



1985 - 2018

Perth Road Runners

Established 1985

Affiliated to Scottish Athletics 1986

## Perth Road Runners 2018 AGM Proposals.

### 1. Club Cross Country Medal – Duncan Ryan

This proposal is to introduce the idea of the club having an Annual Cross Country Medal. The club's Cross Country profile has really risen in the last few years. Case in point - the Mens Vet team came 4th in last years East District League.

This is very much in part down to the hard work each year of Simon Grieshaber.

However, only a small percentage of the membership actually take part and many members are always nervous of running cross country. It is in fact a really sociable set of events, they are not long distances and they are not for only 'fast runners'. However they do always feel like proper team/club events. Also, as I'm sure many of us will agree, running the cross country season can really improve your running fitness and confidence for the following year. It is one of the best ways to keep motivated and running races during the winter months.

The Series would sit alongside the Championship, Summer Series and Hills Alive. With no 'winners', this would be about the achievement of successfully completing races in the series. The thought is that each year a new bespoke XC medal will be created and given out at the Prize Giving.

Attainment would be the completion of at least 3 of the following 6 races starting in the 2019/2020 XC season:-

- The 3 East District Cross Country races. (Each counts as one for medal attainment)
- The Scottish Cross Country Championship race
- The Scottish Short Course Cross Country Championship race
- Scottish Cross Country Relay Championship race. (If there are relay team number issues for members, a reserve for gaining medal could be running Scottish Vets Champs or Lasswade XC )

Each of the above is Open, does not require any qualification, just SA membership. Simon has indicated he is willing to carry on as Captain/organiser but it would be handy to have a sub/captain. The roles should noted and recorded by Committee.

2. **Proxy Votes – Kenneth Stewart**

“To include Proxy Voting under clause 44 of the Constitution of Perth Road Runners”

Proxy voting is a means of ensuring that all eligible members of an organisation have an opportunity to vote on matters proposed to an Annual Meeting General. This allows a club member to delegate his or her voting power to a representative thus enabling a vote in absentia.

The proposal, for consideration at the 2018 AGM, is as follows:

“To amend clause 52 of the Constitution of Perth Road Runners thus enabling Committee Minutes to be distributed to members rather than having to be requested.”

3. **Minute Distribution – Kenneth Stewart**

The proposal, for consideration at the 2018 AGM, is as follows:

“To amend clause 52 of the Constitution of Perth Road Runners thus enabling Committee Minutes to be distributed to members rather than having to be requested.”

4. **Number of Races in Club Championship - Margaret McIntosh:**

I have not proposed anything before now! But I would like to propose that the no of races be extended in the Club Championship. I have only managed to get one medal due to either injury or bereavement or trauma or a combination! I know that it is a challenge but surely the challenge is to complete the variety of distances but if we had even the reserve races to be included it would give greater opportunity and more people would find themselves able to complete.

I have spoken to other people and I think there is support for this. Other clubs do have more.

5. **Club Clothing – Neil Muir:**

In line with Club Rules, club clothing, must be worn in all events to gain Championship, Summer Series or Hills are Alive points. This is to include marathons – if the member wishes to be awarded Championship Points for that particular event

## **6. Reducing entry age – Kevin Rogers**

I would like to propose for discussion that the club changes the age that you can join Perth Road Runners from 18 to 16. I feel that there is a void for 16 and 17 years olds where they leave school and possibly drop out of other local athletic clubs and don't have potential options to continue running or take up running as a hobby. There is a lack of activities for this age group, and as a 16 or 17 year old can get married or join the Armed Services, we should as a club support this age group in joining Perth Road Runners. There are only 3 items that need to happen to ensure we comply with the requirements from Scottish Athletics –

- We inform Scottish Athletics of Perth Road Runners intention to change the age that you can join our club
- All coaches hold an up to date PVG membership
- Our Welfare Officer attends a course covering 16 and 17 year olds which Scottish Athletics will arrange

I don't propose any exclusions or rules to be put in place for this age group in regards to club events organised by Perth Road Runners, or as part of any club competitions, though they will need to follow any rules that are set down by these events. As a club we do have a responsibility to 16 and 17 year olds regards their development and they should be discouraged from participation in events of the marathon distance or greater due to their development age.

## **7. Summer Series – Catriona Liddell**

I would like to suggest that the format of the summer series be amended to allow some flexibility as is the position with the championship. For some members, particularly those who may be new to running, the prospect of some of the longer distances within the championship may be too daunting and the summer series therefore represents their opportunity to challenge themselves by participating in a club series and on completion, to be recognised for their achievement at the annual presentation night. I believe however that the rigidness of having to complete all 6 pre-determined races does not encourage a higher level of participation in this series as members do have commitments outside of running.

I therefore propose that the summer series be amended to the completion of 6 out of 7 races, thereby encouraging "the advancement of public participation in sport" as per our charitable purposes