

Redway Runners

AGM

16 May 2018

19:45 to 21:15

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Chair's Comments (Martin Lawrence)

Wow it is hard to believe another year has gone by since the last club AGM, what is great about the AGM is I get a chance to look back at the highlights of the last year of the club and look forward to a few of the things we are looking at for the next 12 months

But one aspect I particularly feel is important to consider is have we stuck to our club principle, which I am pretty sure we have which are

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

So, over the last year, looking at what has gone on can break these down into a number of groups and the real highlights for me have been:

- MK 50 celebrations the club took part in and led on
- Our 2nd Redway Runners Festival of Running
- Newport Pagnell Carnival, on a glorious weekend, for me the first time I was able to take part
- Pop Up runs, for the summer we held a number of extra runs to try a few new things and for new, potential run leads to have a go
- Furzton Relay was another big success raising lots of money for the club charity
- Awards – wow more on that further down the report
- Beat the Barge, gets better every year
- Cross Country, we got demoted but we run and have fun
- Our first Need for Speed course
- Beginners courses another area we get better and better, where do all the beginners come from?
- Our first expo, was an idea, well it far exceed expectations
- Rambles, we started these with a real desire to be social and fun and it certainly does that and offers a chance for those not able to get out with us on runs due to injury to feel part of the club
- New members database, this has been on the wish list for a long while, finally took the plunge with so many members admin was becoming a major piece of work.
- Under 16's pilot this has just been launched as we closed the club year

If those are my highlights, then the club is about so much more with

New Club runs

As we have grown as a club we have continued to add new runs. This has had the advantage of keeping numbers manageable. As we grow in 2018, we hope to open up more runs in different parts of Milton Keynes, and this has been demonstrated already

- Second Monday Step Up run

- Lakes run
- Monday morning Step Up run
- Thursday morning Step Up run
- Thursday lunchtime run
- Tuesday evening Step Up run
- Thursday evening social
- Woughton Wednesday

Awards

Did I mention the club had a great year with awards:

- Women's Running Awards Highly commended club
- UK Athletics, East region club of the year
- UK Athletics runner up nationally for club of the year
- Milton Keynes peoples award for the club
- BBC East nomination for volunteer related to the club
- SportMK club of the year

Behind the scenes

- Added the option for Postage and Packing for clothing orders
- New Smooth tee shirt
- Process review and changes for GDPR
- New database – probably one of the biggest changes the club has gone through behind the scenes since launch

Socials - runs and events

- Not one but two quiz runs
- Pyjama run
- Two Treasure runs
- Decades runs for MK50 with MKAC
- Canals and Rivers trust fun runs
- Breakfast charity run
- Great Linford summer of fun
- Pop Up runs, including pub run
- Club BBQ
- Christmas meal and party
- Full spring marathon training programme for members

Training

- Delivered training for beginners run leads and helpers
- Mental Health workshop attended
- Many run leads have attended Leadership in Running Fitness courses
- Club has delivered CPR and De-Fib training to run leads (also parkrun run directors)
- Marathon clinic – with training advise for runners

PR

- Front page fun picture for the MK Citizen
- Secklow Sounds interviews
- BBC Three counties interviews
- BBC East TV club appearance
- Many articles in local papers

Club Trips

- Liverpool 'Rock n Roll' events
- Manchester
- Lanzarote
- Blackpool

Events

- Virtual run
- Beat the Barge
- Treasure run
- Furzton Relay

But that is just the highlights over what again been a very busy year and that is also a picture told by the numbers with:

- Across all our run we had 132,590 people at them
- We led 1,560 club runs
- 1,019 people have started Redway Runners beginners group that is across 23 beginner's groups
- We have had 938 clothing orders
- Redway Runners have run 53,381 parkruns so that is over 250,000K since it started
- The club weekly mail goes to 3,196 people every week

So for 2019 we are planning to do a lot of the things we did in the last year, but maybe bigger and better we already have these in the plans:

- Summer Pop Up runs
- Under 16s pilot
- New runs, new places
- Training
- Courses – beginners and Need for Speed
- Phase 2 of the new club database
- Runners well being
- New club event 'Old money run'
- Zero to Hero
- Breakfast Charity run
- BBC Screening of Truth about Obesity

- GDPR, Consent for mails
- EXPO 2019
- Streamline Business activities

But we do not only achieve so many miles between us we have also left a legacy which includes:

- The club has raised £9,793 for Milton Keynes Cancer Services in 2017/2018
- Which we hope to get matched, details tbc
- Our members raised £5,041 directly
- Helped with significant numbers of people for a number of events in Milton Keynes, most notably the Milton Keynes Marathon and half in May
- Donated a large amount of food and sweets to the Milton Keynes Foodbank at Christmas.

So, all in all the last year has been a great running year and next year we will run Milton Keynes again.

Of course, do not know how we will develop in the future and if we will continue with the amazing growth we have seen but as long as we all enjoy the journey am sure all the hard work put into the club by so many will be appreciated

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.

Redway Runners

Year in review

April 2017

Added Postage and Packing to club shop

Added new smooth tee to club shop

Pacing at parkrun

Easter Monday Quiz run - 90 take part

parkrun Beginner re-union

Seven new beginner's groups

Training session for Beginners run leads and helpers

Extended beginners group graduate

Over 30 run London Marathon, plenty of club coverage, coach, PR, cheering point

Strava club passes 400

MK Rocket 5K

May 2017

MK Marathon - lots run and help

Front page coverage of RR in MK Citizen

Club AGM - record attendance

1,000 members

Pyjama medal run

Portia and Richard attend Mental health workshop

Natalie, Kevin and Steph attend LiRF course

Treasure run - 27 teams take part

8 Teams take part in the Round MK Relay -club wins with fastest overall time

Club Trip Liverpool Rock n Roll races and Birkenhead parkrun

June 2017

Decades run series with MMAC

Medal Hangers offered again

New Event Clips and Wrist bands

Monday night reformat with second step up group and lakes run

Redway Runners Festival of Running

Michelle GB takes role of Run Lead co-ordinator

July 2017

Green parkrun and Graduation, over 100 graduate plus cake sale

Newport Pagnell Carnival

New Monday morning and Thursday 6pm Step Up runs

1,200 members

Quiz Run from Cross Keys

500 registered in RR Strava club

Pop up runs - Off road, Quiz run, Pub crawl/run, beginners, Woodland run

Pacing at Linford Wood parkrun

Furzton Relay, 51 teams and almost £1,500 for charity

MK50 Virtual Challenge

Eight beginner's courses launched

Short listed in final 10 in Running club of the Year - Women's running awards

Club hosts two fun runs for Canals and Rivers trust

August 2017

Beat the Barge, inc present cheque to charity of year 2016/2017 - 133 finishers

Green Breakfast run at Len and Helens

Green mile

parkrun with Greg Rutherford

UKA East, up for club of the year

Great Linford summer of fun runs

Club BBQ

New large tear drop flags

Winners of East of England club of the year

Live feed from Track trial

September 2017

Tour of MK – 32 complete tour

Club appears twice on Secklow Sounds

Club filming for BBC show

Filming of club video

Eight beginner's groups start with 350 registered

Free session with Bounce for members (x2)

NSPCC half and 10K

New automated system for new email addresses

SEAA Relay - club has 3 teams

October 2017

Club MK50 Treasure hunt - made £660 for charity

England Athletics awards at Ricoh arena - club runners up in 'club of the year'

Club UK trip Manchester

First match of the cross country at Oxford 49 take part

Teams in the South of England Athletics Association Cross Country Relays at Wormwood scrubs.

Highly commended in the Women's Running Magazine club of the year awards

HalloGreen explorer run - 76 run

November 2017

Seven Beginners groups graduate at parkrun - 118 beginners

65 at March 2 of Cross Country - Tear Drop Lakes

MK50 quiz night, 80 attend raise nearly £400 for charity

Three counties radio interview

Win Peoples award

Dirt Half Challenge - 85 run from club

BBC East filming at club run

4,000 Facebook page likes, 600 in Strava club

December 2017

Club Christmas party at David Lloyd

Match 3 Cross Country

Club on BBC East

Club Trip Lanzarote - 37 run

Pacing at parkrun - Willen

SportMK Awards - club of the year + 4 individual awards

Snow and Ice cancel winter half and several club runs

December advent calendar of challenges

Full Christmas and New Year timetable of runs

January 2018

Eight beginners groups start - 262 register

Need for speed course

Ice Hockey

New runs start - Thursday lunch, Tuesday step, Thursday 6pm Social, Sunday step extra 30 mins, Sunday extra hour option

CPR and Defib training for Events team, Run leads and MK parkrun RDs

1,500 members

BBC Three Counties morning show interview

New run from Woughton Leisure Centre – Wednesday evenings

Changes for new GDPR including changed forms and web site changes

Data back-ups implemented to drive

RR Festival of running launched

Wednesday morning run takes part in EA/Mind Run and Talk week

February 2018

Redway Runners Running Expo – 30 stalls and 350 visitors

Last match Cross Country – Bob Austin wins male v70

Marathon Training clinic

Club UK Trip – Blackpool, Great North West half

MK Winter half, 207 RRs finish, club manager water station

First Redway Runners ramble – 18 attend

Post Box Selfie challenge Wednesday am run

March 2018

Festival of Running

Database conversion

Award MK Hospital nomination

320 take part in MK Festival of Running

Beginners Graduation

71 RRs take part in first Bedford 20

New club membership database goes live for renewals and joining

Launch Under 16's pilot

Redway Runners

Facts and Figures

Club Timetable

Run Statistics

Currently 37 regular runs on the weekly timetable (record)



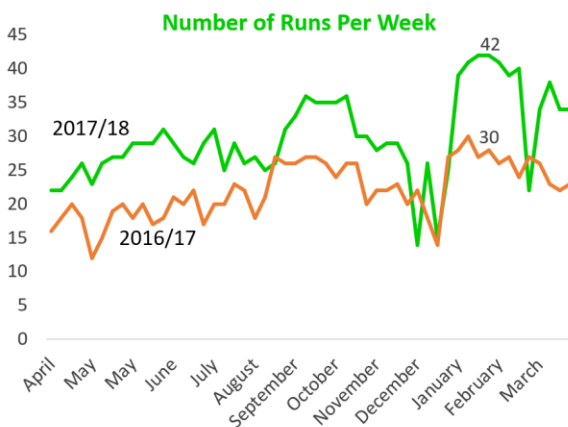
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning			Club Run 9m				
		Club Run 4m					
Morning						parkrun 5K	Club Run 1hr
	Step Up 40-45 mins	Recovery Run 60 min	Club Run 60-75min	Club Run 1hr	Step Up 2.7m+	Club Run 10m	Club run 90(+)-min
						Starter Extra Easy	Trail Run (Not weekly) 1hr
PM					Step Up 40-45 mins		
	Social 4m+	Step Up 35 mins	Lake run	Social 40-45 mins	Step Up 40-45 mins	Social 5m+	
			640 Run 6m40s	Explorer 45 mins	Step Up 40-45 mins		
Evening						Social 60 mins	
	Social 4m+	Step Up 2.7m+		Track	Step Up 40-45 mins	Intervals 8m30s	Paced 8m30s
					Step Up to 10K 4m+	Social 5m+	Gentle Step 4k/5k



Club runs per week

Run Statistics

The number of runs a week hosted by the club has grown year on year peaking at 42 runs in January 2018 (record)



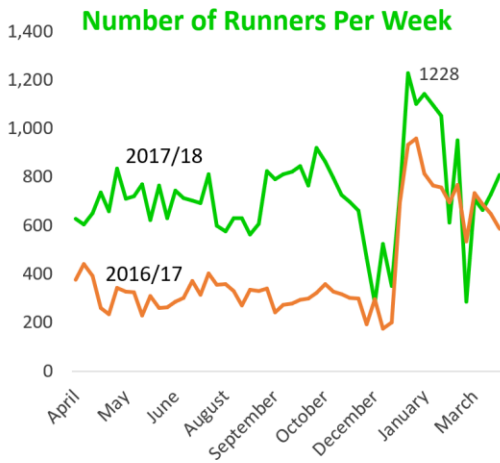
- Currently 50 run leads
- 14 Beginner Groups (2017/18)
- 2016/17 most runs in a week: 30
- 201718 most runs in a week: 42 (record)



Club runs by year

Run Statistics

The number of runners on runs has grown year on year peaking in January 2018 (record)



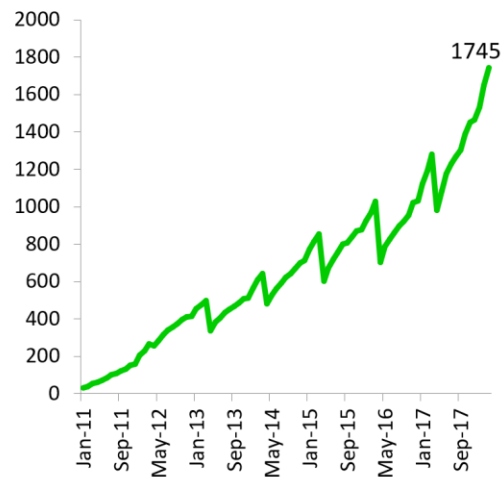
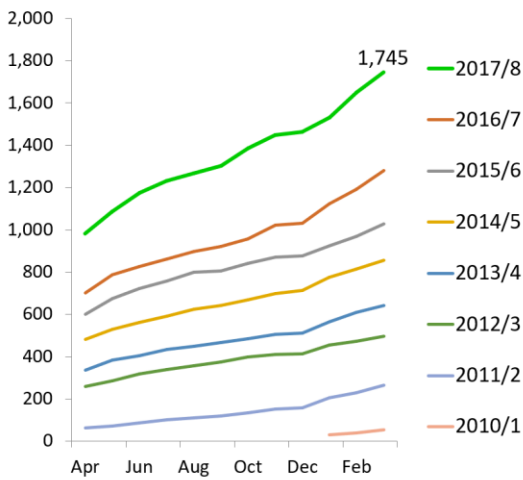
Run Number Highlights

	2017 Average No Runners	2016 Average No Runners	Growth
Mon AM runs	41	10	310%
Mon Evening runs	169	71	138%
Weds Evening runs	64	27	137%
Sunday Club Run	89	81	46%
Step Up Sunday	29		
Track	30	15	97%

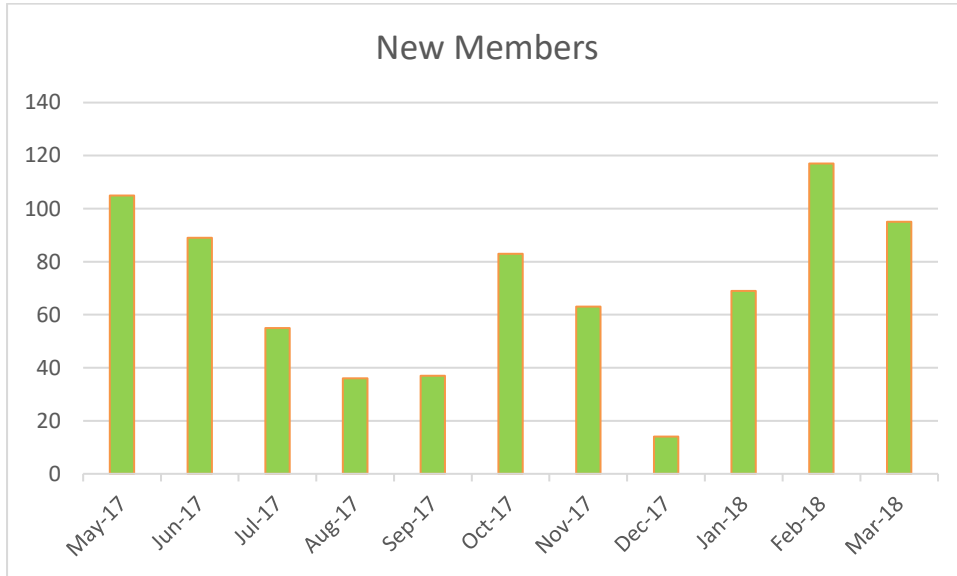
Club Membership

Membership Statistics

The number of club members has grown year on year peaking in March 2018 (record 1,745)

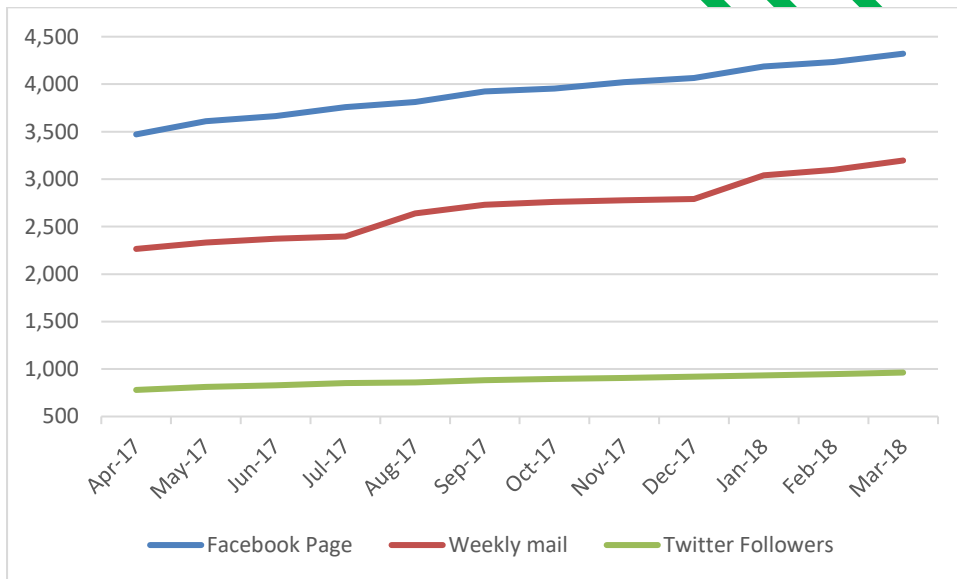


New Members 2017/2018



March 2018, most of month new applications not available due to database conversion

Club communications



Current numbers

Redway Runners Membership status 14-May-18

	Pre DB	Paid	Pending	Total	Outstanding
Standard - £5	217	954	64	1,235	246
Standard with EA - £20.45	74	270	5	349	26
Standard with 2nd claim - £5	4	25	0	29	4
Total	295	1,249	69	1,613	276

Add EA - £15.45		36	1	37	0
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Non-Members/confirmed not renewing

54

Not renewed

31/03/2012	25
31/03/2013	121
31/03/2014	131
31/03/2015	199
31/03/2016	246
31/03/2017	287
31/03/2018	276

OS on report

End of year by numbers

Figures in brackets for 31 March 2017

- Paid up club members: 1,745(1,282)
- Facebook page likes: 4,321 (3,373)
- Weekly mail goes to: 3,196 (2,077)
- parkrunners MK: 2,018 (1,472)
- Twitter followers: 963 (764)

Events

2017 saw the 50-year anniversary of Milton Keynes and the club were heavily involved, organising events to help celebrate.

Through the decades, Icons Run, Virtual 50-50 and a special MK50 Treasure Hunt were to name a few.

The usual Beat the Barge and Furzton Relay took place and proved to be a huge success as both sold out very early. Furzton Relay was the last event that Andy Hully was to organise for the club as the requirements of the MK Marathon took up so much of his time. We would like to thank Andy for all that he has done over the past few years.

This year the club will be holding a number of events including two Treasure Hunts in June and November, The Furzton Relay on 14 July where teams have increased to 100, Beat the Barge on 4 August organised by Jonathan once more and two new events towards the end of the year. The first is a 5 & 10 mile run which is called Old Money Run on 16 September and then at Christmas a 1 mile 'Santa Saunter' following parkrun on 22 December.

More details can be found on the club website. Also in the club newsletter and club Facebook page

Beginners Groups

The past year has been another busy one in terms of beginners! During that time we have run 23 courses with an impressive 1,019 beginners starting the courses.

We now have a large pool of experienced beginners run leads and are very fortunate that they all are so keen to run courses for us. They have all been working on providing the best experience possible for potential new members. In particular:

- They have established and recently revised the course plan
- They have in place dedicated guidelines to help run leads provide a consistent approach
- They have developed a flexible model that allows beginners to attend other groups as way of avoiding having to do homework alone.
- They have taken steps to make the transition to club runs as easy as possible by coordinating with the run leads group to offer step-up runs at times and locations close to where beginners' courses take place.
- They reorganised the practice parkrun in pace groups to remove the need for loop backs
- They piloted scalable ways of coping with graduation and buddy allocation. Despite the miserable conditions we had over 100 graduates at the March graduation with everyone who wanted one allocated a buddy much quicker than on previous occasions.
- Martin and Annette have pioneered the use of the Eventbrite booking system which not only presents a professional booking experience for participants but has also cut out a significant amount of background work for themselves.

Going forward the team will be looking at:

- Developing the crucial beginners' course helper's role through: one-to-one and group discussions; training; and information-sharing sessions.
- Introducing a more formal process for ensuring that we have enough helpers at each session.

- Continuing to find ways to facilitate graduates' transition into the club up runs.

The beginners' courses embody the 'open to all' ethos of our club. They have also contributed hugely to the meteoric rise in membership over the past couple of years. Both of these are directly attributable to the enthusiasm and friendliness of our beginners' course leads and helpers. I would like to thank them all for their support throughout the past year.

Course No	Lead	Day	Time	Started	parkrun	Numbers
48	Steve Boothby	Saturdays	10:00	22-Apr-17	01-Jul-17	48
49	Steph Dutton	Mondays	10:00	24-Apr-17	01-Jul-17	33
50	Kevin Ferris	Mondays	18:00	24-Apr-17	01-Jul-17	53
51	Annette Smyth	Tuesdays	18:00	25-Apr-17	01-Jul-17	53
52	Martin Palmieri	Wednesdays	18:00	26-Apr-17	01-Jul-17	57
53	Richard Doherty/Natalie Garfoot	Wednesdays	19:00	26-Apr-17	01-Jul-17	45
54	Glenn Dickinson	Thursdays	18:00	27-Apr-17	22-Jul-17	55
55	Steve Boothby	Saturdays	10:00	09-Sep-17	11-Nov-17	55
56	Steph Dutton	Mondays	10:00	11-Sep-17	11-Nov-17	32
57	Sophie Ernie Phoenix	Mondays	19:00	11-Sep-17	11-Nov-17	70
58	Ros Crawley	Tuesdays	18:00	12-Sep-17	11-Nov-17	54
59	Annette Smyth	Wednesdays	18:00	13-Sep-17	11-Nov-17	39
60	Natalie Garfoot	Wednesdays	19:00	13-Sep-17	11-Nov-17	51
61	Mike King	Thursdays	13:00	14-Sep-17	11-Nov-17	17
62	Carol Downs	Thursdays	18:00	14-Sep-17	11-Nov-17	49
63	Annette Smyth	Saturday	10:00	06-Jan-18	17-Mar-18	50
64	Carol Downs	Sunday	09:00	07-Jan-18	17-Mar-18	47
65	Steph Dutton	Monday	09:30	08-Jan-18	17-Mar-18	20
66	Sophie Ernie Phoenix/ Simon Billenness	Monday	19:00	08-Jan-18	17-Mar-18	54
67	Laura Dickinson/Ann Bonson	Wednesday	18:00	10-Jan-18	31-Mar-18	28
68	Natalie Garfoot	Wednesday	19:00	10-Jan-18	17-Mar-18	44
69	Mike King	Thursday	01:00	11-Jan-18	17-Mar-18	14
70	Glenn Dickinson	Thursday	18:00	11-Jan-18	17-Mar-18	51
					Total	1,019

(Annette Smyth)

Zero to Hero Programme

2017 – 2018

27 runners have signed up to this the Zero to Hero Programme 2017 - 2018, of which 20 remain running within the programme at either full or half-marathon distances for May. With runner retention, being the highest of our team objectives, we feel that we have been successful in this goal.

Weekly sessions - We introduced weekly group sessions with the aim of creating a group dynamic to aid retention. Initially, planned for the first 6 months, we decided to continue the sessions through the whole programme. Sessions aimed to provide firm foundations of running such as running technique, stretching, training, nutrition and race advice in the hope that runners would complete the course without encountering injury.

Mentors - Mentors were introduced later within the programme in an attempt to reduce fatigue within the runner-mentor relationship. Mentors were invited to the weekly sessions to meet the runners prior to being assigned mentees in the hope of developing stronger bonds between runner and mentor. There was an intention to introduce buddies to the group but this there seemed no necessity to do so due to the initial success of the weekly sessions.

Club Sessions - A primary goal was to encourage runners into the general club sessions. We believe that we achieved this through the inclusion of general Club Sessions into the marathon plans created for our runners. We have encouraged runners into regular sessions on Monday Step-up, monthly Track, Thursday Interval and more recently Sunday Step-up and Long-runs. Additionally, Portia and I attended additional club runs, as planned, to encourage runners into the club running system.

Milestones - We created more flexible milestone targets for our runners this year that included: a group 10k and 10 mile session; NSPCC 10k, Milton Keynes, Bedford and Dirt Running half-marathons; Festival of Running and Bedford 20 mile events. We will support runners within the Milton Keynes Marathon by running with the weakest runners on the day through to the end of the event. Additionally, we have conducted individual sessions to help runners achieve their running goals. All runners that started with the group ran at least 10k.

Facebook - As in previous years, a Facebook page was set up for the runners to contribute and support each other through the course and help maintain the group dynamic. We were offered the support of specialists such as Rudi from the Treatment Centre and Sam Downton to provide advice on injury prevention and nutrition respectively. This appears to have been successful, particularly initially within the course. We are grateful for their support in their busy lives.

The page has remained active through the course with predominantly positive aspects being discussed, although the group have been open and sometimes frank in their feedback.

Feedback - Challenges - We received feedback from the group, throughout the course that allowed us to address concerns early. Hopefully, resolving any perceived issues to the group's satisfaction. We will look to act on further feedback for next year's programme.

The biggest challenge within the group was to deal with the varying abilities of the runners. Keeping the interest of faster runners whilst maintaining confidence of those who are less able remains the greatest challenge of the programme.

Thanks - We would like to thank all those who have contributed to the success of this year's programme, especially to Sam, Rudi and all the mentors. Most of all to the runners who have stayed with the programme to conclusion.

2018 - 2019

Runner recruitment for this year's programme has already started by inviting prospective candidates to our Tuesday sessions. This is to allow candidates to get a flavour of the sessions and feed off the current group of runners to allow them a more balanced view before committing to the programme.

A formal posting, advertising this year's programme, will be issued through the Club's main Facebook page and club newsletter as in previous years. The application form will be amended to help us select suitable candidates.

It is hoped to continue this year in much the same way after taking feedback from runners and mentors.

(Sean O'Leary)

Cross Country

Match	Date	Men	Ladies	Total Runners
Oxford	14/10/17	28	21	49
Teardrop Lakes	11/11/17	35	30	65
Luton	2/12/17	20	15	35
Keysoe	13/1/18	22	16	38
Campbell Park	10/2/18	25	17	42

A great effort from our teams who took part in the Chiltern Cross Country League representing Redway Runners, despite our best efforts we have been relegated to division 2, but this is a fantastic opportunity to get more runners involved and get our club back in division 1 at the end of next season.

Congratulations to Bob Austin who won first place in his age group in Division 1.

Charity of the Year

At the AGM last year, we selected Milton Keynes Hospital, Cancer Services as the club Charity of the year and we have raised money through the year for them with:

What	£
Beat the Barge Total	£448.47
Breaky Helen and Lens Total	£314.64
Cake Sales Total	£883.35
Donation Total	£311.60
Football match Total	£318.00
Furzton Relay Total	£1,495.71
Medal run Total	£99.96
Merchandise Total	£376.30
NP Carnival parade Total	£87.59
Old coin donation Total	£31.00
Quiz & Bingo Total	£389.00
Treasure Hunt Total	£735.45
Virtual Challenge Total	£2,158.23
Xmas Raffle 2017 Total	£2,143.80
Grand Total	£9,793.10

Pleased to say we have raised £9,793.10. A cheque for this amount will be presented to the charity soon.

Additionally, £5,041.07 has been raised by Redway Runners independently. In addition, we currently had two Redway Runners taking part in the MK Half Marathon on Monday 7 May, so this figure is rising!

You can see a full list of charities nominated for the club Charity of the year for 2018/2019 at the end of this document

Redway Runners

Treasurers Report

STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR TO 31 MARCH 2018

REDWAY RUNNERS				
STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR TO 31 MARCH 2018				
	2018	2017	2016	
	£	£	£	
REVENUE				
Affiliations & Memberships	£12,186	£9,058	£7,655	
Events	£13,589	£10,362	£10,183	
Training grant	£0	£300	£833	
Charity Donations	£9,793	£4,283	£4,215	
Clothing & equipment sales	£33,943	£11,444	£6,946	
Other	£100	£340	£659	
Total revenue	£69,611	£35,787	£30,491	
COSTS & EXPENSES				
Affiliations & Memberships	£5,930	£4,937	£3,603	
Events	£13,001	£9,971	£10,308	
Training	£1,330	£1,646	£680	
Charity Donations	£9,673	£4,402	£4,216	
Clothing & equipment for resale	£31,515	£9,983	£6,967	
Club equipment	£308	£0	£759	
Paypal charges	£747	£449	£0	
Administration expenses	£1,061	£976	£1,515	
Total costs and expenses	£63,566	£32,365	£28,048	
SURPLUS/(DEFICIT)	£6,045	£3,421	£2,443	
BALANCE SHEET				
	31-Mar-18	31-Mar-17	31-Mar-16	
	£	£	£	
ASSETS				
Cash	35,372	29,786	18,865	
Deposits and prepayments	920	0	0	
Less: Creditors	-14,502	-14,041	-6,541	
Net assets	21,790	15,745	12,324	
REPRESENTED BY				
Surplus b/f	15,745	12,324	9,881	
This year's surplus	6,045	3,421	2,443	
Total reserves	21,790	15,745	12,324	

Balance Sheet

Balance Sheet @ 31 Mar 2018

	31/03/2018
Bank	£31,717.28
Cash	£145.00
PayPal	£3,510.37
	£35,372.65

Accruals & Creditors

Estimates of costs due

• Charity payment	£ 9,793.10
• Clothing payment	£ 203.23
• Annual fees inc EA Fees	£2,231.00
• Track Fees	£ 750.00
• Coach Fees VLM	£ 1,040.00
• Training supplied	£ 250.00
• TOTAL	£14,267.33

Deposits and Pre-Payments:

• LM Coach	£100.00
• Beat the Barge	£719.94
• PaySubs OnLine	£100.00
• TOTAL	£919.94

Budget

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

Cross Country League	£ 180
Training (LiRF/CiRF) P1	£1,500
Training P2	£ 500
Insurance excesses *	£ 500

* Contingency – Insurance excess £500

EA Membership update

Currently 337 Redway Runners affiliated with England Athletics

Previously

- 292 for 2016/2017
- 348 for 2017/2018

(Nigel Shephard)

Redway Runners

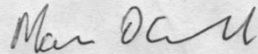
Appendix

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 2018.

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 2018.



Maurice O'Connell CIMA

23 April 2018

2 - Charity of the year nominations 2018/2019

Following Charities have been nominated by paid club members

Redway Runners

MK Snap

MK Snap as charity of the year. www.mksnap.org

Over the last 18 months I have been very close to Mk snap and spent some time there I represented them in the London marathon this year raising £2,500 for them.

Snap stands for Special Needs Advancement Project and they work with over 16 year olds who have learning difficulties. These adults fall out of the system and Snap gives them continued education, paid employment as well as a social and fun environment.

Having the opportunity for Redway Runners to support MK Snap as their chosen charity would mean not only that they would receive vital funds but also have an increased visibility in the local area.

Redway Runners

Medical Detection Dogs

reg charity no 1124533

They are a local charity based in Great Horwood.

Medical Detection Dogs trains dogs to detect the odour of human disease. It is at the forefront of the research into the fight against cancer and helping people with life-threatening diseases.

Our [Bio-Detection Dogs](#) are trained to find the odour of diseases, such as cancer, in samples such as urine, breath and swabs. Our [Medical Alert Assistance Dogs](#) are trained to detect minute changes in an individual's personal odour triggered by their disease* and alert them to an impending medical event. We receive no government funding for the work we do and rely entirely on the generosity of donations from trusts and the public.

Redway Runners

Emily's Star

Emily's Star as the 2018-2019 Redway Runners Charity.

Emily's Star was founded by myself in 2012 after my daughter Emily was born, she was born with Trisomy 18, the UK's second most common syndrome after Downs Syndrome. Emily blessed us with a wonderful 26 days before she passed away.

We were able to bring Emily home with the help of the Children with Complex Needs Nursing Team & MKUH Neonatal Unit. The nursing team offered us 24/7 support, in person & via phone, without them we simply wouldn't have been able to make the memories we did.

After Emily passed away I wanted / needed to do something & felt that by giving back to the people who had helped us so much would bring me comfort.

We decided that Emily's Star would be formed to help support the nursing team, provide clothes for premature babies & raise awareness of Trisomy 18. A year after forming we became a registered charity.

Since 2012 we have provided over 3800 Emily's Gift Neonatal boxes to 22 neonatal units in England (MKUH being our first & most regular, where we supply every baby born prematurely or underweight (3-5lb) with a box), all children in Milton Keynes who have a life limiting or life threatening illness & is cared for by the CWNNT can access our support & online & at events we actively raise awareness of his hidden yet common syndrome & signpost families to support organisations who can help.

Our Emily's Gift Neonatal boxes act as an emergency hospital bag in a box, they contain items for both mum & baby (photo attached of a box which will be provided)

Each box contains the following:

For Baby

- Baby Shampoo - (travel sized)
- Baby Lotion - (travel sized)
- Baby Wash - (travel sized)
- A small Packet of Wipes
- An outfit – 2xbabygrow & 2x Vests (all full poppered)
- 3 Small preemie nappies
- A knitted Cardigan & Hat
- Small 30cmx30cm knitted blanket
- A set of bonding squares
- Muslin Square

For mum

- Shampoo - (travel sized)

- Conditioner - (travel sized)
- Shower Gel - (travel sized)
- Magic Towels (face cloths)
- Deodorant - (travel sized)
- toothpaste - (travel sized)
- Toothbrush
- Vanity Kit
- A pen & a pad
- Hand Cream
- Water bottle
- Lip Balm
- Tissues
- Hair Bobble
- A chocolate is now added for mums partner

We provide the boxes in both Pink & Blue & in sizes 3lb, 4lb & 5lb

For our registered families who are all based in Milton Keynes we offer a number of things;

- 1- A parents online forum which offers them a safe & secure place to ask questions
- 2- We offer a monthly Stay & Play session, this could be a trip to Soft Play, a retail session, messy play or more, we invite all the families along, parents & siblings are encouraged to get involved also.
- 3- We do 2 yearly parties, a summer party & a Christmas visit
- 4- Our families have access to a MAX Card at a reduced rate
- 5- Our families can apply for a yearly wish to help them make memories, this can be a day trip, a photoshoot or something educational like an iPad.
- 6- All new families are also provided with a sensory box filled with a variety of items to help them on their new journey.

I have attached a photo of our Sensory Box, Neonatal boxes & some photos from our stay & play sessions last year.

To continue supporting & helping these families we rely 100% on donations, we receive no government funding.

To continue with our charitable aims & help around 2010 families in 2018/19 we need to fundraise over £100,000

We would love to be considered as your chosen charity for the next 12 months

Our office address is Emily's Star, 8 Wimborne Crescent, Westcroft Milton Keynes Bucks MK44DE & Our registered charity number is 07788979992

Henry's Allen's Trust

Henry's Allen's Trust (helping children with cancer) for club charity please.

This is personal to me they help us cope, when Ava was going through her treatment.

Redway Runners

Ride High

Ride High is a registered charity which transforms the lives of disadvantaged children. We effect lasting change in their attitude, self-confidence and life prospects so they become happy, confident young people who are positively engaged in the outside world.

We work with children aged 8-17 in Milton Keynes, particularly those living in the most deprived areas for whom there is no other support available.

All our children are referred by professionals (i.e. GP's, psychiatrists, social workers and teachers), often when other interventions haven't worked. They all face a variety of challenges that make everyday life a struggle. They may be in foster care, a young carer, suicidal or self-harming, a victim of abuse or neglect and/or NEET (Not in Education, Employment or Training). The children are disengaged and suffer from a severe lack of self-confidence. Without intervention they have little chance of a happy future. Ride High offers a unique and innovative approach to engage these children.

Children come to us every week for up to a year and follow a programme of structured learning which includes learning to ride and care for horses and associated clubroom projects. Time spent with the horses promotes confidence, responsible behaviour, respect and trust. It provides the children with a challenge, the opportunity to do something special and to develop a sense of pride as they overcome challenges. The horses are invaluable but they are just the start of our programme. The addition of structured activity in our clubroom to build literacy, key social skills and confidence drives the biggest transformation in our children and makes our offering unique. In this safe and secure environment our specialist staff work with the children to build their confidence and life skills required to go out into the world and participate fully in life.

Ride High was founded by Rachel Medill MBE in 2008 working with just six children. Today Ride High has helped to change the lives and prospects of over **1000 children and young people**. A key factor in achieving such results is that Ride High offers a long term programme – children attend once a week for up to a year and in this time their literacy, social skills, confidence and aspirations all improve markedly. When they leave **over 90% of are in full time school college or work experience**.

Redway Runners

END REPORT

Redway Runners