



3M GORSEINON ROAD RUNNERS

AGM Report from the Chair

March 2020

Firstly, and most importantly, I hope that you and your love ones are healthy and well, in good spirits, and will keep physically and mentally strong during the coming weeks. I know that the fantastic members of this great club will reach out and support anyone who is isolated or in need of comfort.

It feels a little strange to be writing an end of year report in place of the usual AGM, but we're all having to adjust, and hopefully normal service will resume next year. At least I can start to appreciate the task faced by teachers when they have a pile of reports to write for 3C!

The club is strong and thriving, with 165 members split 75/90 female/male. It's the members that make a great club, so I thank you all for your brilliance. We had the 30th anniversary this year, which we celebrated with a fantastic night at Swansea Uplands RFC, your committee did an excellent job in putting this event on, and thanks to Saran for finding a great band for us to dance the night away. We've come a long way from those early days, and those early and founding members must be proud of how the club has developed.

The inclusive Wednesday sessions are a strength of our club and I'm delighted that more people have joined the coaching team, and I speak for all of us in thanking all the coaches, led by Dewi for continuing to provide us with well thought out, interesting and challenging sessions.

A constant theme underlying all that we do is the safety of members, and thanks to grants we've been able to invest in both first aid training and coaching courses. Many thanks to Mark, Paul and Dewi for all their efforts in applying for these grants.

We plan, hope and pray that no-one is injured while out running, but sometimes accidents can and do happen. It's not possible for us to carry everyone's emergency contact details at our sessions, so the committee recommends that each of us carries this with us while we're out. It could be a bracelet (eg parkrun do a nice one), or an emergency contact card like this, which you can get from

[Run Wales ICE Card](#)

NAME	SEX
CARDHOLDER MOBILE	BLOOD GROUP
EMERGENCY CONTACT 1	MOBILE
EMERGENCY CONTACT 2	MOBILE
ALLERGIES / HEALTH INFO	
IN CASE OF EMERGENCY (ICE)	

Members have run in events near and far, and we owe a special thanks to those stalwarts amongst us who take up their marshal bibs at the Llanelli and Swansea halves, the Swansea 10k, and - last but not least - the local parkruns.

I've been looking through the results on the website (thanks Mike) and want to congratulate everyone for the achievements this year, but will indulge myself by selecting just a few:

parkrun milestones



250 – Gavin Davies

100 – Allan Smith, Diane Ridgeway, Steve Burton, Peter Roberts, Adrian Bytheway, Manisha Rickards, Leighton Jones, Alex Heron, Sarah Barham, James Roberts, Mike Prasad, Ed Davies, Chris Simons, Fran Newman, Katie Williams

50 - Caroline Jones, Emma Doolan, David Barham, Haley Lawton, Sally Reid, Alan Pritchard, Gwen Smith, Delia Pudney, Andy Rees, Antony Andrus, Aaron Jones, Louise Steer, Alice Sullivan

Race to the stones 100k ultra

Karen Dugate and Caroline Morgan



Six Star World Marathon Majors

Ian Bamford



24th consecutive London Marathon

Steve McLelland



We've had successful team events this year, starting with the Welsh Castles Relay. We had some of the best performances for a while this year, a big thanks to everyone, and especially the drivers and Mike and Paul for organising the weekend. Hopefully we'll be back in Castles in 2021, and with more ladies in the team – there's a good number who can comfortably run Castle's stages. Other notable team events were the Road Relay and inter regional Cross Country Championships at Pembrey, I recall seeing many of our female members' photos on Facebook with their trophies and prizes.

It's been good to see more and more runners taking part in both the West Glam and Gwent cross country leagues, everyone who runs and supports find that they are good fun – even when they are muddy. And character building when there's freezing rain in a howling wind. I think it's something to do with the post run cake and coffee. Gwen and Paul have done a superb job with the cross countries, we all thank you for your enthusiasm.

Once again we were blessed with fine weather for the West Glam cross country race we host at Llanmadoc. The visitors love it. It runs like clockwork, and that's down to the intense preparations led by Paul, and to the whole club effort on the day, from registration, car parking, marshals, results, cake sale and not forgetting our runners.

Unique to 3Ms (probably) are the 10 Grand Prix races. Each division is tightly fought with people vying for places until the last seconds of the last race. Although some of us might look at the age grade results more closely, everyone waits with bated breath for the latest results to land in our inbox, to see where we stand, and find out who has best performance. And then we kick ourselves for our fantasy league team selections! We thank Paul for all his efforts with the GPs, and to every race organiser and marshal – the success is down to you all.

We've had some good social events during the year, including the Tenby 10k and Cardiff Half. Apparently some people run these races as well as enjoying the post-race celebrations – I think they're on to something! Anna and Kevin must be thanked for organising the coach to Cardiff.

One of the highlights of the year has to be presentation night, held again at the Purple Badger. Building on the success of previous years, we congratulated all the winners and award recipients. With shorter speeches there was more time for dancing until the small hours with another band that Saran found for us. Many thanks to all of the committee for putting on another excellent presentation night.

As we look forward to the next 30 years, and as discussed last year and throughout this year, it's time to refresh the club vest. Dewi has lead this, with the new design going through several iterations after much consultation with a range of members – it's been a marathon effort. There'll be more details about the first bulk order of kit soon, and hopefully many members will wear it with pride when the events restart later in the year.



The success of the club is down to its members, but in the background you've got a small dedicated committee that works tirelessly on your behalf. We must all thank the committee members for their commitment, and find ways to support them and the club, either by joining the committee, or by taking on some of the load. It's been a privilege for me to be part of the committee this year, and I thank all the committee members for their support and forbearance. As you know, Elfed is stepping down from the committee – Elfed's wisdom has been invaluable to us all, and especially to me in my role as Chair – thanks very much Elfed. And rather than taking a well-earned rest he's joined the coaching team. Many thanks Elfed, the committee's loss is only matched by the coaching team's gain.

We all hope and pray that the coronavirus epidemic will be over quickly, and that all of us and our families and loved ones keep well and safe.

So, as they said in Hill Street Blues – Let's be careful out there

Stay safe

Protect the NHS

John Sanderson

Chair 3M Gorseinon Road Runners