



MK Lakeside Runners Annual General Meeting

MINUTES

Date of meeting: Friday 15th May 2026

Location: Haversham Sailing Club, 7pm

Attachments: 2025 AGM Minutes, Secretary Report, Membership Secretary report, Treasurer Report, Chair Report, Constitution, Inclusion Policy, Privacy Notice, Health & Safety Statement, Grievance Procedure.

AGENDA

Item	Lead
<p>1 Welcome and Apologies</p> <p>Attendees: Val Hall, Katrina Douglas, Linda Robinson, Rachel Toresen-Owuor, Mick O’Sullivan, Deborah Cottingham, Judith Cooper, David Hall, Emma Hare, Ryan Holtzhausen, Colin Mills, Laurie Mills, Helen Wallace, Jill Dyer, Debbie Herniman, David Hughes.</p> <p>Apologies: Simon Stimpson, Becky Woodgate, Norman Baker, Brian White, Andy Colley, Rhian Parsons, Mike Parsons, Mark Atkinson, Gemma Gordon, Richard Litwinczik, Jamie Cosher, Caroline Ford, Hilary Manning.</p> <p>Welcome to all, great to see so many members here. Thanks to Haversham Sailing Club for the venue for this evening’s meeting and BBQ.</p>	<p>Val</p>
<p>2 Approval of minutes of 2025 AGM</p> <p>Minutes approved.</p>	<p>Val</p>
<p>3 Club Secretary Report see attached All policies amended as per Secretaries report and ratified by members vote.</p>	<p>Laurie</p>
<p>4 Membership secretary report See attached. Queries raised: Mick: Does anyone check back with beginners after graduation if they have not joined? Emma: Yes we do approach them and ask for feedback – sometimes due to bad weather they miss a few sessions then feel their fitness has dropped and not able to returned. Deb C : Have we asked for feedback on what we could do better to</p>	<p>Emma</p>

	<p>encourage them to join after graduation? Emma : We ask for feedback but nobody could say we had done anything wrong or what we could do better. Deb C : Maybe it is timing – perhaps a course in March when it is beginning to get lighter? Emma : We did used to have 3 a year including one in March – maybe could look at it again. There is also a lot of competition from other clubs particularly from those aimed specifically at younger demographic. Deb C : Maybe we could try Couch to 5K in the Wednesday morning group? Val: That is an interesting idea worth looking into – the committee will discuss it at next meeting.</p>	
5	<p>Club Treasurer Report & accounts up to year end See attached. Check if – EA registrations fee is correct (£20 or £21)?</p> <p>Independent auditor statement to will be shared once received via social media. Delayed as auditor was experiencing some personal problems.</p>	Simon – read by Val
6	<p>Chair Report</p> <p>See attached.</p> <p>Including an award to Brian White for the sterling work he has put in leading the beginners groups. As he was not present - it will be presented to him at the next club session (everyone sworn to secrecy so that it would be a surprise).</p>	Val
6	<p>Election of the Committee</p> <p>Committee elected by all members present:</p> <p>Continuing in roles and re-elected : Chair: Valerie Hall Treasurer: Simon Stimpson Secretary: Laurie Mills Membership Secretary: Emma Hare Social media/Member’s Member: Linda Robinson Member’s Member: Katrina Douglas</p> <p>Newly elected filling vacant positions: Vice Chair: Judith Cooper Social Secretary: Ryan Holtzhausen</p> <p>see below for nominators and seconders</p> <p>Unelected roles continuing: Head Coach: Norman Baker Welfare Officer 1: Laurie Mills Newly filling vacant post: Welfare Officer 2: Deborah Cottingham</p>	Val

7	<p>Additional Matters Raised by Members</p> <p>Deb C : Raised a vote of thanks to Laurie for always stepping up when needed: to cover other Run Leaders, organising teams for Greensands etc, organising Xmas Party.</p> <p>Deb H for absent member: Was it ever confirmed if we should run on the left or the right? Val: It was discussed and researched and decided at committee that - if you are running on your own then you could follow the code of running as if on the road into traffic – ie on the right. However if running with the club in a group you should follow the Run Leaders direction, which usually means if someone is approaching in the opposite direction on the right then we would call “keep left” and if they are on the left then would call “keep right” and the whole group should follow these directions.</p> <p>Helen: Are we still planning to have the 30/30 on a Thursday to help people build up from 5K Deb C : Yes – it will only be once a month as an alternative so people could choose to do the technical session or the 30/30 on that night.</p>	ALL
8	<p>Provisional date for 2027 AGM and meeting close</p> <p>Friday 14th May 2027 (TBC)</p>	Val

Committee Role	Nominee	Nominated By	Seconded By
Chair	Valerie Hall	Laurie Mills	Emma Hall
Vice Chair	Judith Cooper	Valerie Hall	Deborah Cottingham
Treasurer	Simon Stimpson	Katrina Douglas	Ryan Holtzhausen
Secretary	Laurie Mills	Helen Wallace	Judith Cooper
Membership Secretary	Emma Hare	Rachel Toresen-Owuor	Linda Robinson
Social Secretary	Ryan Holtzhausen	Emma Hare	Debbie Herniman
Social Media /Member’s Member	Linda Robinson	Deborah Cottingham	Ryan Holtzhausen
Member’s Member	Katrina Douglas	Jill Dyer	Colin Mills
Head Coach	Norman Baker	NA	NA
Welfare Officer 1	Laurie Mills	NA	NA
Welfare Officer 2	Deborah Cottingham	NA	NA