

Gade Valley Harriers
AGM 21st September 2023
Minutes

Apologies:

Jan Hudson, Paula Cook, Jenny Plastow, Anita Berwick, Tracy Cotton, Maria Lawler, Karis Thomas, Paul Williams, Sarah Shilabeer, Dani Wyatt-McMahon, Trevor Normyle & Caron Williams.

Women's Captain's Report 2023 - Kim Morgan

I have really enjoyed being women's captain this year and having the opportunity to share in all your achievements. We have a great women's team at GVH made up of a variety of inspirational runners. Out of 149 members we currently have 75 women, just over half, and you are all amazing!

Onto some of the women's highlights for this year...

Autumn Marathons (running a marathon is such an incredible achievement)

- London – covered by Ang at the last AGM but once again a huge well done to:
Teresa – 3:10, 1st GVH athlete, Championship place, new PB and club V45 record
Holly - 1st marathon, 4:34, Kitty - 2nd marathon, 4:39, Kelly – great fundraising, 05:03
- Amsterdam, 4 women running.
Michelle – 3:48 taking 17 minutes off previous PB and earning a GFA place, Sue – 3:56 GFA,
Helen – 4:39, Ines – 1st marathon only 3 years after completing LTR, 5:46
- Larnaca International (Nov) – Priscilla, 8th marathon, 2nd in cat.

Autumn Races

Royal Parks Half Marathon (Oct.) – Chrissie, 2:13

Dirt Half Marathon (Nov.), challenging trail half in LB – Claire (just over 2 hours), Helen T., Karis ran together (just over 2 and a half hours)

Cross Country

Total of 25 women attended over the 5 events of the XC season. Fantastic!

1st Match at Oxford (10 women) Strangely sunny and warm conditions for XC. Special mention to Heather who completed the course in 22:56 and was 12th female to finish.

2nd Match Teardrop Lakes in MK (12 women running) Special mention to Kitty for scoring for the club for the first time!

3rd Match Stopsley Park, Luton (15 women) Strong team and great to see so many of you. Great XC conditions with lots of mud! Teresa finished in 19th position, and Kathleen who had an incredible run and was only 24 seconds and 5 places back.

4th Match Campbell Park (10 women), After watching the last 2 fixtures from the side-lines I was pleased to be back running. Another very slippery/muddy course, felt like running on sponge on the flat.

5th Match Keysoe, mild conditions, my personal favourite, finished season strong (10 women). Special mention for Lisa – 1st GVH woman over the line, scoring 82 points, Vic only 13 seconds behind, scoring 79 points.

Well done to all who were part of the XC team. I appreciate the dedication giving up your Saturdays for the love of GVH.

We think of XC and the mud and the brutal hills but in my opinion the best part of XC is high-fives, James' tiffin, sharing experiences of the course, achievements, and the amazing team spirit. It would be lovely to see even more of you this coming season!

Special mention to Teresa for finishing first in her age category of FV45.

We remain in Division 1!

Winter Races

MK Winter Half – Freezing cold day and just -4 at the start of the race, well done to anyone who got out of bed. Mel – 1:44, Sue – 1:51, 2nd in cat. Sam – 1:51, Ines – 2:34

Xmas Lights 10K – Ines, Jenny, Susie, Paula, Matt. Will add booking link again for anyone wanting to join this year.

Fred Hughes – 2 lap course, freezing -5 at start. 16 GVH women took part. Special mentions to Mel – 1:18, Sue FV55 record, PB – 1:22 (PB by 28 secs), PBS also for Michelle, Katie, Gemma Tucker and Ines

Watford Half – 4 women, well done to Pippa, Kitty and Gemma

Spring Races

Amersham 50K – Sam Sparks, 56th out of a field of 116 and 10th in her cat.

Berko Half – a staggering 34 GVH women!!! Special mentions for Sue – took W55 club record, Lisa who was 30th female finishing in 1:40:37 and Maria just 1 second behind, well done to Kim Rodwell and Ines who both achieved Half Marathon PBs.

Milton Keynes 20 – Ashleigh – 3:14 PB, Holly – 3:23 PB by 5 minutes, Mary – 3:45, Ines – 4:03 taking around 40 minutes off her previous PB!!!

Paphos 10K – Lisa and Helen C. special well done to Lisa – 1st female.

100 Hills, 50K trail ultra in the Chiltern Hills – Teresa, 35th overall and 8th female

Ashridge Boundary Trail Run, challenging 17.5mile course, climbing 100m in just the 1st mile.
Vicky – 2:56, Claire – 3:13, Michelle – 3:29

Hillingdon 20 – James fav. 20 miler, Mel – 2:56, 8th in cat. In prep for Marathon

Spring Marathons

Rome Marathon – Priscilla, 9th marathon

Brighton Marathon – 6 women, cold morning and then the sun came out, Me 4:13, Laura 4:14, Jane 4:33, Sam 4:52, Ines 5:25 – PB by 25 minutes.

Great Welsh Marathon 3 women – Despite being promised a fast flat course along the beautiful Welsh coast, Mary sells the event by saying “didn’t see any beach or coastline, just a load of mud, flat looking stuff” Ashleigh 1st Marathon 4:09, Holly – 4:29 PB by 5 minutes, Mary just over 5 hours.

Manchester Marathon – Lizzy Andrews, 3:56

Boston UK Marathon, Rural marathon down country lanes – Katie Ellis (home) 4:13

London Marathon – Mel, 3:51 PB, Sue, just outside 4 hrs still GFA, Sam Sparks 4:07 PB (by 9 minutes), Priscilla and Angeline just outside 5 hrs and Chrissy 5:25 PB.

Spring Ultras

Chiltern Ridge (6 women) – Vicky 6:05, Kim and Claire (PB) 6:28, Michelle, Katie and Kirstie, all achieved PBs and we were all finished inside 7 hours which is incredible.

Snowdonia v. technically challenging course– Teresa 10:29 and Sam who we can’t deny was amazing despite not managing to complete the race during the challenging conditions that day.

South Down Ultra – 100miles, Teresa 23:07, 4th female, Sam 25:35 13th female and commented that ‘it was the hardest thing she had ever done’.

Summer Races

St. Albans Half – soooo hot! 26degrees at 10am (9 women) well done to Naomi C, Sue, Susie, Molly, Helen C, Jane, Chrissy and Kelly

Summer Solstice (17 women) special mentions to Naomi C, 47:59 PB and Sam S, 1:00:43 PB

Last Club League race of the season, Bearbrook 10K (3 women) special mention to Helen C – 53:09 1st in cat.

Coming Up:

Good luck to Ines and Mary who are running Tring Ultra on Saturday, this will be their first ultra but you have put in all the work and we know you will be amazing.

Kimberly – Berlin Marathon on Sunday

New Mini Harriers

Congratulations to...

Heather and James who welcomed Baby Elena (Ellie) on 31st July 2023. We look forward to seeing them soon and meeting the new arrival.

Robyn and her husband Pete who welcomed Baby Isabella on 2nd August 2023. Robyn is already back training with us (which is incredible) and preparing for a half marathon next month.

Female Best Newcomer:

Since joining the club this member has gone from strength to strength. Back in March she achieved a fantastic time of 1:50:36 for Berkhamsted Half Marathon and hasn't looked back. She has worked incredibly hard during rep sessions, attended the club most Tuesday and Thursday evenings and put in extra miles at the weekends. At the start of May she joined the Club League race at Pednor, completing the course in just over 40 minutes and achieving a 5-mile PB. In June, she was the first GVH female over the line at St. Albans Half Marathon, completing the course in just 1:55:45. Later in June she achieved a 10K PB of 47:59 during the Summer Solstice. This member has really set the bar high for herself, but I feel that there is more to come as she continues to train hard and pick up her pace. A huge well done to our female newcomer for 2023 ... Naomi Carey!

Female Most Improved:

This is someone who consistently trains hard and has been improving her running since joining the club as part of 'Learn to Run' a few years ago. She attends club sessions every week, puts in extra strength work between runs and is a huge supporter of others. Back in October she completed her first Marathon in Amsterdam completing the course in 5:46:51, followed by the Hertfordshire Half at the end of that month. In December she completed the MK Winter Half and in January she achieved PB at Fred Hughes 10, running it in 1:52:54. This member then continued her run of PBs at Berko Half finishing the race in 2:26:23. Her next PB was only a week later at MK20 where she shaved nearly 40 minutes off her previous PB by finishing in 4:03:17. In April this year she completed her 2nd marathon at Brighton and finished in 5:25:08; yet another PB this time by 25 minutes. Just a few days afterwards she formed part of the team at the Easter 10K. In May this incredible woman achieved her next PB at Pednor 5 and in July she managed to get her 5K time under 30 minutes by finishing Ed's improvement plan at Cassiobury Park Run in 29:37. She joins in with the Park Run tourism, cross country, league races and club events such as the Christmas Lights Run.

You put so much into your running, and I am so pleased to see you reaping the rewards. A huge well done to an inspirational woman and a very good friend ... Ines Trent, our most improved female of 2023.

Female Best Athlete:

Our Best Female Athlete award goes to a lady who, despite already achieving so much with her running as managed to surpass herself within the last year. On 2nd October she had a

Championship place to run London Marathon after her PB of 3:13:58 back in April 2021. After being unsure about her training leading up to the event, she completed the marathon well ahead of all the other GVH athletes both male and female, clocked a new PB of 3:10:19 (knocking over 3 and a half minutes off her previous PB) and achieved a new club record. I honestly don't know what we would do without the women at the XC events (no pressure!) as I have mentioned already the lady received our only award in the 2022-2023 season, finishing first in her age category of FV45. She has completed 3 Ultra Marathons this year, 100 Hills 10K back in March, Snowdonia Ultra Marathon in May and the South Downs 100 mile Ultra Marathon in June where she was the 4th female. Well done to Teresa.

Men's Captains' Report 2023 - Andy Wells

Cross Country

Average 23 runners at each of the 5 events 1 better than last year

Matt Ashby first home for GVH at every race

320 miles for the men Lower than last year but fewer men than last year over the 5 races

Did all 5 events.

Matthew Ashby
Michael Linden
Merlin Allan
Steve Newing
Kitty Cole
Victoria Crawley-
Wise

Races 221 - 4 more than last year

Race miles 3399 - 221 less TLY

20 ultras - 3 more TLY

31 marathons - 1 more TLY

70 half marathons - 5 less TLY despite berko numbers

35 - 10k - 16 less TLY

18 - 5 miles 4 more TLY

Berko half - 32 Largest turn out

194.15 miles, 6 events – Nick Crowther

193.5 miles, 13 events – James Birnie

175 miles, 4 events – Chris Dowling

153 miles, 2 events – David Thompson

146 miles 4 events – Martin Pike

11 events Michael Lindon

10 events Matt Ashby

9 Events Gareth Tucker/Roland Kendall/Merlin Allan

Not going to mention every person & race

Longest event – SDW & NDW 100 miles Martin Pike David Thompson and Chris Dowling

London marathon 2022 – James B/George/Tom/Phil Charlie virtual

Amsterdam – Myself/antony B/stuart G/andy C/Phil M Nick C/Darren B

Abingdon – Robert B

Chelmsford – Trevor N

Great Welsh – Phil M

Southampton – Gwyn P

Brighton – Roland/Dan/Gary/Paul W

Manchester Marathon – Gareth T/trevor N

London 23 – James/Michael I/Nick C (Sub 3)/Sam Richards/Neil /Harper

Mk -Chris Dowling (sub 3)

Hampshire Trail Run -jono

Chiltern ultra – 10 men. Chris D First M40 Martin UTMB Snowdon Very Hot day.
Gary/Roland/Andy C/Charlie/Beamo/Darren Burke/Dylan+9

Fred Hughes pb x7

Watford 1/2pb Roland Chris Howe

berko 1/2 – 10 PB's

Summer Solstice x 5

Senior – Matt Ashby Gadebridge parkrun

MV50 - Jon Roberts Any Park Run, gadebridge, 5k Road, Half Marathon

MV60 – merlin half marathon, 10 mile, 5 mile 5k

MK24 - team event 4-6 June next year camping yurts

Trevor & Merlin Getting as far away from us possible!!

Merlin holder of all V60 records apart from marathon and magic mile. Running in all XC for last 2 years

MK24 - team event 4-6 June next year camping yurts

Trevor & Merlin Getting as far away from us possible!!

Merlin holder of all V60 records apart from marathon and magic mile. Running in all XC for last 2 years

Guy - 4000 2023,135 sept, Paris Brest Paris 4 days 800 miles August, 124 miles July, 190 June, 380 May, 257 april, 189 april, 129 march, 141 Feb, 127 jan

Kitty - completing getting Classics medal

Charile – Virtual London in PB of 3:42 at Dorney. Oct last year. Start May – first ultra Chiltern. Ride 100 in 6.5 hours 4000 feet End May. Last weekend completed classics with Swim serpentine.

22/23	27/11/2022	Matt ASHBY	Hatfield 5	5	00:29:06	
22/23	22/01/2023	Matt ASHBY	Fred Hughes	10	00:58:39	PB
22/23	05/02/2023	Matt ASHBY	Watford Half	13.1	01:19:47	
22/23	05/03/2023	Matt Ashby	Berko Half	13.1	1:16:12	PB
22/23	07/04/2023	Matt ASHBY	St Albans 10k	6.25	0:35:01	PB
22/23	01/05/2023	Matt ASHBY	Pednor 5	5	00:28:00	PB
22/23	21/06/2023	Matt Ashby	Summer Solstise	6.25	00:34:54	PB
22/23	19/07/2023	Matt Ashby	Waddesdon 5k	3.125	00:16:36	PB
22/23	06/08/2023	Matt ASHBY	Bearbrook 10k	6.25	00:35:19	
22/23	02/09/2023	Matt ASHBY	bedford 5k	3.125	00:16:50	1st

Gadebridge – 17:35

Cassiobury – 16:53

Continued improvement in club nights, either i am getting slow this person is getting faster (probably both) said the same last year

has been steadily improving over the year at a number of distances missing out on his target time at Berko half by 1 second. His baseline for the 5k improvement was 19:11. He worked hard for the 8 weeks and was rewarded with a 18:33 on the re test. This was still not official as beating his dad as was not at black park. This was rectified in early August with a 18:27

Regular Park run

Wendover woods run director 18 times

Regular

23:14

23:11

Nick Joseph

Notes from Coach Robert Bowler AGM 2023

	Tuesday Night Volunteers		Thursday night Short Run leaders		Coaches
1	Helen Heathcote			18	Ed
2	Martin Storrie			19	Ange
3	Andy Wells			20	Robert
4	Kim Morgan				
5	Kitty Neal		Kim Morgan		
6	Helen Cook		Ines Trent		
7	Ines Trent		Helen Cook		
8	Anita Fenoughty		Ines Trent		
9	Andy Cook				
10	Mary McCluskey				
11	Michelle Wells		Mary McClusky		
12	Naomi Iles - Yes (as LRRF support)				
	Dylan	13	Roland Kendall		
		14	James Birnie (routes and maps)		
		15	Holly Beckett? Yes definitely helped		
		16	Sam Rafferty?		
		17	Andy Newing (website)		

18
13

9

3

24/25

Chairman report

Tonight's AGM server 2 purposes:

1. The formal reporting and election process which follows our Constitution.
2. A celebration of individual and club successes

It was almost 10 years ago that I signed up and ran my first official race, which was the Berkhamsted 5 mile 'Funrun'. 3 miles in I got overtaken by a 12 year girl and an quite a few older blokes than me, but I finished. To my delight, even though I came about 500th, I won a medal. Prior to that I always thought medals were reserved for just the winners.

Actually, race organisers give medals to runners because, the reality is anyone who's able to train, get to that start line and finish has had a personal victory. Life is not always about being first or second, but setting a target and having the personal victory of achieving it. In our own way we can be a 'winner' with those personal victories.

Tonight, we're going to celebrate each other's personal victories whatever they may have been.

So, with personal victories and celebrations in mind, I'd like to start tonight's meeting by introducing you to an amazing young man who's had more challenges and personal victories, than most people many times his age:

Ethan King. Ethan, who has battled cancer himself has been raising money for Young Lives versus Cancer and this year's GVH donation is going to this cause. Tonight, we would like to present him with £1,000 for his cause and

Formal

Firstly, I'd like to thank our head coach Ed for his training plan leadership, each week providing varied reps training and route options along with our Learn to Run course which this year proved so popular.

Also, Robert Bowler, now a qualified coach and Angeline Cottrill, [Almost qualified!], for their commitment and dedication running many of the club Tuesday sessions with such enthusiasm.

Also supporting our coaches, we have our LiRFs who this year have provided members with session support and encouragement, so also a big thanks to you guys.

Our Tuesday night sessions are one of the core aspects which help members develop their running performance and an essential part of what the club provides. If there are any members who are interested in LiRF training, the club will generally help fund and support the process. Please talk to one of our coaches.

The committee wanted to get our MTR's back to normal, so this year we ran 2 MTR events, attracting reasonable number of runners to make it worthwhile.

This is an important money raising event which Steve will comment on in a moment. But a big thanks to Simon Wallis and everyone who helped make it a success, especially eating all the cakes we had left at the end.

Next year we have been thrown a 'curve ball' from the Canal & rivers authority who want to charge us £200 for running along the canal!

Simon was set the challenge of working out a safe new route, which turned into a serious endeavour! For next February we are going to try moving the start & finish to JFK school which has both parking and changing rooms. The route takes runners down Pouchen End and on to the London Road, where it re-joins the original routes heading up Bull Beggars.

This will save us costs with the canal & rivers and also the Playhouse who we rent toilets. The location also benefits from the parking, which has always been a challenge. We're going to trial it in February and then review how it goes. More details to follow.

Also, after almost a life time of being our MTR Sign Director, Guy Woollett has decided to step back and focus more on his cycling... One of our Veteran members, Vince Ellerby has agreed to accept the promotion to 'Director' and will pick up the responsibility...

As you know our MTR's underpin the finances of the club and allow us to make generous charity donations each year and subsidise our activities and events. When you see the call for marshal support, please do try and help out, even if it's just for a few hours on the Sunday - more people helps spread the load!

Talking of charities, I was delighted with the huge turnout for the food bank run earlier in the year which generated carloads of food for the local DENS food bank. This was a joint event with D&T organised from GVH side by our ladies Captain Kim. It was so popular we've agreed to run another end of October, details to be circulated soon.

One annual event which has proved popular again is our summer Handicap, organised and run by Helen Terry. I love how Helen manages a wonderful smile of encouragement as she counts down to start the 4.1 miles of pain!

Helen puts lots of time and energy into organising it especially having to deal with the many claims of 'bandit' times or over optimistic expectations. It's often a family event with Hubby, Andy and kids along with our ex-chairman and shouty-man, Paul Mosley.

Big cheer and round of applause to Helen Terry and her merry team.

Another highlight of the year was our family sports day and picnic in the summer, at Fuzzy farm. The committee did a brilliant job organising the various sporting challenges. I'm not sure who had more fun the kids or parents, but it's a lovely way to engage with our families and have some fun.

Also I'm so pleased to see such a high level of membership renewals which has taken us to almost 150 members.

So looking at the year ahead:

XC starts soon, please let your captains know you're joining - we're looking to hit it hard this year and get our numbers up for each event. Your Captains will be out in force 'encouraging you to attend...'

In December we've booked to run our famous (or should I say 'infamous') Christmas party where you get to see how your normally sober running buddies dance after a few drinks. That's Friday 9th December at Hemel Town Cricket club. More details to follow.

In March last year we had the biggest ever GVH turn out at the Berko half where our logo was on the finishers T shirt. For 2024, you'll find our club logo again on the Berko half t-shirt, which is one of the largest local charity races which the club supports.

So on to a few more 'Thank-you's':

Holly : stepping down from Social secretary

Maria : Kit manager

Thanks also to my excellent, hardworking committee who turn up diligently to my regular Zoom calls:

Andy Newing for Website management

Phil Mercer for equipment management

James Birnie for witty reports

Steve Newing - Money management

Andy Wells - men's captain

Kim Morgan - Ladies captain

Gareth Tucker - Club League

Helen Cook - for being secretary (and my wife)

For our various elections, I'm pleased to announce we had a very high turnout of voters who supported with a 'yes' the following subjects:

1. The 2 changes proposed for our constitution had 100% 'yes' vote [Policy updates form EA and London Marathon place allocation process]
2. All existing committee members who put themselves forward to re-stand were elected.

3. Ines Trent was elected as our new Kit manager.
4. Helen Terry, Karis Thomas, Joanna Kidd were elected as our Social secretary 'team'

In closing, I have to say it continues to be a privilege being part of the GVH club and serving you as Chair. I believe, with your support, our club offers a welcoming and inclusive environment for runners to enjoy and better their running aspirations. We must continue to evolve the club to ensure we remain relevant and up to date for those who wish to join a local running club. I look forward to continued journey in the year ahead and hope you will continue to enjoy life with Gade Valley Harriers.

Thank-you.

Andy Cook

Chair

Questions:

Would we ever as a club be interested in volunteering for the London Marathon?

[Yes, we are currently looking into the details of how and what it requires]

Update on the junior arm of GVH please

[There remain some challenges to address this question, but we continue to understand what these are and how we might manage them – we have no immediate plans or timescales]

Will we continue to have a rota going forward where people volunteer to lead a shorter route or offer to pace a group at a slower pace on Thursdays?

[Yes, this has worked very well this past year and we plan that it remains as the 'standard' for how we operate our Thursday runs]

Finance Report - Steve Newing

These are the accounts for the year ended 31st December 2022. They have been verified again this year by Michael Linden so thanks to him.

At the back end of last year we had reserves building up on our balance sheet of £12k and following discussions over this with Chair Andy Cook we decided to reinvest some of that profit back into our members who had supported us through lockdown and each year give up their time to help out at the MTR. We had near enough 100 members representing the club at Berko half earlier on this year, a record turnout for the club at any one race for a great local event. I didn't finish again, so 3rd time lucky for me next year, I hope.

So with that in mind we did record a loss of £4,127 but as said we wanted to reinvest some funds back into our club. We also held just the 1 MTR last year and we were back to a full year's clubhouse usage after lockdown. 2023 though we were back to 2 MTR's and have also just held another great Learn to Run course and great to see so many members who have continued their hard work after this. Our reserves remain strong at £8k and membership nearly at 150 members again – at 147.

I am also pleased to say we are able to make a charity donation this year to Young Lives versus Cancer, a great charity for £1,000.

We are proposing to keep the online payment of £50 for full year membership next year, £25 for half yearly.

Also, discussions have started about subsidising a race entry for next year for members so watch this space. Thanks all and enjoy the pizza!

Helen Terry announced the winner of the 2023 GVH handicap – Tom Langdon