

## **RIOT AGM**

**2<sup>ND</sup> JULY 2020 - 7pm**

### **REVIEW OF THE YEAR – CLUB SECRETARY: RACHEL JONES**

Tasked with the job of reviewing the year has given me a good opportunity to look over highlights and achievements of the club and our members, there is simply too much to squeeze into an AGM slot! I firstly want to start the review by thanking you, all our members for supporting the club over the last year, whether that was volunteering to help with marshalling at events, at parkrun takeovers or for the club at our own events, runs and workshops and also through representing us at races and simply running with the club over the last year.

A big part of the year has been our challenges, which aim to incentivise members to get out and run and also meet other members of the Club that you may not usually run with. From Race the Sun 2020 which finished with a rounders game and BBQ to Race the Sun 2021 which was the biggest one yet, with almost 90 runners taking part. We also had the competitive Munich to Budapest challenges, where teams ran, swam and cycled the 400 miles from Munich to Budapest. More recently we've had some lockdown challenges with the Chain gang and the RIOT Roulette, which gave us some much-needed running motivation.

Our favourite challenges over the past year were the 230 challenge, which got people out not only searching for yellow cars, door numbers and cats but also brought in a community aspect with litter picking, donating to the food bank and the Christmas shoebox appeal - it even got us some local fame in the Dorset Echo. We also enjoyed our third Festive 24 challenge, where around 80 RIOT runners completed 24 days of running, all for a coveted bauble medal which was handed to them at the final Festive 24 run on Christmas Eve, it was here we also raised £300 for the Rugby Club, to thank them for their ongoing hospitality.

This year we've also been doing a lot of running; we've had two Couch to 5km courses, our Thursday Club nights have grown in popularity and we have also continued with our Tuesday training nights. It's not just Dorchester, we have organised runs further afield including the Trail Tourism series, night runs, a Smuggler run to the Springhead and Pasty Run. In addition, there are member-led sessions such as Frankie's Steady Steady run, Martyn's Ridgeway 20 and the Sunday long-runs which have all proved popular and a great addition so that people can get involved across the club. We want to take this opportunity to thank everyone who has helped us by volunteering to lead and tail runs for the Club. We were pleased to invest in run leader training this year and, in addition to in-house training, we put five leaders through the England Athletics Leadership in Running Fitness course.

Dorchester RIOT continues to have a presence at races both trail and road, 5kms to ultras, locally and further afield and this year we joined the Dorset Road Race League to encourage some of the more competitive members of the Club to build our profile and support local races.

We have aimed to recognise the wide-ranging achievements of our members, of which there are many, both through our blogs and our social media accounts. We consistently built our following on both Instagram and Facebook. Member achievements were also highlighted at the annual awards night back in March.

Not content with just getting our members involved with more running we also introduced RIOT Juniors, to help the RIOT members of the future get the same enjoyment out of running that we all do. We managed a few successful sessions but, as with everything, if it wasn't the weather it was Covid-19 so we have postponed this activity until a future date.

We continued to encourage cross training through the cycle group, the running of two beginners bike workshops, and the organisation of popular swimming lessons with Kate Mason, where we had around 30 members taking part. On the theme of swimming and cycling, we also won the award for biggest number of volunteers at our Weymouth Ironman bike station, where Members volunteered at bike and run stations to support the local event and bring in funds. The growth in activity in these areas also led to the expansion of the kit range to include high-tech running kit, tri suits and cycling jackets.

One of the biggest club highlights was the Adventure Race 2, which was held in May 2020 and sent runners off on an unusual treasure hunt that involved interesting eating challenges, and some head scratching as we tried to score as many points as possible to win the event and have our names ever engraved on the AR trophy. We would like to thank all those who volunteered to help set up and run the event and to Liz and Mike for hosting us on their land.

As all of you know there have been some huge changes in the Club over the last four months and I firstly want to thank both Malcolm and Dee Brooks for the time they gave to provide guidance to us on processes to get us to this stage.

Secondly, we also want to acknowledge the hard work of the three outgoing founding members and Committee members. Amy Mason, our outgoing Chairperson, Matt Ings, our outgoing Vice-Chair and Carly Ings, our outgoing Treasurer. All three of them put a huge amount of time, passion, ideas and energy into starting and evolving RIOT to make it the club we have all enjoyed, and we thank them for everything they gave to RIOT. We are now moving forwards with the next stage of the Club and thinking about how best to build on their legacy, one of which they should be proud, as we go into 2.0 with a new Committee.