

**EAST CORNWALL**  
**= HARRIERS =**

**ANNUAL GENERAL MEETING**  
**MARCH 18th 2010**  
**Held at Liskeard Sports and Social Club**

**Apologies:** Alan Smith. Hilary Clatworthy. Oli Jones. Carol Smith.

**Minutes of the meeting held March 26th 2009**

The minutes were held to be a correct record.

**Welcome by the President, Hilary Clatworthy:**

Unfortunately Hilary is unable to be with us because of family reasons. She sends her best wishes for the coming year

**Members Questions and Answers:**

**Website:** Rob Pick - said that the website is much better. Thanks to Chris Ulman for this. Chris asked for more photos please He can put these on the website.

Tuesday Training: Louise England would like more reps for group 2 – Revis Crolwe (Head Coach) said that more reps could be added. However, there is usually only one less rep for group 2.

Mary Mullarkey asked for an indication of how rough distances on the Thursday evening sessions. Steve Gentle suggested that there be three coaches - one each taking a group who would give information about the route. Amanda Erith said that we could try to indicate which direction we go in on the schedule. Mark Andrews said that the convention, as always, is that the front runners go back for the slower runners at suitable points. We must maintain this. It is also important for the slower runners to rest where necessary. Rob Pick mentioned that the Thursday evening runs also have a social aspect. Ian Ringer asserted that it is important to all go out together. All agreed that this is important.

Mark Andrews asked about the Wednesday group. Karen Mahoney said that it's a very dynamic group. Mark also asked the juniors present about their experiences. They all felt that their training is all fine.

### **Treasurer's Report. Karen Sims:**

Karen Sims presented the Club's income and expenditure for the year ending December 2009. She hoped that the summary helps with understanding. The closing balance as of that date was £5784.75.

On behalf of the Committee, Karen gave a justification for a small increase in the membership fee as follows:

### **Setting of Membership Fees:**

Seniors: £18

Juniors under 11; Senior Citizens, Unemployed and Second claim: £8

Juniors 11-17: £10

Family: £36

Associates (non-running) £8

This includes £5 for membership of England Athletics. But not membership of the LDSA as in previous years.

This change is necessary because of a £600 deficit on the running of the club.

Revis Crowle asked if the club could keep some of the funds from our races? At present all of the moneys raised from the Cornish Marathon go to charities. Could a percentage be kept for club development?

The prevailing view at the meeting was that some money should be kept. This item needs to be discussed at the next committee meeting.

Emily Curtin suggested that the club become a charity. Lynn Budge (who audits for charities) said that this would bring a lot of difficulties.

Increase in membership fees:

Proposed: Revis Crowle. Seconded: Jenny Nash. Carried

### **Head Coach Report. Revis Crowle:**

Another busy year has flown by – but the winter hasn't flown fast enough! It's been a long and bitterly cold one testing runners' determination to the max on many occasions. Additional hazards not included on our training schedules but which should have been were" running on snow and ice"!!

Our monthly training schedules have continued to include variety for all with 4 regular week day training sessions and various runs and races at week-ends.

Monday – a huge "thank you" to the regular coaches, leaders & helpers who give up their time to help and support the growing number of juniors joining the club. With usually over 30 keen little runners bursting with energy many pairs of hands and eyes are necessary!

Tuesday – this interval session has seen the welcome inclusion of a Flying Coach this year bringing a wealth of experience and new ideas. One can

never stop gaining knowledge and I'm sure all coaches will have and will continue to benefit from this recent acquisition through England Athletics.  
Wednesday – popularity continues and numbers have increased proving there is a need for this type of non-pressured introduction to the world of “running”  
Thursday – a large number of runners are often to be seen departing each Thursday evening looking like ‘miners off to work’ during the cold dark winter months with their array of torches. Dealing safely with large numbers requires the necessity to split into suitable groups of varying speeds and distances. This session has in the past been the cause of much discussion but I believe it to be working well with the help, once again, of coaches and leaders.

Congratulations and a very warm welcome to Ian Ringer who stepped up this year to a Level 2 coach and Karen Mahoney became a Level 1 coach. These positions are incredibly valuable to the success of the club and there is always room for more! It's great to be involved and an excellent way to learn.

1 mile reps along the Fowey Valley were introduced in August and have continued at monthly intervals adding another dimension and beneficial aspect of training.

It was pleasing to see a few more Harriers completing the necessary races to qualify for a well earned Cornish Grand Prix award in November. Only 8 of 15 varied races throughout Cornwall are required with 2 of 10 miles and over. It would be really good to see even more completing this year – perhaps you could make it a goal!

Talking of goals..... many of you may have a long term goal such as a Half or Full Marathon and others no goals at all! It's so important to have both short and long term goals to remain focused on the purpose of running and training. Without these plans the loss of direction and motivation can take over so look ahead through the Race Diary and plan some favourites aswell as one or two new ventures. Set your goals!!

The Cross Country season has almost drawn to a close. Many Harriers both junior and adult have experienced mud and toil throughout the Westward League, adding fitness and strength to winter training away from the tarmac. A satisfying end of season also for the hugely popular Primary Schools XC League with hundreds of children in the Caradon area enjoying the benefits of running over fields, along trails and splashing through mud and water – lovely! A massive “thank you” to all involved in the success of this event.

Most importantly, enjoy all the benefits of running of which there are so many and remember – “consistency” pays dividends.

## **Club Captain's Report, Women: Mary Bowers:**

### **Ladies Captain Report - 18<sup>th</sup> March 2010**

During the past year there have been many notable achievements by the Ladies of East Cornwall Harriers, far too many to list them all so here is a small snapshot of team and individual successes.

#### **Ladies Team 2009**

Plymouth Half Marathon 2<sup>nd</sup> Ladies Team - Cubert 5 3<sup>rd</sup> Ladies Team

Saltram 5K 1<sup>st</sup> Ladies Team - Cornish Marathon 1<sup>st</sup> Ladies Team

Summer Turkey Trot 2<sup>nd</sup> Ladies Team - Treggy 7 - Ladies O/50 Team

Five Tors 1<sup>st</sup> Ladies Team - Cornish Grand Prix - 3<sup>rd</sup> Ladies Team 1<sup>st</sup>

Mob Match 1<sup>st</sup> Ladies Vet Team - Westward League FV Team 1<sup>st</sup>

Congratulations and thanks go to all Ladies who have been Team Members, to name only a few, Revis, Diane, Sharon, Jenny, Emily, Tracey, Christina, Mary M, Carol, Rita and Alison.

The **Relays** were also another success for our teams:

At Tavistock all 4 ladies teams entered were placed, gaining 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Vet Teams, and 2<sup>nd</sup> Senior Team. The Erme Valley Relays rewarded our teams with Senior Ladies 4th from 12 and Vets over 35, 5th from 8 and our Ladies Team over 35 gained a 1<sup>st</sup> at the Albaston Relays. Well done to all who took part.

**The Cornish Grand Prix** proved a big success in particular for Mary Mullarkey who was 1<sup>st</sup> FV60 with a 100% record, also gaining 34<sup>th</sup> in the Open Category.

Revis - 1<sup>st</sup> FV45 and 3<sup>rd</sup> in the Open Category

Diane - 2<sup>nd</sup> FV45 and 4<sup>th</sup> in the Open Category

Sharon Daw - 1<sup>st</sup> FV40 and 7<sup>th</sup> in the Open Category.

**The Westward League** - great achievement by all who participated particularly; Emily FV35 2<sup>nd</sup>, Revis FV45 1<sup>st</sup>, Jenny FV45 3<sup>rd</sup>.

Congratulations to Karen Mahoney for qualifying as a Leader Running/Walking and as a Level 1 Coach, Karen has been actively helping with the Beginners Group on Wednesday evenings.

Diane has shown great race consistency; winning the Cornish Marathon and 1<sup>st</sup> in age, 2<sup>nd</sup> lady in the Dartmoor Discovery and Sticker... Diane has represented ECH in a variety of distances and performs consistently well.

Tracey gained 2<sup>nd</sup> lady and 1<sup>st</sup> in age group at the Cornish Marathon.

Louise England ran her debut marathon - The Cornish in 4:32:25 and came 3<sup>rd</sup> in her age group with very little training!!

I have been informed that Lynne Budge deserves a mention for consistently running the XC League and smiling all the way - especially at the finish!

Lynne also won the trophy for 1<sup>st</sup> lady at our annual Handicap Race.

Victoria is running very well at the moment and has been setting PB's.

Sue is aiming for her first marathon in London this April and is certainly clocking up some mileage.

Tess ran really well at the Duchy 20 and would have got 1st in her category if it had been included in the prizes.

Well done to all ECH Ladies especially those not mentioned and thanks to our coaches & leaders for their encouragement and training sessions.

I wish everyone an injury free year and good running.

**Mary**

### **Club Captain's Report, Men: Terry Leech:**

Well, there we have it lads - another season has really flown by. We must pat ourselves on the back for the continued improvement and successes which we have all enjoyed.

I did wonder which direction the men's team would move in when we began the year. Cast your minds back to 2009 when our chairman forgot to turn up for the London Marathon photo shoot - which he himself had organised! Also, one of our shining lights showed hidden talents when, after putting in a good track session, displayed his house breaking and entering skills after loosing his keys on the track. We all watch the mug shots on *Crime Watch* with interest now don't we Steve 'fingers' Gentle!

But I was asked to do a brief report on the year's highlights, so here goes:

They begin with our annual domination of the Albaston Relays . Our strong Senior team was beaten into second place by the Juniors, which bodes well for the future. The TOGs - *Terry's Old Geezers*, once again took the Vets prize. Well done guys - you know who you are.

A much tougher Erme Valley was a little disappointing. But we did have a potential star by the name of Liam Smith making his debut for the seniors. He was to have another big day later in the season.

A big turn out at Tavistock was assured and we had four teams all performing well. The 'A' Team were most unlucky as Dan Nash was held off in the final straight to be denied third place by a whisker. The Tavistock s, Trotters and Cornwall AC will be looking over their shoulders from now on I think. The Harriers are coming! The Vets took a well earned second place, even though there were only two Vet's teams competing! But to be fair, the team's collective age was well over 200 and they hand't had their afternoon nap!

We have had a few other team successes as well this year, including prizes at the Cubert 5 and Newquay 10K amongst others.

Individually there were some exceptional performances from Dan Nash, Steve Gentle and James Stevens on the road and cross country, including top twenty finishes at Cubert, the Magnificent 7 and Newquay 10K. With

youngsters Mark Budge and Liam Smith (who won the Deviock Bounder) also performing well in senior events.

There have been continued improvements for Chris Ulman, who is now in the Guinness Book of Records for the most PBs in one year! Well done Chris. Ian Littlewood recently completed his first marathon, showing great potential and will surely become a great asset to the club. Not forgetting Ian Crowle, who has now taken the over 50's crown. His tactics include hiding in the back of my vest until a mile out, then waltzing past and enquiring after my welfare. Ian, you have broken my spirit a few times this year.

So, onwards we go. May I thank the Committee for all their hard work; Revis for her dedication and first class coaching, and, most of all thank you, the men's team for all of your support and commitment during my time as Captain.

Finally, may I wish the new men's Captain every success in what looks to be very exciting times ahead.

**Terry.**

#### **Election of Officers:**

The Chairman thanked the outgoing officers for their hard work with the committee and the club over the past years.

The following were elected unopposed:

**President:** Hilary Clatworthy

*Proposed: M. Andrews. Seconded: Mary Bowers*

**Chair:** Mark Andrews

*Proposed: I. Ringer. Seconded: A. Erith*

**General Secretary:** Ian Ringer

*Proposed: M. Bowers. Seconded: T. Leech*

**Treasurer:** Karen Sims

*Proposed: M. Bowers. Seconded: T. Leech*

**Head Coach:** Revis Crowle

*Proposed: M. Bowers. Seconded: T. Leech*

**Club Captain (Women):** Jenny Nash

*Proposed: M. Bowers. Seconded: R. Cowle*

**Club Captain (Men):** Steve Gentle

*Proposed: T. Leech. Seconded: M. Andrews*

**Child Protection/Juniors:** Karen Sims

*Proposed: M. Andrews. Seconded: Mary Bowers*

**Membership secretary:** Louise Endland

*Proposed: I. Ringer. Seconded: Mary Mullarkey*

**Kit officer:** Karen Mahony

*Proposed: I. Ringer. Seconded: Alan Green*

**Press Officer and Webmaster:** Chris Ulman

*Proposed: I. Ringer. Seconded: Mary Bowers*

**Club Development and Volunteer Co-ordinator:** Amanda Erith

*Proposed: M. Bowers. Seconded: T. Leech*

**Awards Officer: and Schools Liaison:** Ray Goodwright

*Proposed: M. Bowers. Seconded: T. Leech*

**Social Secretary:** Tracy Brown and Lynn Budge

*Proposed: M. Bowers. Seconded: T. Leech*

### **Ideas and Suggestions for the Coming Year**

Non-club kit via the website. Adam Purvis brought some new sports clothing which may be available to members. Most felt that this is a good initiative. Revis Crowle suggested that items for sale be placed on out website.

### **Annual Club Awards:**

*Harrier of the Year:* Ian Ringer for his outstanding work for the club

*Penguin of the Year:* Lynn Budge for most improved member

*Star Award:* Revis Crowle (Senior) and Mark Budge (Junior) for best performance over the year.

The meeting thanked Mark Andrews for his outstanding management of the new format for the AGM.

The meeting closed at 9.30pm.

Proposed date for the next AGM: Thursday March 24<sup>th</sup> 2011