

Newmarket Joggers - 2022 AGM

Minutes

23rd November 2022

6:45pm

The Racing Centre,
Newmarket

Type of meeting: Annual General Meeting

Chair: Kate Warboys

Minutes Taken By: James Smith

Attendees Kate Warboys (KW) Jan Holmes (JH) Brian Munns (BM) Mark Hayward (MH) James Smith (JS) Phil Blundell (PB) Jim Withers (JW) Jeremy Reader (JR) Joe Cormack (JC) Angela Brennan Caroline McIntosh Chris Aylmer Greg Davis Helen Wass Jenny Osbourn Malcolm Osbourn Olivia Carter Paul Holley Pearl Fay Sophie Adams Sophie Blundell Wendy Ancill Stuart Janes

Apologies Neil Pollard Sarah Martin Lisa Chatterton Linda Davey Nicole Smith Steve Cousins Jo Bouttell Sianie Painter Emma Reader Mark Geddie Bridget Wallwin Rachel Allen Jackie Henley

Minutes

Agenda item: Introduction, Apologies & Guest Speaker

Presenter: Kate Warboys

Discussion:

KW opened 2022 AGM at 18:45 welcoming all present members and giving brief outline of agenda. Apologies were noted alongside attendees. KW then introduced guest speaker Jack Nixon who gave presentation followed by Q&A session for attendees.

Conclusions:

2022 AGM opened

Agenda item: Minutes from 2021 & Matters Arising

Presenter: Kate Warboys

Discussion:

KW asked attendees if any matters arising from 2021 AGM minutes, none raised. Minutes approved by those present, proposed by JH and seconded by Jenny Osborn.

Conclusions:

2021 AGM minutes approved.

Agenda item: Presentation of Directors' and Chair's Annual Report

Presenter: Kate Warboys

Discussion:

KW highlighted that after the disruption of nearly three years it was good to be back together again - where we find ourselves in today is far from what we know as normal. Not only in the wider world have we faced some quite extraordinary situations and circumstances but as a club we have.

The club had some fantastic highs and the most tragic lows The word that I think sums us up as a club is resilience. Dictionary definition is the capacity to recover quickly from difficulties; toughness.

We started this year bouncing back from COVID - training together once again, a full race calendar and socially getting together. At the start of the year many enjoyed Run Newmarket followed by the Sunday Roast at the Wellington - really felt like normal - lovely to once again have that giddy feeling of running and eating together.

We were able to get the new membership portal launched and live in time for our annual renewals which has really been quite a game changer for us to be able to manage subscriptions and in more general terms the membership data and communications.

Payments have been in real time with greater efficiency and ease. We have been using the Events function as a booking tool which again has helped with more efficiently and accurately administering club business. There is still much more it can do and we are all still learning and making tweaks to the system but isn't that what progress is all about.

We then moved through into Spring, with recognising that we needed a central Hub to meet up and call our home - we were thrilled to have found the partnership with the Racing Centre- they couldn't be more accommodating to us; and it just feels right that we are supporting this charitable community facility.

Things really did start feeling all very back to old times with our Heath race- it really is amazing how quickly you forget how things are done!

Then tragedy and immense sadness hit us. The loss of Clive Purbrook cannot be understated, the only words are absolute tragic loss and immense sadness. Clive did so much for this Club - much of it you saw but there was so much behind the scenes- on legalities and governance. on a personal level it is not an underestimation to say he was like a mentor to me; I would often turn to him on club business. Always calm, level-headed the voice of reason there was just never any dramas - he was a true gent and a leader and I learnt a lot from him - including how to drink red wine!

Through supporting each other, and graciously being included, by Belinda, in the celebration of his life at Gally's farm with a run and then the wake, we all found our own ways to try and reason what had happened and then..... tragedy and sadness again with the passing of Baz Colley. What a true club person he was, always encouraging, supporting anyone who needed it- supporting the club - you knew if Baz and Sarah were there it would be alright along with a bit of a giggle. Once again we all rallied showing one another friendship and support. Particularly as we had to dig deep to host our main 10k race of the year, it was a lovely day full of everything Baz and Clive would have loved.

The summer was full of highs and great club spirit with Ekiden relay epitomising what the club is about healthy competition, friendship, one team spirit and a lot of fun.

We were then saddened by the news that Jenny Grimwood had passed. Not many people knew Jenny, she had been suffering with dementia from a number of years, but I remember Jenny from the beginner's course I did - she was helping Stuart out and she clearly knew her stuff/ Jenny started the Juniors section and she was active at a regional level in supporting athletics and many remember her as being a driving force within the Joggers.

The next high was the round Norfolk relay - superbly organised by JW - it is a very special event in so many ways- it's like you enter a bubble for that weekend.

None of this is possible without the committee- they are the cogs, that turn mostly smoothly, and certainly there would simply not be Joggers without them. I genuinely can't thank them enough for the hard work and time they give up to make things happen.

Particular thanks go to Lisa Garrand who stepped in to Sianie's shoes as secretary, she was the only brave person to do so, however she clearly thought after a few months she needed a way out and having a child would be preferable. Whilst I was hyperventilating in a dark room at the prospect of Joggers without a Secretary, inward bound JS, his newsletters have gone to another level, and his weekly email comms through the portal keep us all well informed with no excuses for not knowing what is going on - thanked JS for stepping into the breach and I am pleased to say you have become a key cog in the Joggers wheel of getting stuff done.

Final thanks have to go to my fellow Directors PB and MH who help to keep us legal and governed - and focussing on the future.

We now have to say goodbye to two stalwarts- never can there be a better word to describe these two <loyal, reliable, and hard-working, supporter of or participant in an organization or team>, both have been on the committee for a number of years and often been the go-to people. They have both been the most supportive - whether it's rallying members for races, explaining how certain training or club activities work or being the first at the bar or dressing the most flamboyantly- certainly the club would not have the culture it has today without what both of these have achieved- JH and JR – both JH & JR presented with gifts.

We are also saying goodbye to Lisa Chatterton who has been our Hockey's organiser for the past couple of years- again another no fuss, just get on and do it committee member.

KW thanked all for sticking with us through COVID and showing friendship and resilience in a challenging year.

Conclusions:

JH, JR & LC thanked for their excellent committee work. JH & JR presented with gifts.

Agenda item: Annual Membership Report

Presenter: James Smith

Discussion:

JS reported the following numbers on membership:

- 179 members (133 seniors, 46 juniors) increase of 28 from last year, entitles club to one London Marathon entry.
- 33 new seniors, 20 new juniors. 100 senior renewals, 26 junior renewals
- 173 members are 1st claim Newmarket Joggers
- 93 female members, 86 male members

JS also reported as per agreement at last AGM all members (senior & junior) are registered athletes with England Athletics. 178 of 179 members are on the Newmarket Joggers Portal which should allow renewals to be processed effectively, members will be reminded close to membership renewal date (1st April 2023) that majority are on autorenewal with NJ portal. JS also reported that NJ Strava group is now only current members – group is 90 members strong and has proven to be a good communication channel for members.

Conclusions:

Club has grown in a positive way since COVID pandemic.

Action items	Person responsible	Deadline
✓ Membership to be emailed reminders close to renewal date	Membership Secretary	1 st April 2023

Agenda item: Junior's Report **Presenter:** Phil Blundell

Discussion:

PB observed that he had been in post as Junior Coordinator for a year and that this position will no longer exist under the new committee structure being proposed at this AGM.

Over the course of this year, we have made noticeable progress with integrating the juniors more closely into the rest of the club. The new route for the winter 5k has allowed under-18s to participate for the first time and several of them are already posting good results here. The club achievement tables and performance rankings now include all members (not just seniors as before). This year has also seen an increase in junior race participation including some junior-only events such as the Ipswich relay on October 23 in which we were able to enter three teams.

As most of our members know, our senior external coach Mick Graham suffered a heart attack in January of this year and was out of action for some months. Our junior training programme, being disproportionately track-based, would have been placed in some jeopardy during this time were it not for the invaluable assistance provided by other club members who stepped up to fill this gap. In particular Stuart Janes stepped in to shoulder much of the training burden that had previously been carried by Mick, and a group of LiRFs and other senior members (notably Olivia Carter, JC, MH, JS and Adam Maltpress) gave generously of their time to lead sessions on the track. Their efforts are very much appreciated.

Looking to the future, a central plank of the new club strategy is that we want to move away from defining ourselves by age or gender and, accordingly, it should not be necessary to have a specific Junior Coordinator. Instead, junior members will be treated equally with seniors, meaning that the Membership Secretary will administer junior memberships; the Training Captain will arrange junior training, and so on.

Agenda item: Joint Captain's Report

Presenter: Jan Holmes

Discussion:

JH went through a list of club member's achievements throughout 2022:

Winter 5k Handicap:

Great to have the 2021/22 event back to its previous in person format. Congratulations to all winners.

Fastest Male: JS (16:54) Fastest Female Hannah Parsons (21:31)

Move to new course well received as is the inclusion of our Juniors.

Target to beat on the new course Lilian Corbett (19:58) Sam Sadler (17:49)

Hockey's 5k League:

Eight clubs competing

Men's team 3rd (best result for many years)

Neil Pollard – Finished 3rd overall in individual series, Paul Holley club's nomination for best runner due to age grading.

Women's team 7th, Hannah Parson's club nomination for best runner.

Combined Women's/Men's 5th

NJ Grand Prix:

Reduced categories this year – 6 events:

4 Hockey's League Fixtures, Framlingham XC (November) & Woodbridge XC (December)

Currently Paul Holley is dominating the Men's Grand Prix and Caroline McIntosh looks favourite to win the ladies.

Cross Country Fixtures:

Suffolk XC Champs January 2022

We were unable to retain the men's championship trophy of 2020 but managed a decent 4th place. Some great individual results for our men (JS County overall men's winner, MH 2nd v40, Paul Holley 1st v55, Neville Clarke 2nd v65)

Suffolk Winter XC League 21/22

Men finished 5th, Ladies finished 7th Combined team 11th

Eastern XC Championships November 2022

Ladies 2nd & 3rd teams, Men's 3rd team. MH 3rd v40, Paul Holley 2nd v50, Rebecca Oettle 3rd v35, Wendy Ancill 2nd v45, Nicole Smith 3rd v45

Suffolk Road Grand Prix:

Choice of 7 designated UK races held in Suffolk during the year (10k – Marathon) Best 5 performances count.

No team prizes this year but some great age group trophies

JS & MH – 2nd and 3rd (of 47) MV40, Neville Clarke 2nd (of 21) M65, Caroline McIntosh 2nd (of 13) F65

5k & 10k Times:

JH went through lists of both 5k and 10k fastest time sin both Men's and Ladies, JH particularly noted that positions 1 and 6 in the ladies 5k are held by Juniors, Lilian Corbett and Cerys Bithell – Great Achievements.

Beginner's Group:

We had a later than usual Beginners Group this year which was hugely successful with Lucy, Millie, Christine, Helen, Zara and Alyson all graduating with flying colours.

Other 2022 Highlights:

MH put in a big HM PB of 1:13:06 at Stowmarket in March, as well as gaining PBs at all distances from 5K to Marathon this year.

Troi Baxter became the second fastest ever female marathon runner for Newmarket Joggers, when she clocked 2:52:32 in the London Marathon in October.

Neil Pollard became potentially the fastest ever Newmarket Jogger marathon runner with his 2:31:56 at Chester in October 2022.

Heath Race – In May we were delighted to be able to host our annual Heath Race and Stable & Stud Challenge after a break of 2 years for Covid. We had a field of 160 runners across Juniors and Seniors and the weather stayed fine all evening.

Marcus Gynn 10K event returned as an in-person event in July with Neil Pollard finishing in 2nd place.

Ekiden Relay – on what must have been one of the hottest days of August 46 NJ members, across all categories including our Juniors turned out at Woodbridge School for the annual Ekiden relay.

Round Norfolk Relay over the weekend of 17/18 Sept – Strong team performance over 17 stages of 24 hour event around Norfolk county boundary. Three stage wins for the NJ Team – JS, Neil Pollard and MH.

Conclusions:

JH thanked club for support during her time as Ladies Captain.

Agenda item: Treasurer's Report & Presentation of Annual Accounts **Presenter:** Mark Hayward

Discussion:

MH went through a summary of the club accounts for 2022 (unaudited financial statement available on website)

Income & Expenditure: Loss £1927.18, noted that Accounts show profit of £2,172.82 due to holding Suffolk CC field power donation. Previous year club made a loss of £888.59. Biggest club expenditure was EA fees with all members how being EA affiliated, next biggest was costs involved in running Newmarket 10k, noted that a number of entries for the 10k were carried over from previous year. Club getting back to normal after COVID with 10k, Heath Race, Beginner's course and Christmas party all being organised.

2023 Event Budgets & Cost of Living: MH stated that to support Financial Governance, club races will have to have pre agreed budgets based on historic costs. Aim to utilise funds we have accrued but maintain a healthy surplus in the bank. Cost of living increases, affects our members and the club, so club will have to be adaptable, spending outside of 'Events' to be costed and agreed prior to spend. Research our preferred suppliers, such as for trophies, to achieve cost saving - potentially can we become business partners with appropriate organisation/suppliers.

Benefits of membership: MH outlined the benefits of membership specifically the sense of belonging to a supportive community. Other benefits include - Five Training sessions per week- Tues & Thurs in Newmarket plus Mon/weds/sat at Bury Track - Coached by Mick Graham coach of 2 world champions & local elite runner Jack Nixon. Kevin Henry 5K race series entry only available to UKA club members. Cross Country Suffolk league and Suffolk & Eastern championship entry only available to UKA club members. Round Norfolk Relay entry, England Athletics Membership- £17 per year per member from 2023, giving £2 discount on race entries. Lirf/Cirf coaching courses paid for starting from £140, 10% online club discount through Sportshoes.com, Retailer discounts inc. Up & Running and Advance Performance and Club London Marathon place.

Proposal for 2023 Membership fees: Club holdings as at 05/11/22 - £15,823.12. EA Fees increasing by £1 per member again in 2023 and club bank Account charges now £10 per month. Club aims to maintain a reserve of £8000 for operating costs and we have a budget for digital comms platform circa. £7000.

Proposal to increase the membership fee to £56 for new and renewing members, adding in the £1 EA increase. 2022 AGM it was agreed to increase membership to £55 for all in 2023. MH formally proposed increase of £1 due to EA fee. Greg Davis raised possibility of asking members to pay for county & eastern entries to save club money, JS stated that cots for these entries are relatively small for compared to other potential areas of savings. Discussion of how club could potentially be better budgeted. KW put proposal for club to increase £1...AGM voted for increase, proposed by KW, JH seconded.

Conclusions:

Membership to increase to £56 for April 2023

Agenda item: Club Strategy **Presenter:** Kate Warboys

Discussion:

KW presented club strategy that had been created with information taken from Ben Davies consultation. Strategy had approved through Committee. Rational behind is to bring greater clarity to Club, define goals & overall modify it's structure for more streamlined operation. KW said that strategy is work in progress and welcomed member's thoughts on the club vision. Strategy is available from KW. Questions raised by members during and following presentation; Chris Aylmer raised recording of club attendance that used to be done previously before COVID to keep track on club use, JS responded that this has been raised at committee recently but to be done in way that reduces paperwork and doesn't impact training session – also that doesn't impact club finances. Stuart Janes raised concern that Junior coordinator role was disappearing as senior and junior training/coach needs are different, PB responded that the role of Training Captain was to coordinate coaches, LIRF's, helpers etc. and tailor training appropriately and that many types of runners will be catered for appropriately (giving example of proposed focus training groups) KW asked attendees on their thoughts, Olivia Carter expressed approval of strategy.

Conclusions:

Election of 2023 Committee Roles to reflect Club Strategy

Action items	Person responsible	Deadline
✓ Club strategy to be circulated with AGM minutes	JS	4 th December 2022

Agenda item: Proposal of 2023 Committee

Presenter: Kate Warboys

Discussion:

Following on from the roles outlined in the club strategy KW proposed that the club vote on election of peoples to committee roles. This was done on mass as each role had only 1 applicant. New committee was proposed by Greg Davis and seconded by Caroline McIntosh.

2023 Committee:

Chair – Kate Warboys

Club Secretary – James Smith

Treasurer – Mark Hayward

Welfare Officer – Sarah Martin

Training Captain – Phil Blundell

Events Captain – Brian Munns

Race Captain – Jim Withers

Membership Secretary – Angela Brennan

Social Secretary – Sophie Adams

Committee Members – Joe Cormack, Paul Holley, Neil Pollard

Conclusions:

Committee for 2023 agreed

Agenda item: New Club Logo

Presenter: Kate Warboys

Discussion:

KW outlined reasons to changing of club logo. In general a refresh was needed to move away from being too gender specific (is not reflective of equality and diversity) The upcoming 40th birthday is an opportunity to more broadly update and refresh. Two new designs that had been selected via directors and committee and were shown to membership. Following on from this there was members discussion. In general the floor understood need for change but wanted to retain a more Newmarket feel e.g. horseshoe. Greg Davis suggested that whole of club membership should have opportunity to decide via online survey, KW stated that the AGM had been the chosen forum to be delivered in context with the strategy. JS stated that 1 member had emailed previous to AGM questioning new logo design voting. Previous remote club engagement on other matters didn't produce numbers that reflected large percentage of membership. No voting on new designs were carried out and it was agreed process would be taken back to committee and review of suggested designs with further consultation to be done in 2023. KW closed the AGM at 21:28.

Conclusions:

Club logo to be reviewed early in 2023.

Action items	Person responsible	Deadline
✓ Committee to review process and designs for club logo	Committee	Early 2023