

source of income for the club and enhance our visibility and reputation in the running world.

Our club event, the Hayling Relay again provided another excellent day out with many new runners this year. Thanks as always to John Gallagher, Dave Lown, Hamid, Dave Walker and many more.

Money raised went to the RNLI as always.

Finally on the running front, an unexpected triumph for the Men's Team in the Emsworth to Basingstoke relay. I suspect this will be my only time holding a winners trophy so thanks to my buddies: Neil, Kevin, Darren and Paul Willcox for making my year!

And now a few thank yous as always

Dave Howard – served as club secretary this year and is stepping down. Great work keeping us organised and helping us finalise the membership rules this year.

Ian Pirie – our treasurer this year and has done a great job and leaves us in superb financial shape.

Jan MacDonald – Although Jan is continuing as Membership Secretary she is stepping down from the committee. Thanks for your support and service.

Other committee members stepping down now and through the year – Nicola Stott, Will Hahn-Griffiths, Yvonne Hawley, Jim Clow – thank you all.

Chris Turner – for being super-efficient in getting all the trophies sourced and sorted.

Our coaching team – now getting too big to list but they have all helped the club so much through the year. Congratulations to Dave Lown for qualifying as a Coach in Running Fitness and a special thanks to Cathy Beresford and Lesley Allen for running the V25K courses this year. Thanks to Neil who is stepping down from coaching duties now to focus on his revitalised running career, I particularly remember when you were head coach and turned up week in, week out even when you couldn't run yourself.

Here I want to make a special mention of the work done this year with the Victory to 5k and 5 to 10k courses. These have been led by Cathy Beresford, Lesley Allen and Pete Harding in the main but require a lot of support from the other coaches and the membership at large. Thank you all for making this club so welcoming to our newer members.

The Handicap Crew – we all enjoy these and can't run them without the help from Jan, James, Malcolm and Hamid assisted by many others over the year.

Flyer editor – Yvonne Hawley followed by Andrew Frayling and now Ali McNiff have kept us well informed of events, news and race reports all year. It has been of consistently high quality.

The committee – it's not always plain sailing but with your help, the club is moving on well to greater things.

Just to round things off, I'd like to extend my best wishes to James Tolson who cannot be here due to his recent accident and lastly, I have to mention the sad news we got less than 2 weeks ago that Mike Edwards, one of our founder members had died suddenly. He was a good friend to many in the club and will be remembered as a really terrific bloke.

Item 6 – Treasurers Report

Ian provided a breakdown of the club finances at end of the year. The main points being, that the club is in a good financial position. Over the past 12 months Victory Athletic Club has raised £3240 for the chosen charities.

A copy of the financial statement is attached to the original.

There were no questions.

Item 7 – Approval of Approval of Accounts:

Proposed by: John Cowlin

Seconded by: Lesley Allen

Outcome of Vote: Carried.

Item 8 – Membership Report

Jan MacDonald outlined the numbers regarding club membership since the change in the membership year, and the change to the Family membership policy. Prior to the change the club stood at 300+ members, at renewal that dropped to approximately 220, as of 24/11/16 Victory Athletic Club membership stands at 280.

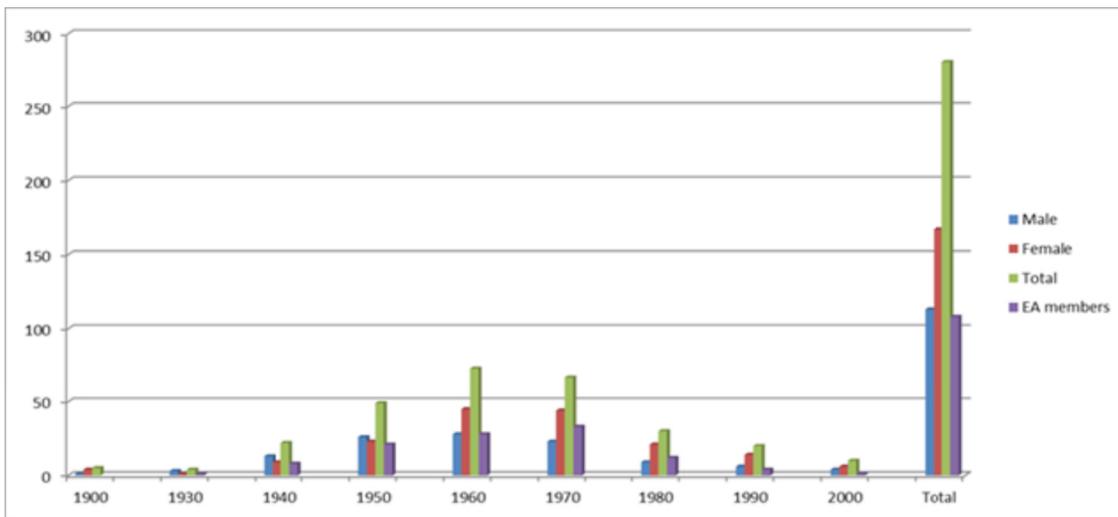
Jan also provided some statistical analysis of the club demographic demonstrated with a chart.

Victory AC Membership Demographic by age/gender

The following graph shows the breakdown of male, female and total members by their decade of birth. (we do not have any members born in the 1900s, these are members whose dates of birth I do not have!)

In almost all age groups we have more ladies than men. Only in the over 55 categories, do we have more men.

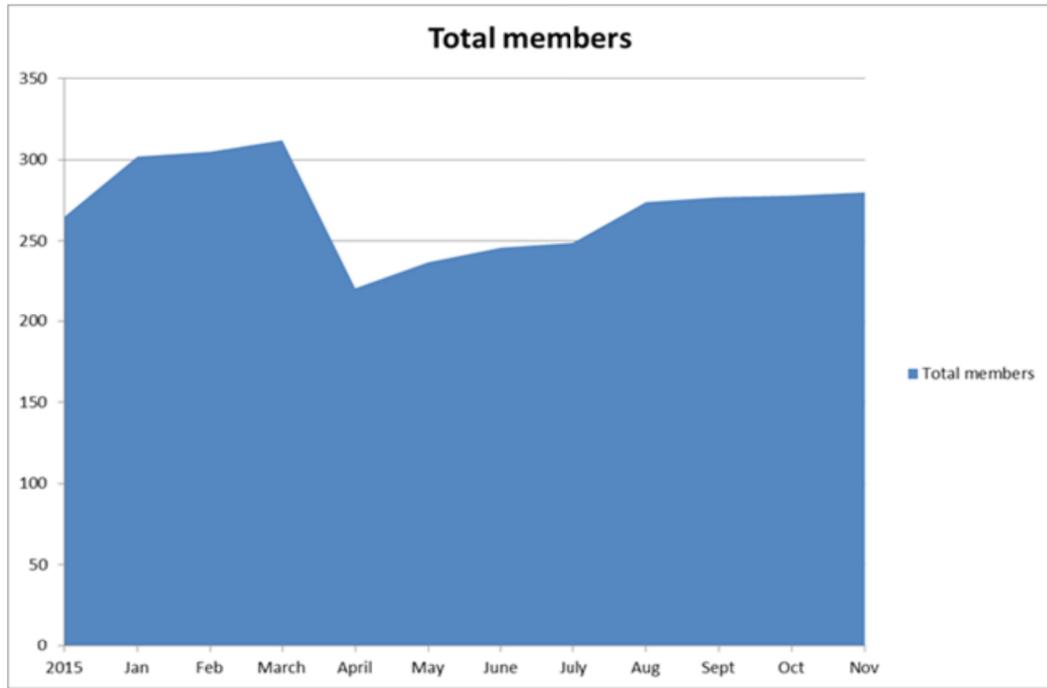
The total membership is currently standing at 280, with 167 ladies and 113 men.



Growth of Victory AC membership during 2016

A year ago, a decision to move the club membership year from Jan-Dec to April-March was made, so all 2015 members remained members of the club until the subscriptions were due for renewal on 1st April. This accounted for membership looking artificially high in 1st quarter 2016 and it continued to grow with the addition of new members, primarily from the V25K course, until reaching an all time high of 312.

Membership tailed off in April, as not all 2015 members renewed for 2016, but the membership has been growing steadily since then and now stands at 280.



It was also pointed out that the EA subscription will rise to £14 per year for the next two years.

There were no questions.

<p>Item 9 – Coaches Report</p> <p>What a great year on the coaching front. We have seen an amazing increase in the number of members, and some of those not long joined VAC, qualifying as Leaders in Running Fitness (LIRFs). I will not embarrass myself by trying to name everyone but sincere thanks from me on behalf of VAC for taking on the role.</p> <p>We also had Dave Lown qualify as Coach in Running Fitness (CIRF) which equates in old money as Level 2 coach. I was heard to say “great I can retire now” but only when my Coaches badge expires.</p> <p>So welcome to all those LIRFs and CIRF</p> <p>We say au revoir to Neil Tolfrey who has fulfilled the shared role of Level 2 coach for the club for many years but is now freeing himself of that responsibility and will concentrate on his running and another Ironman in 2017. Thank you Neil and I know you will still be around to benefit some of the newer faster members with your illustrious experience.</p> <p>Victory to 5k and the 5-10k courses have been immensely successful this year with 4 of the former course taking place. Now we have an increased number of LIRFs we can share the course load amongst people to ensure no one person’s own running suffers as a result. Still many of the course participants cannot believe that they could run in races (GSR etc) after completing the course</p>	
<p>The 5-10k courses have been particularly beneficial in moving new members into the mainstream sessions of the club.</p> <p>Certainly I am aware of other local running groups who emulate this particular course But I think we do it better.</p> <p>We have tried some different initiatives this year – pacing runs, pyramid 400mtrs; 1500 mtr repeats and extend the time period out to 30 mins and I believe these have all been well received. I thank Dave Lown for developing these initiatives.</p> <p>The future – well we are continuing to increase the LIRF community and we are hoping we can encourage at the right time one of the LIRFs or any other qualified member to step up and become part of the senior coaching team.</p> <p>Beth and Paul Spooner approached the coaching team to develop and implement a marathon training programme which I am pleased to say will commence in January. The objective is to get marathon ready for the spring Brighton/London/Southampton marathons. We are going to tweak some of the familiar winter sessions to introduce a different element, you will have to attend the sessions to find out more!</p> <p>Hopefully you have found that the coaching team listen to feedback and will implement members’ suggestions if possible and feasible.</p> <p>On behalf of the Coaching team thanks for all your support and comments and we look forward to taking VAC forward in 2017.</p> <p>Pete Harding</p>	
<p>Item 10 – Resolutions</p> <p>Nil</p>	

<p>Item 11 – Election of Club Officers and Committee Members</p> <p>Martin informed the meeting about the current committee members that had taken the decision to stand down, he then stated the names of those that wish to be considered for election and requested any more names from the floor. The Victory Athletic Committee for 2016/17 is as follows;</p> <table border="0"> <thead> <tr> <th>Position</th> <th>Name</th> </tr> </thead> <tbody> <tr> <td>Chair</td> <td>Martin Coles</td> </tr> <tr> <td>Vice Chair</td> <td>Beth Pirie</td> </tr> <tr> <td>Secretary</td> <td>Lesley Allen</td> </tr> <tr> <td>Treasurer</td> <td>Neil Blanchard</td> </tr> <tr> <td>Committee</td> <td>Helen Boiling Marilyn Crocker Lisa Slight David Lown Gary Heather Terry Healy Chris Turner Raman Sangha Becki Ralf</td> </tr> </tbody> </table> <p>Jan MacDonald, although stepping down from the committee will continue to operate as the Membership Secretary.</p>	Position	Name	Chair	Martin Coles	Vice Chair	Beth Pirie	Secretary	Lesley Allen	Treasurer	Neil Blanchard	Committee	Helen Boiling Marilyn Crocker Lisa Slight David Lown Gary Heather Terry Healy Chris Turner Raman Sangha Becki Ralf	<p>Web Master to update web site.</p>
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<p>Item 12 – Any Other Business.</p> <p>1. From James Tolsen (via Pete Harding)</p> <p>Q. What is the primary method of communication for club announcements?</p> <p>All communications should go out in the Flyer to engage maximum capture, if time permits. It is accepted that sometimes time does not, and Facebook is the only option. It was also acknowledged that in the past things may not been published in a timely manner.</p> <p>The committee will address the issue with the possible implementation of a communication member.</p> <p>2. From Shelly Butler.</p> <p>Q. Shelly made comment to the criteria of the London Marathon ballot place being slightly unfair on the longer standing members of the club, due to the restriction on having had a ballot place in the past. Shelly suggested a restriction of 5 years.</p> <p>The committee will address the qualifying criteria prior to the next draw.</p>	<p>Committee.</p> <p>Committee.</p>												
<p>Item 13 – Meeting Closed.</p> <p>The Chairman again thanked all those who attended, the meeting was closed at: 2033.</p>													

<p>After the meeting Beth Pirie presented a Victory Athletic Club Honorary Membership to Marilyn Crocker.</p> <p>Beth spoke of Marilyn's continuing commitment to the club in many roles, from long standing cross country team captain, club coach and committee member. Marilyn also continues to represent the club in both cross country and road races wherever possible. Marilyn has been the recipient in the past of many club awards and still is the holder of many club records. Marilyn is also very well known within the running community within Hampshire and beyond and is an excellent ambassador for Victory Athletic Club. Therefore is a very deserving recipient of the VAC Honorary Membership Award.</p> <p>London Marathon Club Ballot.</p> <p>The Club LM club ballot was held after the AGM, the two successful members were,</p> <ol style="list-style-type: none">1. Bridget Main2. Rachel Jarvis.	