

Achilles Running Club, Sydney

Minutes of the 23rd Annual General Meeting Sunday 8 December, 2019

AGENDA:

1. Adoption of Minutes from 2018 Annual General Meeting on 9 December, 2018
2. President's Address
3. Financial Report
4. Election of Office Bearers for 2020
5. Andrew Bristow Memorial Awards for 2019
6. Other Business

1. Adoption of Minutes from 2018 Annual General Meeting.

Proposed: Martin Ruane

Seconded: Ian Cohen

2. Presidents Address

The full Presidents Address can be found on the Achilles Running Club, Sydney website. A brief outline follows:

2.1 Training attendance and membership.

- The average weekly attendance was 16 members with disabilities and 24 volunteers - total 40.
- In comparison, the 2016 figures were 10 and 14 with a total of 24

2.2 Finances

- The financial status of the Club continues to be extremely sound.
- We have had a significant boost to our Club bank balance with donations made via Everyday Hero and very generous individual donations from Andrew Fox, John McIntyre, the Ravine Foundation and a number of anonymous donors.
- Of note were the substantial donations received from:
 - PAYCE Foundation, which covered all entries into the Sutherland to Surf in July.
 - PAYCE also paid \$5,000 to enable Achilles to be the official charity of S2S.
 - TFE Hotels which went towards clothing.

2.3 Events

- A Monthly Event Calendar was introduced which ensured that members could participate in a variety of events which catered for both runners and walkers.
- Of note are statistics for registrations in events:
 - 123 registrations of members with disabilities and 187 guide registrations – total 310
 - These figures are significantly up on previous years eg. 2016 – 47/70 – total 117
 - Total cost to Achilles for race entries: \$7,142 (\$6,176 in 2018; \$4,715 in 2017; \$2,819 in 2016)
- We saved a further cost of \$18,860 for race entries this year thanks to PAYCE Foundation's generous donation of \$1,760 for S2S and the waiving of entry fees by various race directors.
- A total of 310 entrants were registered for events this year, a new record.

- During 2019, events included the following:
 - SMH Half Marathon
 - Blackmores Running Festival
 - Orange Running Festival
 - Run West
 - Mothers Day Classic
 - Canberra Running Festival
 - Sutherland 2 Surf
 - City2Surf
 - Pub2Pub
 - Sydney Harbour 5k and 10km
 - Run2Cure
 - The Wellness Walk
 - Balmain Fun Run
 - Park Run events
 - Melbourne Half and full Marathons
 - NYC Marathon
 - Bushwalking
 - Ocean swimming
 - Golf
 - Cycling
- Park Runs (a 5 km decentralised event) are now an integral part of the running calendar in Sydney .
- Achilles NZ sent a team to the Blackmores Running Festival.

2.4 Sunday Training

- Sunday training sessions are the mainstay of our Club. This is the occasion for all members to gain the benefits of exercising together, to network and meet new people, and for guides to receive training and develop their guiding skills. On occasion this year members with disabilities outnumbered guides, and we encourage our guides to attend as often as possible. At sessions where guides outnumber members with disabilities, guides can operate in groups, which helps develop their confidence and skill.
- The informal morning teas after training continued to be really popular, enabling members to socialise.
- Members with first aid training have been asked to identify themselves at training, in case of medical emergencies. The automated external defibrillator (AED) and a first aid kit is available at Sunday training and we hope that these are never needed.
- Sunday training sessions have been effective because of the support of many others in addition to our guides. We thank all dog handlers and volunteers who gave lifts to and from training sessions, and we also thank the Botanic Gardens Trust for organising and supplying parking permits for our volunteers.

2.5 Guiding

- Guiding is integral to the success of Achilles. Once again, I make observations and requests about guiding and being guided:
 - we remind our members with disabilities not to be shy about requesting variations on the standard guiding techniques in order to suit their own needs.
 - Guides should expect to vary their guiding techniques according to the individual's preferences.

- I encourage all guides to look over the “guiding tips” on the website and to keep watching and listening to other guides - e do continually learn from observing each other.
- Please remember the importance experiencing guiding or being guided by different people. It is important to become versatile at guiding and being guided.
- Guiding in 2019 has generally been working very well, and I congratulate all members for the good spirit in which you have exercised together.

2.6 Awards

- The 2018 Andrew Bristow Memorial Awards went to Deirdre Stewart (Volunteer Award) and Ellen Howe (Disability Award).
- The 2019 Andrew Bristow Memorial Award will take place after the delivery of this address.

2.7 Website and social media

- The national website is fully functional and has individual sections for the local chapters of Sydney, Canberra and Melbourne, Brisbane and Hunter Central Coast and incorporates their individual Facebook sites.
- A new Club registration system was launched in 2019 which enables members' information to be entered directly into the Club database, generates a message of acknowledgement and issues a receipt for payments.
- Thanks to Kay Robinson (Facebook) and Pei Kong (Instagram) for keeping these sites active and dynamic.
- Thanks to Martin for weekly training reminders and news updates which are emailed to members.

2.8 Achilles Australia

- Achilles Hunter Central Coast is the newest chapter of Achilles Australia.
- There is ongoing dialogue between the Achilles Sydney, Canberra, Melbourne, Brisbane and Hunter Central Coast chapters and quarterly teleconference meetings are held between the presidents.

2.9 Thanks

- Thanks go to both individuals and groups:
 - To the Committee for the excellent work they have put into the running of Achilles, and the time and effort they have generously given - Brian, Martin, Charlie, Andrea, Kay, Anne, Julia and Majella.
 - Andrea will unfortunately be standing down from the committee.
 - To Carol Cooke and Mark Davis from New Horizons Learning Centre, who have most generously continued to provide the venue for our committee meetings.
 - To John McIntyre who unfortunately has not been able to be at Achilles but continues to keep contact and give his support to Achilles.
 - Thanks my family for always supporting me in my involvement at Achilles.
 - Thanks to all Achilles members for your excellent contributions and great enthusiasm.

3. Financial Report

Treasurer Ian Cohen presented the Annual Report for 2018 / 2019 – a copy of which is available from Achilles Running Club, Sydney

4. Election of Officers for 2020

- Committee Members for 2019 stood down and all committee places are vacant.

- The Club called for volunteers for the 2020 Committee, and positions were filled without the need for a ballot. The complete 2020 Committee is as follows:

Ellis Janks	President
Martin Ruane	Vice President
Ian Cohen	Treasurer
Brian O’Dea	Committee Member
Charlie McConnell	Committee Member
Kay Robinson	Committee Member
Majella Knobel	Committee Member
Anne Powell	Committee Member
Julia Wenner	Committee Member
Cindy Skacel	Committee Member

5. The Andrew Bristow Memorial Award 2019

- The Award for a member with a disability was awarded to Gerard Rooney
- The Award for a volunteer was awarded to Julie Arena, Anthony Arena, Molly Arena and Nick Arena.

6. Other Business

After a general discussion the meeting was declared closed at 11.35