

**GADE VALLEY HARRIERS MINUTES OF ANNUAL GENERAL MEETING**  
**27<sup>TH</sup> SEPTEMBER 2018**

**1. CHAIR'S REPORT 2017-18 – ANDY NEWING**

Andy welcomed everyone and gave a few thanks:

- Boxmoor Cricket Club (our hosts for over 25 years)
- Matthew Hayward who verified our Club Accounts for this year.
- Guy Woollett for maintaining the England Athletics database.
- Andy Cook for leading many Club sessions again this year.
- The many Committee members from this and previous years for all their fantastic hard work and ideas.

Andy made reference to the fact this would be his and Helen Terry's last year on the Committee after many years.

He highlighted particularly as one of the proudest achievements of the Club in that time, that today we have 179 paid up members split across both genders, all age groups, all abilities and that diversity is above all what he was most proud of in recent times.

Andy referenced the 4 elections for Committee posts on the night and thanked the 8 candidates standing for election.

Andy continued with the Chair's report and in a break from tradition gave a brief insight into where the Club had come from and where it is today.

Following a brief background of the formation and history of the Club (acknowledging Bill Hawes, Paul and Lynne Mosley, Helen Terry, Guy Woollett, Martin Storrie, Tina Searle, Vince Ellerby, Jon Roberts and Paula Cook as members with 15+ years of membership), Andy recalled his own time as Men's Captain and Chairman.

Andy then summarised the achievements of the Club over the last 10 years:

" - top of the list for me is how diverse we've grown. Across the genders, across the age groups and across the abilities, we're one united Club of 179 members today compared to 48 members just over 10 years ago.

- In the Chiltern League we were promoted to Division 1 for the 3<sup>rd</sup> and 4<sup>th</sup> times. And now we've stayed in that elite Division for what will be our 6<sup>th</sup> season starting next month. Never done by this Club before.

- We've also added a Club Gazebo, Club banner and Club flag. And it's a bit like Trigger's broom our gazebo. It's had all parts replaced over the years but it's still the same gazebo!

- We've made had a concerted effort to establish a group structure across abilities and establish a team of coaches by sending around 20 people EA courses. That was something always top of my agenda but it's taken the drive and energy of Ed initially and Gemma more recently to implement.

- We've introduced a MOTM award each month which was Gemma's idea and that's been running for 3 years now.

- we've established an online membership database which is easier to manage and links up to EA membership numbers, parkrun barcodes, data protection and first aider details, emergency contact details, automatic payment via Paypal and gives every Committee member direct access to you via their own Club email address.

- we've established an online kit shop. 90% of kit is now in that webshop, making everyone's life easier and also allowing us to improve and increase the types of kit available. Thank you to Helen for that.

- The Club website is our 3<sup>rd</sup> version. The first effort was created by Vicky and myself back in 2008 and shortly after we had Jon Roberts give us a professionally designed site, followed by the current 3<sup>rd</sup> version

I don't think you can underestimate how big an impact those websites had on growing our membership. I used to ask people when they first came down to the Club how they had heard of us and the vast majority said they had just googled the words "Hemel" and "Running Club" and it was our website that came up first in the search engine.

- This year was the 10<sup>th</sup> Anniversary of the Fancy Dress pub run. Now I'm sure we're not the only runners to run in fancy dress occasionally but I haven't seen anything quite like ours. And I have to say that some of you have embraced the cross-dressing a bit too eagerly for my liking. Thank you Vince Ellerby for that great annual event.

- we had our 25th Anniversary in 2016 and that year we won the Award for Dacorum Sports Club of the Year which was an absolutely fantastic honour.

- we've seen the introduction of a Club League and Learn to Run courses in recent years. The LTRs particularly I'd like to pay tribute once again to Ed Price because that was a first for our Club and with fantastic support from Gemma and the team of coaches that was a massive feather in our caps and one that enhanced our reputation even further

- We were approached by the Rennie Grove Hospice to help them design a route for a new Hemel 10K run a few years ago. Gemma took that on board and was integral to the designing of that route and organising a lot of the help which we gave to them.

- we've had sports days at Jarman Park and once again it's that man Ed to Thank for not only the idea but also the drive to pull it off. Really fun and all-inclusive days that our Junior Harriers have loved too

- we've had a Run and Talk session in association with Mind and for that my Thanks to Rob Potton, Al Flowers, Erica Safford, Vicky and Gemma for making it happen.

- finally folks, a small sample of the running achievements in recent years. Because we're not just about being nice, we wanna win some bling too!

At the Ricky Road run we've swept the board for several years with lots of team and individual 1sts and been Herts Vets County champions

At the South Downs marathon relay we've taken them by storm several times with up to a dozen teams some years and had regular 1<sup>st</sup> and 2<sup>nd</sup> placings for the Ladies and also the Men's senior and Vet teams

We've been Herts Men's Vets cross country champions more than once, but something which we achieved for the first time in 2011

We've been 1<sup>st</sup> team at the Bushey 10K, the Ridgeway Run, Herberts Hole 10K and Bearbrook 10K and also Men's Vets county champions at both the Watford Half marathon and the Finchley 20M road races

In the Berko Half marathon we've been placed and won team prizes many times over the last 10 years.

That's just a small sample but not bad for a little old running club from Hemel.

There are so many people I could thank for their support along the way but I'd like to single out three:

To Paul Mosley for his support of me during my time as Men's Captain on his Committee and also in my time as Chair since. Sometimes when I've needed advice Paul has always been there supporting and he's always been very gracious in allowing me to run the Club my way following 11 years in this place himself.

To Vicky for similar reasons in that she's always been there with a supportive ear but particularly for putting me up to those roles and the belief she had that I could do them. Also for the 50<sup>th</sup> Birthday collection and presents that she arranged, I know how much thought went into those and how keen people in the Club were to help me celebrate. That's a memory I'll treasure always.

Finally Ladies and Gents, to the Man that I believe has transformed this Club over the last few years Mr Edward Price. Ed, as Chairman you have made my job so much easier with your boundless drive and energy to come up with countless ideas and make them happen. The Club is a richer place for your contribution alongside fantastic support from Gemma so I thank you."

Andy finished by saying "It's been an absolute honour and privilege to serve this Club for the last ten years and to run for this Club for the last 28 years. I hope I've still got a few running years left in me yet."

There were no questions from the floor for the Chair.

## **2. GVH WOMEN'S CAPTAIN REPORT 2017-18 – ANGELINE COTTRILL**

Firstly, I would like to start by thanking everybody for their support in my first year as women's captain. I've loved every minute of it and I'm thrilled to be standing for another year. I had some enormous boots to fill following on from Gemma (metaphorically) and she has been a great support and a joy to work with over the past 12 months and for that I'm extremely grateful. I'm also immensely grateful to our brilliant chairman, Andy, for his continued support over the years. He's done a sterling job as Chairman and I'm proud to also call him my friend.

We've had another tremendous year with so many wonderful achievements in so many categories and I'll mention some of them shortly. I'd like to start by welcoming the new female members since the last AGM. We had 20 new ladies join us since October which is fantastic, so welcome to: Rachel Chetty, Kate Fynes, Michelle McColly, Jane Percival, Victoria Williams, Heather Taylor, Megan McCreddie, Vev Loczy, Sarah Bailey, Liz Jaggs, Natasha Gibbs, Katie Hogendoorn, Amy Kenneally,

Jane Howard, Jenny Stubberfield, Sam Raffety, Naomi Iles, Amy Cope Balchin, and returning to the club were Tina Searle and Sophie Halden. Lovely to have you join the team.

So, next is my favourite! Cross country! We had an amazing turnout of female athletes this year which resulted in us, along with the men of course, (we mustn't forget them!), in winning the Dennis Orme trophy. The trophy is awarded to the club in the Chiltern league which had the greatest percentage increase in runners from the previous season. Rich & I were exceptionally proud to be awarded this trophy on behalf of the club. It really is testament to the camaraderie, team spirit, and enthusiasm that this club represents. The mud loving women who took part this season were, Claire Pellett, Elle Alderman, Laura Sharma, Sian Hibbs, Victoria Crawley-Wise, Helen Cook, Erica Safford, Holly Beckett, Kirstie Hardiman, Tracey Cotton, Hannah Sharma, Amy Cope-Balchin, Claire McDonnell, Sophie Halden, Jenny Stubberfield, Kim Morgan, Amy Gosling, Rossiana Mee, Lisa Newing, Emma Cody, Susie Ivin, Kathleen Smith, Paulina Boczek, Jacki Eskdale, Jane Howard, Teresa Reason, Jackie Sampson and me. Enormous kudos goes to Claire Pellett and Sian Hibbs who ran all five matches. Well done to Claire McDonnell who scooped the trophy for 2nd lady overall in her category.

We also took part in the Herts cross country championships in Cassiobury Park in which Mary McCluskey also ran and joined the team of seasoned cross country runners.

Continuing with the team theme the ladies did very well in bagging some bling! At Herbert's Hole they won fourth ladies team, at the Saint Albans summer solstice they won First Ladies team, also the Ricky Road Run they won first ladies team and third vets team. At the Abbots tough 10 another first ladies team prize was awarded to the mighty GVH girls. Absolutely awesome work ladies.

Some of the big races this year in which our ladies took on some challenging miles include the Ricky Road Run, the Fred Hughes 10, the Watford half, Herbert's Hole, Pednor 10. Two of our usual favourites were unfortunately cancelled due to the heavy snow that we experienced and these were the Finchley 20 and the Berkhamsted half. However as our intrepid women will not be held back by white fluffy stuff, they did the miles anyway!! A team of ladies followed the Berko half route that morning in the snow and slush, and crossed the unofficial finish line! With marathon season looming, the Finchley 20 was a very important race in preparation for the marathons. When it was cancelled, the mighty GVH came up with a contingency plan! With the help of some amazing support including Paul Mosley & Gemma, a route was mapped out starting by Bunnings warehouse in Apsley which looped 5 miles through Kings Langley and back again. The determined runners braved the minus temperature conditions to get the miles in the bag.

And then marathon season was upon us! The first of them being Milan & Manchester both on the 8th of April. Milan had a bevy of GVH warrior women in the form of Susie Ivin, Jo Kidd, Tina Searle, Anita Berwick Helen Heathcote and Helen Terry. Manchester was graced with the awesome duo of Claire McDonnell and Lozza Sharma.

Then it was Brighton on the 15th of April which was raced by Paulina Boczek and Serena Harrap. Then we had London on 22nd April which saw Susie Ivin, Emma Cody, Helen Cook, Maria Kenny, Kate O Riley, Mel Hardy, Tanya Saunders & me race alongside Eliud Kipchoge. Well, almost!

It was amazing to see everybody's training come together to witness some remarkable achievements and many ladies scooping PB's. In the words of the famous Vinnie Jones "it's been emotional".

Some ladies bagged even more marathon medals throughout the year. Special mentions to our marathon queens Anita Berwick, and that includes her ultramarathons, and Susie Ivin. I can't list all the races, we would be here all night!

Parkruns continue to be a feature every week without fail, many of you venturing to parkruns even when on UK holidays & abroad. Both Tracey Cotton and Helen Heathcote have reached their hundred parkruns milestone this year. The six week parkrun challenge that Gemma set for us in the summer saw many ladies achieve personal bests at the end of six weeks hard graft. Well done to all of you.

Triathlon and multisports are always exciting to see. Gemma takes on many cycling races as part of the Lovelo team and is doing brilliantly well. Big challenges were taken on by Sian Hibbs in the Cotswolds Classic 70.3 in June and also the Majorca Half IronMan in May.

Emma Nash & Susie Ivin finished the Long Cross Weekend in Wales, which is the Ironman distances split over 3 days. Emma Nash & Shelley Walsh in the Ride 100 in the gale force wind & Kirstie Hardiman who took on & finished the mighty challenge of the Ironman in Bolton. It really is inspiring to see you ladies taking on such brutal events. Well done all of you.

Next, onto our 12 ladies who won member of the month this year they are: Emma Cody, Leona Flaherty, Lozza Sharma, Maria Kenny, Naomi Iles, Kim Morgan, Susie Ivin, Claire Pellett, Sian Hibbs, Kirstie Hardiman, Emma Nash, and Teresa Reason.

And finally I would like to welcome the new generation of Gade Valley Harriers! We had three of them born this year. Congratulations to Amy Cope on the birth of baby Jack, to Vicki Crawley-Wise and Bob on the birth of baby Lyra, and to Laura Sharma and Hayley on the birth of baby Rory. We expect great things of our new mini Harriers!

### **Women's awards**

The first award is for **Best female athlete**.

Now this lady is a force to be reckoned with! She scooped a PB in the Hatfield 5 in a super super quick time of 33:42. She bagged the first lady prize at the Pednor 10 in 1:11m. The Fred Hughes race which is a 10 miler in St Albans earned her a PB of 1:09:58. Then despite the ridiculously hot conditions at the London marathon she stormed to the finish line in 3:24. At the St Albans half marathon in July, she came second in her category with a brilliant time of 1:33:46. Still not done with earning some accolades, she won first lady at the St Albans summer solstice with a fantastic PB of 40:37. As anyone who follows her on Strava will know she's often up with the sparrows & cracking out some crazy miles before any of us have even thought about waking. She's battled injury this year but has managed it sensibly and thankfully is back on form. She manages her incredible running life as well as running her own business having two children. The award for best female athlete goes to Maria Kenny.

Next up is **best female newcomer**.

This lady joined the club in October 2017 and has embraced everything about club life. Her running has improved enormously since she joined including a fantastic performance at the Pednor 10 in 1:27:04. Not put off by the cancellation of the Berkhamsted half marathon she immediately signed up for the Surrey half that same month & was the solo Harrier there, storming home in an incredible time of 1:47:06, a new PB by over 12 minutes. She powered home at the Wheathampstead 10K in May in a phenomenal time of 50:03 & braved the Hardwick X-stream in 56:03. This lady is always keen to improve her running and asks lots of questions, advice, and applies this knowledge fantastically to her running. She is a constant presence on club nights and often leads groups on a Thursday, always looping back to check on the back runners. Her enthusiasm and willingness to help other runners is commendable and she has gone one step further in completing the leaders in running fitness course so that she can continue in this vein. This lady is a pleasure to run with and it's a joy to follow her running achievements. The best newcomer award goes to Naomi Iles.

Our next award goes to The **Most Improved Female Athlete**.

This lady joined the club on the recommendation of a friend in Nov 17 and has come on leaps and bounds ever since. Some of her comparative times include achieving a 10k time of 54:32 at the Winter run in February and improving that 10K time to 52:40 at the Kings Langley Puffaten 10 in June. Her half marathon time improved from 2:02 to 1:58 in a matter of weeks. Her parkruns speak for themselves too. At Gadebridge in December 2017 she ran 29:55 and by July had reduced that to 26:30. In January at Ricky parkrun she ran a time of 26:23 and improved that in June with 24:29. This lady always works hard on club nights and is an enthusiastic runner, always keen to learn and improve. The award goes to Sam Raffety.

### **3. GVH MEN'S CAPTAIN REPORT 2017-18 – RICH COLES**

#### **Lost and found**

##### **102 male members of 178**

- **31 new men since last AGM:** Craig Cobb, Tim Abbott, Lee Godwin, James Dalton, Adam Moore, Barry Palmer, Dean Saunders, Leon Lummis, Charlie Chappell, Philip Walker, Simon Wheeler, Ieuan Jones, Dane Tarney, James Green, James Felstead, Gwyn Pritchard, Paul Saunders, Daniel Baverstock, Craig Read, Warren Tarney, David Wood, Tom Renphrey, Sam Richards, Daniel Hurley, Patrick Cabey, Andrew Abdelmassih, Martin Jeffrey, Marc Burne, James Carter, Craig Hardiman, Andrew Aitchison
- **Absent friends (out for extended periods with injuries)** – Charlie Costin, Mikey Ferris, Dave Wise, Andy Norton.... and Rummings... welcome back next season!
- **Farewells** – Mark Crabtree, Johnny Broom, Brian Hunt among others

#### **Team prizes**

##### **Fabulous year with 5 team prizes won and a series of individual prizes to boot.**

- Started with a bang with Ricky 2<sup>nd</sup> and 3<sup>rd</sup> Herts team
- Ended with a bang at Leighton Buzzard 10 miler 1<sup>st</sup> mixed team
- Herberts Hole first team, Herts half marathon 2<sup>nd</sup> Herts team and Herts Vets XC first team
- Berko half team trophy would surely have been ours with 4 x runners all expected to go sub-80 mins
- Men also contributed to the Dennis Orme trophy with 34 different runners over 5 races, total of 92 races run = 2.7 races each (I'll go for the 0.7 next time)

## XC

- **Full house x 4** – James Birnie, Antony Beamish, Jon Roberts, Rich Coles
- **Newbies** – Martin Jeffrey, Patrick Cabey, James Carter, Marc Burne, with longer-standing club members making XC debuts including Julian Smith, Phil Robbins, Neil Harper
- **Highs and lows:**
  - Race 1: Oxford Shotover Hill – Hamish Shaw leading the pack up the hill first time round (newbie enthusiasm!)
  - Race 2: MK Teardrop Lakes – 11/11 muddy but not quite the Somme and only faller at the start, Patrick Cabey's debut race!
  - Race 3: Luton Stopsley Park – Ross Deacon making up 4 places in the final race for the line
  - Race 4: Keysoe Equestrian Centre – Si Geary giving it all and more (it was emotional!)
  - Race 5: Paul Mosely (aka Shoutyman supporting us all round, Phil Robbins, Simon Wallis and Skip Phillips making season debuts to ensure we hit numbers, as well as Andy Crombie at the last minute despite injury niggles

## Ultras

- x2 Phil Robbins (Thames Trot 50 miler & South Downs Centurion 100 miler), Al Flowers (Chiltern Challenge & Tring Ultra 50k)
- x1 Adam Moore (Tring Ultra 50k), Chris Dowling (100k Race to the Stones), Luca Cotta Ramusino (Chianti Ultra trail 45k)

## Marathons

- 23 men ran marathons:
  - Mike Ferris, Julian Smith, Anthony James, Andy Cook, Phil Robbins, Rob Humphreys, Andy Crombie, Nicholas Crowther, Antony Beamish, James Birnie, Tom Langdown, Robert Bowler, David Goodman, David Wood, Rich Peters, Phil Mercer, Sam Richards, Neil Harper, Andrew Bishop, Charles Costin, Peter Tucker, Al Flowers, Ross Deacon, Chris Dowling (Wendover Challenge)
- **Popped the cherry:** Julian Smith, Ross Deacon, Phil Mercer, Rob Bowler, Beamo [Sam Richards? Dave Wood?]
- **Mega marathons:** Dave x 5 (Budapest, Manchester, London, Gloucester, Jerusalem), Luca x 3, Andy Cook x 3 (Abingdon, Honolulu & London)

## Mega PBs

- Too many PBs to mention individually (please update sheet!) – no doubt many who got PBs will have got them across multiple distances
- Marathon
  - Mikey Ferris – 29 mins
  - Charlie Costin – 15 mins
  - Dave Goodman – 11 mins
  - Andy Crombie – 8 mins
  - Andy Cook – 5 mins and **75% age-grade**
- Half
  - Beamo – 8 mins (Watford)
  - Ross – 7 mins (Knebworth)
  - Gareth – 7 mins (Knebworth)
  - Matt Watt – 2 mins 32 (Bracknell) at 1:19:19
  - Birchey – 7 mins (check)
- 10k

- Phil Mercer – 5 mins
- No doubt many other

### Hall of Fame Times

- Sub 3 – Mikey Ferris (2:53), Jules Smith (2:56), Anthony James (2:59)
- Sub-80 half – Matt Watt (1:19)
- Sub-60 10m – Mikey (59), Rich (59)
- Sub-36 10k – Rich (35)
- Sub-28 5m – Mikey (27:58)
- Sub-17 5k (Parkrun) – Mikey (16:28)

### Mega miles since Jan (based on Strava)

Andy Cook – 1806 (6.7 miles every day of the year)

Phil Robbins – 1555

Nick Crowther – 1326 miles

### Men's Awards

#### Best male athlete

- With Crabbers having moved on, all to play for.... Or was it?
- Nominations:
  - Matt Watt – top level performances, notably Fred Hughes & LB10 1:01, Bracknell 1:19
  - Anthony James – Div 3 Mid-week Road Race V40 champ, club open record at Gadebridge Parkrun, some fine cross country performances, sub-3 London marathon in the heat, 1<sup>st</sup> GVH at Oxford CCL 1 and Herts Vets XC
  - Rich Coles – a good year, but enough about me
  - Mikey Ferris – some fine performances but struggling with injury since March
    - 1<sup>st</sup> GVH runner at x3 CCL races, generally 1 min faster than the next GVH runner
    - Parkrun 16:27 (club season best)
    - 5 miler 27:58 (club season best)
    - 10 mile 59:36
    - Half marathon 1:17:14 (club season best)
    - Marathon 2:53:39 (club season best)
  - Here's to coming back from injury – but in your own time. Just don't wait for us to get too old!

#### Most improved male athlete

- So many massive improvements across the club, was difficult to get to a shortlist
- Final nominations were: Antony Beamish, Gareth Tucker, Ross Deacon
- Notable mentions to **Phil Mercer** and **Dave Goodman**
  - Antony Beamish
    - RunBritain handicap increased from 6.2 to 3.6 (42%)
    - First XC race 4:30 faster (11%)
    - Parkrun 1:40 faster (8%)
    - Half marathon 7:40 faster (9%)
  - Gareth Tucker
    - RunBritain handicap increased from 11 to 5.3 (52%)
    - Parkrun 2:20 faster (11%)
    - Half marathon 13 mins faster (12%)
  - Ross Deacon

- RunBritain handicap increased from 12.8 to 5.5 (57%)
- Parkrun 2:20 faster (12%)
- Half marathon 14:30 faster (13%)

### **Best newcomer**

- Lots of great performances from newcomers, many of who's performance I have already mentioned, and also some brilliant additions to the club embracing the true spirit of GVH
- Particular mention to Patrick Cabey, learning all the routes, showing new members the way and helping them after a fall!
- Runner up is James Carter – only managed one XC before our Amazon deliveries got in the way at Xmas. Came back with a vengeance and started challenging on the Tues night speed sessions, but pushed it too fast too soon and got injured. Now back and just posted great 10k PB of sub-38 – still hugely respectable even if gravity assisted
- Winner is Hamish Shaw
  - 3/5 cross country races – out through injury for last 2 – first new runner home and placing 6/5/4 in the club
  - Parkrun season best of 18:22
  - Two half ironman triathlons, best of 5:14
  - And he took the tent to XC...

### **Multi-sport award**

- Core bunch of triathletes, notably Hamish, Dylan, Birchey, Tom Renphrey, Dean, Craig & Kirstie Hardiman, Sian, Suzie, also Emma Nash on multisport weekend and Neil Harper, Al Flowers aquathon, Jon Roberts Duathlon
- This year award is shared – not by two triathletes, but by two nutters who have achieved legendary status as Super Radonneurs having cycled in one season events of 200k, 300k, 400k and 600k – the last ride taking 25 hours with only a few pit stops along the way
- Some context – only 75 super radonneurs in the country
- Stats year to date (in addition to their running):
  - Guy - 1,476 mi / 93h / 25 rides
  - Jon - 2,838 m / 188h / 183 rides (much commuting – but had to go back and do 200k on own as injured in spring after falling off his bike
  - Both ascended equivalent of Everest from sea level over 2.5 times

### **Unofficial Men's awards**

#### **Overcoming adversity Peter Tucker**

- underwent major surgery to remove facial cancer and multiple operations to rebuild his face
- Peter always been a steady but sure runner and one of the more international runners within the club
- Was back into Parkruns as soon as he could, and completed Brighton Marathon 6:29 and due to do Philadelphia in November, so back on the international circuit
- Abbots Dash 5k in NYC, Fred Hughes, Watford, St Albans Half

#### **Big heart award – Neil Harper**

- Did 100k ultra last year to raise money for the Lily Foundation (research into Mitochondrial Disease and other metabolic disorders)
- How to improve on that this year? By earning a place in the **London Classics Hall of Fame** – Neil Harper (London marathon, Ride London 100 miles, Serpentine swim 2 miles) – as well as a number of half marathons along the way

- Big respect for a big heart

#### **4. TREASURER'S REPORT – STEVE NEWING**

These are the accounts for the year ended 31<sup>st</sup> December 2017. They have been verified this year by Matthew Haywood via Rob Bowler so thanks to them for doing this.

This year we have returned to profit of £1,692 for the year. This was mainly due to this being the first year we trialled the £5 to £10 increase on the March MTR. It certainly didn't have an impact on our numbers turning up to run it, so we continued with it this year.

Membership continues to go from strength to strength at the club still and at last count we now have 179 members which thinking back to when I joined in 2007 has almost doubled and that's all down to the hard work that Ed and Gemma have put in to the training schedules and Andy for leading the committee over the last 5 years so they should all be proud of what they have achieved. We won't stop there though, we now have our sights on increasing it above and beyond 200 members over the next year or so to ensure we are securing the London Marathon spots going forwards so watch this space.

As mentioned at the beginning, the marathon training runs at the beginning of the year continue to provide the club with a vital source of income, without these it would be very difficult to remain operational. This year provided around £6k profit from these which funds things like the clubhouse rent, affiliations, and the charity donation which in 2017 was provided to the Lily Foundation for £1,000. So a big thanks to all of you who take the time out of your Sundays in Jan-Mar to help these to go ahead. 2017 also saw another Learn to Run course go ahead and it's testament to the hard work that goes into these that so many of them are now affiliated members and regular attendees at club nights.

We have a nice surplus of funds building up in our bank accounts and we have a few ideas on how to invest that money back into the club but we are always open to suggestions, so if you have any ideas then feel free to let us know and we can have a discussion around it at Committee meetings.

#### **5. KIT MANAGER & CLUB HANDICAP CO-ORDINATOR REPORT – HELEN TERRY**

Helen Terry reported on the past year, reminding people they could continue to order kit online. There was a good turnout for the Club Handicap with Rich Hutton winning

#### **6. SOCIAL SECRETARY REPORT - HELEN HEATHCOTE**

Helen reported on the past year's social events. The GVH family sports day and picnic, the Halloween run in October, the Christmas run and the GVH Christmas party.

#### **7. COMMITTEE ELECTION FOR 2018-19**

The following were elected to the committee for 2018-19:

- Chair – Rich Coles
- Men's captain – Hamish Shaw

- Kit manager – Maria Kenney
- Communications officer – Simon Wallis

The following stood for re-election and there were no other candidates:

- Women's Captain – Angeline Cottrill
- Social Secretary – Helen Heathcote
- Treasurer – Steve Newing

There were no candidates for Club Secretary at the AGM, so the process to elect a new club secretary was completed after the AGM. Helen Cook was elected

## **8. OTHER BUSINESS**

**Lifetime membership awards:** Both Andy Newing (stepping down as Chair) and Helen Terry (stepping down as kit manager and MTR co-ordinator) were honored for their dedication to the club and sterling work over the years and given life-time membership to the Gade Valley Harriers

**Committee award:** awarded to the person the committee feel has made an outstanding contribution to the club. This was awarded to Gemma Bitaraf

**Club members award:** Voted for at the AGM, this award goes to the person the club members feel has made an outstanding contribution to the club. This was awarded to Andy Newing

**Club Charity of the Year:** Three charities were nominated by club members to be the club charity of the year. The charity that received the most votes and therefore selected as charity of the year was the Herts Mind Network, nominated by Alistair Flowers

**Unofficial (comedy) awards:** Martin Storrie awarded a number of unofficial comedy awards to finish off the evening

*This concluded the Gade Valley Harriers Annual General Meeting for the 2017-18 season*