

**Location:** Lliswerry School, Main Hall

**Attendees:**

Committee: Sarah Lauder, Simon Gill, Emma Wookey, Martyn Jones, Teej Dew, Steph Rhodes, Chris Davies (Apologies: Paul Day & Ruth Ovey)

Members: Approximately 100

**Meeting Notes**

**1. Welcome & Introduction (Chris)**

- Commemorative 500 T shirt presentation & cake cutting - Congratulations Lewis McLoughlan for being our first ever 500th concurrent member.
- Chris explained how this was a landmark in the club's 34 year history.
  - 1985 - 2004: 20 Years John Hill - Building the foundations - membership 50/60
  - 2004/5 - "Lean years" membership 37
  - 2010 - Membership was 80 but wish dot get to 100 for sustainability. Decision to start Newport parkrun (with NEWT & Caerleon support). Then Newport junior parkrun, Lliswerry Juniors, C25k (2013), Riverfront parkrun all followed and more recently NUTs.
  - TODAY: Transformation of the Club into a Community - Membership 555 (up approx 12%)
- The AGM purpose
  - To review our successes over last 12 months.
  - For the members to vote upon who will run the club as committee members over the next 12 months
  - Show the wishes the members coming from the 2019 Club Survey

**2. Seniors Achievements (Laud)**

- Team successes in GLCL and other local races
- More members completed marathons than ever before, particularly females
- More different marathons completed than ever before
- Club relays were a hit again. Our target is to allow every member who wishes to participate in a relay event. More events need to be identified by members.

### 3. Juniors Achievements (Emma)

- Junior Membership up to 78 (56 last year), including 14 new members as a result of NUTs launch
- Lliswerry juniors now high profile at all local 2k races as well as junior parkrun.
- Culture is about having fun. No pressure but relying on individual's own competitive instincts
- Thanks to Neil (Junior Membership Sec) & all the coaches.

### 4. Inclusion At Lliswerry (Teej)

- Teej explained about the drive for inclusivity from the members (coming from the surveys over the past years) to be more representative of the surrounding community.
- As the Inclusion Officer on the Committee (from summer 2019), Teej shared her own experiences of joining the club and the welcome, regardless of & with no expectations of capability
- She was proud to announce the Blue Ribbon Award just received from Disability Sport Wales. Not only does this signify to this with disabilities that they would be welcome at Lliswerry but also demonstrates the maturity of our policies and practices the standard of which is exceptional for volunteer driven organisations.

### 5. New Welfare Policy (Martyn)

- Chris identified that the new Policy (already on the Lliswerry Website) replaces the former reference to a general British Athletics Practice (now obsolete) and is tailored to the club's needs.
- It refers also to our existing Social Media Guideline (also on website).
- Martyn identified that 26 Lliswerry Facebook Groups had been reduced to 6 which will become the only ones under club responsibility, allowing them to be monitored effectively by him & Ruth.
- Chris identified that the risk to members was highest from those Facebook Groups which contained non members as there has been instances in the past of grooming using Friend Requests. None of these will be amongst the Groups which Lliswerry will endorse.
- A list will be posted up on our website of Facebook Groups meeting the standards of the Welfare Policy & the Social Media Guideline. **(Action; Chris/Martyn/Ruth)**

## 6. Treasurers Report (Steph)

- Steph stated that copies of the accounts showing the details were available from her for any members who wishes to see one.
- Highlights were stated as:
  - The club has sufficient balance to survive a cancelled Lliswerry 8 and still provide adequate cash flow for the club to function
  - There was excess in the account which would allow investment in (for example) coaching courses & providing Ruth's S&C class free of charge.
  - The main contributors to revenue are Lliswerry 8 and Annual Membership fees (despite these being frozen for some years)
  - Main outgoings were identified as facility hire (more stadium charges as more track sessions requested from members in the 2018 survey), relays, vests for new members

## 7. Members Survey Outcome & Future Plans (Chris)

- We've received 211 responses, higher than any previous annual survey and approx 45% of senior members.
- The main outcomes (full details in slides) were:
  - Proportionally more new (< 1 year) members in the club, many attributable to the success of the Couch to 5k and 5 to 10k programmes organised by Ryland. Liz read out the following:
    - *On behalf of Ryland and myself, I just wanted to acknowledge the fantastic c25k volunteers and to say thank you for their and the clubs support.*
    - *This current programme alone will see over 700 hours of volunteering, a phenomenal number of hours from members of both Lliswerry and Caerleon, and previous couchees that are not aligned to either club.*
    - *Whilst organising couch 25k is not a straightforward or simple task behind the scenes, it would be made far more difficult if it wasn't for these wonderful people who show up three times a week over 9 weeks, twice a year, to lead and support our three groups.*
    - *To see our couchees go on to do the 5-10k programme, join one of the clubs and then give something back by volunteering at the next programme is exceptionally heartwarming. We're especially proud when couchees go on to bigger and better things, like Nick Cadman, not only a former couchee, but now a reliable and brilliant leader of group 1, and a recent marathoner too! It's incredible to see where couch can take you and so many others that have*

*challenged themselves, not believing previously that they can even run a minute!*

- Most popular goal is Half Marathon followed by Marathon
- Members are requesting more trail & cross training
  - John & Brigitte identified opportunities for cycling with VC Newport which had more female riders now & more groups
- Satisfaction levels are exceedingly high given the size of the club but work needs to be done with regard to the welcome and introduction of new members into the club. So a team of Meet & Greeters will be formed to make contact with new members. They also need the Club Championship explained as not all will read the guidance on the web site.
- There was an amazing number of expressions of interest regarding coaching, helping on special projects & potential committee positions but many respondents didn't identify themselves.
- All of the "free text" responses had been read & categorised. The highest of these related to:
  - Training (including Training Groups, so new guidelines have already been released)
  - Communications (a sub committee will be formed)
  - Welcome (Meet & Greeters)

## **8. Thanks To All The Volunteers! (Chris)**

- Chris gave a special mention to those members who had dedicated their time to making this such a successful year for the club

### **Club Committee**

Paul, Emma, Laud, Gilly, Steph, Ruth, Martyn, Neil, Liz & Teej.  
Chris & Ceri for their efforts before leaving in the Summer.

### **Lliswerry 8**

Paul, Chris & Ceri and everyone who volunteered on the day!

### **Non Elected Volunteers**

Alun (IT), Miles & Liz (Communications), Gayle/Rob (Financial Auditing), Nick + Roni (Kit), Constitution Working Group, Olly & Club Championship Panel Members

### **Coaching Team**

Emma & Junior Coaching Team, Laud & Senior Coaching Team,  
Ryland & C25k Volunteer Team

### **9. Election Of Club Officers (Chris/Laud)**

As the Constitution requires, the Clubs Committee must stand down every year & those who wish must seek re-election.

The meeting re-elected the existing committee members for another 1 year term.

Sadly Paul (15 years service to the club) & Steph (3 years service) will be standing down during 2020 so those interested were requested to contact the committee for further information. The recommendation is to shadow these roles in advance of deciding to stand.

### **Chris Davies**

Chair, Lliswerry Runners

Date: 24th Oct 2019