

Mid Essex Casuals Running Club

MINUTES FOR THE ANNUAL GENERAL MEETING OF MID ESSEX CASUALS RUNNING CLUB HELD ON ZOOM THE 16TH DECEMBER 2021

It was noted that nobody had put themselves forward, from the membership, to be elected for any of the Committee posts. There was therefore a short pre-meeting vote to elect the Club Secretary (proposed by Katy R. seconded by Lorna P.) followed by the rest of the committee (proposed John C. seconded by Katy R.) for 2022.

IN THE CHAIR: DAVE GAME (Chairman & Acting Treasurer)

MINUTES: JOHN CLARKE (Club Secretary.)

COMMITTEE PRESENT: LORNA PETTIFER (XC & Essex Way Manager.)
YAN STILE (Membership Secretary.)
WENDY SMALLEY (Kit Officer.)
SUE CLARKE (Vice Chair & Welfare Officer.)
KATY REHAL (Committee Member.)

OBSERVERS: (none)

APOLOGIES: PAUL SCRIVENER (Trail & XC Championships Manager.)
JOHN PETTIFER (Committee Member.)
LUCY FERGUSON (Committee Member.)
SIMON FERGUSON (Mid Essex XC league race manager.)
IAN FOSKEW (Committee Member.)
DAVID REAVES
MALCOLM BAILEY
MICHAEL MUNSEN

Meeting opened at.....7:08pm

1. CORRESPONDENCE.

No correspondence.

2. MINUTES OF THE PREVIOUS MEETING OF MID ESSEX CASUALS RUNNING CLUB 09/08/21

2.1 Proposed Dave G.

2.2 Seconded Sue C.

2.3 Vote unanimous.....The minutes were accepted as a true & fair record.

(Action: Dave G. to sign official club copy at next none-virtual AGM)

3. ACTION POINTS/MATTERS ARISING FROM MINUTES OF 09/08/2021

3.1 Position of Vice Chair

The post of Vice Chair was formally created at the 2021 AGM (proposed John C. seconded Yan S. Vote: unanimous.) Sue C. volunteered for the post (proposed Dave G. seconded Yan S. Vote: unanimous.) Sue C. was therefore formally elected as inaugural Vice Chair.

(Action: John C. to update Club Administration to reflect this new position.)

3.2 Defibrillator

Dave G. informed the Committee that a Defibrillator had been purchased.

3.3 Welfare

Sue C. informed the committee that she had contacted England Athletics following the last committee meeting & communicated with the EA Eastern Region Welfare Official who strongly advised that it was good practice to have a Welfare Officer on our committee as we had 'junior members'. The post would involve a DBS check & necessary training. A short discussion followed. Sue C. informed the committee she was DBS checked, had extensive experience in the area & was happy to volunteer as Welfare Officer.

The post of Welfare Officer was formally created at the 2021 AGM (proposed John C. seconded Katy R. Vote: unanimous.) Sue C. volunteered for the post (proposed John C. seconded Katy R. Vote: unanimous.) Sue C. was therefore formally elected as inaugural Welfare Officer.

(Action: John C. to update Club Administration to reflect this new position.)

3.4 Data Protection

Dave G. informed the committee that he believed that sufficient club data protection was in place & that each member signed a form on joining the club which ensured we had their permission to hold and use their data.

4. REPORT FROM CROSS COUNTRY MANAGER & ESSEX WAY MANAGER.

4.1 **Essex Way Relay** – 5 September

We had 4 full teams covering all the 3 categories. 52 Teams took part.

Our Open Team took a fabulous 6th Position Overall.

Our Vets A came 24th Overall and 3rd Vets.

Our Ladies came 34th Overall and 5th Ladies team.

Our Vets B came 45th Overall and 6th Vets.

There were some great individual performances and Rebecca McVelia hobbled 4 miles on a broken ankle.

4.2 **Cross Country:** The season is well underway and we are competing in our usual 3 leagues.

>Essex League: Race 3 (of 5) takes place this Saturday.

We have only had 1 lady running, but the men are doing well. We are in Pool B and got off to a slow start. With 1 runner missing we came 7th in race 1. In the second race we fielded a full team, our men came Joint 1st and we moved up to Joint 4th place in the league. Our Vets are currently 14th but there are no 'Pools'. (The final races are on 15 January and 19 February.)

>Mid Essex League: Has held 1 race at Dunmow. A great turnout and our men are currently 2nd in the Open Category (to BDAC) and 2nd in Vets Category (to LBRR). -Good that we can perform consistently in both categories. Our ladies are doing less well in 4th position in both categories.

>NESS League: Now sponsored by 'Eyes Right' Opticians.

We have fielded a full team to all three races thus far.

Race 1 – Writtle our men and women each came 3rd and we were 3rd in Pool B.

Race 2 – Gosfield our men came 1st, our ladies came 3rd and we were 1st in Pool B on countback. This moved us to joint 1st place in the league with 2 other clubs

Race 3 – Hilly Fields our men came 1st, our ladies 2nd and we were 1st in our pool. So with 2 races to go we have moved into 1st position in Pool B by 1 point.

Remaining races are 30 January – Harwich and 20 February – Hadleigh

4.3 **Other significant events:**

Sat 2 October – Essex County Relays – Weald Park, where we fielded teams in torrential rain

Sat 4 December – Essex Vets XC Champs – Springfield @ Writtle, where injury prevented us from having full teams. We had 8 runners (4 men, 4 ladies) and took home 2 bronze county medals.

MV65 for Cliff Weatherup and MV70 for Brian Butcher.

The Chairman formally thanked Lorna P. for all her work for the Club.

5. REPORT FROM KIT OFFICER.

Wendy S. reported she'd ordered more T-shirts following good sales this year after a year of poor sales in 2020 due mostly to Covid. There are only "L" sizes left in the Old Style MEC vests, having now run out of "XL". There are a few Hoodies & Sweat Shirts left & discussion took place concerning reordering more.

The Chairman formally thanked Wendy S. for all her work for the Club.

6. REPORT FROM CLUB TREASURER.

Since the last meeting Dave G. has continued to be Acting Treasurer. Sue C. raised the issue that it wasn't possible, under England Athletics regulations, to be both Club Chairman & Club Treasurer; the posts have to be held by separate individuals. Following a short discussion Dave G. volunteered to remain as Treasurer & Yan S. was elected Chairman (Proposed Sue C. seconded by John C. vote: unanimous. The chair to be handed over at the end of this meeting.)

Dave G. then talked through the current accounts, pointing out that he'd had to prove to HMRC that there was no tax for the club to pay.

Accounts for Mid Essex Casuals as at 12/12/21				
MAIN ACCOUNT	B/F	Income	Expenditure	CURRENT BALANCE
CORE Activities				
membership fees & costs (website, ZA, sundries)	225.30	620.00	[RED]-131.95	713.35
EA registration of club members	0.00	90.00	[RED]-60.00	30.00
Affiliations (EA, Essex AA, SEAA, LDWA)	0.00		[RED]-40.00	[RED]-40.00
Cross country leagues (affiliations and entries)	945.00		[RED]-278.00	667.00
sub total	1,170.30	710.00	[RED]-509.95	1,370.35
Estimated £700 still to pay				
OTHER Activities				
Kit Approx £1600 in stock	40.00	329.00	0.00	369.00
Trail relays	100.00		0.00	100.00
Trail race entry fees for other purposes	34.47	175.00	[RED]-191.00	18.47
Trail race entry fees for Charity Donations	1,378.00	586.00	[RED]-1,964.00	0.00
sub total	1,552.47	1,090.00	[RED]-2,155.00	487.47
Starting Balance (as at 01/09/2021)	2,722.77	1,800.00	[RED]-2,664.95	
Final Balance (as at 12/12/21)				1,857.82
RACE ACCOUNT				
	18.00	560.00	[RED]-530.00	48.00
SAVINGS ACCC				
	1,000.58	0.03	0.00	1,000.61
NOTES:	membership fees are used only for the core activities of the club			
	kit is self financing, should it require subsidy it will be provided by trail race income			
	trail relays are subsidised by trail race income			
	2 old members paid in Oct			
	4 new members joined in oct/nov			

Dave G. said position of Club accounts led him to recommend membership fees remain at £10.

The Club Secretary formally thanked Dave G. for all his hard work for the club.

7. REPORT FROM MEMBERSHIP SECRETARY.

>Yan S. wanted it formally recorded that the whole system of joining MEC from contact with the membership secretary through to collecting kit from the Kit officer often involving coordination with the Cross Country & Essex Way manager is running very smoothly.

>As of today we have 138 members with 90 first claim members. There are 89 men with an average age of 56 & 48 women with an average age of 55, plus 1 junior.

The Chairman formally thanked Yan S. for all his hard work for the Club.

8. REPORT FROM CHAMPIONSHIP SECRETARY (Entered by John C. from email by Paul S.)

8.1 **Trail Championship:** The top 3 ladies' positions were established a while ago with Lyn Higgs 1st, Lorainne Baker 2nd and Julia Binstead 3rd. The men's race is a lot closer with Myles Coulson and Adam Hunter vying for top spot, Richard Sirett and David Hurley for 3rd place.

With 2 weeks to go, positions are still up for grabs! A total of 88 members have taken part in at least one trail race this year. Dave Game tops the number of events entered/organised at 38, with John and Lorna Pettifer the only others topping 30 events. A further 13 members have participated in at least 20.

8.2 **Cross Country Championship:** Nothing to report - The table is up to date at 15/12/2021

8.3 A short discussion took place based around the trail & xc championships. The committee expressed its thanks for the hard work of Paul S. on both the trail running championship & xc championship. The consensus was that people seemed happy with the format of the championships.

Nobody objected to the idea of going back to 22 scoring trails, in a post-Covid world.

The Club Secretary formally thanked Paul S. for all his hard work for the Club. (Yan S. added that the Club Championships were "the envy of the running world"!)

9. REPORT FROM CLUB SECRETARY

>Excellent results in the 2021 Essex Road Championships: Sue C. got a Gold Medal in her Age Group at the Essex 10k Championships & a Silver Medal in her Age Group at the Essex Half Marathon Championships. Sharon Skidmore got a Silver Medal in her Age Group at the Essex 10k Championships. In addition: Sue C. got a Gold Medal in her Age Group for the overall Road Race Championships Competition.

>Excellent results in the 2021 Essex Veteran Cross Country Championships: Cliff Weatherup got a Bronze Medal in his Age Group & Brian Butcher got a Bronze Medal in his Age Group.

>The 2021 Essex Senior Cross Country Championships will take place in January 2022.

>John C. reminded everyone that in order to run in Essex championship events; members of Mid Essex Casuals must also be, separately, members of England Athletics. Each year John C. sends out an email before April asking for those who wish to renew or join England Athletics to apply through him; & each year just as entries are being finalised for Essex championship events, there are a number of members who remember their England Athletics has lapsed. While sorting out England Athletics membership at short notice can be done, John C. thought it could be less stressful for everyone concerned if MEC members simply responded to the pre-April request.

The Chairman formally thanked John C. for all his hard work for the Club.

10. ANY OTHER BUSINESSES

>A discussion took place concerning the awarding of the England Athletics London Marathon 'Club Place'. It was agreed Katy R. & John C. would liaise to check 'EA threshold numbers', that only 1st claim MEC members received the place, that EA membership was a requirement, that Club Rules reflected all this & all that MEC members were aware.

(**Action:** Katy R. & John C. to liaise.)

>The Chairman formally thanked all those involved in the organisation of the Club Christmas Dinner.

11. DATE OF THE NEXT MEETING

To be decided.

The meeting closed at 8.15pm.
