

Mid Essex Casuals Running Club 2022/23/24 AGM

MINUTES FOR THE ANNUAL GENERAL MEETING OF MID ESSEX CASUALS RUNNING CLUB HELD ON FRIDAY THE 29TH MARCH 2024 AT THE BELL, PANFIELD.

Meeting opened at 14:05 immediately after Dave Game's 5 mile & 10 mile Easter Eggstravaganza Trail Races.

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 John C. seconded by Dave G.) followed by the rest of the committee (proposed John C. seconded by Dave G.) for 2024/25. The voting was unanimous.

IN THE CHAIR: YAN STILE (Chair.)

MINUTES: JOHN CLARKE (Club Secretary.)

COMMITTEE PRESENT: DAVE GAME (Treasurer)
SIMON BAKER (Membership Secretary)
LORRAINE BAKER (Membership Secretary)
WENDY SMALLEY (Kit Officer.)
JIM GODDARD (Trail & XC Championships Manager.)

OBSERVERS: HEATHER JACKSON
KEITH JACKSON
MARK JACKSON
CLARE PHILLIPS
JULIA BINSTED

APOLOGIES: LORNA PETTIFER (XC & Essex Way Manager.)
JOHN PETTIFER (Committee Member.)
KATY REHAL (Committee Member.)
LUCY FERGUSON (Committee Member.)
SIMON FERGUSON (Mid Essex XC league race manager.)
SUE CLARKE (Vice Chair & Welfare Officer.)
MALCOLM BAILEY
THERESA FLANNIGAN
SARA COLBERT

Meeting opened at.....2.05pm

1. CORRESPONDENCE.....*No correspondence to report.*
2. MINUTES OF THE PREVIOUS MEETING OF MID ESSEX CASUALS RUNNING CLUB
(*A copy of the 2022 Minutes had been available on the Mid Essex Casuals Website Home Page for approximately one year.*)
 - 2.1 Proposed Simon B.
 - 2.2 Seconded Wendy S.
 - 2.3 Vote: Unanimous.
3. ACTION POINTS/MATTERS ARISING FROM 2022 AGM MINUTES
 - 3.1 *The 2022 Minutes were signed by Yan S. as Chair.*
 - 3.2 *Club Administration of Policies & Rules. John C. on behalf of the relevant Sub Committee moved to discussed the matter under his Secretary's Report.*
 - 3.3 *London Marathon Place: John C. thanked Katy R. for all her help on the allocation of the London Marathon Club Place. John C. explained that the previous concerns about the 'club place' for the London Marathon, which were discussed in the 2022 meeting, have "moved on". The rules for allocating Club Places have changed & as a club we are now considered too small to be allocated a 'club place' every year. We have to await the outcome of an annual lottery of club places for smaller clubs. For the London Marathon on 21st April 2024 we didn't find out we had been allocated a place, by their new lottery system, until December 2023. The club place was then allocated by an application & ballot process entirely administered by Katy R. The 21st April 2024 club place was 'won' by John C.*
 - 3.4 *John C. explained, following questions from club members, that alteration of the club 'year' following the last AGM, to align with the England Athletics year, 1st April to 31st March, had resulted in a significant gap between successive AGMs, with no AGM taking place in 2023.*
4. REPORT FROM CROSS COUNTRY MANAGER & ESSEX WAY MANAGER.
(Sent in by Lorna P. & read by John C.)

Essex Way Relay,

In 2023 we fielded 4 Teams, 1 in the Open category which came a fabulous 11th of 59 teams. We had 3 Vets teams with a podium finish! We came 3rd, 6th and 8th in this category. Best of all, 40 runners attended and had a great day. Well done, especially to those on their first Essex Way.

Cross Country

13 ladies & 23 men took part last season. We fielded full teams in every Mid Essex League & NESS League event. In all but 1 Essex race the men had a full team & it was great to have some company in the ladies Essex races this year-2 runners at every event & at Writtle we had a full team!

It was a great year for a regular core of runners and some terrific camaraderie.

Essex League:

Was a bit of a technical Phaff with the introduction of the new Race Roster registration. No charge but without an EA number it is no longer possible to enter these events. Even with a number some runners struggled to register and enter using the system all season.

Our men came 7th out of 20 teams and 14th of 31 Vets Teams.

Our ladies came 10th out of 21 teams and 17th of 31 Vets Teams.

Jill Eley was 1st Vet 55 for the season.

Brian Butcher was 2nd Vet 70 for the season.

Lorna, Ben and Paul received individual placings.

NESS League:

Some great performances and terrific team spirit, we came 4th in our Pool.

Mid Essex League

Some great courses in a smaller league.

Our ladies finished 4th in both Open and Vets categories and our men finished 5th in both.

Well done and Thank you to everyone who ran at any event.

The meeting formally thanked Lorna on behalf of the club members for all her hard work throughout the year.

5. REPORT FROM KIT OFFICER.

£461 worth of kit was sold to members last year.

Only one small sized ladies T-shirt left, other than that the stock levels were good.

We have Mid Essex Casuals buffs to sell, however there appeared to be no demand for Mid Essex Casuals Hoodies.

The meeting formally thanked Wendy on behalf of the club members for all her hard work throughout the year.

6. REPORT FROM CLUB TREASURER.

Dave G. stated: "we are doing alright financially."

Dave G. then talked the meeting through the accounts & answered questions as he went along.

<u>Consolidated Accounts for Mid Essex Casuals</u>		01/04/2023 – 31/03/2024			
	<u>Income</u>	<u>Outgoings</u>	<u>Balance</u>		
TOTAL INCOME	£10,808.73				-
TOTAL COSTS		[RED]-£4,558.9			
Charity Donations		[RED]-£5,167.0			
TOTAL OUTGOINGS		[RED]-£9,725.9			
Net Difference = [income – outgoing]	£1,082.76				
Opening Balance as at 01/04/2023			£3,417.16		
Closing Balance as at 31/03/2024			£3,619.29		
This Year = [final balance] – [starting balance]			£202.13		
	ASSETS				
Conclusions:	value				
Membership: no change needed to fees	823.00	Kit total	Wendy & Lorna		
we have approx £155 still to pay					
Costs next year approx £1300	£930	Defibrillator – dave			
and we expect income of £1400.	£25	Laptop – dave			
	£15	Flag, cover, mallet – lorna			
	£20	Tables – sarah & dave			
X/C leagues: we have a balance of £458 est costs £550	£10	Chairs – sarah			
	£1	Shelter – ian			
Kit: we have a balance of £461	£15	Signs – justin/dave			
	£1	tea-pot – dave			
	£25	first aid kits x 3 dave			
	£15	2 x shelter – dave			
	1057.00	other assets total			
	1880.00	TOTAL			

>Results of Mid Essex Cross Country Championships

Ben L. & Lorna P. (who ran every event) retained their trophies this year but all other positions had new winners. Paul T. and Dave S. completed the line up for the men. Jill E. took second place for the ladies & it was close for the final position which went to new MEC member Dawn H.

>Results of Mid Essex Trail Running Championships

Lynn H., Julia B., Virginia W. retained their trophies this year, Lynn for an amazing sixth year! Richard S. for the second consecutive year, James G. & Justin R. completed the mens podium.

The meeting formally thanked Jim on behalf of the club members for all his hard work throughout "the year" in his "new" post.

9. REPORT FROM WELFARE OFFICER

(Sent in by Sue C. & read by John C.)

We are a club which supports diversity & inclusion. Having voted the new RULES & POLICY documentation into place (see below) we, as a club, need to take our policies seriously.

The Welfare Officer indicated the following areas which individual club members need to consider:

>Younger members can only take part in club activities, as club members, with their parents/guardians in attendance. This includes transportation to & from club activities.

>Parental permission is required for photographing younger runners. Younger members should not be identified, or be identifiable, on photographs used on club Social Media.

>Sue C. has two courses to attend this coming year to keep her 'qualified' & it was agreed that the committee pay for the DBS update service in order to keep her 'qualified' (£13 last year).

The meeting formally thanked Sue on behalf of the club members for all her work throughout the year.

10. REPORT FROM CLUB SECRETARY

The Club Secretary presented the meeting with the RULES & POLICY documentation resulting from the sub-committee, consisting of Secretary, Chair & Treasurer. John C. explained that the idea was to align the Club with the England Athletics requirements for:

>Constitution

>Committee

>Grievance & Disciplinary Policy

>Data Protection Regulation

>Inclusion & Diversity

>Club Safeguarding Code of Conduct

>Health & Safety

(A link to the proposed RULES & POLICY documentation had been available for scrutiny by any member on the Mid Essex Casuals Website Home Page for over 28 days.)

A short discussion took place.

The Club Secretary formally proposed the adoption of the Rules & Policy documents by the Club.

9.1 Proposed: John C. The Club Secretary.

9.2 Seconded: Dave G. The Club Treasurer.

9.3 Vote: unanimous

The achievements of MEC runners at County, Regional & National level since the last AGM:

>Sue C. 1st Fv65 at Eastern Masters Cross Country Championships & 1st F45 in Eastern Athletics Cross Country Championships (Nov 22).....both in the same race!

>Sue C. 1st FV65 at Essex Vets Cross Country Championships (Dec 22)

- >Sharon S. Essex Vest representing Essex AA at the Inter-counties Fell Race, Sedbergh (May 23)
- >Sue C. 1st V60 & Teresa F. 2nd V60 at Essex County One-Mile Track Championships (Jun 23): first time this has been run in decades & first time women have been allowed to compete! Sue's time was the fastest UK track mile & Teresa's was 11th in their AG's for 2023 on 'Power of 10'.
- >Ben L. 2nd MV40 at 2023 Essex Road Running Grand Prix Championships (Oct 23)
- >Teresa F. 1st FV70 at Essex 10k Championships, 3rd FV70 at Essex 10k Championships & 3rd FV70 at 2023 Essex Road Running Grand Prix Championships (Oct 23).
- >Sue C. England Masters Vest representing England Athletics at British & Irish Masters Cross Country International Race, Glasgow (Nov 23). Sue gained a Team Bronze Medal for W65.
- >Sue C. 1st FV65 at Eastern Masters Cross Country Championships & 3rd F45 in Eastern Athletics Cross Country Championships (Nov 23).....both in the same race!
- >Sue C. 2nd FV65 & Teresa F. 3rd FV70 at Essex Vets Cross Country Championships (Dec 23)

The meeting formally thanked John on behalf of the club members for all his hard work throughout the year.

11. REPORT FROM CHAIR

Yan S. thanked all the members for a very active and productive "year", which in reality was longer than a year given the alteration of the MEC 'year' dates. Yan individually thanked each member of the committee for their time & efforts throughout the year, in addition pointing out that without their voluntary efforts MEC wouldn't achieve half the success it enjoys.

The meeting formally thanked Yan on behalf of the club members for all his hard work throughout the year.

12. ANY OTHER BUSINESSES:

- >12.1 Dave G. wished to discuss Trail Marathons: Should we make the Boggle an annual event or create a new one for the "off" year?

A short discussion took place concerning the timing of such events, during which Clare P. offered up her thoughts on a Trail Event she was thinking of, entitled 'Nasty to Ugley'. It was agreed to look into this whole area further as no decision was needed until after the 2025 Boggle event.

- >12.2 Clare P. raised the issue of the apparent pricing policies of MEC Trail Events.

A short discussion took place during which the committee came to the conclusion that there were no pricing policies for MEC Trail Events & it was a matter left up to the individual organisers. It was also agreed that the £1 MEC discount was discretionary; however it was also noted that the £2 'unaffiliated fee' was a requirement of the Trail Running Association.

- >12.3 Dave G. brought up the current problems associated with organising the Mid Essex Casuals Mid Essex League Cross Country Race. After a short discussion it was established that a way forward was for a "Mid Essex League Cross Country Race: Sub Committee" to be formed rather than having all the organisational work left to one person. The Sub Committee was established as:

>Dave G. to chair.

>Ian F. to organise the Hall.

>Simon F. to mark the course.

>Wendy S. to organise marshals.

Action: Advertise on the MEC FB Group & email for at least two people to help with catering.

The meeting formally thanked Sylvia G. on behalf of the club members for all her hard work over the years in Cross Country & Trail events.

13. DATE/TIME/PLACE OF THE NEXT MEETING.

To be arranged.

The meeting formally closed at 16:08.
