

Gade Valley Harriers
Annual General Meeting
3rd October 2024 at 7:30pm

Apologies:

Paula Cook, Holly Beckett, Andy Watt, Phil Mercer, Jenny Plastow, Anthony Wilcox, Nick Joseph, Caroline Gavin, Isabel Wilson, Nick Crowther, Ashleigh Taylor, Anita, Martin Pike, James Hardy, Polly Cripps, Chris Howe & Paul Moseley

Chairman report - introductions

It's hard to believe another year has flown by, and here we are again, drinks in hand ready for our Annual General Meeting.

It's a pleasure to see so many familiar faces—and quite a few new ones!

Tonight's AGM serves 3 purposes:

1. The formal reporting and election process which follows our Constitution
2. A good annual social gathering
3. And most importantly a celebration of individual and club successes

Hopefully you've all seen the agenda?

I'd like to start with the formal parts of the meeting:

1. Apologies – Secretary
2. Adopting the minutes from last year's meeting -

AGM Speech 2024 – Ed Price – Head Coach

As you've heard from the captains, it's been another busy year at GVH with the usual huge range of training and racing goals. For some it's just about getting out and enjoying running, for others it's preparing for 100mile ultra marathons. This variety is a real strength of our club - it's here for everyone - and that inclusivity is something I reflect on constantly.

As a coaching team our challenge is to support all of you all of the time - and I always want to make sure we do this better each year. To do that we need to be a team that brings lots of different skills and experiences. To that end, I am so

delighted that this year we have grown our team of leaders by four. Michelle, Gary and most recently Anthony have completed their Leader in Running Fitness qualification and Ines has completed her coaching assistant qualification, both to inspire the next generation at her school and also to support us here at GVH. I think you'll agree they are fantastic additions to the team.

I am keen that, as a club, we make the most of our coaches and leaders, so we are going to introduce a few new things this year. First, we will always have a non running coach or leader at each Tuesday rep session - you will have noticed Ange, Naomi and Anthony already fulfilling this role at recent Tuesdays. This is not only for reasons of safety or general encouragement, but also to make you more aware of the team on a regular basis. We are also going to have a series of post run 'coaching clinics' where we cover one topic of our choosing and then invite questions from you in advance and cover as many of those as we can. The first of these will be on Thursday 21st November at the clubhouse (& maybe with an online link too). We hope that these will add value to our coaching offering and give us all a chance to share tips and experiences. Finally, I want to encourage you all to come to us for advice on whatever your running goal is. I get loads of people, quite rightly, wanting marathon training plans, but we can support you in all aspects of your running be that a single piece of advice on, say, nutrition, or help with a year long plan for your first ultra marathon. Each of the team will soon be popping up a little Facebook post to help you get to know them better - so keep your eyes peeled for them. For now though, I want to say a huge thank you to the team. To coaches Ange and Robert who's energy, enthusiasm, knowledge and support I value a very great deal - and to our brilliant leaders, Naomi, Michelle, Gary, Ines, Anthony and Nick who do so much to support you all. Thanks Guys!

So, that's what's coming up. Looking back briefly, the past year has seen another successful and enjoyable Learn to Run course and it's great to see some of our new runners here this evening and coming to training. A huge thank you to everyone who supported this course - there was such a welcoming and supportive club atmosphere and the whole experience really spoke to our values as a club.

I, as ever, remain in awe of your dedication to training and the stunning achievements, many of which our captains have spoken about. You inspire me every week and I am very grateful to you all for that.

My final thanks goes to Andy & Helen. Having a supportive Chair makes my job a million times easier and Andy has always been there to back up what we are doing and, indeed, encourage us to do more! Likewise, to know that the nuts and bolts of the club admin are being looked after with such unflappable aplomb gives us the confidence to know we can just get on with our coaching and, believe you me, that doesn't happen at all clubs. So thanks to you both so much for all you have done and here's to you being able to just focus on your running.

That's all from me, other than to say I am looking forward to another exciting running year together.

Women's Captain Report 2024 – Kim Morgan

Ladies, ...another incredible year of running! It is fantastic to see so many of you at club sessions, ParkRuns, races and cross country. Not only running, but also having fun, keeping fit and healthy and supporting and encouraging each other.

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

Autumn Marathons/Ultras (running these longer distances is such an incredible achievement)

- New Forest Marathon, September 2023 – Ines Trent, 3rd Marathon in prep for Wendover Ultra, 5:45:32
- Tring Ultra Marathon (Tring, Wendover, Ivinghoe Beacon, Pitstone Hill) Ines 7:49:21, Mary 7:57:12 (stopped drinking for 4 weeks)
- Berlin Marathon, September 2023 – Kim Y, 5:18:22
- Chicago Marathon – 11th Marathon for Pricilla

Autumn Races

- Abbots Tough 10, uphill finish – Lisa (5th), Claire, Kitty, Gemma, Ang, (under 1 hour) Anita (just over)
- Dorney Half – Teresa 1:29:24 (1st in cat), pleased to get back to the trails
- Royal Parks – Sarah, Jane, Ines, Kim (between 2/2.5 hours)
- Ridgeway (just under 10 miles, v.hot) – Jenny, Kirsty, Molly, Kim Sam and Helen (longest run to date)
- Herts Half – Me, Natasha, Jenny, Sam (under 2 hours), Helen, Kirstie, Michelle, Kitty, Ines, Chrissy, Holly, Mary (all under 2.5 hours)
- Herts 10K – Lisa (1st F), Claire (2nd in cat)
- Dirt Half (LB, waterside park, along GU canal, rushmere, greensand ridge) – Vic, Claire and Ines

- Hatfield 5 – V45 club record – me, Naomi, Jenny, Claire, Helen, Ang (PB), Ines (PB), Gemma, Mary, Anita, Claire B (1st race), Emma (1st race)

Cross Country

1st Match at Keysoe (20 women, double last year) Incredible! Teresa, 3rd in cat, Kim 10th in cat. Helen – 1st XC

2nd Match Teardrop Lakes in MK (18 women running) point scorers – Teresa, Heather, Naomi, Vic, Jenny, Claire.

3rd Match Stopsley Park, Luton (15 women) Claire – 1st XC

4th Match Cassio (21 women), Park, golf course, mile loop of Whippendell & back, faster course than we are used to (Teresa back in just over 23 minutes, me just over 30 secs after) but still very tough. Jade – 1st XC.

5th Match Oxford (13 women), watched in horror as the men came past after their first lap, impossible to run in mud this deep, series of muddy rivers and saturated fields to the finish. Heather – fantastic run, Ines – first time scoring

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! I would also like to mention 4 women who completed every cross country fixture this season: thank you to Vic, Claire, Katie and Mary **medals**

Winter Races

- Malaga Marathon (bright, sunny) – Jane and Kelly
- MK Winter Half – Kim 1:34:55 dragged out of bed (PB), Sue 1:57, Helen 2:02, Ines 2:09 (PB) and Jen (2:14)
- London Xmas Lights 10K – 17 women
- Christmas Eve run in Ashridge
- Pednor 10 – Me – 1st V40 (PB) Claire, Laura, Kirstie, Ines, Gemma, Jenny.
- New Years Eve St. Johns Church Run 0 finishing off the year
- Fred Hughes – 21 women, PBs for Naomi 1:17:27, Sam S 1:26:00, Gemma 1:36:06, Natalie 1:36:51, Pricilla 1:41:52, Anita 1:45:05, Jen, 1:45:06, Kim Y 1:49:15

Spring Races

- Helen's 150th ParkRun @ Rickmansworth
- Love Welwyn 10K – Kim (3/4thF), Ines PB 55:27, Mary 59:03 post-Will PB
- Kitty – 100th ParkRun @ Cassio
- Berko Half (24) – special mentioned to Heather, 3rdF 1:27:59, 15 seconds PB (and only had Ellie in August, despite James beating her with the buggy)
- Oundle 20 – Ines
- MK 20 – Heather 2:23:17, Kim 3:39:55, Sue 3:08:41 (3rd in cat), Helen 3:31:55
- Ashridge Boundary Run – Vic 2:54, Claire under 3, Kirstie, Michelle, Ines, Holly, Ashleigh, Mary and Chrissie
- Easter 10K (12) – PBs for Jenny 46:59, Naomi 47:08, Gemma 57:53, Claire B 59:11, Millie 62:46, Kim Y 65:07
- Kew Garden's Half – Anita raised over £500
- MK Half – Ines, Holly and Mary (prep and support for Gemma), Laura

- Pednor 5 – prizes V35 Naomi I, V45 Kim, Women's Team – Naomi, Kim and Ang
Susie and Rachel ran
- Gaddesdon Gallop – Claire, Emma and Andrea (PBs) supported by Kitty and Rachel

Spring/Summer Marathons

- Paris – Kim 3:57:54 (PB), Ines 4:39:50 (PB by huge amounts)
- Punk Panther's Skipton Skedaddle Ultra Marathon 50 miles, 2500m elevation, North Yorkshire – Teresa 11:39:00, 10th overall and 2nd female
- Vienna Marathon – Susie 4:27:48
- Shakespeare Marathon – Kim 3:45:46 (3rd in cat), Sam 3:36:14, both PBs
- London Marathon (6 Women) – Heather 3:07:46 championship and V35 record, Alice 3:34:40, Laura 3:57:33 PB by 19 minutes, Helen 4:39:08, Jen 4:57:19, Angeline 5:15:56 unwell
- MK – Gemma 4:35:03, PB by over 15 mins
- Edinburgh Marathon, city-coast-Musselburgh-Gosford House-Musselburgh, torrential rain – Holly 4:26:03 PB, Ines 4:32:51 PB, Chrissy 5:23:28 PB, Mary 5:50:39
- Hilly and scenic Giant's Head Marathon, June camping and running, medal – Teresa 4:11:08 (2nd female), Claire 4:52:08 (2nd in cat), Vic 4:55:20 (3rd in cat.), Michelle 5:34:22

Spring/Summer Ultras

Chiltern Ridge – Kim 6:07:00, Kirstie 6:14:33

Ultra Trail Snowdonia, stunning views, technical ridges, 103km, 7 major peaks – Teresa 24:21:16, 24th female

Greensands 50K – loop Greensand Park, Beds – Kirstie 6:19:07

Ultra London 55 – Kim 5:52:32, Laura and Sam 6:52:36

Race to the Stones 100km, point-to-point route going from Lewknor along the Ridgeway to the 5000-year-old Avebury Standing Stones (then round a traffic cone and into a local farm to finish) – Me 12:54:57 and Kirstie 13:20:19

Summer Races

Cork Half – Helen 2:08:31

St. Albans Half (7) – Kim, Jenny, Alice, Kitty, Molly, Jade, Jane

Summer Solstice (13 women) - Highfield Park, Alban Way Railway Line out to Ellenbrook before looping back and following the same track back to the finish

Waddesdon 5K – Heather 18:55 V35 club record 3rdF and 1st in cat, Jenny PB 22:44, Kim, Ines, Mary and Emma

St. Albans 10K – Isabel, Kitty pacing

Bearbrook 10K – Heather 38:59 4th female 2nd in cat and V35 record, Jenny 48:03, Claire 50:14 (2nd in cat), Sam S 58:48

200th ParkRun @ Gadebridge - Rachel

Bedford Twilight 10K – Sam, Kim and Emma

Great North Run – Jane 2:06

Awards:

Female Best Newcomer:

Since joining the club through LTR last year, this member has gone from strength to strength

Gradually improving her ParkRuns
Joined us for her first XC in January
Fred Hughes 1:36:51, 1st 10 miler
Berko 2:09:47
Pub Run

663 miles this year and is ramping up her training more and more recently ready for New York Marathon

A huge well done to our female newcomer for 2024 ... Natalie Wheeler!

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' several years ago. She attends club sessions every week, puts in extra strength work between runs and is a huge supporter of others.

Dec – PB at MK winter half 2:09

Feb – PB at love Welwyn 55:27

April – PB at Paris 4:39:50

May – PB at MK 2:05:34

May – PB at Edinburgh 4:32:51

July – PB at Waddesdon 26:09

So many PBs this year, I am told she has her own bell

Regular at XC and ParkRuns

Miles: 1.1477

A huge well done to an inspirational woman and a very good friend ... Ines Trent, our most improved female of 2024.

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.

1107 miles this year

Regular @ XC , where she scores well for the team

Club records in 2024:

Marathon 3:07:37 London

½ 1:27:51 Berko

10 mile: 1:07:00 Bramley

10K 38:59 Bearbrook

5K 18:55 Waddesdon

Well done to Heather Timmis, an incredible year!

Men's captains report

Cross Country

Average 30 runners at each of the 5 events 7 better than last year More woman at every event bar Watford which draw

Matt Ashby first home for GVH at every race he took part in

385 miles for the men

Did all 5 events

Roland Kendall Claire , Mary, Vic, Katie Ellis
James Birnie

Races 294 - 73 more than last year

Race miles 4194 – 795 more TLY

26 ultras – 6 more TLY

32 marathons – 1 more TLY

75 half marathons – 5 more TLY

58 - 10k – 23 more TLY

28 - 5 miles 10 more TLY

Berko half - 35 Largest turn out again

336.7 miles, 20 events – Roland

217.4 miles, 13 events – Jack Boughton

164 miles, 4 events – Chris Reason

156 miles, 8 events – Gareth tucker

151.83 4 events – Nick Crowther Dropped from 1st last year

20 events Roland

13 events Matt Ashby /Jack boughton

10 events Steve Newing / Robert Bowler

Not going to mention every person & race

Longest event – Chris Reason 100K Snowdonia 18hr 46

Roland and Jack both 3 Ultra's

Berlin Stewart G

Amsterdam - Charlie

Abbingdon – Phil Robbin 2:48:25 PB year in making

NY – Tom L

Tokyo – Tom L

Milan – Charlie 8 min pb 3:35:37

Roland – Paris 10 min Pb 3:29:55

Manchester – Gary PB 3:56:544 and Simon Morris

Shakespeare – Andy Bishop & Watt, Roland

London – PB Gareth 2:58:10 nick 2:58:08 tom L 2:58:18 Antony Fogdon 4:38:08.

Micheal linden, James Birnie, Robert Bowler, Andy Cook, Charlie Costin, Stuart

Gallagher, Phil Mecer, Andy Newing, Steve newing, Gwyn Pritchard, Dave wood,

Rich Peters. Rob Hawkes

Mk – simon morris

Phil Mecer – Loss ness

Herts half pb Roland 1:36:33

Hatfield Roland pb 32:47 Anthony fog 41:24, Phil bowers 40:42 and Dominic hook

54:08 First GVH race phil & Dom

Pednor 10 – 4 min PB Roland 1:12:21, Course PB Micheal linden gareth tucker

berko 1/2 – 11 PB's. Andy Law 1:21:03 Gareth tucker 1:23:40 Tom Evans 1:26:49

James Timmis Buggy 1:26:57 Lewis Ellerby 1:28:07 Steve Newing 1:28:51 Roland

1:35:19 Dan green 1:41:09 anthony fogdon 2:04:42 peter green 2:25:03

3rd Vets Team Pednor 5 jon robberts, steve newing roland martin alexander

Tom I 2nd gaddenson gallop to a 10 year old

St Albans half – 1:27:27 pb lewis ellerby
 Burnham beeches 10k leiws 38:12
 Bedford 10k – roland 40:44 lewis 37:37
 Vitality 10k lewis 37:10
 Winsor half jack boughton 1:33:55 Russ 1:37:17
 Magic mile 4:50 Matt ashby

Senior – Matt Ashby Gadebridge parkrun getting close to the any park run record just
 2 seconds away I believe
 Mv50 Park run any ricky 21:08 black park 21:36 Vince
 Thanks for support over last 3 years great to

Event	Distance			
Ridgeway	9.46	01:01:08		
Herts Half	13.1	01:16:10	2nd	
Hatfield 5	5	00:27:10	PB	
Pednor 10	10	00:57:54		3 pb
Fred Hughes	10	00:56:41	PB	
Berko Half	13.1	01:13:55		5 pb
St Albans 10k	6.25	00:33:58		1 pb
Pednor 5	5	0:27:08		1 pb
st albans half	13.1	01:14:59		5
Waddenson 5k	3.125	00:16:18		2 pb
Bearbrook 10k	6.25	00:33:49		3 pb
bedford 5k	3.125	00:16:47		1
bedford 10k	6.25	00:35:41		6

Close Roland half/10k/5m/10m/Marathon PB and Lewis 10k 39:57 →37:10 half 1:30
 → 1:27:27

Fred Hughes	10	01:16:23		
Berko Half	13.1	01:43:24		
St Albans 10k	6.25	00:46:27		129
chiltern Ridge Ultra	31.25	05:59:02		
Pednor 5	5	00:36:49		
st albans half	13.1	01:43:49		436
Summer Solstise	6.25	00:52:24		257
london 55km ultra	34.375	05:53:36		103
Race to the stones	62.5	13:15:37		267
Waddenson 5k	3.125	00:22:44		116
burham beeaches half	13.1	01:41:21		73
bedford 10k	6.25	00:44:33		71
Windsor half	13.1	01:33:55		PB

Russ Jones close
 Started out on LTR
 Regular club nights working hard

Hatfield 5	5	00:40:42	PB	first GVH race
St Albans 10k	6.25	00:47:50		166
gaddenstone gallop	3.125			

2 x country Phil Bowers

Chairmans report 2023/24 (Andy Cook)

Chairman report:

It was 5 years ago that in October 2019 I was flattered to have been elected to the role of Chair of our club. At the time I wasn't really sure what the role entailed, but you kindly trusted me to take responsibility.

Today will be my last AGM as Chair and I'm looking forward to handing the keys over to a new Chair, who hopefully can continue to reflect the needs of our members.

A lot has happened in the last 5 years, much of which was triggered by the global pandemic. And I wanted to briefly reflect on a few of the changes at our club

The Growth of Women Runners

As of today, we have 148 members and one of the things I'm most pleased about is our club's membership which is now made up of around 50% women. That's a huge achievement for our club.

To put that into perspective, if you look at UK running stats over the past decade, women's participation in events like the London Marathon and Parkrun has absolutely surged. In fact, the number of women running marathons in the UK has almost doubled since 2013.

I think that tells us something important: running isn't just a "boys' game" anymore. It's for everyone and the women in our club have brought an energy and spirit that's truly transformed us.

GVH has always been a club that encourages 'all runners' and so as running becomes more popular in society we are a great fit for the broader range of ability runners.

A More Diverse Group of Runners

Running in the UK as a whole has seen a significant shift. It used to be something that felt elite—a sport for the fast, the fit, and the frankly slightly intimidating. But now, look at any event, and you'll see people of all abilities, ages, and sizes. From those chasing a sub-20-minute 5K to others who are perfectly happy power-walking through a Parkrun on a Saturday morning, the running community has become much more inclusive. And that's something GVH has always been known for and we should all be incredibly proud of as a club.

In our club, we've embraced this diversity wholeheartedly. Our club is not just about the ultra-competitive runners aiming for race medals, but rather the social runners—the ones who might occasionally prioritize post-run coffee over the run itself. I like that mix of runners as we're about fostering a love for running, not just a race to the finish line.

The Changing Face of Running in the UK

On a broader level, running itself has become more accessible over the past decade. From the explosion of apps like Strava (and the endless kudos we give each other) to wearable tech that tracks every step, calorie, and heartbeat, we're living in a world where you can't even go for a jog without logging it somewhere.

The sense of community that has developed around running is extraordinary.

Parkrun, for example, started in 2004 with just 13 runners in Bushy Park, and now only 20 years later it's an international phenomenon. **[Word has it Vince might have been one of those 13 😊]**

2,200 worldwide (23 countries) and 1286 events in UK.
Over 250k run each week globally and 150k in UK
90k took part for the first time in 2023.

And I think we've felt that ripple effect here in our club. Whether you're running for a personal best, to get fitter, or just for the sheer fun of it, you've all helped build this incredible, welcoming community.

With all this change in society going on it's very important that GVH continues to evolve and adapt to ensure we remain relevant and beneficial to our membership.

With this in mind I wanted to touch on some of the changes we've been making:

1. Financial

- a. Moved from the £1 a night cash collection to £50/year (or £25 / 6 months)
- b. Moved from physical kit 'trust based' sales held at the club to on-line sales with team wear.
- c. Our MTR moved from 'pay on the day cash' to pre-pay before the event with insurance

These changes have strengthened our financial position and allowed us to subsidise races (Berko half) and events including Christmas party and Provide Club branded vests.

2. MTR

- a. This is our main fund raiser, which previously we ran 3 events (Jan / Feb/ May) 12 miles, 17miles, 20miles Our numbers had been declining due to the popularity of other commercial events.
- b. Simon Wallis leadership helped us:
 - i. We combined distances on the route and ran just 2 events with multiple distances
 - ii. Moved start location to JFK this year – better facilities and cheaper
 - iii. On-line payment system provides much better financial management of the event

- iv. Huge thanks to everyone who gave up their Sunday to make it such a big success
- v. Special thanks to Simon / Phil / Vince / Billy

3. KIT

- a. As mentioned, we moved away from the 'box of clothes' & cash in a bag approach to on-line sales
- b. Better selection of kit
- c. Also, through Jon Roberts (designer) and Ines Trent we have new designs – huge thanks to them for their efforts.
- d. Every club member now can get a FOC branded Vest.

4. Learn to run

- a. The popularity of this continues to grow and has become one of our important doorways for new members
- b. Hands up if you have done a Learn to run with us?
- c. This is a program we intend to continue to run and grow

Looking Forward

I'd like to take a moment to thank everyone who helps to make our club what it is today:

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, our coaches: Angeline Cottrill and Robert Bowler, 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.

On the committee for their hard work behind the scenes and supporting so many initiatives:

Kim – Lady captain
Ines Trent – Kit
Sam R – safe guarding
Andy N - Website
Phil Mercer - Facilities
Steve N – Money / finance
Simon Wallis – MTR
Helen Terry - handicap

Those not standing:

Andy Wells - Captain
Helen Terry – Social
Jo Kidd – Social
Karis – Social
James Birnie – communications
Gareth Tucker - club league
Helen Cook - Secretary

Box Moor Cricket club: Matt (bar & helpers)

Everyone who helped the MTR

Also all our members for making this club such a brilliant, supportive environment. Whether you're the fastest runner out there or you're just getting started, you all contribute something unique. After all, a club is only as strong as its members—and judging by the energy and enthusiasm in the room today, I'd say we're stronger than ever.

It's been an honour to serve in the role of Chair for these past 5 years and I look forward to remaining as an active member of the club in the years to come.

So, let's keep running, keep growing, and most importantly—keep having fun while we're at it. Thank you!

Thank-you,
Andy Cook – Chair 2019 to 2024

Treasurers Report

These are the accounts for the year ended 31st December 2023. They have been verified again this year by Michael Linden so thanks to him. I am pleased to say we have made a profit of £1,261 this year.

Our reserves remain strong at £9,600 and I am pleased to say we have invested some of that back into the club through subsidising club vests for all members this year. Cross Country subscriptions have unfortunately recently doubled this year as well from £250 to £500 through cost of hiring venues and we will have a Christmas Party coming up soon as well.

We held 2 MTR's last year and this year and we make around £5k profit so these still provide a vital source of income for the club to be operational. Learn to Run is still popular with over 20 people signed up in 2023 and this year as well and great to see the members who have carried on their training since completion of this.

Membership remains strong at 148.

I am also pleased to say we are able to make a charity donation this year to Community Action Dacorum for £1,000.

No changes proposed in membership so remains at £50 for full year membership next year and £25 for half yearly.

Thank you for your time and have a great evening.

GVH Election results

Elected

Victoria Crawley-Wise – Chair
Simon Morris – Mens Captain
Jane Phillipson – Communications & Social Media officer
Chrissy Mooney – Social secretary
Roland Kendall - Secretary

Re-elected

Kim Morgan – Ladies captain
Steve Newing – Treasurer
Phil Mercer – Facilities
Andy Newing – Website
Ines Trent - kit

GVH award winners

GVH Handicap – Andrea Beattie

New Female runner – Natalie Wheeler

New Mens runner – Phil Bowers

Most Improved female - Ines Trent

Most Improved male – Jake Boughton

Best female athlete – Heather Timmis

Best male athlete – Matt Ashby

Multi sport – Andy Wells

Club League

Club league Female – Kim Morgan
Club league Male – Matt Ashby

Club league Age graded – Kim Morgan

Club member – Ed Price

Committee member – Andy & Helen Cook

GVH charity of the year 2024-2025 - Charlies Gift

