



**Harpenden Arrows**  
**AGM February 8<sup>th</sup> 2025**  
Harpenden Common Golf Club, 18:30

# Housekeeping

- Please mute / turn off mobile phones



# Agenda

- Welcome
- Elections
- A year in review
  - 2024 and plans for 2025
  - Membership Report
  - Treasurer Report
  - Members Q&A
- Closing Remarks



# Welcome - Simon

- Introducing the team who have kept Arrows going in 2024.....



# Your 2024 Management Team

Leaving



**Speirsy  
Chair**



**Sharon Stanley  
Secretary**



**Helen  
Treasurer**



**Anita  
Social & Welfare**



**Lyndon  
Membership**



**Graham  
Without Portfolio**



**Rowland  
Kit**



**Djerk  
IT/Welfare**



**Michael  
Without Portfolio**



**Sharon Neely  
Without Portfolio**



# Elections

## **The current situation:**

### **Resignations**

- Graham Harper – Minister without Portfolio
- Lyndon Hearn – Membership Sec

### **Re-Election**

- Simon Speirs – Chair
- Rowland Hughes – Kit
- Anita White – Social & Welfare

## **Nominated, Seconded and now Members of the Committee**

- Dean Hurley – Membership Sec
- Audrey Zilliox – without portfolio

*"9.4 If there is only one candidate nominated to fill any particular vacancy, that candidate shall be declared elected unopposed for that particular vacancy at the next annual general meeting."*

# Your 2025 Management Team



**Speirsy  
Chair**



**Sharon Stanley  
Secretary**



**Helen  
Treasurer**



**Anita  
Social & Welfare**



**Dean  
Membership**



**Rowland  
Kit**



**Djerk  
IT/Welfare**



**Michael  
Without Portfolio**



**Audrey  
Without Portfolio**



**Sharon Neely  
Without Portfolio**

# Review of 2024

- Speirsy





# What we said we'd do in 2024

Area	Areas
Ideas!	<ul style="list-style-type: none"> <li>✓ Made a reality for a number of ideas including removing the Club 5k, introducing the Tempo Tuesday, 2x Quiz nights, Physio talks, S&amp;C coaching a planned nutrition talk, revamping the Newsletter on website, Street-O, bobble hats, looking at caps.....</li> </ul>
Social	<ul style="list-style-type: none"> <li>✓ Birthday celebrations, quizzes, Inn on the Green a familiar haunt – but not a ‘regular’ slot</li> </ul>
Leagues & Events	<ul style="list-style-type: none"> <li>✓ Club Leagues – keeping on focus on a smaller number of local races. Thanks Mark, Graham and Lou!</li> <li>✓ Parkrun tourism – more of the same. Thanks Julie</li> <li>✓ Salzburg marathon and now planning Vienna. Thank you John/June!</li> <li>✓ Speakers – Run Technique, Physiotherapy, S&amp;C, Nutrition, other               <ul style="list-style-type: none"> <li>• 5k Invitational – not done. Would like to do.</li> <li>• Didn't host MWRRL – others volunteered before a viable option presented itself</li> <li>• Potential XC hosting – too slow again with options. Would like to do for 2024-25?</li> </ul> </li> </ul>
Run Groups / Training	<ul style="list-style-type: none"> <li>✓ Track nights at Luton – 1<sup>st</sup> Tues of the month, with hills/speed and other options on remaining Tuesdays</li> <li>✓ Club 5k – found a replacement in Tempo Tuesday (more runners than for 5k so success?)               <ul style="list-style-type: none"> <li>• RunLeaders – have been struggling in January to fill all places – may do an ‘Arrows’ RunLeader briefing</li> <li>• Beginners – still on a back-burner for now. Lack of RunLeaders but looking at potential ‘paid’ options</li> </ul> </li> </ul>
Welfare	<ul style="list-style-type: none"> <li>• Small sub-committee to review any applications. Advertised on each Flight</li> </ul>

# The Focus for 2025?

Area	Areas
More of the Same?	<ul style="list-style-type: none"><li>• Ideas – more the merrier. Please fill out the form on your table!</li></ul>
Social	<ul style="list-style-type: none"><li>• A regular slot?</li><li>• Will continue a focus – one per quarter perhaps, key events or celebrations. PLEASE PLEASE PLEASE take on the challenge of suggesting something</li></ul>
Leagues & Events	<ul style="list-style-type: none"><li>• Continuing with the same – always open to new ideas (in advance!)</li><li>• 5k Invitational – possible hosting (aligned to beginners if done)</li><li>• MWRRL – others volunteered before a viable option presented itself</li><li>• Potential XC hosting – too slow again with options. Would like to do for 2025-26?</li></ul>
Run Groups / Training	<ul style="list-style-type: none"><li>• Get more RunLeaders – do a briefing to get to ‘Arrows Qualified’</li><li>• Note that EA becoming more strict in terms of leading in the future</li><li>• Beginner’s course – paid RunLeader for the ‘community’</li></ul>
Welfare	<ul style="list-style-type: none"><li>• Potential to support associated Charities – ‘One Impossible Thing’</li><li>• Mental Health week focus?</li><li>• CPR course</li></ul>

# Membership Report

- Lyndon



## Sustained renewal rate of 76% pa, but reduced new joiners

31 Dec 2022		31 Dec 2023		31 Dec 2024	
<u>Renewals</u>	191	<u>Renewals</u>	174	<u>Renewals</u>	145
without EA	74	without EA	62	without EA	49
with EA	117	with EA	112	with EA	96
<u>Beginner Group Graduates</u>					
without EA	18				
<u>New joiners (incl transfers)</u>	29	<u>New joiners (incl transfers)</u>	15	<u>New joiners (incl transfers)</u>	11
without EA	17	without EA	10	without EA	9
with EA	12	with EA	5	with EA	2
<b>Total</b>		<b>Total</b>		<b>Total</b>	
Without EA	109	Without EA	72	Without EA	57
With EA	129	With EA	117	With EA	98
Total paid-up	<b>238</b>	Total paid-up	<b>189</b>	Total paid-up	<b>156</b>



# Membership Report continued.....

- Support by our members - thank you!
- Membership fees for 25/26 will again be maintained
- Renewal process
- In Case of Emergency details

# Treasurer Report

- Helen Harper / Simon Speirs

## Introduction

Since Covid our spending plans were deliberately in excess of our income in order to invest more in our offering to members by way of training for run leaders, rewards to support and encourage participation in club events and encouraging social events

# Income for year to 31 December 2024

	2024 £	2023 £
<b>INCOME &amp; EXPENDITURE</b>		
<b>INCOME</b>		
Member subscriptions inc. EA	4,019	4,838
Beginners course	0	0
Sundry income	1	3
Surplus/(loss) on social events (inc AGM/Awards)	121	0
<b>TOTAL INCOME</b>	<b>4,141</b>	<b>4,841</b>

- Membership income was down again by £813 (17%) on the Prior Year
- 33 less members in the year

# Expenditure for year to 31 December 2024

	2024 £	2023 £
<b><u>Core club costs</u></b>		
Venue hire	(1,087)	(1,047)
Race fees & running events	(477)	(837)
Club affiliation fees	(288)	(238)
	<u>(1,852)</u>	<u>(2,122)</u>
<b><u>Additional member benefits</u></b>		
Track nights	(292)	(745)
Trophies and medals	(354)	(303)
Speakers	0	(104)
Training	0	(550)
Social events and member rewards	(1,960)	(777)
	<u>(2,606)</u>	<u>(2,479)</u>
<b><u>Administrative and other costs</u></b>		
IT and website	(368)	(347)
Donations	(160)	(50)
Stationery, equipment & sundry	(479)	(348)
	<u>(1,007)</u>	<u>(745)</u>
<b>TOTAL EXPENDITURE</b>	<b><u>(5,465)</u></b>	<b><u>(5,346)</u></b>
<b>SURPLUS/(DEFICIT)</b>	<b><u>(1,324)</u></b>	<b><u>(505)</u></b>

- Race fees, running events, affiliations and equipment combined with room rental for the weekly club meets accounts for 50% of total expenses (and 66% of income).
- Sundry costs (incl. donations), IT/website and supporting social events accounts for the balance of expenses.
- This year we donated to support the YWAM annual Oval run, as well as supported it with volunteers and intend to make this a regular donation beneficiary.



# Balance sheet as at 31 December 2024

	2024 £	2023 £
<b>BALANCE SHEET</b>		
<b>ASSETS &amp; LIABILITIES</b>		
Stock	0	219
Cash at bank	14,183	15,597
Prepayments and other debtors	1,231	1,016
Creditors/Accruals	(35)	(90)
Deferred income	(1,130)	(1,169)
	<u><b>14,249</b></u>	<u><b>15,573</b></u>
<b>RESERVES</b>		
Opening members reserves	15,573	16,078
Suprlus/(loss) for the period	(1,324)	(505)
<b>Closing members reserves</b>	<u><b>14,249</b></u>	<u><b>15,573</b></u>

- The small amount of kit stock/samples held has been either sold or distributed to support the cross-country teams and run leader kit.
- The clubs bank balance (and reserves) have reduced by £1.4k (£1.3k) as a result of the current spending plans.
- The funds held are sufficient to retain the membership fee at its current level for the next membership year whilst also continuing with the same level of investment in provision to members

# Members' Q&A

**Question:** The icy conditions show up that the track isn't in great condition. I know that Abbey View Community Athletics Track got quite a bit of publicity when they took on responsibility for the St Albans track and I wondered:

1. Did the Arrows committee consider using the St Albans track for our sessions?
2. Is the St Albans track in better condition? (it's a long time since I've been on the track)
3. Because it's a reasonably local initiative, should we be supporting Abbey View Community Athletics Track by using the track?

I have no idea on costs and whether there would be timing conflicts with sessions, and I suspect that Stockwood Park may be easier/quicker to get to for many Arrows members.

**Answer:** We did make some enquiries with St Albans and there is the ability to share on Mondays, Wednesdays and Fridays. There is no space at all on Tuesdays/Thursdays.

Like for many of the club runs we are getting reduced numbers of attendees at Stockwood and would have to look at whether another evening (Mon/Weds) would work and would compete against possible S&C sessions that have also been suggested.

We'll poll members in due course.

# Special Mentions

- Mark Pattison
- Issy & Steve Green
- Julie Horrocks
- John & June Rowlands
- Rosie & Susie
- Chrissy
- RunLeaders.....



# Special Mentions – Our Run Leaders

- 
- Anita
  - Audrey
  - Claire
  - Dean
  - Djerk
  - Doug W
  - Ed
  - Graham
  - Issy
  - James B
  - Josh
  - Julie
  - Lyndon
  - Mark
  - Sharon
  - Speirsy
  - Terry
  - Aly
  - Ben
  - Doug
  - Jen
  - Louise
  - Mark G-W
  - Mike A
  - Philip T
  - Rowland
  - Sam W
  - Steve B
  - Viddy



# Chair's Closing Remarks

- Still trying to keeping it fresh
- Making sure training sessions are held and runners safe
- Continue with building and sustaining the Arrows community

**Watch this space for 2025**