



Oxford University Cross Country Club

Annual General Meeting

Minutes

Date: Sunday 8th March 2020

Time: 19:00

Location: 90 High Street Seminar Room, University College

Chair: Tim Harrison

Meeting begins: about 19:10

1. Call to order
2. Apologies: Liam Smith, Rahil Sachak-Patwa
3. Reports
 - a. Women's team (including awards of half and full 'Blues')
 - i. Full Blues awarded to: Charlotte Dannatt, Alex Brown, Laura John, Lizzy Apsley, Claire Hammett, Anna Sharp, Tim Harrison
 - ii. Half Blue awarded to: Grace Molloy
 - b. Men's team (including awards of half and full 'Blues')
 - i. Full Blues awarded to: Sam Brown-Araujo, Luke Cotter, Alex Gruen, Joe Morrow, Robbie Brown, Flo Scrafton
 - ii. Half Blues awarded to: Miles Weatherseed, Joe Bowness
 - iii. Club colours awarded to: Tilly Woods, Eleanor Bolton
 - c. Treasurer's report
 - i. The club account has about £2500, but fluctuating.
 - ii. We've lost sponsorship this year, so might need to be a bit tighter next year.
 - d. Secretary's compliance report
4. Motions
 - a. Motion to elect Tim Harrison and Flo Scrafton to Life Membership of OUCCC (proposer: Tilly Woods, seconder: Ella Sharrock)

- i. Motion passed
- b. Approval of minutes from last year's AGM
 - i. Motion passed

5. Elections

- a. (Maximum of 5 minutes for husting)
 - i. Club Captain

1. Ella Sharrock

- a. Wants to continue growth of the club: numbers, success and social.
- b. Has experience in Blues and Seconds.
- c. "Fluidity of the club" – wants to inspire people to move through the club, and for new members to join.
- d. Suggests S&C for non-Blues, as well as improving injury prevention and contact with Kyle.
- e. More club talks and accessible information to help with mileage etc.
- f. Continue to help injured members.
- g. Improve long run and club runs. Maybe introduce pace groups, make the routes available online, and look at why club runs aren't working.
- h. Q: (Tim Harrison) Would the club fund non-Blues S&C? Would it be club organised?
A: Do a survey for interest to work out venue size, and send out plans so people could do it alone.
- i. Q: (Tom Renshaw) What about changing the times of club run/drills/S&C on Mondays?
A: Ask what times suit people.
- j. Q: (Aidan Smith) Should Monday steadies be formalised to the whole club?
A: Talk to Kyle. Steady on a Monday for non-Blues would be quite tough. Designating a time makes it more of a session. Ella is not in favour.
- k. Q: (Alex Gruen) What about Tuesday and Friday club runs?
A: Tuesday and Thursday maybe. Friday is usually rest day for most people.

l. Q: (Tilly Woods) How would you bridge the gap between social and serious runners?

A: Encourage more people to come to club runs, and introduce pace groups. Get more along to sessions too.

m. Q: (Aidan) Selection process for Varsity?

A: Make everyone do the selection races, unless very good excuses.

Q: Would you have guaranteed spots for the top 3 at Cuppers?

A: No. Freshers improve a lot throughout term.

n. Q: (Tim Harrison) Would you let people to the XC relays?

A: Wouldn't stop them; it's only 3km.

o. Q: (Sam Brown-Araujo) What is Tim's biggest failing?

A: Can't comment.

p. Q: (Dan Bundred) Which races would you focus on?

A: The usual, plus Hyde Park Relays, which will be good for bridging the ability gap.

q. Q: (Flo Scrafton) What do you think about the Kyle and Alex coaching setup?

A: It's good having Alex, but people feel more disconnected from Kyle. That's why we need more club talks for general advice.

2. Ella Sharrock elected as Club Captain.

b. (Maximum if 3 minutes for husting)

i. Alternate Gender Captain

1. Joe Morrow

a. 4th year chemist, staying for a DPhil.

b. Will have plenty of time next year.

c. Very enthusiastic about OUCCC – good balance between results and social side.

d. Lots of previous experience on other committees.

e. Wants to make sure everyone can run as well as possible at Varsity.

f. Q: (Tim Harrison) What cycling stash did you organise?

A: Caps, socks, bottles.

g. Q: (Aidan Smith) Why did we lose men's Blues?

A: Lost lots of top runners, but lots of new people are now moving up the ranks.

h. Q: (Tim Harrison) Will personal goals conflict the committee role?

A: Wants to come to lunch and evening sessions. The same things will make Joe and the team better.

i. Q: (Aidan Smith) What will your selection process be?

A: Would see what happens, but base decisions on the selection races.

j. Q: (Dan Bundred) Ideas for improving the men's side?

A: Use the support from SportsFed. Encourage more people to attend the nutrition, psychology talks etc., and work up from the base of the club.

k. Q: (Alex Gruen) Any ideas about stopping Cambridge from doing better than us at BUCS, even when we're better at Varsity?

A: Combat the slump after Varsity by introducing awards for success at BUCS, like awarding Blues.

l. Q: (Tim Harrison) Would you have a BUCS selection race?

A: Yes, or at least a discussion about selection.

m. Q: (Anna Murgatroyd) Would you consider an extra training camp?

A: Could be good, maybe Christmas or Easter.

2. **Joe Morrow elected as Alternate Gender Captain.**

ii. Treasurer

1. Will Shardlow

a. 3rd year mathematician.

b. OUCCC has been really good for Will, so now he wants to help.

c. Talks to fast and slow people, boys and girls, knows lots of people within the club.

d. Does maths, so a good candidate for treasurer.

e. Very organised – organised 2nds-4ths Varsity this year.

- f. Would like to make a list of who has and hasn't paid subs public to the committee.
- g. Would set up mail merge for end of term invoices.
- h. Q: (Tilly Woods) How would you work with the OUAC treasurer to keep track of who has paid?
A: Use a live spreadsheet etc.
- i. Q: (Tim Harrison) Will you actually be here next year?
A: Just has to pass exams this year.
- j. Q: (Robbie Brown) How will you cope with funding being cut?
A: Be sensible, budget well.
- k. Q: (Anna Murgatroyd) What are your thoughts about getting recent alumni to make donations?
A: Will wouldn't be happy if he was asked to donate as a recent alumnus. Telephone campaigns can work, but not suitable for OUCCC. Alumni donations are too risky anyway, so we shouldn't rely on them.
- l. Q: (Aidan Smith) What has been Ella's biggest failing?
A: She's done an outstanding job.

2. **Will Shardlow elected as Treasurer.**

iii. Secretary

1. Belinda Dow

- a. 2nd year biologist at Pembroke.
- b. Has been JCR welfare rep, so has committee experience.
- c. Loves people.
- d. Good organisation, has experience with risk assessments etc.
- e. Why this role? Belinda has been injured, and the club has helped a lot, so wants to give back.
- f. Q: (Tilly) How will you bring your welfare experience to OUCCC?
A: Make welfare reps more known, and have more REDs talks etc.
- g. Q: (Sam Brown-Araujo) Why are you better than Bundred?
A: That's for you to decide.

- h. Q: (Aidan) Does the club know what the committee does?
A: Meetings and handover docs help.
- i. Q: (Steven Diggin) What does secretary do?
A: Forms, registering club, transport.
- j. Q: (Ellen Williams) What would you do if a coach for an XC race doesn't turn up?
A: Try cars, wouldn't disappear.
- k. Q: (Ella Sharrock) How would you follow Tilly?
A: Committee experience helps.
- l. Q: (Aidan Smith) How would you deal with the club/long run issues?
A: Ensure people don't feel they'll get dropped.
Q: How?
A: Make a rota etc.
- m. Q: (Flo Scrafton) Would you extend the rota to senior non-committee members?
A: That would help bridge the gap between old and new runners
- n. Q: (Oliver Paulin) Just to note that there must be at least one committee member at each club run.

2. Dan Bundred

- a. 2nd year at St John's.
- b. THR and Cuppers organiser this year.
- c. Desperate to take minutes.
- d. Tilly has made an effort with the club runs, but Dan wants to improve the club runs more – make a review of club runs to find out why there's not a big attendance. Is it time, routes etc.?
- e. Maybe look into buying club headtorches for club runs.
- f. Did a first aid course last term. The club needs first aiders, so would organise a club first aid course.
- g. Q: (Tim Harrison) What is Olly's biggest failing as THR organiser?
A: Can't say yet.

- h. Q: (Sam Brown-Araujo) Why are you better than Belinda?
A: Dan loves the club, and has good ideas to improve it.
- i. Q: (Aidan Smith) How do you make people happy to lead club runs?
A: Committee members see them as a chore, but Dan wants people to look forward to them. The pace issue would be sorted by having more people attending.
- j. Q: (Steven Diggin) What does secretary do?
A: Boring registration of the club etc. Also transport.
- k. Q: (Steven Diggin) Would you make people get the X5 to a race if it was cheaper?
A: Having a team bus has big benefits, but would look into the cost.
- l. Q: (Tim Harrison) Would you get the X5 yourself?
A: Yes.
- m. Q: (Alex Gruen) Is having no mates at club run an issue?
A: No. They're all friends.
- n. Q: (Tim Harrison) What would you do if the coach to an XC didn't turn up, and there's no XC?
A: Ditch Mansfield XC relays, but make more effort for Varsity. Getting to Edinburgh would be impossible.
- o. Q: (Nicole) Do you have specific ideas for social cohesion?
A: Have more non-running socials, and regularly. It's important, especially for socialising whilst injured.
- p. Q: (Tilly Woods) Just to say, the secretary role does not restrict you to just doing paperwork – you can help improve the club more generally too.

3. **Belinda Dow elected as Secretary.**

- c. (Maximum of 1 minute for husting)
 - i. Women's Vice-Captain
 - 1. Lizzy Apsley
 - a. 1st year DPhil.
 - b. Wants to continue the welcoming training environment.
 - c. Has been captain of CUH&H, so knows Ella will need support.

- d. Q: (Aidan Smith) What do Cambridge do better than us?
A: Cambridge are socially more cohesive, but Oxford deal with injury and S&C better. Wants to have more team meetings.
- e. Q: (Evie Morris-Gray) What about a Christmas training camp?
A: Cambridge do it, a good idea.

2. Alex Brown

- a. New College fresher.
- b. BUCS is a big participation event – Alex met lots of new people from the club at BUCS.
- c. Pace groups at club runs would be better for slower girls.
- d. Emphasise that nobody has to do all the training.
- e. Q: (Tim Harrison) Do you have any experience organising events?
A: For Team London.
- f. Q: (Oliver Paulin) Do you want to be on the OUAC committee too?
A: Not sure.

3. Lizzy Apsley elected as Women's Vice-Captain.

ii. Men's Vice-Captain

1. Tom Renshaw

- a. Wants to give back to the club.
- b. Wants to make all levels feel welcome – Mob match runners become Blues runners.
- c. Wants to encourage people to train as hard as they can.
- d. Q: (Tilly Woods) What is people don't want to train hard?
A: Coming to training helps the social side too.
- e. Q: (Tim Harrison) What experience do you have?
A: Finals rep.
- f. Q: (Eleanor Bolton) Would you be happy to help women's vice with BUCS?
g. A: Happy to help anyone.

2. Joe Edwards

- a. 2nd year PPE at New College.
- b. Plans: increase National attendance, add freshers to Facebook chats as well as emails, keep alternating Wednesday session venues, summer rounders etc.
- c. Q: (James Morris) Have you ever been to drills?
A: No, because it's the same time as hall food.
- d. Q: (Sam Brown-Araujo) Has the lack of rounders been a failing of the current social secs?
A: No, because they weren't the social secs last summer.
- e. Q: (Ella Sharrock) Would you work well with the men's captain?
A: Yes, we'd provide a good range of abilities.

3. Dan Bundred

- a. Good person to set up drills.
- b. Desperate to be on committee.
- c. Q: (James Morris) Would you run for a third role if you don't get this?
A: Maybe THR rep.
- d. Q: (Miles Weatherseed) What is your favourite drill?
A: High knees.
- e. Q: (Tim Harrison) Would you still implement your new club run ideas?
A: Yes, if Belinda is happy with that.
- f. Q: (Charlotte Dannatt) Would you still carry out your ideas from your secretary hust?
A: Yes.

4. **Dan Bundred elected as Men's Vice-Captain.**

iii. Women's Mob Match Captain

1. Nicole Man

- a. 2nd year classicist at Corpus Christi.
- b. Three main points:
 - i. Diversity: OUCCC is good for talent and love of running – wants to continue inclusivity.

- ii. Encouragement: Corpus doesn't have many XC runners, so Nicole is used to encouraging people for THR etc.
- iii. Challenges: Nicole has been through injury.
- c. Q: (Miles Weatherseed) Nicole is a drills expert. Would you encourage Mob runners to come to drills?
A: Yes, drills are good, for social aspect too. Would encourage all to come.
- d. Q: (Charlotte Dannatt) What are your strategies to get lots of Mob runners to Cambridge?
A: Emphasise the social aspect, rather than just a serious event.
- e. Q: (Natalie Haarer) Would you lack of Facebook limit recruitment?
A: Wouldn't be against creating a Facebook profile for recruiting.

2. Nicole Man elected as Women's Mob Match Captain.

iv. Men's Mob Match Captain

1. James Morris

- a. "Jim Jam", a 2nd year chopper.
- b. This year's Mob Match was great, but would make next year's even better.
- c. Q: (Charlotte) What are your recruitment strategies? Advertise in the tri club?
A: Tri club in a "banging" idea. Would also advertise in college running groups.
- d. Q: (Ella Sharrock) So your main policy is to be Will but better?
A: Yes. Also has experience from organising the Santa run.
- e. Q: (Dan Bundred) Is the Santa run the same weekend as Mob?
A: It will be the weekend before.
- f. Q: (Aidan Smith) What would you do to stop people getting left behind (like you were in Exeter)?
A: Put up club/long run routes in advance.

2. James Morris elected as Men's Mob Match Captain.

v. Women's Social Secretary

1. Grace Molloy

- a. Social is an important part of the club, for some more important than running.
- b. Wants a chill, low key women's social each week.
- c. Wants more fresher activities for Michaelmas.
- d. Q: (Aidan Smith) Do you know a good ceilidh provider?
A: Love a ceilidh.
- e. Q: (Tim Harrison) Will you also run for the OUOC committee?
A: Maybe, but has a lot of time so it would be fine.
- f. Q: (Dan Bundred) How would you promote social cohesion?
A: More socials that aren't post-race, better team bonding.

2. **Grace Molloy elected as Women's Social Secretary.**

vi. Men's Social Secretary

1. Tom Barrett

- a. Earth science Tom.
- b. Has had some struggles with nights out – wants more non-drinking socials.
- c. Come dine with me is good.
- d. Q: (Sam Brown-Araujo) Would you bring back lads' lunch?
A: Yes.
- e. Q: (Tim Harrison) Where?
A: Spoons.
- f. Q: (Dan Bundred) What do you think is the effect of the internal crewdate on training?
A: Not bad.

2. **Tom Barrett elected as Men's Social Secretary.**

vii. Teddy Hall Relays/Cuppers Organisers (2 positions)

1. Oliver Paulin and Olivia Kelly

- a. Olly has done it before, so knows what to improve. Also wants to look into hosting BUCS.

- b. Olivia is an experienced marshal. The club has helped her through injury.
- c. Q: (Steven Diggin) What is Olly's biggest failing at THR?
A: (Olly) There have been none yet.
- d. Q: (Miles Weatherseed) Will THR be a rip off like Iffley Miles.
A: (Olly) No.
- e. Q: (Alex Shipley) Would BUCS be around Uni Parks?
A: (Olly) No, South Park.
- f. Q: (Miles Weatherseed) Olivia, can you work with Olly?
A: (Olivia) Yes, they're from the same club.
- g. Q: (Tim Harrison) Olly, what was your position in 2017 Cuppers?
A: (Olly) You know.

2. **Olivia Kelly and Oliver Paulin elected as Teddy Hall Relays/Cuppers Organisers.**

viii. Marathon Rep

1. **Rahil Sachak-Patwa was elected as Marathon Rep (in absentia).**

ix. Sponsorship and Access Rep

1. Ellen Williams

- a. Loves saving money.
- b. Got £2500 funding for an internship.
- c. Spends very little on nights out.
- d. Got a discount on treatment for Puffin (rabbit) through the RSPCA.
- e. Once got a free ride on the Wight Link Ferry.
- f. Would ask companies for freebies.
- g. Q: (Tim Harrison) Would you get a club clubcard?
A: Yes, and share the discounts with all.
- h. Q: (Tilly Woods) Would you try to get a new sponsor?
A: Yes, maybe in investment banking, or through networking with alumni.
- i. Q: (Sam Brown-Araujo) What about access?
A: Good at talking to people.

j. Q: (Charlotte Dannatt) Would you prioritise a big sponsor or lots of small sponsors?

A: Whatever we can get at the moment.

k. Q: (Anna Murgatroyd) Why would someone want to sponsor OUCCC over other sports clubs?

A: Everyone has experienced XC.

l. Q: (Alex Shipley) What is your biggest Tesco meal deal saving?

A: Get all the most expensive items.

2. Jacques Maurice

a. Sponsorship is an important role.

b. Would contact lots of companies, which is a big job.

c. Good for inclusivity. Highlight the benefits to sponsors.

d. Q: (Sam Brown-Araujo) Would you run for anything on the OUAC committee?

A: Probably not – feels more part of the OUCCC team.

e. Q: (Charlotte) Would you recruit at English Schools etc.?

A: Yes – highlight that sporting and academic success go side by side.

f. Q: (Dan Bundred) Would you drop out of the role?

A: No, it's more for the team.

3. Ellen Williams elected as Sponsorship and Access Rep.

x. Kit Rep

1. Tom Wood

a. Earth Science Tom.

b. Has been St Anne's stash rep.

c. Has got unique stash such as blankets – would bring this to OUCCC.

d. Q: (Tilly Woods) How would you deal with the tent?

A: Would shower with the tent, like with his shoes. Has to organise having his car in Oxford, so would apply this skill to the tent.

e. Q: (Jacques Maurice) What experience have you gained from being St Anne's stash rep?

A: PayPal is bad.

f. Q: (Leah Tillmann-Morris) Would you order bobble hats?

A: Yes.

g. Q: (Steven Diggin) Would you look into getting more less expensive stash?

A: Yes, that was part of Tom's St Anne's hust. Try cheaper alternatives, and do bulk orders.

h. Q: (Nicole Man) Would you consider ethics?

A: Would prioritise ensuring suppliers are ethical over everything being fairtrade. Has experience of this through St Anne's. Recycled items could be made in a sweatshop – it's all about the balance.

2. **Tom Wood elected as Kit Rep.**

xi. Publications and Website Rep

1. Tim Harrison

a. Wouldn't change the website.

b. Would make Instagram more active.

c. Do a countdown to Varsity to build hype.

d. Q: (Charlotte Dannatt) Would you bring back keeping up with the choppers?

A: Would talk to Woodsy, might bring it back.

e. Q: (Miles Weatherseed) Would you make the website mobile compatible?

A: Not skilled enough to do that.

f. Q: (Flo Scrafton) Do you think race reports are important?

A: Yes. Tim would either do reports himself or pester others to do so.

g. Q: (Nicole Man) What about updating the schedule weekly on the website?

A: If it is easy enough to do.

2. **Tim Harrison elected as Publications and Website Rep.**

xii. Social Running Rep

1. Selina Lynch

a. At Teddy Hall.

- b. Has been going to social runs this term, and wants to take over from Leah.
- c. Has also started doing club runs, so would be good to help people bridge the gap between social and club runs, if they wanted.
- d. Q: (Dan Bundred) How can the club help the transition from social to club runs?
A: Keep people posted, remind them before every run, talk to people on runs to encourage them to go to club runs.
- e. Q: (Ella Sharrock) Do you think the early and late social runs are a good idea?
A: Would look into one early and one later morning run.

2. **Selina Lynch elected as Social Running Rep.**

xiii. Recent Alumni Rep (Leaving Legend)

1. Eleanor Bolton

- a. Was a chopper, now fast.
- b. No idea what her plan is for next year, so will be looking for any excuse to come back.
- c. Would like to invite alumni back for a Saturday session or Sunday long run, followed by brunch.
- d. Q: (Aidan Smith) Are the carbon emissions of current alumni acceptable?
A: Would encourage group travel and staying over in Oxford.
- e. Q: (Tim Harrison) How would you encourage alumni to attend the end of season dinner?
A: Eleanor is a big name now, with all her success, so should be able to use that to help encourage people.

2. **Eleanor Bolton elected as Leaving Legend.**

6. Any other business

- a. Big thank you to Tim for being an excellent club captain. Evie Morris-Gray presented Tim with a thank you gift (some socks and a pint glass) and a card from the club.
- b. Lost property from Milton Keynes – Tilly managed to get rid of one of the lost items.

Meeting ends: about 21:45

Minutes written by: Tilly Woods, OUCCC Secretary 2019-20