



Belfast Running Club AGM 2016/17

Minutes

1. Approve 2015 AGM minutes

The minutes of the last AGM were approved by members.

2. Chair's report

- Club membership now stands at 130 full paid up members
- New online registration and payment system
- New club website
- Kit orders/payment handled electronically
- Future developments:
 - Scanner (barcode) /smartphone based registration for training - can be the basis for active feedback on training sessions via surveys to members that attended (what did/didn't work, good/bad/etc)

3. Other reports

• Coaching Report (Liam McGarry)

Massive thanks to Eileen, Evan, Joan, Joanna, Joanne, JP, Laura, Nicky, Orlaith, Roger, Simon and Stevey for all their help with coaching and registrations at BRC and JogBelfast.

Massive thanks also to Maureen, Alan, Roger, Paul and Joan for leading the social runs.

The club has two training sessions a week plus 3-5 social runs that provides a variety of opportunities each week for people to get out running. We've also provided free expert marathon training, nutrition, and injury prevention workshops and piloted heavily discounted yoga and pilates sessions. In addition, the club has paid for first aid training and coaching qualifications for all those who've expressed an interest.

Before Easter the club undertook a survey to better understand what members wanted and provided a number of training plans to assist members training for specific distances. Most club training takes place in Cherryvale, Ormeau Park or at the Mary Peters Track where we do laps or circuits so people should hopefully not be running on their own for too long.



It has been great to see new coaches become involved and new faces at training, as well as more people - and more club teams - entering more races. At almost every race there's a few BRC faces and the recent Laganside 10K was a great example of club runners and supporters coming together. We're seeing people try new races, new terrain and new challenges: members trying 100m sprints to attempting a 10k, half marathon or marathon for the first time to the more extreme (4 marathons in a row for Mary, ultramarathon for Mathew and Paul for examples). In addition, BRC had members try the cross-country series for the first time and the club has been able to enter male and female teams at many events for the first time. Whilst the club is all about getting people enjoying running, it's been great to see so many people get PBs, and podium positions. Well done folks!

Over the next year, we'd love to see more coaches coming through as this can help us offer more to members and begin to co-ordinate training, long-runs, races/events (e.g., Christmas Cracker, Gr8T Dundrum Run 8 miler, Seeley Cup etc). Between the members, there is a huge amount of race knowledge and experience from which to build on.

We want to see more people enjoying their running, trying new runs/experiences, having the craic, learning more and aiming for PBs. We are always seeking feedback on training and welcome any ideas people have.

Keep up the great work, and if you can help us out - even if it's just for 5 mins with registrations at club training - that makes a massive difference.

Future Plans: Possible 4-6 week Sunday night pilates class; looking into yoga classes for the club; mixture of training venues going forward to make training interesting; track training sessions for a Thursday will start soon; loop-style training format will be kept on as it helps members of all pace groups feel part of training and not seem left behind; members not coaching at training were urged to look out for people running on their own during training.

- **Finance Report (Joanna McArdle) This is a separate document that can be downloaded from the website.**



• Club Development Report (Joanne Busch)

2015 saw BRC achieving Athletics NI Clubmark NI accreditation. This involved Athletics NI inspecting our Club Development plan and policies to ensure compliance and good governance procedures, followed by a representative from ANI attending club training in April 2015 to inspect our session. Of course our coaches passed with flying colours and we were awarded our certification in May 2015, a great achievement given that out of 60 clubs affiliated with ANI, we are 1 of only 12 clubs who have been awarded this status. Our accreditation is until 2018 and in the meantime we have continued to develop our coaches, volunteers and governance to ensure continuing compliance:

We have been moving to an entirely electronic system to improve the recording of attendance at training sessions using a handheld barcode scanner similar to Parkrun. Many thanks to Stevey Garland and Brian Corry for developing this and organising equipment.

We have also moved to an electronic registration system to make registrations more convenient for members (bet you can't guess who developed this? Yep, thanks again Stevey!)

Several members have volunteered to become leaders in the club and assist with coaching and have attended the Leadership in Running Fitness Course organised by the club. The most recent leaders graduated in May 2016 and they have been invaluable in planning and delivering training over the last few months.

May 2016 also saw the launch of Ormeau Junior Parkrun with our Club Chair being in the core team and many BRC members volunteering and lots of mini future BRC members running every week. It is a fantastic event with BRC working in the community with local primary schools and Ormeau Runners to provide this fun, well-organised event. Seeing the look of pure joy on the wee faces every Sunday simply because they're running is really what this running lark is all about. Stormont Parkrun also recently celebrated its first birthday, with many members being involved in organising and running the event over the past year, it's a great friendly Parkrun with a great team of volunteers and the club gazebo even got an outing at the birthday celebrations.

Many thanks to the members who attended First Aid training in March of this year to ensure the wellbeing of members at training.

April-June 2016 also saw BRC running the Jog Belfast Ormeau program again on a Wednesday and Saturday. The program had great feedback from participants and all the members who volunteered to help out found the experience really rewarding and saw BRC being awarded the Ormeau Parkrun Community Award at the Jog Belfast graduation run which fell on Ormeau Parkrun's birthday. Many, many thanks to Stevey,



Simon, Gerard, Jon, Jonny, Maureen, Joan, Joanna, Nikki, Keith, Roger and Maggie who all gave their time to help with Jog Belfast. Most importantly, many of our group of graduates have continued to run every Wednesday and Saturday and they tell me they are now up to 10k so everyone should be really proud. BRC is also providing the next Jog Belfast program, which starts next Wednesday 14th September. Please, please, please let us know if you can spare any time to help out, no coaching experience necessary as training will be provided and we always need help with taking registrations and admin roles for those who don't want to coach or lead. It really is a great experience seeing all the participant's journeys throughout the 10 weeks.

Thank-you to everyone who has helped out with developing the club over the past year, especially to Liam for drafting plans and policies and apologies to everyone who I've tortured for copies of certificates and licences.

• **Club Social Report (Jonathan Porter)**

Thanks to all the committee members, coaches and volunteers, past and present, for all their hard work making the club what it is today.

Socially, we have tried to provide an official club summer and Christmas get-together. Last year's Christmas Party was a great success with a great attendance with a good bit of money raised for charity. We would hope to do the same kind of event this Christmas. Tonight is the summer get-together combined with the AGM and hopefully it will be equally as enjoyable.

We have tried to provide a weekly update on the club's activities and any races which are approaching through social media, the website and emails. There have been few cinema trips and plenty of post race get-togethers and mostly in The Errigle.

Moving forward, the club wants to maintain and improve the social side of things with ongoing races, cinema trips, social runs, providing race day transport etc.

Any ideas are more than welcome.

• **Club Communications Report (Gráinne Brinkley)**

Many thanks to the various volunteers who helped out with club communications over the past year, specifically:

- The previous PRO Paul Magee who did a great job of looking after the BRC Blether and managing comms activities;



- Joanna McArdle, Liam McGarry and Joanne Busch for helping out with the club twitter;
- Mark Rocks who continues highlight race announcements from across the country and beyond on the club Facebook page;
- Jonathan Porter and Stevey Garland with their weekly club training and social run updates;
- Simon Doyle with the race round-ups on the club Facebook Group.

Most of the communications are circulated via the monthly club newsletter (the BRC Blether), BRC Facebook Page & Group, Twitter, Instagram. We also launched a brand new website this year, courtesy of the member and chair of many talents, Stevey Garland.

In the future, we would welcome more members helping out on the various communication platforms we use and in contributing to the club newsletter as more help in these areas would greatly enhance member engagement.

We'd also love to see more of your race and social run photos for publications on these channels, so please feel free to send them through to us at info@belfastrunningclub.co.uk with a caption and we'll get them out for you.

Also, please feel free to let us know any ideas you may have on club communications.

4. Motions

The AGM was told that no motions were put forward for consideration.

5. Committee Elections

The following members were nominated and elected onto BRC's management committee for the coming 2016/17 year:

Chair:	Stevey Garland
Assistant Chair:	Gráinne Brinkley
Club Secretary:	Joanne Busch
Head Coach:	Liam McGarry

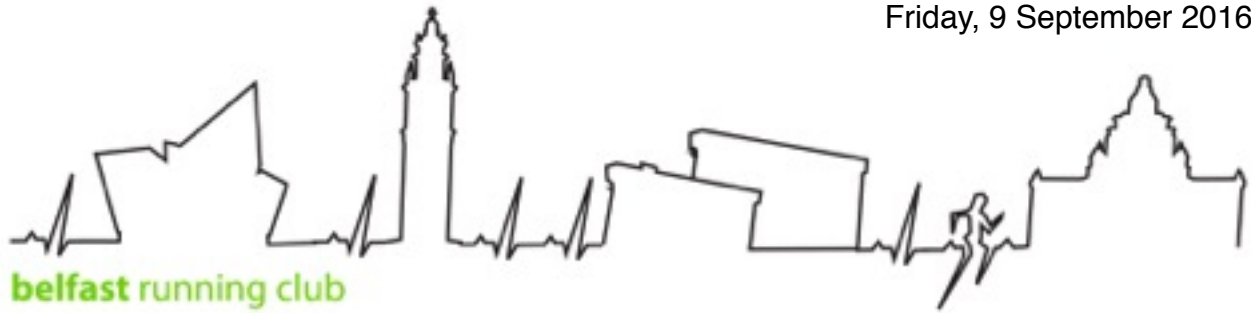


Treasurer:	Joanna McArdle
Assistant Treasurer:	Joan Duffy
Registrations Secretary:	Maggie Beaufoy
Club Development Secretary:	Rowena Fair
Welfare Officer:	Helen Reid
PRO:	Gráinne Brinkley
Social:	Jonathan Porter

The meeting noted that no other members nominated themselves to above-mentioned committee positions which meant the election part of the AGM was over quite quickly.

6. Questions and suggestions from the floor

- In response to Joanna McArdle's finance report where the AGM was asked for ideas on how to spend / invest club reserves, the following suggestions and actions were discussed and agreed:
 1. Club-organised buses to races that a large number of members were attending:
 - ACTION POINT: It was highlighted to the AGM that such a bus would be organised by Social Secretary Jonathan Porter for the GR8 Dundrum Run in October and that further details would be circulated with members in due course.
 2. Suggested that BRC could organise a race: It was mentioned by members that there could be enough volunteers within the club to help with a club race as it wasn't a long-term commitment like being on the club committee.
 - ACTION POINT: Survey the club members about a possible club race and to ascertain if there was an appetite among members to volunteer support to organise such a race.



3. Training overnight / weekend for club members.
 - ACTION POINT: Headed up by Liam McGarry, training sub committee to investigate a possible club training trip.
4. Developing Partnerships with running clubs in other countries.
 - ACTION POINT: Keith Hanna agreed to investigate a potential partnership with a club in Newcastle, England.

7. AGM formally closed by Stevey Garland.