

Redway Runners - AGM

29 June 2020 18:00 to 20:00

Via Zoom

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Redway Runners

Chair's Comments (Martin Lawrence)

When I write the report for the clubs AGM report, I try hard to focus on the whole of the year and not just pick up on what has happened in the recent months, but obviously the final month of the club year March 2020 has been momentous for the club and nothing that we or anyone else could image would happen with the Corona Virus, bringing the club runs and Face to Face contact to a grinding halt, but more on that later

Another year gone, really hard to believe Redway Runners has been going for over nine years now and we just keep growing, the early days the target was 10 members to think we hit 31 March with over 3,800 members of the club and with renewals are already starting the year at over 1,575 members, members starting this year is significantly down on last years 2,300, which is likely to be connected to Corona Virus

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

With the size of the club, it so much about getting people involved to help in so many ways running the club, the front end is of course the run leads, leading around 60 runs a week, each and every week, then the committee that make sure we keep moving forward in the right direction, but so much more now goes on with all our events and event teams that make them a success, to soooo many other people that help in all sorts of ways.

So next time you turn up at a Redway Runners activity, remember a lot of work goes on before you turn up then after you have gone home the work does not stop then.

Of course, from time to time we get something unexpected and we aim to manage it professionally, but we must remember the good we are doing for so many people

Below is just some of the main areas that have happened in the last club year:

Coronavirus pandemic and Redway Runners

Global pandemic of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), which causes coronavirus disease 2019 (COVID-19), spread to the United Kingdom in January 2020. Transmission within the UK was confirmed in February, leading to an epidemic with a rapid increase in cases in March in the UK.

For runners it started with international events being affected that Redway Runners were taking part in, like the club trip to Malta not getting event tees and runners from some countries not being allowed to take part, then runners taking part in other events having them

cancelled like Malaga half, and Cyprus, with some of our runners, finding return flights cancelled

Then in the UK races started to be cancelled or postponed, including, London Marathon, the new Twin Lakes 20 mile race in MK, the MK Marathon, the Milton Keynes Festival of Running was one of the last races to take place locally.

parkruns got cancelled around the world and the last UK event and indeed around the world was on 14 March 2020

Virus spreads



Oksana Koryak Queueing up to do the Tesco shopping at 6am

As the virus started to take hold in the UK Redway Runners introduced on the 14 March 2020 (see more [click here](#)), changes to club runs to reduce contact and move runs to meeting outside and stop passing of equipment. With Tim Miles, our Medical lead we held a Facebook Live update and Q&A session ([click here](#)) this has been watched by over 3,900 people, Tim also later gave advice on club Podcasts.

On Monday, 16 March the UK Government announced mass gatherings should not take place and people should avoid contact, that lead to England Athletics (EA) issuing a statement ([click here](#)) that all face to face activity should cease in running clubs till end of April 2020 (extended then to 31 May 2020) Redway Runners immediately cancelled all runs and Face to Face meeting, ([click here](#)) on Tuesday 17 March 2020 with the last run in the club the Tuesday morning run.

The following week on Monday 23 March, restriction were put in place for people to stay at home and social distance (keep a distance of 2 metres) throughout this period except for essential purchases, essential work travel (if remote work is not possible), medical needs, one exercise per-day (alone or with members of their household), and providing care for others

Social Distancing

Even the Redway Runners logo took part in Social Distancing, for 1 April 2020 (April Fool's Day)



Redway Runners under lockdown

Although not officially described as 'Lockdown' this became a common description, Redway Runners had to adapt to this new life and developed a range of activities to keep the club active, the club weekly mail continued and the new weekly news Podcast carried on, although collecting interviews created new challenges, with most by telephone interviews

But new opportunities soon arose:

Daily Challenges

Every day the club put up a daily challenge, many with selfies, showing maybe life in the new method or a jolly image

Virtual runs

We produced a number of Podcast runs for people to follow, for example from the [Giffard park pub](#), following the [Art and Artefacts Trail](#) along the Grand Union at Campbell Park, Willen. Then [Newport Pagnell History/quiz run](#), the secret and hidden MK parkrun



Ian Wheeler empty roads in CMK

Core with the Yabsley Brothers

For three weeks Alfie and Archie Yabsley produced a core session that we released on our Facebook page and club You tube channel

Pub Quiz and Games

We started on Saturday 28 March 2020 doing a weekly Facebook live pub quiz produce in a rota with Martin, Kevin S and Glenn) you can view [click here](#) or results [click here](#) Glenn Quiz 11 April [click here](#) 18 April with the Lawrence family [click here](#) then on a rota with Tracy and Annie joining hosting in May 2020.

Redway Runners Got Talent

On Good Friday evening we held 'Redway Runners Got Talent' with 16 different performances from club members from singing, music, juggling, dancing and other unique talents, more [click here](#)



REDWAY RUNNERS
MILTON KEYNES

10 APRIL 2020
7PM



NATHAN
ROBIN GRIMMER
STEVE WINCH & THE INCEPTION
MR DAVID ROSE
THE FABULOUS BAKER BOYS
THE TIM MACKLEY FEAT, GILLIAN
MARIAM BAKER
LISA SHEPHERD
AUSRA & AIDAS
PHIL THOMPSON
GAVIN SKELLY
THE REDWAY RUNNER MANNEQUINS
ANDY HARRISON

Nader-Zarei-Attempting-to-work-from-home-while-entertaining-a 2 year old[



Virtual Race events

At the weekends we held Virtual races with the following:

- 29 March 2020 - Social Distance 5K, each person submitted a run distance of 5K or more with the time and then that was worked out to the time for a male aged 23 - 27 years, each runner could make their own medal
- 5 April 2020 - Isolation Marathon, runners submitted a run over 2miles and this was worked out to a female runner aged 23-27 years
- 13 April - The Easter Padlock Down

Interval sessions

Annette, Katie T and Sheryl all produced Interval sessions for the club see them [click here](#)

Virtual Challenge with Results Base

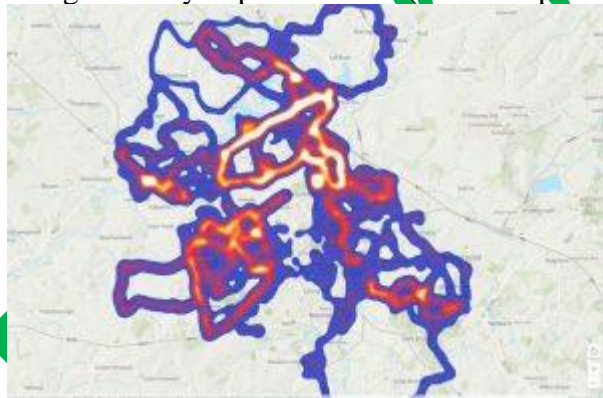
We held a Virtual Challenge with Results Base, for Redway Runner to run 1 mile, 5K or 10K over a two week period

Virtual session with FitMK

On 21 April 2020 FitMK held a virtual session for Redway Runners members

MK Running Map

Between 26 April and 3 May we captured some of the club members runs to create a map of our activity. Stats and images can be found using the storymap link below (best on a pc or a



tablet, but can work on a phone although it may crash from time to time!).

Unsurprisingly, the long and relatively flat Railway Walk in north Milton Keynes was the most popular place to run. Thanks to the 50-plus members who sent in run data.

<https://storymaps.arcgis.com/...eb037904f157643f1aa08a1dd4f31...>

History Lessons with Mike

With schools mainly closed, home schooling was common, Mike King from the club started to produce history lessons, the club hosted the material so parents could access [click here](#)

Message from the Mayor

The Mayor of Milton Keynes, Sam Crooks recorded a message for the club, to watch [click here](#)

Virtual Club run

On Friday 24 Alistair arranged the first Redway Runners Virtual Green pub evening

Running tops Quiz

James Dwight from the club produced a running quiz based on event tops

It is at:

<https://qz.app.do/the-running-shirt-quiz/gzafgJ5P>



Big Green Litter Pick

For the first week in June 2020 we held a [Big Green Litter pick](#) with the help from MK Parks Trust and ARC (for insurance)

Weekly cover photos

We needed cover photos for the club Facebook page and for the weekly mail - members voted the one below the first one



Club business not as usual



Pubs closed

Events

The Redway Runners Furzton relay for 2020 was cancelled, to come back in 2021

MK24 was postponed to 2021, but a MK24 Run Challenge was launched, Beat the Barge was also cancelled

Old Money run and Santa Saunter are planned to go ahead



Peter Clark empty city centre

Renewals

The club had already started collecting renewal fees, part way through, EA rather unhelpfully, reduced the EA fee by £1, which would result in much additional work to refund, therefore committee agreed to keep the fee the same and donate it to the club charity of the year for 2020/2021 and refund if requested, also we gave members additional time to renew (up till at least one month after activities resume)

Beginners Graduation

Our beginners were due to graduate at the parkrun at MK on Saturday 21 March but with the event cancelled that had to be put on hold till the club was back up and running and parkrun was operating again

New Beginners groups

The club had planned to start 11 beginners' groups on the 18 April 2020, these had to be put on hold

Courses delays

Progress for Need for Speed, planning for Redway Runners 10th birthday celebrations, committee meetings all had to be delayed amongst others

Finally

Hopefully though light at the end of the tunnel, but for Archie, it is behind you!!



Redway Runners

Normal Club Activities

New Club runs

We have introduced several new runs during the year with:

- Thursday step up at 8pm
- 10K from Tattenhoe Tuesdays
- Run-Walk-Run group
- New club 7.30pm run
- Step up Newport Pagnell
- Early run from Newport Pagnell
- Friday afternoon Gentle Step run

Special runs

We have held several 'special runs' during the year with:

- Roman Run
- Medal Run
- Breakfast run
- Drama run
- Summer Pop-Up runs
- Pub to Pub run
- 5 Lakes Challenge
- Police run
- Treasure Hunt
- Review of 2019 run

Awards

We have again done well with awards:

- Impact of the Year Shortlisted nominee Sport England/Leap
- Bucks and MK Sport Group of the Year
- England Athletics, Volunteer Awards, Inclusion Award

Behind the scenes

- First year using Love Admin for membership renewals
- New Run Finder tool
- Track Free for members
- New Podcasts

Events

- Furzton Relay
- Beat the Barge

- Old Money run
- MK24
- Virtual challenge 'Codebreaker'
- Santa Saunter
- Expo 2020

Training

- Run lead training with LiRf and CiRf
- Training with EA (3 sessions)
- First aid for run leads

PR

- EA Filming about how 'Good clubs are run'
- BBC filming at SnowZone with Mike Bushell
- EA chief Exec visit to club
- EA Live Webinar of RR use of social media
- MK Council filming on 'City of Sport' pledges
- Look East live from Redway Runners Expo
- BBC3 Counties Radio interview about club and running

Club Trips

- Tallinn, Latvia
- Malta
- Road trips, parkrun
 - Dunstable Downs
 - Millennium Park
 - Houghton Hall
 - Wendover
 - Salcey Forest

Courses

- Need for Speed
- Beginners groups
- Move up to....
- Zero to Hero

Charity / Environment

- Charity of the Year
- Litter Picks
- Food Bank
- Plogging for MK Marathon
- Presented at Leap workshop on social activity

Socials

- Christmas meals

- Post-race drinks
- Summer Ball
- Football match

Team Events

- Chiltern League Cross Country
- SEAA Relays
- OU relay

Local Event Numbers

- 789 run MK Marathon weekend
- 89 run London Marathon
- 10 Teams at OU Relay
- 96 run Newport Pagnell carnival 5K
- 1,075 run Bigger parkrun MK (not just RRs)
- 79 run Winter half marathon

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

- Across all our run we had 46,644 people at them
- We led 2,416 club runs
- Started 26 Redway Runners beginners' groups
- We have had 1,393 clothing orders
- The club weekly mail goes to 4,045 people every week

So, for 2020 we were 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 but currently till activity gets going again we have a hold on future planning.

Number one action will be to get the club going again in a phased approach

- Re-start runs in the club in a phased approach
 - Phase 1 – runs in the club
 - Then, complete beginners, introduce Track, start new courses (Beginners, Need for Speed etc)
 - Remove restrictions as allowed
 - Events , with Beat the Barge, Old Money run and Santa Saunter
- 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 2019

Road Trip Dunstable Downs parkrun

Roman Run – Easter Monday

EA Filming at club run

Beginners groups start (9 groups)

Need for Speed groups start (4 groups)

Hotel Inspectors filming at runs at Lowndes Arms

Pacing at MK parkrun

2 x coaches to London marathon

London Marathon, 89 RRs finish

May 2019

AGM

MK Marathon weekend, 789 run

Plogging for MK Marathon

BBC Filming at Snow Dome, snow obstacle race

Beginners open evening

Summer Ball

Medal run

Redway Runners v Santander footy match

OU Relay 10 teams

June 2019

MK24 event, 200 take part, sold out

Breakfast run

Two teams Greensand ridge relay

parkrun road trip, Millennium park, Marston

July 2019

Need for Speed, morning of PBs

Beginners graduation

Newport Pagnell carnival 5K, 96 Redway Runners take part

EA Chief Exec visit

EA Video released of Redway Runners

Furzton Relay, 65 teams take part

Drama run, the wedding

Pacing at parkrun

Pop up runs underway, Gt Linford summer of fun, Extra, run of the dead, West MK Series

Winner or runner up of Impact award for SE England with EA

August 2019

Beat the Barge

Presentation to Henry Allen trust club charity cheque

Pub to Pub run

5 Lakes Challenge

First runner in British Masters (Daniel)

First aid courses for run leads and helpers (2 sets)

parkrun Road trip – Houghton Hall

Bigger parkrun, record 1,075 attend

2019 Virtual challenge launched

On the run special (Police run)

Tour of Milton Keynes – Genci overall winner

Green mile and handicap run double

Autumn beginners' groups start (7 groups)

September 2019

3,000 members

New runs - Thursday 8pm Step Up run & Tuesday 10K Tattenhoe run

Club trip Tallinn. Estonia, 13 travel

Litter pick/ramble from McDonalds, Kingston

Beginners open evening at Up & Running

First Aid course (2)

Zero to Hero 2019/2020 starts

Move Up to half course start

Need for Speed courses start (x3)

Old Money run

October 2019

Chiltern League Cross Country starts

South East England Athletics awards – Runner up, Impact Award

3,000th clothing order

Deliver at Leap workshop on Health Inequalities in sport

Run Finder tool installed (web based)

Matt Clements, on-line activity

Track goes to free sessions

EA Live webinar on social media

November 2019

New Run-Walk-Run launched, weekly run

Beginners graduation

Parkrun road trip – Wendover

Cross Country match 2 – Tear Drops

Treasure Hunt run

New 7.30pm Club run started

Need for Speed – morning of PBs

Pacing at parkrun

New Fund-raising coordinator announced (Lisa Shepherd)

Enjoy your run / Enjoy your club campaign

Bucks & MK Sport winner Group of the Year

December 2019

Christmas party, 77 attend meal

Redway Runners receive awards at MK Sport awards, Annette Volunteer of year, Unsung hero, Louise Page and 3 x monthly achievers

Cross Country match 3, Luton

MK Winter half – 279 take part

Award cabinet – web page

10 new beginners' groups launched including a under 18 group

Santa Saunter, 238 entries

Redway Runners first live show

Review of 2019 run

January 2020

City of Sport hoodie launched

11 beginners' groups start including under 18s, about 440 start

Move Up to marathon course starts

Road Trip, Salcey Forest parkrun

Newport Pagnell running starts, Mayor starts first run

Three complete LiRF

Chiltern league race 3

Beginners Graduation medals launched

Filming for council for European city of Sport

Fortnightly Friday afternoon run starts

You Tube channel launched

MK parkrun 10th Anniversary – 403 Redway Runners take part

Third running Expo – 47 stalls, 560 visitors, Karl Robinson opens, BBC Look East Broadcast

Live on Look East

BBC Three Counties interview

First two Podcasts live (Expo and news)

Card reader available for payments

February 2020

EA Training sessions for run leads

More Podcasts, news and nutrition

Last match Cross Country – stay league 1, Genci wins M40 cat

RR @ 10 planning starts

New clothing ordering system, all items posted

March 2020

Club Overseas trip, Malta, 26 travel

Road trip, Irchester parkrun

Beginners Graduation delayed

Corona Virus live Facebook show and Podcast

Corona Virus all club activity suspended

Club Virtual activity, Giffard Park and Art trail, Newport History Quiz run Virtual podcast club run, Core session with Yabsley's, Social Distancing 5K, Isolation Marathon virtual runs and Padlock Down virtual runs, weekly virtual quiz, daily challenges, History with Mike, Redway Runners Got Talent

Redway Runners

Number of Regular Club Runs

Number of Regular Club Runs

9 new regular runs last year increases the regular weekly runs to 49 a week (record)



Number of **regular** club runs:-

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | TOTAL |
|--------|---------|-----------|----------|--------|----------|--------|-----------|
| 10 | 10 | 10 | 9 | 5 | 2 | 3 | 49 |

RECORD

Most runs in Single week



Run Statistics

If we look at all runs (including regular runs, beginners runs and "special" runs), the number of runs a week hosted by the club has grown year on year peaking at 61 runs during week 3 Jan 2020.



Most club runs hosted in a single week



How many members sign in to run each week

Run Statistics

How many members sign in to run each week?



- The **number of runners** running at least once a week with the club is still growing.
- We reached a **record number** of runners running with the club in **Week 3 January 2020**
- Highest number signed in to run in one week = **1500** (19 Jan 2020)*
- Lowest number signed in to run in one week = **0** (COVID-19 lockdown for last two weeks in March)

* Total number of signed in runners during 1 week not a unique number of individual runners

Redway Runners

What are the most popular days for members to join a club run

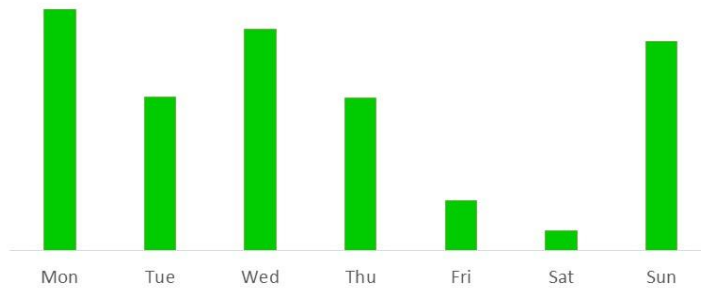
Run Statistics

What are the most popular days for members to join a club run

*Sunday has historically always been the most popular day for club runs.
Monday is now the most popular day to join club runs.....*



Most Popular Days to Run



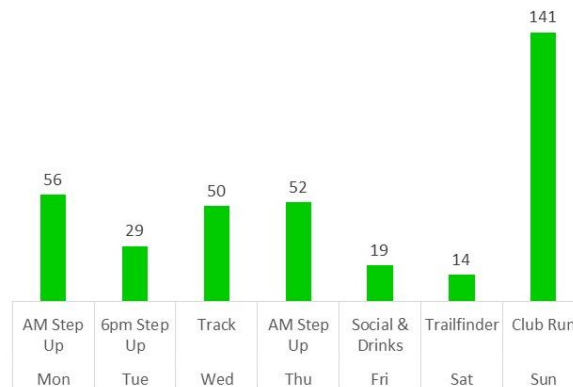
What are the most popular club runs each day

Run Statistics

What are the most popular club runs each day?



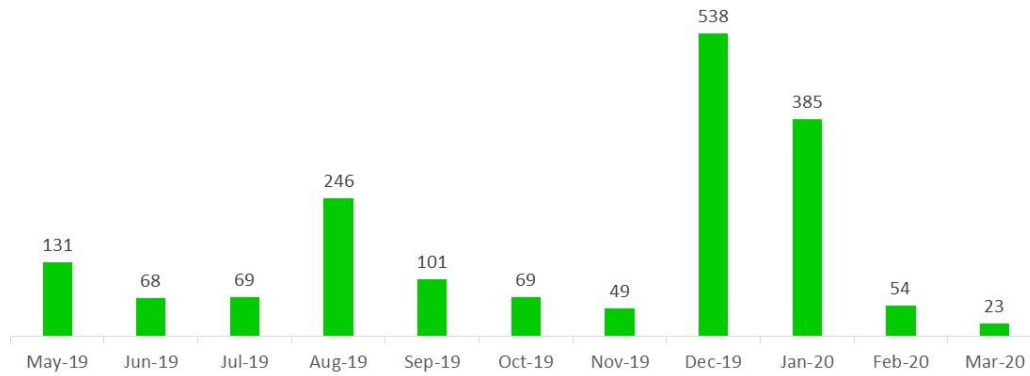
Most popular individual runs by day



Membership statistics, When do new members join?

Membership Statistics: When do new members join?

We have new members joining the club every month. The peak period for new members was December 2019 with 538 new members



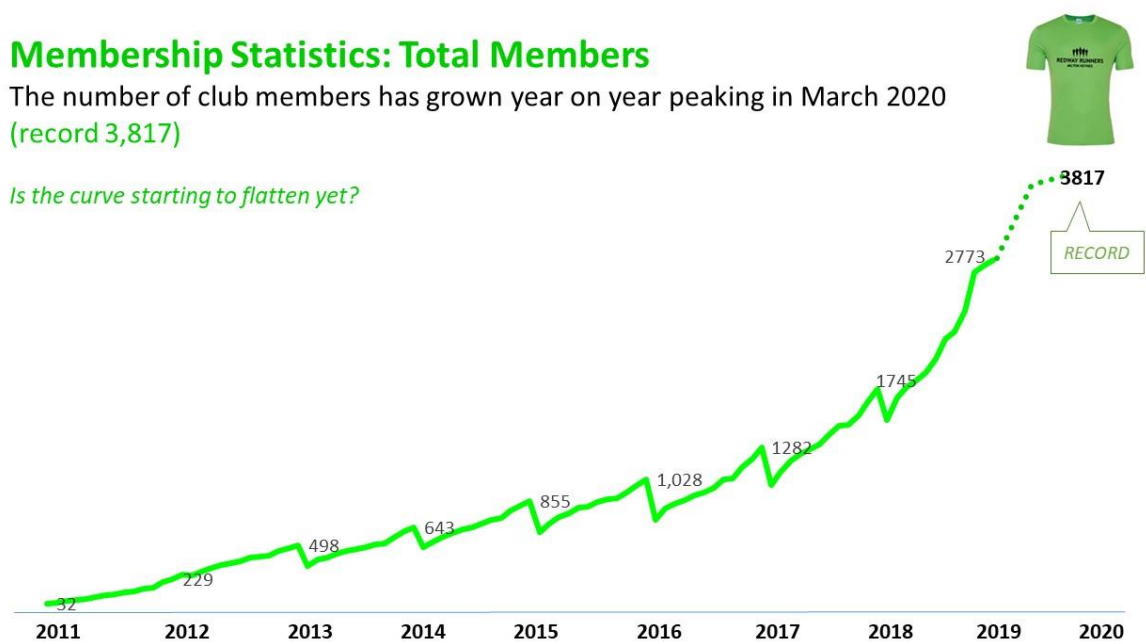
Redway Runners

Membership Statistics Total Members

Membership Statistics: Total Members

The number of club members has grown year on year peaking in March 2020 (record 3,817)

Is the curve starting to flatten yet?



End of year by numbers

Figures in brackets for 31 March 2019

- Paid up club members: 3,817 (2,773)
- Facebook page likes: 6,207 (5,189)
- Weekly mail goes to: 4,045 (2,829)
- parkrunners MK: 2,954 (2,578)
- Twitter followers: 1,251 (1,132)
- Instagram: 954 (588)
- Podcast plays: 756 (N/A)

Ready to Run!

Current membership

We use Love Admin for our membership administration

Redway Runners Membership status 31-Mar-20

To 31 March 2020

| | Paid | Pending | Members | O/S |
|------------------------------|--------------|----------|--------------|----------|
| Standard - £5 | 2,727 | 0 | 2,727 | 0 |
| Standard with EA - £20.45 | 472 | 0 | 472 | 0 |
| Standard with 2nd claim - £5 | 41 | 0 | 41 | 0 |
| Total | 3,240 | 0 | 3,240 | 0 |

To 31 March 2021

| | Paid | Pending | Members | O/S |
|------------------------------|--------------|------------|--------------|--------------|
| Standard - £5 | 1,647 | 83 | 1,730 | 1,353 |
| Standard with EA - £21.50 | 298 | 28 | 326 | 207 |
| Standard with 2nd claim - £5 | 23 | 3 | 26 | 15 |
| Total | 1,968 | 114 | 2,082 | 1,575 |

Redway Runners

Club reports

Events

The first half of 2020 has been an unprecedented period in our short history which has already affected future events. So far, The Furzton Relay has been cancelled for 2020 and the MK24 is in danger of being cancelled too.

We will start with 2019 and the inaugural MK24 'Midsummer Run' held in June. This was a sell out with 200 participants entering in what was a very successive event, with 197 turning up to run hundreds of laps around the ¼ marathon route. Almost 50 pitched tents for the entire time whilst enjoying the free hot drinks and snacks in the marquee. The sunset and sunrise laps proved very popular.

At the end of 24 hours everyone received their bespoke medal, Iconic Towel and distance pin badges all of which were very well received.

Next up in July was the Furzton Relay. For the first time our Under 18 juniors were invited to take part in teams of 4 and promptly showed the adults how to do it. 69 teams of 4 completed the 2.5 mile lap around Furzton Lake. Thank you to Sara Murray and her team for the great organisation of this event.

The ever popular Beat the Barge took place in August and the 200 places were sold out within 24 hours which proves its popularity. Organised this year for the first time by Debbie Dickinson, she did a fantastic job.

For its second year the Old Money Run took place in September from Tattenhoe Pavilion with 100 taking part at both 5 and 10 mile distance. Another success from Daria Croker and her team with a fantastic medal to boot.

Lastly at Christmas, we saw the annual festive Santa Saunter were almost 250 mums, dads, boys and girls took to the 1 mile route to raise an incredible amount for the club charity.

Across all our events in 2019 we raised money for the club charity of the year, Henry Allen Trust.

Equipment

As the club grows so does the amount of equipment we need to maintain our ability to hold events. With the club investing in a storage locker, we can keep everything in one place. In 2019 we bought an additional two large event shelters making four in all and decided to invest in our own timing solution. The addition of the timing solution will enhance our events with accurate timing results not withstanding a huge saving in the expense of hiring it for hundreds of pounds so this should prove a worthwhile purchase.

Zero to Hero Programme

- Repeat of previous years Z2H programme, incorporating learnings from 2019-20.

- Training programmes three phases totalled 36 weeks (phase 3 Lockdown) .
- Increased number of applicants. 65 applied. 35 novices accepted.
- Core classes integrated as part of this year's programme.
- Marathon workshops covering various topics.
- Partnered with Body Limits to help runners with injury prevention.
- Social evenings to bond participants and keep moral and motivation high.
- This year changed weekly run strategy from coach-led runs to using club-led runs.
- Many other proven aspects of programme remained the same. Mentors, Facebook communication etc.

Under 18s

This year the U16 pilot transitioned into U18s due primarily to the fact that we had members who were approaching 16 years old who still very much wanted to continue.

Progress continued throughout the year as in the previous year. Track Wednesdays especially became incredibly popular and several times we had 30+ attendees even in the depths of winter. Matt Jarrad, father of one of the U11s stepped in to help when Carol left and he has been pretty regular.

We have continued to deliver the 3 weekly sessions. With Bethan & Ryan still taking care of Tuesdays indoor sessions. Occasionally cover has been needed and volunteers have stepped in. Numbers have recently been on the high side and just before the shutdown we were looking at a new space in Fierce Gym which is opening in Wolverton. The hire cost is significantly more than the church hall though at £25/hr, so we would need to pilot it. They did say that we could potentially use their kit too though so the quality of the sessions may be higher. Fierce Gym is well placed for runs too, so this could be a good venue for us.

Sundays; As Carol moved away I have been getting regular help from several parents, but no one individual has said that they will commit to being a regular.

U18s Beginners; In January Lisa & Chrissie ran a successful course for 13-18yr olds. They had @12 at most sessions. Sadly Graduation had to be cancelled, but the course/ concept was a def success, Lisa & Chrissie took the LIRF course and have both said that they will continue. Chrissie wants to take another Beginners group this time for 12-18yr olds and Lisa was hoping to continue a Step Up group for 13-18yr olds from 6-7pm on a Tuesday evening. Obviously I will continue to take overall responsibility as Lead Coach.

When I'm away there is still plenty of cover and this year I haven't had to ask the previous "stand in coaches" to help. All helpers are still encouraged to take at least LIRF which gives them DBS and allows them to safely take sessions that we have agreed before hand. Having another Coach in the group would definitely be helpful though but so far none of the parents with LIRF have said that they might want to step up.

The U18s themselves remain a delight to Coach and our success is clear for all to see. We have only had one discipline issue and the parent of that child kept him away for 6 weeks as punishment. This approach seemed to send a good message. The group still pays its own way, covering Hall Hire fees at Downs Barn and everyone was very grateful that the club paid the Track fees. U18s Parents are more than happy to pay nominal sums and feedback is that we represent very good value for money.

The U18s parents are a really good bunch, they are always happy to help out, they regularly help with the Timed Mile at the Track, they help with the Tents and Tea making facilities at XC as well as being "marshals" on various run routes. We had a nice Xmas party at TGIs and in the Summer last year went to Boxend Waterpark, all of which we hope to repeat as well as of course participating in local running events like our own Midsummer 24, we recently did the Festival 5K, hopefully Rocket 5K (new date) possibly Newport Carnival 5K & Furzton Relay.

I remain grateful for being allowed to introduce this group to the Club. I hope that we can rekindle what we had grown once we get back to normal.

Doug

Beginners Groups

During the club year we have run 27 courses with 978 beginners starting the courses.

Our core beginners run lead team has been improved by more run leads coming in which means we are running more courses but with less numbers in them. We hope this means a better conversion rate to runners who continue running with the club.

We started a group in Newport Pagnell which proved highly successful and it booked out very quickly, so we are keen to keep this one going.

For the second time we ran a Sunday morning course which always proves popular but tricky to get both run leads and helpers for. The course ran very successfully, and we will hope to run another next January.

We also ran a juniors' course which, whilst small in number, maintained 100% of the starting number; this is unheard of. We will continue to run this course whilst we have run leads to do it and hope that it will feed into the junior section of the club.

Despite our best efforts, our recent January 20 cohort were not able to complete the course as parkrun was cancelled the week they were due to graduate. We will endeavour to graduate them as soon as parkrun opens again. All beginners run leads have been trying to keep the runners engaged via their Facebook groups but inevitably we will lose some who have not been able to keep going for whatever reason.

Upcoming plans include possibly running a course in Cranfield and also expanding on different time slots such as afternoons.

The beginners run leads do an awesome job, there is a lot of admin which goes on behind the scenes, answering emails, generating Facebook contact and general looking after the beginners which most members are unaware of.

We are always looking for new leads so if its something you fancy please get in touch with either Annette or Martin.

(Annette Smyth)

EA Membership update

At 530 first claim at 31st March2020, currently 389. Second claim is 49. 4 VMLM places

(Nigel Shephard)

Redway Runners

Charity of the Year

At the AGM last year, we selected Emily's Star as the club Charity of the Year, and we have raised money through the year for them with:

Pleased to say we have raised £7,445, plus a further £1,200 has been matched so a total of £8,645. The payment has been passed to the charity and a presentation will be formally undertaken later

How this was raised:

| | BEAT THE BARGE | CODEBREAKER | FURZTON RELAY | MK 24 | OLD MONEY | SANTA SAUNTER | DONATIONS | OTHER | FOOTBALL | RAFFLE | BREAKFAST RUN | |
|---------------|----------------|-------------|---------------|-------|-----------|---------------|-----------|--------|----------|--------|---------------|--------|
| GoCardless | 2,500 | 738 | 2,200 | 4,914 | 2,706 | 1,955 | | | | | | 15,013 |
| 2018 | | | 480 | 1,369 | | | | | | | | 1,849 |
| Bank | 0 | | 40 | 681 | | | 288 | | | | | 1,009 |
| Cash | 258 | 9 | | 74 | 99 | 43 | | 242 | 345 | 648 | 270 | 1,988 |
| Total revenue | 2,758 | 747 | 2,720 | 7,038 | 2,805 | 1,998 | 288 | 242 | 345 | 648 | 270 | 19,859 |
| Bank | 1,534 | 592 | 1,412 | 5,482 | 1,397 | 537 | | | | | | 10,954 |
| 2018 | | | 925 | | | | | | | | | 925 |
| GoCardless | 88 | 30 | 65 | 147 | 101 | 74 | | | | | | 505 |
| cash | 0 | | | 30 | | | | | | | | 30 |
| Total costs | 1,622 | 621 | 2,403 | 5,659 | 1,499 | 610 | 0 | 0 | 0 | 0 | 0 | 12,414 |
| surplus | 1,135 | 126 | 317 | 1,379 | 1,306 | 1,388 | 288 | 242 | 345 | 648 | 270 | 7,445 |
| MARGIN % | 41.2% | 16.8% | 11.7% | 19.6% | 46.6% | 69.5% | 100.0% | 100.0% | 100.0% | 100.0% | 100.0% | 37.5% |

You can see a full list of charities nominated for the club Charity of the Year for 2020/2021 at the end of this document.

You can see the club rules for club 'Charity of the Year' at:

<http://www.redwayrunners.com/charity-of-the-year/>

Redway Runners

Treasurers Report

STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR TO 31 MARCH 2020

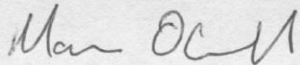
| STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR TO 31 MARCH 2020 | | | | |
|---|---------------------------------|----------------|----------------|----------------|
| | | 2020 | 2019 | 2018 |
| REVENUE | | £ | £ | £ |
| | Affiliations & Memberships | 25,160 | £17,711 | £12,186 |
| | Events | 6,456 | £7,987 | £13,589 |
| | Grants | 500 | £0 | £0 |
| | Charity Events and Donations | 19,859 | £13,240 | £9,793 |
| | Clothing & equipment sales | 17,158 | £19,033 | £17,612 |
| | Other | 0 | £10 | £100 |
| | Total revenue | 69,133 | 57,981 | 53,280 |
| COSTS & EXPENSES | | | | |
| | Charity Donations | 7,445 | £7,606 | £9,673 |
| | Affiliations & Memberships | 10,658 | £8,490 | £5,930 |
| | Events | 8,924 | £8,497 | £13,001 |
| | Training | 2,020 | £3,658 | £1,330 |
| | Charity events | 12,414 | 5633.83 | |
| | Clothing & equipment for resale | 14,197 | £16,865 | £15,184 |
| | Club equipment | 6,138 | £3,459 | £308 |
| | Paypal and Direct Debit charges | 2,160 | £2,377 | £747 |
| | Administration expenses | 2,052 | £1,343 | £1,061 |
| | Total costs and expenses | £66,008 | £57,929 | £47,235 |
| | SURPLUS/(DEFICIT) | £3,124 | £52 | £6,045 |
| BALANCE SHEET | | | | |
| | | 31-Mar-20 | 31-Mar-19 | 31-Mar-18 |
| ASSETS | | £ | £ | £ |
| | Cash | 51,562 | 47,813 | 35,372 |
| | Deposits and prepayments | 6,849 | 925 | 920 |
| | Less: Creditors | -33,444 | -26,896 | -14,502 |
| | Net assets | 24,967 | 21,842 | 21,790 |
| REPRESENTED BY | | | | |
| | Surplus b/f | 21,842 | 21,790 | 15,745 |
| | This year's surplus/(deficit) | 3,124 | 52 | 6,045 |
| | Total reserves | 24,967 | 21,842 | 21,790 |

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 2020.

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 2020.



Maurice O'Connell CIMA

17 June 2020

Redway Runners

Charity of the year nominations 2020/2021

Following Charities have been nominated by paid club members

Redway Runners

MKAct

I am nominating MKAct for the club charity of the year. This is why...

MKAct are affiliated to Women's Aid and are a charity in Milton Keynes that provide advice, support and accommodation to women and children escaping abusive relationships.

This is an important charity for me personally as my mum suffered domestic abuse for 5 years with my stepdad. This included verbal, physical, psychological, financial and sexual abuse and tried to leave.

She did not escape, instead she was murdered for trying to leave. I was 9. My brothers 10 and 12 and my sister was 3.

My girls will never meet their amazing, clever, brave, warm-hearted grandma but they know all about her because she survives through me.

This does not have to be everyone's story because of charities like MKAct who give legal, housing and financial advice to women. For residents in the refuge they offer counselling for adults and play therapy for children who are traumatised by what they have seen. Many women every year are enabled to leave safely because of the advice this charity gives and the practical support their workers provide.

In this time of lockdown calls from victims of domestic abuse to the police and refuges has increased by a reported 20%. 2 women a week continue to die at the hands of their partners often when trying to leave. The time to help is now!

Redway runners please, please, PLEASE, VOTE for MKAct so that we may support MKAct to support families to be free and leave safely and begin new happy, healthy lives free of fear and violence.

Chris

Redway Runners

Different Strokes

Different Strokes is a National Charity based in Milton Keynes that provides peer support, resources and information to younger survivors and their wider family and friends to help them reclaim their lives after stroke.

Stroke is a leading cause of disability but, in addition to physical disabilities, survivors are often left with cognitive and emotional problems. Stroke survivors may experience depression after having a stroke and feel abandoned when leaving hospital. Younger survivors require specific support such as returning to work or education, caring for a young family and financially providing.

As a small charity they can be agile in providing unique services to younger survivors reacting constantly to their needs. This has been particularly important in responding to the Covid-19 pandemic and the charity has been able to introduce a number of online services for vulnerable stroke survivors who are self-isolating.

One of the new services added are online exercise sessions every weekday specifically tailored for stroke survivors with ongoing disabilities. Each day offers a different level from a seated exercise session through to sessions for those who physically are largely unaffected by their stroke. These sessions give stroke survivors the opportunity to exercise on a regular basis led by qualified instructors, and as they progress they can move to a more challenging class as their physical condition improves. I know that during lockdown it has been easy for me to go online and find exercise sessions to follow, for a stroke survivor this isn't so easy so for the charity to react and offer this service is fantastic.

As a member of Redway Runners we have found it to be the friendliest and most welcoming running club, where everyone is encouraged and supported on their running journey. There is something for everyone who wants to be active, no-one gets left behind and the peer support that each and every member offers each other is quite simply outstanding. For a running club to support a small charity with so many similar core values would help Different Strokes to continue to offer the service and support that many stroke survivors need.

Registered Charity in England and Wales 1092168 and Scotland SC044190

Caroline & Darren Saunders

END REPORT

Redway Runners