



AGM March 2023

Agenda Item 3

Chair's report

The table below illustrates the club's performance against the 2022 annual plan.

A verbal report will be presented at the AGM

Objectives and targets for January 2022-December 2022

Objectives	Targets	Comments
Financial	<ul style="list-style-type: none"> Achieve out-turn in line with budget 	Achieved surplus of £1309. Budgeted for surplus of £844
Membership	200 senior members by end of December 2022 (excluding social and youth members)	Number of members at end of December was 187 excluding social and juniors .
Regular running activities-	<ul style="list-style-type: none"> Continue Tuesday evening club nights in line with Feb survey recommendations Continue Thursday coached sessions Expand member participation/opportunities on Thursday evenings Organise weekly Sunday morning runs Explore monthly Friday morning runs 	<p>Yes</p> <p>Yes</p> <p>Attendance has generally been higher this year</p> <p>Not achieved in 2022 but are now a regular feature</p> <p>Did not really take off but Thursday morning s have started to feature</p>
Socials	<ul style="list-style-type: none"> Organise minimum of 12 events including post cross country events but excluding post Tuesday events) Introduce 3rd Tuesday of each month social Review annual dinner details in light of survey feedback 	<p>Achieved</p> <p>Achieved</p> <p>Completed</p>
Community	<ul style="list-style-type: none"> Raise minimum of £500 for SDCAS Explore other 	Only approx £200 raised

	<p>volunteering/community involvement options.</p> <ul style="list-style-type: none"> Explore possibility of closer links with local retailers for discounts 	<p>Not achieved</p> <p>Not achieved</p>
'Field trips' with an overnight stay	Minimum 2 trips	Achieved
Cross country- Women	Field minimum of 20 runners in each event in 2022	Average of 13
	Be in higher position than final 2021-2 season position after November 2022 event (18 th and 26 th)	Part Achieved 16 th and 37 th (bit slipped in final two races)
Cross Country - men	Field minimum of 10 runners in each event in 2022	Average of just under 10 (decimal points)!
	Be in higher position than final 2021-2 season position after November 2022 event (14 th)	Achieved- 8 th in November and finished 8 th
Summer league	Field minimum of 20 runners in each event	Averaged about 12
	Climb one place higher in the standings 6 th in 2022	7 th
National cross-country	Field runners in 2022 National x-country championships at Parliament Hill	Achieved, fielded 8 runners
Handicap/Dash	Complete full programme of races in 2022	Achieved
	Publicise the system for setting start times	Completed
	Achieve average turnout of c30 members each month	Averaged 20
Club Championships	Complete the full programme of championship races	Achieved although last one was in 2023
	<p>Aim for turnout as follows:</p> <p>1 mile 40 participants 49</p> <p>5k 50 47</p> <p>5 mile 25 18</p> <p>10k 30 24</p> <p>Half marathon 30 15</p> <p>Men's cross country 12 11</p> <p>Women's cross country 25 16</p>	
	Review framework for awarding medals	Completed
Beginners' Courses	Complete two programmes	Completed
	Recruit minimum of 20 new members from the programmes	Achieved (21)
Parkrun competitions	Complete two parkrun ladder competitions	Achieved
Family events	Organise at least one family event	Achieved
Coaching	Three members to complete EA coaching courses.	Achieved
Non-running	Organise at least two events on	One talk organised plus first aid training

events	issues such as strength/endurance/nutrition/psychology. (Might be talks or workshops)	for two members
Communication	Review communications in light of survey	Improvements made