

Redway Runners - AGM

12 May 2022 19:30 to 21:00

Cruck Barn, New Bradwell & via Zoom

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Redway Runners

Chair's Comments (Martin Lawrence)

The year of the return of Redway Runners, following the pandemic that had such an impact we finally got to start club runs again from the 27 March 2021.

The break had given us a chance to re-set the club and to build back our club runs and events.

At first runs came back onto the weekly run schedule slowly but we are back now to a full complement of runs with around 35 a week, at all times and days, providing something for everyone

The courses have returned with the Move up to programme offering a 10K and marathon options.

Beginners have also returned, and we had good numbers for the new year courses.

We have also introduced as a test an 'Improvers' course that was extremely popular

Our events made a return after the break, although runners are returning to events, they still did well.

For 2021 it was the clubs 10th birthday year, we still managed to celebrate with the club book, party and run at Daytona and the special edition hoody, not what we planned, but still a few things to mark the milestone.

Highlights

Some of the many highlight items from last 12 months

- Runs
 - Beat the Clock Handicap runs
 - Special Event Run 'Boxer Drama Run
 - Special Event Run Green National
 - Special Event Run Review of the Year 2021 run
 - Remembrance run from club bench
 - 12 Challenges of Christmas
- Courses
 - Move Up to 10K
 - Move Up to Marathon
 - Need For Speed
 - Beginner's groups (3 sets)
 - Improvers – (pilot course)
- Events
 - MK24
 - Furzton Relay
 - Beat the Barge
 - Decade run & party at Daytona track
 - Old Money Run
 - Santa Saunter
- Travels

- Corton Warner's weekend
- parkrun road trips (Buckingham, Dunstable Downs, Bury Field and Bushy)
- Cross Country league, five matches
- Torremolinos half marathon Spanish club trip
- Publicity
 - BBC Three Counties – Return to running post COVID
 - Grid Arts – Promo video on MK (due May premiere)
 - Council filming – City of Sport legacy
 - ITV Anglia News – Boxer run
 - ITV Anglia News – Beginner's graduation
- Behind the Scenes
 - 10 Year Hoodie launched
 - Memorial Bench and remembrance run
 - Club coaches to the London Marathon
 - Half Year account audit (first time)
 - Storage site upgraded
 - MK24 website domain bought to our control
 - Members open Evening at Decathlon
 - COVID restrictions removed
 - Who is racing where re-launch

Of course, another year we have kept to our principles that are;

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

So last year was the year we returned to Running Milton Keynes

Redway Runners 100% volunteers

Redway Runners is completely run by volunteers and the club is only so successful with the support of so many people who all give up their time for free, I would love to list everyone but so many and bound to miss some, but you know if you have helped and if that is you thank you. So, from the committee members, to run leads to event organising groups then so many other people who help in so many ways

It is easy to think with a big club that we have big teams managing and maintaining the club, the truth is that is not the case and often we are desperate for help. If you can help or have an idea for the club please get in touch, just mail rr@redwayrunners.com

A MASSIVE THANK YOU

Plans for next year

For the year ahead we have several key things we will be working on in the club

- Love Admin major upgrade
- Complete England Athletics Standards (club process and policy work)
- Extend our Improvers courses
- New TRI-@-RUN event
- Cross Country – increase participation
- Events
- Develop socials
- Increase support at local races
- Event runs
- Who is Racing – develop phase 2
- Increased run leader training
- First Aid training for run leads and event leads
- Member training plans based on runs in the club
- Track remaining weekly and free to members
- Open Evenings with Decathlon
- Performance kit – re-launch

What our members said

We asked our members about the last year with the club this is what they said:

- Miheal said - So my year with Redway Runners, well half year. *For various reasons i reluctantly signed up for beginners' course in September 21. I was dreading it i always hated running. Until i met Anne . In 9 weeks i went from almost fainting after 1 minute of running to 5 k parkrun graduation and never looked back. It's the best thing i did for myself and i met some incredible people and really enjoy running now'*
- Helen W said
*We missed the club during the lockdowns of the pandemic but were at the same time nervous of returning to running in groups. Not that we had anything to be nervous about. The club ethos hasn't changed, no one gets left behind.
It wasn't just the running in a group we'd missed, it's the memories that it gives you, the people you get to meet, the friendships you establish, the support it provides, be it running advice, a catch up, putting the world to rights, or just being in the group, surrounded by other awesome runners.
Redway Runners is an amazing club, one I've always been grateful for, but now I appreciate it even more. Big shout out to all who make sure the green army continues to run Milton Keynes. Xx*
- Anon
Going back to a club run was like riding a bike'. Nervous to start with, but soon settled in. Saw familiar faces as well as new. The support from all runners is second to none. This is what makes Redway Runners the best club ever.

The Year in review

April 2021

Third Beat the clock handicap run

Beginner's groups start (10 courses)

Weekly run collages start

BBC Three Counties interview on return of club and parkrun

Club accounts review completed.

May 2021

Track sessions resume

Move On Up to 10K starts

AGM – announced charity amount raised, draw for London ballot and bench plaque words

Handicap run 4

Furzton Relay launched

New Redway Runners 10 years hoodie

Non renewed members made non-active (501)

Green tops weekend

June 2021

Drama run at Hanslope, 44 take part and filmed for ITV Anglia news

Club UK trip to Warner's Corton 33 attend

Launch Need for Speed courses

5th Beat the Clock Handicap run

MK24, 374 take part.

Move on up to Marathon starts.

Over 300 take part in MK Marathon weekend

July 2021

April 2021 beginners group graduate

Furzton Relay, full 50 teams

Sunday runs return

Round MK Relay 5 teams

Parkrun returns, England

Move Up to 10K graduate

Event run – Green National

August 2021

Beat the Barge – Event sold out

Launch Beginners groups

Need For Speed course, morning of PBs

Greensands Ridge Relay, 2 teams and two solo runners

Filming on Redways of Tandem usage

Beginners' morning at parkrun MK

Decade run and party at Daytona

Weekly parkrun report start

640, Early Tuesday morning run, Sunday Step Up @10 start

September 2021

122 from club take part in the MK Festival of Running

Redway Runners Old Money Run takes place

Record parkrun challenge, how many events can we attend

Memorial bench installed

October 2021

London Marathon, 2 club coaches, pub post event, post-race write up

Council filming for City of Sport review

Buckingham parkrun road trip – 50 travel

Run to Remember and service

Track moves to weekly for winter

Many travel to Bournemouth

Daily Facebook posts on runs resume

Weekend race reports start

Half Year account audit

First match of Cross Country – 40 race

Club provides runners for Bury Field parkrun test event

Move storage to bigger size and cheaper price

November 2021

9 Redway Runners take part In the Malaga half Marathon

Cross Country Math 2 with 45 taking part at Tear Drop Lakes

Beginner's groups graduate at MK parkrun

Move storage to bigger unit, cheaper at Bleak Hill

Attend City of Sport Legacy presentation

Dunstable Downs parkrun road trip – run club day

December 2021

Christmas get together Spoons

Beginners and Improvers courses launched

New membership years set up

MK24 website moved to club domain

Santa Saunter, sold out event

12 Challenges to Christmas

Christmas and New Year timetable

All run leads mailed with run lead guidelines

Review of the club year, video, runners' pics and written review

Special runs, Christmas Trees and Boxing Day

Review of the Year run, New Year's Eve

January 2022

Bury Field parkrun Road Trip (82 run)

New Moving up to Marathon course launched

Improver's course starts

Ten Beginners groups start with 227 booked

Contact info review and included in welcome mail

Cross Country match 3, 37 take part at Campbell Park

February 2022

New monthly runs start, Sunday discovery run and Saturday long off-road run

Last Match Cross Country, stay in Division 1

Club Overseas trip – Torremolinos Half Marathon

TRI-@-RUN launched

Agree Self Disclosure process for helpers (mainly U18's) Doug leading process

London Marathon coaches launched

Peter Bennett completed CiRF funded by club

Decathlon Open evening

Club remaining COVID restrictions removed

March 2022

Beginners and Improvers graduate at parkrun

Anglia News report on beginners

Bushy Park parkrun road trip (46 finish)

MK Festival of running and social, 194 run

SEAA Relays

Who is Racing Where introduced with weekly report.

Redway Runners

Facts and Figures

Some key statistics of the year

Club Timetable

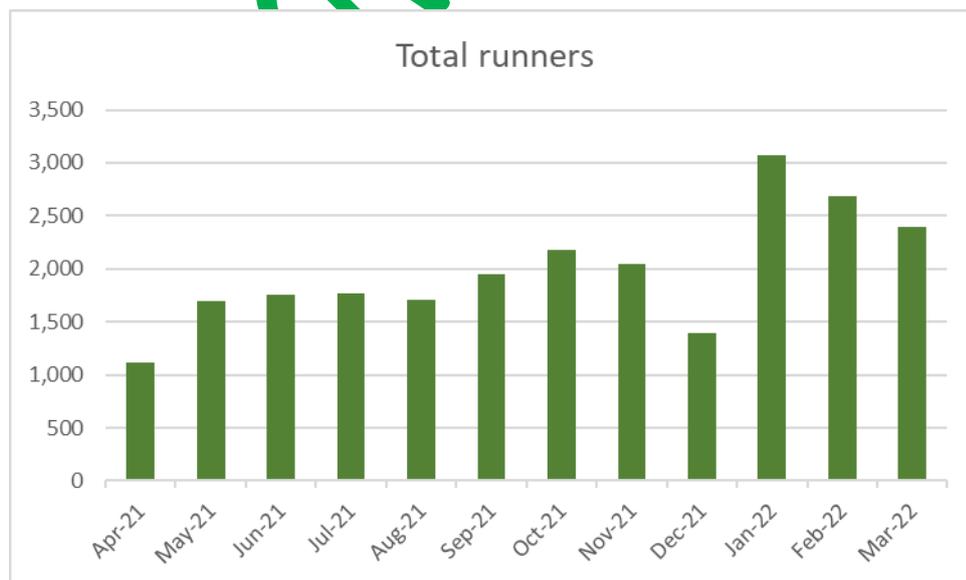
From starting from scratch again at the beginning of April 2021 and having worked under tight government guidelines which I am pleased as a club we followed fully we have now moved to 29 runs a week and 5 monthly runs, that does not include the courses (Beginners, Improvers, Move On Up to...) So for example in February 2022 we operated 168 runs in the club

Number of Club Runs



Number of Runners on runs in the club

Runs really started again after COVID at the end of March 2021 so over the last year have been building each month.



New members

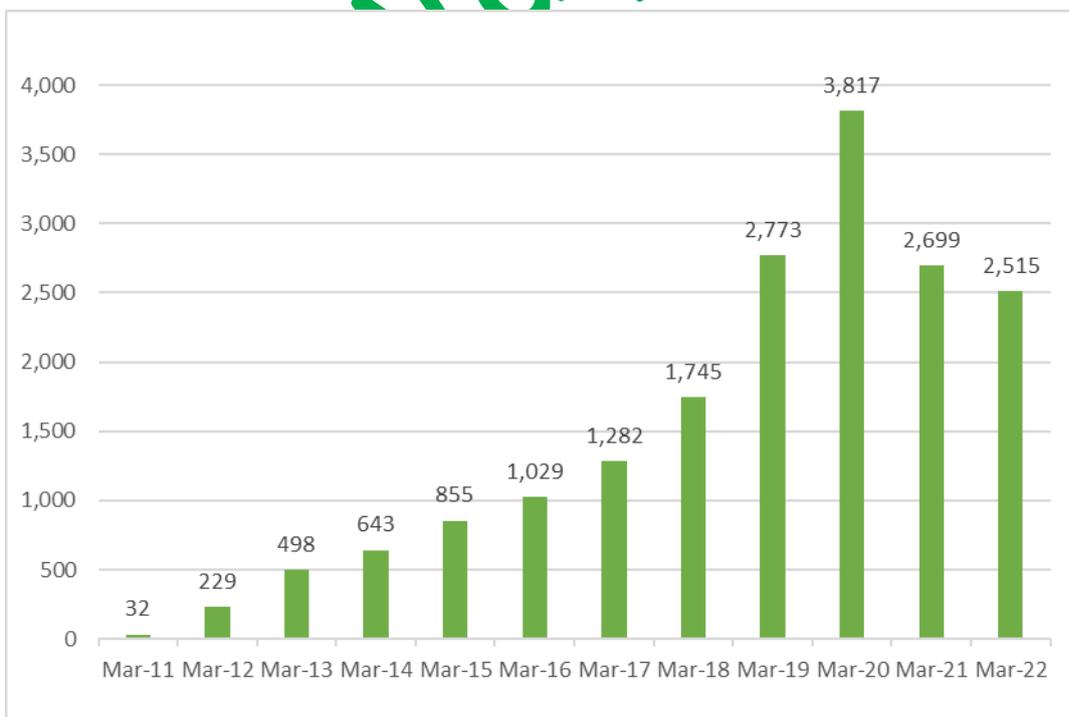
Membership peaks are usually related to new beginner's courses starting and in January we get an influx



Membership Statistics Total Members

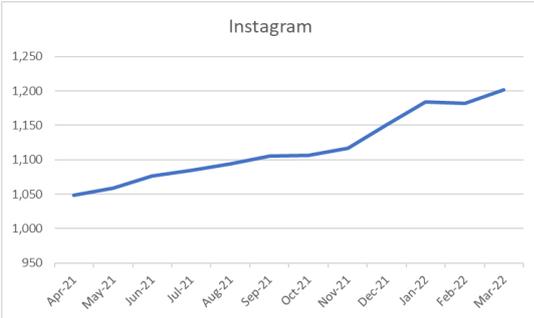
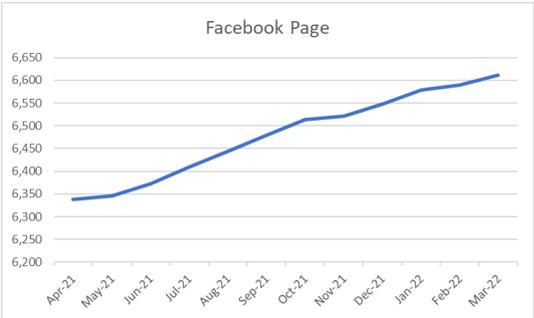
Although numbers look down, if you add members who have joined for the year 2022/2023, we are ahead of last year's membership numbers at the same point.

A lot is connected to not starting beginners' groups in January 2021 due to Covid restrictions



Some key indicators like social media, communications

Our social media and communication have all started to increase again since move activity started in the club



Runners

End of year by numbers

Figures in brackets for 31 March 2021

- Paid up club members: 2,837 (2,746)
- Facebook page likes: 6,612 (6,331)
- Weekly mail goes to: 4,184 (3,890)
- parkrunners MK: 3,123 (2,954)
- Twitter followers: 1,285 (1,274)
- Instagram 1,202 (1,039)

Redway Runners

End of Year membership (31/3/22)

Redway Runners Membership status 31-Mar-22

To 31 March 2022

	Paid	Pending	Members	O/S
Standard - £5	2,061	0	2,061	0
Standard with EA - £20.50	427	0	427	0
Standard with 2nd claim - £5	27	0	27	0
Total	2,515	0	2,515	0

To 31 March 2023

	Paid	Pending	Members	O/S
Standard - £5	1,381	242	1,623	583
Standard with EA - £21.50	283	50	333	80
Standard with 2nd claim - £5	25	7	32	4
Total	1,689	299	1,988	667

Redway Runners

Club reports

Club Races and Events

Enough has been said about COVID and the impact it has had on many things in life, including our running club.

As you know, events were cancelled throughout 2021, but I am pleased to report that we managed to hold all events in 2021.

Starting with the **MK24** in June, where over 300 participants took part in the 24-hour run, including visitors from Merseyside, Suffolk, Kent, Northamptonshire and others.

The weather was very unkind with torrential rain in the preceding day almost washed the event away. But some fine personal achievements were made by those who took part and a healthy profit was made towards the club charity of the year as a result.

Furztou Relay was a sell out in July, with 46 Adult and 4 junior teams racing the 2.5 mile lap around Furztou Lake. The start/finish area was moved close to the new dinosaur café, but unfortunately was not finished in time for our event. The new location proved a success and will be from there again in 2022.

The ever popular **Beat the Barge** was next on the event calendar in August, all 200 places sold in rapid time. There was slight disruption to the event village location due to ongoing works at Linford Manor, but it did not spoil another successful event.

The Old Money 5 & 10 mile event, returned in September to a new Start/Finish location and varied route. It was disappointing to see only 52 take on the 5 mile course and 56 the 10 mile course. Hopefully, these numbers will improve in 2022.

Lastly, 127 took part in the 1 mile **Santa Saunter** dressed in Christmas outfits on Christmas Eve to raise money for the club Charity of the year. It was great to see so many in fancy dress including many young people. Another healthy profit was made towards the charity.

My thanks as always go to all those who give up their time to help organise or volunteer at these events. We are always looking for more helpers to improve what we do, so if you are keen and would like to be part of a team, please let us know.

The amount of money raised by the events is always impressive and we are pleased that club Events contributed to the club Charity of the year, MKAct with £

Steve Scott

Events Manager

Equipment

During 2021 with the amount of equipment the club has we decided to look for different storage and we successfully moved to a new venue, with a bigger area, reduced price and better access

Under 18s

2021/2022 has been relatively good for the U18s. A good number of the older ones have moved on now, but in their place new youngsters turn up almost weekly. We regularly have 20 participants, even during the winter months. Track sessions were as popular as ever and although we have now switched to park training so that we can do 5-6pm, demand for track sessions was such that we have elected to train monthly there too.

Bethan has been a constant help this last year and can take sessions in my absence. There is still no sign of any other parents wanting to help though, despite my many suggestions that they might.

Numbers attending events has reduced, but we will have a few teams at Furzton Relay and some runners at The Rocket 5k.

Overall, everyone is happy, and all is good in the U18s camp.

Doug

U18 's Lead

Affiliation

England Athletics

- Only members who pay EA Affiliation as first Claim members with EA
- Fee per runner increased by England Athletics by £1 to £16.00
- Annual club fee stayed at £150.00
- Number of EA Affiliated runners currently 385
- EA did not provide any London Marathon places for the October 2022 race

Association of Running Clubs (ARC) Affiliation

- All members affiliated with ARC
- Again, negotiated a 10% reduction for the club (saved £266)

(Nigel Shephard)

Charity of the Year

Pleased to say we have raised £4,988 for the club Charity of the Year MKAct, most of this money was raised via the profits from club events.

How this was raised:

REDWAY RUNNERS							
CHARITY EVENTS 2021/22							
	DONATIONS	BEAT THE BARGE	OLD MONEY RUN	FURZTON RELAY	MK24	SANTA SAUNTER	TOTAL
Total revenue (£)	162	2,912	1,485	2,130	14,506	1,153	22,349
Total costs (£)	1	2,128	1,057	1,796	12,033	346	17,361
surplus (£)	161	784	428	334	2,473	808	4,988
MARGIN %	99.5%	26.9%	28.8%	15.7%	17.0%	70.0%	

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 2022

REDWAY RUNNERS				
STATEMENT OF INCOME AND EXPENDITURE FOR THE 12 MONTHS TO 31 MARCH 2022				
		2021/22	2020/21	2019/20
REVENUE		£	£	£
Affiliations & Memberships		19,340	£20,161	£25,160
Club Activities		2,734	£72	£6,456
Grants		143	£0	£500
Charity Events and Donations		22,349	£9,175	£19,859
Clothing & equipment sales		8,830	£7,186	£17,158
Other		146	£1,507	£0
Total revenue		53,542	38,101	69,133
COSTS & EXPENSES				
Donation Due to Club Charity		4,989	4,513	7,445
Affiliations & Memberships		9,738	10,346	10,658
Club activities		6,457	2,951	8,924
Training		460	270	2,020
Charity events		17,361	5,121	12,414
Clothing & equipment for resale		7,567	6,085	14,197
Club equipment		844	380	6,138
Transaction charges		1,099	411	2,160
Administration expenses		2,799	2,280	2,052
Total costs and expenses		£51,315	£32,357	£66,008
SURPLUS/(DEFICIT)		£2,227	£5,744	£3,124
BALANCE SHEET				
		31-Mar-22	31-Mar-21	31-Mar-20
ASSETS		£	£	£
Cash		55,503	48,702	51,562
Deposits and prepayments		639	9,661	6,849
Less: Creditors		-23,205	-27,652	-33,444
Net assets		32,938	30,711	24,967
REPRESENTED BY				
Surplus b/f		30,711	24,967	21,842
This year's surplus/(deficit)		2,227	5,744	3,124
Total reserves		32,938	30,711	24,967

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 2022.

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 2022.



Maurice O'Connell CIMA

14 April 2022

Redway Runners

Charity of the year 2022/2023

Charities nominated by our members are:

Redway Runners

Willen Hospice

I would like to nominate Willen Hospice (Registered Charity number 270194) as the club charity for 2022/2023.

This local charity has helped support Redway Runners and their families and loved ones through very difficult times.

The annual running costs for Willen Hospice is around 5.9 million per year. Whilst a quarter of this is funded by the NHS, the remaining 4.7 million has to be generated through fundraising at a rate of £9 per minute.

The work that Willen Hospice do to provide end of life care to patients either in the Hospice or in their own home is invaluable for those in our local community. I would particularly like to nominate the charity this year to give thanks for the kindness and compassion that they showed to my brother and fellow Redway Runner James Beechey in his final weeks. James was cared for by a wonderful team of medical and support staff. I know we are not the only members of our Redway Runner family who have or will be supported by the fabulous service that Willen Hospice provides but they can only continue to do this with fundraising help.

Thank you,
Laura

Redway Runners

Spinal Injuries Association (SIA)

I would like to nominate Spinal Injuries Association (SIA), registered charity number 1054097.

SIA is based at a purpose-built, fully-accessible office in Oldbrook, Milton Keynes, employing people from the local community, and serving the needs of some 50,000 people living in the UK with a spinal cord injury; its mission is simple: a fulfilled life for everyone affected by SCI.

Spinal Cord Injuries are catastrophic and life-changing - the population of SCI people is relatively small, but the impact is enormous - and with the kind of support that SIA offers, people can and do go on to live fulfilled lives.

I care about this charity because I truly believe in what it seeks to achieve, and feel that with the right fundraising support, it can continue its good work to provide representation for an often marginalised group; SIA directly supports SCI people, their families, friends, carers and healthcare professionals, and campaigns hard to bring about social change for the benefit of everyone affected by SCI, all through grants and voluntary income alone.

SIA has good links to Stoke Mandeville Spinal Centre in Aylesbury, the first Spinal Centre to be established, and the birthplace of the Paralympics; SIA is a national charity with a very local heart.

<https://www.spinal.co.uk/what-we-do/>

Reema

Redway Runners

Age UK Milton Keynes (Charity Number 1079773)

I would like to nominate Age UK Milton Keynes to become the Charity of the Year for Redway Runners.

Age UK Milton Keynes is an independent local charity working with, and for, the older people of Milton Keynes to make a real and positive difference that contributes to their wellbeing and quality of life.

The charity offers a wide range of support services such as Information and Advice which helps people with benefit claims and housing problems, Independent Living Services to support people to stay in their own homes, a Befriending Service to help alleviate loneliness and isolation which is so prevalent in the older generation - these are just some of the many services offered.

Age UK Milton Keynes is independent and does not receive any national funding. Therefore, it is reliant on money raised locally to keep these important services going for the local community – every penny raised in Milton Keynes stays in Milton Keynes to benefit a local person.

Reduced income over the last two years has hit the charity hard. One of the main sources of income is the many shops which Age UK Milton Keynes runs. As with so many charities, shop closures during the lockdowns, a drop off in footfall once they reopened and reduced fundraising opportunities, has made it difficult to continue to fund all the services offered.

As a volunteer for five years, I have been very closely involved with the charity and seen at first hand the lasting effect it has on older people's lives – whether that is by identifying unclaimed benefits, supporting people leaving hospital to come home, through our Befriending services which can help improve the confidence of people who, after Covid, were concerned about leaving their house.

As one of the only local charities specifically supporting older people, I would like to ask that you consider Age UK Milton Keynes as our Charity of the Year.

Thank you.

Jan McMeekin

Different Strokes

Different Strokes is a small national charity based in Milton Keynes that provides peer support, resources and information to working age and younger stroke survivors.

Statutory stroke services often assume that all recovery takes place within six months of a stroke but both physical and emotional recovery can carry on for years. Different strokes recognises that stroke survivors and their family members are the experts in stroke recovery and rehabilitation so regularly consult beneficiaries to make sure their services are relevant and personalised.

Some of the services provided by the charity are:

- Weekday online exercise sessions tailored specifically for stroke survivors
- Online 'meet ups' offering a safe space for stroke survivors to talk openly about experiences and feelings post stroke
- Children resource packs to explain what is happening when mum or dad has had a stroke
- Teen and Young Adult Befriending service offering 1:1 support to young stroke survivors aged 16-25
- 35 support and/or exercise groups around the country including a group in Milton Keynes that meets every week for exercise and a chat

Most of the staff, volunteers and trustees are stroke survivors or have a close personal connection to stroke. In the UK over 100,000 people have a stroke or mini-stroke every year. Most people who have a stroke are over 65 but one in four strokes happen in younger people. As a member of staff for the charity I get to see the difference that the charity can make to stroke survivors. I do shed a tear sometimes hearing individual survivors stories but I am privileged to meet and work with some truly amazing people who overcome adversity to reclaim their lives.

Registered Charity in England and Wales 1092168 and Scotland SC044190

Caroline Saunders

****END REPORT****