

Gazelles AGM 2025: Agenda

Very aware that last year's AGM was pretty boring, so this year will try our best and make it snappy. Part of doing that is to release my notes in advance, so that people come informed!

Hangover 5 update

Obviously the race didn't go ahead on 1st Jan. A tree fell down on the course during the hours of the event, so we feel vindicated. We have a rearranged date of Bank Holiday **Monday, 5th May**. This isn't ideal, as Worthing Runfest and 3 Forts Challenge are both the day before. However, we don't really have any other possible dates, so it's the view of the HO5 Planning Group that we go ahead and just try to make the best of it.

We will be desperately needing volunteers. Moreso, our usual Race Director and Mr HO5 – Bryan Darney – is away that weekend, so we're more desperate for volunteers (including a new Race Director) than ever.

Finances

The financial year for Gazelles is 1st February – 31st January. This is so that the accounts are ready for the AGM in mid-February, but also includes both the income and outgoings from the Hangover 5 on 1st January. (Obviously that's a little different this year with the postponed event).

Unfortunately, the accounts for this year aren't quite ready yet to be signed off, but we wanted to share with you some summary figures in the meantime. All figures rounded to the nearest pound just for ease.

Summary Figures

	Income	Outgoings	Net
Admin		£25	-£25
Affiliations ¹		£364	-£364
Christmas Party	£689	£386	£303
England Athletics ²		£1,081	-£1,081
England Athletics Grant	£500		£500
Hangover 5	£1,219	£1,959	-£740
Insurance		£178	-£178
Kit	£747	£1,711	-£964
Membership Fees	£1,989		£1,989
Transfer to Savings		£820	-£820
Website		£132	-£132
WSFRL entries	£1,929	£1,574	£355
XC	£109	£96	£13
TOTAL	£7,184	£8,326	-£1,143

1. Affiliations include England Athletics, ARC, Sussex Athletics, etc.
2. "England Athletics" is the individual members' fees (the £200 Club fee is included in "Affiliations")

Christmas Party

	Income	Outgoings	Net
Party Tickets sold	£584		£584
Raffle Tickets sold	£105		£105
Trophies		£116	-£116
Venue Hire		£270	-£270
TOTAL	£689	£386	£303

It's worth noting that these are only the figures that went through the Club bank account. For example, there are no figures for party tickets or raffle tickets paid in cash and there's no expense on raffle prizes.

Memberships

	Income	Outgoings	Net
Membership Fees	£1,989		£1,989
England Athletics fees		£1,081	-£1,081
Kit	£747	£1,711	-£964
TOTAL	£2,736	£2,792	-£56

Just evidencing the fact that we make very little money on memberships. Once we factor in the kit subsidy, we actually make a loss. (Although the kit subsidy is only once per member, so hopefully we'd keep more of that member's future membership fees.)

Hangover 5

	Income	Outgoings	Net
Race Permit		£25	-£25
College Parking		£250	-£250
Race Equipment (race bibs, etc.)		£318	-£318
Medical Cover		£407	-£407
Race Entries	£1,219	£958	£261
TOTAL	£1,219	£1,958	-£739

This is only a small part of the picture, as:

- More refunds have been issued since our 'End Of Year' accounts period (£385)
- We have some on-the-day costs as well (e.g. portaloos)
- The College Parking was for last year, and they should be much cheaper this year due to the removal of the ANPR cameras

We currently have **£1,461.42** in our account. We also have an additional £1,507.57 in the savings account; totalling £2,968.99.

Why do we have a Savings account? At the last meeting, we chose to 'ringfence' the amount that the Hangover costs to host (roughly £1.5K), so that – if all else fails – we always just about have enough to host our main source of income.

Membership Update

These are the numbers that I have taken from Race Nation, but Martin may have more up-to-date figures:

	Male	Female	Total
UKA-Affiliated Membership	33	27	60
Unaffiliated Membership	7	8	15
TOTAL	40	35	75

Club Roles

Current roles:

Person	Role
Charles Simmonds*	Chair Head Coach
Phina Izard*	Club Secretary WSFRL Club Representative
Sarah Mann*	Treasurer
Martin Loose*	Membership Secretary
Rachel Allison*	Welfare and Safeguarding Officer
Lynz Osland*	Welfare and Safeguarding Officer
Steve Pigott*	Health and Safety Officer
Amelia Brown	Social Secretary XC Club Representative
Meg Griffiths	Social Media Extraordinaire
Nick Beaumont	Kit Manager

**Denotes a member of the Committee*

Updates:

- Steve Pigott has decided to step down as Health and Safety Officer. A big thank you to Steve for the work he has done behind the scenes, especially in regard to the Hangover 5.
- All others are happy to continue in their current position, assuming the club are happy for them to continue

Points to discuss:

- Would anyone like to fill the Health and Safety Officer role? This is a required role (as defined by England Athletics, as well as our Club Constitution) and is a Committee role.
 - o If multiple people would like to, then a vote to take place
 - o If no-one, then the role can remain vacant for a short period of time
- Charles is the 'Head Coach' as he is the only qualified coach in the Club and puts together the schedule. However, if Steve would like to, I'd like to suggest sharing this role with Steve Feest, as he leads the sessions more than anyone else.
- Are we happy to confirm everyone else?

Membership Fees for 2025/26

Fees for the membership period covering 1st April 2025 to 31st March 2026.

Our England Athletics fees are rising from £19 to £20 per individual, and £200 to £205 for the Club. We try really hard to keep the costs of membership down (we're cheaper than all the other local clubs), but all of our costs are rising, and the membership fees will probably need to reflect this for the long-term financial health of the Club.

We make no money on membership fees as, once the England Athletics fees and kit subsidy are taken into account, we actually make a loss on most members.

Current 2024/25 fees:

- Affiliated fees: £35 per year (that's £19 to England Athletics, £16 to the Club)
- Unaffiliated fees: £25 per year (all £25 to the Club)

Proposed fees(?):

- Affiliated fees: Small increase to £37.50 maybe? (That's a 7.1% increase; £20 to England Athletics, £17.50 to the Club)
- Unaffiliated fees: £27.50 per year? (That's a 12.50% increase; all £27.50 to the Club)

Can we still afford the kit subsidy? Is it fine now that most people have their one subsidised vest?

No matter what fees we decide, our commitment remains that financial cost should be no barrier to membership and participation with the Club. If you cannot afford this, please reach out to a member of the committee who will discuss options with you.

Run Leaders

A big thanks to our Run Leaders, on whom we are overly reliant. Fully qualified, we have:

- Charles Simmonds
- Chris Cole
- Steve Feest
- Mark Howard
- Bowie Lycett
- Steve Pigott
- Sue Pinky

Fully appreciate that others have kindly fulfilled the role of 'Run Leader', such as Rachel, Ian, Phina, Amelia and Meg to name just a few. However, ideally, we'd like our Run Leaders to be qualified and, importantly, insured.

The cost to become an England Athletics Run Leader is £160, and that qualification is yours to keep forever (e.g. if you changed club in the future). The Club can also support, like using sessions for your assessments, having a buddy session with other coaches/leaders (e.g. Ian Salt and Steve Feest leading a session together next week), etc.

Perhaps the Club can make a contribution to people taking the qualification, but we obviously don't have a bottomless pot of money, so – if we did – there will be a fairly small limit on the number of Run Leaders that we're able to fund. Thoughts?

Kit

Our current kit providers, New Balance, seem to have dissolved/disappeared from the planet. Fortunately, all orders had already been received, so we're not losing out financially.

Nick is in the process of going through other potential kit providers, such as Scimitar, Adidas, Ron Hill, and others. We've got a selection of sample kit from a few of these, if people want to have a stroke.

We've still got a number amount of New Balance stock, but unsure how much and what sizes. Nick?

Survey Results

Main takeaways:

Comment	Proposed Response
The WhatsApp group is chaos, and people miss important messages	<p>We have the 'Announcements' group, which only the Chair and Membership Secretary can write in, but this is grossly underused. We will use this more.</p> <p>As for moderating the main WhatsApp group, there are not enough hours in the day. I would suggest muting the group, if the constant updates prove too much. If someone writes something offensive or inappropriate, you can raise this with a member of the committee who will follow up on a case-by-case basis.</p>
The session start time is too early/too late	<p>A small number of people have mentioned about the time start, but there is no consensus about whether it's too early or too late, so I assume that it's about right for most.</p> <p>We've noticed that few people arrive at 6.30pm because they know that the session doesn't start until 6.45pm, especially when it's cold. Perhaps we tweak things on Tuesdays so that the (optional) warm-up is at 6.30pm and then the session starts promptly at 6.45pm, and then people can arrive at the time that suits them best.</p>

I will publish the full anonymised survey results as soon as possible.

Couch 2 5K

Steve Feest has suggested starting a 9-week 'Couch to 5K' course from Tuesday 18th March, consisting of:

- Informal meet-up for participants on Sunday 16th March (Sea Lane Café?) to say hi to each other, answer queries, maybe have a brisk walk, coffee, etc.
- 2 meetings a week (Tuesdays and Thursdays), which would make the final session on Thursday 15th May.
- Graduating at Worthing parkrun on Saturday 17th May with the full 5K.

Obviously this is not a one-person job (and perhaps that's where we've failed to get Couch 2 5K going previously) and Steve will need an army of volunteers to help him.

Policies and Documents update

We asked for feedback on these at the last AGM. We got no feedback, so it's safe to assume that they're all perfect! Obviously, they're not carved in stone, and we can change things as time goes by. These are online at <https://www.worthinggazelles.com/policies-and-documents/>

Handicap Race Winners

- Summer Handicap winner 2024: Dave Parkinson
- Winter Handicap winner 2024: Bowie Lycett

A big thanks, as always, to Martin for organising these.

AOB

Any thoughts, questions, comments?