

Grantham Running Club
Annual General Meeting
20th October 2022 (8pm) Meeting Minutes

Apologies: Nev Chamberlain, Holly Durham, Julia Hallam and Peter Bonner.

1. Welcome & Opening of the AGM

Andrew Pask opened the AGM

2. Minutes from the previous AGM

There were no comments or objections with regards to the minutes of the 2021 AGM. These were therefore accepted as being a true reflection of the 2021 AGM and were 'signed off' accordingly.

3. Business arising from the previous minutes

None.

4. Annual Reports of the Club

Chairpersons Report

Andrew Pask provided a welcome speech and talked through the things that the club offered to its members during the past year.

Club Training

Andrew informed those present that the club offers multiple training sessions from Monday-Thursday, more than any club in the area.

Beginners Class

The club offered the beginners class sessions, with thanks given to Kate Marshall and her helpers for their work in putting these sessions on. A beginner's buffet was also offered to those who attended the sessions.

Summers Solstice 10K

Andrew talked about the 2021 Summer Solstice, and its increased reputation throughout the county. Thanks was given to Sam Jepson, Gordon Geach, Ben Mason and Andrew MacAllister for their roles in staging the race.

Cross-Country

The club entered teams in the Lincolnshire Cross-Country league and the North Midlands Cross-Country league. GRC also entered teams in the National Cross-Country Relays and the National Cross-Country Championship. These were all offered free of charge, and credit went to Sarah High for all her hard work in organising Cross-Country for the club.

Club Races

GRC offered a club 5K, which again proved to be a popular race that will be continued next year. The Club Handicap race was also staged, and thanks was given to Sam Dodwell who did a brilliant job.

TR24 and Equinox

TR24 proved to be as popular as ever, and the ultimate in team building. A group within GRC are also looking to have a push on the Equinox race next year too.

Social

The club offered a number of social events throughout the year. These included the Awards Night, Beer 'n' Bling and Christmas Dinner Dance. The club also provided a Christmas Lights run, and a Christmas Eve Run. Thanks was given to Kate Marshall for her help in these runs.

Member Of The Month

Thanks was given to Sam Jepson for taking the lead on the MOTM.

Race Reports

Andrew thanked Sylv Hull for being the main driver of the race reports for the Grantham Journal, but also emphasized the fact that she relies on members for help with providing race reports.

Club Development

The club offered, and paid for, LiRF and CiRF accreditation to a number of members.

Club GP series

The GRC Grand Prix series is currently up and running. Thanks was given to all those that have been involved in the setting up of the GP.

Treasurers Report

Gordon Geach provided a treasurer report.

Grantham Running Club Income & Expenditure Account For The Year Ended 30th September 2022

10/10/2022													
Monthly Income and Expenses													
Between 01/10/2021 and 30/09/2022													
Subcategory	10/2021	11/2021	12/2021	01/2022	02/2022	03/2022	04/2022	05/2022	06/2022	07/2022	08/2022	09/2022	Total
Income													
Beginners													
10W210K													
CS2K													
Total Beginners													
Christmas Dinner 2021 (Inc)													
Balance	28.50	1,699.50	370.00		56.82	56.82	179.93	30.00		26.61	44.35	17.74	88.70
Deposit	40.00	70.00	40.00		56.82	56.82	179.93	30.00					333.57
Total Christmas Dinner 2021 (Inc)	68.50	1,679.50	410.00					-10.00					423.27
Club Membership (Inc)								-10.00					2,448.00
Direct						25.00	50.00						75.00
English Athletics	59.95	19.72		39.44	19.72	29.58	785.90	491.41	269.66	115.31		9.47	1,840.16
Kil (Inc)	59.95	19.72		39.44	19.72	54.58	835.20	491.41	269.66	115.31		9.47	1,925.16
Sales	52.50	20.00	101.50	32.50	40.00	40.00		55.00	231.00	30.00	55.00	27.00	684.50
Total Kil (Inc)	52.50	20.00	101.50	32.50	40.00	40.00		55.00	231.00	30.00	55.00	27.00	684.50
Misc (Inc)													
Donation										50.00			50.00
Total Misc (Inc)										50.00			50.00
Presentation Night 2022													
Meal				337.50	13.50								351.00
Total Presentation Night 2022				337.50	13.50								351.00
Summer Solstice (Inc)													
Entries						2,742.91	2,094.95	2,633.15	2,661.10				10,132.11
Total Summer Solstice (Inc)						2,742.91	2,094.95	2,633.15	2,661.10				10,132.11
Thunder Run 24 (Inc)													
Balance				432.00	36.00	36.00	36.00	144.00	792.00	468.00			1,260.00
Deposit						36.00	36.00	144.00	594.00	72.00			1,260.00
Total Thunder Run 24 (Inc)				432.00	36.00	36.00	36.00	144.00	1,236.00	540.00			2,520.00
Winter Solstice (Inc)													
Entries	228.33	2,876.54	1,271.56										4,376.43
Total Winter Solstice (Inc)	228.33	2,876.54	1,271.56										4,376.43
Total Income	409.28	4,595.76	1,783.06	841.44	166.04	2,930.31	3,146.78	3,343.56	4,457.76	761.92	99.35	64.21	22,599.47
Expenses													
Affiliation													
ARC							182.00		276.00				276.00
English Athletics							182.00		276.00				182.00
Total Affiliation							182.00		276.00				458.00
AGM (Exp)													
Food	63.72												63.72
Total AGM (Exp)	63.72												63.72
Beginners (Exp)													
Food									100.00	58.60			158.60
GTC Fee													100.00
Christmas													
Total Beginners (Exp)									253.43	58.60			153.43
Christmas Dinner 2021 (Exp)													
Balance			2,280.00										2,280.00
Misc			28.44										28.44
Staff Tip			25.00										25.00
Total Christmas Dinner 2021 (Exp)			2,563.44										2,563.44
Christmas Dinner 2022 (Exp)													
Deposit													
Total Christmas Dinner 2022 (Exp)													
Club Development													
LRF								280.00					280.00
Safeguarding								180.00					360.00
Time2Listen			20.00										20.00
Total Club Development			20.00					290.00			10.00		330.00
Cross Country													

19/10/2022

Page 2

Monthly Income and Expenses

Between 01/10/2021 and 30/09/2022

Subcategory	10/2021	11/2021	12/2021	01/2022	02/2022	03/2022	04/2022	05/2022	06/2022	07/2022	08/2022	09/2022	Total
Quantum Event		0.00											0.00
Lincolnshire Cross Country		49.00	17.50	45.50									112.00
National Relays Men		40.00											40.00
National Relays Women		30.00											30.00
North Midlands Cross Country		85.00											85.00
Total Cross Country		155.00	49.00	17.50	45.50								267.00
Handicap (Exp)													
Misc												60.00	60.00
Total Handicap (Exp)												60.00	60.00
Information Technology (Exp)													
Domain Hosting								86.26			43.16		129.42
Website SSL License		143.98		-71.99									71.99
Total Information Technology (Exp)		143.98		-71.99				86.26			43.16		201.41
Kit (Exp)													
Kilts						849.00							849.00
Total Kit (Exp)						849.00							849.00
Miscellaneous													
Key Cut		11.00											11.00
Misc			6.68	302.00				1.50	26.34				335.02
Postage								1.50					1.50
Total Miscellaneous		11.00	6.68	302.00				1.50	26.34				347.52
Presentation Night 2022 (Exp)													
Certificates								7.55					160.61
Decorations				138.46	138.73	14.33							138.46
Deposit				500.00	67.00								567.00
Engraving						462.00							462.00
Trophies				206.34	54.30								260.64
Total Presentation Night 2022 (Exp)				844.80	205.73	530.63		7.55					1,588.71
Summer Solstice (Exp)													
Beer									1,008.00				1,008.00
Chip Timing								308.00		722.88			1,032.88
Clock Hire											50.00		50.00
Field Hire										300.00			300.00
Fuel									42.01				42.01
Medals								1,486.83	75.20				1,562.03
Misc									76.55				76.55
Pavilion Hire											600.00		600.00
Portaloos Hire								840.00					840.00
Prizes										410.00			410.00
Race License						30.00							30.00
Running Imp								275.90					275.90
Signs								283.86					283.86
Skip Hire								198.00	239.50				437.50
Van Hire									384.00				384.00
Summer Solstice (Exp) - Unassigned									1,007.01				1,007.01
Total Summer Solstice (Exp)						30.00		3,384.59	2,752.27	1,432.88		650.00	8,249.74
Thunder Run 24 (Exp)													
Service Fee		62.64								15.12			77.76
Team Entry		2,088.00								504.00			2,592.00
Van Hire Etc											292.00		292.00
Total Thunder Run 24 (Exp)		2,150.64								519.12	292.00		2,961.76
Winter Solstice (Exp)													
2020 Refund				381.00	74.00								455.00
500ml Water Bottles				57.33	14.34								71.67
Alt				838.40									838.40
Ambulance				750.00									750.00
Barriers				201.01									201.01
Chip Timing				1,013.75									1,013.75
Cider				1,135.92				50.00					1,135.92
Clock Hire													50.00
Cones				25.98									25.98

19/10/2022

Page 3

Monthly Income and Expenses

Between 01/10/2021 and 30/09/2022

Subcategory	10/2021	11/2021	12/2021	01/2022	02/2022	03/2022	04/2022	05/2022	06/2022	07/2022	08/2022	09/2022	Total
Cribs				79.00	15.37								85.37
Error				100.00	-100.00								0.00
Field Hire					300.00								300.00
Fuel					25.00								25.00
Gloves				25.00									25.00
Medal Duty				64.49									64.49
Medals		1,553.35											1,553.35
Misc			48.62		160.00							174.26	362.88
Pavilion Hire													320.00
Prizes			520.00			320.00							840.00
Running Imp		237.13											237.13
Scouts			50.00										50.00
Skip		198.00											198.00
Stationery				26.99	23.10								50.09
Stickers				670.80									670.80
Toilet Hire			840.00										840.00
Van Hire				150.31									150.31
Water Station				19.96									19.96
Total Winter Solstice (Exp)		1,988.48	6,817.29	532.10	160.00	320.00		50.00				174.26	10,032.13
Total Expenses	2,369.36	2,212.46	5,414.91	1,642.41	365.73	1,729.63	183.50	4,094.40	3,032.04	2,028.60	535.16	884.26	28,484.46
Income less Expenses	-1,960.08	2,383.30	-7,631.85	-800.97	-199.69	1,200.68	2,963.28	-750.84	1,425.72	-1,258.68	-435.81	-820.05	-5,884.99

Cash Flow Forecast

Grantham Running Club

Cash Flow Forecast

	Beginning	Oct-21	Nov-21	Dec-21	Jan-22	Feb-22	Mar-22	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Totals	Variance	
Bank Balance	£ 13,455.86	£ 13,455.86	£ 11,495.78	£ 13,879.08	£ 6,247.23	£ 5,446.26	£ 5,246.57	£ 6,447.25	£ 9,410.53	£ 8,659.69	£ 10,085.41	£ 8,826.73	£ 8,390.92			
Cash on Hand	£ -	£ -	£ -	£ -	£ -	£ -	£ -	£ -	£ -	£ -	£ -	£ -	£ -			
Total	£ 13,455.86	£ 13,455.86	£ 11,495.78	£ 13,879.08	£ 6,247.23	£ 5,446.26	£ 5,246.57	£ 6,447.25	£ 9,410.53	£ 8,659.69	£ 10,085.41	£ 8,826.73	£ 8,390.92			
Cash Receipts																
AGM														£ -		
Affiliation																
Beginners						£ 56.82	£ 56.82	£ 179.93	£ 30.00		£ 26.61	£ 44.35	£ 27.74	£ 422.27		
Christmas DD 2021	£ 590	£ 68.50	£ 1,679.50	£ 410.00										£ 2,738.00		
Christmas DD 2022									£ 10.00							
Club Development	£ 280													£ 280.00		
Club Kit		£ 52.50	£ 20.00	£ 101.50	£ 32.50	£ 40.00	£ 40.00		£ 55.00	£ 231.00	£ 30.00	£ 55.00	£ 27.00	£ 684.50		
Gross Country														£ -		
Donations														£ -		
Information Systems														£ -		
Membership		£ 59.95	£ 19.72		£ 39.44	£ 19.72	£ 54.58	£ 835.90	£ 491.41	£ 269.66	£ 115.31		£ 9.47	£ 1,915.16		
Misc														£ 50.00		
Presentation Night					£ 337.50	£ 13.50								£ 351.00		
Summer Solstice							£ 2,742.91	£ 2,094.95	£ 2,633.15	£ 2,661.10				£ 10,132.11		
Thunder Run					£ 432.00	£ 36.00	£ 36.00	£ 36.00	£ 144.00	£ 1,296.00	£ 540.00			£ 2,520.00		
Winter Solstice	£ 6,395	£ 228.33	£ 2,876.54	£ 1,271.56										£ 10,771.68		
Money In	£ 409.28	£ 4,595.76	£ 1,783.06	£ 841.44	£ 166.04	£ 2,930.31	£ 3,146.78	£ 3,343.56	£ 4,457.76	£ 761.92	£ 99.35	£ 64.21	£ 19,093.04			
Cash Paid Out																
AGM		£ 63.72												£ 63.72	£ 63.72	AGM
Affiliation (Exp)								£ 150.00	£ 276.00					£ 426.00	£ 426.00	Affiliation (Exp)
Beginners									£ 253.43	£ 58.60				£ 312.03	£ 110.24	Beginners
Gross Country		£ 155.00	£ 49.00	£ 17.50	£ 45.50									£ 267.00	£ 267.00	
Christmas DD 2021				£ 2,563.44										£ 2,563.44	£ 174.56	Christmas DD 2021
Christmas DD 2022											£ 200.00					
Club Development		£ 20.00	£ 10.00					£ 290.00		£ 10.00				£ 330.00	£ 50.00	Club Development
Club Kit							£ 849.00							£ 849.00	£ 164.50	Club Kit
Donation														£ -	£ -	Donation
Handicap														£ 60.00	£ 60.00	Handicap
Information Systems		£ 143.98		£ 71.99				£ 86.26			£ 43.16			£ 201.41	£ 201.41	Information Systems
Membership								£ 32.00						£ 32.00	£ 1,883.16	Membership
Misc		£ 11.00	£ 6.68	£ 302.00				£ 1.50	£ 26.34					£ 347.52	£ 297.52	Misc
Presentation Night 2021									£ 7.55					£ 1,588.71	£ 1,237.71	Presentation Night 2021
Summer Solstice					£ 844.80	£ 205.73	£ 530.63		£ 3,384.59	£ 2,752.27	£ 1,432.88		£ 650.00	£ 8,249.74	£ 1,882.37	Summer Solstice
Thunder Run		£ 2,150.64					£ 30.00				£ 519.12	£ 292.00		£ 2,961.76	£ 441.76	Thunder Run
Winter Solstice			£ 1,988.48	£ 6,817.29	£ 522.10	£ 160.00	£ 320.00		£ 50.00				£ 174.26	£ 10,032.13	£ 739.55	Winter Solstice
Money Out	£ 2,369.36	£ 2,212.46	£ 9,414.91	£ 1,642.41	£ 365.73	£ 1,729.63	£ 183.50	£ 4,094.40	£ 3,032.04	£ 2,020.60	£ 535.16	£ 884.26	£ 18,252.33	£ 1,580.26		
Sub total (receipt/paid out)	£ 1,960.08	£ 2,383.30	£ 7,631.85	£ 800.97	£ 199.89	£ 1,200.68	£ 2,963.28	£ 750.84	£ 1,425.72	£ 1,258.68	£ 435.81	£ 820.03		£ 5,884.99		
Bank Balance	£ 11,495.78	£ 13,879.08	£ 6,247.23	£ 5,446.26	£ 5,246.57	£ 6,447.25	£ 9,410.53	£ 8,659.69	£ 10,085.41	£ 8,826.73	£ 8,390.92	£ 7,570.87				

Membership Secretary Report

Andrew gave thanks to Gordon for all his hard work in being Membership Secretary for the past year.

Gordon provided a membership report to those present.

1st Claim Members - 194

2nd Claim Members - 6

Life Members - 1

5. Committee of Management elections

The committee positions were announced, with no other candidates presented. There were no objections to those elected.

Two additional committee members were also nominated, and seconded, on the night. There were no objections to the two additional committee members.

Election of Club Officers

Position	Nomination	Nominee	Seconded	AGM Decision
Chairperson	Andrew Pask	Kate Marshall	Fraser Marshall	Elected
Vice Chairperson	Michelle Parczuk	Kate Marshall	Fraser Marshall	Elected
Secretary	Darren Harley	Sam Jepson	Matthew Atter	Elected
Treasurer	Julia Hallam	Sylv Hull	Kate Marshall	Elected

Election of Committee Members

Position	Nomination	Nominee	Seconded	AGM Decision
Membership Secretary	Kate Marshall	Julia Hallam	Darren Harley	Elected
Men's Captain	Sam Jepson	Julia Hallam	Darren Harley	Elected
Ladies Captain	Sarah High	Julia Hallam	Sam Jepson	Elected
Men's Vice Captain	Sam Dodwell	Darren Harley	Mikey Brain	Elected
Ladies Vice Captain	Vicki Ball	Julia Hallam	Sam Jepson	Elected
Kit Officer	Sam Dodwell	Julia Hallam	Darren Harley	Elected
Social Officer	Sylv Hull + Kate Marshall	Sam Jepson	Vicki Ball	Elected
Press Officer	Sylv Hull	Robin Atter	Julia Hallam	Elected
Website Officer	Kris Blake	Darren Harley	Sylv Hull	Elected
Committee Member	Penny Hodges	Julia Hallam	Darren Harley	Elected
Committee Member	Matthew Atter	Darren Harley	Fraser Marshall	Elected
Committee Member	Fraser Marshall	Kate Marshall	Darren Harley	Elected
Committee Member	Paul Jepson	Sam Jepson	Kate Marshall	Elected
Committee Member	Wendy Smith	Darren Harley	Sam Jepson	Elected

6. Appointment of the Club Auditor

Ben Mason.

7. Any Other Business

Gordon Geach

After 12 years, the Committee said farewell and thank you to Gordon for his unrivalled commitment to the club. Andrew (Pask) stated that the club would not be what it is today without Gordon's hard work and dedication. Gordon has held prominent roles such as Treasurer, Secretary, Welfare Officer, and Coach. Whilst he remains as a coach and Welfare Officer, he is stepping aside as an officer of the club.

Gordon's involvement should not be understated.

Some of his achievements have included:

- The very first few beginners' groups, where he used to pitch a stall in the Isaac Newton centre to drum up support. This proved very successful and saw our membership jump up significantly.
- As the race director, the Summer Solstice jumped from local club race of 200 or so to 900+, enhancing our reputation across the East Midlands.
- Monday and Wednesday evening training sessions, with specific pace training.
- Organising family BBQs, bowling nights, village chip runs and canal out-and-back runs
- Friday night track sessions
- Leading the club development of Run Leaders, Coaches, First Aiders and Road Traffic Managers.
- £1,000 of food bank donations.

Andrew stated that as well as all the above, there was little that Gordon hasn't been involved in. He has been integral to TR24, Club Handicap, Grantham Cup and Awards Night.

He's done all that whilst juggling other community work with parkrun, Bottesford FC, UKA Race Adjudicator and as Lincolnshire Athletic Association Official's Secretary.

Andrew let those present know that Gordon was not going anywhere, just stepping aside from the Committee. On behalf of the club, and everyone Gordon has helped in his various roles, Andrew wholeheartedly gave thanks to Gordon and a round of applause followed.

England Athletics Headphones Draw

England Athletics and Shokz, manufacturers of open-ear headphones, offered every England Athletics affiliated club an opportunity to receive a free pair of headphones. This offer was available for LiRF, CiRF, Coaching Assistant and Athletics Coaches, to thank them for their hard work and dedication.

GRC successfully applied for these headphones, and it was felt the best way to decide who should be the recipient of these headphones would be via a ballot.

As such, a ballot took place during the AGM, and Kate Marshalls name was pulled out of the 'hat'.

GRC European Away Day

Andrew (Pask) led the discussion about the club organising a trip abroad, incorporating either a marathon or half marathon race. Locations discussed included Luxemburg and Northern France. It was agreed that this would be taken further and discussed within the Committee.

Peterborough 5K Series Category Winners

Rob (McCardle) was in receipt of two prizes from the Peterborough 5K Series, which had been won by GRC Members. Rob presented the Men's V60 Category Winners prize to Rob Howbrook, and the Women's V40 Category Winners prize to Sylv Hull. Congratulations was given to both Rob and Syvl on their fantastic achievements.

Member Of The Month

The subject of the ongoing MOTM was discussed, and it was agreed that this would be discussed again at the next Committee meeting.

GRC Training

A number of members present expressed their concerns about the current training sessions, which was discussed at length. It was agreed that it would be a good idea to make the sessions more social, and for all the sessions to start at the same time, at the same venue and be the same distance. This would then give those on the training runs the chance to change groups if required, similar to the pre-covid setup. It was suggested that, to start with, this could be done 1 day a week.

It was also agreed that the Grantham Tennis Club should remain as the location of the GRC 'base'. A concern was raised as to the number of routes that are available from the Grantham Tennis Club, but it was felt that there are a number of routes available, most of which had not yet been done. It was accepted however, that the Grantham Tennis Club is not as central to town as the Meres.

Pub Runs

It was commented that there was a lack of pub runs this past year, which were always very social occasions. It was suggested that these could be run once a month to start with, as not all club members drove, so getting to these often-rural locations could prove difficult.

Run Leaders & Training Sessions

It was noted by some members present that there were a large number of run leaders (20+), and yet the club struggles to get enough run leaders to put on the training sessions. It was felt that the club needed to engage with the run leaders, in order for them to take more runs.

Beginners

There were a couple of runners from the beginner's section at the AGM, and they informed those present that the club runs could be made friendlier for beginners. They felt that ideas like a 'welcome pack', or a 'buddy up' system would help integrate beginners into the club runs.

Website

The subject of the current website was raised, and those present were informed that Fraser Marshall, Kate Marshall, Kris Blake and Sylv Hull were looking into the migration of the site to WordPress. It was also commented that only the latest Solstice results were present on the site, and this would be looked into at some point.

Cross-country

It was agreed by those present that the Cross-country races required my participants from GRC, and this would be looked into by the Committee.

8. AGM Closure

Thank you to all that have attended – meeting closed.