation by many of our ladies, again achieving PBs and winning their age categories. Our best 10 mile turnout was 8 ladies at Freethorpe 10 last January.

A popular distance with the club is 10k. At Southwold in November Lorrain attained a PB and a club record at the same time with 47m.58s. Our biggest turnout of any race was at the Humpty dumpty 10k in June with 10 ladies.

Nicki Baker also ran a PB in June at the Wroxham 5K, breaking a club record and also winning a county age group Gold medal in a time of 20.53.

The Ladies also had great success in the East Anglian cross country league by being the overall Ladies Team winners. Catherine Lee who ran for us was the overall league lady winner. Nicki Baker was 3rd also winning her age group with Tamsin 5th and Pauline 7th - who also won her age group.

Lastly we had three ladies from the club compete in multi-sport races. Karen and Cathy have competed in duathlons and Kirsten and Cathy have completed several different distance triathlons picking up age group prizes along the way. Overall as a small club, the ladies from GYRR punch way above their weight and deserve to be very proud of all the achievements they've had in 2014. As the Club goes from strength to strength we can all look forward to a very successful showing from the ladies in 2015.

6. Club Activities

2014 saw a big increase in numbers attending the pub runs. The 2 breakfast runs were equally well attended. Nicos thanked Jim for once again organizing the Dinner Dance. The numbers for this, as mentioned earlier, were down and a new venue would be considered.

7. Election of Officers

Club Chairman - Malcolm Holmes
Vice Chair - Pauline Leeves
Treasurer - Peter Spandler
Club Secretary - Pat Arnell
Minutes Secretary - Chris Harbord

8. Election of the Committee

The following were nominated, seconded, and appointed as Committee members

Bob Arnell	Chris Harbord	Mark Stone
Andrew Baker	Gary Pillar	Nicos Symeou
Nicki Baker	Dave Silk	Cathy Tooley

9. Roles within the Club

<i>Team Captains</i>	Nicki Baker, Andy Baker
<i>Race Directors - 5 Mile Series</i> -10K - Half Marathon	Pauline Leeves Jeff Helmore supported by Chris Harbord Cathy Tooley
<i>Membership Secretary</i>	Simon Bekker
<i>Kit</i>	Paul Westgate
<i>Trophy Secretary</i>	Neil Sibley
<i>Press Officer</i>	Tamsin Desborough
<i>Archivist</i>	Dave Girling
<i>Club Championship Secretary</i>	Andrew Baker
<i>Club Records</i>	Tamsin Desborough
<i>Club Standards</i>	Gary Pillar
<i>Library</i>	Andy Peck
<i>Social Events</i>	Nicos Symeou
<i>Website</i>	Andy Peck
<i>Cross Country</i>	Andrew Baker
<i>NRRA</i>	Jeff Helmore
<i>Athletics Norfolk</i>	Chris Harbord, Andy Baker, Jeff Helmore
<i>Club Equipment</i>	Rod Shulver
<i>Coaching & Training Schedules</i>	Andrew Baker
<i>Sponsorship Co-coordinator</i>	Chris Harbord
<i>Deputy Treasurer</i>	Dave Silk
<i>Race Entries</i>	Dianne Crosby

The Following proposal was put forward by Tamsin Desborough:-

“I am proposing that the 'kit' be altered to state that the 'top' alone must be worn for the result to count as this is the only part of a club kit which is registered with the governing body hence when you compete at higher competition e.g. county level your county will have listed purely the colour/design of the athletes top.”

This was rejected by a majority vote and the Following proposal was put forward by Chris Harbord and seconded by Malcolm Holmes:-

That the wording in the constitution concerning the wearing of Club colors to qualify for Club awards be changed to "should" from "must".

This was passed by a majority vote by those members present.

The following proposal was put forward by Jeff Helmore and seconded by Peter Spandler

That the awarding of honorary life membership should be made by the Committee and not proposed at the AGM to be voted upon by the membership

This was passed by a majority vote by those members present.

The formal meeting was closed at 9pm

Award of Club Trophies for 2014

	Men	Ladies
Runner of the Year	Steve Leeves	Tamsin Desborough/Lorraine Dawson
Half Marathon Trophy	Neil Sibley	Carol Spong
PB Trophy		Claire Baker
Club Member of the Year	Steve Leeves	
Yuletide Doubles	Andy Manning	Holly Baker
Hubbard Trophy	John Figiels	Pandora Buck
10K Club Championships		
Senior Vet 1 st	Sean Jermy	Tamsin Desborough
2 nd		Jess Vincent
Vets 1 st	Matt Buckoke	Lorraine Dawson
2 nd		
Most Improved Runner		

Award Standards for 2014

Diamond	Carol Spong
Gold	Elaine Stone, Lorraine Dawson
Silver	Marc Evans, Nicola Baker, Vicky Quantrill
Bronze	Claire Baker, Gary Pillar, Howard Wilcox, Kerstin Langer, Kevin Bayes, Matthew Buckoke, Matthew Sutton, Nina Simnett, Simon Bekker
Copper	Amie Dixon

Carol Spong was made an Honorary Life Member of the club at the AGM. In acknowledgement of the work she has put in over the years in helping to run GYRR Races, for being an outstanding runner in her age group, and also for being such a great asset to the club.

Signed as a true record.....

Date.....