

Minutes of Annual General Meeting 2016 – 25th January 2017 7.30pm – George Hotel, Glossop

Apologies – Emma Peters, Joe Travis, Chris Jackson, Lins Palmer, Matt Crompton, Neil and Nev McGraw, Alastair Cowell, Ben Tetler, Lins Palmer, Rod Holt, Darren Ashworth, Steve Knight, Charlie Eaton, Dan Ellingworth, Jude Stansfield, Claire Campbell, Steve Crossman, Julien Minshull, Adele Metcalfe, Liz Dowd, Els Swan

Attended – Alison Holt, John Hewitt, Rebecca Ashworth, Jeroen Peters, Zoe Barton, Tim Budd, John Stephenson, Beryl Buckley, Carl Buckley, Bill Buckley, Ben Naylor, Sikobe Litaba, Rachel Walton, Phil Swan, Melanie Riddell, Guy Riddell, Alice Willson, Lynne Taylor. Andy Oliver, Vicki Hamilton, Kasia Osipowicz. Caitlin Swan, Jo Brack, Tim Culshaw, Dave Turnbull, Jason Hart

Chairman's Report 2016

John H welcomed all attendees then introduced the committee and their roles.

Paul Stitt and Caity Rice are not present for the AGM but are standing down, John thanked them for their hard work and commitment to the club and noted that the membership was healthier than ever. Over the last year the club has attracted lots of new members and we recognise that parkrun has had some influence in this. All the Run Directors currently are GDH members. Caity particularly has encouraged many members through her enthusiasm as has Nev McGraw. This year has seen the introduction of a local new race thanks to Steve Pepper, although this is not a GDH race it is a fund raiser for Mountain Rescue, it is a great route and the local brewery was fantastic for an after party. Steve had only had a baby 3 weeks before the race!

Jeroen's sessions (Coached sessions) have moved from a Monday to a Tuesday and this has had a great impact on attendance. Thursday social runs have been working well and are very well attended, thanks to those who have put themselves forward to lead these runs. The Tuesday and Thursday hard core fell runs continue to be very good. The club social activities have been a little down for 2016, hoping for at least one this year, they have historically been in the autumn. For 2016 was a trip to Arran where the club stayed in the Grot House. John H said he would organise one for 2017 and is hoping to get better accommodation this time!

Selected members received a special edition blue buff for completing the sufficient amount of races for the championships. Caity and Kirsty won and Chris J received his 1st 1st too! The Christmas run and do were a great success as usual.

Big congratulations to Alastair for winning the Spine Challenger – very well done.

Lastly thanks to all who have helped organise everything in 2016 and long may it continue!

Secretary's Report 2016

Firstly John and I and the rest of the committee wish to say a huge thanks to Paul Stitt who is stepping down from his committee position after many years (at least 5 as far as John and I can remember). Paul has been a tremendous support to the committee and has undertaken many tasks behind the scenes that have enhanced what the club offers to its members. Indeed Paul set up the Yahoo group many years ago for the club.

Caitlin Rice has also resigned as Lady Captain this year. Caity has excelled in her role as Lady Captain, both in putting teams together and encouraging, supporting and inspiring every club member she meets thereby epitomizing the culture that we nurture in our club.

Massive thanks to Alison for her duties performed as Membership Secretary, as the club continues to expand in numbers this has become a busy job along with heading up the kit (vest) organising too with assistance from Caity (hoodies). Alison's dedication to the role is second to none and John and I want to know that we really appreciate all her hard work. Being Membership Secretary has become a time consuming job and Alison has been overseeing the Facebook page and letting interested parties have a free trial on our closed membership site before they join the

club, as you can imagine, this demands a fair amount of commitment that she willingly gives.

Thanks to the Championship subcommittee for organising the championships with a great selection of races, both last year (Neil McGraw, Mary Jeal and Paul Stitt) and this year too (Caity Rice, Jude Stansfield and Steven Pepper). It is quite a responsibility to select the races for the champs with the aim that there will be something for everyone who wants to race and the races selected will inspire a healthy club participation.

Thanks Caity and Tim our Club Captains for putting the relay teams together Hodgson Brothers Relay and the FRA which was in Scotland this year. We did amazingly well to get 2 teams to travel that distance to Loch Lomond. A special thanks to Charlie for being an honorary woman and joining the ladies team and to Julien for stepping in at the last minute to take Charlie's place in the men's team.

Thanks to Sikobe for taking on the role of Race Organiser again this year for our Herod Farm race and Rachel for an extremely successful inaugural role of Race Organiser for Shelf Moor last year, thanks to them for continuing on for 2017.

Several of our members have participated in the X Country this year, a big thanks to Kirsty along with some assistance from Steve Crossman for rallying club members and encouraging and advising/organising them. This has resulted in some great representation by the club. This year it became mandatory to have EA registration in order to participate in the XC leagues.

Thanks to Nev for doing weekly reports earlier this year and for Tim stepping in to cover the weekly reports. It's a real treat and something I look forward to each Sunday to catch up with all the club activity.

Jeroen has continued to provide weekly coached sessions for our members which have been really well attended. He has gone to great lengths to ensure that these can take place even on the rare occasions that he cannot be there. By varying the types of coached sessions and locations the participants are experiencing training that can really enhance their performance. Jeroen even combines a coached session with celebrating Christmas and has arranged the Christmas Reindeer Challenge for several years in a row.

Many thanks John Stephenson for reinstating the 10k handicap this year as part of the Thursday club runs.

Thanks to Tim and Lynne for encouraging others to lead the Thursday club runs for getting the club social pub runs up and running again.

Immense gratitude to all those that have lead the Thursday runs, especially those who regularly do this and those that have stepped in at the last minute.

Thanks to all who advertise their own planned runs and open them to all, this proves we are an inclusive, friendly and supportive club who want to see everyone enjoy their running experiences.

Last but by no means least thanks to Tim for doing 'hide the goodie box' out on the hills, also for the talk he gave last year at the Scout Hut about his experience of completing the Spine Challenger, it was inspiring, impressive, fascinating and entertaining.

Apologies if I have missed anyone out but I can assure you every little bit that all our members do, from chatting to someone out on a club run, to offering lifts to races contribute to making our club the great club that it is!

Glossopdale Harriers Accounts 2016

SUMMARY

Glossopdale Harriers had £3727.74 in the current account at 31 December 2016 year end. This compares with £4593.66 at the same point in 2015. The decrease is in part due to an investment in club kit which remains in stock.

Approximately £556 remains in the deposit account, which remains unchanged since 2012.

Income of £376 from the Herod Farm Race and £179 from the Shelf Moor Race was received this year

SUMMARY CASH STATEMENT	2013	2014	2015	2016
Current Account at 31 December	2850.73	3768.67	4593.66	3727.74
Reserve Account at 31 December	554.71	554.71	555.89	556.13
Herod Farm float	150	150	150	150
Outstanding income (expenditure)	456.51	917.94	(100)	(100)
	4011.95	4929.89	5199.25	4333.87

NB the value of stock (vests, mugs etc) is not included

INCOME AND EXPENDITURE BY CATEGORY

	2015	2016	Comment
Income			
Membership Subscriptions			
Pre paid		258	
Paid in year	1579	1805	
Social activities	200	70.6	
Herod Farm profit / income	391	376	
Shelf Moor profit / income	234.2	179	
Sale of Kit	2246	872.18	
Donations to parkrun	100		
Cross Country entry fees	259.75	199	
Total Income	5016.95	3759.78	3501.78 received in this year plus 258 subs paid in 2015
Expenditure			
Cost of stock	2379.96	2185.5	
Postage & Stationery			
Championship Prizes	157.5		
Relay Entry fees	380	290	
Travel costs	200		
Affiliation Fees (ARC)	121	165	
Cross Country Membership Fees	295.75	195	2015 figure has been updated as invoices from 2015 were paid in 2016
Club social activities		250.95	
England Athletics	544	919	
Trophy prizing and engraving	35	72	
Race management kit and club equipment			
Club donation to parkrun	500		
Total Expenditure	4708.21	4077.45	Spent in year 4335.7, then 258.25 2015 xc fees moved to 2015

Zoe also mentioned that we do pay XC affiliation.

Bill Buckley raised the issue that the GDH funds are increasing and that this maybe a potential tax liability in the future.

Rachel W requested that the money taken from cakes sold at races be included in the accounts in future.

Kasia asked how we could raise more money for the club. John H asked did we really need any more funds and that we do generate some income from kit sales. John H mentioned that we paid a fee to hire the Scout hut this year

also. Regarding club funds - Rachel requested that the club could do with purchasing new flags.

Tim C suggested the club subsidise EA or XC – explanation was given that the club subsidise EA membership by £5 each year for those members that require it. Junior members have free membership with the stipulation that their parents are active members. John H mentioned that the committee had held a discussion regarding covering XC costs but as members pay for themselves and quite often don't run it may not be the best use of club funds. Bill B raised that the cost of XC was minimal and the club can afford it, John H said that the committee would visit this again at another committee meeting.

Tim B mentioned that the FRA Relays were quite costly for 2016 to enter £110 last year. John H said we would be happy to look at other relays.

John H reported that from discussion with Bex A as the Membership Secretary job had become a lot busier with new members then he wished to propose that the Membership Secretary should not have to pay subs. Rebecca A seconded and there was a majority vote in favour of this. The Membership Secretary was delighted with this kind gesture.

Membership Secretary Update for GDH Annual General Meeting

25 January 2017

Membership Statistics

AH reported that the Club membership has continued to increase during the year:

As at 31 December 2016		Prior Year
Total membership:	159	150
Male seniors:	102	98
Female seniors:	50	52
Female juniors:	5	-
Male juniors:	2	-
EA Registration:	74 (53 04/16 & 21 10/16 for XC)	44
Unpaid:	5	12

Tri club members attend coached sessions and their subs are paid directly by the Tri Club.

Vests

It was reported that the order for standard stock continues with Ron Hill. There had been no price increase in 2016 (£15 for vests and short sleeved t-shirts; £17 for long sleeved tops) and Junior vests had also been supplied at £13 each (no VAT). As noted in the Treasurer's report, the Club had a substantial amount of stock as a new supply had been delivered in late November 2016 which will be sold over the course of 2017. Caity Rice sorts out the purchase and sale of hoodies, hats and buffs.

Membership Fees 2018

AH reported that the Glossopdale Harriers subscription for 2018 will remain unchanged at £10 (£5 for unwaged). The EA registration fee has increased by £1 for the past few years so it was anticipated that in 2018, this will be £15. The Club will continue to provide a £5 subsidy to those members who want EA registration so GDH plus EA registration in 2018 will be £20 (£15 unwaged). Junior membership is free alongside active parent membership of the Club.

Lady Captain's Report

It's been a great couple of years captaining the brilliant Glossopdale Babes. I'm so pleased to see a lot of women out on club runs, at races, and at social meets. I think we've outnumbered the hunks many times, and I hear they're

getting jealous of our number of team prizes! I've genuinely been inspired by the progress and hard work of many of the women in the club, from those doing their first fell runs (3hrs at night in deep bog if you're Mandy Beames!), entering their first races, new Parkrun PBs, Run directing and volunteering at Parkrun, pushing their limits doing ultras, and stepping up to lead club runs. It was also the first time ever I think that we've had a junior lady run at XC (Esme Brack). And all this alongside being a very supportive community to old and new runners alike, including on our Babes Facebook page. I'm proud of everyone, and the respect from the hunks is noticeable and much appreciated by us all!

I don't want to bore people with endless lists of our achievements - we've had an amazing year in 2016! But instead I'd like to leave a few thoughts for 2017 and beyond. Let's keep up our attendance at local races, and keep getting out training. Let's not be afraid to lead a club run, try a new race or distance we've never done, or organise an impromptu group out for some miles. Don't be afraid to bring up the rear at a race, or to take the lead if the opportunity arises.

Finally although I'm stepping down I hope to continue to organise some 'fun' activities for the club and help out where I can. Watch this space for some evening hill reps coming once it gets light. Did I say 'fun'....? Have a good 2017 Babes.

Men's Captain Report

Thanks to the people in the relay teams who made my life easy by saying they would turn up, not backing out, and being where they said they'd be at the right time.

So thanks Emma Rettig, Jo Brack, Chris Jackson, Jamie Helmer, Kasia Osipowicz, Jenny Ross, Tim Culshaw and Richard White for the Hodgeson Mountain Relay, and thanks to Julien Minshull, Chris and Jamie, Tim and Matt Huxford and John Hewitt for being in the FRA team. Special thanks to Charlie Eaton for stepping into the breach and enabling the ladies team to run as a mixed team.

The club runs have gone well this year and it would be remiss not to mention Matt Crompton who has led out a number of runs for the club. If there is one thing to say, it is "get involved and lead a short Thursday night run".

Thanks to Jules, Ant, Andy and Charlie, and many others I am sure, who keep the regular Tuesday and Thursday fell runs going. It's nice to know that they keep on going even if some of us have no idea what it's about... a bit like the shipping forecast.

There are many others in my mind who I wish to thank, but they have already been mentioned, and we don't want to be sat here forever.

In closing, I'd just like to encourage people to volunteer to lead runs, share their ideas for runs routes and training, and just to generally enjoy being out there.

Coach Report 2016

Following the AGM last year, it was decided to consult the membership about possible changes to, what was until then known as Speed Session on the Monday. This was mainly triggered by a declining attendance despite positive feedback from those who attended.

With help from Caity Rice, I created a Monkey Survey to which 47 responses were received. The overriding conclusion was that the session be moved from a Monday to a Tuesday (75%), the start time be brought forward from 7pm to 6:45 and for the location to rotate (55%).

So on Tuesday 8th March the new format was introduced and the newly named "Coached Session" now alternates on an 8-week rotation. The sessions rotate between 1 of 4 road circuits and alternate with a session on the trail in Simmondley in a "fixed" pattern. Other issues that were brought up in the survey was more regular communication about the sessions on facebook/Yahoo which now happens. This has led to a renewed interest and number are up significantly with attendances up to 20 runner per session. But also it now attracts more less-regular runners to the sessions. I do not expect any changes to the current format.

Unfortunately some mindless vandal has removed the majority of the markers that are used on the Simmondley trail, essential for pace running. I am meeting with Sarah Fanthorpte-Smith of DCC shortly about re-marking the trail. Ben Naylor has kindly offered his assistance in producing a marker that meets with DCC approval.

During the year I was approached by the Glossop Triathlon Club to gage my interest in leading their running sessions. We agreed that their runner can join in the Tuesday sessions and would become Harriers at full £10/year membership, to be paid for by the Tri club. This has contributed to the increased numbers on the Tuesdays.

The last year we have not been able to use the 400 m grass running track in Hadfield due to building work on the site. A new school is being build. There is talk of a new running track but it is hard to find out the details. Either way, it will not be ready during 2017.

Finally, it my intention to run a series of running technique sessions focussing on various aspects of running including posture, cadence, breathing etc. Details to follow.

Jeroen (AKA Coach J)

Herod Farm Fell Race - 2016 Race report for GDH Club AGM on 25-Jan-2017

Once again there was fantastic support from the club members in helping to deliver the annual Herod Farm fell race which was held on Wednesday 20th April 2016. Over 30 of you got stuck in on the day to relieve the pressure on the Race Organiser and to do your club proud. The event saw our second largest ever field (136 entrants compared to the record of 139 in 2010) and representation from many local clubs. Income from the race was £408 with £32 of expenses, leaving a profit of £376 which went back into the Club coffers. Thanks again to Reliance Garage and Joe Barber, and also to the Explorer Scouts for providing excellent post-race refreshments from Colin the campervan.

The 2017 race is scheduled to take place on Wednesday 19th April evening, and I have just commenced the event planning process for this year. 2017 will be my third year as Race Organiser. As is recent club tradition, it has become customary for us to refresh the Race Organiser every 3 years or so, in order to spread experience of race organising across the club. I am therefore inviting anyone who might be interested in moving into the RO seat in 2018 to shadow and assist me in organising the 2017 event. This would give me the potential to smoothly pass on the role in 2018. Interested parties should let themselves be known to the Committee and / or myself ASAP, ideally before mid-February (2 months before the race date).

Sikobe Litaba
Race Organiser

Herod Farm 2016 Race Accounts (after race held on 20-04-2016)

Carried Forward from 2015	150.00£				(C)
Expenditure 2016					
Race Numbers (200) including p&p	22.00£				From Pete Blands (10p per number + postage)
Printing			7.50£		
Other other			2.50£		
Total Expenditure 2016	32.00£				(E)
Income from race entries from 2016		Entries	Fee		Receipts
IN (136 entries x 3)	408.00£	136	3		408
Total Income 2016	408.00£				(I)
BALANCE (C + I - E) for 2016	526.00£				(B)
Cash Retentions for 2017					
Expenditure Fund for 2017	120.00£				Held in Bank Account by Race Organiser
Float 2017 (Change for Registration)	30.00£				Held as change in tub in Registration with RO
Amount retained by race organiser	150.00£				(F)
Outstanding Balance to be released to club accounts following 2016 race:					

Surplus (B - F)

376.00£

Transferred to GDH Account *****36
(01-03-38)

27th June 2016 - Treasurer Zoe Barton notified by email

Accounts Finalised for 2016

24.6.2016 by Sikobe Litaba

Shelf Moor 2016 – Rachel Walton

Heavy rain in the previous 24 hours meant the Bleaklow bog monster was out with a vengeance; low cloud on the tops made for damp conditions but not enough to put off the field of 83. Jack Ross (Staffordshire Moorlands), reclaiming the first spot he won in 2014, was first back in 45 minutes ahead of Alasdair Campbell and Harry Holmes. Olivia Walwyn (Macclesfield Harriers) won the ladies race again, her slightly slower time probably reflecting the far softer conditions underfoot compared to last year, but she was still well ahead of the competition. Dark Peak won the men's team prize for the second year in a row; no ladies team prize could be awarded. I'd really like to thank all the volunteers who helped flag the course, set up on race day, marshalled, helped clear up and provided first aid for one casualty. Also thanks to Zoe and her team of cake bakers for providing post-race refreshments. The proceeds of the refreshments went to the Scout Hut Roof fund. Race profits amounted to £179.

The 2017 race will take place on Sunday 3rd September – please keep the date free if you're able to help out on the day or on the Saturday for the fun flagging party. We will also be hosting a cake/biscuit/refreshment sale post-race (proceeds will go to charity) so any budding Mary Berrys out there please get baking!

Lady Captaincy Vacancy

Kasia asked what would be involved and asked if information could be sent out. Bex A and John H informed Kasia that this description had been sent out with notification of Caity R stepping down on Yahoo email and the GDH Facebook page. John H and Tim B gave a brief overview, organising relays and attending meetings wherever possible. Lynne T questioned whether Caity R could continue until a replacement was found as she had resigned. Jeroen P referred to the Constitution and confirmed that this could be allowed. He also confirmed that if someone did step forward following the meeting, they would be appointed as a non-voting member of the Committee to represent female club members, to be confirmed at the next AGM.

Election of Officers

All other Officers confirmed that they were happy to remain on the committee – all attendees were in favour. John H raised that there was, as previously advertised, a role for general committee member and said Ben Naylor had put himself forward. John H proposed that he should be appointed and Jeroen P seconded, all attendees were in favour.

AOB

Sikobe asked who was responsible for updating the club website, Lynne T and Tim B informed that they have access and Sikobe should have access too.

Tim C raised that on the club Yahoo mail members were using reply all and he was getting messages that really should be sent to individuals.

John S invited members of GDH to join members on a trip to the Pyrenees 6th – 13th August 2017, The Haven has 13 beds, 5 rooms en suite and 3 are currently taken. Anyone interested should contact him or Sikobe for details.

Tim B asked members to make him aware if they would like any races or run reports featuring in the weekly updates of the clubs activities.

Tim B also proposed that any Harriers competing in a club championship race must wear their GDH club vest to make it easily identifiable for all GDH members in the races. If an individual did compete in a non-club vest, they would not receive championship points. This was agreed by the meeting.