

2018 AGM – Men's Captain Report

The men's team has enjoyed another successful year in 2018.

We were again winners of the men's TVXC league and are already looking strong in the 2018-19 season where we are top of the league after 5 races. If we keep up the same level of performance, we have a very good chance of retaining the title for the third year in a row. The strong performances have been sustained by a pool of 10 to 15 runners making up the scoring team rather than the same 6 scoring in every race. This shows we have a lot of strength in depth at the club which is encouraging given that several other clubs in the Thames Valley are larger than us in numbers of members.

The men's team has also taken several team prizes at various races in 2018, including:

- Marlow 5 miles (winners)
- Marlow 7 miles (winners)
- Windsor Half Marathon (winners)
- Berkshire XC masters race (winners)
- Runnymede Relays (2nd place)

My report does not include a thorough review of individual performances in the year, but some highlights include James Samson being selected to run for Berkshire at the Inter Counties Cross Country Championships in March and the Southern Inter Counties 10k match in November. David Lee also broke the V40 club record over 5k.

Other highlights in the year include increasing our membership to the largest it has ever been. One of the roles of the men's captain is to be the first point of contact for prospective new members via email and also to give them an introduction to the club on Tuesdays or Thursdays. The growth in members shows that, as a whole, we are a very friendly and inclusive club. All members should be proud that they contribute to this environment that is welcoming to new members. It also shows that we have the right mix of training and social activities throughout the year to keep new members interested. Thanks to Catherine Hutt for doing a fantastic job as membership secretary this year in processing the new joiners. This has not been easy given the increase in membership.

Another personal highlight of mine this year was to attend the Leadership In Running Fitness course which has allowed me to coach some Tuesday evening training sessions. Stephanie Muzzal and Emily Hicks also joined the coaching team. Increasing the number of coaches at the club allows us to share the responsibility of running the Tuesday night sessions and contribute new ideas for training sessions. So the club is also in a stronger position than last year in this area. Thanks to Paul Ashby and David Ross for putting together the training calendar and to all the coaches for giving up their time to run training sessions.

Next year we will look to continue the success of the men's team in races and also continue to welcome new members to the club.