



Motherwell Athletics Club

Minutes of MAC 2009 AGM

20 October 2009 8:00pm

Apologies:

Patricia Allen, Alex Barr, Scott Dickson, Stephen Irwin, Elizabeth Martin, Richard Martin, Mae McIsaac, Gordon Murray, Alan Tait, Gayle Tait, Michael Wedlock

Minutes from Previous Meeting

Unavailable

Chairman's Report

William Martin (WM) stated that MAC is a good strong club with a good team in place. The aim of the club going forward is to build the club and develop and nurture the existing members.

There has been a 25% growth in the club.

Financially the club is in an excellent position.

WM thanked the parents and helpers for their continued support.

Club Secretary's Report

Jill Strachan (JS) thanked the current committee for all their efforts over the last year. In particular CB for her efforts with the club kit and SD for his efforts with fundraising.

JS also thanked Mark Coyle for his continued maintenance of the club website and to Michael Wedlock for updating the RR's tables.

JS advised the club has 150 members, with a 50-50 split between RR and T&F.

MAC achieved Clubmark accreditation in June 2009 and was the 21st club in Scotland to be accredited. As part of Clubmark the club introduced a Welfare Policy and thanks go to Carol Ferguson who was responsible for getting this in place.

JS has also introduced MAC templates for all documents produced.

Treasurer's Report

Peter Knudsen (PK) thanked Pat Allen, John McCluskey and Anne Hughes for their support over the last year.

PK advised that there has been a period of stability with the accounts. Membership via EntryCentral will be encouraged as this can be accounted for whereas paper applications can get lost.

See separate paper for account information.

PK advised that club members should be encouraged to use the Easy Fundraising link on the website as the club receive a % of purchases.

WM advised that the accounts would be ratified in due course.

Welfare Report

JS thanked Bruce Hendry and Carol Ferguson, previous Welfare Officers, for their effort in setting up the Welfare Policy.

Steven Irwin took over the role and has attended 1 of the 2 required courses.

There were no welfare issues to report.



Road Runners' Report

Jim Tracey (JT) stated that it had been another fantastic year for the RR section of the club with some fine individual performances.

Club Championship

36 men scoring points and 29 ladies scoring points.

There is one race to be run (Hamilton 5k), but Graeme Kennedy has secured the men's championship with a maximum of 90 points. Men's championship has finished:

1. Graeme Kennedy;
2. Benny Hands (close runner up);
3. Robert Owen (had a great year).

The ladies championship is yet to be decided. Current standings are:

1. Phyllis Hands;
2. Jo Clark;
3. Elaine Jamieson.

Leagues

The leagues allow men and women a chance to race against each other.

League 1 – 14 runners scored points. Results confirmed as:

1. Graeme Kennedy;
2. Benny Hands;
3. John Hughes.

League 2 – 10 runners scored points. Current standings are:

1. Robert Owen;
2. Nicky Hughes;
3. Jo Clark.

League 3 – 15 runners scored points. Results confirmed as:

1. Phyllis Hands;
2. Elaine Jamieson;
3. Mae Mclsaac.

League 4 – 10 runners scored points. Results confirmed as:

- Jane Wedlock (maximum points);
- Jill Strachan;
- Elizabeth Martin.

League 5 – 8 runners scored points. Results confirmed as:

1. Pat Allen (maximum points);
2. Lesanne Cherry;
3. Catherine Wotherspoon.



Time Trial

34 men and 23 women participating. 8 races have taken place, with the last one in November. It's a mark of improvement within the Club the there are PB's on a regular basis, e.g, in the August Time Trial both winners, Elaine Jamieson and Robert McCourt, recorded PB's.

Men's championship is confirmed as:

1. Nicky Hughes;
2. Benny Hands;
3. Jim Mullen.

Women's championship is still to be decided, with only 1 point separating the first 3 positions. Current standings are:

1. Catherine Wotherspoon;
2. Mae Mclsaac, Pat Allen.

Track

On the Track the summer sessions were rounded off by the Track Parlauff competition where teams of 2 raced against each other. This race was won by an un-handicapped quest team of William Arthur and David Mclsaac.

Official results:

1. Stephen Riley and William Martin;
2. Phyllis Hands and Roddy Quinn;
3. Dougie O'Hare and Michael Wedlock.

Cross Country

Men's championship confirmed as:

1. Alan Tait (maximum points);
2. Benny Hands;
3. Michael Wedlock.

Women's championship confirmed as:

1. Jo Clark;
2. Phyllis Hands;
3. Clare Barr.

Other Events

The women's team did well at the Lanarkshire Relays taking honours for 1st, 2nd and 4th. The men's teams finished 5th, 8th and 10th.

Alex Barr completed the Salomon Turbo X near Milngavie.

Alan Tait came 4th in the 28 mile Lairig Ghru race from Braemar to Aviemore in a time of 3:42. Russell McCoull posted a time of 4:30.

Gail Tait was 1st female in the Cairn Table hill race in June.

Donald McAffer won the vintage category in the Midlothain Triathlon.

A MAC team of 6 broke the course record to win the Kintyre Way Relay. The team consisted of:

- Clare Barr;



- Alex Barr;
- Russell McCoull;
- Alan Tait;
- James Clark
- Jo Clark.

Russell, Alan and Jo set an all time section records for their legs of the relay.

Russell McCoull completed the Highland Fling (53 mile run along the West Highland Way) in a time of 12:21.

Lots of RRs completed marathons ranging from Edinburgh, London, Berlin and Rome.

Clare Barr, Alex Barr and Alex Hay completed the Sticky Toffee Challenge, a trail run in the Lakeland Fells, with Alex Hay finishing 10th.

Summary

The RRs have had a brilliant year, with excellent performances in the various Club Championships events and Time Trials.

Over a wide variety of events, the RRs have belied their title and demonstrated considerable diversity, and the ability to rise to the challenge no matter what the terrain and weather throws at them!

Track & Field Report

JS presented on behalf of Bob McCrum.

The year started with athletes taking part in the Scottish Athletics Indoor League at Kelvin Hall. This comprised 3 meetings and many PB's were gained over the events.

The Club entered a combined North Lanarkshire Team in the Youth Athletes League this.

The Club attended an Open Graded Meeting at Dumfries.

Many of the Club's athletes took part in the Lanarkshire AAAs with several good results.

The Club entered the Central & Southern League for the first time and were delighted to be informed that we have been promoted to the 2nd division. This was due to the combined efforts of the T&F and RRs.

As usual the Club Championships was an enjoyable day and the awards will be handed out at the prize giving on 13th November.

The numbers in T&F have steadily grown through the year and we now have ~70 members. As a result the structure of the groups has been changed:

- Bob McCrum, Chris McCrum, Robert Gibb and Andy Clark coach the sprinters;
- John Hughes, Mae McIsaac and Richie Leach coach the middle distance runners;
- Elaine Barrie and Elizabeth Martin coach the juniors and beginners.

The T&F have been involved with a new venture this year called Run/Jump/Throw which has been organised by Yvonne Murray at North Lanarkshire Council. Mae, Bob and Clare Hughes have been involved with this initiative aimed at encouraging youngsters to get in to athletics.

The combined training session on a Saturday morning with the RRs are proving to be very popular and enjoyable.

Agree 2010 Subscriptions

The following subscriptions were agreed:



Membership Type	Cost	Cost with Family Discount*
Senior	£30	£22.50
Senior concession (student/Unemployed)	£20	£15
Senior (second claim)	£20	N/A
Coach	£5	N/A
Junior (age 13-17 on 01/01/09)	£15	£11.25
Junior (second claim)	£10	N/A
Child (age 12 or younger on 01/01/09)	£10	£7.50

Nominations for Honorary Members/President

Honorary Members

Nominated	Proposed	Seconded
Jessie Miller	Clare Barr	Jim Tracey

Amendment to the Codes of Conduct

The following amendments to the Codes of Conduct were agreed:

Current Wording	Agreed Wording
No football colours	No football strips
Respect the rights, dignity and worth of all participants and treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status	Respect the rights, dignity and worth of all participants and treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality, social/economic status or disability
Assist with the organisation of teams and events if requested to do so	Assist with the organisation of teams and events if able to do so

Nomination of 2010 committee

Position	Nominated	Proposed	Seconded
Chairman	William Martin	Jill Strachan	Stuart Dickson
Secretary	Jill Strachan	Jim Tracey	Peter Knudsen
Treasurer (interim)	Peter Knudsen	William Martin	Jill Strachan
Welfare Officer	Stephen Irwin	William Martin	Jill Strachan
Coaches Representative	Richie Leach	John McCluskey	Stuart Dickson
RRs Representative	Jim Tracey	Jill Strachan	Elaine Jamieson
T&F Representative	John McCluskey	Jill Strachan	Stuart Dickson
Member	Clare Barr	Jill Strachan	Stuart Dickson