

## **Norwich Road Runners AGM & London Marathon Ballot**

**Tuesday 25 October 2016**

**Present:** Gary Cooper (Chairman), Mark Betts, Nicky Dowson, Paul Dowson, Kathleen Easter, Nick Gurney, Stacey Harper, Barry Hipwell, Beryl Knowles, Rachel Miller (Minutes), Mick Powell.

### **1. Introduction**

Nick Gurney opened the meeting and welcomed everyone and thanked everyone for attending. The theme of tonight is to hear from all aspects of the club. NRR is no longer managed by a small select group of people – passionate, dedicated and talented members of the club have come forward to invest their time and energy into making the club better, and they will present tonight.

### **2. A look back at 2016 at the Norwich Road Runners**

Nick gave an overview of some of the achievements of the club and how we have grown in 2016, including:

- We are an inclusive club, and continue to be a club that caters for all types of runner;
- Our Juniors section has grown over the last 18 months;
- Our races – Broadland Half Marathon, Wroxham 5k and Horsford Cross Country – have grown, some with record attendance.
- We've become more visible in the media, for example: Eastern Daily Press, Evening News, Mustard TV, Run Norwich and on BBC One Inside Out.
- We have a brand new website, built on a new platform. More visually appealing and consistent with club branding. Updated regularly – a great platform to sell our club and our races. Continued development to see it become a 'one stop shop' of all running activity in Norfolk.
- Membership has increased year on year. Total membership is now 387 – this breaks down into 54 juniors, 136 seniors and 197 veterans. We have 14 honorary members, 13 second claim members, and 14 student members. For 2015-2016, the club's membership was 325.
- Club members have been active in supporting the Leathes Prior Grand Prix Races. We also had 142 runners at Run Norwich (111 in 2015), 25 runners in the London Marathon, and 15 runners in the Lord Mayors 5k (9 in 2015).

- Club members have also won 60 Norfolk County Championship Medals (not including marathon medals). 21 Gold, 22 Silver and 17 Bronze. In 2015 club runners won 41 medals.

### **3. Coaching – Neil Walpole and Stephen Moseley**

Neil Walpole introduced himself and Steven. They will be taking over from Richard High as the lead coaches. They have a lot of ideas and will be working with the other coaches and looking for feedback from the whole club on how to develop this and take it forward to benefit all members.

Some points noted include:

- They will be looking at the structure of how things are done.
- They are going to arrange a meeting with all coaches and discuss ways to improve/change.
- They are currently Level 1 Run Leaders, however, will be looking into gaining further qualifications in the coming year.
- Looking into making Tuesdays and Thursdays equally as attractive for people to attend.
- Please do bear in mind that our Tuesday night sessions now attract a large amount of people on the field, which is not always an easy task.
- They will be adding a note to Facebook/Website requesting feedback from everyone at the club on what you would like to see, any improvements etc.
- If any previous coaches wish to re-join then please get in touch.

### **4. Juniors – Alma Simonds, Elies Mann, Richard Johnson**

Elies updated on the how the Juniors began and have grown and developed. They have been growing slowly over the past 15 months in order to get the structure right and have received input and support from Paul Evans.

Events they have taken part in so far include:

- Broadland Half Marathon Fun Run;
- Ekiden – 4 teams took part with one team finishing second;
- Wroxham 5k Fun Run;
- Ryston Runners Cross Country.

Looking forward to 2017 they have more events planned:

- Ekiden;
- Fun Run at all three Wroxham 5k races;
- Broadland Half Marathon Fun Run;
- Sportshall – indoor athletics during the winter months, competing against other clubs in the county;
- Paul Evans running a session in 2017;
- Jane Clark running a session in 2017.

Also looking at more NRR kit for the juniors. They are also now featured on the new NRR website and looking to set up a Facebook page.

Alma noted that she would like to thank Elies, Richard and Sarah for all their support they have shown and how proud she is of all of the juniors.

## **5. Broadland Half and Wroxham 5km – Nick Gurney**

**Broadland Half Marathon** – 2015's race went extremely well, aside from a few issues with car parking. The race sold out in 5 weeks (a record), with 500 places sold. A record 378 runners finished, and feedback was extremely positive. The race was chip timed for the first time, though there were issues with awarding prizes, which lasted for several months. 2017 entries opened last week, and 100 were sold in 24 hours, so is expected to be very popular. Entry level reduced to 450 due to parking. The 2017 race will not be the County Championship or Leathes Prior Grand Prix race.

**Wroxham 5k Series** – Celebrated it's 20<sup>th</sup> anniversary this year. Had a bespoke medal as well as a T-shirt, and the social committee organised some celebrations and a raffle. Overall the series went extremely well, save for flash flooding cancelling the second race, and entry was the highest it has ever been (with a record 478 finishing Race 1. 2017 will again be a Norfolk County Championship and Leathes Prior Grand Prix race.

**Generally** – Our races are going from strength to strength, selling out quicker than ever and we are looking to bring a more professional feel to our races. We are on the look out for new race directors, to take over from the current directors (Gary Cooper for Broadland and Nick Gurney for Wroxham) and inject their own ideas into the race. Please speak to either if you are interested.

It was noted that the turnout from club members to help marshal and organise these races was exceptional, and that aided to the races being delivered in a professional manner. Thank you from the committee.

## **6. Social Committee – Steve Utting and Caroline Allen**

Steve and Caroline updated that they have 6 on the social committee and currently have one spare space.

They meet every first Tuesday of the month and arrange social events and assist with races.

Events coming up include:

- Christmas Party on Saturday 10 December;
- Christmas Fun Run on Thursday 15 December.

Planning a fish and chip night for 2017 and putting together a social calendar for the website. If anyone has any ideas please do forward them on. Their email address is [social@norwichroadrunners.com](mailto:social@norwichroadrunners.com)

They thanked Roly and Georgie for organising the food for tonight's AGM.

## **7. Hadrian's Wall – Roly Cook**

Roly updated. Around 20 NRR travelled to the Three Peaks in 2016, which was a great achievement for all.

Next year they are planning walking Hadrian's Wall over the course of three days from the 26 – 30 July. Travelling on the Wednesday, walking Thursday, Friday and Saturday and returning Sunday.

You don't have to walk the full distance, as there will be mini buses so you can do a shorter distance.

There will be training walks planned nearer the time. Just looking for ideas of who is interested at the moment.

Please contact Roly Cook if you are interested in taking part.

## **8. Club Clothing**

Currently looking into new kit for the club and working with some designers to achieve this. Hopefully there will be more information and designs to show in early 2017. This includes training gear, cycling jerseys and triathlon suits.

## **9. Chairman's Report – Gary Cooper**

Gary introduced to members founding members of the club who were present – Mick Powell, Ray Lindsay, Richard Sales and Alma Simmonds.

Gary has been the chairman for 5 years, and this year's AGM was very different – focus on Juniors, Coaching and Social activities. There was a lot of growth within the club, and a lot of passion and enjoyment from members.

As chairman, Gary will continue to listen to what members want from the club and drive that forward into action.

Gary presented the Round Norfolk Relay trophies to the Masters Team, who came first (presented to Paul Sullivan) and the Ladies Team, who came third (presented to Stacey Harper and Deborah English). All the RNR captains have agreed to manage the teams again in 2017. The Round Norfolk Relay was discussed in some detail – there were 9 drop outs from the mixed team, which caused them and the other teams issues in finding runners nearer the event. The focus next year will be on improved communication between the teams.

Otherwise it was felt that the club had had a very good year and he was looking forward to another great year in 2017.

#### **10. Treasurers Report – Kathleen Easter**

Kathleen Easter presented the Treasurers Report. The club made a small loss this year due to investment in setting up the Juniors, providing better equipment for coaches, and general investment in the club and its activities. Revenue raised from races continued to be strong, and was aided by a higher membership total.

All agreed and signed off.

*N.B. If anyone would like a copy of the treasurer's report, please contact Kathleen at [kathleaster@btinternet.com](mailto:kathleaster@btinternet.com).*

#### **11. Election of the Management Committee**

The committee stood down. All of the previous members decided to stand again.

There were no nominations received from members of the club to join the committee.

The Committee were all re-elected by members present at the AGM.

The officers of the club stood down. All of the previous officers decided to stand again.

There were no nominations received from members of the club to become an officer.

Officers elected are:

Chairman – Gary Cooper

Secretary – Mick Powell

Treasurer – Kathleen Easter

Welfare – Beryl Knowles

Membership – Mark Betts

Communications – Nick Gurney

The committee thanked members for voting them back in.

## **12. Questions submitted prior to the AGM**

The committee did not receive any questions submitted prior to the AGM.

## **13. Questions from attending members**

Ally Hadden thanked the committee for all their work and everything they have done for the club. He also noted that his boys have recently joined the juniors and they have been made to feel very welcome. He asked if it would be a good idea to look into investing into more lights for the field. It was responded that this is something that is already being discussed.

Richard Johnson noted that he would like to see the club being more competitive and have more of a structure in place to develop the faster runners. There was a discussion amongst members about how this could be achieved. General coaching sessions at the club have been designed for people of all abilities – any specific coaching for faster runners would require members or coaches to come forward and agree to manage this.

Stephen and Neil have just taken over coaching and this will be an area they look at in the New Year and develop, alongside all of the coaching provided at the club. They want to be at the next AGM discussing how coaching at the club has been taken forward, and are open to any feedback.

## **18. Date of next meeting**

The next (ordinary) committee meeting will be on Tuesday 29 November 2016.

*The committee can be contacted at any time:*

[committee@norwichroadrunners.com](mailto:committee@norwichroadrunners.com)

## **19. London Marathon Ballot**

The lucky winners were (reserves in brackets):

Sarah Boosey (Paul Sullivan)

Niki Park (Caroline Allen)

Jonathan Eagle (Robert Belcher)

Ruth Gaunt (Paul Smith)