

CITY of HULL AC – AGENDA

Annual General Meeting

Friday 24th April 2025

Star Inn, Willerby

7pm

Apologies...

Phil Lambert, Sophie Lee, Cheryl Ashdown, Eileen Henderson, Niki Whittaker, Ben Birtles, Paul Cartwright, Rachel Anderson. Jeannine Ursell, John Escritt

1 – **Welcome and opening**

LK – Opened meeting on behalf of PL. Thanked people for coming

2 – **Minutes to be agreed from last AGM in 2025**

Minutes were agreed approved

3 – **Constitutional changes**

LK explained that we are guided by EA, and the constitution is updated every year based on the proformer they provide.

We are proposing some gentle changes as to how we choose our marathon places, to make it fairer for all applicants. We will not steer away from drawing all the rejected names out of a hat. The club only receives two London Marathon places now.

We now have two fully trained Welfare officers, as per our constitution requirements. Our Lead welfare officer is Lucy Khan, and our other welfare officer is Ellen Messingham. There is a pathway for any welfare issues to be reported directly to them in the first instance. EA have welfare guidance available on their website.

4 – **Chairmans report**

LK read out on PL behalf – Phil wanted to pass on his thanks to members for their continued support of all things in the club. He commented that the club is going from strength to strength and has a good, and dedicated committee. He wanted to make mention of the negative effect of corporate event companies and the damage they are doing to the standards of local running races. It is testament to how well organised our club races are, that we do not need to concede to the larger organisations who try and take control of the local races. Phil stated that this last season had been very successful with a very good inclusion of club members, whatever standard. Its been a great year.

5 – **Secretary's report**

Lucy K – Lucy thanked all the committee members for their continued hard work. It was confirmed that all the current roles are available for nomination, however, each committee member is happy to remain in post. Recently, we welcomed Charlie R on to the committee who has become the club rep for EYXC league.

Thanks were conveyed to Rich R and Billy B for upgrading the website. And to John Smith and Andy Lawtey for their efforts with club sessions.

Dinah was thanked for her continued efforts with the excellent results that she produces, and to Steve H, who continues to turn up for the club events to help with the timekeeping.

Lucy talked about the club's successful events throughout the season, which have all been well attended, and supported by club members and the wider running community.

Lucy mentioned that this year's presentation evening, will be Derek R's final responsibility for the club, as he presents his coaches award for the last time. She reminded members that we have one of our own members providing the entertainment this year, and that the voting email has been sent, so reminded people to vote for their runner's runner and club person award.

A discussion took place about lifetime membership for 3 members, in addition to the four that we already have.

Due to Dereks retirement being announced, it was confirmed that the Wednesday night track sessions would be continuing as normal. There are club coaches who are happy to make sure these sessions remain as an integral part of the club calendar, as they have done for many years. The club will be looking at subsidising the track sessions so that it is easier and cheaper for members to attend. This is work in progress.

Dereks regular Monday night coaching group will also be assisted to continue.

- Existing life members x 4 Steve Holmes, Kevin McManus, Gordon Jibson, Dave Brookes
- Proposing , Derek Rickets, -(Rich Rex, Lee Fletcher) Phil Lambert (Sherene Wiltshire, Lee Fletcher) and Denise Thompson (Ellen Messingham, Lee Fletcher)

6 – **Treasurers report**

Denise T read out the current financial situation regards the club funds. She explained that some of the funds have been invested to maximise on the interest earned. Rich Rex commented that it is a lot of money to have in the bank, but it was explained what the focus of the income is.

Andy Naylor asked about the track sessions being subsidised, which was answered by Lucy, who confirmed that this request is in progress.

John Smith asked about previous financial support being offered to the men's and ladies captains to provide a training weekend. Denise advised that money is always available for club trips, which are always subsidised. The committee are happy to re-visit the idea of ladies and men's weekends away, although the subsidy has never been removed.

A question was asked about hiring minibuses for team events. This again has always been an available option, but most people prefer to make their own way to the race so that they can leave when they want and not have to hang around for the last runner.

Lee Fletcher asked if we could support people who are raising money for charity. This created a good discussion amongst the members. Whilst there was no easy answer, it was suggested that individual

requests are denied, purely because we, as a club, cannot decide to use members money to donate to various requests for charity. However, each member can choose to make their own donation should they wish to. It was also pointed out that the committee get vast amounts of requests for charitable donations, and it would be very difficult to differentiate who we approve and who we don't. Personal choice of the members should always take precedence. James D advised that if we are giving from the club money, we should be stating that we do that when membership fees are paid.

Denise confirmed that all entries to championship events paid.

Billy Billany pointed out that we must maintain a certain balance in the club bank account to enable us to always have funds should any need arise in unexpected circumstances, (Insurance claims. Etc)

It was pointed out that Ferriby 10 cost £23,000 to put on this year.

7 – Ladies Captain report

Sherene read out a great summary of the year and pointed out all of the achievements by our fantastic females in the club. The full report is available on the website.

8 – Men's captain report

James reported that he is still happy as the men's captain and will continue as long as he needs to.

He continues to look for opportunities to set up teams for events

He discussed past regional and National events and hopes to continue being able to encourage people to race.

James explained that he would like to put a hill session on a Friday night again. He will hopefully communicate this with the club members in good time

Billy B asked if we could organise some club internal relays to give people opportunity to try it. This was favourable and something the club would look at.

9- Vets report

Rich read out the report on behalf of Paul Cartwright. A full copy of the report is available on the website.

10 – Membership report

Lucy K read out the report on behalf of Rachel Anderson.

Rachel had reported that the membership finished at 272 members last season, which is the highest number of members we have had for many years. The club membership is continuing to grow. Our membership fees were raised this year due to England Athletics raising their affiliation fees, and we

also pay Northern Athletics affiliation as part of your membership. We remain one of the cheapest running clubs in the area, and very competitive.

11 – Election of committee roles

- Chairman – Phil Lambert
- Secretary/welfare – Lucy Khan
- Treasurer – Denise Thompson
- Female Captain – Sherene Wilshere
- Male Captain – James Durham
- Female Vice captain – Jeannine Ursell
- Male Vice captain – Ben Birtles
- Vets Captain – Paul Cartwright
- Membership Secretary – Rachel Anderson
- Ordinary members – Lee Fletcher. Karen Scott (Kit). John Escrett. Alex Flower (website/entries/IT) Ellen Messingham -Welfare (Champagne league marshal coordinator/traffic manager coordinator/ event organiser), Rich Rex, Charlie Robinson EYCL
- Club Coach – Derek Ricketts, (Retired as from May 2026)

11 – AOB

- Helen Alexander Duncan – Can the handicap system, if someone is gaining speed of over a min a mile from the race before they are excluded from the handicap?
- A – Dinah confirmed that this would need to be confirmed by Steve Coveney and explore how he calculates handicaps, but it is something we will look at.
- Peter Taylor asked if we could increase Champagne League Prizes for 1-3 in age categories and maybe include a spot prize.
- A – The committee can look at this,
- Helen Duncan asked for shout out to Andrew Lawty. (Done)
- Cheryl Ashdown asked about Tuesday club runs and asked if a survey can be put out in relation to what people want for their club run.
- A – It was discussed. A survey has previously been done and only a few replied. We appreciate that we need run leaders. The issue was discussed at length, and some good suggestions were put forward with offers of help.
- Rupert Wilkes – Proposed that the Club help to expand into the community by having a featured charity every year, where members then have an opportunity to donate, during local club events. The club would not need to use members funds but would just advertise which charity is chosen each year. No National charities would be included, only local ones. The club would have a better profile and would show good will within the local community. The charity choice would change each year.
- This request was voted upon and proposed. Rupert was asked to present it to the committee in order that we can get things moving with it.
- Peter Taylor asked if the Track races Mile and 3000m can have a race licence so it can appear on power of 10 – can we get qualified officials to enable this?
- A – It was explained that there are very few affiliated track officials and we would also need official lap counters. It was not impossible but a lot of work. Will be put to Phil for an official answer. James Durham pointed out there are other officially licenced mile events.

- Bob Wilkinson asked about F10 places being made available if someone can't run, after entering.
- A – It was explained that anyone from COH who misses out on entering the F10, will always be provided with a number, if they ask.
- Bob Wilkinson asked about putting in a relay team for Cleveland way
- A -Jim Rogers it already exists could we enter a team into the Cleveland way relay 2027 – Jim happy to organise. It was noted that Jim would organise this for 2027/2028

Meeting closed at 9.55pm

City of Hull AC – AGM 2026

Secretary's report

As you may have gathered, Phil is absent with man flu. I suspect he only has a sniffle, but he assures me he is quite unwell, so on behalf of him I would like to open up this years AGM and welcome you all. Thank you for making the effort to attend and hopefully share your views.

Our committee continues to work hard to keep the club active, and inclusive. The last year, we have seen some minor changes to the committee and all those in their current roles are happy to continue, although that doesn't mean they can't be outvoted.

I am happy to remain in my role as secretary and continue to learn as I go.

Phil is our Chairman, and remains a constant source of knowledge and commitment. He is happy to remain in his role, and every now and again, we give him a little shake and he delivers what we need.

Denise is happy to remain in the role as Treasurer, something she has done diligently for many years. Thanks to Denise for all your hard work.

Rachel has mastered our membership secretary role and is happy to remain. She does such a good job with all things relating to the club membership and beyond, so my thanks go to her.

Sherene took on the role of ladies captain, this last year, and had very big shoes to fill. She's done a great job in leading by example, and representing the ladies throughout the club at all events. She is happy to remain in post, and continues to be a great ambassador for the club.

Jeannine took up the role of ladies Vice Captain, which she has done admirably. She has also completed her level 1 coaching course and now is actively supporting sessions at the track and beyond. Thanks Jeannine and well done.

James continues to represent the men in the club as male captain. He continues to be very well respected, level headed and generous with his time, which I am always grateful for. He is happy to hold the fort for another year at least. Thanks for all that you do, James.

Ben Birtles is happy to hold on to his role as male vice captain. He is a good sounding board for many a topic during the committee meetings and steps up to volunteer when he can. Thanks to Ben.

Paul Cartwright is happy to hold on to the Vets Captain role. This is an extremely busy role, which Paul does brilliantly. He organises the club trips each year, and continues to run at a very high standard to represent the club.

He has organised the formation of 5 teams in to the Wolds Way relays this year, which is a record I think, and makes for a great day out. He's a huge asset to the committee and the club, and my thanks go to him for his continued efforts.

We welcomed Charlie on to the committee this year, who very kindly assisted Rich with all things EYXC. It's a challenging role, and not something that everyone could cope with. We are very grateful to Rich for taking it on, and now very grateful to Charlie. Both of you bring something new to the role, and keep us in the running each year during the series, so thank to you both.

Our other committee members are Ellen, Alex Flower, John, Lee , and Karen, who all continue to offer their time for various tasks on the committee. John has held the fort at the Monday night and Tuesday night club runs, Karen answers all the club emails and assists with lots of my requests for help, and Ellen continues to work tirelessly with the Ferriby 10, Champagne League and other club related matters. She has an excellent relationship with all the marshals which means that we are never short when we need them.

I wanted to especially thank Rich and Billy Billany for their work with the website recently. They have been able to update it, modernise it, make sense of it and make it much more attractive to visitors. It was given a fantastic overhaul by Alex Flower, and they have helped to improve it.

Whilst I'm getting on with the thank you's, I'd like to extend them to John Smith and to Andy Lawtey, for the time they offer towards club sessions. John continues to manage to Thursday night club run, which gets some decent attendance, and Andy has been able to step back into his sprint training leadership after a long absence. We are grateful to you both.

And, I know I bang on about it, but I'm sure we all appreciate the work that Dinah puts in to the results of all the race series that we put on. Winter league, Champagne League, Christmas handicaps, etc. The results are so much easier to understand and read now and she does them in a flash. Thank you Dinah, (And Steve for the handicap assistance).

We had another successful evening at Tibthorpe, for our Pie and Pea supper, organised by Ellen, so we will look to continue this in August.

Our Ferriby 10 race sold out in under an hour and was a resounding success, thanks to the hard work of everyone on the committee and beyond. Many people in the club play a large part in making this race successful, and we are grateful. We secured ourselves a main sponsor this year, with Run performance Lab, owned by our club member Kris

Lecher. This helped us to massively cover our expenses and provide a safe and exciting race and provide a decent running top, which most people seemed happy with.

The same goes for the Champagne League, which this year, is hosting the largest number of competitors, and the largest number of finishers so far. This years competition is wide open in both categories. It's going to be an exciting finish.

Big thanks to Steve Holmes and Phil, for always being available to assist at the races.

As was the track championships help over two weeks. The mile race, won by Alex Lazenby, saw the Dennis Briggs trophy being engraved for only the second time, with two different names. The 3000k event had a good turn out and had an exciting ladies finish, eventually won by Naomi... Its looking good for next year.

We were able to offer 2 marathon places this year to Martin Smith and Charlotte Watts. Both had missed out in the ballot, along with thousands of others. We wish them well. Look out on the Championship start line for Sarah Sellens and Becky Briggs, both representing COH. I think Becky will be in her sponsored gear, but Sarah will definitely be in purple.

We have some exciting news about the Presentation Evening this year. Our very own Alex Czepla will be the entertainment for the evening and is bringing along his music set up to play for us after the awards. Please come along and support it. It will be a fun night, with great food and free wine. Its taking place at Lazaat, on Friday 29th May at 7pm. Tickets will be on sale soon.

So, I wanted to say final few words about Derek. You will have seen my recent post about his impending retirement. I am not going to reiterate what was posted, but only to say that we hope you don't become a stranger, and have a long and happy retirement, doing all the other things you love.

And one thing we have decided to propose, is that you are made a life member of the club. There are only currently 4 life members, who are given this 'honour' for services to the club, in one way or another. We have Steve Holmes, who was club secretary for many years and remains a crucial part of all our events, Kevin McManus who was our club treasurer for many years, Gordon Jibson, and Dave Brooks who were both at the forefront of starting and organising the Champagne League, and all other club activities which we still partake in today.

So It has been proposed by the committee that Derek be awarded lifetime membership. This has been seconded by Lee Fletcher. So we can now vote...

I would also like to propose that Denise Thompson be awarded lifetime membership. Denise has been a member of the club for well over 30 years? And has been the club secretary since 2015. She is an absolute asset the the club. I will propose the award, and Rich Rex has seconded it... (Vote)

And lastly, Phil Lambert, for his continued work within the club and for everything he did, and everything he still does, not just in this club but within the wider athletics scene, where he is a go to person for many.

Nominated by..

Seconded by..

Vote.

Women's Captain report

1-Introduction

What an incredible year it has been for our ladies! We welcomed 12 new members to the team. Whether it is the increasing numbers at our training sessions or the sea of purple vests at local races, our presence is strong! Our ladies have worn the colours with pride across the globe, representing the club in Rome, Paris and Utah. To name a few: **Lois England, Demi Yip & Carol Botterill**. Beyond the results, the most rewarding part of this year has been the support and lifelong friendships formed within the group—matched only by the strength and determination you all display.

2- Individual Performance Highlights & Achievements

From the track and road to the fells and cross-country, we have seen strong performances across all age groups. It has been great to see the resilience of some members returning from injury to find their form again.

All our runners deserve a round of applause; a few standout performances include:

- It's been wonderful to see **Sarah Sellens, Niki Whittaker & Helen Duncan** back in full training mode. **Niki** clocked a superb Half Marathon PB of **89:31** in Edinburgh, **Sarah** ran an outstanding time of **38:14** at Leeds Abbey Dash 10k and after months of no running/racing – **Helen** had a great run at Ferriby 10 and then 6 days later ran 25 miles at the Back Yard Ultra.
- **Colleen Thundercliffe** battled through all types of weather in Edinburgh to complete her 23rd Marathon – Just amazing and **Becky Ramsay** has made an outstanding year with PBs across the 3k, 5k, 10k, 10 mile and Half Marathon!
- **Jess Khan, Sharon Brown, and Zoe Munday** have settled in well, representing the ladies' team across XC, Champagne League, and Road Relays, and making their mark on our club runs.
- In York, **Sophie** battled through illness to finish her first marathon—a true testament to her mental toughness. **Amy Barton** also ran her first marathon, finishing in a phenomenal **3:17**.
- On the trails, **Naomi Wileman** took 1st Lady at the Golden Fleece and **Anne Bakker** won her age category at the **Lakeland 50** (sub-16 hours) and covered a staggering **67 miles** in brutal conditions during the Hardwolds 80. Absolutely Amazing!

Our ladies continue to produce a **dominant performance** on local roads:

- South Cave 10k: 4 ladies in the top 10, with **Izy Bone** taking the overall win.
- Beverley 10k: Had an incredible 28 ladies represent our club
- Haltemprice 10k was another strong turn out for our ladies with PBs achieved by Zoe Munday & Anita Akmentina
- Donny 10k: **Karen Scott** knocked over 6 mins off her previous PB

3 – Team Strength & Relays

Our strength showed in both the road and XC Northern Relays, finishing 22nd in both events and the Yorkshire Veterans Road Relays with our Ladies finishing 2nd in their age cat – outstanding achievements.

We also secured team prizes at Ferriby 10, Ullswater Way 20, Deepdale Dash, and Humber Coastal Half. We had a great turn out for the Yorkshire Wolds Relay & Viking Way Relays, with great results in both, but more importantly the team spirit.

4 – XC and Champagne League

We just missed out in the East Yorkshire XC League this year, we are looking to increase the numbers next season...it's not as scary as it looks, and I am not above using the cake-related bribes to get you to the start line... this one is about the social element and team support. Weve had a great return to the Champagne League, with 5 ladies finishing in the top 10 across the first three races and great support from those choosing to help marshal this time around and not run.

5- Beyond running

Although we all love running, we have some lovely non-running milestones to celebrate:

- Congratulations to **Izy Bone**, who has achieved her dream by opening her own bakery in Hessle. We are all so proud to see her business up and running and becoming a local success!
- Well-done to **Lucy Khan** for completing her Level 2 Coaching qualification. Her swimming and S&C sessions are making a huge impact and have become incredibly popular amongst our runners!
- We welcomed two new "little purple" recruits! Huge congratulations to **Natalie and Nicole** on the birth of their daughters. Both continued producing great runs throughout their pregnancy and making a fantastic return to the roads already.

6- Conclusion

I'd like to say a massive thanks to Jeanine – our Vice-Captain for her support and encouragement, Derek for his time, care and wise words – he truly has a heart of Purple! And to the committee members for their endless support and hard work!

It has been an absolute pleasure to captain such a talented, inclusive, amazing group of ladies, and I am proud of all your personal achievements over the season. Here's looking forward to another year of running!