



Abingdon Athletics Club

Chairman: *Nic Hamilton* Club Secretary: *Lisa Astbury* Treasurer: *Steve Smith*

ANNUAL GENERAL MEETING

Tuesday 17th January 2017, 8:15pm
The Manor Preparatory School, Abingdon.

Minutes

Present: Emma Moore, Pete Stepney, Andrew Garner, Nic Hamilton, Paul Goddard, Roy Lewis, Becks Compton, Mark Lewy, Erica Woosey-Griffin, Nina-Juliane Steinke, Lisa Astbury, Noel Blatchford, Mark Shepley, Beth Kirk, Jo Worth, John Styles, Athena Chown, Luke Chown, John Harvey, Steve Smith, James Wigmore, Cliff Penton, Sandar Wade, Helen Nash, Marc Juffkins, Kent Dixon, Ken Welby, Julian Moore, Thornton Greenland, Laura Wilson, Duncan Talbot, Ron Jones,

1. Apologies for non-attendance

Judy Howard, John Stead, Paul Fernandez, Mike Smith

2. Minutes of AGM held on 19th January 2016

Approved without comment

3. Matters Arising

Nil extra as above.

4. Chairman's report – Nic Hamilton

The club continues to grow our programs of Fundamentals and Transition is oversubscribed with a waiting list of 125 youngsters. Adults joining the club has increased this year, although at a slower rate than 2015. In Seniors and Vets, for the year 2016, we attracted 57 new members. Contributing to new members joining the club is the 'Couch to 5k' programme. My thanks to Becks Compton, Maria Hamilton, John Styles, and Caroline Hutchings for organising and running the sessions. In its 12th year parkrun, and our close links with Abingdon parkrun provides a meeting point every Saturday for our club runners and is another potential entry point for new members. The popularity of this event for our club members is reflected in the increased number of parkruns undertaken by AAC runners totalled 2037 in 2016, compared to 1709 in 2015. My thanks to all parkrun, runners and marshals who have given up their free time to marshal the Abingdon Marathon in 2016 or helped host other events. Further work is needed to establish clear pathways for entry to the club in 2017.

At the junior level the hard work and time invested in training and coaching our athletes is reliant on a dedicated team of coaches. My thanks to Athena and Luke and other coaches for putting together programmes and activities that inspire our young athletes. The groups set up are: Fundamentals, Transition, Endurance and Sprints, offering clear progressive paths for young athletes to develop their talents. The notable success of this part of our club, is reflected in the fact that we are oversubscribed. Through the coaching of young athletes,

many have been inspired to represent the club at Sportshall, Oxfordshire League, Midland League, a variety of open meetings, county, inter county and international fixtures. I would encourage more members to undertake coaching courses in 2017 so we can meet the needs of potential young athletes in the local community.

Track and field events continue to attract many of our senior runners and vet runners. My thanks to Marc Juffkins and Pip Terry for organising, cajoling and motivating our runners to compete in the Vets League. The weekly 'Thursday Sessions' on the track offered by Andrew Garner and Thornton Greenland are also popular and provide much encouragement for those wishing to represent the club in track events at a competitive level. The need to look at ways we can recruit more senior and vet runners into Track and Field events is an important aspect of improving diversity and breadth of running in 2017.

Cross - Country continues to attract many of our members. My thanks to all those organising and encouraging runners to take part. For the senior and vet runners, my thanks to Marc Juffkins for providing explanatory requirements to participate and managing entries. Offering regular training sessions for Cross – Country my thanks to Bernard Wilkins for organising venues and coaching athletes to levels that have achieved much success from our athletes in competitions both local and national. Increasingly, Jon Bones in his supporting role has made a significant contribution to both coaching young athletes and managing events on behalf of Bernard Wilkins, my thanks for his input to the many aspects of running on both track and cross country. In 2016-2017 there has been some difficulty finding venues for the Oxford Mail XC series. To avoid a repetition of losing the January event in 2017 we need to be more active in supporting and helping to organise events. Aspects to consider, include ensuring all clubs follow guidelines concerning conduct of athletes on the day, and seeking out new venues for 2017-2018 season. I believe the importance of the Oxford Mail XC series is that it brings together all the different age groups and is one where as a club we can share our achievements and by example encourage others to achieve.

Our competitive success this year, on track and field continues to be a strength. Now a firmly established part of our club calendar the Midland league saw us winning all four competitions. With the result, we have now been promoted to Division 3 for 2017. Notable individual success has been the five athletes who made the English Schools National Finals. The highest level that juniors can compete at, and the most in recent times who have competed at this level. Tiffany Cox, Dan Kelly, Sam Richardson, Zack Smith (White Horse and Abingdon) and Ben Claridge (White Horse and Abingdon). Ben Claridge went on to win the 400m final and has been selected to compete for GB juniors. Well done!

For our Senior and Vet runners, notable success this year have included Paul Fernandez setting a new PB running the Abingdon Marathon. Sarah Dudgeon breaking previous club records convincingly in both the marathon and 1/2 marathon distances. The summer Mota-vation Series saw Mark Lewy achieving third place in his age category. Contributing to this success, is the variety of training plans we offer on a weekly basis. These include track sessions, Tuesday night runs, Head Torch Runs and the very recent introduction of Sunday Ridgeway Runs. Continuing on the theme of success and diversity undertaking competitive events were Noel Blatchford Race Walking and Paul Fernandez winning the Ridgeway Challenge setting a new PB. It has been a privilege to share the stories of many of club members who have set new PB for themselves in 2016. The success of undertaking a varied training programme is evident in the number of AAC runners regularly achieving first, second and third positions in the local parkruns or setting new Pb's for themselves.

Social events, organised by Jo and Beth continue to thrive. Thanks to all of you who have organised venues, baked, taken orders and provided warmth, spirit and humour for all those attending. Notable events include our hosting of the County Road Relays at the Rugby Club, Christmas Pud Run and New Year's Day Run. I thank Noel Blatchford for providing me and others with detailed overview of what resources will be needed and clear plans to ensure the events are a great success. It has also been pleasing to see the growth in popularity of the monthly 'Chip Tuesday'. Two factors stand out, the change of venue to the Kings Head and Bell and starting all runs from Rye Meadow car park, thereby avoiding the need to get in a car

on completing the run. Volunteers continue to be needed, the reflection of the importance we place on this aspect of being a club member is we will require evidence of volunteering when applying for a club place in the London Marathon 2018.

For the club to function effectively the work put in by committee members has been invaluable. To cite all the contributions made by members is not possible in my overview. However, it is appropriate to recognise those moving on from posts for their significant contribution to the running of a large and thriving athletics club. Tracey Fernandez stepped down from her post this year managing many aspects of the young athletes' enjoyment and participation in our club. Her work was invaluable and we are still seeking to put together a small group of volunteers to take on her numerous duties. Temporarily, John Styles has assumed responsibility, managing club membership through MOJO. For senior and vet athletes, a core enjoyment of the club's activity is competing in Club Championships. In charge of planning and organising suitable competitions and venues my thanks to Julian Moore who stepped down this year to be replaced by Mark Lewy. Due to moving, Fiona Cobb had to step down from overseeing the merchandising of club vests. Her work transferring from our out sourced supplier 'Fit 2 Run' to AAC was considerable. Thanks to her and Erica Woosey – Griffin for supporting the transition, best wishes to Erica Woosey – Griffin in her new role taking charge of merchandising kit. The additional kit now available with the AAC logo is down to many initiatives of club members. Tasks included: the design of kit, promotion and sale of kit on our web site, thanks to everyone who contributed to this success. I am indebted to hard work and effort of Emma Moore, Press Officer, for her weekly tasks of checking results and communicating these to myself for weekly notices. Outlining forthcoming events, I would like to thank John Styles for providing clear and concise weekly e-mails. Any person not named please accept my apology, the success of this club is down to the considerable input from all the committee members. In 2017 I hope we will manage the considerable amount of work by setting up small sub committees of new volunteers willing to undertake specific tasks as they arise.

Following the completion of Track and Field facilities at Tilsley Park this year; I look forward to re-establishing Tilsley Park as the centre for our club and unimpeded access to the facilities on Tuesday and Thursday night sessions. Pete Stepney, Colin Mitchell and myself have been working with Tilsley Park Management Ray Lovell and Matt Walsh to share concerns and improve what we offer as a club. The first meeting detailed many incidents where rugby balls strayed onto the track, putting runners health and safety at risk. This is now reported to the management and at our second meeting this week I intend to go through each recorded incident and impress upon the management that one of our major concerns is that health and safety is being compromised.

Looking ahead we need to recruit more volunteers to take up some of the administration work for this large and expanding club. There is also a requirement to extend the number of people willing to take on roles as coaches. The new web site created and managed by Becks Compton is a key part of the club's communication to others. I would like to thank her for the many hours of work weekly that go into ensuring it's up to date. As we use ICT increasingly to make administration, merchandise of club kit and promotion events more effective. I propose we look at promoting more volunteers to input information for the web site as it continues to expand. To improve communication between all the different sections of our club we need to look at what specific tasks could be undertaken by smaller committees. With a remit for them to report back findings / solutions to the main committee within an agreed time frame. Once roles are identified, accompanied by a job descriptions the ways we recruit and support new members should be an early initiative by the committee to undertake the tasks highlighted in this and other reports. Accompanying this there needs to be more clarity accessing information; enabling those undertaking voluntary roles to use existing documents and understand the tasks to be undertaken. Continuing the expansion and revision of the range of runs we offer I hope new volunteers will also be forthcoming to continue the initiative of the Head Torch Runs and the Sunday Ridgeway Runs. A final thanks to all those who have contributed articles to the web site we project ourselves as a club that celebrates achievement and is inclusive of all ages and abilities. I look forward to a successful and engaging 2017 and thank the committee for supporting me in my first year as chairman.

5. Coaching Co-ordinator's report – Luke Chown

Training groups and the coaching teams have continued to grow and develop this year and the hard work the coaches put in has been reflected in some excellent performances by athletes in 2016. I cannot emphasise enough what a fantastic group of coaches we have at the club – thank you to all of you for the time you give, your commitment and flexibility in sometimes very hectic conditions. I'd also like to thank Nic Hamilton and the rest of the committee for being really supportive of what the coaching team is trying to achieve and investing in it – the new additions to the coaching team and the support to put three assistants through their Coach level qualification, plus further equipment purchases has enabled significant improvement in the training activities offered throughout the club.

Main highlights & achievements

- The work of the coaching team has been reflected in some of the great achievements this season as a club: we were champions of Midlands League Division 4 which is the highest position any Abingdon senior track and field team have ever reached, reached the regional final in the Vets League again and the turnout for the Oxfordshire junior league matches has increased since previous years.
- On top this there have been some fantastic individual athlete achievements this year, particularly at a junior level where 5 of our juniors qualified for the prestigious English School Championships.
- Continued high demand for our coaching groups: a waiting list is still required for the Junior groups which are at full capacity, many successful beginner's running groups in 2016 and expansion in other groups as well.
- Improvement in the provision of technical event coaching – which has resulted in 2 of our juniors being ranked top 10 in the country for throwing events!

U9-U13 Groups – Fundamentals & Transition Group

- Groups have become well established, with great communication between coaches to ensure we have a great the pathway for an athlete to start at the age of 7 and develop all the way through the club to event level. A number of athletes who have gone up to event groups from the junior groups in 2015 have had successful seasons.
- The coaching teams have been brilliantly flexible - sometimes accommodating a huge amount of athletes in order to enable new people to continue to join the club, whilst maintaining and expanding the range of activities and events available to athletes.

Event Groups – Endurance/Sprints Group

- Please see individual reports for each group to see some of the great successes in athlete development and performances in 2016.

Jumps/Throws/Technical Events provision

- Whilst this remains our weakest area in terms consistent coaching provision, good steps were made, with throws and jumps sessions taking place more frequently this year.
- Pole vault and hurdles sessions were run on an ad hoc basis throughout the summer and had good take-up. This enabled people to use these skills to compete in events for the club. In particular the hurdles coaching provided enabled a few athletes to really find their niche this year and they were very successful in the Midlands League over 100 and 400m hurdles.

Track/road running Groups & Beginners Groups

- The track and road running groups continue to run themselves very successfully and have needed little input from myself.

- Many graduates of the beginners programme are now heavily involved in the club on the road running/cross country side and some have also taken part in team track and field competitions in 2016.

Aims for 2017 (and beyond)

In the long term I would love to see continued development in the competitiveness of the club across all competitions and age groups, as well as dedicated training groups that cater for every events. At the centre of this though, we want to maintain our key value of athlete centred development which I think is really valued by our athletes and is our USP over other clubs. Whatever the group, we want to support our coaching teams to offer athletes the opportunity to develop and challenge themselves both athletically and personally through the coaching we give.

Some of the key aims to meet these goals going forward are:

- Further improvement in the provision of technical events, with the long term aim of having established groups and coaches for jumps and throws
- Continue to ensure we bring through more Coaching Assistants to give groups the support they need not just to manage demand, but maintain and expand activities/events they are able to do and have good coach to athlete ratios so athletes are well supported.
- Enable assistants to develop into qualified coaches, helping them overcome the barriers of the course and get their qualification.
- Continued, steady expansion of numbers of athletes competing in the club – but with athlete centred development at the core of this so that we are never just putting (to coin a Bernard Wilkins phrase) "bums in lanes"

THE ENDURANCE COMPETITION GROUP – Bernard Wilkins

The group continues to contain a range of people from across the club and to grow in size. Group sessions often involve 25 or more athletes, with 20 now being regarded as a quiet night. Our open house Saturday sessions can attract 20+ athletes, as did the morning sessions held over the Christmas and New Year period. The distribution by age has been changing steadily over the last few years as former young athletes get older and an increasing number of senior athletes do at least some of their training with us. Athlete retention beyond the mid-teens is a problem affecting our sport as a whole, and the mix of age groups and experience is vitally important in showing our younger members that you can train hard and perform well while still holding down a full-time job, running a home etc. It has been good to see our current cohort of undergraduates (and now postgrads) back with us during university vacations, and their input is invaluable in showing those still at school what lies just ahead. The bottom line is that having such a diverse group working together is a real strength.

Distance runners do best when working in large groups, and given our diversity planning is of prime importance so that everyone has a training session that is effective for them. The group can only operate as a result of a team effort. The input from the other coaches in the group and from some of our experienced athletes is absolutely essential because without this the sessions would degenerate and the whole set-up would soon crumble. The coaching team has expanded during the year as an experienced senior athlete (Sarah Lackman) has taken a Coaching Assistant course and we also welcomed a very experienced Level 3 coach who had moved into the area. This coach (Sarah Davey) has a strong and diverse background with skills that add to those already in the group.

Recent weeks have seen another young athlete join us from the Transition Group, with a possibility of a few more early in 2017. This is always a big step up but as with the previous tranche the ease with which the move was made is a tribute to the great work being done by the TG coaching team, led by Jason Bruce. The system works.

In distance running competition can be enjoyed in one form or another throughout the year. One aspect I do want to mention this year is a resurgence in open graded meetings. We are

well placed geographically to make use of meetings from the south coast up into the Midlands, and our athletes were able to find good competition from late March until early September. The Oxford series is of course well-established and this year Warwickshire AA put on four well-attended meetings at Leamington. Other venues that saw Abingdon vests in combat included Swindon, Portsmouth, Southampton, Basingstoke and Kettering, as well as Watford whose meetings now verge on being a victim of their own success. Open meetings have played a huge role in athlete development in the past and they can do so again. Use them or lose them.

As I have said in previous years, our younger athletes depend a lot on other people to get them to training and competition, as well as to provide clean kit, meals at odd times and hard cash for those coveted big-race T-shirts. Many of our athletes compete in regional and national level events that can involve a fair amount of travel, and parents often have to act as team managers as well as chauffeurs. We continue to have a great bunch of support crews – not all clubs are so fortunate – so thank you, we couldn't manage without you.

It is of course the athletes that are at the centre of things. As ever, membership of our group is based not on ability but on a positive attitude to both training and competition. You cannot fail to be impressed by the consistency with which large numbers turn up and the huge amount of work that they put in. Training is hard and progressive, and I like to think that athletes finish group sessions tired but satisfied with what they've done. Over the year, just about all of our established members have represented the club. Some are seemingly ever-present whatever the form of competition. Once again we provided several members of the Oxfordshire team that competed at the UK Intercounties at Cofton Park, Birmingham and of the county team that took part in the English Schools cross country. More recently, 7 group members were in the county squad that competed in the southern regional event. Autumn means relays on road and country – always a fun time of year. Our Under-20 women picked up silver medals at the southern cross country event, and it was great to see a senior women's team back at the nationals in Mansfield. This time our trio placed 43rd of the 137 teams that started, which shows once again that in this sort of event smaller clubs like ours can hold their own against the bigger outfits.

As I said last year, competitive distance running is a tough but terrifically rewarding sport. I hope the other members of the group have enjoyed 2016 as much as I have.

Sprints Group – Athena/Luke Chown

2016 has built on the platform of last year and the increase in commitment and performances of the athletes has been very pleasing. Stef Bazytkiewicz gained her Coaching Assistant qualification and has joined the coaching team of Athena, Luke, Colin and Charlotte and has also helped provide increased hurdles coaching.

Throughout 2016 the group consistently had around 35 competing members and at the peak of summer the group was consistently reaching 20+ athletes at each session. This has presented its challenges in such a technical event where small groups are preferable to hone skills, but the coaching team has worked hard to design sessions that enable athletes to get the support they need.

There were some excellent achievements by members of the group this year: 5 athletes achieved qualification for the prestigious English School National Championships with one athlete winning gold in the 400m and running a qualifying time to compete for GB juniors. Our key goal as a coaching team for 2016 was to ensure for every member of the group competed and as such every single athlete has taken part in at least four competitions. This has led to almost every athlete achieving a new personal best this year. It has been a rewarding to see an increase in the number of people competing in club competitions, as well as seeing the huge amount of yellow on the start line of Oxford Open Competitions this season.

Competing four times has pushed some athletes out of their comfort zone, but where they have persevered we have seen them grow in belief, self-esteem and enjoyment - things which they can hopefully take away from the track into everyday life as well. We ensure that we have an athlete centred approach to the events they do, but challenge individuals to try

something new where we believe they have the ability to do so. Some of our U17 girls learnt hurdles this year and have been very successful, getting PBs and great results in the Midlands League.

For 2017, we are looking to continue to build on the success of 2016 - striving to help athletes achieve their goals and attain new PBs/qualify for championships, but most of all continue to have a group full of committed, competing athletes.

7. Membership report - John Styles

Seniors

The total number of U20 / seniors / vets members stands at 273, an increase of 3 over 2016

Breakdown by gender:

Male: 145 (down 5)

Female: 128 (up 8)

i.e. a 53% / 47% split

Breakdown by type:

Type	Number
Full (inc 2 nd claim + competing coaches)	218 (down 1)
Student / Unwaged	21 (up 5)
Social	8 (down 1)
Track & Field	9 (down 4)
Non competing coach / official	5 (up 1)
T&F for us, running for someone else	8 (up 3)
Cross Country	4 (up 1)

Of whom 10 (up 1) were second claim.

The breakdown by age, excluding the social members and the non-competing coaches / officials was as follows:

Category	Number
U20	21 (up 3)
Seniors	79 (up 17)
V1	88 (up 8)
V2	31 (down 27)
V3	31 (up 6)
V4	4 (down 2)
V5	1 (up 1)

There were 60 members joining for the first time this year, of whom 31 were women and 29 men

From this (though I haven't checked the figures) we can conclude that 55 left (up 28 from last year).

The things that stand out are

- Weirdly, a big drop off of members in the V2 category and an increase in the U20 / seniors categories
- Rather more people leaving

Juniors

187 Young athletes

Fundamentals 60

Transition 48

Sprints 28

Endurance 40

U9 40

U11 53

U13 33

U15 46

U17 26

8. Treasurer's report – Steve Smith

SUMMARY

The club has made a surplus of £1,464 for 2016.

It is proposed that most subscription rates will remain the same for 2017 despite the fact that EA affiliation fees will rise from £13 to £14 for 2017 (£1 lower for those opting out of EA affiliation).

INCOME

Subscription income

Subscription income in total is broadly similar to 2015 although a higher proportion was payable as England Athletics affiliation fees. Subscriptions for new members joining in November and December have been deferred until 2017 in line with the club's membership policy.

Marathon donation

The donation from the 2015 marathon of £1000 was used during 2016 to benefit the whole club. Any money that is received in respect of 2016 marathon will be used in the same way. Since 2012 the club officially acted as organiser for the first time so that the marathon could benefit from the EA race insurance and this continued in 2016.

EA Fees

The difference between EA fees received and those paid to the EA is the club affiliation fee which increased to £100 in 2016 together with EA fees paid on behalf of coaches.

Gym Fees

Fees received relate to use of the Barker Gym at Radley College.

Sale of kit

During the year it became apparent that Fit2run were not meeting the needs of our members and accordingly the committee decided that we should bring kit back 'in-house' and thank Fiona Cobb for her work to re-establish the process.

The new kit has been very popular. We are selling kit at broadly cost price (we have subsidised the VAT charged on larger sized junior vest). The cost this year includes set up costs for the new logos and there are some loose ends to tie up but a prudent approach has been reflected. Going forward we are not expecting any significant profit or loss on kit sales.

Christmas Pud run

To encourage participation there were no charges for club members this year. Raffle proceeds of £279 were donated to SSNAP (Support for the sick newborn and their parents). The cost of the event was £332.

Hendred Handicap

The 2016 Hendred Handicap raised £200 (2015 - £199) which, this year, has been donated to the Medecin Sans Frontiers at the request of Anne Cousins. Noel made the donation directly from the money collected so there was no income or expenditure to reflect in 2015 or 2016.

EXPENDITURE

Affiliation fees

The affiliation fees were higher than in 2015. The main reason for the increase is that the Oxfordshire network resumed its per member charge in 2016. No charges were levied in 2015 as the network reviewed its activities.

Match fees/race entries

Net costs are lower in 2016 at £1,675 (2015 £1,996). There were several reasons for the fall. Firstly, we only entered one team in the ridgeway relay this year and received a credit from the previous year. In

addition, fewer members entered the Oxfordshire cross country championship this year and the BBO championship was cancelled in 2016.

Participation levels remain high and the club has continued to subsidised entries to the popular Mota-vation series and the club was very well represented.

Presentation evening

The 2016 cost relates to room hire and food. Income in 2015 related to bar receipts and we were not charged for the use of facilities.

Trophies and engraving / Club championship fleeces/sweatshirts

Overall these costs are slightly higher than 2015.

Coaching

The club continues to encourage people to obtain coaching and officials' qualifications and reimburses the cost. This is an ongoing programme as we seek to increase the coaching capability of the club. The net cost (£1,373) is higher than last year. Four people have completed assistant coaching courses and Luke and Athena Chown have now completed the higher level coaching qualification.

Purchase of equipment

The total spending for the year was £1,087 (2015 £1,307) consisted of

Sled and weights	233
Jump board	143
Skipping ropes	50
Javelins	456
Weights	112
Other	93
	1,087

League expenses

The club hosted a Midland league match in 2016 (Midland league and Vets league in 2015). Track hire at Horspath was lower than the previous year at Tilsley Park (TP was not available). We also received £400 as a contribution to the 2015 costs from Banbury. The club once again subsidised the hire of a coach to attend the Vets league final.

Radley track hire

In 2015 whilst the Tilsley Park track was closed the club met the cost of hiring the Radley track (£450).

Steve Smith proposed that the club fees stay the same again this year, seconded by John Styles. The rise in the EA fees will be covered by the club. Unanimously agreed.

10. Officials Coordinator Report - Noel Blatchford

The past year has seen Club officials judging at over 30 track and field meetings, and also at cross country and road races. Track meetings have included the two-day County Championships, Sportshall, and Leagues in which the Club participates: the Oxfordshire Junior T&F, UK Youth Development, Midland, Southern County Veterans', as well as Oxford University, BMAF, Schools meetings, open track meetings. Club officials and volunteers have been at cross country races including the Oxfordshire XC League and the County Championships at Stowe. On the roads we have provided timekeepers, recorders and walk judges.

Let me thank our officials for being willing to travel far to support the club – whether Shropshire, Birmingham, Kent, or the middle of London as well as to anywhere within the county.

This year we have gained three newly qualified officials: Adrian Francis, Emma Moore and Nikki Gregory. Ten members had attended judging courses in autumn 2015, and after officiating at T&F meetings under supervision, four of these have been awarded Level 1: Adrian and Nikki have achieved their Level 1 Field Judge; Emma and Noel have achieved Level 1 Starter's Assistant (Noel adding to her L2 Field Judge qualification). Two more who attended courses are 'nearly there', expecting to qualify in 2017: Cliff to add Starter L1 to his

Timekeeper L2, and Colin to add Timekeeper L1 to his Starter L2 and Track Judge L2. Others are still working towards Level 1. Sadly we have lost one official this past year: Tracey Fernandez, who in addition to officiating, and contributing so much in particular with the younger members, has left the Club.

All our officials are also competing athletes, so sometimes have to make the choice between competing and officiating, and some manage somehow to do both at some meetings, particularly for the Vets' League when we may be a bit short of athletes in some age categories. (Note too that currently all of our officials are 'vets' – none are those young 'seniors'.) As anyone who has attended a T&F league meeting may know, each competing club usually has to supply several officials, usually six. On occasion, when hosting a league match, we have had to supply more, plus volunteers, to cover for those clubs who were unable to bring their requisite number of officials (and on one occasion none!) An event cannot go ahead until sufficient officials are available, so timetables cannot be kept to, and in extreme cases an event has to be cancelled. So we are grateful both to officials and also to other club members who volunteer to help at meetings, or in other ways, when, for example we host T&F meetings, a cross country, or the County Road Relays.

Let me thank again all club members (and their friends and families) who helped in 2016, and I take this opportunity to invite members to help again when we host the next xc in the Oxfordshire League, at Harwell, on Sunday 5 February, and the County Road Relays at Abingdon Rugby Club on Sunday afternoon 30 April.

Here is some feedback, from a couple of our officials:

“... it's very enjoyable being part of the team (especially in the Midland League where you get points for the team). We have a really nice bunch of people in the club which helps too.”

“I really enjoyed my first year as a qualified official. The other officials that I have worked with have been very helpful and friendly and the competitors have generally been very appreciative, respectful and polite. On the whole a very positive and fulfilling experience and I would strongly encourage others to get involved.”

If you are interested, you will find a list of courses on the England Athletics site:

www.englandathletics.org/courses. Look for Officials – Level 1. The Club offers reimbursement for course fees to those who go on to qualify and officiate for the Club. Let me know if you are interested, or talk to any Club official about to learn more about it.

Roll of Honour to our club officials:

Adrian Francis, Andrew Garner, Cliff Penton, Colin Mitchell, David Roberts, Diane Mitchell, Duncan Talbot, Emma Moore, John Harvey, Judy Howard, Nikki Gregory, Noel Blatchford, Steve Fabes, Suzanne Beardsmore, Tracey Fernandez.

Volunteers: Alec Vessey, Athena Chown, Becks Compton, Brian Evans, Erica Woosey-Griffin, Gina Lodowski, Hanne Fahl, Jemma Gregory, Jon Bones, Lisa Astbury, Mark Lewy, Pete Stepney, Rachel Fernandez. Thank you also to anyone else who has helped but who is not included here.

9. Report on Social events – Jo Worth

It has been another busy year for the Abingdon AC socially. We started the year with the Awards Evening in January. This was a fun evening with a good attendance from our Youth teams and their families along with the senior runners.

In May we had a good club turnout at the 10 km Town Gown run with a get together in a pub for lunch afterwards. We all looked resplendent in our bright orange finishing tops.

We once again visited the bluebell forest in our annual Bluebell run in Cothill. This was followed by a well-earned drinks and chips in the nearby Black Horse.

Throughout the summer we had our series of river runs from Dorchester, Radley, Long Wittenham and Abingdon followed by club chips at the local pub. We even had Didcot Runners join us for our Dorchester run, where club rivalry was put aside for an enjoyable

evening. A few months later we joined Didcot Runners for one of their weekly runs. We hope to continue with these joint events this coming year.

In October we again had a great turnout for the Oxford Half Marathon with both runners and keen supporters from the club. We met for a post run meal at a nearby pub and were joined by family and friends during the afternoon.

In December, we had a great evening at the Nags Head for our Christmas meal. This was a fun evening with lovely food and good company.

Finally we finished the year with our annual Christmas Pudding Run. We had a full turnout of runners who joined us for a Christmas buffet in Wootton afterwards, with mulled wine and Christmas pudding. We raised a generous £280 in our raffle for SSNAP.

Throughout the year, we have had our regular monthly Chip Tuesday changing venues to the Kings Head and Bell. This is always well attended and is a chance for new and regular members to get to know each other better.

Through 2017 we will continue to hold similar events and hope that our Radley Relay and family BBQ at Radley School will return this summer. I would like to discuss with the committee over the coming months how we can integrate the Youth and Adult groups within the social events calendar.

We all know the physical health benefits of running, but of equal importance are the mental and social benefits of running. It helps with mental health, how we feel about ourselves, our body image and also gets us out meeting new people and existing friends. We have a generous and friendly running community in Abingdon, from clubs such as ours to running events, C25K programmes to Park Runs. We know that people appreciate the social aspects of these events and I believe the full social calendar we offer benefits our members greatly and is of equal importance to the running. I remember arriving from France over 3 years ago, not knowing many people. I plucked up the courage to join the running club and was overwhelmed and grateful for how friendly people were and how welcome I was made. This has helped me greatly over the following years and I know lots of people are in similar situations when they join our club. So I am proud to be part of the club and to be their social secretary and welcome the opportunity to continue in this role and I hope we can continue to reach out to many new people and give them our AAC warm welcome.

10. Abingdon Marathon – Gary Richards

This year was another successful year for the Abingdon Marathon, with our club taking first male, Paul Fernandez, and second female, Sarah Dudgeon.

The Abingdon Marathon was first held in 1982 and 2016 marked the 35th year since its inception, and the 34th running of the race – unfortunately, the 2007 event had to be abandoned. The marathon entry has grown over the years and 2016 had an entry limit of 1,200. We had 694 runners complete the race.

The Abingdon Marathon also incorporates a number of championship events: Oxfordshire County Marathon Championships, Berkshire County Marathon Championships, Middlesex County Marathon Championships and Army AA Marathon Championships.

The race is organised by a committee of volunteers from clubs across Oxfordshire. The organisation of a marathon is a considerable job, and this year the Committee is grateful for the support it received from Abingdon AC, Alchester AC, Headington Road Runners, White Horse Harriers AC and Witney Road Runners. Without this support and the assistance of a number of other local clubs and voluntary organisations the race would not take place.

The surplus from the race income is distributed to a number of local charities and voluntary organisations in return for their support. This year donations were made to: HOST, Alchester RC, Abingdon Lions, Abingdon parkrun, Didcot parkrun, 2nd Abingdon Sea Scouts, Radley Lakes, Abingdon AC (£1200), 2121 (Abingdon) Sqn ATC, Helen and Douglas House, Commentator's nominated charities (The Southampton Area Talking Echo, Southampton Hospital Radio, riding for the disabled groups), Blue Cross, White Horse Harriers,

Headington Road Runners, Abingdon College nominated charity (Multiple Sclerosis Society), Berkshire Maestros, Archway, Eynsham RR, Outdoor Traders Cycling Club, SeeSaw, IMPS. The club is well represented on the committee, with Julian Moore as Entries Co-ordinator, Emma Moore as Treasurer, Nic Hamilton as Chief Marshal and myself as Race Director. If anyone else would like to be on the committee there are places, so please let me know if you are interested.

As I take over as Race Director I would like to take this opportunity to thank Gary Richards, the previous Race Director, for all his hard work over the years. He is remaining on the committee, which is a relief to me, and I will be making good use of his many years of experience in delivering top class races to ensure this year's marathon is just as successful.

I'd also like to thank Mark Stewart, Tracey Prior and Gary Warland, who are stepping down from the committee, for all their hard work over the years.

Gary has also asked me to pass on his thanks to all the committee members, past and present, and for all the support that he has received over the years, as well as all the individuals who have assisted in marshalling etc., many of whom he has been unable to thank.

The date of the this year's race is Sunday 22 October. Entries open on Monday 6 February.

I would like to ask if Abingdon AC will support the Abingdon Marathon again this year, as in previous years

11. Election of Officers

Steve Belcher stepped down as assistant social secretary.

Nina-Juliana Steinke stepped down from membership of the committee.

Fiona Cobb is leaving the area so no longer able to help as kit officer. Erica Woosey Griffin takes over this role.

Julian Moore handed over the organization of Club Championship to Mark Lewy.

The role of junior membership secretary is to be split.

Becks Compton has taken over responsibility for website from Andrew Garner.

12. Review of Club Rules

Nil to Report.

13. Any Other Business

14. Date of next AGM – Tuesday 16th January 2018 at 8.15pm, venue TBC

Appendix 1 Appointments

Abingdon AC Nominations Officers and Committee 2017

Office	Holder 2016	Nomination/standing	Nominated by	Seconded
Chairman	Nic Hamilton	Nic Hamilton	Pete Stepney	Noel Blatchford
Treasurer	Steve Smith	Steve Smith	Noel Blatchford	Julian Moore
Secretary	Lisa Astbury	Lisa Astbury	Emma Moore	Beth Kirk
Vice Chair	Pete Stepney	Pete Stepney	Noel Blatchford	Nina Juliane-Steinke
Membership Secretary	John Styles	John Styles	Beth Kirk	Mark Lewy
Press Secretary	Emma Moore	Emma Moore	Beth Kirk	Steve Belcher
Social Secretary	Jo Worth	Jo Worth	Beth Kirk	Noel Blatchford
Member	Noel Blatchford	Noel Blatchford	Pete Stepney	Emma Moore
Member	Judy Howard	Judy Howard	Pete Stepney	Emma Moore
Member	Marc Juffkins	Marc Juffkins	Pete Stepney	Emma Moore
Member	Cliff Penton	Cliff Penton	Pete Stepney	Emma Moore
Member	Nina Juliane-Steinke		Pete Stepney	Emma Moore
Member	Rebecca Compton	Rebecca Compton	Pete Stepney	Emma Moore

Member	Julian Moore	Julian Moore	Pete Stepney	Emma Moore
Member	Andrew Garner	Andrew Garner	Pete Stepney	Emma Moore
Member	Mark Lewy	Mark Lewy	Pete Stepney	Emma Moore
Member	Erica Woosey-Griffin	Erica Woosey-Griffin	Pete Stepney	Emma Moore
Member	Beth Kirk			
Member				
Member				

Non-committee posts:

Post	2016	2017
Club Championship	Julian Moore	Mark Lewy
Vets team mgr (M)	Marc Juffkins	Marc Juffkins
Vets team mgr (W)	Pip Terry	Pip Terry
Coord Argentan	Roy Lewis	Roy Lewis
Midland League	Athena Chown	Athena Chown
XC team manager	Gary Richards	Gary Richards
Ox. Mail XC rep.	Marc Juffkins	Marc Juffkins
OAN rep	Cliff Penton	Cliff Penton
Membership Juniors	Tracey Fernandez	John Styles
Clubmark	VACANT	
Sportshall League	Fiona Barrett	Fiona Barrett
Ox AA cttee member	Andrew Garner	Andrew Garner
Ox AA club rep.	Noel Blatchford	Noel Blatchford
Newsletter	John Styles	John Styles
Website	Andrew Garner/Becks Compton	Becks Compton
Coaching Coord.	Luke Chown	Luke Chown
Officials Coord.	Noel Blatchford	Noel Blatchford
Kit - Seniors	Fiona Cobb	Erica Woosey-Griffin
Junior rep.		Rachel Baust
Ridgeway Relay	VACANT	Erica Woosey-Griffin

Appendix 2
Income and Expenditure Account
for the Year Ended 31 December 2016

	2016			2015	
	£	£		£	£
MEMBERSHIP INCOME					
Members subscriptions		8,885.00			8,890.50
OTHER INCOME					
<u>Abingdon marathon</u>					
Brought forward	0.00			0.00	
Donation from 2015 Abingdon marathon	1,000.00			1,000.00	
Carried forward to 2015		1,000.00		0.00	1,000.00
Oxford Mail Cross Country - Harwell		200.00			550.00
Sponsorship Received		0.00			0.00

<u>EA fees from subscriptions</u>	4,279.00			3,722.00	
Less fees paid to EA	(4,431.00)	(152.00)		(3,822.00)	(100.00)
<u>Gym fees received</u>	240.40			321.33	
Less: cost of gym hire	(262.50)	6.33		(315.00)	111.00
<u>Sale of kit</u>	2,399.421			56.00	
Opening stock	0.00			0	
Purchase of kit	3,439.85			0.00	
Closing stock	(900.10)			0.00	
Cost of kit sold	2,539	(140.34)		0.00	56.00
See notes to the accounts					
<u>Xmas pud run raffle receipts and guest entry fees</u>	333.10			360.01	
Cost of puddings, mulled wine, hall hire etc	(332.28)			(393.44)	
Donation – SSNAP (2015 Blue Skye Thinking)	(279.10)	(278.28)		(287.01)	(320.44)
<u>Oxon road relay refreshment receipts</u>	332.80			299.65	
Less: expenses	0.00	332.80		(29.39)	270.26
<u>Bank & building society interest</u>		2.24			2.24
<u>Sundries</u>					
Sundry donations		0.00			8.00
TOTAL INCOME CARRIED FORWARD		9,827.32			10,354.89
	2015			2014	
	£	£		£	£
TOTAL INCOME BROUGHT FORWARD		9,827.32			10,354.89
EXPENDITURE					
Affiliation fees	1,390.50			1,121.50	
Match fees/race entries	1,675.10			1,995.97	
Presentation evening (Room Hire & Food)	381.35			(239.91)	
Trophies and engraving	760.70			720.11	
Club championship fleeces/sweatshirts	530.98			484.30	
Coaching	1,372.81			977.36	
Coaches' / managers' kit	0.00			83.00	
Less coaching grant	0.00			(345.00)	
Purchase of equipment	1,086.84			1,306.90	
Postage, stationery, printing and photocopying	121.90			170.70	

"Chip Tuesdays" expenses	106.77			101.50	
Radley track hire	0.00			450.00	
Vets League expenses (less contributions)	622.90			810.77	
Midland League expenses (less contributions)	199.46			965.88	
Website expenses	60.00			108.78	
Donations - Parkinson Disease Society (2014 Shoes4Africa)	0.00			100.00	
TOTAL EXPENDITURE					8,811.86
Suplus for the year		1,463.52			1,543.03
Surplus brought forward		20,061.63			18,518.60
Surplus carried forward		21,525.15			20,061.63
REPRESENTED BY:					
Balance at Barclays Bank		21,635.05			21,243.33
Stock of kit at 31 December 2013		900.10			0.00
Debtors and prepayments		0.00			0.00
Creditors		(1,010.00)			(1,181.70)
		21,525.15			20,061.63
The above accounts have been prepared by Stephen Smith, Club Treasurer					