

## AAC AGM Report 3<sup>rd</sup> Dec 2019 8.30pm Badger Bar

1. Apologies for absence: Sarah McCormack, Stu Shuttleworth, Jon Deegan, Chris Giles, Lou Osborn, Paul Cornforth, Jane Reedy. Approx 25 in attendance.
2. Agreed the minutes of the last AGM
3. Treasurer's Report. Read by Dan in Chris's absence. Report available separately. Finances are healthy, at £16.2k. Races make about £2k per year on average. The 2018 FRA relays costs have spread over into this financial year. The club makes significant donations, eg to NW air ambulance.
4. Mens' Captain's Report: Jack Wright reported "lots of good stuff". Paul Tierney's Wainwrights of course. Tom Simpson had a significant season, including 2<sup>nd</sup> in the Lakeland championships. Also playing a starring role was Gary Greenhow with several great race results. Matt Elkington came 6<sup>th</sup> in the English Championships. Neil Talbot won the mountain trial. The team was second in the FRA relays, again.
5. Ladies' Captain's Report. Read out in Lou Osborns's absence. Sarah McCormack is the star, winning the World Cup series. The team were 3<sup>rd</sup> in the Hodgson relays. At the FRA relays, the first team were 4<sup>th</sup>, O50s 2<sup>nd</sup>.
6. Ambleside Juniors Report. Niki Rylance. The Juniors continue to go from strength to strength. There were 68 separate juniors who ran at least one English Championship race. Amongst many great performances, Charlie Almond is the English Champion in his age group, and BOFRA champion as well. The club is affiliated for cross country, but the club needs to pay a £10 fee to UKA per runner. You can run for other clubs as long as they are not fell affiliated
7. Achievement Awards. Nominations followed by voting. Prizes to be presented at the club Christmas dinner
8. Club Championship: The last counter is the Kirkstone handicap next week. Organiser Jim Evans stated that 135 people had done at least 1 race, with 30 eligible for prizes having done at least 5.

9. Races organised by the club: Tom Simpson has agreed to be the organiser for the Arnison Dash, which would be another race for the club to take on. The club agreed to support him because it is part of a show day and requires minimal numbers of marshalls etc.

There is a RO's meeting on 23<sup>rd</sup> January at the parish centre.

### AAC races

Fri Dec 27th 2019	Wansfell	organiser: Michelle Crowley
Wed April 8th 2020	Loughrigg	organiser: Paul Tierney
Sat 23rd May 2020	Fairfield Horseshoe	organiser Jon Deegan
Sat 20 <sup>th</sup> June 2020	Todd Crag Juniors	organiser Eleanor Knowles
Sat 27th June 2020	Great Lakes Race	organiser Ben Abdelnoor
Sun 28 <sup>th</sup> June 2020	Arnison Dash	organiser Tom Simpson
Sun 5 <sup>th</sup> July 2020	Langdale Gala	organiser Tod Coates
Wed 15 <sup>th</sup> July 2020	Blisco Dash	organiser Selwyn Wright
Tues 30 <sup>th</sup> July 2020	Rydal Round	organiser Carolyn Menaud
Sat 19th Sept 2020	Three Shires Race	organiser Selwyn Wright
Sat 10th Oct 2020	Langdale Horseshoe	organiser Dan Duxbury
Sun 27th Dec 2020	Wansfell	organiser Michelle Crowley

10. Juniors world championship Ambleside Saturday 20<sup>th</sup> June 2020 update. Niki Rylance explained that this is a prestigious and exciting event for the club to host. The International Mountain Running Cup invites teams of 4 male and 4 female juniors from several countries. £35k has been raised and major sponsors arranged. The international athletes arrive on Thursday and stay in the YHA at Waterhead. On Friday they can walk the course. There is a parade through Ambleside with a road halt and a opening ceremony at the Market Cross. Then there is a time trial race up Wansfell on Friday evening (open to all). On Saturday there will be the juniors FRA championships as well on Todd Crag. Volunteers will be needed!

11. Tuesday & Thursday night training update. Michelle reported much enthusiasm for the structured training on Tuesday evenings, with about 20 doing hill reps etc. Sarah is happy to do a steady slow group on Tuesdays as well. Jack is keen to continue the Thursday nights track sessions at the Phoenix track in Windermere.

Tuesday & Friday daytime runs update: John Gomersall said there was a good turnout out of runners and hangers-on for the 6 to 7 mile slow runs.

12. Standardising club subs renewal date: Currently renewal dates are spread over the year and are a bit of a headache to collect. It was agreed that it was a good idea for everyone to pay £10 on the 1<sup>st</sup> of January.

13. Relays: team entries. How many do we need? How to ensure we use all our entries? The club lost money on unused team entries at £120 per team for the the FRA relays, and it was felt that with better organisation we could have filled teams at the last minute, giving less high-flying runners the chance to participate. It was agreed to have a relay co-ordinator (eg. as they do in orienteering) to help out team captains. The coordinator (just one, or a male and female?) would circulate information and find out who wants to run. Who chooses the teams and how? How many teams? It was not clear this year. What are the selection criteria? Is it based on performance in certain races? With the FRA relays in Tebay next year the club may be able to fill lots of teams if well organised, satisfying the need for high performing teams as well as less competitive ones for those who never get the chance to be part of these big events. The coordinator will be chosen early next year.

14. Club races finances: Currently budgets etc are up to Race Organisers. Some large donations are made. It was agreed that donations of up to £500 can be made at the ROs discretion. More than that then it goes to the committee.

15. Christmas Do. Friday 13th December. Windermere Golf Club 2 courses for approx £18. Will cater for veggie/vegans. Around 7.30pm start. Please let Helen know if you're coming.  
[ferguson531@btinternet.com](mailto:ferguson531@btinternet.com)

16 Kirkstone Handicap: next Tuesday 10th<sup>th</sup> Dec. Inform Paul by email if you intend to come. Meet at 6.30 at the bottom of Kirkstone. Presentation of prizes, and free food in the Golden Rule afterwards.

17. Club trips. There was a good trip to Cairngorm last Easter, organised by Matt Beresford. A similar trip this year to Braemar i on 3<sup>rd</sup> April 2020

18. Re-election of committee members.

Lou would like to retire as Ladies Captain. Sarah elected.

Helen would like to retire as Social Secretary. Position vacant

Chair: Dan Duxbury.  
Secretary. Paul Knowles  
Treasurer. Chris Giles  
Membership Secretary. Sarah MacCormack  
Mens Captain: Jack Wright (vice cap: Tom Simpson)  
Mens V40: Paul Cornforth  
Ladies Captain: Sarah McCormack  
Social Media: Jim Tyson  
Social Secretary:

## 19. Any Other Business

The AGM will continue on the same date every year (first Tuesday in December)

Neil Talbot expressed thanks for proxy voting for the FRA committee.

Fra chair Charmain Heaton has arranged for change of rules for entry fees next year, in an effort to attract members to the FRA. FRA members are seen to be more aware of issues and requirements for example regarding race safety. There will be a non-FRA member charge of £4.