**MINUTES OF FODAC AGM, MONDAY 20TH JUNE 2022**

**AT THE RISING SUN, MOSELEY GREEN**

Attendees: Alan Robertson, Patrick Rennison, Wendy Lawrence, Emma Bevan, Colin Laver, Michael Flannery, Mick Strange, Vicky Wilson, Linda Ingledow, Simon Roberts, Jim Storrar, Jessica Reid-Ko, Walter Leach, Sherryl Hall, Pete Woodward, Mary Watkins, Michael Marks, Hannah Burley, Cherry Fowler, Stef Francis

Apologies: Dan Sandford, Mark Williamson

1. **Chair’s Report**

There is no doubt that the club has changed over the last couple of years. Obviously Covid as had an effect and a lot of our old members have re-evaluated what they want from running and decided that they are not interested in competitions and races anymore.

As a club we are still supporting all levels of runners and the new, improved training schedules implemented by Walter, Jim, Mark W and Emma King have given the training more focus for all runners.

We like to encourage all groups and the 0-5k group in Cinderford, which is run by Michael and Julie, is a great success. The Coleford group decided to go their own way, founding a new club, Forest Runners, which is EA affiliated.

Senior Athletics

First of all, Alan thanked Mary and Pete, who have been track and field captains for the last few years, but have to step down due to other commitments. We are an Athletics Club and therefore we would like to encourage the participation in track and field athletics as well as running. We are currently affiliated to the Avon League and Midland League, however, we do not have enough members participating in the competitions to justify the affiliation fees. We will need team captains or someone to take responsibility at the meetings. Mary and Pete have done their best but have not had much response from athletes to compete in the meetings. Mary suggested that it may be a good idea to join with Hereford in the Midland League and she will speak to Phil at Hereford as the teams would complement each other well.

Juniors

Unfortunately, despite our best efforts, we were not able to arrange for a throwing facility and therefore lost some very promising young athletes, however we have had a number of new juniors joining the club. Currently a lot of the juniors are a little too young to compete. For the Youth Development League (YDL) we have joined forces with Hereford, which is working well, although we could still do with more support from parents to help with officiating and team managing. For the Avon League we will also need some parents to step up to manage the teams (handing out numbers and arranging the team sheets, so that all athletes know in which events they compete) and help with officiating etc.

In general, many clubs are struggling at the moment, with a number of clubs folding as the numbers have dropped after the pandemic and races are not as well supported as they used to be.

Races

The Christmas Tree and Fountain 5 races took place and were very successful and well attended and the next races we are organising are Blaisdon 10k and Coppett Hill Fell Race.

Training

The Tuesday training sessions have been a big success this year. They are well coached and attended by adults and juniors.

We also offer a training session on a Thursday evening on the track, which is not a coached session, but Dave is usually available to offer advice and all members are welcome to use the track on Thursdays.

We do not offer a Saturday morning junior session any more as the coaches had to step down due to other commitments. All juniors are encouraged to train on a Tuesday evening instead.

In Conclusion we will only enter the Midland League, if we can join a team with Hereford AC. The Avon League can only be entered if we find an individual, or individuals who will take responsibility to organise the adult and junior teams and

we will continue to support the Junior YDL for U15 and U17 in connection with Hereford AC.

We will also continue to support the Cinderford 0-5k groups, who want to be affiliated to and associated with FODAC.

Alan thanked all committee members for their hard work throughout the year. The club would not be able to function without the committee.

1. **Treasurer’s Report**

The club accounts for the Year ending 31st March 2022 were audited by Sharon Stratford, an independent auditor.

The Bank Balance on the 31st of March was £13,937.20. This account is the only account the club holds.

Income for the year was £13,098.64 and expenditure came to £10,986.88.

The Income was made up of Membership and EA fees, Races Club Kit, Track and Training fees, gym hire refund, Donations from the Cinderford 0-5k and Comfy at 10 groups, Easy Fundraising and the Forest Lottery. Expenditure was for EA fees, Races, track hire, gym hire, Cinderford 0-5k, Coaching Courses, Affiliations, Admin, Club kit and online fees.

Races

The Income for races was slightly less than the expenditure, as we entered three teams in CWR and 3 teams in the Wyedean relay.

The individual races made the following profits:

Orchard Race: £268.63

Coppet Hill: £200.00

Bream Race: £21.00 (entries only)

Christmas Tree Race: £727.51

A big thank you to Dan and Emma who organised these races.

The spring and autumn mile did not feature in our races last year, as EA do not recognise the result for Power of 10, as our track is an imperial measured track.

Since the end of the last financial year we have received the membership renewals and therefore the current bank balance is around £16,000.00.

1. **Membership Report**

Emma’s current numbers were 137 paid up members, 144 members who had not renewed their membership and 7 recent resignations. However, as some members renewed their membership via the app and stripe payment Emma was still waiting for Alan to confirm the additional renewed members. All membership payments should be completed by the end of June and we will update the membership numbers for the next committee meeting.

1. **Report on Cinderford 0-5k and Comfy at 10k groups (Run Forest Run) by Michael Flannery**

The Run Forest Run groups started in Cinderford in September 2021 and by the end of July this year there will have been three cohorts of 0-5k and two cohorts of 5-10k.

Overall, they have had 122 runners starting with the groups and about 80 graduates for 0-5k and 5-10k.

The groups started with 2 qualified run leaders and 2 helpers and they now have 5 qualified run leaders and 8 helpers/trainees. The estimated amount of volunteer hours is approximately 600.

The groups are based at St John’s cricket club in Cinderford, who have been very supportive providing car parking, a field to run on and the club house for graduations. There is easy access to Linear Park and the forest and the roads are well lit after dark.

So far the groups have collected £ 1,546.45 in subs. These have financed run leader training for 3, a donation of £ 200.00 to the Cricket Club, medals and gift bags for graduations and the groups also donated £ 158.00 for the NSPCC.

Michael stated that the Group is grateful to FODAC for the club’s continued support and the group has every intention to remain part of the club.

The next targets for the groups are to ensure all run leaders are fully First Aid trained, they would like to encourage and support runners to keep running after they complete the 0-5k programme (he requested that some of the club members will join the groups on a regular basis to encourage runners to join the club) and to get more men to join the groups.

1. **Election of Committee**

The following committee was elected unanimously by those present

Position Name Nominated by Seconded by

Chair Alan Robertson MJ Flannery Colin Laver

Vice Chair Patrick Rennison MJ Flannery Colin Laver

Treasurer Wendy Lawrence Alan Robertson Stef Francis

Secretary Stef Francis Jim Storrar Colin Laver

Membership

Secretary Emma Bevan Colin Laver Jim Storrar

Coaching

Coordinator Walter Leach Alan Robertson Stef Francis

Safeguarding

Officer Mary Watkins Alan Robertson Stef Francis

Race

Coordinator Dan Sandford Stef Francis Alan Robertson

Parent Rep. Vicky Wilson Simon Roberts Jim Storrar

First Aid

H&S Mark Williamson Alan Robertson MJ Flannery

Social Events Linda Ingledow Stef Francis Alan Robertson

We do not currently have a Junior Coaching Coordinator or a Junior representative on the committee. Anyone interested in either position should get in touch with the committee.

1. **Any Other Business**

Alan explained that we will carry on being based at Five Acres High School, but the school is not willing to open it up for general use and they are not interested in upgrading the track. The question was raised why we are not allowed to do javelin and shot on the school site, when the school is allowing golf to happen. We will ask the school for permission for the two disciplines to be allowed in a controlled manner.

The Club App is working well and we should starting to use it more and get members to use it more. It is a great tool to tell members about training, races etc.

Members are still too focused on Facebook.

We are going to organise Face to face First Aid training for coaches. Michael Flannery will look into this. **Action Michael Flannery**

Vicky Wilson suggested that we need to be more inclusive to new members, as it is quite intimidating to come to a training session when you don’t know anyone. This has been taken on board by the committee.

It was suggested that the AGM should be combined with a race to get a better turn out to the meeting.

We have decided to reinstate the Club Championship next year as there still doesn’t seem to be much appetite for racing amongst the members following the pandemic.

We will look into organising a coach to Swansea 10k, if there are enough members interested in going to the race.