CAH AGM MINUTES - 7TH SEPTEMBER 2018

Ballyclare Rugby Club

1. **Welcome**

Chairperson Colin Gilmore welcomed everyone to the AGM and highlighted the development of the club in 2017/18 which has grown to 157 members. He outlined the work of the Committee in the past year and noted the highlights of the C25k programme, the annual May Fair races, expansion of the CIRF team, race series development, website improvement and compliance with legislation

1. **Secretary’s Report**

Irene Downey delivered the Secretary’s report to the AGM – see Appendix. Adoption of the report was proposed by Louise Smart and seconded by Claire Oliphant.

1. **Treasurer’s Report**

Members were given copies of the club’s audited accounts and Assistant Secretary Rachel outlined the main expenses and receipts for the year. Colin thanked both Carol and Rachel for the considerable work in keeping track of monies and preparing the accounts. He also thanked Gillian Hanna for auditing the accounts and stated that the club would now be progressing to Community Amateur Sports status to comply with legislation and Roger Morrison has agreed to assist the club with this process.

The accounts were proposed by Ross McCowan and seconded by Glenn Smart.

1. **Proposals to change the current Constitution**

The Committee had made no recommendations to change any details of the club Constitution during the year.

1. **Election of Officers**

Colin thanked the current Committee for their work in what has been a very busy year. Those standing down are Heather White, Marty Kilpatrick, Chris Hopkins, Brian McFall and Randall Smyth.

The election process and the following members were duly elected.

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|  |  | Proposed by | Seconded |
| **Chairperson** | Colin Gilmore | Glenn Smart | Carol Conn |
| **Asst Chairperson** | Peter Graham | Louise Smart | Heather Gault |
| **Secretary** | Irene Downey | Caroline Maxwell | Aaron Anderson |
| **Treasurer** | Carol Annesley | Ross McCowan | Ruth Morrison |
| **Asst Treasurer** | Rachel Lloyd | Glenn Smart | Helen Collins |
| **PRO** | Ruth Morrison | Peter Graham | Suzanne Kennedy |
| **Committee**  Agreed to nominations prior to AGM | Heather Gault | Peter Graham | Karen Graham |
| Ross McCowan |
| Louise Smart |
| Glenn Smart |
| Claire Oliphant |
| Suzannne Kennedy |
| Alison Loughead |
| Johnny Loughead |
| Barbara Beattie |
| Nominated at AGM | Patrick McLain | Carol Conn | Peter Graham |

1. **AOB**

* Annual fees – the Committee had recommended that the fees remain at £35 and this was unanimously agreed.
* Colin outlined a planned programme of events – nutrition talk, use of Comrades track etc.
* Glenn had received information from the Hilton Hotel, Templepatrick regarding dates for Christmas events and due to the success of last year’s dinner at the venue, it was agreed to progress this.
* Ross raised the topic of encouraging members to attend the track sessions and suggested that payments should be made from the club’s account due to it’s healthy position. This was discussed and voted on with unanimous support.
* The upcoming NI relay races was highlighted by Ruth who encouraged those interested to inform either her or Irene.
* Colin reminded those racing at events to wear the CAH white and green club vest rather than other vests.

1. **Presentation of Awards**

The following awards were made:

Male Female

Race Series winner Andrew Wilson Natasha Henderson

Best Newcomer Nigel McGookin Helen Cummings

C25k award Sam Dunlop Marie Manson

Most Improved Runner Graeme O’Hara Natasha Henderson

Club Member of the Year David Hamill Ruth Morrison

Performance of the Year Louise Smart

Special Recognition Award Irene Downey

1. **Close**

Colin brought the meeting to a close and thanked everyone for attending. A very successful BBQ and social evening followed with thanks to Heather and Glenn for arranging.

**Irene Downey**

**Secretary, CAH**

**County Antrim Harriers Secretary’s Report**

**7th September 2018**

It has certainly been a record breaking year for County Antrim Harriers with the club continuing to flourish and develop. The support here tonight is testament to the expansion of the club and the love of running which binds us all together.

Membership/Training nights

The club has grown in membership to the current 157 members which is fantastic progress and there are regularly 50-60 runners out at training nights. The higher numbers mean that everyone can get a partnering group to run with and the new yellow vests and tshirts organised by Rachel means that we can be clearly seen by traffic and gives us an identity out training. The higher numbers also means that safety during training is paramount and always to the forefront by the coaches when organising routes. However the responsibility for safety is also down to each individual and will be of particular importance as we head into the winter training round Ballyclare.

We have continued to avail of the track at Ballyclare Comrades and this has added an extra dimension to Wednesday nights during the winter months. It has been great to see newer members participating in interval and hill sessions and would urge you all to give it a go as adding variety to your running.

May Fair races and C25k

The club held it’s third C25K programme and were delighted to once again see a dedicated group of runners out each night. Thanks to all who coached and supported them through the process and we’re delighted to see some becoming full members of the club and continuing to train and enjoy the social aspect of running.

The fourth annual May Fair race was held at Ballyclare Rugby Club and yet again we were fortunate with good weather and running conditions. A total of 449 participants took part and feedback has been excellent regarding organisation, the famous ‘spread’ and overall atmosphere of the event. However these things don’t just happen overnight and the committee worked hard to ensure sponsorship, liaise with Council/PSNI, promote and organise the race. The main effort was by our Chairman Colin, without whom I can safely say there would have been no race, as his qualities of patience and determination were certainly tested in the tortuous process involved. Also thanks to our dedicated PRO Ruth who Facebooked/tweeted/Instagrammed constantly to maintain the profile of the race and encourage entries.

Competition

Looking back over the year’s competitions it has been remarkable how much racing has taken place by club members and how many memorable performances have been achieved. Here are just a few of the highlights:

* The largest participation event took place at Larne Half marathon in March with a record 37 participants, with five debuts at the distance and nine pbs. This was closely followed by the Larne AC Invitational Hill run last month with 35 club participants and a superb performance by Natasha to win the ladies event with the ladies team winning for the first time ever (they still haven’t recovered!). The next race with highest club entries was last month’s Storming the Castle with 32 members running. The Belfast Half Marathon last September also had a record number of 26 CAH participants, again with an abundance of pb’s and debuts. Five teams took part in the NI & Ulster Road Relays and a further five teams completed the relay in the Belfast Marathon in May.
* Many runners have increased distance this year with special mention to Rhonda, Natasha, Andrew, David, Patricia and Sarah on their first Marathons and Ashleigh and Irene on their first Ultras. It has also been rewarding to see others improve and challenge themselves, no matter what the distance, and members continue to regularly participate in local Parkruns.
* CAH members have also travelled far and wide – from Sam’s Great Wall of China Marathon to Louise’s World 24 hour race in Romania to Stuart’s Cyprus International 4 day Challenge to Eileen and Martin’s Donegal Quadrathon. All of them amazing feats!
* It has also been a year of breaking CAH records with many of them smashed during the year. Congratulations to Natasha who set new records for the ladies marathon, half marathon, 10 mile, 5 mile, 5k and mile records and to Jana for setting a new ladies 10k record at the Seeley Cup. Not to be outdone the men have also performed brilliantly with Graeme setting a new 10 mile record and Nigel McGookin the 1 mile distance.
* Eileen was once again selected for the British and Irish Masters Cross Country International and Louise represented Ireland at the IAU World 24 hr race where she was second Irish female. Louise continued to dominate the ultra distance during the year and was first lady in the Atlas Belfast to Dublin race, last lady in Last Man Standing at Castleward, and second places at Causeway, Tollymore Ultras.

Coaches

We have been delighted to have two new CIRFs this year and know that Ruth and Jenny will adapt well to their new roles. We are indebted to all the coaches giving up their time to support us in our training and to provide us with risk assessed routes, motivate us during interval training, ensure we are all safely gathered in after training and generally look after us!

The coaches still have no difficulty in selecting Members of the Month as you are all so amazing at running, supporting and participating in club life at many levels, even if injured or unable to attend regular training.

Committee

The committee have sought to develop the club for the benefit of all members and much work goes on behind the scenes to organise events, comply with emerging legislation, ordering and keeping track of vests etc (Rachel) and organising the club accounts – I know Carol is not here tonight but we wish to express gratitude to her in keeping a close eye on payments, invoices, bank debits etc and preparing the accounts for auditing. The committee has also developed a race series so that members are rewarded for participation as well as competing.

On a more sombre note it was with sadness that we learnt of the passing of member John Purse last year. John was a previous committee member and was well known for being one of the best supporters and hoodie holders in the club and he is missed by many here tonight.

Fellow members - that concludes my report for the year.

Irene Downey