



AVR AGM Agenda 2022

- ▶ Chairman's Welcome
- ▶ Agree Minutes of the Previous AGM
- ▶ Treasurer's Report
- ▶ Secretaries' Reports
- ▶ Challenges and Successes
- ▶ Goal Getters
- ▶ Non-Constitutional Amendments
- ▶ Constitutional Amendments
- ▶ Membership Fees
- ▶ Life Membership
- ▶ Next Year
- ▶ Committee officers standing down
- ▶ Election of Committee Officers 2022



Chairman's Welcome

Richard Newman





Agree Minutes of Previous AGM



Vitality
partners
parkrun

Torbay Velopark



#loveparkrun

Vitality

Alzheimer's
Research
UK

Leeds Building Society

exodus
travels

happy
eggs

Pers

Treasurer's Report

Vicky Ody

- ▶ Despite the difficulties of the past two years, the club remains in a position of good financial health:-
- ← Membership income was £7,960 after deductions for member's England Athletics affiliations.
- ← The club's competitive races all made profits (AVR 5k £772; OTH £1,218 AVR Half £4,223). A proportion of profits for the 2 main races is donated to charity.
- ← In addition to the club competitive races, we spent £728 on closed races such as the Berncol fish and chip relay and club representation at the Cotswold Way relay.
- ← Spending on other club activities was £370 AVT; £1,375 coaching; £83 other social and £931 presentation evening. JAVR made a net surplus of £121.
- ← Total administration costs were £4,548 of which rent was the largest component at £3,404. There was a further £1,481 on sundry expenditure.
- ← Kit made a profit of £569 and we received a grant of £250 from England Athletics for a track shelter.



		2021			2020		
		Income	Expenditure	Surplus / deficit	Income	Expenditure	Surplus / deficit
Membership							
	Membership	£12,071	-£15		£9,911		
	EA Subs		-£4,095			-£2,865	
		£12,071	-£4,110	£7,961	£9,911	-£2,865	£7,046
Races - club competition							
	AVR 5k (Westbury)	£2,221	-£1,450		£389	-£21	
	AVR Half	£8,272	-£4,049		£277	-£482	
	AVR Over the Hills	£3,732	-£2,514		£2,435	-£3,028	
		£14,225	-£8,012	£6,213	£3,101	-£3,531	-£430
Races - other							
	Other AVR Races	£0	-£178		£216	-£190	
	Other Races	£0	-£550		£18	-£153	
		£0	-£728	-£728	£234	-£343	-£109
Other club activities							
	AVT	£0	-£370		£108	-£180	
	Coaching	£0	-£1,375		£0	-£2,403	
	JAVR	£375	-£254		£715	-£791	
	Other Social	£0	-£83		£0	-£150	
	Presentation Night	£874	-£1,805		£1,382	-£3,895	
		£1,249	-£3,886	-£2,638	£2,206	-£7,419	-£5,213



		2021				2020		
Admin		Income	Expenditure	Surplus / deficit		Income	Expenditure	Surplus / deficit
	New website	£0	-£1,700					
	Club affiliations	£0	-£454				-£719	
	Rent	£0	-£3,404				-£3,288	
	Insurance	£0	-£690				-£415	
		£0	-£4,548	-£4,548		£0	-£4,422	£0
Other								
	EA grant	£250						
	Other	£0	-£1,481			£1,056	-£2,522	
	Club Kit	£2,223	-£1,654			£146		
		£2,473	-£3,134	-£662		£1,202	-£2,522	-£1,320
	Grand Total	£30,017	-£26,119	£3,897		£16,654	-£21,102	-£4,448



Treasurer's Report

Financial Status 2021

	2021	2020	2019	2018
Surplus / deficit in yr	£3,897	-£4,447	-£3,312	£3,145
Bank balance	£21,745	£17,708	£22,206	£25,073

Any member wishing to inspect the accounts in full may do so by emailing the Treasurer:

treasurer@avonvalleyrunners.org.uk

The accounts are currently being independently reviewed by club member and chartered accountant Douglas Watkinson.

Many thanks,
Vicky Ody ACMA
Honourary Treasurer 2021



Secretaries Report

Vicky Bodman







Membership Report

**6 joined in December, including 3 brand new members.
3 of those that joined in December also applied for EA.**

**Therefore as of the 31st December there are 419
members, which includes 23 life members (so 396
paying members).**

**Of the 396, 202 have applied for EA membership as
well.**

87 of the 419 are new members this year.



Road Report

Andrew Jefferies





Road Report

A good season once we got started after Covid.

We managed to retain the Wiltshire Road Race League it was a close run competition with Calne Running us close.

Jo Farion was 2nd lady overall & ladies 40 champion.

Hayley Southgate 50 champion

Pauline Bradley 60 champion

Rose Barber 70 champion.

Also Emily Dye, Sally Frawley & Diane Hier with outstanding performances.

Tim Burrell & Richard Morgetroyd with great performances for the men.

We also had the AVR road/off road League that went very well .I must thank Antony Hickson & Jo Farion for their help with this League. This gave our members extra competition & motivation .

Good luck to Gemma Knudsen who is taking over from me for the 2022 season.





Off Road Report

Anthony Hickson





Off Road Report

The **AVR Race Series Championship** for 2021 was reduced to ten events, combining Road and Off Road races. The top three ladies were

1. Diane Hier who ran eight of the events
2. Jo Farion who ran six, and
3. Paula Farrell who ran eight.

I should point out that only the best six events counted, but it was nice to see such enthusiasm. The top three men were

1. Tim Burrell
2. Stuart Arguile and
3. Peter Campbell.

The **Wiltshire Off Road race series for 2021** started in October with the White Horse Gallop.

Tim Lerwill finished third overall.

The 2nd race was the Avebury 8 (Gary MacAlister was 10th overall. Also ran Alan Button, Tina Towler & Chris Ashton) and the 3rd race was the Yarnbury Yomp in which Michael Towler finished second overall (Maria Harriman 5th Vet40, Tina Towler 3rd V60, Jo Guy 10th V40 & Gary MacAlister 1st V40)

As I am writing this there is one more event this year (being run as I write this) and four in 2022.

There was no competition in the period 2020/2021.

Gwent Cross Country League

Many thanks to Steve for managing this so well.

There are five events in this series, October, November, December, February and March.

The Ladies are currently 8th in the league.


The men are currently 8th in the league behind Bristol & West and Welsh clubs.

Our top runners are Ed Knudsen, senior men, Stuart Avery V35, Andrew Jerfferies V50 (&V45), Stuart Macgregor V65.

Ladies: Jackie Rockliffe Senior & V45, Leah Sartain V35 & Diane Hier V55

The first race next year is on February 19th.

For 2022 we return to twenty Off Road races with eight to count.

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- The background of the slide features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.
- ▶ Events/Results
 - ▶ Competition
 - ▶ Off Road Race Series 2022



JAVR Report

Debbie Ellis





JAVR Report

JAVR committee members this year have been Jay Sims-Bagshaw, Debbie Ellis, and Sara Robert. We also have regular volunteering from Sally Fawley, Jackie Rockcliffe, Chris Renshaw, David Bagshaw and Ian Harryman and Lil Morris.

It has been a difficult year for the juniors over the last 12 months with stop/start training due to lockdowns and some lack of qualified coaches to take the sessions. New members of the team and some existing members have now undergone LIRF training like, Debbie Ellis, Sara Robert, Sally Fawley and Jackie Rockcliffe and some going on to do their CIRF in 2022. Lil Morris has now stepped down from regular volunteering due to work commitments and has withdrawn from the CIRF. Jay Sim-Bagshaw has now resigned as head coach due to work commitments and will take a support role on an occasional basis.

Moving forward due to some of the above reasons a decision was taken to restructure how JAVR operates and to add a more structured approach to how the juniors trained, focused areas of training and races to be trained for. A proposal was put forward towards the end of 2021 to the committee to agree a paid coach for 2022 to meet with all the above requirements. The proposal was agreed and with effect from January 2022 Rich Ayling is returning to the juniors as a consultant coach.

Rich has drawn up a comprehensive training plan which commences on the JAVR sessions return On 19th January. Rich has committed to one session per week and the other qualified coaches will follow this plan when it is there coaching sessions.

Debbie Ellis was appointed JAVR secretary at the beginning of 2021. She has spent the last year learning about the secretary role, implementing new admin process and taking on new tasks as the role evolves.

Jackie, Debbie and Sally will be progressing to do their CIRF in 2022.

Rich Ayling will also provide support and training to the Leaders and Coaches so that they can develop their roles and progress successfully through the qualifications.

New members increased during November and December and we are hoping to grow the juniors over the coming months. Consideration is being given to visiting schools.

We have also been using the Runtogether App for all athletes booking onto a session. We spend time with new parents ensuring they understand how to use it and book on as required.

Vicky Bodman has been adding all the JAVR sessions on each month and this will now be handed over to Debbie Ellis once she has been trained on how to do this. Jay-Sims Bagshaw is going to provide the training for this.

We have also sent out documents outlining to parents about the distances that juniors can run as set out by English Athletics and that they cannot enter race beyond those distances under the AVR Club name.

We are looking forward to a progressive and successful 2022 with JAVR.



AVT Report

► Kat Taylor-Laird





AVT Report

Steve Clark qualified to represent British Triathlon GB Age Group at the World Championships in Canada in August for Sprint Triathlon and Standard Distance Aquabike, and also for the long distance Aquabike World Championships in Amsterdam in September.

17th May - Dorney Lake Sprints weekend

There were four athletes from AVT taking part over the weekend at Dorney Lake. Esther Frawley took part in her first ever triathlon and came away with a fantastic time and second in her age group. After her 400m swim Esther got onto her bike and did a brilliant bike leg, being the fastest in her age group and top 10 of all women racing on Saturday. She finished in a total time of 1:31:07. Kathryn Butt and Sarah Jeffries raced in the ITU Qualifier and both put in strong performances. Up against World Age Group champions in their age group race both were in the top 12. Stephen Clark also took part in the ITU qualifier and was in the top three in his age group after the swim and bike and after smashing his PB for 5k by over 90 seconds he finished 5th in his age group.

23rd May - Total Promotions Super Sprint at Cotswold Water Park

Anne Clark took part on a bitterly cold day at Cotswold Water Park won her age category. Anne was accidentally kicked in the swim and needed some time to recover, but once out of the water her bike prowess took over and was 5th fastest bike from all women all day. A solid run brought her to finish top in her age group.

In the early summer we introduced social swims at lake 86 which were well attended. This also prompted the development of the AVT swim hat, which has sold very well. The Crudwell 24 - 26th June We managed between us to complete 45-laps (315-miles) in the 16-hours, finished second and raised a couple hundred quid for young persons charity Youth Action Wiltshire. We now have a target to beat for next year when hopefully we will get to ride for the full 24- hours.

27th June - Great results from the Women's only triathlon at Lake 32 at the Cotswold Water Park. Kathryn Butt came 2nd in her age group, 23rd from 188 people in the whole race. Esther Frawley won her age group in the Super Sprint race, 5th overall, from 32 starters. Anne Clark also won her age group in the Super Sprint race, 9th overall from 32 starters.

July saw our first AVT 'Tri' together, a social slow paced triathlon swim, bike then run together to get people interested. No competition, just experiencing all 3 elements in a non-pressured way to spike interest. This turned out to be a really good morning where 13 people participated At the other end of the spectrum Gary MacAlister completed the Bolton full Ironman in a time of 14:33:03.

4th July - Esther Frawley won her age group at the Swanage Triathlon Sprint Distance race. This is one of the toughest sprint races in the South West. It was her first open water sea swim triathlon and a really tough bike and run.

4th July - Kathryn Butt and Stephen Clark both raced at the Outlaw Half Holkham (Half Ironman distance) in Norfolk. Kathryn was racing her first 70.3 and was 8th in her age group in a great time of 6h 09m. Steve finished in 6h 14m and 7th in his age group. From Steve's Sprint Triathlon last year in Bournemouth he has been selected to represent British Triathlon GB Age Group Team for the World Triathlon Series World Championships in Bermuda in October.

10th July - Nicole Louise Jackson took part in the Cotswold Classic at the weekend (a 70.3) in a time of 5:31:27.

18th July - Sarah Jeffries and Kathryn Butt raced at the British Triathlon European Sprint qualifiers at Mallory Park. Both smashed their sprint distance PBs on a blistering hot day and in a very strong age group race finished 13 and 11th respectively Kathryn was 5th overall out of the swim and Sarah posted the 2nd fastest bike leg in their race. It's waiting time to see if they have qualified for GB Age Group.

24th July - Esther Frawley raced her first Olympic (Standard distance) triathlon at Cotswold Water Park in a very respectable 3:03:08.

24th July - Stephen Clark raced the Aquabike race at the Cotswolds and came 4th/38 overall.

1st August - 5 members of AVT headed off to Lulworth cove for a guided sea swim from Lulworth cove to stair hole and back. For some of us this would be our first go at sea swimming. The weather was great and in the cove the water was calm and welcoming. After a quick brief, we got in the water in and swam out towards the mouth of the cove. It soon became clear that once past the safety of the cove the waters were a bit choppy. It was hard swim round to stair hole against the current, and we were grateful for the support of the kayak to help tow. The swim back was much easier and felt like it took a fraction of the time. A great day was had by all.

4th August - Anne Clark did her first 25 mile Time Trial at Castle Combe and won her age category in a fast time of 1h 10m.

25th August - Kathryn Butt broke her PB at Castle Combe in a 10 mile TT and finished 3rd in her age group in 29:04. Stephen Clark won his age group at the same event in 26:23.

29th August - Stephen Clark and Sarah Jeffries raced at the New Forest Triathlon on Bank Holiday Sunday. Injuries to both hampered their race but still they both came away with 2nd places in their age groups. There was also the longest transition ever between the swim and run of over 1.3km, as well as avoiding the New Forest ponies and wildlife!

30th August - Several AVT members took part in the final Westbury Wheelers Club TT race of the season. Sarah Jeffries was 2nd female overall and also won the Vet 50 age category, in a time of 27m 50s, Kathryn Butt broke her own course record, Esther Frawley beat her previous time by over two minutes in her second race on the course, Darren Wrintmore also beat his previous best time on the Longbridge Deverill course and Dan Wood won the Youth category in a fast time of 26:48!

Anne Clark also did a PB for a 10 mile TT at Abergavenny in the Welsh National Championships, with a time 26m 19s, again winning her age group and 12 female overall.

In October Chris Walford completed Barcelona full Ironman in a time of 13:12:55

November - Castle Combe Chilly Duathlon

Six members of the club took part in a very chilly Chilly Duathlon on Sunday 21st November. Although the sun was shining, the wind at the top end of the track was doing its usual worst to slow everyone down but our fantastic members tackled it with enthusiasm and power with some taking part in their first ever multi-sport event.



Volunteer Report

David Hyde



Volunteer Report

This year although starting off slowly we have been able to fit in a fair majority of our events with a shortened Westbury 5K Series but our prime events OTH s and AVR Half very successfully happened.

It's probably fair to say volunteering started off cautiously which doesn't surprise me which the pandemic very strong still but as time went by our wonderful members really pulled it out the bag of which I am eternally grateful.

A lot of new faces also volunteered which is excellent to see. I would really like to express my thanks to my working party for the wonderful support.

Not to end on a sad note but unfortunately this as many know was my last year of volunteer co ordinator and unfortunately No one has agreed to take the mantle up so due to also resignations from the working group we are in a position going forward that the individual event working groups will have to again source their own volunteers. -

As members all I ask is you continue to please support the events as you have for me for the last few years and continue to do the wonderful job you have been doing





Challenges Report



AVR Successes of 2021

- Dave Hyde and The Chickens win Run Group of the Year at the England Athletics South West Awards
- Sean Price achieves Runner-Up Innovation award at the Volunteer of the Year at the England Athletics South West Awards
- Vicky Bodman achieves Runner-Up in the Unsung Hero category of the Volunteer of the Year at the England Athletics South West Awards
- Club Men and Woman win the team prizes for the Tri Counties XC
- 2 of the AVR Westbury 5K series events were held organised by Steve Williams and the working group with Jo Pavey taking part
- C25K
- Over the Hills took place - Race Director Jay Sims-Bagshaw
- Avon Valley Wiltshire Half Marathon - Race Director - Louise Fearon
- Valley News, Media and Marketing promotions(Sarah Barker)
- Virtual Presentation Evening February 2021.
- Goal Getters Scheme adapted for Covid (Sean Price plus group)

The logo consists of two interlocking geometric shapes, one yellow and one green, forming a stylized 'G' or 'GG'.

AVR Goal Getters

- We had an amazing 68 member sign up for, what was then, GGs 2020 but turned out with the pandemic to be 2020/21 and such a difficult 2 years.
- We also had 28 mentors (prepared to volunteer) to help the mentees achieve their goals. Four ambassadors were assigned to mentors to help them and 14 on the GGs Working Group. It was a big project!
- We had 27 Goal Getters achieve medals. Five club members have achieved "Double Golds" what we will call "Platinum" - Martin Russam, Sally Frawley, Annalie Ibbison, Hayley Anderson and Laura Waterhouse. Hope we can celebrate these individuals.
- As you know the Goal Getters scheme was set up for many reasons and has worked well encouraging the mental benefits of volunteering to help having Goals for athletes to keep motivated and many others, I am sure you will agree.
- The 25th Challenge voted for by the Mentees was Wear AVR kit at a Local landmark and post a photo, this resulted in the AVR kit paying visits to: -

- ▶ Westbury White Horse
- ▶ Concrete Cows in Milton Keynes
- ▶ Barry Island
- ▶ Glastonbury Tor
- ▶ London
- ▶ Avebury
- ▶ Scottish Castle
- ▶ Caen Hill Locks
- ▶ Clifton Suspension Bridge
- ▶ Giants Causeway
- ▶ Icelandic Fjords
- ▶ HMS Victory
- ▶ IronMan Barcelona
- ▶ Aviva Stadium Dublin
- ▶ Doomsday Book Pump
- ▶ Dyrham
- ▶ Nunney
- ▶ Avoncliff
- ▶ Cley Hill
- ▶ Farleigh Castle
- ▶ Montecute
- ▶ Tyntesfield
- ▶ Olympic Stadium

Here is the link to the final spreadsheet <https://tinyurl.com/AVRGG2020>





Non-Constitutional Amendments

None



Constitutional Amendments

2. The Headquarters of the Club is the Culver Close Recreation Ground, Pound Lane, Bradford-On-Avon, Wiltshire.

Proposed change *"The Headquarters of the Club is the Trowbridge Rugby Football Club, Paxcroft, Hilperton, Wiltshire."*

4 (f) Junior Avon Valley Runners (JAVR) is a separately financially accountable section of the club that is responsible for members aged 7 to 16 inclusive.

Proposed change *"...that is responsible for members aged 11 to 16 inclusive."*

5. Membership

(a) The club is open to all who are aged seven and above on the day of joining. Membership implies acceptance of these rules.

Proposed change *"...who are aged eleven and above on..."*



Membership Fees

The committee proposes that we increase the annual membership fees for 2022/23:-

Junior/Student - £13.75

Adult - £27.50

EA membership will remain optional for those people who require or wish to sign up for it.



Life Membership



Life Membership





Life Membership





Next Year

Conclusion

Next year will see the club focus on several areas including:

- ✓ CIRF's and LIRF's succession planning
- ✓ Presentation Evening
- ✓ Club Development Plan-Vicky Ody to lead
- ✓ Current Working groups:
 - Social
 - JAVR
 - AVT
 - AVR Half - Vicky Bodman and Hayley Anderson
 - Over the Hills - Ed Knudsen
 - AVR Westbury 5K
 - 5x5x5
 - Goal Getters



Outgoing Committee Members

Vicky Bodman- Secretary

Vicky Ody - Treasurer

Kathryn Partington - Minutes Secretary

Andrew Jefferies- Road Race Secretary

Jo Farion - Assistant Offroad Secretary

The whole club would like to thank Vicky, Vicky, Kathryn, Andrew and Jo for their contribution. Their continued support of the club is very much appreciated.



Election of Committee

Name	Role
Richard Newman	Chairman
Laura Waterhouse (New)	Honorary Secretary
Sally Frawley (New)	Assistant Secretary
Dave Hyde (New)	Vice Chair
Sheona Yellowlees (New)	Honorary Treasurer
Debbie Ellis	JAVR Secretary
Gemma Knudsen (New)	Road Race Secretary
Ed Knudsen (New)	Assistant Road Secretary
Anthony Hickson	Off Road Race Secretary
Michael Guy (New)	Off Road Race Assistant



Election of Committee

Name	Role
Emma Day (New)	Membership Secretary (Admin)
Kat Taylor-Laird	Multi Sport Secretary
Carole Alston	Safeguarding Lead
Sarah Barker	Media and Marketing Secretary
Martin Bull (New)	Minutes Secretary
Joby Hobbs (New)	Committee Member
Jackie Rockliffe (New)	Committee Member
Tim Lowrie (New)	Committee Member



Welfare Officers

Name	Role
Helen Thorne	Welfare Officer AVR
Alan Button	Welfare Officer AVR
Sara Robert	Welfare Officer JAVR
Martin Davis	Welfare Officer JAVR

Avon Valley Runners



AVR Celebration Evening

Saturday 5th February
Trowbridge Civic Centre - 7pm - Midnight
Ticket price includes buffet, live music and a photo
booth!

Book your tickets at:

Made with PosterMyWall.com www.entrycentral.com/event/118568

Accepting deposits until the 22nd January of £10



Questions