

BEESTON AC AGM Held at Beeston Marina 16-11-2016

Apologies, Phil Herd.

1, Last year's AGM minutes discussed and ratified.

2, Changes to the club constitution: (more committee members)

It was decided there would be for 4 more committee members rising from 7 to 11.

3, Election of officials :

The existing 7 committee members would like to stand again :

- Chairman - John O'Donnell
- Treasurer - Peter Rowlatt
- Secretary - Anthony Williamson
- Road race secretary- Mark Rowlson
- Fell Race secretary - Andrew Hunter
- Cross Country secretary - Geoff Pennington/Daniel Rawson
- Ladies Secretary/Social - Christine Bexton

There was discussion regarding Daniel Rawson taking over from Geoff Pennington as the cross country secretary, he will shadow.

NEW COMMITTEE ROLES WERE FILLED:

1. Trent 5 race director - Rab Acid
2. Run leader/coach - Michael Blades
3. Beginners run leader - Penny Page
4. Beginners run leader - To be confirmed.

4, Club Finances:

After club membership held at £15 for several years and with UKA increasing their membership £1 per year for the next 4 years it was voted to increase the Beeston membership AC membership to £20 and not to increase for at least 3 years.

The club finances are in a healthy state, the Trent five club race significantly benefits the club income.

5, Road Race Report presented by Mark Rowlson

There has been a record turn out on the road this year with 93 runners taking part against 58 last year.

John Evans is the men's Champion this year with Rob Evans 2nd and Steve Mason 3rd. The women's championship went to Sophie Eadsforth with Catherine Simkins 2nd and Chris Bexton 3rd.

In the Summer League:

- Beeston AC's vet women finished 4th out of 22 clubs
- Beeston AC's senior men finished 11th out of 23 clubs
- Beeston AC's vet men finished 3rd and 7th out of 20 clubs

County Championship medals

Chris Bexton	V55 Marathon	Gold
	V55 Half Marathon	Silver
	V55 5K	Silver
Sophie Eadsforth	V35 Half Marathon	Silver
Catherine Simkins	V35 Half Marathon	Bronze
Steve Mason	10K V40	Bronze

A few notes from the Notts AAAs meeting, November 2016.

Rule changes for 2017 mean that all entrants must have England Athletics competition licence. We are already complying with this. Total numbers for the Summer League are up but this brings its problems. Car Parking at Hexgreave and Teversal is a problem. Narrow starts are also a problem and consideration is being given to staggered starts for men and women with maybe a 5 minute delay. Summer League fees will be the same for 2017. The only increase is with the England Athletics licence fee.

Race 1	April	Hexgreave Park
Race 2	May	Holme Pierrepont
Race 3	June	TBC
Race 4	July	Worksop College
Race 5	August	Teversal

County Championship races for 2017 are

5K	Newstead Abbey Dash	28 th July
10K	TBC	
10 miles	Notts 10	16 th June
HM	Retford Half Marathon	12 th March
Marathon	Robin Hood Marathon	24 th September

Well done to the many runners have achieved PBs during the year and I wish everyone an injury free 2017.

6, Fell Race report presented by Andy Hunter.

The Fell Race League completed last Sunday with the toughest race on the calendar, This **39 Members** raced overall.

We have a new **Men's Champion** this year is George Russell with Andy Hunter as the runner up. Third place went to Dan Rawson.

The **Women's Championship** went to Catherine Wilson who was the one only qualifier.

Although only 6 members completed 6 of the races I'm going to keep the scoring the same for the next year.

It's worth mentioning the **Nottinghamshire County Fell Championship** single Race. Wolf's Pitt Fell Race, unfortunately no results on Notts AAA Website , But I think Andy Stuart came 1st or 3rd. The first race next year is likely to be Wolf's Pitt Fell Race in the Hope Valley 3rd week in March. Any suggestions for the calendar welcome.

7, Cross country report presented by Geoff Pennington.

Beeston AC Cross Country Competition 2015-2016

The Cross Country competition saw 23 men and 14 women produce 117 finishes in 11 races over 5 months. My highlights were finding that 7 of us had travelled to a wet race in Corby, 24 finished the East Midlands League race at Bramcote Park, 7 completed the National at Donington Park and 1 won a gold medal in the County Championships. 5 runners completed 6 or more races and Geoff Pennington completed all 11 races (☺).

Dan Rawson won the men's Cross Country competition with Geoff Pennington in second place and James Isherwood in third having completed 10, 11 and 8 races each.

Helen Spencer won the women's Cross Country competition with Chris Bexton in second place and Sophie Eadsforth in third having completed 8, 8 and 3 races each.

The County Championships saw Chris Bexton taking gold in the V55 women's category. Two trophies were awarded to Beeston AC runners in the North Midlands Cross Country League; Chris Bexton won the V55 women's category and James Isherwood took 3rd place in the V40 men's category. Helen Spencer was 13th in the senior women's category, Dan Rawson 17th in the senior men's and Geoff Pennington 4th in the V50 men's categories.

Finally, double-points have traditionally been awarded to those competing in the AAA cross country championship races to encourage a good turnout for the races that incur an entry fee and potentially a longer round trip. The number of members competing has increased over the last couple of years and the committee has agreed that double points will no longer be awarded for the cross country championship races, starting with the 2016/17 season. This change will bring the cross country competition in line with the road and fell competitions.

Injury is preventing me running any of this season's cross country races but I will be supporting behind the scenes and at the races whenever I can.

8, Ladies secretary report presented by Christine Bexton

Ladies' Secretary Report to the Beeston AC AGM November 2016

It is pleasing to note the continued growth in numbers of lady members in the club, and ladies now comprise one-third of the total membership. There has also been a noticeable increase in participation in all the club's leagues, with the participation rate particularly improving in the cross country and fell competitions. In the road league, 33 ladies participated in 2016, over double the 2015 number, and 8 ladies took part in the fell race competition, again double the number from the previous year. It is also good to see that the number of medals won in the County Championships races has also risen as a result of the greater number of ladies entering these races.

9, New Trophy:

This year we decided to create a special Beeston AC trophy "outstanding athlete of the year".

Which was presented to Paul Page. Nominations for next year to the committee.

10, Beeston Trent 5 race reported by Rab Acid.

Great success appreciated all the help given.

2016 most successful to date.

2017 race date provisionally 18-25 May 2018.

11, London Marathon Draw:

22 members entered into the draw. David Broadbent and David Evans were the winners.

12, A.O.B

a. Draw for the village hotel room - Chris Barker.

b. T-shirts for running in, we need to have a minimum order of 5 in each size. Email to be sent to confirm how many will be required.

Finish 20:50