

Committee reports

prepared for AGM



February 17th 2022



***Runners-next-the-Sea
Norfolk***

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Chairman's report

2021 was our fourth year as an England Athletics Affiliated Club and our second complete year as a member of Athletics Norfolk.

Unfortunately, 2021 was also the second year under the shadow of the Covid pandemic, which meant a slow and quiet start with very little going on. No club training, no parkruns, no events and probably a degree of skepticism about what we could do and how we would do it.

However, we were able to return to Club Training at the end of March starting our summer season in Holkham. Under Covid restrictions our coaching team performed an excellent job of providing a challenging variety of training sessions, keeping us all motivated and happy.

Thankfully, in May we were able to offer our Couch to 5k (C25k) beginners' course again recording two landmarks for the Club. The Wells course was led for the first time by Chris Palmer and Ceri Howell whilst Paul Woodhouse, Ant Cude and Paula Smith led the first C25k in Fakenham.

Both C25k coaching teams did extremely well bringing the beginners from couch to a virtual Holkham parkrun graduation on 10th July. These courses are a fun and fulfilling experiences both to participants and the coaching/supporting teams. They also meet a valuable objective of the Club in being part of its Community, encouraging people to run and promoting a healthy lifestyle.

Events began to dribble back by the middle of the year, using a variety of methods to ensure Covid security and the health of runners and marshals.

The Holkham Outlaw Weekend was another hugely successful event to which a good number of members took part, either running the 10k or half marathon, taking part in the Outlaw or having fun on the feed station supporting the incredible triathletes. My thanks to Hayley for organizing the feed station and keeping us all in order.

July witnessed the long-awaited return of parkrun and whilst initial attendance began a little subdued it was soon back in full swing as confidence returned. Our RntS parkrun takeover on 4th December was great fun and I know our members greatly enjoyed being involved.

The only RntS event which was able to take place this year was our annual beach run. We had a fortunate weather break and a normal start after last years staggered start. This year we collected voluntary donations for the Wells Carnival Committee. My thanks go to the many marshals who attended this event to support our amazing runners.

Invisible behind the scenes the Club Committee plays a vital role in the smooth operation of the club. Forced to meet using zoom over the past year has not made life easy but we have worked through the process and I hope that all members recognize the good work of the team as demonstrated by the success of the Club.

My sincere thanks to this year's committee members
Chris Palmer - Secretary, (Male) Welfare and COVID Coordinator
Clare Riseborough - Treasurer
Ceri Howell - Membership Secretary
Mark Riseborough - Web and Social Media
Lucy Harrison - Quartermaster
Angie Barker - Welfare (until August 2021)
Lynne Dowdy - Welfare (from August 2021)

Supported by
Jodie McCallum - Events
Amanda Marshall - Cross-Country Captain
Paula Smith - Norfolk Athletics Road Running representative

The Club coaching team expanded this year by the addition of Lynne Dowdy and Rachel Dawson, with Bob Lyddon in the last stages of his LiRF accreditation.

I hope that you and will share with me my gratitude to this marvelous team: Paul Woodhouse, Anthony Cude, Paula Smith, Ceri Howell, Chris Palmer, Lynne Dowdy, Glyn Ingram, Rob McPaul and Evette Price for their time, patience and commitment.

This will be my last year as Chairman of our wonderful Club. Evette and I started the club back in 2014 encouraging a small group to run around the Alderman Peel Sports Field. We soon evolved to running around the Streets of Wells and in 2018 were able to make the leap into England Athletic Affiliation, becoming part of the mainstream running community in Norfolk. The last two years of the Covid pandemic have been difficult for everyone and certainly put the brakes on some of the Clubs plans.

However, 2022 is looking good. Cat Foley-Wray and Liam Dawson stepping forward to become the core of the RntS event team has produced some wonderful ideas for the forthcoming year.

New members joining the committee and a new Chair will refresh and revitalise the team. Our Coaching team continues to expand and mature meaning ideas and motivation will be taken to the next level in challenging and fulfilling training sessions.

I am proud to say that I am a member of Runners-next-the-Sea.

Thank you.

Kevin Short

Membership Secretary report

Despite 2021 starting with restrictions in place, the club has continued to go from strength to strength and finishes with a very healthy membership.

By the end of the year, we had:

136 members (7 of whom we are the 2nd preference club)

- 4 juniors
- 94 renewals
- 42 new members - 13 of those joined from our C25k programmes run in early Summer

Last year we had 104 members.

As the club continues to grow, we actively continue to develop our capacity to offer a variety of sessions and training opportunities for members.

- We now have 11 qualified coaches
- 8 Leaders in running fitness (LIRF)
- 1 Member in the process of becoming a LIRF
- 1 Coach in Running Fitness (CIRF)
- 2 Endurance coaches
- 14 volunteers

During the year the committee has reviewed the membership process and information you receive.

As a result of the review when you renew membership or become a member for the first time, you will receive a club handbook and membership card. The committee hope you will find the handbook a useful source of information.

Remember: 'It doesn't matter how fast or how far you're going. If you're putting on your shoes and going out for a run, you are a runner, you are in that club, our club.'

Ceri Howell

Treasurer report

Runners-next-the-Sea Income & Expenditure Statement For the year ended 31/12/21

Income	£
Membership Income	3,285
Clothing Sales	1,460
Couch to 5k	270
England Athletics	230
Beach Run	120
Lions	100
Holkham	50
Total Income	5,515

Expenses	
EA Registration Payments	1,915
Clothing Payments	1,792
Computer costs	243
Trophies/medals	174
England Athletics Fee	150
Athletics Norfolk Fee	119
Charitable Donations	75
Total Expenses	4,468

Surplus for the year 1,047

Runners-next-the-Sea Statement of Assets For the year ended 31/12/21

	£
Surplus Brought Forward	5,300
Add: Current Year Surplus	<u>1,047</u>
Total Club Funds	<u><u>6,347</u></u>
Represented by:	
Bank Balance	6,181
Paypal Balance	166
Cash	-
Total Bank And Cash Balances	<u><u>6,347</u></u>

Treasurer's Report

2021 has been another good year for the Club with a surplus of £1,047 generated. Membership was the biggest source of income, followed by clothing sales. Unsurprisingly membership payments to England Athletics and for clothing purchases were the two biggest expenses.

We were fortunate to receive funding from England Athletics and this allowed us to purchase a Zoom membership which has allowed virtual committee meetings along with a Facebook plugin for our website.

Thank you to the Wells Lions who kindly donated £100, and to Holkham for their donation of £50.

Hopefully as restrictions ease further in 2022 we will be able to use the surplus funds for Club events.

Claire Riseborough

Web and Social Media report

Things are starting to look a little more normal following the previous year of cancellations. These stats run from the first events of 2021 (April) to the end of January 2022.

- 76 members of the club took part in an official/measured event (59%) compared to 54 (56%) last year (a great increase considering the growth of the club)
- Between them a total of 51 different events (38 more than last year!)
- The average runner did 2.78 events at 11.6km (10.8 average last year)
- Which meant that 214 pieces of bling were earned (95 last year)
- The total distance ran by the club was 2326km which would get you from the Village Car Park at Holkham to the Rosenborg Castle in Copenhagen, give you a sightseeing tour of the gardens and the crown jewels and then back again

Shout outs

- Nur who covered 199km in her 5 events but was beaten to highest average by Glyn who topped an average 47.5km in his 3 events.
- Cam completed the most events at 11 compared with the greatest number of 5 last year. It's amazing the difference a year makes!
- Most attended events this year were a draw between Run Sandringham (a combination of 10k and HM) and the inaugural Pensthorpe 5k. No Hunny Bell last year....
- 176 active members in the Facebook group this year which mirrors the growth of the club (partly thanks to the C25k course), Over a period of the last 10 months, there's been nearly 600 FB posts, over 3,200 comments and almost 11,000 reactions! That's social!

What a lovely bunch you all are!

Mark Riseborough

Quartermaster report

During 2021 52 individual orders were placed for items of RntS branded kit. Orders were, as in previous years, submitted to our supplier three times, in February, July and October.

Holkham Blue kit

Following the success of the Coast Path challenge, the t-shirt proved very popular, so we added a RntS equivalent to the online shop.

Popular items

- 38 Holkham Blue vest and t-shirts
- 26 White vest and t-shirts
- 15 hoodies

Use of Holkham Blue as a club colour

The committee proposes adding Holkham Blue vest and t-shirts as a second registered kit with England Athletics. This will mean there are two club colours, white and blue.

Minor brand changes

Some minor changes have been made to the design of our branded items as outlined below.

1. A new font for our logo

Old font – Comic Sans



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New font – Arial Bold Italic



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2. Front of vest and t-shirts

An embroidered logo and club name to left breast will replace the full print logo and club name. Printed logo remains on back of vests and t-shirts. This mirrors the branding of the hoodies. Use of safety pins to affix race numbers contributes to elements of the logo coming off/being damaged, this change should help to minimise this issue.

New product ideas

A request has been made for a long-sleeved training top. Please indicate your interest via the poll which will be added to Facebook in the coming days.

If anyone has specific ideas for branded kit items, please email clothing@rnts.co.uk.

Lucy Harrison

Events report

Club Handicap

A two-mile handicap run to take place four times between April and September, dates are: 18th April, 13th June, 8th August and 5th September. Suitable for all abilities. If you do not wish to run, please volunteer to assist with timing and join us for a mini social of `shared cakes` following each run. Who will beat their handicap the most?! Usual training start time at Holkham. Don't forget, these handicaps form part of the Club Championships!

Club Championships

This will run alongside the club year, 1st April 2022 to 31st March 2023.

A selection of races including road, XC , track and field and volunteering opportunities. For each race/voluntary role you do, you earn a point. Ultimately, points make prizes!

The minimum number of events you need to complete is three, there is no maximum. The more events you do, the more points you get, and the higher up the prize hierarchy you go! Prizes will be split into categories based on how many events are completed e.g., three events, four to nine events etc. There will also be a "scoreboard" available for all to see to encourage some friendly competition between us all!

Please ensure you either email Cat at events@rnts.co.uk or message her via Facebook once you have completed each event in order for the score board to be updated. (The prize hierarchy will be confirmed shortly).

Club Championships event calendar

April 17th	Fakenham Active 5k plus volunteering roles (more info re volunteering to come)
April 18th	RntS Club Handicap (2 miles)
May 8th	Aylsham 10k
May 14th and 15th	Norfolk Track and Field County Championships at UEA
May 15th	Dereham 10 Mile
May 22nd	Alex Moore Relay (2.2mile lap)
May 29th	Holt 10k
June 13th	RntS Club Handicap (2 miles)
June 25th	Eastern Track and Field Championships, Cambridge
July 2 nd	Holkham 10k
August 4th	Wells Carnival run plus volunteering roles *
August 8th	RntS Club Handicap (2 miles)
August 21st	Dereham 5k
September 5th	RntS Club Handicap (2 miles)
September 25th	Run Sandringham 10k
October 23rd	Norfolk Gazelles Relay (5k legs)
November 6th	Houghton Hall XC
Dec 4th	RntS Open Beach Race *
Dec 10th	parkrun on tour
Tbc	Holkham parkrun takeover *
2023	Hunny Bell Cross Country – Stody Estate – date tbc
	Keith Ward Memorial Open Track meeting – date tbc
	Eastern Indoor track championship – date tbc

*please note all volunteering roles will need to be fulfilled before members can enter these races

Beach Race

The club have decided to make the annual Beach Race an open event, this will be a great opportunity for the club. This is being held on December 4th 2022. This is a huge project which will need lots of planning and support from everyone. No entries will be accepted from RntS club members until all volunteer roles are filled. We will be sharing a list of roles that will need to be filled and other jobs that we will need support with, in the lead up to the race. Please support us!

RntS Club Presentation Evening

We will be holding the 1st RntS Presentation Evening, complete with awards, food, music, and I am sure you will all provide the dance moves! This will mean that the awards will no longer be given out at the AGM. It will be wonderful opportunity for us all to smarten ourselves up, wash off the mud and sweat and enjoy a purely social evening together. This will be a ticketed event for which there will be a charge, however it will certainly be value for money. The event will be held at Wells on 30th April 2022, details will follow.

Family Beach Day

Sunday 10th July will see us embarking on the beautiful beach of Wells for a family friendly day of fun. This will include three mini training sessions suitable for all abilities, bring your own picnic, a RntS rounders match- Wells V Fakenham?! Followed by optional fish and chips at the Quay.

This is an event for all the family and extended family members. There is no expectation for you to do the sessions if you don't want to, just come down and enjoy the beach and have fun! (There will be no club training session the following day).

Christmas Quiz

As the big day gets closer, another solely social event of a quiz and a raffle. Plan is to be held in a local hall. Date TBC nearer to the time.

Thanks for reading, hopefully you made it to the end! Get the dates in your diary and enjoy!

Cat Foley-Wray & Liam Dawson

Club committee structure

