

## HPH AGM Minutes 21/05/2019

### **Introduction (Kay)**

KJ started off by welcoming everyone to the meeting and inviting the current committee to introduce themselves and their current roles, for the benefit of newer members. Current committee members as follows:

Kay Jefferies (Chair)

Dan Waas (Treasurer)

Clare Mason (Club Secretary) – apologies for AGM

Richard Edwards (Membership Secretary)

Rebecca Gray (Ordinary Member and Socials)

Clare Evans (Ordinary Member)

Amy Young (Ordinary Member and Coaching/Training)

Nicola Forwood (Ordinary Member and Coaching/Training)

Phil Goose (Ordinary Member and Social Media)

### **2018 AGM notes (Kay)**

KJ asked for any feedback on the 2018 AGM notes, explaining that this was already an amended version due to changes requested after first draft was published. No objections were raised so these notes were accepted.

Notes picked out from last AGM:

- Request for information on Life Members to go on the website – Website now has page ready for this but this is still on to-do list for website team
- Social media policy was in draft at 2018 AGM, live version published at OCM in October 2018
- Discussed producing a document of information for new LirFs – this is still being looked at
- Storage cupboard for equipment has now been arranged
- We have looked at coaching and training in the last year – more details later in AGM

### **Elections (Kay)**

Quite a few of the current committee have come to the end of their terms in 2019. Elections were as follows:

Chair – KJ has decided to stand down after 4 years as Chair (and other committee roles before that). One nomination from Phil Goose was received. This was seconded at the meeting by Naomi Kellett and all attendees were in favour.

Treasurer – Although not at the end of his current term, DW has decided to stand down due to other commitments. One nomination from Rebecca Gray was received. This was seconded at the meeting by Matthew Gray and all attendees were in favour.

Club Secretary – CM has decided to stand down from this role. 2 nominations were received from Clare Evans and Lorraine Beavis. Due to this, and no nominations being received for membership secretary, CE decided to withdraw her application for Club Secretary role, so LB stood uncontested. This was seconded at the meeting by Julie Robson and all attendees were in favour.

Membership Secretary – RE has decided to stand down from this role after 3-4 years. CE changed her nomination to this following the above. This was seconded at the meeting by Curtis Broadhead and all attendees were in favour.

Ordinary Members – Following the elections of the Officer Roles, we have 6 vacancies for Ordinary Committee Members. Nicola and Amy are half-way through their terms and will remain on the committee. There were therefore 4 vacancies and 3 nominations had been received as follows:

- Zeni Bellwood - seconded at the meeting by Robyn Johnson and all attendees were in favour.
- Richard Edwards - seconded at the meeting by Rob Butler and all attendees were in favour.
- Phil Hammond - seconded at the meeting by Lucy Rider and all attendees were in favour.

This left us with still one vacancy. Following the nominations the committee had received a message from Naomi Adkins, enquiring about whether she could express an interest, but aware that she had missed the deadline. Item 5.6 of our constitution allows the committee to “appoint a Member to fill any casual vacancy on the Committee” if appropriate and we felt, given it was the AGM and there was still a vacancy following elections that this was appropriate. Naomi was invited to say a few words to support her application, this was seconded at the meeting by CE/AY and all attendees were in favour.

Naomi will stand on the committee for a year, whereas all other new members / members in new roles or re-elected will be for two years.

**Chair Report (Kay) – to be added**

**Treasurer Report (Dan) – to be added**

**Membership Update (Richard)**

Currently at 203 members, which is roughly similar to this time last year. There are still roughly 40 members who we are awaiting feedback from regarding renewals (for various reasons). Others have moved away from the area or haven't renewed due to other commitments/injuries. Barring any changes to the process, 203 members will currently give us 2 places at the London Marathon, we will get an additional place at 250 members.

## **Lirf Update (Amy)**

AY started off by inviting all who have led a session over the last year to stand up and thanked them for their support and commitment. We currently have 41 active LirF in the club and 7 new in 2018/2019.

We held a LirF forum in April and produced an action list, most of which have been actioned or are in progress. Some actions include the new signs for the steps on a Tuesday night, rephrasing the website information to say that groups will aim to be back by 2015 to help to set better expectations. We are also planning to produce a pack for new leaders and a cheat sheet detailing what to do in certain situations. We also hope to run another First Aid session for those interested and will discuss our budget for new leaders.

AY is planning to hang around after club on Tuesday 28<sup>th</sup> May to answer any questions about leading. There is also another LirF forum planned in October as we felt it was important to have more than one per year.

Following feedback at last year's AGM, we sent out a survey about our training sessions and made a few changes in January. These seem to be going ok but we are open to feedback and are aware the progression session still needs developing as we have only had one so far (next time would be in July). There is also a need for more coaching within the club and this is something we are looking to develop.

## **Coaching update (Nicola)**

NF started by saying that we are an inclusive club and generally we have perhaps tended to focus on introducing people to running and supporting our newer runners. However, inclusivity also means including our faster and top-end runners and making sure we cater to them and offer opportunities for everyone to improve and be the best runner they can be, especially given we have lost a couple of our faster runners recently.

We have received some comments about trialling a Group 9 so this might be something we look at for the next progression session in July. We also put in an application for Club Run and were successful in securing a coach (Andi Drake) for 3 track sessions on 13/06, 11/07 and 08/08. This will be specific training aimed at 5k/10k and attendees will receive guidance for in-between weeks, with a view of working towards the August Brownlee 5k race (28/08). We are keen to include Group 8 runners in order to give them a chance to progress (as above) but are also looking to include Group Leaders so the session ideas can trickle down to all members.

We are still keen to pursue the possibility of a Couch-2-5k group.

HPH are in quite a unique position within run clubs in that we have never had a Head Coach. We have received support from Sam Dooley and Rick Pullan in the past but Farhad Hamad finished his course last year. There was also a lot of pressure on FH and Curtis Broadhead to lead the Thursday sessions and this has been addressed in the last year. Recently, we had funding to support 2 coaches and advertised for applications. Following this process, we received 3 applications from Curtis, Jack Rose and Lucy Rider and decided to split the funding between all 3, with them contributing the

remaining cost. Therefore we now have 4 people, who have either completed or are to complete their training. They were invited to say a brief introduction about what they would like to focus on:

- Lucy – Would like to focus on marathon plans, specifically for Yorkshire and Manchester/London. Will be looking for volunteers
- Jack – Would like to focus on trail and off-road running
- Curtis – Would like to build on Club Run and focus on 5k/10k improvements
- Farhad – Will be a surprise

### **Runandtalk Update (Lucy/Zeni)**

Runandtalk is now in its 3<sup>rd</sup> year, having been started by Caroline Sanders and Sam Scarlett. We now have 7 Mental Health Champions (Lucy, Zeni, Robyn, Andy, Sara, Aron and Rick). LR briefly explained that runandtalk was led by people with close experience of mental health, either personally or a close family member and they encourage people to be open, whilst promoting wellbeing through running.

Previously they would find they might get up to 55 runners each session which can be hard to manage but since the changes in January (ie Groups 1-8 running on the first Tuesday), they are getting a more manageable number of 10-20 runners.

Runandtalk are planning a parkrun takeover to promote themselves (this is how Robyn came on board) and are also planning to produce more Facebook content/blogs over the next few months. They also want to continue to promote the Veritas social as this is open to everyone, not just those who have come on the session.

Zeni finished by reminding us that we all have mental health, which can be good or bad and can go through phases, so runandtalk is for anyone who wants it or feels like they might benefit.

### **Club competitions (Richard)**

In their early stages for 2019/2020, we have been getting good numbers for the club championships. Following the survey in late 2018, we made a few small changes. We have changed to two divisions (30 in the top, everyone else in the second), meaning newer runners can climb up the divisions a bit quicker. We have also introduced a parallel Age Grading Championship for the Road Championship, which may mean the Championship is a bit more open to all.

We are also trialling an Ultra/Marathon Championship for this year, with two events so far. The parkrun championship has had a small tweak (can gain a WHM time through the year) and is being well-attended so far, with 30 members attending Armley parkrun on 18/05/2019.

We are always open to suggestions of new races to try, as we always try to change a couple per year, so please let us know of any ideas.

In 2018/2019, we had to remove the Northern XCs from the club competitor due to new charges. It would have cost us £2/member on top of the entry fee and we were generally sending less than 10 runners per year. It was therefore deemed not worthwhile for this year. This is something we will continue to look at this year, with the intention to put to a members vote in due course, as there are other races included in the Northern Championships, not just the XC.

Matthew Gray also asked for feedback on the Championships appearance on the website and agreed to have a look at providing and designing a better plug-in visual.

### **Triathlon Update (Jack)**

1. Highlights:
  - a. Great success with sessions, seen growth of club and growth in the number of sessions offered. Transitioning from ad hoc to standard routine.
  - b. For next year, looking at changes to swim pricing and membership (watch this space)
  - c. Now hosted three GoTri events successfully - massive thanks to the run club volunteers and those who gave it a go and to Julie Robson for organising them. 4th one is planned later in the year.
    - i. We have 3 go-tri regional ambassadors.
  - d. 5 age-group GB representatives in the club
  - e. Presidents award from run club
2. Membership: Grown the club from inception in January, to 30 at the end of 2018 and to nearly 40 members in 2019 so far. Aiming for sustainable growth as we work out how best to run the club. New members more than welcome.
3. Coaching:
  - a. We now have 4 qualified triathlon coaches (3 level 1s and 1 level 2) (soon to be 2) (Naomi, Graeme, Jack and Aron)
  - b. Plan to get some Ride Leaders trained over next year and more level 1 coaches.
4. Sessions: running with the club, swimming on wednesday evenings at 6:15 at the Forum Leisure Centre, cycling group rides on Monday evenings meeting at 6:15 at the Library Pub.
  - a. Conditioning Sessions over winter (S&C with our own PT - TJ), Spin sessions have been the most popular session that we ran over winter.
  - b. Open water at the weekends at Blue Lagoon.
  - c. Cycle Coaching sessions at Brownlee Triathlon Circuit near weetwood roundabout.
5. Upcoming Events:
  - a. Leeds Triathlon
  - b. Cycling time trials (10-21+ mile solo races) around yorkshire
  - c. Castle Howard Triathlon Weekend (20th-21st July) - still places available and i think there are still people looking to make a third mixed team (need two women to make the team) - super sprint distance, do all events and a weekend camping with the club in North Yorkshire
  - d. Club representation in World Age Group Triathlon in Holland next Month
6. If interested in joining - come and speak to me, pick up a flyer and join the facebook group. No obligation to become a member.

### **Social Update (Rebecca)**

Becky and Paul are keen to stand down from this role due to Becky now taking on the Treasurer role and both having done it for a few years and encouraged people to come forward. It doesn't have to take lots of time, you can just organise a one-off like the parkrun day (like Toby) or the Xmas/Awards Do.

## **AOB**

The committee had asked for emails in beforehand with AOB and haven't received anything. However, we are always open for feedback so please contact hello@ or chair@ or speak to one of us personally.

## **Close (Kay)**

Kay summed up her last meeting as Chair by stating her thanks for all the members and committee members past and present. She first joined in 2006 and was encouraged to lead one of the groups before stepping up to the committee, helping to oversee the move to the Edge and lots of other changes and growth of the club. Also many thanks to Trevor for his support. She then handed over to our new chair, Phil.

## **New Chair (Phil)**

Phil started off by thanking the previous chairs for their hard work in developing HPH over the last 12 years (stressed we are still a young club) and thanks to the members for supporting him as the new chair.

PG briefly talked about his running history, from joining his University and local running club in 2011, before joining HPH in 2014 and the committee in 2016. Running is now a big part of his life and he is very excited to be chair of HPH and build on what has happened before.

During his time as chair, Phil will look to ensure that HPH continues to cater to all levels and to our fell and triathlon sections and ensure that what we are doing is productive. To that end, he has identified 4 key aims:

- A sustainable club
- A great community
- No Barriers to Participation
- No Barriers to Excellence (keen to relate this to everyone being the best runner they can be, not just our top-end)

While this may not cover everything, this will allow us to be a bit more focused. He is also looking to introduce a new monthly chair blog to keep members up-to-date with the club and what is going on. PG feels that most of what we currently do is covered by these four aims, so we are not looking to re-invent the wheel. He also invited members to step forward at any time with feedback or to contribute something to the club.

## **Last notes**

Phil Hammond starts next challenge to run from Leeds to Pegasus over 12 days, raising money for the Veteran's Charity.

Clare Maxwell asked whether she could nominate Kay to become a Life Member of HPH, this was seconded by Lizzie Coombes. Phil fed back that the committee will check the club constitution as there are guidelines as to how often we can do this, as we elected Chris Jones at the 2018 AGM. (Section 3.9. "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.”)

Meeting closed at 21.08

**List of attendees (46)**

Phil Goose	Curtis Broadhead
Lorraine Beavis	Chris Hassall
Caroline Sanders	Claire Hougham
Matthew Gray	Lucy Rider
Rebecca Gray	Clare Evans
Zeni Bellwood	Michael Vargas
Lisa Prudhoe	Paul Sawyer
Phil Hammond	Chloe Brooks
Julie Robson	Robyn Johnson
Naomi Adkins	Amy Young
Tobias Adkins	Rob Butler
Jack Rose	Naomi Kellett
Louise Gardham	Emma Brown
Richard Edwards	Steve Milne
Steve Rhodes	Farhad Hamad
Clare Maxwell	Nicola Forwood (& Poppy)
Rolf Neugebauer	Kay Jeffries
Sharon Neugebauer	Liz Jones
Steve Brown	Alastair Marsh
Debbie Brown	Chris Jones
Rick Pullan	Katherine Kirkham
Trevor Raddings	George Anderson
Paul Ramsden	Dan Waas