

## Malvern Joggers AGM Minutes ( 7pm ) Thursday January 28<sup>th</sup> 2021

- Intro and welcome from chair Warwick Taylor to all members on this virtual AGM.
- No matters arising from 2020 AGM

### Committee Statements

- Run Leader – Emily Seyler

Emily wished ‘thank you’ to all those people that have led runs, especially new people that stepped up over the last 10 months through the Covid difficulties. Thank you to all those leaders and members that I have been involved with since I started MJ in 2014.

Warwick wished Emily a big thank you for all her hard work and commitment to MJ.

- Website & Mental Health Champion – Sam Marshall

Website - Sam is going to be making the website more information based and keeping it up to date. There will be a new ‘routes’ page set up. Most up to date Covid regs added on there. The ‘News Section’ to be re-instated asap.

Mental Health – not been the best year for mental health and personal challenges. However, It’s been an good and important year to start and the impact of videos and posts have encouraged people. There are now 5 mental health champions in the club as of 2021 and as a great start there is the first ‘event’ on Feb 4<sup>th</sup>. Time to Talk day on Feb 4<sup>th</sup> will encourage people to get out and TALK. We will have an event that day to, at taking a photo of something beginning with each letter T -A-L-and K ( 4 pics ) that can be shared on Website and FB; this keeping people connected and in contact within Malvern Joggers.

- Social Secretary – Sarah Clark

End of February 2020 we managed to have a social at Malvern Theatres for the Banff Mountain Film Festival, which about 15 attended. Other than that it has been almost impossible to offer any social events as gathering was banned due to Covid from March 2020. We had a ‘virtual’ curry night in the first lockdown and at the Christmas party a treasure/ scavenger hunt was on offer to members. 2021 will have to ‘play it by ear’ and see what’s permissible as time and laws evolve.

- Race Captain – Claire Haynes

Starting in December 2019, we had great input from members about which races they would like to see on the league, which saw a great variety of races on the calendar. January saw us begin well, although the weather then started to scupper a number of races with flooding and high winds! Obviously as time progressed we then started to see the cancellation of races due to COVID, making the 2020 MJ

league the shortest in our history. It has been great to see the continuing support among joggers for virtual races, time trials, and challenges, as I know for some runners it is difficult to maintain the motivation without races. In September I handed over the reigns of race captain to Tim, and I look forward to seeing where he takes the role, hopefully with some races starting up again soon!

- Treasurer's report – Nick Johnson

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Warwick wished to echo Nick's comments within the events and say 'Thank you'.

- VC report – Jamie Francis

Thanks to all on the committee for my first year as VC. We had great plans for the 10K event and a sub committee had begun on lots of the planning and arrangements until Covid put everything on hold for the physical event. We can look forward to holding this event in the future.

My word for the year is 'adaptation' – having to move to many virtual events with some actual events at a smaller scale. 2021 was not going to be easy with Covid, but I can't wait for things to return to 'normal' so we can run and then meet socially at the pub for drinks and chips!

Any Joggers member can contact me anytime they like with whatever you need via email.

Medals and trophies will be delivered asap from the awards evening.

Thanks from everyone on the committee and from Malvern Joggers to Emily and Claire for all their hard work and efforts who are now stepping down from their roles.

- Chairs report – Warwick Taylor

On February 12<sup>th</sup> 2020 I took over as Chairman and together with Jamie Francis as Vice Chair, Nick Johnson as Treasurer and Sarah Clark as Social Secretary, we joined the committee. We were full of enthusiasm, there was a buzz about the club and we were all excited for the year ahead. We were looking forward to lots of running and social events, it was going to be great. We got off to a good start and put a subcommittee in place for our 10k Race in June; the event logistics were being pulled together, marshals were being sorted and medals being designed. And then of course things changed

But from day 1 of lockdown the one thing we could do and can still do is to exercise and go and run; so from day 1 of lockdown my aim, together with the committee, was to keep the club going, to keep people running as much as possible and with an overriding principle to provide as much support and positive encouragement as we could

We did quite a lot; we ran the Freedom Park Runs, we saw some amazing lockdown art, we had some treasure hunt challenges and we continued. Who knew you'd have to endure 41 videos of myself and the committee during the year, who knew we would all run from JOGLE; who knew we would all run to America, and back! Who knew so many of you would run a virtual marathon, a virtual half marathon and take part in our run events. You really got on board with the challenges and we saw some great pictures posted, so thank you

Our membership increased from 123 at the start of the year to over 180 which is amazing and maintains our level of membership in what has been such a hard year for many; and through our virtual 10k race and Christmas events we raised a fantastic £1,830 for Acorns, not to mention an additional £675 for St Richard's Hospice in memory of our good friend and Jogger Lionel Groves who sadly passed in December; so again thank you all for your support as I know this has been really appreciated by both charities

By mid year we started to look forward to when lockdown would end, to get the 10k race sorted; it was going to be awesome. But of course we couldn't, lockdown wasn't ending and this was the new norm; we realised that things were now different. So we instigated the weekly run sheet which enabled groups of up to 6 to run together. This proved to be a great success and by publicising the groups up front for the week we've seen more people run on more days and with different people than before and I really believe this will continue

But we've had to respond quickly during the year to understanding and communicating changing Covid guidelines and all the challenges and events that we have put in place. So at this point I'd like to mention our fantastic committee which I have to give a massive thank you to. Without them, nothing would have happened. Believe me there's always a lot of work and discussion that goes on behind the scenes; our committee whatsapp group is buzzing every day. But what they have been outstanding at for me, is being available, responsive, supportive, and as a club,

that has enabled us to take action, quickly, whether it was Covid safety related or a new challenge, so I can't thank them enough for all their hard work

And so, like everyone we carried on through the year; we managed to get circuits back for a short time and we started to look towards 2021. We started planning for the MJ Champions League ready to kick off, and we were optimistically looking forward to the New Year; but here we are again, back to groundhog day. It's difficult for me at this time to tell you what the aims and plans are for 2021 for the club, but what I can say is that we will keep going, and as soon as we can move forward safely with running together again, we will quickly instigate things. We want to get everyone back running together, we want our c25k and 5k progression groups back, we want to reestablish our LIRF's to support our run groups, we want to hold social events, club races and club trips and more; and we will

I have actually enjoyed many aspects of 2020 with the Joggers, and I can honestly say, whilst it's not quite what I imagined when I took the role on, I can say it's been a pleasure this last year

I'm a big fan of the phrase "you only get out what you put in"; so I hope that what we have done as a club this year has helped some of you in getting through these difficult times; I know that being part of the Joggers has certainly helped me

Being an eternal optimist, I still say "bring on 2021" as we will be back as soon as is safe, and we can enjoy running together as a club again

Thank You

- Charity for 2021

Top 3 ( as polled on FB page )

St Richards Hospice

Maggs

Acorns

One with most votes within this top 3 is St Richard's Hospice and that's the charity for 2021.

- Election of officers

All committee members to remain in post, with just a few alterations.

Race Captain is now Tim Winstanley, who stepped in when Claire stepped down during 2020. He's full of enthusiasm and has made a great start in this role.

Run Leader – Emily has stepped down. As there are no runs atm due to Covid, Paul Newman will temporarily step into this role when it's needed. Emily will however Emily will remain involved in any Couch to 5k sessions/ programmes when the club can meet up again in the future.

- A.O.B

Special mention from Paul Newman from all on committee and Joggers - 'Thank you' to Warwick and Jamie for all your motivation and hard work over this last 12 months and through Covid and what's been such a difficult year.

Jerry Greer raised the matter if ALL info that's put on FB be added onto the website as it feels a bit isolating at times as a non- FB user. Sam will be working on this asap and making improvements to the 'NEWS' feed so all members can stay engaged.

David Hunt raised a matter that on the website, the front page image is of the Covid virus and that it's a negative image. Sam explained that since Jan 2021 we had to have it there to show our Covid compliance – but agrees that asap it will get altered to a positive image, so that our Joggers news is positive, not negative.

Finish.... If anyone has any matters/ suggestions then they can contact any member of the committee. Possibly a 'Pets on Strava' has been suggested... watch this space!