**Malvern Joggers**

**2022-2023 AGM**

**18th January 2023**

**Malvern Rugby Club**

**Committee members present: WT JF TW RB JS DO**

**Apologies: SM CR**

Approximate attendance: 75

Meeting opened 20:30

WT Introduction to meeting and thanks

No matters arising previous AGM in 2022.

Vice Chair Statement: Starting with a personal note 2022 was a rollercoaster of a running year for me, but I just wanted to say a huge thank you to the club and to every single member for supporting me both directly and indirectly in raising thousands of pounds for an incredible charity that is very close to me so thank you!

Kit sales have been consistent through the year with around 140 items being sold. It is a familiar yet wonderful sight to see a large sea of distinctive green at most park runs and local races which truly makes a sight to be proud of. Over the course of this coming year, I will be looking to expand the kit, predominately ‘pre and post run’ gear, please get in touch if you have any suggestions or recommendations.

Our annual 10k in June was the 2nd 10k event I have had the pleasure of co-organising and although stressful at times, it is remarkable how the club pull together with floods of volunteers to make the event a spectacular success. We have now pencilled in a date for our 2023 event for the 28th June and will be releasing further details in due course, hopefully with some exciting changes. Closer to the time we will again be seeking volunteers to cover positions and I welcome again all of the support. If anybody would like to get involved up front in the organising of the event, please do get in touch.

Finally, I’d just like to say what a great inclusive club feel that we have around the club at the moment, and I feel lucky to be a part of it. So, thank you and may 2023 be a running success year for you all.

**Treasurer Statement – Robert Burns**

Review of balance sheet live during statement

**Race Captain Statement – Tim Winstanley**

**Web Master Statement– Sam Marshall – Apologies** – **READ OUT BY WARWICK TAYLOR**

**Charlotte – Apologies – Mentioned Quiz night on 24th February**

DAVID O Leary – Statement The publicity officer presented ideas to enhance MJ communications to members and to a broader audience. These included the creation of a new Facebook page both to share news with the public (including prospective members) and to add an "official" voice on existing forums. He also outlined plans to increase contact with local media, and invited members to share ideas and feedback

**Charity for 2023** – Cart Shed is the winner with over 50% of votes. WT reads out section from website

Election of Officers – All roles will remain – No comments

Chairmans Report – So when I look back at 2022, I think that we really did begin to “Get The Band Back Together”. Life

seemed to be returning to normal, albeit a new norm, and I could see members really beginning to

embrace their running from the start of the year

Just before the year end though, we did of course receive the very sudden and sad news of Jonathan

Fligelstone passing, and as a much loved member of the club we miss him already. It was however,

both moving and heart warming to see over 90 Malvern Joggers gathered together to run parkrun in

memory of him in January, and particularly, as you ran along the course, looking both ahead of you

and behind you, all you could see was a sea of green shirts. As I say, it was very moving

In terms of the club, our membership again rose post covid to over 240 and whilst we don’t

proactively promote the club to get more members, we regularly continue to get new people coming

along. It’s been particularly nice to see a flux of younger members joining, all engaging with the club

and socialising together; and all with the support and friendly welcome that you always give. We

continue to see this support from all our run groups and especially at events like the Crowle 10K,

Worcester 10K/Half and Croome 10K. We do seem to have a knack of cheering everyone in to the

finish at these races and I love that about the club

We also saw baby George Raine arrive who has attended lots of run events and already given a lot of

people a lot of pleasure – and he’s not even running yet !

Our diary has been pretty full with the Champions League, local races and parkruns, and we saw so

many great performances and loads of PB’s!

Our own 10K was again a great success, raising £1,500 for our charity, but more importantly

attracting over 300 runners as a local sell out event. We also held our Run 4 Ukraine event,

attended the 24 hour Joust event as a club, the Porthcawl weekender, Manchester, London, Berlin

and Amsterdam marathon and half marathons

In total then we were able to donate £2,000 to The Air Ambulance, our charity for the year, and

whilst we are a running club and not a charity, I’m pleased that we can contribute to these great

causes that always need support from organisations such as ours

I have to give a big thanks to the rugby club, especially Sam and Katy; who are so friendly and

accommodating with us on Wednesdays and at other events like the summer bbq and Christmas

party – we really must get them running!

Of course, we really couldn’t do this without our great committee – Jamie my Vice Chair, always

there for me, Tim our amazing Race Captain and enthusiastic run leader, Sam who is ever reliable at

getting the web and digital done, Robert as our very calming treasurer, Charlotte our social secretary

with her never ending enthusiasm, not forgetting our unsung hero Jane who sorts out all of your

individual memberships with England Athletics. But the thing that is most valuable to me as Chair is

that they are always available, communicative, and we are able to take action, quickly; oh and we

are usually on the same page

I’d also like to thank Paul Newman for his many years of service as Press Officer, and whilst Paul is

still very active with us on social media in promoting the club, the role moves to David OLeary who

now joins the committee. We also have Sue Brett as Coach who ran successful half marathon and

hill rep training and we hope to see this again this year. We also have to introduce Jane Palfreman

and Marie McNally as our Welfare Officers. Their role is in line with England Athletics standards and

more information on what this is and how and when you might engage will be on the website very

shortly

Of course, we all have our daily lives and challenges that they bring; but running seems to transcend

the day to day and allow us all a form of release through both the regular Wednesday nights but also

all the run events we attend and often the subsequent social activities that follow. Running clearly

helps in many ways and it is amazing to see so many people embrace it both individually and

through the club

I think that being fit enough to run is a gift

We’ve seen some people running through significant adversity this last year, but have somehow

been able to turn it to their strength. We have also seen a number of running related injuries which

in themselves cause anxiety; but if you are injured, I’d urge you to stay engaged with the club; don’t

lock yourself away, but continue to come to club night. Come and talk and share your story as there

is a massive amount of knowledge in the club – someone will help!

So 2023 really does feel like it’s going to be great

I get a great deal of pleasure in this role in seeing so many of you run - Running really is for everyone

and our watch word continues to be to provide “positive encouragement” to whoever wants to run

with us. From C25K, through all the groups from roads and trails, 10K, Half Marathon, Marathon and

Ultra Marathons, we have something for everyone. I’d like to thank all of you who have stepped up

to help with these groups, runs and events; helped each other and had a lot of fun along the way;

and from where I sit, I see this as an indicator of a very healthy club

So let’s see us continue our enjoyment of running; try not to always be chasing your Strava times;

and at the end of the day, go out there and run for yourself, enjoy your run, with a smile on your

face, and who knows where it will take you

Thanks for a great 2022 Joggers, and here’s to an even better 2023

AOB:

Comments from Neil Coleman – Thanks to the Committee for all of the work it is greatly appreciated by all members.

Meeting drawn to a close exactly 21:00