

# **RFRC Annual General Meeting**

**9th May 2024 - 7.30pm**

## **Wyvern Club**

### **1. Apologies**

Linda Forsyth, Sherri Dingle, Damon Butler, Ben Timpson, Isabelle Ashton, Tracy Boon, Malcolm Boon

### **2. Presentation to St Margaret's Hospice (club charity 2023/24 and 24/25)**

It was not possible to make a formal presentation as the club accounts were still provisional, however it was expected that the sum would be approximately £2800. Jo Hall thanked the club on behalf of the Hospice.

### **3. Club Charity for 2025/26**

Simon Denson reported that following a members facebook poll the charity for 2025/26 would be Dorset & Somerset Air Ambulance.

### **4. Treasurers Report**

Michelle Saint reported that she was still clarifying some race information, so the accounts were provisional. The situation was still very healthy and the final accounts would be made available to members.

### **5. Chair's Report**

See separate document below

### **6. Approval of Helen Phillips as Club President for a further five years**

This was approved unanimously

### **7. Approval of Committee for 2025/26**

- Simon Denson (chair), Joanna Gavins (vice chair), Peter Hall (secretary) and Michelle Saint (treasurer) were elected as club officers
- Robin Upton, Sandra Moffat, Ben Timpson, Emma Greig, Darren Purchase and Dan Devlin were re-elected as committee members

- Sam Wharton has stood down and was thanked for her service on the committee.

#### **8. 2024 Club Championship**

Jane Cooke and Tom Dymott were the female and male winners and receive £50 vouchers.

#### **9. George Hudson Award for contribution to the club (chosen by the committee)**

Eliza Brodie was announced as the winner and receives a £100 voucher

#### **10. Mike Nicholls Award for inspiration (chosen by members' vote)**

Paula Bisatt was announced as the winner and receives a £100 voucher. Runners up Peter Hall, Emma Greig and Ron Foord received bottles of wine.

#### **11. Anniversary Review**

Helen Phillips gave a short presentation of the club's 20<sup>th</sup> anniversary celebrations (see document below).

#### **12. Ideas for spending excess funds**

The club has £3000 which is available to be used for the benefit for the club or its members or for donations to charity. A number of ideas were put forward and these should be emailed to [secretary@runningforever.club](mailto:secretary@runningforever.club)

#### **13. Q&A**

Several questions were raised on the following subjects

- EA training for run leaders
- A rota for Wednesday run leaders
- A means of sharing committee members phone numbers for advice in case of accidents
- The meeting locations for groups 1 & 2
- The date of Peter Hall's 100<sup>th</sup> ultra (Ham & Lyme 4 July 26).

These will be considered at the next committee meeting.

There being no further business, the meeting was closed and a quiz (Quingo) was held.

## **Chair's Report**

Celebration of the Club:

- RFRC continues to grow – we are at 376 members now. 230 F / 146 M. 172 EA / 204 non-EA
  - Reminder that EA membership is the way to more London marathon places
- Group running is the heart of the club – thanks for the leaders for making them possible
  - The committee is keen to support anyone to step up and lead – it's easy and rewarding and we can support you by buddying etc.
  - Amazing to see regular runs now on Mon/Tue/Wed/Sat & Sun, and even Thu & Fri sometimes over the summer
- 2024 was a big year for the 20<sup>th</sup> Anniversary Team – huge amount of work and really successful events and promos for the club

Category: Thank You

- Thank you to the committee who provide an essential function to club – without them it would cease to operate
- Thanks to our new committee members – Dan Devlin / Darren Purchase / Emma Greig over the past year
- Thanks also to Sam Wharton who is stepping down as Social Secretary after several years constant contribution
- Thanks to the officers who have agreed to renew their roles this year (Simon Denson – Chair, Peter Hall – Club Secretary, Joanna Gavins – Vice Chair, Michelle Saint – Treasurer)
- Thanks to our Race Directors – it's a challenging role ensuring the races take place at all, let alone making sure they are successful (the Herepath even selling out)
- Thanks also to Sandra Moffat for running the Track sessions – they have been really successful and well attended

Category: General & Reminders

- Solstice Run – 28<sup>th</sup> June from Trull Village Hall as usual. Please join us to remember those no longer with us
  - Great cake and other goodies, and opportunity to meet others and raise money for charity
- Longrun Meadow parkrun takeover for the second year – great profile for the club and a lot of fun volunteering. The committee are keen to continue this each year.
- Congratulations to the Age-Category winners on their RFRC drinking glasses – this very popular competition always brings some friendly rivalry, especially when people move into a new age category
  - Keep checking your race times and let Peter Hall know if you think you can claim one
- Congratulations to Helen Needs who becomes the 3<sup>rd</sup> person in the club with the World Marathon Majors 6\* medal after recent runs in Tokyo and Boston completed the set
- In Nov '24, very successful club trip to Verona – which had the perfect weather for some quick times
  - Pressure now on to find the next venue for the 2025 trip
- New for 2024 were the Social runs instigated and led by Darren Purchase designed to ensure members from different pace bands run together, and including 3 pubs along the route

## **Anniversary Review**

2024 marked 20 years since a group of strangers met in a small running shop in Taunton, some were experienced runners, some newbies, but all keen, or at least willing, to train together for the Taunton half-marathon.

A lot has happened since then, but the same core value of encouraging everyone, remained. A key goal of the activities was therefore to ensure it was a celebration of the club, and that everyone felt included, however recently they had joined and whatever their involvement; whether they walk, support, socialise or run with us.

I believe we achieved this, thanks to many positive and committed members, who came together to think, plan and deliver different ways to celebrate all that we value. A huge thank you therefore to the 40+ people who gave their

time and talents over the last 12-18 months. Sorry I can only name a few, but every contribution and encouragement was appreciated.

So, recapping on how we marked this anniversary

☐ We started with a new 20 th Anniversary Logo – thanks to the students of BTC and to the RFRC members who attended the briefing event to talk with them

☐ The same new logo was used for the Club Car Sticker – helping us raise awareness of RFRC – thanks to Linda F

☐ We introduced the anniversary Hoodie and Jacket – available to buy locally (either logo) – and thanks to Tracey B who introduced idea of adding name

☐ New club buff / snood – issued free to all members – while stocks last – thanks to Dawn for her research into merchandise options and preference.

☐ New ‘Professional’ club photos thanks to a team of willing, or perhaps cajoled, RFRC models and a BTC photography student

☐ A range of RFRC charms –celebrating key events in our running year and contributing funds to the club charity - available from Notch.

☐ An updated history of the club, and a presentation showing some of our members and memories – thanks particularly to Saz and Claire and those who shared their knowledge

☐ And to end the year, a spectacular combined Christmas and Anniversary celebration. Special thanks to Chris Manley, Sandra Moffat and their wonderful team of creative members who transformed the venue into RFRC-world. A record number of members attended and, judging by the photos, a good time was had by all.

During the year we took the opportunity to work with a few organisations

who enthusiastically supported us, in particular;

☒ BTC - who told Ofsted about our project, saying it was a great example of community engagement.

☒ Notch – who introduced the new range of charms and sponsored two £50 vouchers and continue to give 10% of our sales to the RFRC charity of the year.

☒ Appins – who prepared our buffs and have agreed to sponsor a RFRC calendar – more on that another day! ☒☒

So, in ending, my thanks to all those who contributed specifically to the anniversary celebrations, to the committee who supported our endeavours and released funds to finance them, and to all our wonderful members: The club is only this special because we look out for each other and give our time and talent as we are able – Let's keep doing this, welcoming new members and ensuring no one gets left behind.