



RAC AGM 2023

Tuesday 21st March 2023

Chair Report

2022-2023 was the 3rd and final year for me as Chair and I'm pleased that I stayed on and experienced a season that wasn't hampered by COVID. I feel great pride in the club, truly appreciate the people that volunteer and love seeing athletes learn new skills, develop in their events and compete in a way that highlights the performance and ethos of our club.

Our Coaches are an exceptional team and we're lucky to have so many being with us for many years and setting strong foundations for the club. This year it has been great to see Tim and Caitlin working on their L2 Coaching qualification in Running Fitness courses and to welcome Jo Bramley-Maye to our team. Recruitment of additional coaches to the club has been difficult and RAC is not unique in this regard, with many clubs nationally struggling to recruit new Coach volunteers. Some of our junior members have been stepping into this space and we're delighted to have Tom Coverley and Henry Jones join as volunteer coaches.

The Committee has seen a number of changes this year with Graham Moffatt and Danny Macintyre stepping down, and the following people joining us: Mike Oldridge (Secretary); Andrew Morrow (XC Manager); Kath Malone (Road Running Manager); Kennie-Marie Miller (YDL Manager); Rachel Wright (Sportshall Manager). In a club this size there continues to be churn and for next season when Harvey Sugden (Sportshall Manager), Ruth Norfolk (Marketing Manager) and I will all step down. I'm delighted to confirm my successor (to be confirmed at the AGM) will be Mike Oldridge. This means we have 3 positions to recruit for, Secretary, Joint Sportshall Manager, and Marketing Manager. At the time of writing we are approaching the parents of eager, young athletes to see if any will consider joining the Committee. Thanks to everyone who has stepped down or is about to step down from the Committee or has joined us in the last year.

The Officials are a group of unsung heroes who ensure events happen throughout the season. Kathryn Mellor is the Officials Manager for RAC and we're lucky to have her in this role as she volunteers regularly, does a lot of coordination behind the scenes and works hard to recruit additional officials. The latter is a very difficult job but Kathryn works alongside John Hallatt to recruit and train new people, and Nick Reade often oversees many of the track and field events we attend. I'd personally like to thank Kathryn, John, Nick and all Officials who represent RAC and support events throughout the year.

Member numbers remain strong at 387 and this year Steve Dickens has taken a new approach to encouraging junior athletes to run cross country for the club, which has not only introduced some youngsters to their first competitions. This has been an important step as we look to re-engage youngsters in competition which has been impacted post covid. We have already seen great success from this as RAC won the Mini League cross country series for the first time in many years. The Club remains in a financially strong position, we provide a great value offer to our members and we're grateful David Sweet continued as Treasurer as well as a Coach.

I'm also pleased to confirm that our members are in a safe place with Ruth Brandon leading Welfare for the Club, supported by Marc Scott, and we now have a number of SEN athletes confirming the inclusive environment we have at the Club. Suzanne Rathbone has also played an integral role in

athlete safety by strengthening our approach this year with the introduction of an athlete Care Policy, which means all coaches running sessions are aware of athletes who may require special assistance during a session. And, in July of this year we are proud to roll our CRY (Cardiac Risk in the Young) heart screening for 100 of our athletes aged 14-35. He hope this will be an initiative that other clubs adopt too and we can repeat every few years as new junior members join the club.

We have also completed the detailed Club Standards approach as set out by England Athletics which means RAC is compliant on all fronts. A massive thank you to Marc Scott, Ruth Brandon and Harvey Sugden for supporting me in delivering this work.

There have been lots of events on throughout the year and I'm delighted to see strong participation in events for Juniors (ML XC, Sportshall and T&F) and Seniors/Vets.

Successes this year include:

- Mini League Cross country Winners and many podium athletes/teams
- The Veteran Ladies team won the East Midlands Cross Country gold and the North Midlands Silver, and went onto perform strongly in the British Masters Cross Country Relays (see Andrew's report for more detail)
- Phoebe Clayton won English Schools Gold in Long Jump and represented England in the Schools International Athletics Board T&F event, where she got Silver in Long Jump with an amazing jump of 5.96m and Gold in the 4x100m Relay
- Louis Dunne won the Celebrating Rushcliffe Award for Sportsperson of the year
- Many junior athletes were able to participate in a range of indoor specialist workshops across the winter, to get them ready for the summer season, and World Champion hurdler Dai Greene ran a Sprints and Hurdles masterclass at the track in November
- A memorable and fun awards evening celebrating the achievements of our athletes, hosted by the marvellous Martin Findlay.

A huge thank you to everyone who has contributed to the club. I'm proud to have led Rushcliffe AC for 3 years and wish Mike Oldridge every success picking up the reins from me, cementing what we have already achieved – a thriving athletics club recognised for inclusivity, team spirit, participation and success.

Lorraine Collier