Minutes of the FODAC AGM Tuesday 7th November 2006

Minutes from the previous meeting- These were unfortunately missing in action at the time but have now been located.

Chairman's report

The chairman thanked the officers of the committee and commented on how well the committee meetings have been attended. Bob also thanked the numerous coaches and helpers of the club.

Bob commented on how well the training sessions are going and that he has noticed that runs are also being organised at other times on the week which is great.

Challenges. The chairman outlined the future challenges for the club :-Many people are involved with the club but while there is a strong junior section and a large group of veterans, many of whom help run the club, there are very few 20 - 40 year old athletes. The middle section of the club is virtually missing. We need to get seniors in and competing and ensure that juniors from the club continue on into seniors.

The Gloucestershire cross country league went well with a dozen races and only one race where there was no FODAC representative which is the way it should be. Unfortunately though most of the time we do not appear regularly at athletic events.

The committee has tried to address the problems of the track. Temporary lights have been acquired and they are trying to get better lights but the site belongs to the school and not the club so there is a problem of the security of use of the site. We would have to pay for lights and the track and that would cost thousands of pounds. This therefore requires close consideration as the site is not ours. If the track is re-surfaced it would need maintaining every two weeks and it would have to be our manpower that does the maintaining once all the work has been done. The track would also need to be continually upgraded. The club will continue to look at the options but the problem is using the club funds to upgrade a site that we may loose.

Treasurers report

The total income for the year was £6579.46 and the total expenditure was £6880.22. The club has spent slightly more than we have had income but the main reason being that we only did one race this year and so we have made less money. Membership is up by £350 and track fees are up £258. Fundraising from the cross country event at Heywood, mainly through cake sales, raised £411.86. The club also has £1100 worth of stock at the moment. Unfortunately the cost of the club vests has had to be increased due to their increased cost to the club.

Track expenditure – The lights and generator have also cost the club and the move to the sports hall costs £266 more.

A full summary of assets is available along with a complete club inventory. **We do need to know the location of the club stopwatches though.**

The accounts were proposed by Bob Park and seconded by Carol Jones. Bob thanked Wendy for all her hard work.

Ladies Captain report – Carol Jones.

The ladies have competed in cross country and road events this year and in Master's or Veteran competitions.

Vets National XC relays, Tredegar Park ,Newport 2 teams entered in V35's and V45's a total of 12 runners in all an excellent turnout

 $\begin{array}{rl} \text{V35 were} & 6^{\text{th}} \& 8^{\text{th}} \\ \text{V45 were} & 4^{\text{th}} \& 7^{\text{th}} \end{array}$

BMAF Road Relays 2 teams entered V35's 18th, V45's 6th the whole event was great.

Midland XC Champs, 28th January 2006, at Learnington Spa. We were the only club from Gloucestershire to finish a team in 20th place.

Gwent League Vet 35 Team 5th, Vet 45 team 2nd, 9th in Division 1.

London Marathon, An excellent turnout from the ladies,

Caroline 2nd in World biathlon Champs

Rose Inn Series very well attended again this year with notable runs from Caroline and Samantha.

Men's Captain – Steve Cunliffe

Men competed in the Gwent league and finished 7th, at one stage the men were 5th but they lost out on the final race. There have been encouraging signs this year of more men's involvement and we may even manage a second team for the second race. There have been some exceptionally good performances at the moment with the seniors being 6th and the vets 3rd. People are starting to turn out and the Men's team appreciate the support in their races. It is better now that we all run together and Steve felt that it had been a good decision to run the Gloucester league.

Steve pointed out that we are currently a club of two halves, (vets and juniors) with no one in the middle. Steve wants to aim to provide continuity to the junior athletes. There are a lot of people on the periphery who run in competitions but don't come to club events and so Steve would like to

encourage more people to turn up to cross country and get more forest vests at events. He hopes for success a week on Saturday as the vets may be chasing the juniors for honours!

Coaches reports

Clare Morgan

Clare thanked all the other coaches and Martin Green for all of their help this year.

The Wednesday Ladies group has competed in lots of ½ Marathon events, the hydro-active, road relays, Mike Evans' half marathon and loads of 10Km races including the lung run organised by Wendy Lawrence.

The youngsters on a Saturday are doing well, they have won the sports hall league, Emmett Thompson ran the mile before the Bristol ½ Marathon. They also did well at the Fairford 3Km and athletes are moving from the Saturday club to the Tuesday evening club.

Paul DeCamps

I do not intend to bore with a lot of facts and figures about individual performances within my group as between them over the last 12 months, they have competed in almost 150 races nationwide, including cross country, road running, indoor track and field and outdoor track and field. Suffice to say, all are County representatives in track and field ranging from 400m up to 2000m steeple chase. Some are also County representatives at cross country. All have medalled at County Championships whilst some have gone on to medal at regional, territorial and national championships as well as achieving representative honours at a higher level. They have competed at major meetings the length and breadth of the Country and all have competed with distinction at senior level despite the fact that none have yet officially reached that age group and indeed some have another 3 to 4 years before they do so.

Some have had more success than others. However, they all realise that none of their achievements would be possible without the strong bond that exists between them as they must look to each other for support and encouragement particularly during the stringent training regime they undertake to get where they are today. They train between 4 and 6 days per week and over 12 months have run the equivalent of Lands End to John O'Groats and back, in fact a couple of them are in the Bristol/Gloucester region on their second lap. Their dedication cannot be faulted; they do not turn up when they feel like it or go home because it is raining! However, they now realise that, in order to progress to the next level, they have to overcome significant disadvantages in comparison to their rivals. They do not have a floodlit all weather track on which to train year round. In fact one respected endurance coach was amazed when I told him they only get to put on their spikes for competition. Their rivals do not have to weight train in a garage. They do not have the benefit of local or league competition early season on which to hone their skills. Consequently, they frequently have to travel long distances to compete in order to just get track time when, like their contemporaries, they should still be training. Indeed it is a measure of their keenness that, on occasions, when they have not got back from competition until very late they are still out early the next morning putting in the mileage.

Despite devotion to their own training as well as the continual pressure of school exams, all these young people have found time for others and have assisted with the coaching of younger athletes as well as providing advice and encouragement at competitions. They have proved that quality is better than quantity.

From the Club's perspective they have contributed far more than medals etc. They have set benchmarks and become role models for others to follow. Younger athletes are now trying to emulate or surpass their performances but know they won't get there without hard work. We now have the chance of a renaissance in track and field with quality athletes, both on the track and in the field, at U17 and U20 level. There are signs of the next generation ready to come through but we must learn to concentrate our efforts on committed athletes who seek competition rather than diluting our efforts on transient individuals who offer little to the club other than the risk of alienating our faithful. We must invest in the future, quality attracts quality, and success brings more success. I would hate to see the example set by some of our athletes, over the last 12 months, come to nought because of a lack of will and a feeling of contentment.

With the possibility of better track and field facilities at Gloucester becoming ever closer we cannot afford to be complacent, otherwise we may find our better athletes voting with their feet!

Dave Lucas

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It won't be giving anything away that we were all immensely proud of the combined U11 & U13 club teams that won the 1st ever Gloucestershire Sports hall league by a considerable margin. The girls were so impressive that they hardly lost an event through all the matches. Several of them went on to compete for Gloucestershire in the South West Sports hall championships.

A total of ? young athletes represented the county at the 2 inter counties T & F meetings at Exeter & Abingdon. At both meetings the FODAC and Cheltenham H made up a large percentage of the teams.

Cross Country teams won the U11 girls and were 3rd U11 boys in the Gloucester league. With the decline of the Gwent league and surge of interest n the Gloucester league it has proved a far more useful one for the club juniors over the last couple of years.

The U 15 girls were 2^{nd} and U17 ladies 1^{st} in the 4 x 100 county championships.

The U17 men won both the 4 x 100 and 4 x 400

The Avon League was better attended than in the past couple of years. The club overall finished 5th. Once again the best of the clubs that don't have an all weather track and the facilities that go with it.

The lack of a junior team manager and qualified officials continues to hamper development.

Track & Field performers are quite rare at senior level but that does mean there is a lack of quality.

Sarah Rositter

Midlands Champion indoors and out for the 3rd consecutive year.

UKA Challenge final winner

Winner of the 1st ever UKA Jumpsfest senior event, with it a 1st prize of £300 which together with the £200 from challenge final is a small reward for her performances.

6th indoors and outdoors in the AAA championships.

Andrew de Camps Gained a Welsh vest running in the 800mts Joyce Barrus is a 2nd claim member, being 1st claim to Cheltenham Harriers. Joyce has turned out to run at some Avon League meetings and shows great club spirit by going straight after to judge for the club. The only other seniors to my knowledge to run on the track was Wayne Bevan an Avon league 5000.

This year there is a National ranking scheme on the internet for the 1st time ever. In fact there are 2. The UKA version is at <u>www.powerof10.info</u> it struggles to keep up to date and can be fairly selective about what meetings it includes. It can get out of date as they are manually putting everything in. It's

advantage is it has no standard and includes 100s of athletes in each event. It also has regional standards. After I personally persuaded them they have recently include the Avon league results. <u>www.athleticsdata.com</u> scans in the results sent into AW so it is as up to date as those sending in the results which can often be weekly.

The coaching system within the club continues to evolve and improve. We had a volunteer coordinator for a some time that helped take the pressure off the coaches by collecting subs and giving out race details and the like. We could do with replacing that person for both the evening and Saturday groups. It could be a different person for the groups. The age of the juniors has continued to rise through the last couple of years. The main coaches each have a group of athletes who work with them regularly. During the summer we will need a new person to pick up on newcomers and those who don't really fit in any group. I have always picked up the Tom, Dick and Harry's, but this year restricted it much more. Next year I will be coaching the girls/young ladies I invite to train with me and if there is no one to take newcomers some other arrangements will have to made for them. In previous years athletes who have trained with me through the winter have often been left to get on with things in the summer because of the influx of new athletes. I think difference in the results of those I coach speak for itself this year. I will of course still be working closely with the other coaches and there may be some interchanging of established athletes as it suits us.

Modestly I have to add that I was selected as South West development coach of the year. Through my work with Active Gloucestershire and Sportshall athletics in the South West as well as with the club. The SW were impressed with the initiative of setting up a satellite club in Newent. Sadly this is on hold at the moment but should get going after Christmas when we have a coach in Newent qualified at Level 2.

Nick Walker had a ankle injury resulting from a bad landing from pole vault last

January. But managed to recover to able to compete in the British Masters Decathlon championship. He came second not able to retain the title. Other achievements are retaining the Welsh Masters pole vault, winning the shot and coming 2nd in the javelin.

The National triple jump coach thought that we were lucky to have a red grat track and we now have people training from Birmingham on it.

Dave did ask the price of having lights installed on to the new sports building at the track but the cost was £4-5,00. The site manager agreed to ask the school electrician to see if he can get a more reasonable price.

Ann Nixon

Ann would like to commend the young athletes for all their hard work and commitment to training over the past season, especially those who turned out in all weathers and appalling running conditions on the track.

Amongst the group were some notable performances from Kyran Hale, Sam Roberts, Emmett Thompson, Melissa Chidley.

Kyran won the Primary schools cross country and was selected to represent Gloucestershire in the South West Inter Counties at Exeter for 800M where he came 5th. Kyran also ran at Millfield, Abingdon, Woking and the Avon league securing a PB of 2.29 for 800M.

Emmett Thompson won the Bristol Mile U11im 6mins 01sec, 1st U11 Fairfield 3k (7th overall of 300+ entry), was 7th in 2005 AAA county championships (whilst lowest age in bracket). Emmett also broke FODAC club record for U11 boys 600m in 1min 59 secs previously held by Andrew DeCamps 1min 59.1 sec!!!

Sam Roberts was 2nd in Primary schools cross country and 1st in Gloucester AAA county Championships. In field and track events Sam was District Champion for 800m, Gloucester Secondary Schools and at Oxford City 5 Star Young Athletes was 1st in 800m and 3rd in high jump.

Both Melissa and Ryan Chidley were selected for the County at the English Schools Championships.

The junior middle distance group performed well in last year's cross country. The Gloucester Cross Country was very well attended with notable performances from Sam making them champions of the U11 girls. Megan Bonser, Holly Wilbur, Zoe Williams also gave their best for the U11 girls. Melissa Chidley, highest placed at 5th, Amy Morris, Nicole Smith, Fran Cross and Rebecca Johnstone all ran for U13 girls. The U11 boys gave a solid performance, Mathew Morris 4th in the first race, with Kyran Hale coming 2nd and Emmett Thompson 7th in the last race. Ben Fishwick also ran well in U11 boys. Overall the U11 boys came 3rd in the Gloucester league. Iona Nixon and Jordan Fishwick both ran hard in U15 age group despite being solo runners from FODAC.

Freek Van Arkel and Sasha Herman are to be congratulated for running in all of the Gwent League races.

Field and track events were well attended this year. There were some outstanding performances at Millfield with several athletes earning PB's Kyran, 880m 2.32.91, Sam Roberts 1500m 5.34.39 and Melissa Chidley 1500m 5.30.37. Several athletes competed for the first time. Alfie Thompson participated in the 80m hurdles and qualified for the final at Woking.

Although it is easy to applaud successes at races, we must not forget those athletes who train and give their best at club nights.

I would like to thank Dave Lucas and Paul DeCamps for all their help and support over the past year. I still have a lot to learn!!!

Last, but not least, my thanks to parents for supporting and encouraging athletes and bringing them to training and races.

Ann Nixon sent her apologies for not attending the meeting due to family commitments. The report was read on her behalf by Steve Thompson.

Steve Thompson

Steve added the following comments after Ann's report :-

From a parents view the sport is very competitive in the way it is trying to lure people in and he thought that after the Saturday morning group the club has to try and hold on to the kids as other sports may seem more attractive and up with the hard core. We need to pull in more and spread our net wider to get people in. Our facilities are possibly not enough to attract people.

Social Secretaries report.

Ben and Sarah apologised for not organising many events but the club has lots of bits and we never get together. They suggested that if we are going to be a club we need to get together more.

Bob pointed out that they are absolutely right but the trouble is that we have a very diverse range of ages and disciplines.

Ben and Sarah would welcome any ideas of what kinds of get togethers club members would like. The next committee meeting will provide an opportunity to chat through social events.

Club statistician -Martin Green

The club needs to re-emphasise and concentrate on competition and get more people out there.

Martin said that the club needs benchmarks to aspire to, Paul's group is very good at beating records. Examples of club records are available and they will soon be posted on the club website. Martin has so far managed to update the records as far as January 2000, the clubs most successful year, in this year the club won the Avon and District league. Jenny Hanger is still the league's highest individual points scorer!

It is sadly lacking that people don't have anything to aspire to. There may be mistakes in the records or gaps if you find any please report them to Martin. The records will soon be on the website thanks to Roger Hardiman. There is also a record of all the events we have ever organised.

Martin also pointed out that there had not been a club handicap this year.

Membership secretary's report

Membership 05/06		Membership 06/07	
Female	104	Paid	121
Male	113	Female	58
Total	217	Over 20's Under 20's	40 18
Female			
Over 20's	56	Male	62
Under 20's	48		
		Over 20's	39
Male		Under 20's	23
Over 20's	60		
Under 20's	53		

Dave presented figures from the Membership secretary Lindsey Lucas

A newsletter will go out with reminders.

Midlands registration is in a muddle as MAA has only just let us know that UK Athletics taking over fees and they will up the price anyway.

Election of committee

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Post	Nomination	Proposed	Seconded
Chairperson	Bob Park	Clare Morgan	Penny Cartwright
Vice Chair	Carol Jones	Penny Cartwright	Jackie Green
Secretary	Lisa Hardiman	Lyn Park	Debbie Pritchard
Treasurer	Wendy Lawrence	Lisa Hardiman	Lyn Park
Membership	Brid Ellingworth	Brian Ellingworth	Lisa Hardiman
Secretary	_	_	
Social Secretary	Ben and Sarah	AGM voted to	
	Roberts	agree	
Press and	Brian Griffin	AGM voted to	
Publicity		agree	
Women's Captain	Lyn Park	Ann Nixon	Carol Jones
Men's Captain	Steve Cunliffe	Wayne Bevan	Steve Harris
Coaching Co-	Clare Morgan	Carol Jones	Linda James
ordinator			
Junior team	Steve Thompson	After discussion	
manager		Steve decided to	

	do the post if he	
	possible	

General Committee members will be

Deborah Pritchard, Fiona Turner, Wendy Lawrence, Carol Jones, Penny Cartwright.

Any further members are more than welcome just let us know.

Roger Hardiman has agreed to be webmaster.

The election was then concluded.

Child protection officer

Sue DeCamps is standing down as child protection officer and so a replacement will need to be found. Someone will need to do a course but the officer cannot be a coach.

Meeting closed 21.05

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January. But managed to recover to able to compete in the British Masters Decathlon championship. He came second not able to retain the title. Other achievements are retaining the Welsh Masters pole vault, winning the shot and coming 2nd in the javelin.

The National triple jump coach thought that we were lucky to have a red grat track and we now have people training from Birmingham on it.

Dave did ask the price of having lights installed on to the new sports building at the track but the cost was £4-5,00. The site manager agreed to ask the school electrician to see if he can get a more reasonable price.

Ann Nixon

Ann would like to commend the young athletes for all their hard work and commitment to training over the past season, especially those who turned out in all weathers and appalling running conditions on the track.

Amongst the group were some notable performances from Kyran Hale, Sam Roberts, Emmett Thompson, Melissa Chidley.

Kyran won the Primary schools cross country and was selected to represent Gloucestershire in the South West Inter Counties at Exeter for 800M where he came 5th. Kyran also ran at Millfield, Abingdon, Woking and the Avon league securing a PB of 2.29 for 800M.

Emmett Thompson won the Bristol Mile U11im 6mins 01sec, 1st U11 Fairfield 3k (7th overall of 300+ entry), was 7th in 2005 AAA county championships (whilst lowest age in bracket). Emmett also broke FODAC club record for U11 boys 600m in 1min 59 secs previously held by Andrew DeCamps 1min 59.1 sec!!!

Sam Roberts was 2nd in Primary schools cross country and 1st in Gloucester AAA county Championships. In field and track events Sam was District Champion for 800m, Gloucester Secondary Schools and at Oxford City 5 Star Young Athletes was 1st in 800m and 3rd in high jump.

Both Melissa and Ryan Chidley were selected for the County at the English Schools Championships.

The junior middle distance group performed well in last year's cross country. The Gloucester Cross Country was very well attended with notable performances from Sam making them champions of the U11 girls. Megan Bonser, Holly Wilbur, Zoe Williams also gave their best for the U11 girls. Melissa Chidley, highest placed at 5th, Amy Morris, Nicole Smith, Fran Cross and Rebecca Johnstone all ran for U13 girls. The U11 boys gave a solid performance, Mathew Morris 4th in the first race, with Kyran Hale coming 2nd and Emmett Thompson 7th in the last race. Ben Fishwick also ran well in U11 boys. Overall the U11 boys came 3rd in the Gloucester league. Iona Nixon and Jordan Fishwick both ran hard in U15 age group despite being solo runners from FODAC.

Freek Van Arkel and Sasha Herman are to be congratulated for running in all of the Gwent League races.

Field and track events were well attended this year. There were some outstanding performances at Millfield with several athletes earning PB's Kyran, 880m 2.32.91, Sam Roberts 1500m 5.34.39 and Melissa Chidley 1500m 5.30.37. Several athletes competed for the first time. Alfie Thompson participated in the 80m hurdles and qualified for the final at Woking.

Although it is easy to applaud successes at races, we must not forget those athletes who train and give their best at club nights.

I would like to thank Dave Lucas and Paul DeCamps for all their help and support over the past year. I still have a lot to learn!!!

Last, but not least, my thanks to parents for supporting and encouraging athletes and bringing them to training and races.

Ann Nixon sent her apologies for not attending the meeting due to family commitments. The report was read on her behalf by Steve Thompson.

Steve Thompson

Steve added the following comments after Ann's report :-

From a parents view the sport is very competitive in the way it is trying to lure people in and he thought that after the Saturday morning group the club has to try and hold on to the kids as other sports may seem more attractive and up with the hard core. We need to pull in more and spread our net wider to get people in. Our facilities are possibly not enough to attract people.

Social Secretaries report.

Ben and Sarah apologised for not organising many events but the club has lots of bits and we never get together. They suggested that if we are going to be a club we need to get together more.

Bob pointed out that they are absolutely right but the trouble is that we have a very diverse range of ages and disciplines.

Ben and Sarah would welcome any ideas of what kinds of get togethers club members would like. The next committee meeting will provide an opportunity to chat through social events.

Club statistician -Martin Green

The club needs to re-emphasise and concentrate on competition and get more people out there.

Martin said that the club needs benchmarks to aspire to, Paul's group is very good at beating records. Examples of club records are available and they will soon be posted on the club website. Martin has so far managed to update the records as far as January 2000, the clubs most successful year, in this year the club won the Avon and District league. Jenny Hanger is still the league's highest individual points scorer!

It is sadly lacking that people don't have anything to aspire to. There may be mistakes in the records or gaps if you find any please report them to Martin. The records will soon be on the website thanks to Roger Hardiman. There is also a record of all the events we have ever organised.

Martin also pointed out that there had not been a club handicap this year.

Membership secretary's report

Membership 05/06		Membership 06/07	
Female	104	Paid	121
Male	113	Female	58
Total	217	Over 20's Under 20's	40 18
Female			
Over 20's	56	Male	62
Under 20's	48		
		Over 20's	39
Male		Under 20's	23
Over 20's	60		
Under 20's	53		

Dave presented figures from the Membership secretary Lindsey Lucas

A newsletter will go out with reminders.

Midlands registration is in a muddle as MAA has only just let us know that UK Athletics taking over fees and they will up the price anyway.

Election of committee

Post	Nomination	Proposed	Seconded
Chairperson	Bob Park	Clare Morgan	Penny Cartwright
Vice Chair	Carol Jones	Penny Cartwright	Jackie Green
Secretary	Lisa Hardiman	Lyn Park	Debbie Pritchard
Treasurer	Wendy Lawrence	Lisa Hardiman	Lyn Park
Membership	Brid Ellingworth	Brian Ellingworth	Lisa Hardiman
Secretary		_	
Social Secretary	Ben and Sarah	AGM voted to	
	Roberts	agree	
Press and	Brian Griffin	AGM voted to	
Publicity		agree	
Women's Captain	Lyn Park	Ann Nixon	Carol Jones
Men's Captain	Steve Cunliffe	Wayne Bevan	Steve Harris
Coaching Co-	Clare Morgan	Carol Jones	Linda James
ordinator			
Junior team	Steve Thompson	After discussion	
manager		Steve decided to	

	do the post if he	
	possible	

General Committee members will be

Deborah Pritchard, Fiona Turner, Wendy Lawrence, Carol Jones, Penny Cartwright.

Any further members are more than welcome just let us know.

Roger Hardiman has agreed to be webmaster.

The election was then concluded.

Child protection officer

Sue DeCamps is standing down as child protection officer and so a replacement will need to be found. Someone will need to do a course but the officer cannot be a coach.

Meeting closed 21.05