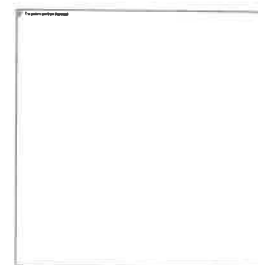


Avon Valley Runners AGM

**Held at Trowbridge Rugby Club on
Tuesday 6th January 2023**



The Chair opened the meeting at 20.34pm

Item	Minute	Action
1	<p>Welcome – Sara Robert</p> <p><i>The Chair opened the meeting by thanking the current committee for all their hard work through the last year. There have been some challenging times and the committee support has been amazing</i></p> <p><i>In particular she thanked David Hyde for stepping in to cover Chair at short notice in May and also Vicky Bodman, Jay Sims-Bagshaw and Warren Wade for assisting over the few months in the summer when the club was in some turmoil.</i></p> <p><i>Sara became Chair at the end of September and stated that she is slowly but surely finding her feet with the great support of David Hyde who is now club secretary</i></p> <p><i>She is looking forward to another year of AVR achievements across the youth and adult sections alike!</i></p>	NA
2	<p>Review and Approval of the minutes of the AVR AGM held on January 2022</p> <p><i>Minutes of the AVR AGM meeting held in January 2022 were approved as a fair and accurate record of the meeting.</i></p>	
3	<p>Treasurers Report – Sheona Yellowless</p> <p><i>Overall Summary in year surplus of £900</i></p> <ol style="list-style-type: none"> <i>1. New Funnel</i> <i>2. Storage</i> <i>3. OTH and Half performance</i> <i>4. Implementation of electronic payment for kit</i> <i>5. Membership down</i> <i>6. Rent increase</i> <div style="border: 1px solid black; height: 150px; width: 100%; margin-top: 10px;"></div>	

	<div data-bbox="279 212 869 918" style="border: 1px solid black; height: 315px; margin-bottom: 10px;"></div> <div data-bbox="279 929 981 1288" style="border: 1px solid black; height: 160px; margin-bottom: 10px;"></div> <div data-bbox="279 1299 710 1601" style="border: 1px solid black; height: 135px;"></div> <p data-bbox="271 1624 1212 1691"><i>Any member wishing to inspect the accounts in full may do so by emailing the Treasurer: treasurer@avonvalleyrunners.org.uk</i></p> <p data-bbox="271 1713 694 1747"><i>Please add the cash Position slide</i></p>	
<p data-bbox="199 1825 231 1859">4</p>	<p data-bbox="271 1825 686 1859">Secretaries Reports - David Hyde</p> <p data-bbox="271 1881 1157 1915"><i>This Year Has been full of Club Records set by some of our amazing runners noting</i></p> <ol data-bbox="271 1937 582 2083" style="list-style-type: none"> <li data-bbox="271 1937 534 1971">1. <i>Gary Macalister</i> <li data-bbox="271 1993 582 2027">2. <i>Robin- Marks Schols</i> <li data-bbox="271 2049 486 2083">3. <i>Diane Hier</i> 	

	<p>4. Jackie Rockcliffe</p> <p>We have competed in the Road Race League and Off Road League with notable success. The club events have been absolutely second to none and acknowledged far and Wide</p> <ol style="list-style-type: none"> 1. AVR Relay 2. 5 x 5 3. Westbury 5k 4. Over The Hills 5. Wiltshire Half Marathon 6. Stan Farr <p>None of this would be possible without the fantastic Race Directors who have stepped up and run the events but also you our members who have volunteered far and wide with tremendous feedback.</p> <p>AVRY has continued to grow from strength to strength as have the run groups and track sessions put on by our run leaders and coaches.</p> <p>Goal Getters scheme has been again a massive success and our Multi Sport AVT section is making strides and is becoming extremely popular.</p> <p>Thank you to everyone for their support in 2022 and here's to 2023!</p>	
5	<p>Member's report – Emma Day</p> <p>At the end of 2022 we have 373 members, which includes 25 life members (so 348 paying members).</p> <p>Of the 373, 168 have applied for EA membership. 63 of the 373 are brand new members</p> <ol style="list-style-type: none"> 1. V80 - 7 2. V70 - 12 3. V60 - 54 4. V50 - 98 5. V40 - 100 6. Sen - 81 7. Youth/Junior – 21 	
7	<p>Road Race report - Gemma Knudsen</p> <p>This year AVR once again took part in the Wiltshire road race league and we also used the same races for our club road league. There were 8 fixtures in the league with the best 6 scores to count. This years league included Calne Clock Change 10k, Highworth 5 miles, Hullavington Half, Lacock 10k, Heddington 5k, Compton Bassett 5 miles, Malmesbury 10k and Devizes 10k.</p> <p>AVR finished in second place in the Wiltshire league, losing out by 1 point to Royal Wootten Bassett Hounds. AVR members Tim Burrell and Andrew Sharratt also won the Wiltshire male vet 50 and vet 60 prizes. There were only 6 AVR members who took part in a full set of 6</p>	

	<p>races, but 91 members who raced in at least of the league fixtures. The most popular races of the league were Highworth 5 with 28 AVR members running and Devizes 10k with 26 runners.</p>	
8	<p>Off Road report - Michael Guy</p> <p>Thanks to Anthony Hickson, who was Off-Road Secretary for the first part of the year after which Michael Guy took over.</p> <p>AVR Off-Road A finished the 21/22 season in 5th place and the B-team unfortunately got relegated to division two.</p> <p>After 4 races of the off-road league the AVR A are in 4th place and the B-Team are in 4th place in Division Two.</p> <p>In the AVR Off-Road League, Gary Macalister is the runaway winner for the men being the only one to complete 8 races in the series. The ladies was a close run but went to Pauline Bradley overall.</p> <p>Andrew Sharratt is taking over as Off-Road Secretary from January 2023 as Michael has stepped down due to personal time constraints.</p>	
9	<p>AVR Youth report – Debbie Ellis</p> <p>AVRY have had an active year, however the training sessions are term time only.</p> <p>The beginning of 2022, we were half way through the Gwent Cross Country league of which quite a few of our youth participated and did very well. They were also participating in the schools cross country competitions with some qualifying for Wiltshire.</p> <p>We are currently half way through Gloucester Cross Country League which some youth attending.</p> <p>The training sessions moved onto track running for spring and summer and there was a couple of AVR events at the Bath University track which some of the youth attended and had a great evening.</p> <p>Some of our Youth had reached the ages of 16/17 during 2022 and have moved on to the Wednesday evening adult interval session or moved on to other clubs or other sports.</p> <p>However, we have quite a few younger, newer members joining and getting enquiries all the time.</p> <p>The coaching is going very well with Richard Ayling Chris Redshaw and Richard Smith with support of LIRFs.</p> <p>The focus for AVRY 2023 is to progress their training and concentrate on more racing this year.</p>	
10	<p>AVT report – Caroline Scott</p> <p>AVT has been active all year with a calendar of events that members were able to attend. We did 5/1 Fiver as a team event where we had each discipline undertaken by a different person for the swim, bike, run. This was so well received we are back in 2023!</p> <p>A large group of AVT were aiming for Ironman 70.3 in Weymouth in September which took a lot of training time to be able to compete, taking over lives! This was successfully completed with a few quite new to the distance and well supported on the day by those not competing.</p> <p>We started coached swimming as a pilot with all sessions sold out which has led to this being a provision that we can now offer into 2023.</p>	

	<p><i>We have had a Strava segment competition which got quite competitive towards the end as more members got involved and wanted to be on the leaderboard.</i></p> <p><i>We hosted an AVT 10 mile time trial around Castle Combe (which included one of the segments from the competition) which was fiercely competitive with close times for both men and women categories.</i></p> <p><i>The run to breakfast has attracted a wider group of runners to our informal Saturday morning runs which included visits to local cafes.</i></p> <p><i>Towards the end of the year the focus has been on offering multisport provision to a wider group and we are building on the swimming and cycling provision for 2023.</i></p> <p><i>Four people representing GB age-group at triathlon, duathlon and aquabike this year.</i></p> <p><i>We have seen further enhanced engagement from members on channels such as the AVT Pathways messenger group (a new channel created to support beginners) and AVT FB page. We also created a handbook for all newcomers and a calendar of AVT focus events. Additionally, new AVT run vest has been created.</i></p> <p><i>The new AVT Goal Getter programme received 6 gold achievers and one silver. Next year we will be raising the presence of this further by integrating it with the maybe AVR GG goals.</i></p>	
<p>II</p>	<p>AVR Goal Getters Report – Sean Price</p> <p><i>This year we had 34 members who achieved a GG medal this year which is excellent.</i></p> <p><i>We have to give a special mention to Vicky Bodman and Annalie Ibison who achieved triple Gold in all 3 section</i></p> <ol style="list-style-type: none"> <i>1. Me vs Me</i> <i>2. AVR GG Challenge</i> <i>3. AVT GG Challenge</i> <p><i>Thank you very much to the organisers and mentees</i></p> <p><i>It was also discussed that GGs was originally set up to promote the Club Championships. Only 7.7% (29 members) have taken part in the club championships which leads to the need for a discussion around the club championships and how it be improved to increase participation.</i></p> <p><i>Question from one of the attendees – will GGs be open to younger members? Sean Price advised that this will be looked into and will be discussed in the next GG meeting.</i></p>	

Mentee	Mentor	Me Vs Me	AVR GGs Challenge	AVT GGs Challenge
Vicky Bodman	James Gorman	Gold	Gold	Gold
Drew Holloway	Alan Button	Gold	Silver	
Sarah Russam	Diane Hier	Gold	Silver	
Sandra Sharratt	David Warren	Silver	Silver	
Pauline Bradley	Ray Pemberton		Gold	

	<p>12 Constitutional Amendments</p> <p><i>1. The change of name of the youth section of Junior Avon Valley Runners to Avon Valley Runners Youth (AVRY). The young athletes need to feel they are part of the club and encouraged to filter into the adult section as one body</i></p> <p><i>2. Avon Valley Runners Youth (AVRY) is not separately financially accountable section of the club that is responsible for members aged 11 to 16 inclusive.</i></p> <p>Vote was put to the attendees – all in favour. Vote passed</p>	
	<p>13 Membership Fees</p> <p><i>The committee proposes that we increase the annual membership fees for 2022/23:-</i></p> <p><i>1. Junior/Student - £13.50</i></p> <p><i>2. Adult - £27</i></p> <p><i>TRFC Fees have increased 12% this year and we need to remain Solvent.</i></p> <p><i>EA membership will remain optional for those people who require or wish to sign up for it but this has gone up by £1 this year.</i></p> <p>Vote was put to the attendees on increasing club fees – all in favour. Vote passed</p>	
	<p>14 Next Year</p> <p><i>Next year will see the club focus on several areas including:</i></p> <p><i>1. CIRF's and LIRF's – Continuation and Growth of club sessions</i></p> <p><i>2. Presentation Evening</i></p> <p><i>3. Current Working groups:</i></p> <p style="padding-left: 40px;"><i>1. Social</i></p>	<p>I.</p>

	<ol style="list-style-type: none"> 2. AVRY 3. AVT 4. AVR Half – Vicky Bodman and Hayley Anderson 5. Over the Hills – Ed Knudsen 6. AVR Westbury 5K Gary Macalister 7. Goal Getters 8. AVR Relay 	
14	<p>Outgoing Committee Members</p> <p><i>Sheona Yellowlass - Treasurer</i></p> <p><i>Gemma Knudsen – Road Race Secretary</i></p> <p><i>Michael Guy – Offroad Secretary</i></p> <p><i>Carole Alston – Safeguard Lead</i></p> <p><i>The whole club would like to thank Sheona, Gemma, Michael and Carole for their contribution. Their continued support of the club is very much appreciated.</i></p>	
15	<p>Election of Committee</p> <p><i>Denise thanked the committee for their support in a challenging year.</i></p> <p><i>Vote was put to the attendees to confirm that they were in support of the new committee for 2023 – all in favour. Committee has been confirmed and elected for the 2023 season.</i></p>	
16	<p>Presentation Evening</p> <p><i>Vicky Bodman provided an overview of the presentation evening timings plan and promoted the evening.</i></p> <p><i>Details can be found on the AVR Member Page on Facebook and recent new letters.</i></p>	
17	<p>AOB – member’s who attended the meeting ask several questions mentioned below</p> <ol style="list-style-type: none"> 1. <i>Non AVR members using culver close – one attendee mentioned that there seems to be quite a few non-members still using the facilities, this will need to be looked into in line with when the membership renews.</i> 2. <i>AVR members taken part in Road League has dropped, what can be done to encourage attendance. This will be looked at during committee meetings however the is was also noted that this is the climate at the moment, there have been lower participation in many events across the UK including park run which has seen a drop in attendance, and this is a free event. However, the committee will work with the Road League Secretary to during meetings to see what can be done to help.</i> 3. <i>Following on from point b. the club need to look at ways to make the Wiltshire Road League an important part of the club and make it competitive again. More emphasis needs to be put on advertising of both WRL and WORL and we need to be capturing and highlighting this each month. For example, what are target races are. Interval session can have target races throughout the season.</i> 4. <i>New speed session on a Thursday will be starting in the next few weeks. Ran by Richard Smith who is a performance coach. This will be advertised from next week.</i> 	

The Chair closed the meeting at 21:44pm

Signed: 

Date: ...08/01/2023.....

Signed: 

Date: ...08/01/2023.....