

Redway Runners

AGM

28 April 2015

19:45 to 21:00

Contents

Chair's Comments (Martin Lawrence).....	2
Year 4 – in review	4
Facts and Figures	7
New members	7
Club communications	8
Runs completed.....	8
Club end of year by numbers	9
Beginners Groups	9
Clothing.....	10
Charity of the Year.....	10
Club Trips	10
Year 5 plans.....	10
Treasurers Report.....	12
STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR TO 31 MARCH 2015.....	12
Balance Sheet.....	13
Future Expenditure & Budget	13
UKA Membership update	14
Appendix.....	15
1 - Independent Examiner's Report – on club accounts.....	15
2 - Club accounts	16
3 - Club sessions	18

Chair's Comments (Martin Lawrence)

The thing that really strikes me as I put pen to paper for this year's AGM report is the club is entering its 5th year that we have been going and the speed and way we have grown, never cease to amaze me and how just about everyone who joins 'gets it' and understands the club

But from the formation of the club in January 2011, the principles have been:

- Fun
- Social
- Value for money and
- Benefit of the runners

Last year for me, was still about continuing all the things we do well and improving, but also a chance to take stock of where we have got to and have a good look at the club and see what we could make better, that mean a year with some changes, all hopefully, for the good of the club in the short term and the long term, some of those changes included:

Change of club name – after much consideration and investigation of the impacts we decided via an EGM to change the club name from 'David Lloyd Redway Runners' to just 'Redway Runners' from the 1 November 2014, this reinforces the club identity as a community running club and ensures people understand that we are an independent running club

Club Runs – during the year we knew we had to look at a number of our runs as they have grown and adapted, so we started to have the first of what are now regular 'Run Leaders meetings', the first ones we looked at all the club runs and identified where we could improve, what was going well and identified solutions to any issues, this meant we introduced a number of changes to nearly all the club runs, this seems to have gone well and lots of positive feedback has been received. We have also looked and managed the risks in getting to large numbers at runs.

Club Web site – with the change of club name, we decided to have a look at the club web-site and felt it had become a cluttered, so we decided to go for a complete re-launch to make it easier for users, fresher and easier to update – this all went live in November.

Accounts – This year the club accounts as well as being reviewed by the committee are being reviewed by a (independent) member of the club who has expertise in this area.

As well as consolidating the club and making improvements we have moved into new areas and the highlights have probably been:

Cross Country– last season was the first appearance by 'Redway Runners' in the Cross Country league and for a first year it was very successful with the men's team fielding a really strong team

Beginners Groups – last year we held seven beginner groups across daytimes and evenings, these where led by Glenn, Portia and Tim, they all proved really popular – the sight of 100 people at a beginners group is really amazing and I know for the run leads and helpers a scary sight – but the

excitement and buzz as the parkrun looms and is completed is infectious. Last year 355 people have joined our beginners groups – with 117 having joined the club

Training – during the year we have become more structured with our training and been able to put aside funding for training. It has been great that we have now run leaders completing both Leadership in Running Fitness (LiRF) and Coaching courses.

Charity – the club has raised money for Harry’s Rainbow Charitable Trust last year and through work done by so many in the club we have raised a fantastic £1,811 which we will be presenting in the near future. As well as this we did a Christmas gift donation scheme for charity and presented over £3,200 to Willen Hospice and the National Deaf society.

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These are just a few of the areas that were big parts of the last club year – so many other things went on and hoping I have captured yours in the year in review below.

So what does next year hold - not sure on that, but hoping for much more of what we are good at last year but we already have some plans which include:

- New Event
 - Beat the Barge
- Furzton Relay
 - This year on Sunday 26 July
 - Andy Hully our new Race director
- Cross Country
 - Kerry Cooper will be managing the ladies team
- Improving publicity
 - New post on the committee
- Training
 - Continue to improve our core run leaders team

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As the club has grown it is still great that we are keeping it fun and social – love hearing the stories that due to the club we have changed people’s lives

Anyway, none of this would have been possible without the support of the committee, the run leads and so many others who give support or help – invariably a request goes out for help and it gets filled very quickly even in areas I expect to be difficult to resolve.

Year 4 – in review

April 2014

- New Daytime beginners group
- MKFM DONUT RUN
- ABI MARATHON DES SABLES - PRESS ARTICLES, FUND RISING, MENTION ON RADIO
- Club man MK Marathon stall at London Expo
- London Marathon 33 run and many support
- Harry Rainbow runners at club run
- Full Easter programme of runs
- OU Relay - 9 teams, 2nd and 3rd placed teams

May 2014

- Milton Keynes Marathon and half - 132 run and many helping
- Medal run
- AGM - 30 attend - proposal to change club name
- Club road trip to Buckingham first parkrun
- IY5K course 2 starts
- MOVE UP TO 10K COURSE STARTS
- Launch ladies tee and children's tees
- Round MK relay - 6 teams
- LIVERPOOL FIRST UK CLUB TRIP
- Daytime Beginners group graduate

June 2014

- Northampton parkrun and magic mile
- Sunday run from Body Limits - with Body Limits
- Club pacing at parkrun
- SUNDAY RUN FROM SILVERSTONE WOODLANDS - ROCKSOLID COURSE
- Daytime Improve your 5K course starts
- Green mile
- New evening beginners group (19) with Glenn
- CLUB DRAGON BOAT TEAM
- Greensands Ridge - 4 teams - 6 solo runners

July 2014

- CHEQUE PRESENTATION TO WILLEN (ALSO £888 TO NATIONAL DEAF SOCIETY)
- Launch Thursday evening step up group
- New daytime coached sessions with Portia
- MOVE UP TO 10K COMPLETE OU 10K
- NSPCC Half marathon with green tutus = 88 run
- FURZTON RELAY
- New Wednesday evening speed sessions

August 2014

- CLUB BBQ - 91 ATTEND
- Run Leaders meeting
- FAMILY PARKUN
- Beginners group at parkrun
- Green Mile after parkrun
- Club trip to Warsaw announced
- BBC EGGHEADS SHOWN - WATCHED IN DL ADULT BAR
- Cross Country training sessions start
- Bank Holiday Monday extra handicap run

September 2014

- Tour of MK - over 20 take part
- CLUB TRIP - BUDAPEST - 11 TRAVEL FOR HALF MARATHON
- Social - Robbie tribute night at DL
- MONDAY NIGHT RE-LAUNCH WITH EXTRA LOOP RUN
- New daytime beginners group (21 - Portia)
- RockSolid race - 25 run together
- CLUB EGM, AGREED NEW CLUB NAME AND LOGO

October 2014

- CLUB UK TRIP, BOURNEMOUTH
- New Step Up daytime run launches
- JOIN AND RACE IN CHILTERN CROSS COUNTRY LEAGUE
- New Boot Camp run
- HALLOGREEN RUN AND FAREWELL DLRR - 34 RUN
- Family half term run
- Special Ops day
- Original tees at parkrun

November 2014

- First Tring parkrun
- SQUEAKY BONE - 15 teams - overall winners, also mixed team winners and 2nd ladies and vets team
- Name change to Redway Runners
- Big Green parkrun
- Redway Runners cakes for name change
- NEW WEB SITE LAUNCHED
- Pacing at parkrun
- New Embroidered Hoodie launched
- Dirt half
- Meal at Brasserie, MK College
- 700 members

December 2014

- CHRISTMAS MEAL - 119 ATTEND

- 12 Challenges of Christmas
- Up & Running MK winter half = over 120run and man water station
- Full Christmas and New Year running programme
- TWO YEAR RUN - NEW YEARS EVE - 20 RUN

January 2015

- CLOTHING PRICES REDUCED.
- New evening and daytime beginners groups
- Redway Runners social at Ice Hockey
- SUNDAY RUN 122 THEN 160 THEN 163
- Run Leaders meeting
- Pacing at parkrun with pacing bibs
- Press release on club run Run247 online
- 28 from club at Torremolinos for half marathon

February 2015

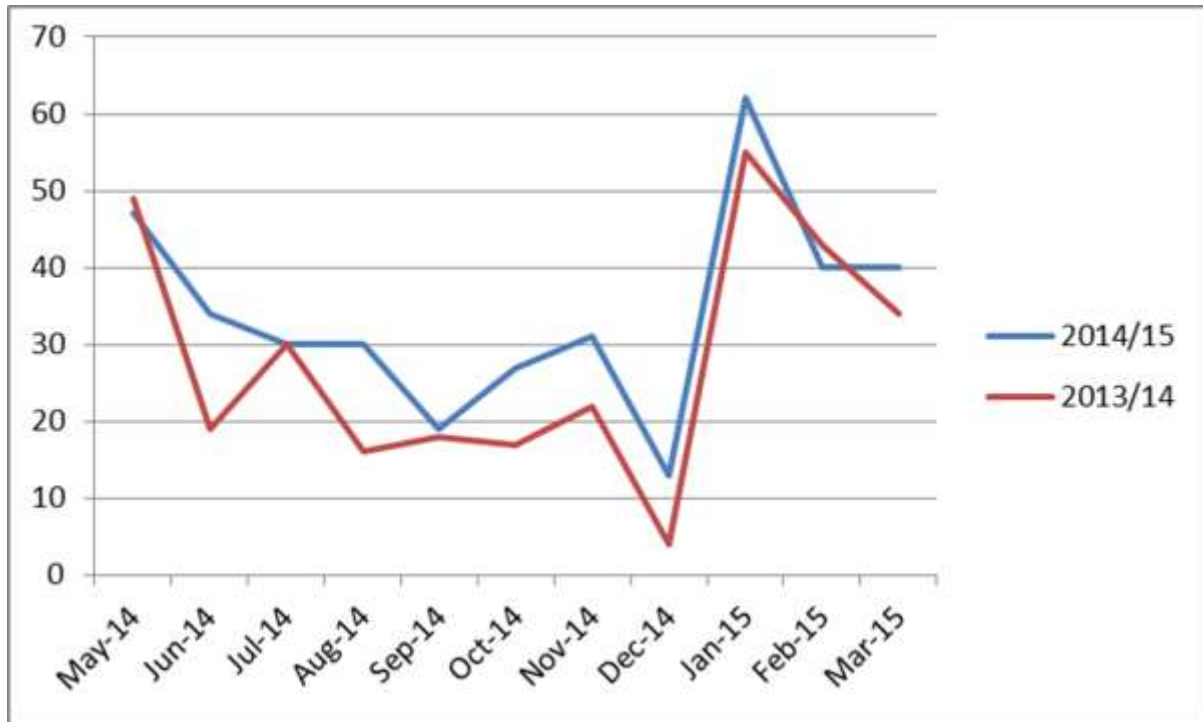
- Kerry on BBC Three Counties radio talking about the club
- LAST RACE OF OUR FIRST SEASON IN CHILTERN LEAGUE CROSS COUNTRY FINISH 4TH PLACE
- Club social at Bistro Live
- MARATHON CLINIC WITH NICK ANDERSON
- New Sweatshirt and ladies Hoodie
- We have 800 paid members
- Buckingham parkrun road trip
- Three run leads from the club complete the LIRF course funded by the club (Abi, Veritie, Jonathan)

March 2015

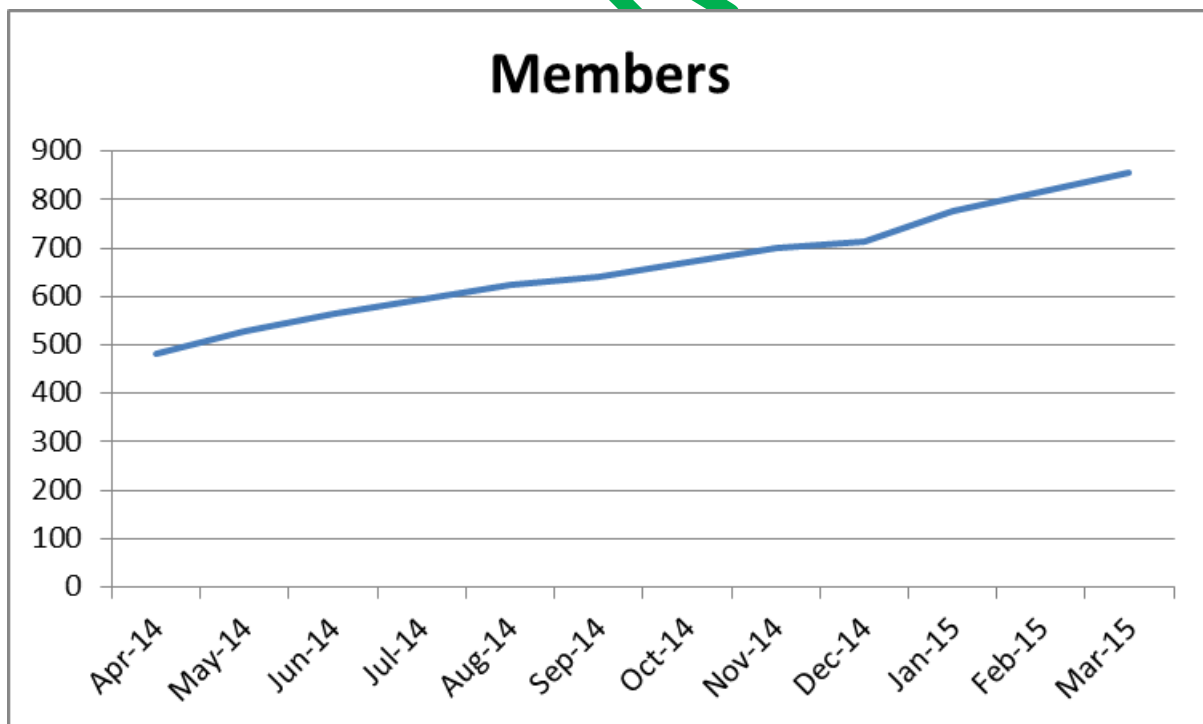
- MK Festival of Running -over 170 taking part
- New Beginners group evenings (no 24) with 99 first night
- Graduation parkruns
- MKFM with Aimee running with the club
- SILVERSTONE HALF CLUB MARSHAL
- Quiz night raises £440 for two charities
- CLUB TRIP WARSAW, POLAND 27 TRAVEL FOR HALF AND PARKRUN

Facts and Figures

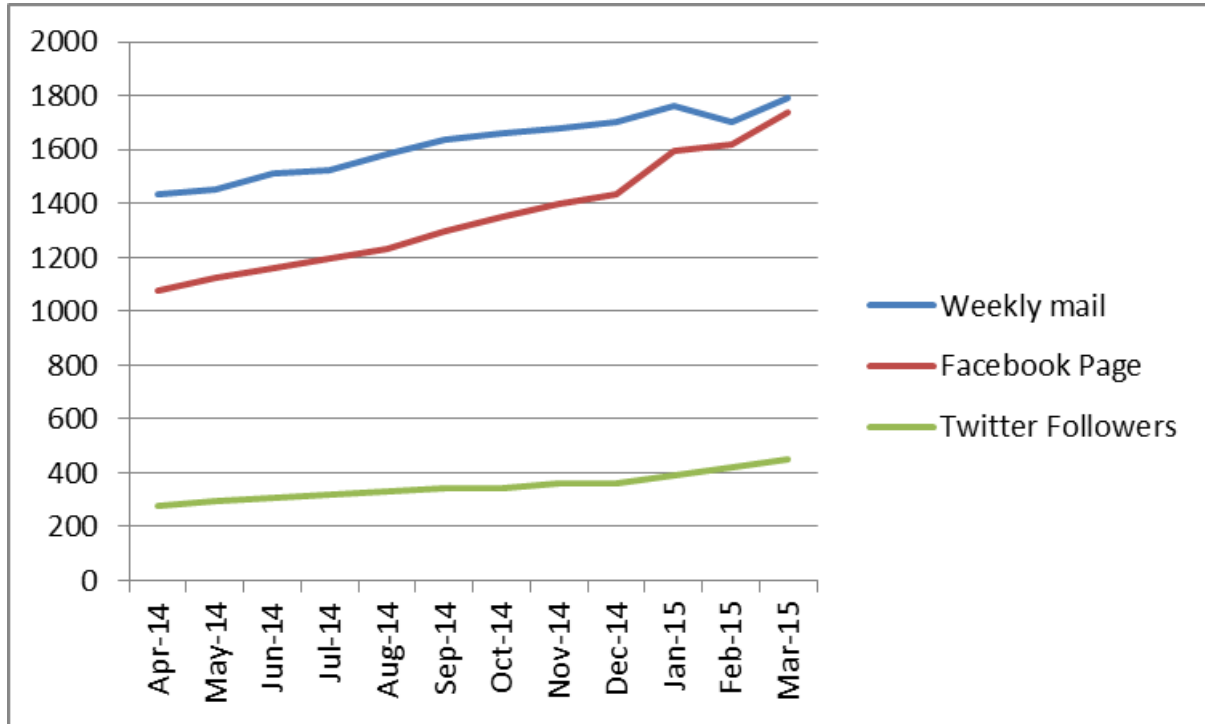
New members



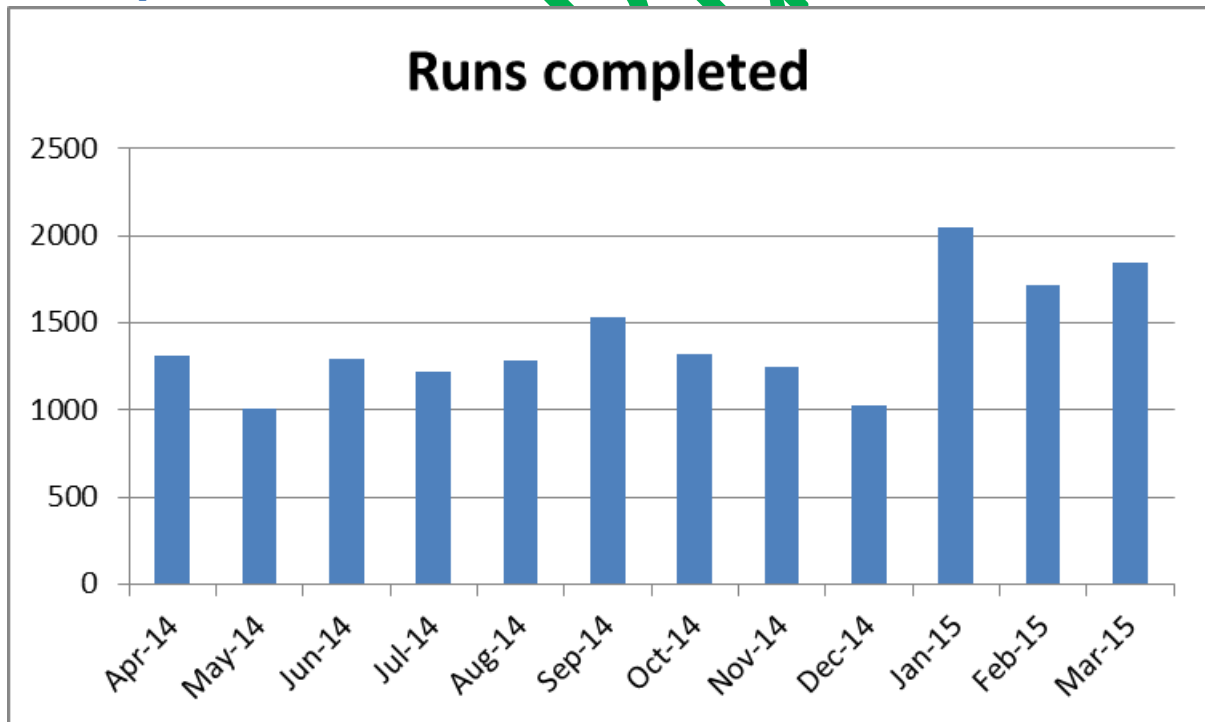
Number of paid members



Club communications



Runs completed



Club end of year by numbers

Figures in brackets for 31 March 2014

- Paid up club members: 855 (643)
- Facebook page likes: 1,740 (1,036)
- Weekly mail goes to: 1,793 (1,405)
- Clothing bought: 1,964 (1,030) items since launch
- parkrunners MK: 832 (572)
- Club MK parkruns: 19,000 (13,001)
- Twitter followers 448 (265)

Beginners Groups

Over the past year, we've run nine Beginners courses, across daytimes and evenings. The evening courses tend to be more popular simply because they fit better with most peoples' working day. They've become even more popular over time as more and more participants recommend them to their friends and relatives. So much so that the last two courses have each attracted more than 80 people on the first night.

During the period since the last AGM, we estimate that the club has arranged somewhere in the region of 180-200 graduation parkruns in Milton Keynes. We have over 350 attend our beginners groups over the past year, with some of those people doing them more than once!! At the middle of April 117 have become full Redway Runners members.

Many of the beginners have stayed with the club and run regularly with one of the groups on Monday evenings. We've also had a significant number who have come along as helpers for future courses.

Not only have some beginners stayed with the club, some have broadened their horizons by entering races. We had more than 25 runners tackling the MK Festival of Running in March tackling the full range of distances from 5k to 20 miles. At least three beginners from the past year are registered to run the 2015 London Marathon!

It is a real testament to the club that so many members are willing to help out both with the main session each week and with homework sessions. Without them, we wouldn't be able to cater for the number of participants attending these courses. They are also a fantastic advert for the club and it is largely due to their friendliness and understanding that our conversion rate to member sign-ups is so high.

(Glenn Dickinson)

Clothing

Club clothing continues to sell well, last year we introduced a few new items;

- Embroidered hoodies
- Ladies tees
- Kids running tees
- Sweatshirts

We offered a £5 discount on running tops for members from the name change to the 31 December which 234 members took the opportunity to take advantage.

Sales since we started the club to end on March are:

Item	Number sold
Vests	655
Tee Shirts	599
Tee - Ladies	143
On Tour Hoodie	91
Hoodies	80
Cool Fit Cap	70
Cotton tee Childs	52
Tee - Childrens	45
Zoodie	36
Others	198
Total	1969

Charity of the Year

At the AGM last year we selected Harrys Rainbow Trust as the club charity of the year and we have raised money through the year for them with Raffles, Furzton Fun relay and many other items, we are pleased to say we have raised £1,811.50. A cheque for this amount will be presented Harrys Rainbow Trust soon.

Club Trips

In 2014 we held two overseas and two UK club trips all being great fun to Torremolinos in Spain and Budapest in Hungary, overseas and Liverpool and Bournemouth in the UK.

This year we have already been to Warsaw in Poland and have Humber Bridge half in June, Dublin in August and Cardiff in October to come

Year 5 plans

For our fourth year we want to repeat a lot of what we have done in last years, but also going to look at some new possibilities:

- New Event
 - Beat the Barge
- Furzton Relay

- This year on Sunday 26 July
 - Andy Hully our new Race director
- Cross Country
 - Kerry Cooper will be managing the ladies team
- Improving publicity
 - New post on the committee
- Training
 - Continue to improve our core run leaders team

Redway Runners

Treasurers Report

STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR TO 31 MARCH 2015

REDWAY RUNNERS			
STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR TO 31 MARCH 2015			
		2015	2014
		GBP	GBP
REVENUE			
	Affiliations & Memberships	£6,223	£5,356
	Events	£8,110	£4,963
	Training grant	£100	
	Charity Donations	£3,946	£1,787
	Clothing & equipment sales	£8,967	£5,604
	Other	£300	£584
	Total revenue	£27,646	£18,293
COSTS & EXPENSES			
	Affiliations & Memberships	£3,118	£2,317
	Events	£7,356	£4,303
	Training	£1,035	£130
	Charity Donations	£3,582	£1,782
	Clothing & equipment for resale	£7,609	£1,842
	Club equipment	£1,089	
	Administration expenses	£322	£148
	Total costs and expenses	£24,112	£10,523
	SURPLUS/(DEFICIT)	£3,534	£7,771
	opening cash 1-4-14	£12,297	£6,902
	closing balance 31-3-15	£15,831	£12,297

Balance Sheet

Balance Sheet @ 31 Mar 2015

Bank Account	£15,791.38
Cash	<u>£40.00</u>
Total	<u>£15,831.38</u>

Future Expenditure & Budget

Estimates of costs due

Charity payment	£1,811.50
Clothing payment	£1,506.90
Furzton Relay	£ 400.00
UKA Fees	£ 1,140.00
New Event set up	£1,000.00
Track Fees	£ 120.00
Bowling fees	£ 299.96
Total	£6,278.36

Budget

Apart from the expenditure already identified – the following budget is proposed

Cross Country League	£ 125.00
Training (LiRF/CiRF) P1	£1,000.00
Training P2	£ 500.00
Insurance excesses*	£ 500.00

* Contingency – Insurance excess £500

UKA Membership update

Since the beginning of January 2012 Redway Runners has been able to register members with UK Athletics, for 2015/2016 the fee has increased by UKA from £10.00 to £12.00, at the 31 March 2015 the situation was;

UKA Status @ 31/03/15

Payment Status	Total
1st Claim	229
2nd Claim	46
Not Renewed	48
Lapsed	56
Advised How To Transfer Club	5

Redway Runners

Appendix

1 - Independent Examiner's Report – on club accounts

Independent Examiner's Report

I confirm I have examined the accounts of Redway Runners for the year to 31 March 2015.

The examination included a review of the accounting records kept by the club and a comparison of the accounts presented with these records. In my opinion the accounts present a true and fair view of the income and expenditure of the club for the year to 31 March 2015.



Maurice O'Connell CIMA

16 April 2015

2 - Club accounts

	Credit	Debit	Total	Notes
Balance B/F	£12,297.14			
Administration				
General Administration		£261.80	-£261.80	
Gazebo		£634.34	-£634.34	
Tear Drop Flags		£445.10	-£445.10	
Silverstone marshalling	£300.00		£300.00	
EGM costs		£24.00	-£24.00	
Equipment		£9.60	-£9.60	
Internet		£36.00	-£36.00	
Club clothing	£8,710.40	£7,424.95	£1,285.45	1
Refund clothing ex gratia		£41.00	-£41.00	
			£133.61	
Equipment				
Race Clips	£191.00	£184.20	£6.80	
Magnets	£107.00		£107.00	
			£113.80	
Affiliations & Memberships				
Affiliations & Memberships		£1,043.28	-£1,043.28	2
Annual fees	£3,923.00	£15.00	£3,908.00	
UKA Fees	£2,300.00	£2,060.00	£240.00	3
			£3,104.72	
Training				
Fees		£1,035.00	-£1,035.00	4
Grant from Leap for coaching	£100.00		£100.00	
			-£935.00	
Events				
Clinics	£182.00	£80.97	£101.03	
Track	£75.00	£180.00	-£105.00	5
Cross Country		£125.00	-£125.00	
Xmas meal	£2,656.00	£2,522.75	£133.25	
London Marathon Coach	£1,320.00	£1,117.00	£203.00	
Bacchus half 2015	£1,199.70	£1,199.70	£0.00	
Bistro Live Feb 2015	£864.50	£841.50	£23.00	
Bowling	£328.00	£5.00	£323.00	6
Bucks County Champs 2015	£35.00	£35.00	£0.00	
Coach money Bacchus	£150.00		£150.00	7
GSR 2014	£72.00		£72.00	8
Ice Hockey 2015	£770.00	£769.50	£0.50	
Quiz night	£5.00	£0.00	£5.00	
RMKR 2015	£2.50	£0.00	£2.50	9
Round MK Relay 2014		£30.00	-£30.00	10
Squeaky Bone 2014	£450.00	£450.00	£0.00	
			£753.28	
Charity 2014 Donation				
Charity - MdS fundraising	£1,776.06		£1,776.06	
National Deaf society		£888.03	-£888.03	
Charity - Willen Total		£2,335.70	-£2,335.70	11
			-£1,447.67	
Charity 2015 - Harry's Rainbow				
Charity - Harry Rainbow	£785.50		£785.50	12
Furzton Relay 2014	£1,384.49	£358.49	£1,026.00	
			£1,811.50	13
C/F Balance		£15,831.38		
	£39,984.29	£39,984.29	£3,534.24	14

At 31 March 2015

Notes

- 1 *Clothing in production*
- 2 *Bucks AA, TriEngland, ARC*
- 3 *To pay some*
- 4 *First aid, coaching course and LiRF courses*
- 5 *Track fees owed Nov 14 - Mar 15*
- 6 *Paid this year*
- 7 *Coach to be paid*
- 8 *Fee paid in last year*
- 9 *To pay in this year*
- 10 *For 2014 event*
- 11 *sum matched by Santander*
- 12 *Raffles (Xmas, Bournemouth, MK) Snoods, Quiz night*
- 13 *To pay to charity in 2015*
- 14 *2014/5 net difference*

Redway Runners

3 - Club sessions

Sometimes you have to take a step back and realise how many runs we have as a club now each week with

Daytimes	Tuesday
	Wednesday
	Friday
Evenings	Mondays
	Thursdays
Weekends	Sunday

Once a month we have a session at the Stantonbury Track – generally the last Wednesday of the month

Then the beginners groups we are on our 25th group at the moment.

We have a new Daytime Monday step up/coached session launching in April 2015

The with many club members also doing the parkrun at MK on a Saturday morning, where we are the biggest club, but number of runs at this national and international run you realise the spread of opportunity we give our members the chance to take part in club activities each week

But we always follow the same format for each of our events and different techniques to keep the groups together and always keep the fun friendly and social aspect to the club

****END REPORT****

Redway Runners