

## **GALA HARRIERS AGM 1<sup>ST</sup> OCTOBER 2009-10-03**

**PRESENT:** Neil Renton, Rosi & Graham Capper, Magnus Ingles, Angela Foss, Leanne & Andrew Haining, Tina Hulton, Billy McCulloch, Paul Daly, Scott Forsyth, Anne Laurie, Anne Pruves, Gillian Duncan, Rachel Fagan, Alison & Ian Wilson, Paul Morris, Martin Clarke, Derek Bryson, Tommy Knox, Fiona Shepherd, Robin Murray, Davie Darroch, Tony Lunn, Eileen Nicol

**APOLOGIES:** Karen Renton, Caroline & Will McDermott, Graeme Murdoch, Earl Kobis, David Hunter, Sheila King, Gerry Moss, Fiona Forrest, Diane Lauder

**MINUTES OF AGM 2008:** Proposed as a true record of the meeting : Tina, seconded: Derek

It was noted that the action points from this meeting had been carried out within the subsequent year.

### **PRESIDENT'S REMARKS:**

It's been an enjoyable and challenging first year as president. The responsibility of the post is an easy one to bare but making things happen is the difficult bit to achieve. You rely on club members to volunteer their free time to plan, organise, coach, fund raise, marshal, write reports and minutes, update and maintain the website, photograph, keep track of finances and most of all run and compete. On the balance I would say we do a great job at some of these and get by on others.

I would like to thank the other 2 main office bearers, namely Eileen Nicol and Martin Clarke who are heavily involved in many of the tasks I mentioned previously. These posts are integral to the successful running of the club and they have done a fantastic job yet again.

The senior membership at 85, was slightly higher than the previous couple of years with some members falling by the wayside and some new members coming on board. The junior membership, although supposedly capped at 50 is actually higher than the previous year with 60 recruits on board.

There is a considerable amount of work in organising the membership and I would like to thank Tina Hulton for her enthusiastic support in undertaking the membership role over the last year and to Anne Purves for the thankless task of junior role call over the summer.

One of the objectives of the club is to remain in the public's view. This does not happen on it's own and the many race reports and story's that appear in the local press comes down to one person, namely Rosie Capper. I know she puts many hours of her time into writing creative and entertaining reports, mainly on a Sunday evening when the rest of us are putting our feet up. Rosie has been undertaking this role for a few years now and she captures most items and events that keep the masses happy, we all like a mention in the paper, and I'm sure you would all agree she does a fantastic job.

I'm leaving the club captains to report on the running successes of the club, but I would like them both of them, Magnus and Karen for their efforts over the last year.

Personally, I've enjoyed the variation and renewed vigour that the coaches have placed in organising their sessions recently. We have tried as a club to be more focused on our training objectives, and I would like to thank all the coaches for their continued support and effort over the last year and for giving up their time to coach and mentor other Gala Harriers.

Neil Renton and Graham Capper have done a great job yet again, looking after the juniors and developing talent not just over the summer months but also during the whole year. I'm hopeful that the young athletes that they coach grow-up to feel the same way as I do about the club, and keep on training and competing for the club as the years role on. I would also like to thank Alec McGregor for his contribution over the summer months in coaching different athletic events to the juniors and to some of the coaches, which includes me.

Much effort goes into organising races and I would like to acknowledge the work of all club members that took on the role of race organisers during the last year. In particular Robin Murray for co-ordinating our leg of the Borders Cross Country league, Magnus Inglis for organising the Gala 10K and Paul "the shrink" Morris for arranging the Eildon 2 hills race. It's good to see the popularity of these events increasing, getting large turn-outs for events seem to make all the effort more worthwhile and we have a duty to strive to promote and improve events as much as possible with the aim of getting more local people involved with these runs. Just touching on the 2 main club runs open to all the running numbers are as follows:

Race/Year	2007	2008	2009
Eildon 2 Hills	61	54	71
Centenary 10K	90	105	127

Continuing on this theme, I would like to emphasise that the club races are for you and we solicited opinions and changed race formats to suit our members and I therefore believe that all members come along and support these races whenever possible. With this in mind I'd encourage all of you to come along and compete in the Ladhope Cross Country this Saturday, starting at 11AM over a new and challenging course.

One of my personal objectives is to ensure the club remains accessible, open, friendly and welcoming. I don't want individuals to be scared or apprehensive about joining the Harriers as we are "elite runners" but I would like us to be known as a family running club and a family of runners. Thanks to all of you that make the effort to make new runners feel welcome and keep up, the good work. Also thanks should go to Fiona Shepherd for her efforts over the last year for organising all our social events, which many of us have attended. It's also good to see the hill running group maintaining their efforts and another thanks out to Paul for leading the way every month on those sessions.

The way forward for the club will only be achieved through a structured and organised fashion, with club members taking on the required workload and the committee controlling the direction. With this in mind thanks to all the committee members for turning up to and contributing over the last year. We a development plan

and the Club Mark structure which will be the vehicles that drive the club forward as they address, coaching, development, safety, best practice and force the club to be organised. We need assistance in developing and implementing these plans and now we need to look outside the committee for assistance if we are to move these forward with increased speed and vigour.

Thanks to Leanne Haining for organising the buffet tonight, the YM for allowing us to host the AGM and the bar staff.

Finally, it's important that I take the opportunity to wish both Davey Darroch and Carole Fortune speedy recoveries. They are both loyal Gala Harrier's and they both face different obstacles on the road to recovery and I look forward to the day when I see them both competing in the green and white vests of Harriers again soon.

### **CAPTAINS REPORTS:**

**MEN'S CAPTAIN:** Magnus's report focussed on race attendance & race achievements throughout the year. It was noted that attendance at X/C races was highly variable through the season, with Graeme Murdoch & Euan Jardine being highlighted as the front runners for the Harriers in these races.

The club had no representation at either East District 1/2M or 10K.

Other individual mentions went to Dave Nightingale who was 6<sup>th</sup> in his age group at the Nat 1/2M championship race in Dunfermline, Euan Jardine who was selected for the Scottish team for the Snowdon International Mountain Race, although he had to miss the event due to illness, Bob Marshall 1<sup>st</sup> in age group at the Scottish vets 10K road race, Graeme Murdoch 51<sup>st</sup> in Great North Run, Graham Capper 1<sup>st</sup> Old Stag at the Deerstalker.

At club races the attendance was good, but not necessarily with runners as there were often more marshals than runners!

Good wishes were extended to Davey Darroch for a speedy & full recovery.

James Curren was inaugurated to the Scottish Borders Hall of Fame in recognition of his coaching achievements.

Thanks were extended to the club coaching team for their input over the past year & the captain also thanked Tony & Graeme for their assistance to him in fulfilling his role.

**LADIES CAPTAIN:** In the absence of Karen the ladies' captains remarks were read by Neil.

'I apologise for not being able to deliver the captain's remarks again this year, this means I have to rely on Neil to pass on the review of the year 2008/09 for the ladies section of the Harriers.

The ladies section of the club has a lot to live up to, as having reached a very high standard in the past it is inevitable that performances and numbers of competitors involved in races takes a step backwards as it is impossible to stay at or near to the top forever. However this does not mean that success cannot be met again.

We must look to the younger members joining the club (I do not refer to juniors ) but if somehow we can interest the late 20 somethings, it would filter down to getting even younger females in their early 20s coming to the club. This is the group that will develop and bring success to the club in individual and team performances.

This year I have worked hard to try to eliminate the 'fear factor culture' the club has adopted and eventually I think I am making a breakthrough. This has also been aided

by the Queens Centre having their fitness classes and younger people who do a wee bit of running being interested in what the Harriers are doing.

At this point I would like to call on all members to express that the Harriers is not an elitist group of runners but a group of runners that need all ages and abilities to succeed and go forward as a club.

I believe that by targeting this age group 20-30s, the gap with developing juniors will bridge and the club will have achieved one of the goals they have been working towards. This also applies to the male section of the club. The Harriers must focus on the vision in the Clubmark.

This past year has seen success in the club from the ladies Kate Jenkins once again winning the Moray marathon, Gillian Duncan winning Hawick & Kelso 10K & Rachel Fagan winning the Lommonds of Fife hill race.

The X/C saw the ladies finishing comfortably in the top 10 teams in the East and District races. The league races saw a poor turnout with on 2 occasions a solo Harrier competing.

There was a good turnout of females at the Borders X/C series, 10K ½ M & M over the season.

Dianne Lauder was the highest ranked this year by receiving an East vest running in the Inter District X/C and both Dianne and Katy Anderson were selected for the East district 10K road match in Edinburgh. I am sure Dianne would like to take this opportunity to thank all club members who travelled to Edinburgh to support her and the selected juniors who ran that day.

The Harriers pride themselves in being linked to the Police! Dianne, Gillian and Stevie competing with some very good performances.

This is the 2<sup>nd</sup> time, if not 3<sup>rd</sup>, I have been the retiring Ladies Captain. Each time has been a different experience that I have embraced with pride. The feeling that you can encourage others to achieve, excel and be part of the club gives me great pleasure and I hope my successor can experience the same rewards.

The post does require a bit of knowledge of Scottish Athletics rules but there is plenty of knowledge within the club to tap into.

I know my successor as Captain will have the energy and motivation to take the ladies legacy forward. I will be around through coaching/mentoring if they need advice or guidance.

Finally I would like to thank the Club, Gala Harriers for giving me the opportunity to meet such an abundance of wonderful people/friends.

Junior report: by Neil Renton

The last year has been a successful period for several of our young athletes. Gala juniors have competed with distinction on the track, cross country and on the hills.

The 2008-09 cross country brought an early success with Alice Haining winning gold at the East District Championships at Cupar in the under 15 age group. Rowan Marr won his first Championship medal finishing second in the under 13 race. With Kerry Sandilands finishing in the top 10 in her race, all 3 were selected for the East team at the Inter District Championships. The under 15 girls excelled in winning the silver medal, Hannah Jones, Emily Jones and Alice Haining won the first junior team medal for a Gala team. In the local Winter cross country series several juniors were winners in their respective age groups. Hannah Jones, Gillian Sandie, Rowan Marr and Cameron Fair all finished in first place. At the Scottish Schools cross country both Rowan and Kerry both made top 10 finishes. The success for Alice Haining continued with her selection for the East of Scotland team at the Inter Counties in Nottingham

with the East team winning a bronze medal in what is effectively a British championship race. Haining was also selected to represent Scotland in the Celtic Cross Country International in Wales finishing in a magnificent second place, leading her team to first place and Scotland in winning the Celtic cup. Building on this she was picked for Scottish Schools in the Schools International where despite being one of the youngest in her race, she was second Scot over the line. Indoors saw Sophie Elder win bronze over 300metres at the Scottish Schools in the under 16 age group. With the Summer season underway, the young Harriers took to the track and hills, again Alice Haining to the fore winning the under 16 Scottish hill running championships at Ben Lomond. Several Gala athletes competed in the Borders Athletics games' with several wins being notched up by the speedy juniors. In June the Scottish Schools Championships were held at Grangemouth, again several Harriers made the journey to compete. Demi Yorke being the pick of the Borders athletes winning 2 gold medals, a win in the long jump with a leap of 4.91 metres and a comfortable 100m victory in 13.24. In the 1500metres, Lucy Henderson-Morris and Kerry Sandilands made their finals finishing 8<sup>th</sup>, 5<sup>th</sup> respectively. Sophie Elder was 7<sup>th</sup> in the 200metres final in 27.53 seconds. The Scottish Age Group Championships were next on the hit list for the Harriers where Emily Douglas made the 100m final in the under 17 age group and Rebecca Caswell who trains with the Harriers finishing in 4<sup>th</sup> place. In the under 15's Demi Yorke finished 5<sup>th</sup> in the 100metres final, 8<sup>th</sup> in the 200metres and 4<sup>th</sup> in the long jump. Rowan Marr made the final of the 1500metres as did Lucy Henderson-Morris. Back in the older age group Emily Douglas and Sophie Elder finished in 5<sup>th</sup> and 6<sup>th</sup> in the 200metres final.

As the Summer drew to a close, the Junior International hill running trials were staged in Menstrie, Rowan Marr was third in under 14 boys, a fine performance considering this was his first real venture into hill running. In the under 16 girls, Alice Haining was a convincing winner of the trial ensuring her selection for Scotland in the forthcoming Home International in Sedbergh.

The Winter season ahead promises to be a real challenge for our youngsters with several of them moving up in age groups, but with continued training there is no reason for them to feel that they may be out of their depth. Some of the youngsters may join in with the seniors during their sessions, so beware. It would be great if the club's senior athletes took up this challenge and worked with and supported them as they aim to progress.

**TREASURER'S REPORT:** Martin had prepared a detailed balance sheet. This is to be posted on the club website. ACTION TONY

Notes from the accounts: It was noted that despite the honesty box payment being doubled last year from 50p to £1 that the income from this had not increased. This is thought to be due to a down turn in members attending training sessions, rather than people not paying.

An expense/reduced income to the club this year is that junior members were given a free club vest.

The races hosted by the club this year ( Eildons & Centenary 10K ) both showed a small profit – the 1<sup>st</sup> time in recent years.

The cost for closed club races still remains at £1.

The treasurer proposed that we continue to support a local charity in this in coming year.

When the accounts were audited it was highlighted that the treasurer did not have receipts to support all out going expenditure. The treasurer requested that if an

individual has to make payment to the club & is also due monies back that the two transactions are dealt with separately i.e. the full amount owed should be paid in & a cheque will be issued for the full amount of expenses incurred.

### **ELECTION OF OFFICE BEARER:**

President: Tony will continue for 1 more year

Treasurer: Martin re-elected; proposed by Tommy, seconded, Tony

Secretary: Fiona Shepherd elected ; proposed by Anne Purves, seconded Martin ( due to study commitments the changeover will be postponed until January 2010. Eileen will continue in post until this date ) Fiona will also continue with role as 'Disclosure coordinator' & social organiser.

Ladies Captain: Rachel Fagan elected ; proposed by Gillian Duncan, seconded Tina

Men's Captain: Magnus will continue for 1 more year.

Ordinary members: Tina to continue ( also to continue as membership coordinator)

Anne Purves; proposed by Tony, seconded Tina

Paul: proposed by Tony, seconded Derek

Anne Laurie; proposed by Anne Purves, seconded Tony

Derek: proposed by Gillian, seconded Eileen

Billy McCulloch; proposed by Tina, seconded Eileen

Scott; proposed by Gillian, seconded Tina

Rosi will continue as press officer.

### **AOCB**

Clubmark & Development plan: Clubmark is a recognised set of standards for a club achieve. Gala Harriers Development Plan is a separate document. However the 2 sets of standards to crossover. Progress to achieve these goals has stalled as there has only been a small & constant group of members involved with these initiatives. We need more club members to come forward to offer their assistance & take an active role in helping move this forward. Two key areas which should be looked at as priority are sponsorship/grants & engaging with parents & other non-member groups eg students to come along as volunteers to help out at training etc.

An email is to be sent out to members giving more detail as to what would be the required involvement. It was suggested that rather than ask for names of individuals who would help we should perhaps ask for names of those who feel that they definitely would not be willing to help. ACTION TONY.

Junior members: There has been some confusion among junior members as to what training their membership covered i.e. just for the summer season or for a full year. There is also the issue that most juniors join at the beginning of the summer season, but those who are members under a 'family membership' will have joined in October. A proposal was made to align all membership years to run April to March – this was carried by a majority vote. ½ year membership to be issued to seniors or 1 ½ year  
ACTION TINA

It was clarified that any junior member will be entitled to year round training, which will be multi-event during the summer season & running only at other times of the year. Due to insurance issues the minimum age for junior membership remains at 8yrs. A letter will be issued to juniors with this information. Eileen will draft a letter & send to Neil. ACTION EILEEN

Fees:

It was agreed that club fees would remain unchanged for the coming year:

- Senior £25
- Junior £20 – to include an item of kit
- Family £50
- Concession £20 (unemployed, students, OAPs)
- Honesty box £1

Club funds: The president informed the meeting that the club has significant funds & that suggestions were welcomed as to whether there was anything that the club could buy or paying for.

Proposed suggestions:

- Coaching
- Update website
- Pay for assistance from students (work experience)
- Marketing
- Intensive coaching weekend away
- Hill running weekend away
- Subsidise social event
- Subsidise kit
- Tent

Above issues all to be considered at next committee meeting ACTION TONY

Race organisers:

- X/C championship – Robin
- Borders X/C series – Robin & Leanne
- Eildon hill race – Paul
- Centenary 10K – Magnus will let the committee know his decision
- Henderson – Paul
- Hollybush – Rachel & Derek
- Ladhope – not decided at the AGM
- Track races – to be discussed by the committee

Race during Braw Lad's gathering:

Phil Macari is keen to have a 5K town race during the Braw Lad's gathering. Tony to discuss this further. ACTION TONY

Next committee meeting:

The 1<sup>st</sup> meeting of the new committee will be 15<sup>th</sup> Oct 2009 at 8pm at YM Roxburgh St.