



Notes on President's Address - TZR AGM 6th May 2011

- A. Welcome and introduction to the AGM
- B. Year Review
 - 1. **Club numbers** remain healthy with new and returning runners throughout the year. Good mix of abilities, ages and so many achieving PB's and entering distances not attempted before. Our January intake of Beginners are now ready to take part in their first Bognor 10K.
 - 2. **Off road runs** well planned and supported providing a good mix of distances and terrain. This year (last Tuesday) saw 50 or so club runners meet in Chichester for the first of this year's programme.
 - 3. **Coaching** programme has become more structured and we have had guest speakers visit the club. Record my thanks on your behalf for the work they have done.
 - 4. Behind the scenes your **Committee**, under the calm leadership of Chairman Mike Batstone, has worked hard to support the club. Tony Flint has stepped down as race information coordinator and our grateful thanks to him for his involvement over the years. Brian Etherington joined as Social Secretary during the year. Record my thanks on your behalf for their continued commitment.
 - 5. Our club recognises that a **social element** is an essential way to foster good member relations. Under Brian's leadership several events were organised with the Xmas Party one of the highlights.
 - 6. **Running is what we do!** It has been a really busy year and good to see so many taking part in club nights, local races and beyond. Local races included:
 - a. **Bognor 10K** - 89 finishers
 - b. **Worthing 10K** - 43 - many PB's achieved
 - c. **Chichester 10k** - 34
 - d. **Great South 10 mile** - 20 (Derek 3rd in age group)
 - e. **Barns Green Half** - 17 in wet and cold conditions

In all some 15 x Marathons, 29x Half Marathons, 6 x 20 Miles, 6 x 10 Miles and 16 x 10K races plus "odd" races like the Stinger, Duck Pond Waddle and South Downs Relay

We now even have an International Runner - Roy Web who won the Southern Counties O'75's and 2nd British Masters.

7. Some Exotic Races:

Karen Harrison - Chicago Marathon, Ian Coulton - Toronto Marathon, Keith, Marc, Brian and Shaun went to Benidorm (was it a race?).

Pride of place goes to Peter Chittenden who did:

Road to the Isles Half - won a haggis

Isle of Hoy - won a zimmer frame

Malta - injured but came second

North Wales then:

100 Mile Himalaya Challenge where he met a bear but decided not to bring it home as a trophy.

8. Once again **two Marathons** dominated our attention before the AGM - Brighton (23 runners) and London (19 runners). Both fielded a good number of our runners raising money for charity. Many were doing their first Marathon and I was able to train with some of them and know just how committed they were to train and succeed. Both events were held in hot conditions and four runners to mention. Firstly Ray Blackwell who knocked some 45 mins off his previous Brighton time: Jade Lovell-Knight and David Buyler who ran "back to back" marathons and finally Simon Gill who is our first male runner to break the 3 hour barrier with a time of 2hrs 54mins 05secs (London Marathon)
9. So Ladies and Gentlemen **we now look forward** to a new phase in the development of our Club. The change of club nights to Tuesday and Thursday from April was, for some, very controversial but I am sure this change gives more opportunities for runners and numbers so far show that we are already exceeding our weekly totals that we used to see.
10. **The club is all about YOU** no matter what standard. Much happens (races entered, PB's obtained etc) which we might not hear about. Hearing or reading about your success is great. So don't be shy - send in your results and any photos to Alan and Wendy. Have a go at a post race report for Wendy to add to our Web site - highly regarded by visiting coaches. Take advantage of our social programme. Continue to make use of our coaches and here's hoping that this time next year I will be able to report another brilliant year for our Tone Zone Runners. Thank you.