



Minutes of Beverley AC AGM 2023

Wednesday 18th October 2023 – Beverley Cricket Club 7:45pm

Chair: Rob Reid (RR)

Minute Secretary: Fiona Oakes (FCO)

1. Attendees & Apologies

73 number of members were in attendance, 3 of which attended online. A list is held with the club records.

Apologies were received from: Lynne Beer, Jody Horth, Penny Booth, Gill Turner, Alison Benson, Philip Ball, Cat Williamson (Membership secretary), Christopher Steward, Lewis Holloway (Juniors Coach), Mandy Whittingham, Andy Wilks, Jayne Dale, Elaine Julian, Nigel Wilson, Lucy Berriman, Suzie Hulse, Matthias Hulse, Graeme Pittaway.

2. Minutes of Oct 2022 AGM

Proposed as a true record by Fiona Oakes. Passed without further comment.

3. Matters Arising

None.

4. Chairman's report and review

Rob Reid (RR) gave his report, which gave thanks to everyone in the club for their support of the club. An extra special thank you was extended to Fiona Oakes.

Another thank you message was extended to Lucas as he leaves the committee for all his hard work over the last 14 years.

More thanks to Jeremey Beesley and his sponsorship of Walkington 10k which has drawn to an end.

Rob summarised the challenges that have been faced by local races as the council pin down more strict requirements for races that take place on roads or parts of roads. Sam has worked incredibly hard to secure the future of the EYCCL.

Rob summarised another successful Bev 10k, thanking Nigel Wilson on the traffic management side, and Ben Atkinson and Matt Frampton who have taken over the marshal lead.

The Coaching team for the club has again increased this year. Another 2 Juniors coaches have become trained which ensures the succession of the squad.

Rob expressed his desire to step back from the club in the next year or so, stating that he felt it was time for someone else to move the club forward.

Rob closed by thanking everyone for their attendance.

Election/re-election of club officials

a Committee

Chairman:	Rob Reid
Secretary:	Fiona Oakes
Treasurer:	Lucy Stamford
Race Secretary:	Nigel Wilson
Men's Captain:	Rob Sparkes
Ladies Captain:	Lauren Turner
Juniors Coach:	Lewis Holloway
Press Officers:	Jackie Hardman
Membership Sec:	Cat Williamson
Committee Member (Kit Secretary)	Neil Bant
Committee Member (Social & Trip Sec)	Jacqui Dickinson
Committee Member (Route Master)	Andy Johnson

Ex-officio President – Andy Tate

All were (re)elected with the exception of race secretary. Nigel Wilson steps into this role. Nominated by Jed, seconded by Steve Newton.

Reappointment of Welfare Officers

Richard Uttley and Cat Williamson - re-appointed. Proposed by Fiona Oakes, seconded by Jed Holden.

5. Secretary's Report

FCO gave her report, as outlined in addendum 5.

6. Treasurer's Report

October 2023 Club AGM Treasurer's Report

Lucy Stamford introduced herself and her financial qualifications in having the role being a Mortgage Advisor. She oversees the day today running of club finances.

Accounts

The club accounts were made available a week ago and Lucy had copies with her. They are audited quarterly by a locally qualified chartered accountant which the club has had a relationship with for several years now, JP Accounting Solutions. This ensures the transparency of our accounting.

In the last 6 months we have opened 2 accounts under the club's name with our bank, NatWest, this was done so we can take advantage of the higher interest rates available now.

Funding club activities

Lucy summarised that the vast majority of the income of the club comes from the entries from 2 races. This allows the club to support its members by paying for the club HQ, heavily subsidising and supporting both our social and athletic endeavours, as well as club kit. Hence the need for everyone to volunteer when asked.

Lucy demonstrated the members value for money by explaining that if you come to the awards ceremony you will recoup your membership fee alone.

Facts & figures

Lucy summarised some interesting figures for you for year-to-date spending for 2023:

We spend annually around 15% of race profits on having the cricket club as HQ.

We have spent around 15% of race profits on our junior section so far this year (£2500).

We spend around 17% of the our race profits subsidising our annual awards event, a highlight of our calendar, celebrating all we do as a club.

Charity. One of the proudest things I can report is how much we have been able to help our 2023 nominated charity so far this year – East Yorkshire Food Bank will receive a generous donation (yet to be finalised, as we are not end of year yet which is 31.12.23) of what will be well over £3000. What makes up this amazing total I can explain if people are interested, but I wish to thank everyone who has been a part of this.

PROPOSAL: Each year the appointment of the auditors must be agreed at AGM. Lucy proposed the appointment of Jenny Stothart, Jed Holden seconded. Motion carried.

See balance sheets as addendum.

7. Race Secretary Report

Lucas Meagor reported that our two 10K races were both successful once again, with a sell-out Beverley 10k, over 700 entries for Walkington 10k and both fun runs increasing on 2022. These entries buck the trend for many races and whilst Beverley isn't selling out as quick as had been the case pre-covid, it continues to sell out in a few weeks. At Beverley 10k we saw both men's and ladies course records broken, the former after over two decades. Our thanks to Pittaway for their ongoing sponsorship at Beverley, which increased this year after we lost B&A Scaffolding, who have been a sponsor for well over a decade. Thanks also to Specsavers, who concluded three years of support of Walkington 10K and we welcomed Westwood Mortgage Advisers as a new Walkington fun run sponsor. We are now seeking a new headline sponsor for Walkington 10k 2024. Thanks also to East Riding College and Quick & Clarke for their ongoing support at Beverley.

The 10k races occur due to a huge amount of work behind the scenes. This year saw more personnel involved after I (Lucas) had to take a step back due to a change in work. Nonetheless, we have now assembled a team to take the event forward. Nigel Wilson now leads on the traffic management aspect and Matt Frampton and Ben Atkinson have stepped in as lead marshals and picked this up brilliantly. Nicola Riley has taken on the back-end administration role supported by Cat Williamson on race number management. Rob Reid and Fiona Oakes are also playing their part as part of their wider roles within the club.

Whilst some things did go up in price, thanks to our sponsors and sensible management of the resources over both events, we saw marginal increases in the surplus and continued generosity to our nominated charity, East Yorkshire Foodbank. A total for this will be known in early 2024 when accounts are finalised and the Santa run has occurred. The two races are a major part of our core funding and enable you so much activity at subsidised rates as our treasurer will have expanded on further. Please continue to play your part in giving up your time at them each year. The members reap much from their success.

The core team of Rob, Fiona, Nigel, Nicola, Cat, Matt and Ben will now manage the event as a team with one nominated as race director for each race for 2024. Thanks to Nigel Wilson for taking on the role within the committee from mid-October.

PROPOSAL:

It is at the AGM that we agree a local charity to support during the following year.

The 3 charities put forward by members for the vote this year are:

- Hull Animal Welfare - <https://hullanimalwelfare.co.uk/>
- Cherry Tree Community Centre - <https://www.ctca.org.uk/>

- Beverley Community Lift - <http://bclift.org.uk/>

The three charities were put forward as above to a simple show of hands for each members preference:

Hull Animal Welfare – 5

Beverley Community Lift – 11

Cherry Tree Community Centre - 47

Motion carried to support Cherry Tree Community Centre during the year 2024.

Martin Greensill asked why we could not support every charity. Rob Reid, Lucy Stamford and Fiona Oakes all responded with comments to the effect that selecting one means that this charity ends up with a sizeable donation that can make a difference to their cause and also allows us to build a relationship with that charity over the year. Lucas Meagor highlighted a proposal to support 2 in the future, this could be brought to a future AGM.

Lucas Meagor, Outgoing Race Secretary

8. Membership

FCO outlined the membership report in the absence of the membership secretary.

Club membership numbers remains strong. There are always members who do not renew in April for a range of reasons but numbers remain consistent, as already this year we have 24 new members and applications are arriving regularly.

My thanks to the Welcome Runners, who ensure that new members are made welcome for their trial runs and most do go on to join the club. If any member wants to join the Welcome Runner Team please let us know.

Our current membership stands at 323:

- 262 full members (8 second claim)
- 47 junior Members
- 3 non-running junior Coaches
- 11 honorary members (these are members who have been active members, who have supported the club over a period of years but no longer run).

PROPOSAL - Membership Fees

Our involvement with the Beverley Town Cricket & Recreation Club (BTC&RC), could impact on our future membership fees but do not know what this would be. Any change would be done in consultation with members.

All active members must be registered with England Athletics (EA). The EA fee is increasing by £2 to £19 in April 2024 - 2025. The EA fee is currently £17 of your membership. EA increased the fee for the current year by £1 in 222/23 but this was

not passed on to senior members. There is also an admin fee for transactions. If we absorb the 2024-2025 increase as well, it would cost the club around £800/£900.

I have therefore put 2 proposals forward to take into account all EA increases. Please don't forget we have a fully confidential hardship fund for any member who needs it.

PROPOSAL 1:

That the membership fees increase by £2 to take into account the increased EA fee for 2024-2025.

This would make the annual fees:

- £33 for renewing members
- £15 for second claim (they pay the EA fee through their first claim club)
- £35 for new members.
- £20 for juniors and young adult (under 21)

PROPOSAL 2:

That the membership fees increase by £3 to take into account the increased EA fee over the last 2 years.

This would make the annual fees:

- £34 for renewing members
- £15 for second claim (they pay the EA fee through their first claim club)
- £36 for new members.
- £20 for juniors and young adult (under 21)

Votes for proposal 1: 17

Votes for proposal 2: 27

Proposal 2 carried forward with a majority vote.

Catriona Williamson, Membership secretary

9. Item 9

Handicap Series and Knockout cup

Ken Pearson Handicap and rankings statistician and Jacqui Swallow Handicap secretary have had some reorganisation of roles this year as Jacqui Swallow took on the role of Handicap Secretary in March and now plans events and manages the reverse handicaps/time trials. Many thanks to Lucas Meagor for managing the

handicap events so efficiently for over a decade. In addition, Ken Pearson's role has been expanded to include compiling statistics and setting handicaps. The handicapping and rankings systems have now been integrated to streamline the process of producing results. Thanks also to David Robinson, who retired as handicapper, for his time setting handicaps for many years in what is always seen as a thankless task.

All aspects of the handicap events are now running well. We had good participation in 2022, although slightly down overall from 2021. 146 members completed at least 1 event and 5 members completed 10 or more events. 21 members completed enough events to get a Full Series score and 42 for the 10k series score. So far this year 141 members have completed at least 1 event which is equal to the participation at this stage in 2022.

With regard to selection of handicap events, more challenging rules from the Highways Agency has meant uncertainty or cancellation of road running events across the region and this has meant some reorganisation of handicap races during the year. The Hornsea Third, Humber Bridge Half, Laxton 10k and Major Stone Half were all cancelled or too uncertain to retain as handicap events. The Hornsea Third was run as a Beverley AC virtual reverse HC and alternatives were found for the other races with the introduction of the South Cave 10k, Vale of York Half and Hedgehog Half. A programme of handicap races for 2024 is for approval at AGM.

Of course, none of the reverse handicaps could take place without the contribution of marshals and timekeepers. However, it is often the same members who contribute to these valuable roles, and if each member did this once every 3 or 4 years that would be sufficient to fulfil the requirement and spread the burden across many more people. To incentivise broader participation, the committee could consider further the suggestion that a member who volunteers at any internal handicap race (including a non-internal one with the race organisers), could accumulate credits towards the 10 handicap events needed to qualify for free membership in the following year.

The handicap league and cup is important to give members an opportunity to challenge themselves and encourage club attendance at races. However, it is apparent that many results in the handicap knockout are decided by only one of the parties having run a qualifying race or relying purely on parkrun results. Part of the reason for this may be that participants are unaware that they are still in the competition. We could consider emailing individual participants that they have progressed as soon as the results of each round are known. Currently, we do this only for the semi-final and final stages.

An issue worthy of discussion is the large number of runners that tied on points in the 2022 handicap competition, where we had 5 members tie on the maximum of 30 points. This situation could be made less likely to occur by increasing the number of

points that can be obtained, say up to 12 points for better higher percentage differences relative to handicap.

Having considered this carefully, Ken has indicated that he would prefer to retain the current scoring because:

- The large scores are sometimes due to a lack of (or old) historical race results so higher scores would exacerbate this effect.
- The handicap programme he uses (developed by David Robinson) is oriented around 10 levels of points allocation.
- We resolve ties anyway using the precise percentage scores.

But Ken and I are always happy to consider/implement alternative suggestions from the committee.

PROPOSAL:

Adoption of 2024 Race Series:

1. January - Ferriby 10 mile
2. February - Snake Lane 10 mile
3. March - Dalton Dash 10k
4. March - North Lincs half marathon
5. April - Lockington 5 miles
6. May - Beverley Parkrun 5k
7. June - Sledmere Sunset Trail 10k
8. July - Withernsea 5
9. July - Laxton 10k
10. September – North Newbald 5 mile
11. October - Dave McDonald Haltemprice 10k
12. October - Hedgehog half marathon
13. November - Gunpowder Plot (York) 10k

Discussion was had over why there were 13 races. Fiona explained that it is always somewhere between 12 – 14. Last year there were 14, this coming year 13, with Aug and December with no races. Agreed by Paul Allen, seconded by Lucas Meagor (online).

Ken Pearson and Jacqui Swallow both made themselves known to the attendees, being new to the role.

Fiona reiterated the need for every member to let us know what they get up to with their results. It's not only useful for the newsletter, but it feeds into things like the handicap system, the knockout cup and the awards night, so it's vital we know what everyone is up to!

Ken Pearson, Handicap and knockout cup statistician

Jacqui Swallow, Handicap secretary

Awards update

Rache Woad reported that our Awards night on 10th March this year saw us celebrating the achievements of the clubs finest from their efforts of 2022.

This was our third year at the Barn, who were once again excellent hosts. We had a new food provider this year – Foodies and the menu was well received. Especially the brownies!!

It was so good, we have booked the same again for next year - 22nd March. Although perhaps with a different DJ...

I have decided it was time to hand over the task and am grateful to Lucy Berriman for agreeing to take over.

This year was also the last time our rock Lucas was doing his job - sorting the awards themselves- so really the most important part, as without that we wouldn't have the night all. So here is a plea for someone to take on that task please!

Rachel was unable to be there this year, but Fiona reiterated that someone is needed to help drive the actual award side of things forward.

Rachel Woad, outgoing Awards secretary

Social events, away nights and routes

Jacqui Dicking reported that our social events for 22/23 were thus:

2022

- October - AGM at the Cricket Club with Stuarts fish and chips van
- November - Beaver Trail at the Leisure Centre
- December - Santa Run at the Cricket Club with Foodies food van

2023

- March - Awards night at the Beverley Barn (Rachel Woad organised)
- April - Little Weighton away night at Croft Park
- May
 - Walkington Reverse Handicap at Dog and Duck
 - Beverley 10k post race social at Monks Walk (Rob Reid organised)
- June - Huggate away night at the Wolds Inn

- July - Hutton Cranswick away night at White Horse
- August
 - Cottingham Parks away night at the golf club
 - Westwood relays at the golf club (Andy Johnson Cat Williamson organised)
- September - Newbald Reverse Handicap at Tiger Inn
- October – AGM with Stuarts fish and chips van

Andy Johnson, Route master and Jacqui Dickinson, Social & Trip Secretary

Captains' Report

Rob Sparkes reported that after a full year as Team Captains, we are absolutely honoured to represent Beverley AC as your team captain! Thanks for your support, some amazing team and solo performances this year with team success particularly at East Yorkshire Cross Country League and Beverley 10k for the men and women!

We have represented the club at the Northern Cross Country Championships and very shortly will proudly flying the flag at Graves Park, Sheffield for the Northern Cross Country Relays alongside our fantastic juniors on 21st October. Next month we have the National Cross Country Relays at Berry Hill, Mansfield on 4th November. Lots more events in 2024, so get involved and represent the club far and wide!

Some brilliant training sessions at Ennerdale this year as well, hopefully lots more to come as the nights grow darker (and we get bored of Molescroft). Beverley AC is growing stronger and stronger. Everyone of all abilities are welcome to all our sessions, races and events! As team captains we are here to help with your running needs and requests!

Another great year ahead, thanks for your support everyone and keep up the good work!

Rob added that he was looking forward to the Jun/Senior event this Saturday at Sheffield and that him and Lewis have also got a few Ennerdale sessions booked in Nov and Dec for both Seniors who attend speed on a Thursday (26th Nov) and Juniors and Seniors for a Sunday am session (7th Dec).

Lauren introduced herself and reiterated that for the team events every standard of running is welcome and thank you to those that have got involved already.

Rob Sparkes & Lauren Turner, Team Captains

East Yorkshire Cross Country League (EYCCL) Report

Sam Allen reported that it doesn't seem that long ago that the 22/23 season finished - but if you need a reminder we finished with a superb last race and presentation at Sewerby in March. Our ladies team having it all to play for that day finished the

season in 3rd place just one point behind the Selby ladies team. Our men's team continued on great form and finished the season in second place overall.

Beverley had a big team of runners, all playing an important part and contributing to the success. James Johnson deserves mention as the overall men's league winner and Jenny Rowe finished 2nd overall in the ladies league results. Vet prizes were won by Sam Allen, Pam Atkins, Viv Williamson, Steve Walker, Billy Pike and Mark Dalton.

Remember the races are available to all 1st claim Beverley AC runners and you have to be in it to win it. The results are taken from your best results from 5 of the 6 races.

The EYCCL committee, made up from representatives from the now 11 clubs in this league, have been extremely busy planning and securing the races for the 2023/2024 season.

I will again have the additional role of registering all runners from the 11 clubs, preparing the race results and compiling awards for the March presentation.

Beverley AC will again host one of these races along with our friends at City of Hull AC.

The race licence and appropriate permissions are in place. Special mention to Nigel Wilson. Nigel has helped the EYCC committee with the documentation and traffic management plans needed to secure the permission from the highways department of the East Yorkshire Council. Rob Reid has helped secure traffic management training that will assist with these races and assist the local running clubs and running community. I am extremely grateful for their support.

The 6 races in the 2023/2024 start with Race 1 at Bishop Wilton in October and finish with Race 6 at Sewerby in March.

You will notice some changes, notably a road closure for the Bishop Wilton route, a change to the route for the Sewerby race, taking a small section back off road out of Danes Dyke and a new route at Drewton, removing the section along the road edge. You will also see a new race route at Ravenscar and an additional club joining the league - Pickering Running Club.

In addition, you will see professional medical cover at the races, parking provision and you are likely to see Council Highway's staff observing the events.

Some of these changes have resulted in additional costs to the league. It was agreed that these costs would be met with an increase in the charge to the 11 participating clubs. £10 per runner registered to run in this seasons EYCCL races. Beverley AC decided that the runners would pay this fee. I hope you agree this is still

great value and worth the £10 you are asked to pay to the club this season if you want to take part.

At the time of writing, 70 Beverley AC runners have registered with me to run this season and paid the fee to the club. Several runners still need to pay or see me for their number.

I do have a couple of numbers available for anyone still needing to register with me.

The enthusiasm, team spirit and brilliant performances I see at these races by the Beverley AC runners is a credit to our club. It's really nice to see our new runners taking part each season and I hope that all have enjoyed the challenge and look forward to doing it all again very soon.

The awards for the season are given in a presentation following the final race at Sewerby. Individual prizes, team and vet category prizes are given in the Sewerby Church Hall where a buffet is provided and all runners and supporters are welcome. The team prizes are awarded after collating the points awarded at all 6 of the seasons races. The individual prizes are awarded after collating the points from your best 5 of the 6 races. This means you need to run at least 5 of the races to be considered for an individual prize.

I would like to thank all the runners, marshals, helpers, supporters and cake makers. I really enjoy running in the XC races and enjoy the role I have within our club and the EYCCL. If you've not joined in with the XC yet and would like to give it a try, please come and speak to me. You don't know what you're missing! As well as taking part in the EYCCL we regularly organise social XC runs in the local area that all are welcome to join.

Sam summarised her report for the room and the challenges she has faced. Some of the members are quite old fashioned. Costs have increased. Different clubs have taken different decisions as to how to fund their athletes in the league. More training has been done. 92 signed up this year, 57 turned up to Bishop Wilton. 641 registered for the whole league, fortunately they did not all turn up at BW! Selby only club to have more runners than Bev signed up. Drewton on the 11th February is our Bev AC race. Two new awards to be given to the league male and female winner. The Bruce and Judy Allison award. Judy and Bruce are from Bridlington Road Runners and were part of the initial group that started up the EYXC league.

Sam Allen

Bev AC Cross Country representative and East Yorkshire Cross Country League committee member

10. Juniors

Juniors' Report

In the absence of Lewis Holloway Fiona Oakes referred the room to the Juniors report already circulated. The juniors have had another excellent year of training and racing, on road, cross country, fell and track, including successful participation in county and northern championships road, cross country and track championships, and the inter-counties cross country event. We have won some county championships and have placed well in the different age categories and team prizes at many different events. A lot of the juniors have enjoyed competing regularly; new members are encouraged to get involved in competition and several have taken part for the first time this year.

We have expanded our number of qualified Athletics Coaches, from two to four (and hopefully five by Christmas) as some of our Coaching Assistants have taken the next step up. This will help enormously in being able to expand numbers of juniors at the same time as giving the coaches more flexibility. We also have a team of four Coaching Assistants (CAs). This growth in the number of coaches helps secure the longer-term future of the juniors.

As last year, it would be good to continue to provide opportunities for both:-

1. New CAs, so that when others leave we have enough to run safe and effective sessions;
2. Current CAs to consider qualifying as Coaches if they wish to.

Over the last year we have grown the number of juniors from approximately 35 to approximately 50 (we are currently going through the process of inviting new starters so numbers are variable but increasing) across ages from 8 to 16. We maintain a long waiting list but have been able to work through this recently as we've been able to expand. Although we recruit across the age groups we want to bring in juniors ideally at the younger end of our range, so that we can then progress them through the athletics syllabus as best we can, so that they become better, stronger athletes as they move up through the juniors age groups. However, we are limited regarding facilities without regular easy access to track and field training areas; despite this our juniors enter jumping and throwing, as well as running events, which is good to see.

The juniors held their first awards event since COVID at the Rugby Club. This was very successful, with the club Chair and Secretary invited to give out the prizes, and very good attendance from juniors and their parents. We'd like to thank the parents who formed the juniors 'social committee' to organise the event. Also to thank the parents who have kindly taken over responsibility for the juniors kit and kit exchange – it's great to have more people involved and to share the workload of running the juniors side of the club.

Finally, the juniors section would like to thank the club for their ongoing support over the year, and we have enjoyed taking part in joint juniors-seniors events including the Westwood relays, the Northern cross country relays at Sheffield and training sessions at Ennerdale.

Rob Sparkes spoke briefly to reiterate Lewis' report and explained about the extra coaches that are now qualified.

Fiona spoke briefly to reiterate her gratitude to those that have put themselves forward for this coach to ensure the resilience of the squad.

Lewis Holloway, Head Juniors Coach

11. Press Officer

Press Officer's Report

Jackie Hardman was pleased to provide the following summary of press coverage of Beverley AC and the events and activities of its' members during the year.

I am delighted to report that the year has seen plenty of activities and events on which to share and celebrate successes and to generally promote the Club. 12 press releases were issued during the year. Press releases are sent to Beverley Life, Just Beverley, Beverley Mag and Hull Daily Mail, as well as to Beverley FM radio and I continue to look at any other opportunities which may be appropriate on an ongoing basis throughout the year. A copy of any press release issued is also sent to the Club Secretary, to put on the Club website for information and for members to read. In addition, whenever possible, I post a photograph of the actual published article on the Club's Facebook pages for members' interest and information. The Club's Chairman was also interviewed during the year by Beverley FM radio, producing some more great publicity for the Club.

In the press releases, I try to include information about a specific event or aspect of the Club as well as a more general summary of events and activities in which the Club and its' members have been involved in the previous month, as well as events that are coming up in the following month. As press releases are required by the middle of the month, I do try to word it appropriately and may not always have the necessary results to include! Information to include in the press releases is gathered from the weekly Tuesday newsletter emailed to members as well as from posts on the Club's Facebook page and I do appreciate members alerting me to events and activities that they are involved in and which I may have otherwise missed! Also, it is great to note that the main problem that I have as Press Officer is that of having too much information and material to include rather than not enough. So much going on and so much on which to report – a brilliant club! My thanks to you all!

In conclusion, I hope that, as the Club's Press Officer for the year, I have reflected the wide range of events and activity that the Club and its' members have supported and taken part in and wish you all the very best for the coming year.

Jackie summarised her report and said that her main issue with writing Press Reports is that there is so much going on it is hard to get it all in. She reiterated the need to let her know when members take part in events that are 'press worthy'. Jackie also reiterated that she takes photos from facebook, in the notion that if they are published on a social media platform then the athlete gives consent. If you don't want photos published please contact Jackie, and don't put it on facebook.

Jackie Hardman, Press Officer

12. Kit

Kit Report presented by Neil Bant

Since last AGM club kit takings has been £248.

As minuted in last year's AGM, Santa hoodie stock was limited and members will need to source their own Christmas outfits. This was to assist us in continuing to be environmentally conscious when purchasing kit. A handful of limited size extra small and extra large Santa outfits are left.

It was agreed at last AGM that;

New members would get a new vest once old vests in that size have run out.

Existing members can purchase a new vest with the club subsidising purchases for existing members at a reduced price of £15 including VAT without a name.

Anyone attending the National or Northern road relay or cross country events who has not already purchased a new vest would get a free new vest as part of giving up their time to represent the club to ensure our club isn't disqualified for vest design differences.

We have now started to run out of some sizes of the old vests so will start to order the new club vest style over the coming months and ask existing members to let us know if they want to purchase a vest with their name on for £18 or without their name on it for £15. Existing vests and new club design vests can be used at the East Yorkshire Cross Country league and at races but please note that UK Athletics rules state that team qualifying prizes need to have the same vest design to qualify for prizes.

Neil showed the room the new vests and asked for people to get their orders in, links in the newsletter, so that they can be added on to the bulk order he is about to do. He reiterated that the printing is done on the actual garment when the colours and branding are done, it is not done as a secondary print, therefore the quality is much better than anything added to a garment at a later date. These vests are made out of eco-friendly fabric and are manufactured in Nottingham. When you represent your club at National and Northern Athletic team events you will get a vest. Rob Sparkes reiterated that it is not just the vest, you also get transport and entries too. The only thing not included is breakfast!

Neil Bant, Kit Secretary

13. Any other business

Megan Chown came to the front of the room to tell us that the Bev AC band will be up and running again at the Santa Run this year. If you can play an instrument, you can have a part. Get in touch!

Addendum linked to item 4 - Chairs report

It only seems like five minutes since the last one, but there's been lots going on since then.

As always, I will start with grateful thanks to the many people, not just the committee, who go out of their way to support the running of the club. It is fantastic that we have many people, including relatively new members, willing to step up, to take things on.

I will take time to say an extra special thank you to Fee for her never-ending, enthusiastic commitment to the cause. Her dedication has driven the club forwards and, as founder member Gordon said at the orienteering event, no one could ever have envisaged a membership of 300 from such humble beginnings thirty years ago.

I won't say individual thanks to all the committee, but I hope they each know how much I appreciate their contributions and I'm sure you'll all join me in sharing those thanks.

Having said that I wouldn't single anyone else out, I do need to say a special thanks to Lucas, who is now stepping back from his committee role. Over the years, he made himself invaluable, taking on the responsibility for numerous club events: Beverley race director for a couple of years; coordinated the AGM; coordinated the awards' night and looked after the handicap series. The club goes from strength to strength. The move to the cricket club exactly two years ago has provided us with a base that really does feel like home now. Having celebrated our birthday, albeit belatedly, we look forward to the future financially secure and with policies and procedures in place which make us run in a highly professional manner.

However, from time-to-time things loom over the horizon which cause a headache. After many years of support, Jeremy Beasley has informed us that Specsavers will no longer be able to back the Walkington 10k. Since coming on board, Specsavers' contribution has ensured that Walkington has become profitable, and that wasn't always the case. Jeremy is winding down his commitment to his business and wanted to give us early notice of his intentions. We thank him for his many years of support which has secured Walkington 10k. The search for a new sponsor begins.

Over the last twelve months, changes at East Riding Council have created waves that have caused worries over the future of local events. By taking a proactive lead over the years, we're in a good position with the council, and I'm pleased that Nigel Wilson has jumped in with both feet (and no short measure of professional knowledge) to develop our traffic management plans for both of our key races. We've taken the lead in helping other clubs with traffic management issues and Nigel has helped Pocklington Runners with plans at the first cross country race.

Mentioning cross country leads me to say a huge thank you to Sam for pushing things forward on our behalf. The league is beginning to be dragged into doing things in a more sustainable manner, and I'm pleased that after negotiations, we're hosting

our race back at Drewton. The race route is amended to ensure that it's safe: we could no longer condone running along the side of the road at High Hunsley. Asking for a payment for entering this season's races is new and we are aware that all clubs are approaching this in different ways. We will review this but I've said to Sam that we need a consistent league-wide approach.

Beverley 10k again sold out but we now need to closely look at our entry fees to ensure that we don't miss out on increasing income in the face of rising costs. We've held prices for several years whilst investing heavily in equipment, making ourselves self-sufficient. We're ever grateful for Graeme Pittaway's support, both financially but also practically. Also, at this year's events, Matt Frampton and Ben Atkinson took on the onerous role of sorting marshalling duties and that's always one less headache for me. The smooth running of the events comes down to the commitment of many but it's only right to highlight those two for daring to get more involved.

As we've grown, it's always been important for the club to play a role in the local community. We support lots of drinking and eating establishments across the wider area, but our renewed charitable commitment saw us donate almost £4000 to Dove House last year, an amazing effort by the club. Last year saw us support the Minster Christmas Tree appeal for the first time and we're doing so again this year, co-ordinated by Laura Egan (any ideas for our theme, please speak to Laura).

Looking forward: this winter will see us trying away night torch runs, with the amazing curry at Huggate in the summer tempting us to try something new.

Our two races will become more eco/sustainable with a number of ideas taken from other events and suggestions from members.

In the new year, we will hopefully host a local race director course to encourage all clubs across the area to take on board the correct training/qualifications necessary to run local events.

Training: when we lost Neil and Rona from the juniors, we were a club with only a couple of qualified coaches across the whole club. We've invested heavily in training people and we now have a large team of coaches supporting the juniors, and this has helped expand the junior section to a record membership. I take this opportunity to thank all the people who've taken time to gain qualifications to further support and boost everyone's enjoyment and experience within the club.

With the last couple of points in mind (training and looking to the future), the committee will be tasked with writing descriptions of their roles and responsibilities, and then we need to find people who can perhaps shadow roles, necessarily planning for succession; this includes me. Having done this role for more than a dozen years, I feel that the time has come to find someone else to help move the club forward. As much as I enjoy being quietly busy in the background, perhaps it's

time for someone else to have a go. But for now, I'm around; not running but involved.

With Fee not about for the next couple of months, we will be looking to others to help out at some sessions and to make sure we have someone to deliver Wednesday notices. And I say that knowing full well that we will have people step up.

Thank you all for your attendance this evening. I look forward to a night where we can address any burning issues.

Thank you.

Rob Reid, Chairman

Addendum linked to item 5 - Secretary Report

Secretary's report October 2023

Newsletters

I send the newsletters every Tues night. Sometimes they arrive swiftly at 6pm, sometimes it's closer to midnight, sometimes its Wednesday morning. I do my best to get the correct information published in a timely fashion. I expect all members to refer to the newsletter as the medium where they can find all the up-to-date information relevant to club life.

If anyone ever has an item for the newsletter please just contact the secretary email address and let me know.

I'm always reliant on our club and committee members to provide the info I need to publish in a timely manner. This goes from anything like weekly routes, to what food choices we get at an away night. As ever I am grateful to everyone for their swift contributions. It always makes my life easier.

London Marathon

The club list has hit the giddy heights of 42. If you are determined that you want to (one day) do the London Marathon, stick with Bev AC and you WILL get the opportunity. You might just be a little older when you do. The current rules ask you to keep your membership current and also enter the ballot every year until you get to run it. There are exceptions to the ballot rule by the way, like illness, injury or pregnancy. Entering the ballot each year demonstrates your commitment to the race. In previous years I have spoon fed all the people on this list by prompting them to enter the ballot as it opens and prompting them to send their proof of ballot entry or rejection before the cut-off dates. From this point forward, I will not be doing this. After the cut-off date (31st Oct) as per the rules, if you have not sent me your proof of entry or rejection I will remove you from the list. I will not be sending reminders anymore. It is up to the individual on the list to know and comply with the rules. You are all grown ups now!

Photographs

We have a series of media platforms where photographs are published. Many are published through social media after key events like Bev and Walkington 10k, with thanks particularly to Peter Garrett. Peter took over the social media side from Fran Ibson who we thank for all her hard work. Members also publish their photographs on the 'members only' Facebook group. We also have a few galleries available through the website. Paul Allen and Peter Garrett have agreed to upload photos here in order to showcase particular events throughout the year, concentrating on just 2 or 3 major events.

Awards

The awards night has been expertly managed by Rachel Woad for 3 years now. However, this year she has passed the reins to Lucy Berriman. Thank you, Rachel, for all your work to date, and thank you, Lucy, for stepping in and taking things forward.

The awards night itself is all about celebrating our athlete's achievements. We are seeking a person to help coordinate the actual awards section. It involves managing the nominations each year in January, collating that information, facilitating the awards discussion at the Feb committee meeting, pulling together an awards presentation of the winners and organising the awards themselves. Much of this is on templates so whilst there is a busy period it is quite time focused. Please get in touch if you think you can help.

YVAA Champs

In March we hosted the Yorkshire Veterans Athletic Association Championships. These races took place on the Westwood with headquarters and car parking at Beverley Racecourse. I want to thank all those people who got involved, either by making cakes, volunteering or running. It was a very successful event and we received lovely feedback from many runners about our beautiful Westwood and the views of Beverley Minster.

Club policies

We have recently implemented a new travel and expenses policy which is available on our website. The club will fund coaching courses and expenses incurred in attending such courses, to a reasonably amount. The club will also fund some travel and entries fees for combined Jun and Sen events to certain events. Please see our website for further detail.

Off the back of this meeting, alongside and other suggestions from runners, AGM attendees and club members we are also keen to implement a green strategy for the club.

Courses – LiRF, CiRF and coaches

I want to take this opportunity to ensure all our members are aware that Beverley AC will pay for you to do a coaching course, if there will be a benefit to the club with your newfound knowledge. All you have to do is make yourself available to lead the odd session (generally already planned). The regulars that need cover are speed Thursday/Friday, Couch to 5k, the 5k to 10k progression group and Circuits. The Leader in Running Fitness, Coach in Running Fitness and Coaching assistant and Coach course are all subsidised for club members.

Couch to 5k

This years cohort of C25k was a very successful group. We did have the regular fall out of runners, to those who get injured or those that are victim of the thief of time. There is little we can do to change this. The coaches and leaders dedicate their time to leading sessions and encouraging athletes, but we cannot force people.

C25k 5k to 10k progression group

Many moons ago Paul Readshaw was one of the dedicated athletes who joined the C25k group in 2020(?). Since completing the programme he has continued to come to every C25k session as a support runner. This spring he took it upon himself to complete the Leader in Running Fitness UKA training. This allowed him to become a qualified running Leader and directly after completing this course, Paul designed, organised and implemented the 5k to 10k progression group. The committee has always known that there was a gap in athlete experience and minimal support, to get people from 5k to 10k or beyond, but we were never in a position to resource a solution. Off his own back Paul completed the necessary training and has not just designed the programme, but delivered it in its entirety over 13 weeks. He is personally responsible for these athletes continuing their running journey and achieving their goals. I hope that now the programme exists, it is easier for us to spread that commitment through all our coaches in support of Paul to continue to deliver this programme after future C25k cohorts. I want to extend an ENORMOUS thank you to Paul. It is this sort of dedication and positivity that drives our successful club.

Welcome Runners

Our band of welcome runners are well established now. We have a group of approximately 18 individuals who run with potential new members on a rota basis, ensuring those runners are supported and find out all about the club... and don't get lost. I stress it is VERY difficult to get this right. We never know who is going to join us, when, what pace they run and to what distance. Added to that our WR have their own commitments, injuries or availability to factor in. Sometimes I have to go a bit off piste from the normal rota, and I sometimes approach people to help even if they are not a WR because I need to pair people up on the night based on pace. I am sorry that I have to do this, but I am VERY grateful to those that do help me out. It all helps give new runners a great experience as they join the club.

Social Runs

This Summer we reintroduced the infamous 7 Hills route as a regular trail run every Tuesday night. These have now moved to the Westwood loop as the dark nights have encroached. I feel like these have become a permanent fixture in our calendar now. I encourage all runners who take part, not just in these runs, but in all sessions, to look after each other and encourage support and inclusivity.

Volunteering

This paragraph must remain here for time immemorial. Our volunteers make this club. We are ALL volunteers... coaches, committee members, marshals, car sharers, cake bakers... we ALL do our bit to make this club a success. And I thank you all from the bottom of my heart for this commitment.

I remain your humble servant for year eleventy billion.

Fiona Oakes

Secretary and (current) Vice chair

Addendum linked to item 6 – accounts from Treasurer

Beverley Athletic Club

Balance Sheet

As at December 31st 2022

	31.12.22 £	31.12.21 £
Current Assets		
Current Account	36,398	36,237
Reserve Account	10,872	10,923
Kit Tin	0	140
Total Current Assets	47,270	47,300
Accruals	(150)	(800)
NET ASSETS	<u>47,120</u>	<u>46,500</u>
Club Funds		
Funds brought forward	46,500	28,725
(Deficit)/Excess of Income over expenditure for the year	621	17,775
Club funds	<u>47,120</u>	<u>46,500</u>

Income and Expenditure Account

12 months ended 31st December 2022

31.12.22 31.12.21

Income

Beverley 10k	38,535	35,095
Walkington 10k	12,739	10,960
Couch to 5K	510	165
Sundries	720	395
Kit	372	1,652
Awards night	2,725	0
Fundraising	1,641	317
Away nights and events	1,557	480
Santa Run	900	518
Relays	730	300
Membership	0	5,298
	<u>60,431</u>	<u>55,180</u>

Expenditure

Beverley 10K	19,404	17,594
Walkington 10K	9,767	6,386
Membership fees	1,717	1,042
PA System	916	
Dinner Dance	5,375	2,600
Club nights room hire	3,703	830
Kit cost	398	901
Fundraising costs	0	299
Courses for members	2,143	185
Road signs	0	971
Juniors expenses	62	
Accountant Fee	600	600
Donations	1,003	110
Away nights and events costs	3,676	1,049
Santa run	1,676	670
Stripe fees	2,435	1,821
Rent for storage	1,200	820
Secretary fees/stipends	300	600
Sundry expenses	5,236	728
Website costs	200	200
	<u>59,810</u>	<u>37,405</u>

Surplus/(deficit) of income over expenditure 621 17,775