

**Intraining Running and Triathlon Club
Annual General Meeting - Minutes 27th June, 2021**

1. Introduction

- Meeting opened at 8:00 am.

2. Previous Minutes of the 2020 AGM were accepted.

- a. Proposed: Lou Vickers
- b. Seconded: Laura Speed
- c. Accepted: All

3. President's Report

- We are a large club; from what I can tell we are the 3rd largest in Australian parkrun and again this year we will be recognised as having the largest team at the Gold Coast Marathon. While being big is great and gives us flexibility it's not the only metric we have to measure success. Maybe the best measure of a club is having it achieved the core objectives set out in its constitution? I'd like to consider that for a moment.

Have we been able to educate, train, coach and encourage members of the club through organized sessions and events, I'd say yes.

Our dedicated coaches have delivered thousands of sessions during the last year and worked with all types of runners and achieved fantastic results. While many of us will know the members who regularly top the sheets at Parkrun or represent us on the larger stages there are so many more runners out there who have achieved amazing results in the last 12 months. A few weeks back I asked the trainers if they'd supply me with some examples of members who'd had a breakthrough year. The results were amazing, and I wish I could have repeated them all, but time will not allow me that luxury, so I'll touch on a few.

Teigen Faux trains with the Indro team and she didn't think she could run 5k late last year. She's done this, run a half and I believe is thinking about the Sunny Coast Marathon. I'm sure you'll agree that's a standout performance.

Kelley Taaffe's running has advanced at a frenetic rate. She started running with the club less than a year ago and has already slashed her 5k time, run a few halves and I believe is booked in for the GC50. From the beginner's group to the GC50, that's impressive.

Zack Newsham's name came up a few times, despite his age he's an experienced runner and made his first appearance at the state titles and place second after an

incredible race. Zac is also an accomplished trail runner and often finished in the top 10 places this year. A young man who's on the up and up and I hope will continue with us in the future.

If you wanted to see an Intraining runner who gives her all I'd suggest you could do worse than look at Linda Kennedy. She has worked hard to run 10k, then the half. Her training mantra of "just show up" is yielding results.

Another gutsy lady is Lynette Fergusson, while her coach noted how hard she trains and the PB's she's achieved what caught my attention was the comment that she never complains, always turns up no matter what the weather and what's more helps out our buddies at BRRC on regular basis, a real team player.

Trail running is getting plenty of converts in the club and it's easy to understand when there's people like Lyn Robertson in the team. This lady took on the 130km Larapinta ultra-trail race this year, if you get a chance, I'd encourage you to seek her out and hear about this amazing achievement. Your other option is to chat to her coaches, they can tell you that story, but they'll add to it with how much she gives back in her volunteer role. Lyn has quietly built up an impressive running CV but still finds time to support both those new and not so new in the trail running sphere.

Gus Gannon has been running with Intraining since 4 years old. This impressive young man has been running under 15 minutes for the 5K. That's impressive but what's more impressive is that he does it with a huge grin on his face, showing just how much he loves his running. It's always exciting to see our juniors competing and enjoying their running as older teens.

Now as I said earlier, I was inundated, but not surprised, by the coaches' feedback and if time would permit, I'm sure we could give countless more examples. But I think I've made my point; we are surrounded by members who achieve extraordinary things in this community.

Another core objective is to offer an opportunity for social contact and friendship.

Since 1994 the Intraining Club has brought together a cross section of the community via a love of running. Our youngest members is 5 years old, when our oldest member was 5 years old Australia was still rationing petrol after WW2. I've not got a list of our members day jobs, I'm sure it would make interesting reading, but I think a shorter list would be what jobs are not represented in our club. It's hard to think of another pastime were such a diverse group of people get together on such a regular occasion.

It's been my experience that once you pull on the Intraining singlet your part of the family, others in the team will be interested in what you do outside of time spent with them, but they don't try and pigeonhole you by it. I shared a coffee a few weeks back with a young uni student who told me that their favourite running buddy was an engineer old enough to be his father and I'm sure that's not uncommon. We've all got running buddies that we'd never have met if it wasn't for the Intraining shirt we stand here wearing today.

That friendship unites us and has opened opportunities to travel and feel connected to our community. The Hamilton Island half marathon weekend is a great example of our club fostering social contact and friendship. If you've not, been I highly recommended it, but a word of warning, if you do go do not play cards with any of the Manning children, they are honest runners but massive card cheats.

Although you don't have to fly in order to experience the feeling of comradeship in our club, just turn up to Parkrun. For many of us the 5km at 7am is great, but it's the chats with teammates before or after that make it a highlight of the week.

Our constitution tells us that we look to promote participation in distance running and triathlon and to offer a forum for recreational athletes to be involved in organised or competitive distance running or triathlon, a big tick there for the last year. With us today are many members who ran in big and not so big races. Maybe two of the special ones were the Queensland relay championship and the Virtual Marathons at UQ. At these events we had team members who put themselves outside of their comfort zone and I think that's at least partly because they knew they were supported by a team that had their back no matter what.

Finally have we supported our young athletes' efforts to achieve National and International success and representation?

I mentioned Gus earlier, but another example could easily be Bridget McCormack or Joe Saunders. Or perhaps Olivia Boyd who running has come on in leaps and bounds in the last year. She has gone from being an outsider to make the team to the state champs to being a contender for winning. This young lady knows that she performed on the National stage and placed in the steeplechase, but I wonder if she knows how inspirational she is to other young athletes who are yet to reach those heights?

What I've covered today will be no surprise to many of you, but to others outside of the club these points maybe somewhat hidden from view. So, when someone asks "what do you get for your membership besides a shirt" I'd encourage you to reflect back on some of these points and help them to understand that when you join Intraining you are going to join a community where you will achieve amazing things and get immense pleasure from seeing your teammates do similar.

In closing it's been an honour to be the President for the 1920/21 year, I'm grateful to every member of the committee who's devoted their time to the club and I'm proud of everyone in the club and what they've achieved.

4. Treasurer's Report

- The treasurer's report was presented by Cary Browne.

Key aspects of the Financial Reports (Balance sheet and Profit and Loss Statement) were discussed.

5. Election of Committee Positions

- All positions declared vacant by Steve Manning.

Steve Manning assumed the position of Chair for the determination of Club President.

Nomination President: Steve Davidson

Accepted: All

Vice-Presidents: Steve Manning

Phil Teakle

Accepted: All

Treasurer: Cary Browne

Accepted: All

Club Secretary: Karen van Huffel

Accepted: All

General Committee:

Helen Davidson

Laura Speed

Andrew Coop

Margot Manning

Darren Manson

Tracy Baker

Steven Poon

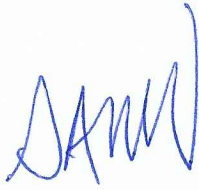
Robert Jameison

Lou Vickers

Accepted: All

6. Meeting Close

- 2021 AGM closed 8:50 am



S. Davidson

President



K. van Huffel

Club Secretary