



Welcome to Sandhurst Joggers AGM 2023

Welcome by  
The Club Chair



**SANDHURST  
JOGGERS**



# Agenda

- Welcome by the Chair
- Approval of the 2022 AGM Minutes
- Apologies for Absence
- Reports from the Committee
  - Events: Summer Relays
  - Events: Winter/Cross Country
  - Membership
  - Social
  - Secretary
  - Publicity
  - Treasurer
  - General Members
  - Vice Chair/Acting Chair
- Yateley Road Races Report and Accounts
- Coaches' Report
- Club Subscription

# Agenda (Cont'd...)

- Committee Election 2023/24
  - Chair
  - Vice-Chair
  - Treasurer
  - Secretary
  - Membership Secretary
  - Social Secretary
  - Events Secretary – Winter/XC
  - Events Secretary – Summer Relays
  - Publicity Secretary
  - General Members
- Non-elected Posts for 2023/24
  - Yateley Road Race Director
  - Handicap Run Organiser
  - Webmaster
  - Track Coaches
  - Kit Manager
  - Pure Beginners
- Any Other Business
- Closing remarks by Chair
- Bake Off & Refreshments



# Approval of 2022 Minutes

**SANDHURST  
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Apologies  
for  
Absence

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Reports  
from  
Committee

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# Summer Events

Patrick Wadsworth

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Two teams were entered in the Runnymede Relay.

We had two teams in the River Relay this year along the Thames.

We entered a team in the Clarendon Relay which is a 4 person trail marathon.

We had several teams entered for Hart 4, a four hour endurance team event. Unfortunately this was cancelled at the last moment.

Thank you to all those who took part, or in the case of Hart 4, wanted to take part. Hopefully we will have more events for you later this year.

*DTB Note: (which I believe should be highlighted and minuted so all club members are aware)*

*If putting yourself forward to represent the club in any of these events or other invited team relay events the club pay the entry fee*

# XCOUNTRY

Gabbi & Nigel Bassett

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The Thames Valley Cross Country League is based around 8 races held from October to February each year. Events are held on Sundays with an 11:00 AM start time - each course is usually a mixture of woodland trails and parkland and is normally about 5 miles in length. There are 15 clubs entering with mixed levels, so it really is open to everyone. After the event the host club lays on refreshments of hot drinks, sandwiches and cakes, which is enjoyed by all! At Sandhurst we always make a point of visiting a local pub for a post run drink and social afterwards, for which we have a very good turnout.

The 2022/2023 XC season had 7 races starting as usual with Metros. The TVT event had to be cancelled due to environmental permissions, but we had a great new event hosted by Marlow. Our home event was superbly organised and thanks again to all the volunteers that made it possible. The feedback from the other clubs was amazing.

We were blessed with great (dry!) weather for all the events. Although some were chilly there was no rain, and some mud was present for those of us that enjoy it!

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There was an average of 390 runners at each event (vs 434 last year) with Sandhurst having an average attendance of 17 (down from 30 last year). Event participation seems to be down in general, but we would encourage all the club membership to take advantage of this FREE to members event.

See TVXC website for full listings: <http://tvxc.org.uk/> Thanks to all those that participated and creating a great team spirit.

See you back running in October!



# Membership

Janice Alves De Sousa

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## ***Membership Report 2022-23***

Membership is down this year, that said we still have over 300 members – as at 07/03/23, the figure is 305. Once again there are slightly more females members than male members – 137 (M) : 168 (F).

All membership, including club kit and track, payments are made through PayPal, this works well since payment is instant and there's no delay in acceptance. Four members took advantage of the £7.50 last 3 months of the year deal.

England Athletics are increasing their individual affiliation fee by £1 to £17; I believe they are aiming for £20 pa/pp. Club affiliation remains at £150. Individual athlete registration packs are digital-only, this increases the importance of athlete e-mails being kept up-to-date. Affiliation runs from 1st April to 31st March, however if you are a new affiliation and register between January and March, you can benefit from extended registration through to the 31st March of the following year. Existing affiliations must be renewed by 30th June 2022.

The allocation of club marathon places works as follows, and you have to be a first-claim EA registered member for any of these categories:

1 marathon place for 10-150 members; 2 places for 151-250 members; 3 places for 251-350 and 4 places for over 351 members.



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## ***Membership Report 2022-23***

If any of your personal details change, please let me know or alternatively log into your own profile and make the necessary adjustments.

### **Membership Breakdown**

Age Category	Male	Female	Total
Under 30	6	11	17
30+	16	26	43
40+	37	52	89
50+	48	59	108
60+	20	16	36
70+	10	4	14
Totals	137	168	305

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## ***Membership Report 2022-23***

### **Other Information**

Pure Beginners (April/July 2022 – 20 + 18)	38
EA Members (eligible for 1 London Marathon place)	120
Where SJ is not First Claim Club Member	22
Coaches	3
Committee	15
Honorary Life Members	5

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## ***Kit Manager's Report 2022-23***

Kit sales have been quite slow this last season; maybe a reflection of the times we live in. We do encourage members to wear club kit especially for races, and in fact for events like the cross-country, it is a requirement. If you take part in an away event, I think it is also nice then to show the name of your club – even if they might think you represent the RMA!

The long-sleeved T-shirts are our latest purchase, although the uptake on those has been a bit disappointing, we have plenty in stock, and in various sizes; priced at £26.50. Kit information is on <https://Membermojo.co.uk/sandhurstjoggers/store> in Your Membership/Store Purchase. Once you have chosen and paid for something, it's just a matter of contacting me to arrange collection.

The windproof jacket is still in abeyance.

# Social Secretaries Report

Position vacant throughout  
2022-23

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Secretary

Mo Willcox

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### **Secretary Report 2022-23**

We've had 8 committee meetings since the last AGM. Meetings have moved from online to in person.

We were the lucky recipients of £500 of Scimitar vouchers, as a runner up prize for having the second most club members visit the Running Show.

We gave away 1 London marathon place to Andrew Provost by way of a ballot. In addition, two places were awarded for the Great South Run – to Claire Hobson and Gerry Mephram, these were again rewarded as a result of a ballot.

In line with England Athletics' requirements, three policies need to be added to the club constitution: an Inclusion Policy, Grievance and Disciplinary Procedure and Health and Safety Procedure. I encourage everyone to read these when published. In addition, we now need to nominate a Welfare and a Health & Safety Officer.



# Publicity

Sarah Jones

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## **Publicity Role**

**To lead internal publicity (i.e.. The members), on any matters likely to be of interest, through use of social media.**

**To promote the use of social media and to assist members with how to use it.**

**To organise external publicity (e.g. press, local news websites, local Facebook groups).**

# Treasurer

Andrea Hatfield

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## Statement of Accounts

Opening Balance  
Closing Balance  
**Difference**  
Total

Barclays	Paypal
11,455.61	2,424.05
10,107.86	3,219.05
(1,347.75)	795.00

**Subscriptions**  
**Affiliations**  
**Affiliation Fees**  
**X-country**  
**Race entries**  
**Track**  
**Kit**  
**Social events**  
**Miscellaneous**  
**Equipment purchase**

6,530.80
(1,818.00)
(175.00)
(349.93)
(794.00)
(1,473.77)
(794.91)
956.39
(836.67)
(1,774.92)
(530.01)

### Notes

Large kit purchase at start of year  
End of year dinner - ticket sales  
Includes London Marathon Bus and other expenses  
Replacement of gazebos and flags and new tea urns

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- Club currently in a good financial position – maintaining equivalent of 1 year of subscriptions in reserve to cover unexpected financial difficulties
- Club continues to subsidise track to enable members to access this facility at a very reasonable rate per session
- Efforts have been made this year to purchase equipment that will benefit all members such as new gazebos and flags that can be used at X-country and other events
- Accounts have been simplified to streamline process
- Club costs still remain lower than pre-pandemic levels

# General Members

Mon: Patrick Wadsworth  
Tues: Andy Hazell  
Wed: Erol Ali  
Sunday: Scarlett Palmer

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**Monday:** Mondays continue to attract a core group of runners

**Tuesday:** The numbers of runners in the last 12 months have remained solid with a few new members joining the groups. The summer months always are more popular, no surprises there. We had a couple of away day pub runs which were a break from the norm and proved very popular. Crowthorne numbers continue to be fairly low, partly due to a lack of facilities and for some members the additional distance from work results in them not being able to make the start time. We are lucky enough to have some additional run leaders added to the group, all willing to share the duties weekly and reducing the burden. Coach Carl has set time aside to teach the available run leaders the benefit of stretching before and after runs. So far one session has been completed and this valuable info will start to filter down and I understand there may be another session for those who could not make the inaugural session. Huge thanks to Carl for his time and Lindy for the cake 😊

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**Wednesday:** The evening run is an effort run where participants are encouraged to run outside of their comfort zone irrespective of their pace over a prearranged route with no looping required.

Numbers have been inconsistent falling to as low as 4 up to a high of 12.

Higher numbers of runners are noted in the summer months when the run goes off road and is traffic free

The 2nd Wednesday of each month it becomes the monthly handicap with the same principles involved.

**Sunday:** We are maintaining a good number of runners for the Sunday morning run in Swinley Forest, although turnout does vary quite a lot depending on other weekend events. Most weeks we have sufficient numbers to split into two groups based on pace.

# Vice-Chair

Dave Bartlett

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- 2022 - 2023 saw an easing back to normality after a couple of years that none of us could of expected as a result of the Covid 19 pandemic.
- We were successful in continuing to amass numbers for 2 off intra-club relays.
- The home cross country was a roaring success due to the commitment of members in the organisation of and delivery of an event. I would personally like to pass my thanks to all on the smooth delivery of an event that clearly pleases all that participate from other local clubs
- Membermojo appears to be working well for the management of booking track sessions and kit. That said members need to recognise the responsibly of contacting the kit manager ([kit@sandhurstjoggers.org.uk](mailto:kit@sandhurstjoggers.org.uk)) to arrange collection.

# SANDHURST JOGGERS

- The End of Year Ball is the first real club event that we have sold through Membermojo and despite some confusion over whether a Paypal account is required it appeared to go well with over 60 tickets sold.
- I will emphasise again *You do not need a Paypal account to make purchases*
- **Looking ahead** I would like to see more intra-club relays and locations which bring variety to the running and an opportunity to socialise after the events
- The return of pub runs during 2022 proved very successful, let's see if we can see an increase in numbers through 2023!
- Increased club attendance at Team events across the local area, I'm sure that raising awareness that entries will be supported by the club will achieve this
- Another successful club representation at next year's cross country.

Chair

Position Vacant

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# Yateley Road Races Report

Jenny Robinson

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*Yateley 2022 Report*

# Entries

2367 for 10km Race

236 Fun Run

Entries lower than previous years  
Following the trend of local races

# Donations:

Bearing in mind costings have increased and entries have gone down.

£6650 (committed to the charities which support the races)

£2650 (other donations)

Total: £9300

# Changes for 2022

Sustainability was our big focus:

- Electric car
- No plastic water bottles
- Paper cups
- No sweets and chocolates (bananas)
- Wooden medals
- No T-shirts

# Changes for 2023

Cost saving measures:

- Over 70's free
- Individual race entry at £18/£20
- No number exchange unless race is full
- 800 limit to reduce overheads and waste
  - New First Aid company.

Our big focus this year is responding to the rising living costs. Racing has become a luxury for many people and so we need to be sensitive to this and reflect on every cost so that we can give as much money to charity AND keep the races affordable for our runners.

# Coaches Report

Carl Bradshaw  
James Casey  
Newton Johnstone  
Vinnett Taylor

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Numbers in 2022 fluctuated between 5 and 12 on average, in 2023 we have averaged between 10 and 16.

Also, with 3cTri joining us for the winter we are coaching 14 to 25 athletes on average every Friday night, which is fantastic!

This year I was asked to add a marathon group, to give specific training and advice. This has been going well and will run up to April 2023.

Also, we have been lucky to have another coach join the team. Vinnett Taylor (V) who has started a beginners section, to show that track is for everyone. This is being run every 2 weeks and has been very successful.

Friday night is the only coached session of the week, with a structured warm up, drills, a cool down and stretching at the end. It would be great to get more club runners enjoying this fantastic session all for just £3.

Head Coach Carl



# Club Subscription Discussion and Vote

**It is proposed that:**

**Club Subscription for membership fees will continue as £15.00 for the year, for existing and new members.**

**EA Affiliation will now cost £17.00 for the year as advised by England Athletics.**

## Election of the Committee

### CURRENT SANDHURST JOGGERS COMMITTEE (2022-2023)

Chair	Lisa Harrold (Part of Year)
Vice Chair	Dave Bartlett (Acting Chair)
Secretary	Mo Willcox
Treasurer	Andrea Hadfield
Membership Secretary	Janice Alves De Sousa
Social Secretary	
Cross Country Captain(s)	Nigel and Gabbi Bassett
Summer Events	Patrick Wadsworth
Publicity	Sarah Jones

### GENERAL MEMBERS

Monday	Patrick Wadsworth
Tuesday	Andy Hazell
Wednesday	Erol Ali
Friday	Carl Bradshaw, James Casey & Newton Johnstone
Sunday	Scarlett Palmer

## Non elected Posts

1. Yateley Road Race Director
2. Handicap Run Organiser
3. Webmaster
4. Track Coaches
5. Kit Director
6. Pure Beginners

CO-OPTED MEMBERS (Nominated by Committee)	
Yateley Road Races Co Directors	Jenny Robinson/Alison Jones
Home XC Race Director	Wayne Boardman
Track	Carl Bradshaw, Jim Casey, Newton Johnstone, Vinnett Taylor
Pure Beginners	Lisa Harrold
Webmaster	Ant Harrold
Kit Manager	Janice Alves De Sousa
Handicap	Simon and Anne Whillis

AOB

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A large dark gray triangle pointing downwards, with a thin light gray diagonal stripe running from the top right corner towards the bottom left.

# The End

Please join us for the  
bake off, tea & coffee.  
Dependent upon time  
some may stroll to the  
Wellington Arms for a  
drink!