

RFRC Annual General Meeting

8th May 2026 - 7.00pm

Wyvern Club

1. Apologies

Mike Phillips, Richard Mackrory, Andy Burgess, Hannah Taunton, Dan Carrington, Tracy Boon, Malcolm Boon

2. Presentation to Dorset & Somerset Air Ambulance (club charity 25/26)

Simon Denson reported that the club had raised £2084.61, principally through the two club races and the Solstice run. He would arrange to present a cheque to the Air Ambulance.

3. Club Charity for 2025/26

Simon reported that following a members poll the charity for 2026/27 would be the British Heart Foundation.

4. Treasurers Report

Michelle Saint presented the club accounts for 2025/26. The cash balance remained very healthy at £12,208.85.

5. Chair's Report

See separate document below

6. Approval of Committee for 2025/26

- Simon Denson (chair), Darren Purchase (vice chair), Emma Greig (secretary) and Michelle Saint (treasurer) were elected as club officers
- Peter Hall, Robin Upton and Sandra Moffat were re-elected as committee members
- Pam Beattie, Isabelle Ashton and Eliza Brodie had been nominated by members and were elected to the committee.
- Joanna Gavins and Ben Timpson have stood down and were thanked for their service on the committee.

7. 2024 Club Championship

Jane Cooke and Richard Mackrory were the female and male winners and receive £50 vouchers.

8. George Hudson Award for contribution to the club (chosen by the committee)

Paul Parmenter was announced as the winner and receives a £100 voucher

9. Mike Nicholls Award for inspiration (chosen by members' vote)

Peter Hall was announced as the winner and receives a £100 voucher.

10.Q&A

Several points were raised on the following subjects

- An idea for a time trial
- Merging of groups 1 & 2.
- More use of social media to engage members
- New club tops which would appeal to younger members
- ICE tags

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

Thanks for coming this evening - overall the club is in great shape and continues to grow, up to 397 members now (376 last year) - the majority actively running with us, but definitely a few Facebook stalkers. Remarkably you can run with the club 5 days a week regularly, and sometimes 6 days over the summer. GROUP LEADERS: That's because of the Group Leaders - so I want to start by thanking all of them. We manage to field leaders for pretty much all groups (with Group 1 being the trickiest for fill - but I'm partly at fault for that!). The extra demand on Wednesdays has seen the introduction of Group 7/8, and the rebranding of the 5k group to the Run/Walk group - so in total we have 12 groups most weeks, up to 13 when the Beginners Group is happening, like now. Because of that we're always looking for more - please let Robin

Upton (Club Captain) know if you're interested and we can pair you up with an experienced leader to get you started. COMMITTEE: Next up are the committee members, without them there would be no club. A huge thanks from me for everything they do - much of it not seen by the membership, but essential to the successful operation of the club. There's a specific section on the agenda so I won't cover everything here - but I want to thank Joanna Gavins for her years on the committee, taking on the logistically challenging Kit Manager role whilst also being the Vice Chair. Big thanks to Darren Purchase, who in addition to being the Male Welfare Officer, has taken on both of Joanna's old roles. A big thanks also to Ben Timpson for the years he has spent as Webmaster for the club, ensuring the backend systems and website have kept working and been updated. Ben also has been race director for the Herepath for several years. Thanks to Peter for taking on the Webmaster role in addition to the very busy Membership Secretary role. Peter is handing over the Club Secretary role to Emma Greig, who will carry this out in addition to the Female Welfare Officer role. Thank you Emma! Huge thanks to Sandra for taking on the Herepath RD role, adding to her RD role for the Humdinger/Hurtle, as well as coaching and the beginners group! EVENTS: So let's talk about some of the events from last year. Thanks to Ben and Sandra we successfully held the Herepath/Humdinger and Hurtle races. These are now established in the Somerset Series - and firm favourites with the regulars who come back for the challenge each year. Thank you to everyone who helps make those races happen. We also had the Solstice Run on June 28th last year with a great turn out again - it's such a lovely day for everyone to remember friends no longer with us, and raise money for our charity of the year. Ably captured on video last year by our very own Jane Cooke. It definitely has the best aid station of any race I've ever done. Please get involved again this year - it's Saturday 27th June. For those that aren't aware - there's a 4-mile loop from Trull you can do as few or as many times as you want during the day, on the hour every hour between 9AM and 4PM. We also 'took over' Longrun Meadow parkrun on April 12th last year - and will be doing it all again on May 30th this year. Please do get involved - it's a fun morning, and helps ensure parkrun keeps going. CONGRATULATIONS: As always there have been some amazing achievements during the year, with many people doing their first races, longest races or fastest races. If you're in the last category make sure you let Peter Hall know in case you could be in a position to secure one of the coveted Age Category Glasses! In terms of achievements - we now have our very first owners of the

European Superhalves medals (Ron Foord and Sam Cross), who completed the set in Valencia late last year (also having done Cardiff/Lisbon/Prague/Berlin and Copenhagen). A massive double achievement by Sarah Capstick - 500 parkruns completed on 2nd May, and was selected to wear an England vest over the 10k at the Bideford 10k this weekend. We're not quite there yet - and I don't want to jinx it - but Peter is very close to completing 100 Ultra marathons. The actual race is the Ham & Lyme summer 50k in July. Please come along and support. We'll be having an informal get together at the finish, with fish and chips (and likely beer/wine). Andy Burgess is also very close to 100 marathons and ultras - he's on 95 now and planning to complete the 100 at the autumn Ham & Lyme I believe. Eliza Brodie also achieved a milestone of 40 marathons before she's 40, completing the set at the Brighton marathon - she can relax now and just do 1 a year to keep up with her age! Big congrats to everyone who completed the London Marathon - Ali Bissatt/ Paula Bisatt/Paul Parmenter/Martin Webb/Tamsin Devlin. Good luck in the ballot everyone. Dean Bennett has been doing all sorts of crazy events - with crazier ones still to come (200 miles back and forth over a bridge to qualify to run 200 miles in and out of a tunnel anyone?!), but memorably he completed the legendary Spartathlon 153-mile ultra-marathon in Greece in late September last year, running from the Acropolis in Athens to Sparta, where they make you climb some steps at the end! Last year saw another successful club trip to Lanzarote, with races over Marathon, Half Marathon and 10k distances. It was warm as expected, but everyone for the job done! This year is Palma Majorca - which could also prove to be warm. Although that makes the rest of the trip more pleasant. Hyrox becoming increasingly popular - having done a few classes I can confirm it's quite brutal, but great for your running! Congrats to all those competing in this hybrid run/gym activity.