



Annual General Meeting

15th May 2018

New Moorside Social Club

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AGM minutes

Meeting Opened 20:40

Committee Members present: Kay Jefferies, Richard Edwards, Dan Waas, Clare Evans, Rebecca Gray, Phil Goose, Samantha Scarlett

Apologies: Clare Mason, Karen Wilcock

Attendance: 40 members signed in

1. Welcome and Introduction

Kay welcomed everyone and started off by inviting the committee to introduce themselves for the benefit of newer members. Apologies were given from Clare Mason and Karen Wilcock

2. Sign off of minutes from AGM 2017

Kay ran through the minutes from last year's AGM and picked out some key things mentioned that had been introduced in the last year:

- Facebook pages and introduction of the "Hyde Park Harriers (members & friends)" group
- Triathlon section launched
- Monthly trail and more off-road sessions
- Club records – these are still on our to-do list for the website updates

3. Election of committee members

There were a number of committee members whose two-year term have come to an end: Dan Waas, Rebecca Gray, Phil Goose and Samantha Scarlett.

Dan wished to re-stand as treasurer, no-one else had stood for election. Dan was re-elected (seconded by Paul Dickens)

Rebecca Gray and Phil Goose both wished to re-stand (seconded by John Blatherwick and Naomi Kellett respectively)

Samantha Scarlett had decided to step down and Kay formally thanked her for her hard work, services and commitment whilst on the committee.

This left the committee with 2 vacancies and we had received 2 nominations from Amy Young and Nicola Forwood (seconded by Michael Vargas and Frances Andrews respectively). Kay welcomed Amy and Nicola to the committee.

4. Resolution to amend constitution (Attached to minutes)

At the last committee meeting, the committee had discussed some changes to the club constitution. These were sent out to members prior to the AGM. These changes were agreed by those present. Kay explained that, when making the changes, the committee will look to reformat the constitution to make it clearer and easier to understand by amending some of the wordings and adding sections. PG also added that when doing this the constitution would be numbered into different sections, so that the constitution was easier to refer to (ie point 3.4 of the constitution says.....)

5. Chair's Report (Attached to minutes)

6. Treasurer's Report (Attached to minutes)

Dan presented the balance sheet (attached to minutes). This year we made a profit of £1,500, compared to a loss for the previous 2 years. Some of the main incomes were increased membership numbers, PECO/Summer Mile income and being more cost-efficient on awards night. We are also currently holding roughly £10.3k in triathlon funds and £800 for the Budapest trip. Some trophies will need replacing for next year and there is roughly £700-800 set aside for LiRF courses.

Dan requested members to try and use appropriate references when paying into the club account.

Aron Hinds queried why the balance of the club accounts had increased to c. £2k. Dan explained that he would like to try and keep a buffer in the account at most times of roughly £1.5k to pay for invoices such as cinema trip (£300), Summer Mile medals (£700) and new vest order (£200). Dan invited feedback on what members would like us to spend the money on.

There was a proposal to award Life Membership to Chris Jones, who was previous treasurer and did a lot of work when we moved from Virgin Active to help set up the club constitution and other documents. This was seconded by Julie Robson.

Nicola asked if we could include a list of Life Members on the website with reasons why. PG said that we could and that we would add this to the website team 'to do' list.

7. Membership Report

Currently at 200 members (up 20 on this time last year), with 47 still to chase from last year. There have been some really nice comments from outgoing members:

- “Found her running home”
- “Great club, very friendly”
- “Lovely and really friendly”
- “Awesome, thanks for being such a welcoming bunch”
- “Hoping to find a club in Manchester as good”

8. Updates from subcommittees & work teams

a. Mental Health Ambassadors

Currently got 5 MHA and recently celebrated our first year in March. Also had a successful “Spring into Spring” event in April. Samantha has been invited to speak at the Mind conference, where the video from the event will be shown. Samantha also said the MHA are open to new ambassadors to help with the sessions. No qualifications are needed, you just need to have some experience of mental health issues and be prepared to be open about them with others.

b. Social Committee

Had some really good social events over the last year such as Quiz & Curry, Gin-tasting, Cologne trip, Otley Run and the recent Cinema night.

Got a few ideas for the next year such as Run & Brunch, HPH Parkrun day, Sports/Games day, Ceilidh (Gus said he might have a band) and the Budapest trip.

Rebecca said she and Paul were always open to suggestions and new members to the social Committee. Frances Andrews offered to get involved.

c. Triathlon Committee

Triathlon section was launched in January and Graeme thanked Kay and the committee for their support in getting them up and going. He also thanked Trevor for sponsorship and for offering a free swim-cap to first 50 new members.

Late last year, Aron did a Survey Monkey, where 57 people expressed an interest in multi-sport events (triathlon club currently at 30 members) and 19 people had previously completed an event. They have therefore been looking at increasing participation and boosting confidence. Governance documents are currently being drafted which will focus on the key aims of training and competing in multisport (includes duathlons and swimathlons) and providing duty and care to all members. These documents will stress that they are a sub-committee of HPH but recognise have own funding stream.

They are currently using the weekly running sessions of HPH on Tuesdays and Thursdays, as well as offering weekly swimming sessions (Wednesdays) at Kirkstall Leisure Centre and ad-hoc bike rides. They have also been able to arrange 2 open-water coached sessions; the second of which is 26th May.

Graeme thanked Julie for her hard work and success at the recent GoTri. There are plans to do another one at some point, which is likely to be a bike and run event. They are also hoping to get HPH tri-kit soon. Graeme invited anyone interested to join the Tri Facebook Group, which is pinned in the main HPH (Members and Friends) group.

d. Communications – Website/Social Media/Email

Phil Goose talked around some of the recent changes to our Email/Social media Activity such as:

- Launch of the new weekly round-up. This has mainly gone down well and been well-received. Phil apologised for any errors or omissions and invited members to email in with anything for inclusion in future weeks
- Change of email address to hello@hydeparkharriers.co.uk. This has also allowed us to have a personal email address for Kay to allow members to raise confidential issues (chair@). We may look at launching other email addresses in the future but each address costs £3/month so needs to be justified.
- Change of Facebook group name to Hyde Park Harriers (Members and Friends) to help differentiate from the external page
- In response to feedback from members the 'HPH Buy & Sell Group' and advertising guidelines were introduced.

PG is currently working on 2 social media policies - from the point of view of the user broadly as a code of conduct for being a member of our social media groups, and one to address 'content creation' by group and page members. PG explained that the point of the user policy was to give rules to allow the ethos and welfare policy of the club to be maintained and enforced within club social media groups.

Curtis Broadhead asked how the committee would plan to address the issue of making postings of club sessions in the group open to everyone if the leader had chosen to block someone on Facebook. PG briefly mentioned that if you are providing a service on behalf of the club, this should be open to everyone and not exclusive, but this issue will be covered in the social media policy. PG explained that any policy would be drafted by the committee before going out to members for consultation before a final version is implemented.

The website has also had a revamp over the past few months and the committee thanked Adam Lomas and Matthew Gray for their hard work on this. The forums have been removed as these were not being used and various sections have been added such as #runandtalk, tri, route library, committee and group leaders (grouped by groups) and a calendar. Any feedback/suggestions are welcome, feel free to suggest anything seen on other club websites.

A new update was revealed with the club championship tables. These are now linked to the Excel spreadsheets, so that when these are updated, the website automatically updates.

There is an ongoing action on the committee to provide minutes from meetings for the last year, we aim to have these on the website in the next month and these are linked in the weekly round-up. These are abridged versions due to confidentiality issues.

There was also talk around ongoing use of the external page as this may get overlooked in favour of the Facebook Group. Amy Young praised the weekend round-up that had been included following the weekend, which referenced Bluebell 10 and Leeds half.

There was a request for better feedback from the committee in a timely manner if a club member had raised an issue/suggestion via email or for discussion at a committee meeting.

e. Club Competitions/Championships

Not covered due to timings.

f. Club Sessions & Group Leaders/Coaches

The issue of insurance/having the LiRF qualification has come up for discussion again recently. Kay has checked with England Athletics who stated the following:

- As a club we have insurance for any sessions/events organised by the club (ie Tuesday/Thursday and Wednesday Trail Runs)
- People with the LiRF have their own insurance
- We are all over 18 and are therefore responsible for our own safety
- We need to be clear in our advertising and wording that some group leaders don't have the qualification and runners are responsible for themselves. This is already stated but Kay agreed that this could be made clearer.
- If anyone is uncomfortable leading a group without the LiRF qualification they would not be expected to do so.
- It is difficult to ensure we have a LiRF with each separate group each week. Most of those listed on the club website have the LiRF qualification or are booked on in the next few months. 8 new codes have also been distributed to regular leaders recently.

Curtis Broadhead questioned whether this position was accurate based on information he had from his LiRF training course, but Kay reiterated that this was an accurate position based on her discussions with the club liaison at England Athletics and with the England Athletics legal team.

Aron Hinds asked if there was a document regarding expectations and responsibilities of group leaders. This was presented at the January LiRF forum and Kay will look at distributing this. It was also discussed as to whether we should have a bag of high-vis vests for winter, this will be discussed at the next committee meeting and LiRF Forum.

Curtis Broadhead raised issues around the organising of the Thursday Speed & Strength sessions. There is a need for a bigger group of leaders to allow Curtis and Farhad to have some time off if required. Rick is hoping to put together a session for those interested around leading sessions to give some ideas and build confidence. Curtis asked for more communication from the committee as he felt it was 'assumed' that he and Farhad would lead the session every week. Kay advised that previous agreement was that the leaders of a Thursday Sessions would let the committee know if there was a week where they couldn't do a session. Kay reiterated that should anyone be unable to do a session as planned this would not be an issue. However it was agreed that moving forward the Thursday sessions would be added to the monthly rota. There was a suggestion to add session ideas to the route library on the website.

Curtis Broadhead raised the issue that there was a lack of communication from the committee to him about a budget to purchase equipment for the Thursday sessions, and that the c. £100 recently spent was not sufficient. The committee responded to outline that Farhad had been aware there was a budget for these sessions when he was on the committee (2015-2017) and the committee were waiting for a 'shopping list' from him. The committee also pointed out that the c. £100 just spent was from the club budget at the start of the 17/18 year, and there would be further funds available from the 2018/19 budget. Kay stated that lack of storage would limit equipment. Sam pointed out that she had previously managed to negotiate storage for an equipment bag and informed Farhad of this, unfortunately this was not used and may no longer be available. Kay to pick up with Tom Exeter at the Edge regarding storage of equipment for Thursday sessions.

9. Any other business

Frances raised a suggestion for the club to do some fundraising off the back of the trip to see Skid Row Marathon and wondered if, as a club, we could raise money to sponsor one person for next year's marathon trip. Frances had made some cupcakes for the meeting and invited donations to start this. Frances also spoke about how welcoming and friendly she has found HPH since joining last year.

Tom Thomas asked if there was more the club could be doing to offer more specific coaching sessions to improve the clubs 'training offer' and to look to put more people through the CirF course to support. Kay spoke about how there is currently only one person who has done this through the club (others have done it for themselves) and how it is a much bigger time commitment than the one-day LiRF course. It was agreed to discuss the issue of coaching at the next LiRF forum. PG also raised the suggestion that someone on the committee could be a 'training/sessions' person if interested, much like he has done with social media/website and RG has with the socials, without these responsibilities being elected officer roles.

Tom Thomas also asked about suggestion he had raised where he felt there was not an adequately timely response. The committee responded to say that they would look at guidance for how quickly members can expect responses to queries.

Graeme Miles asked if the AGM could start earlier next year, perhaps instead of the session at 7pm.

10. Kay thanked everyone for their attendance and contribution to the meeting

Meeting closed at 23.15

Treasurers Report

Treasurer's Report

Overview

It has been a good year for the Club from a financial perspective, with increases in revenue and a marginal reduction in expenditure resulting in a year end surplus. As noted at last year's AGM, it was important the Club moved in this direction to ensure it has options for re-investment in the future.

Income & Expenditure

There has been an overall increase in the level of revenue coming in to the Club compared to the previous financial year. The continued growth of the Club drives the increase in the membership income from previous years. The success of the Summer Mile event and the unexpected opportunity to host a PECO race, have also reinforced the other income streams of the Club. Both events generated surpluses and the experience gained from hosting these events in previous years has benefited us as costs have been controlled and managed in a more effective way.

Net expenditure has remained broadly in line with the previous year, particularly in relation to coaching and office related costs. There has been an increase in the member registration fees payable to England Athletics as a result of the additional membership of the Club.

Compared to last year, there were no landmark events, which has allowed the Club to spend less in this area. The previous year was exceptional in nature with it being the 10th anniversary of the Club. Additionally, there has been improved control of costs for events such as the Club Awards Night and the Christmas party.

There has been less spend on clothing and vests in particular, partly driven by the transfer to a new supplier, with the first order received in April 2018. Consequently, this had the effect of reducing the orders of new vests and clothing with the previous supplier in this year.

There was no expenditure on equipment this year and therefore continued provision will be available in the new financial year.

In summary, there has been slightly lower expenditure compared with the previous year, which coupled with the strengthening of the membership revenue has allowed the Club to achieve a surplus of £1,548 in 2017/18.

Balance Sheet

The surplus in 2017/18 increases the year end closing balance to £2,578 which is important because the Club has posted deficits in the previous 2 financial years. This improvement to the balance sheet will ensure the Club is in a strong financial position moving forwards.

It is important the Club continues to operate in a similar capacity over coming years, maintaining at least a balanced position. With the continuing growth of the Club, it will allow for future re-investment as is necessary.

Daniel Waas

Treasurer

Hyde Park Harriers

Income & Expenditure Account

01.04.17 to 31.03.18

Income		2018	2017
Membership Fees	Note (1)	6,513.00	4,629.26
Other Income	Note (2)	4,197.05	4,390.40
		<u>10,710.05</u>	<u>9,019.66</u>
 Expenditure			
Club Affiliation Fee	Note (3)	116.00	115.00
Member Registration Fees	Note (4)	3,122.00	2,590.00
Coach Training	Note (5)	675.00	705.00
Vests / Clothing	Note (6)	528.87	1,396.04
Equipment	Note (7)	-	87.99
Bank charges / Office & IT		140.33	114.97
Meetings / AGM		355.59	694.98
Summer Mile	Note (8)	2,062.09	1,699.33
PECO Race	Note (9)	1,897.20	1,414.00
PECO Numbers	Note (10)	46.00	105.00
Relays		21.00	-
Club Events - Awards / Christmas	Note (11)	197.54	1,014.96
		<u>9,161.62</u>	<u>9,937.27</u>
 Surplus/(Deficit) for the year		<u>1,548.43</u>	<u>(917.61)</u>

Notes

- (1) The club charges subscriptions, which for new members includes provision of a club vest.
- (2) The club raised additional income from events including the Summer Mile race and PECO race 4 and also from marshall volunteering.
- (3) The club pays an Affiliation Fee to England Athletics of £100 and to Yorkshire Veterans Athletics Association of £16.
- (4) The club notifies England Athletics when a members pays their annual subscription. England Athletics charges the club a Member Registration Fee of £14 per member.
- (5) The club paid for Leader in Running Fitness / coaching courses totalling £675.
- (6) The club has purchased additional t-shirts and vests from suppliers to replenish supplies.
- (7) No equipment was purchased for use by club members at races and events in 2017/18.
- (8) The club organised the annual Summer Mile race at a cost of £2,062.09.
- (9) The club organised the 4th race in the PECO series this year. The expenditure of £1,897.20 relates to payments for venue hire, catering and PECO cross country league fees.
- (10) The club purchased numbers for the PECO series at £3 each.
- (11) Several club events took place including the Awards Night and Christmas party, which had a net cost of £197.54.

Hyde Park Harriers

Balance Sheet

as at 31.03.18

	2018	2017
Current Assets		
Cash at Bank	18,242.28	3,847.07
Susbscriptions Received in Advance	- 4,043.00	- 3,724.00
Debtors	<u>36.00</u>	<u>923.75</u>
	<u>14,235.28</u>	<u>1,046.82</u>
Current Liabilities		
Triathlon Club Funds	- 10,328.40	
Overseas Trip Funds	- 748.63	
Creditors	- 580.00	- 17.00
	<u>2,578.25</u>	<u>1,029.82</u>
Net Assets		
	<u>2,578.25</u>	<u>1,029.82</u>
Members Funds		
Balance at the start of the year	1,029.82	1,947.43
Surplus/(Deficit) for year	Note (1) <u>1,548.43</u>	- <u>917.61</u>
Balance at the end of the year	<u><u>2,578.25</u></u>	<u><u>1,029.82</u></u>

Notes

(1) The club is a non-profit-distributing organisation. All surplus income is to be reinvested in the club and will be used in furtherance of the club's objects. Due to the nature of running the club there will be small surpluses in some 12 month periods and small deficits in others. These will balance out over a number of years.

Amendments to the constitution

Hyde Park Harriers

Annual General Meeting 2018

The Committee have recently reviewed the club constitution and would like to propose the following resolutions to members. Changes are highlighted in bold, items that are crossed through are proposed to be deleted.

- 1) *The day-to-day management of the Club shall be deputed to a Committee consisting of ~~three~~ **four** Officers of the Club and not more than six Ordinary Committee Members.*
- 2) *The Officers of the Club shall be the Chair, the Treasurer, Secretary and the **Membership Secretary**, who shall be nominated in accordance with the procedure, entitled "Election of Committee" set out below and elected by the Members at the Annual General Meeting.*
- 3) *(Following sentence in bold to be removed) - ~~The Chair and Treasurer will be elected in even numbered years The Secretary will be elected in odd numbered years~~ The Officers shall remain in office for a term of two years after their election until the end of the Annual General Meeting in the second year after their election and shall be eligible for re-election. These Officers may delegate and assign tasks to other members of the Committee and Club.*
- 4) *Election of the Committee Any Member may be nominated by any other two Members, with his/her approval, as a candidate for any of the posts of Officer or Ordinary Committee Member by notice in writing (including email) to the Secretary. **Members will be given** at least two weeks to submit nominations and supporting statements by specified date. **Nominations will be circulated to members at least one week prior to the Annual General Meeting.***
- 5) ***In addition to the AGM and OCM** the Committee shall **hold a closed meeting** at least **eight** ~~six~~ times each year in person and as often as may from time to time be necessary. Any meeting (including the above eight) may be held in a manner agreeable to the committee (including by telephone or e-mail). dates of all committee meetings will be advertised to members in advance to enable members to raise*
- 6) *The Committee may regulate their meetings and proceedings as they think fit. **The Committee shall, prior to the next meeting and where possible within two weeks make available to members abridged notes recording any decisions that it has taken.** As soon as is reasonably possible after a meeting, the Secretary shall distribute minutes of the meeting to the other Committee members for comment.*
- 7) ***The dates of all committee meetings will be advertised to members in advance to allow members to raise items for discussion. Members will***

be invited to raise points for discussion at meetings by email or directly with a committee member. The Committee may invite persons who are not members of the Committee to address a meeting of the Committee.

Members can request in writing (email) to attend a committee meeting to discuss a particular issue the email must outline the item for discussion. The individual will be requested to leave the meeting after the item has been discussed. In the interest of openness and transparency members can also request in writing to attend to observe a closed committee meeting in progress. In these circumstances the individual will not take part in the meeting and will be asked to leave should a confidential or sensitive item be raised. Requests to attend a closed committee meeting must be addressed to either the secretary or Chair. Requests will be considered by the committee and where possible a date set within two months. Normally no more than two guests shall attend any one closed committee meeting. Should the request not be agreed a reason will be given in writing to the member.

- 8) Life Membership will ordinarily be granted only in recognition of a significant personal contribution to the Club's affairs. The total number of Life Members is not limited, but only one Life Memberships may be granted in any two financial years. Individuals to be appointed as Life Members shall be proposed by the Committee and elected at an Annual General Meeting and must have the support of two thirds of voting members present. Life Members **are required to pay the England Athletics membership fee but** are exempt from payment of the club annual subscriptions. Life members will otherwise have the same rights as Ordinary Members
- 9) The following rules shall apply to all General Meetings: (a) the quorum for a General Meeting shall be **ten thirty Members** personally present and entitled to vote. No business shall be transacted at any special General Meeting unless the required quorum is present.
- 10) The Annual General Meeting of the Club shall be held within the months of April or May each year (~~except 2010~~)
- 11) The Constitution may be added to, repealed, or amended by resolution at any Annual or Special General Meeting carried by a majority of at least two-thirds of the Members **present** ~~voting thereon~~.

In addition to the above the committee wish to reformat in terms of numbering, bulleting and use of bold type. This will not involve any changes (other than those agreed at the AGM) to the wording or content and is intended to make the document and points within it clearer to read.

Hyde Park Harrier
Annual General Meeting
15th May 2018
Chairs Report

It is widely recognised what a fantastic and hard working committee HPH have in place. It is worth noting that they all are volunteers; they do what they do for the love of the club and a shared passion for running. Most of us work full time and have families and other commitments, although between us we try to respond to questions and follow up ideas in a timely manner, your patience is appreciated.

It is incredible the amount of work that goes on behind the scenes, we meet most months and do lots of work in between. Our meeting agendas are full and we often run over time, discussing events, ideas, races, competitions, awards night, asking about we haven't seen for a while, trying to meet everyone needs, be it in road running, fell running, ultra-running, reviewing and revising policies and procedure documents etc the list goes on.

Sometimes we might not get things quite right but everything we do is with the club's best interest at heart.

So what have we achieved in 2018?

2018 has been another year of races with some extraordinary team and individual achievements. We proudly celebrated many of our member's achievements at the recent awards night.

Club Competitor Competition. With all the races, team relays and the PECO series there were a total of 31 races planned into this competition. Included in the Competitor Competition were the following team events:

Calderdale Way Relay – Organised by Rebeca Gray & Tom Thomas organised 3 HPH teams for the 2017 80k relay race around Halifax, Todmorden and Hebden Bridge, a firm favourite with HPH. Recces are currently underway for this year's race on the 20th May

Leeds Country Way – Our team captain in 2017 was Clare Evans, who organised teams and recces in the weeks leading up to the event at the beginning of September. We had five teams, 1 men, 1 women 3 mixed. The men's team came fifth overall while ladies came fourth out of 8.

We would like to record a vote of thanks to both Rebecca and Tom and Clare for their time taken in organising teams for these events.

PECO A thank you goes to Naomi Farrar and Tom Thomas, our PECO team captains for 2017/18. The HPH ladies finished Champions of the premier division. The HPH men's team finished 4th in the premier division.

In May Tom & Gus were called up to run as part of the PECO V West Yorkshire League.

To see a full round up of all the races in the competitions last year and weekly parkrun reports check out the blogs on our website.

Record breakers in 2017/18

Several club records were set in the past club year: men's and women's records both broken at the Firefighters 5 (mile) on 13 August 2017, with new records of 29:06 Philip Goose and 36:35 Nichola Moreland.

The men's 20 mile record was broken on 11 March this year, new record of 2:06:16 by Tom Thomas.

Marathon Talk

The club ballot for the 2018 Virgin London Marathon was held in October 2017 and we anticipated receiving 3 places. The committee considered suggestions from club members and gifted one of the places to Rick Pullan as a thank you for all the hard work he has done for the club. London Marathon day also happened to fall on his 60th birthday,

The remaining two places were drawn out for Lorraine Beavis and Farhad Hamad.

Unfortunately VMLM caused a dilemma and amended their allocation to clubs to 2. Lorraine and Farhad, without hesitation, said they felt Rick should still have one of the places. A couple of options were put to the pair and Farhad kindly offered to defer his entry to 2019 so that Lorraine could take the place.

This means that one of the club places for the 2019 race will automatically be awarded to Farhad, leaving just 1 place for the October 18 draw. However, the committee will shortly be reviewing the clubs guidance on the club draw to enable us to manage such a situation in the future should it ever occur again.

Unfortunately a few weeks before the Marathon Lorraine picked up an injury and was told she would not recover enough to run. Lorraine deferred her place so hopefully both Farhad and Lorraine will both be on the start line in 2019.

Many other HPH were in London running and supporting.

Our very own Marathon man Phil Hammond had to take a break from running Marathons due to an injury with a total of 176 completed to date. Now recovered he

is hoping to reach his 200 on the 14th October 2018 at the York PlusNet Marathon. An amazing achievement just 2 years after joining the 100 club.

Many HPH members joined the marathon club for the first time throughout the year with several taking part in York, Cologne and Manchester.

For some of our members 26.2 miles seems to just not be long enough and there is a growing number of HPH taking on ultra-marathons with the likes of Matt Armstrong taking on his 200 mile challenge for which he quite rightly received the **“ain’t no barriers”** award

Training Sessions

Tuesday group sessions continue to grow. We regularly have over 100 runners with occasionally nearing 150. This in its self presents challenges to ensure we have enough members willing and able to take out groups and keep the groups to a manageable and safe size.

Vote of thanks to Jan Glynn helps us to ensure we have leaders in place by continuing to draw up the rotas.

Farhad and Curtis have continued to deliver excellent Speed & strength sessions on a Thursday, reaching at one session in January 50 participants. Although Farhad and Curtis have had support from “guest” leaders we recognise the need for further support and to share out the work load.

A vote of thanks to Farhad and Curtis.

First Tuesday – we continue to offer a choice of different sessions on a first Tuesday

Speed & Strength Session (similar to Thursday’s)

Run and talk - our team of Mental Health Champions (previously known as Ambassadors) comprising of Aron Hinds, Andy Judd, Caroline Saunders, Lucy Rider, Sam Scarlett and Sara Scholes continue to brilliantly lead the mixed group runs. The team also delivered sessions for world mental health day last October. The team celebrated their 1st anniversary not so long ago.

Kirkstall Hills - normally lead by Jan Glynn

Vote of thanks to all our group leaders back markers and volunteers

Group Leaders

None of the above training sessions could take place without the members who volunteer to lead groups, become leaders and back markers. In January 2018 we had a promotion for leading which sparked lots of interest.

We have supported 9 members to do either the Leading in Running Fitness (LiRF) or FellLiRF (FliRF) courses in the last year. We also supporting Farhad to do his CiRF qualification (Coaching in Running Fitness).

In addition we have some new members who have joined us who are LiRF trained and some members have accessed training by other organisations. This gives us 42 current members with a leading or coaching qualification, however only 30 of these have an up-to date license/and are currently available to lead.

We are currently in the process of organising a further 8 LiRF /FliRF places.

Hosted Events

Summer Mile 2017

28th June 2017 saw us put on our 7th ~~Rain~~ Summer Mile! Once again it was a sell out event but a few seemed to be put off by the rain! Thanks to the 2017 Race Committee comprised of Sam Dooley (Race director), Phil Goose (Event Director) and Karen Willcock. Massive thanks also to Trevor Raddings who for the last two years managed to secure sponsorship, 2017 being from ***The Together Group***. Trevor also contributed through his own company, the Team prizes.

Vote of thanks to the race committee

PECO hosted by HPH

HPH co-hosted 4th round of PECO with Rothwell Harriers. Once again Phil Goose did a fantastic job of securing the venue at Middleton, reviewing the course and planning the event and race directing on the day.

A big thank you to Phil and all the volunteers who turned up early to support the event from car parking, marshalling, back marking and cake baking. Despite the snow coming down it was regarded as a fantastic event.

Socials

If there is one thing we do better than running.....

There was Gin Tasting, Shuffleboard, Comedy night, club trip to Cologne, Xmas party awards night, parkrun touring, HPH go to HPPH, Otley Run, post race celebrations, Thunder run, Round Sheffield run.....

Thank you to everyone who has come up with ideas, organised, promoted and took part.

Our social committee of two Paul Sawyer and Rebecca Gray are always looking for willing volunteers to join the team to plan events.

Vote of thanks to Paul and Rebecca

NEW in 2017/2018

- Tom Thomas started the Monthly Trial session on a Wednesday evening with the aim of improving trail running skills. They are suitable for all club members and have been popular. Tom, Rick, Sam and Matt have all led sessions. They continued to run through the winter months, known as the head torch runs. They will shortly be celebrating their first birthday
- Cuppa and Cake on the second Tuesday of the month, started by Sam Scarlett social for those who might not be running at the moment to still get together and talk about anything they wish to.
- Sam Scarlett has also followed up leads to and organised the following well attended session for club members
 - Tri Mechanic talks on marathon running and injury prevention
 - West Point Practice Physio – offering over 20 Free 20 min physio sessions for members
 - HPH Leeds Girl Can trial race take over in October
- Leader's recruitment drive in January
- Club Communications
 - New emails including Chair@
 - The Weekly News round up
 - Refreshed website

Vote of thanks to our communication and website team Phil, Matty, Adam, Richard

- Club Meeting area

Due to the number of runners turning up on a Tuesday Night we were beginning to get a bit loud which was causing problems for the Edge reception team. We trialled a new meeting area and briefing area near to the bike storage area which is working well. We have also requested to have a club trophy cabinet installed.

- HPH Triathlon section - Affiliated with British triathlon in Oct 2017 and renewed this in January. A sub- committee is formed, a sizeable grant received in March and first Go Tri event hosted successfully but more to follow from Graeme
- The HPH Buffs arrived in late autumn in time for the cross country and were a great hit.

A roundup of 2017/2018 wouldn't be complete without mentioning the off-set white stripe.

If there is one thing the committee has learnt this year it is the passion that our members have for the club kit!

After members grumbled about the existing kit for several years now, we have a new vest supplier, new fit, no more seams to rub and chafe, no more logos peeling off but same distinctive logo and an off- set brilliant white stripe.

Vote of thanks to Phil Goose for all his hard work on delivering this for us

Best regards

Kay