WEST COAST ATHLETICS CLUB



Minutes of Annual General Meeting

28 January 2020 at 7:30 PM Table View Tennis Club Table View

- 1. Minutes of previous AGM and any Special General Meetings
- 2. Register and apologies
- 3. Clubhouse update
- 4. Chairman's Report
- 5. Financial Report and review of Annual Membership Fees
- 6. Motions from the Committee or Members (if any)
- 7. Election of Committee as per the Club Constitution (Nominations will be accepted at AGM), one representative for each portfolio
- 8. General Any Other Business

Meeting Minutes

Agenda Item	Detail
Minutes of previous AGM and any Special General Meetings	Notice is hereby given of the 33 rd ANNUAL GENERAL MEETING of the club held at Table View Tennis Club, Table View on Tuesday 28 January 2020, started at 19:30 CONFIRMATION PROPOSAL OF THE PREVIOUS MINUTES DW asked if someone would propose the 32 nd AGM minutes Carl Pohl proposed, seconded by Mary Langebrink. APOLOGIES: Lisl Grobler Janine Littner Flippie van Dyk Susan O' Connor Carl Koch Janine van Zyl David Bancroft Jennie Bancroft Steven O' Connor Megan Pentz Naz Parker Heidi du Plessis Helen Seller Erica Mendes Brett King Vanda King
	Register-See attachment
Introduction	Welcome to members, followed by a minute's silence for our members passed away - the following names were displayed:
	Dawn Eva Marais Lana Donald John Richardson

- •Peter Crowe
- •Jan La Cock
- •Geoff Ethrington
- Wilf Visser
- •Ian Jardine
- John Fowler
- Pieter Visagie
- •lan Nienaber
- •Gail MacDonald
- Malcolm Marks
- Schalk Stevn
- •Shannon Yuill
- Marlene Verwey
- •Brian Seller
- Don Oliver
- •Paul Roos

Clubhouse Update

Clubhouse(Willie Coetzee)

Brief History

The club has for a long time (since 2011) been trying to secure land from the City to build our own clubhouse. Through the determination of previous Chairperson Dave Johnston In 2012 the club secured the piece of land behind the Tennis clubhouse. The process was then started to draw up plans, secure funds and get the process underway. Due to the lack of sufficient funds the process did not proceed and was somewhat delayed. The main reason for the delay was that the club only had a "letter of Intent to enter into a lease" and not a formal lease agreement. Unfortunately, no financial institution is willing to lend money to a club only based on the letter of intent.

Whilst the process to obtain a formal lease from the city commenced, the club was unable to secure a lease agreement. The reason for this is that the City changed Leadership structures and then decided to first review all the exiting leases before they were willing to enter into new leases. This process turned out to be very lengthy.

During 2017 the club agreed at the AGM that sufficient funds will be available or will be able to secure sufficient funds to construct the clubhouse, even if it had to be in phases. The process then commenced, and the club employed an architect to draw plans. It was felt that if we are going to spend a significant amount of money to build a clubhouse we might as well ensure the design is functional and practical for our needs.

Without going into too much detail, the processes are.

- The Property Management Division will do a valuation and technical evaluation of this project. To finalise this, they need a financial plan from us. The rest of the information was already supplied to Shelton. Following the meeting we drafted a financial plan with our treasurer and submitted this to the city. Duration approximately 1 month.
- 2. Thereafter the project evaluation will be circulated to all the divisions within the city for comments and feedback. Duration approximately 1 month.

- 3. If no negative feedback, then the project must be advertised for 30 days to the general public in the local press. This advert is that the city intends to enter into a lease with West Coast AC. Duration 1 month.
- 4. Again, if no alternatives or objections are received the next step is to prepare a proposal to the Immovable Property Adjudication Committee for an in-principle approval. Duration 1 month.
- 5. At that stage we can re-submit our building plans. It therefore follows if there are no negative feedback we could re-lodge our plans at the end of November. Duration. Approval of plans can take 2 months but will at least run concurrently with lease approval process.
- 6. Once the in-principle approval is obtained the matter must again be advertised that a lease agreement will be finalised and entered into.
- 7. If no objections, then the final report is prepared for a full council meeting to approve the lease. The reason for a full council meeting is that they are the only body that can approve long term leases. Duration 1 month.

CONCLUSION

A further amendment to the above was a request for an NPO(Non Profit Organisation) number. We have today received notification that our application was successful but there is a 6 week lead time for the Certificate. This will then bring us to March 2020 if we have no objections along the way. As

the land we intend building on is part of the bigger Table View Sport complex the likelihood of objections is very small. This timeframe is based on that there is no delay in moving from 1 step to the next. We were therefore advised that the final approval may only happen in April or May 2020.

As we now have a Project Manager within the city we can liaise with we will keep in touch with the City and continue to follow up on progress. Hope this will mean we will not experience any further delays.

Chairman's Report – David Wilcock

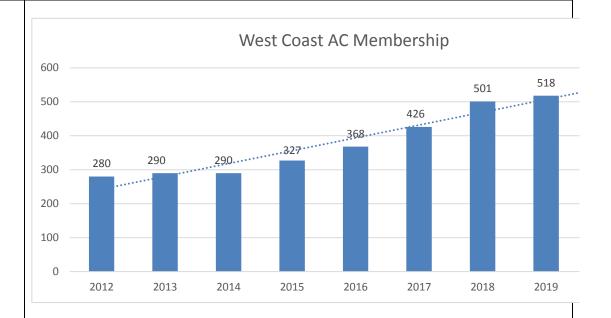
Chairpersons Report 2019 (33rd Annual AGM) - 28 January 2020

This report will cover from January 2019 until the end of December 2019. I would like to thank the committee members of 2019 for their commitment and dedication throughout the last year. Most importantly all the club members who represented the club with pride and distinction throughout the year and volunteered at the numerous races and events.

Below are some of our highlights.

MEMBERSHIP

We ended 2019 with 515 members. In 2019 we had 29 junior members. (3.5% increase year on year.) 171 new member registered during 2019. Currently we are the 7th largest club in WPA. Thanks to Jacqui Giles for her drive and passion over the last two years.



<u>KIT</u>

A total revamp of our Kit process was introduced by lain Park-Ross in 2019. We used to only keep stock of the club vests and t-shirts and the members would buy their royal blue shorts, leggings etc. elsewhere. In 2019 we started to keep stock of these items too making it a one stop shop. He also introduced a club tracksuit and shell jacket as well as sleeves which look fantastic. In 2020 we would like to expand our clothing offerings even further to introduce a club cap/peak amongst others.

COMMUNICATION

- WCAC website had 33981 views.
- 14641 unique visitors at average 2.32 visits per visitor.
- 12108 hits from search engines.
- Club website viewed from 96 different countries.

Main club Facebook page:

- 2031 members, of which 1069 were active in 2019.
- 281 approved member requests. 168 declined member requests
- 1091 posts

Members Facebook page:

- 693 members, of which 475 were active
- 228 approved member requests, 141 declined member requests.
- 3372 original posts, 11913 comments on posts.

Top non-admin contributor was Naz Parker, with more than double the number of posts than the rest of the top 10 combined!

For the year ahead we would like to expand our Instagram / Twitter presence and also introduce a monthly newsletter driven by Gill Koch. Big thanks to Justin de Klerk for all his efforts throughout the year. He is also soon going to pioneer a New Time Trial Process!

WEST COAST RACE DAY:

The West Coast race was moved to Melkbos in 2017 from Eden due to the roadworks and beach reconstruction and received very positive feedback.

We hosted a 10km race in 2019 for the first time in addition to the 21km and fun run. The atmosphere at the race was great with a new finish area. It was the highest number of runners ever in the 21km and our most successful race day in the history of the club! A big thank you to our race committee of Iain-Park Ross, Mary Langebrink, Monique Martens Delport, Jacqui Giles and Justin de Klerk. We would like to extend the marketing and sponsorship for 2020.

RUNNING ACHIEVEMENTS

The 2nd year of the ELE Trading (Gary Britz) sponsored Short Distance League was really embraced with trophies awarded to the quarterly leaders and annually for the male and female winners. There was strong competition all year round between members. ELE Trading agreed to sponsor this initiative for a 3rd consecutive year.

The novice member group known as the Sloths continues to grow in numbers under the leadership of Naz Parker. Many are achieving their goals regularly with Personal Bests of up to 7 mins for a 10K. The group remains popular and have also started participating in the Centurions 8K Walk and 11K Run.

Long Distance

Long distance running is growing extremely well within the club, with numbers and participation increasing faster than our overall membership rates. This is evident in the number of members that have successfully completed at least one marathon, Two Oceans and Comrades over the years are as follows:

- 2016 = 121 members
- 2017 = 139 members
- 2018 = 178 members
- 2019 = 190 members (57% growth on 2016)

Two Oceans:

- 2016 = 63 members
- 2017 = 75 members
- 2018 = 92 members
- 2019 = 129 members (105% growth on 2016)

Comrades:

- 2016 = 36 members
- 2017 = 41 members
- 2018 = 59 members
- 2019 = 58 members (61% growth on 2016)

2019 we saw a massive interest and participation in selected key events like, Two Oceans, Comrades and Cape Town Marathon (106 in 2018 and 131 in 2019). There is a fantastic spirit present in the club with weekend pack runs becoming very popular in the build up to Two Oceans and Comrades with many new friendships formed. Success at Comrades was phenomenal in 2019 with 100% success rate for members who were on the Norrie programs. The long-distance members had much fun with the ever-popular family day in May proving to be a continued success, as well as the aches and pains braai post Oceans and the Comrades after party (Thanks Gary and Sue Britz for hosting the at home event).

Further, events such as Cango Marathon, Weskus Marathon and Vlakte Marathon were once again popular with our members and all enjoying a festive weekend away. Unfortunately, the club had to bid farewell to one our dearest friends, Don Oliver. His presence, knowledge, advice and generosity will be sorely missed. As the club heads into a new decade there is already evidence that long distance running will continue to be a major force within the club and will continue to grow in strength and popularity. Thanks to David Yuill and Malcolm Lomberg for their passion in growing the long-distance side of the club.

There were many notable running performances throughout 2019.

322 standards were achieved (164 female and 158 male) with 10 gold standards!9 members also achieved the big 5 (5 standards over 5 different distances) Suzette Botha, Willie Coetzee, David Yuill, Jolene Thompson, Thelma Naude, Lisl Grobler, Itumeleng Molefe, Monica Paterson, Aubrey Makhubo, Elijah Racoco and Graham Hough.

Most notable performances:

Two records were broken during the year, both by Willie Coetzee! Firstly, the Comrades Up Run Record he set a new time of 9:25:45 and then at the Ljunljana Marathon in Slovenia he set a new Grandmaster Marathon record in a time of 3:14:25. Wille ran 3 gold standards during 2019, 3:17 at Cape Town Marathon followed by the record at Ljunljana a week later another gold at Istanbul running a superb 3:15 for the marathon.

Aubrey Makhubo ran a superb time of 2:45 at the Cango Marathon in February. Anele Bans ran an incredible 1:55 at the Bay to Bay 30km Race. Anele, Layton and Aubrey all completed Cape Town marathon in under 3 hours.

Jolene Thompson achieved a gold standard at the Comrades Marathon in a time of 8:34 and Suzette Botha also achieved a gold standard in a time of 3:16!

Aubrey Makhubo and Wayne Leonard both ran 4h11m Two Oceans. Adele Waldron ran a Gold Standard at Oceans in 4h41!

Malcolm Lomberg achieved his permanent number at the Comrades Marathon (10th run), Isobel Steenkamp completed her 18th and both Willie Coetzee and Martin Botha completed their 22nd!

Willie Coetzee, Fatima Mzinyati, Peter Chong, Samantha Holmes, Gian Palermo, Zita, Weiguo Ren and Monica Paterson all completed in excess of 600km in races during 2019.

Annual Awards: A fantastic evening at (Superbly organised by Evette and her team)

Cross Country Runner of the Year:

Malcolm Marks Trophy (Most Distance):

Kleinbaai (Junior boy)

Daleen de Klerk

Xolisiwe Booi

Stefan Hillebrand

Kleinbaai (Junior girl)

Corfray Trophy (Most Improved Runner)

Ava Zgerski

Justin Roux

Pegasus Shield (Outstanding Achievement)

Natalie Beckenstr

Kyocera Cup (Most Outstanding New Member) Peter Chong

Achilles Trophy (Most Outstanding Performance)

Zenith Trophy (Most Outstanding Vet)

Aubrey Makhubo

Monica Paterson

Big Bay Trophy (Dedicated service): Jacqui Giles

True Spirit Award Gillian Grobbelaan
Female Runner of the year Suzette Botha

Male runner of the year Willie Coetzee
Chairman's Award Justin de Klerk

Jan Le Cock Memorial Trophy (all-rounder)

Mountain Goat Trophy

David Yuill

Guy Tshibangu

Gail MacDonald Trophy Cathy Alison

Don Mackenzie Trophy (valued member) Malcolm Lomberg

Snazzy Innovation Award

ELE League Cup Female Winner

ELE League Cup Male Winner

Nicolaas Loubser

<u>Trail</u>

The Trail WhatsApp group now has in 98 members. This has proved to be a successful communication tool.

Our Trail Captain Izak du Plessis relocated during 2019 with Stephen O'Connor being a very able replacement. It was a great year for Trail Running in the Western Cape and for West Coast Athletics Club. WCAC has been able to build strong friendships and relationships with elite trail runners, groups, academies and clubs. Through building these relationships and friendships, many of our club members had the opportunity to train, participate in challenges and identify new adventures in the mountains, hills and beaches that the Western Cape and rest of South Africa provides. WCAC has seen many members achieving great results in trail races and also complete great challenges. Some of the highlights include:

- 21 members taking part in Puffer 2019. Special mention to Gary Britz and Guy Tshibangu for getting their permanent numbers. Elaan Coetzee and Guy were the first female and male runners in respectively.
- Great turnout of members at Bastille Trail runs.
- 4 club members (Charl Bruwer, Aubrey Makhubo, Nicolaas Loubscher and Gail Moriarty) and some of our newer club members all completed the 13 Peaks Challenge.

There were fantastic performances at Trail Fun and Trails Series races which have seen some podiums finishes for Xoliswe Booi, Guy and many others.

- Great performances by members at the Beast Trail run and TMC by Xoliswe Booi, Anele Bans, Guy and many others.
- Kevin de Klerk was the first West Coaster in many years to finish the 100km Sky Run.
- Willie Coetzee winning the Rhodes Trail race in his age category.
- Great performances by Carl Pohl and Guy Tshibangu at the 68km Maxi Trail race and Gian Palermo, Marius Heidenreich, Carl and Guy at UTCT 65km. The Battle up Blaauwberg (BUB) trail run organised by Rodney Russel and attracted a top-class field.

The Centurions runs and walk on Sunday mornings started many years ago is very popular and is great training, thanks Bruce Wood for not only looking after cross countyr but also the Centurions with his deputy Alan Green.
-Last but not least the fantastic Puffer station team, and the winning UTCT Aid Station team lead by Mary Langebrink were some of the great achievements by our members.

2020 is going to be challenging to top 2019 but there are many races, trails, hikes and Peaks to conquer and we are certain we will see more members taking part. Stephen O'Connor won't be able to join you all on your trail adventures this year as he will be on an adventure in the UK. He wishes you to have fun out there and continue to push yourselves in both trail and road and he wishes the new Trail Captain the very best in taking the club in a new direction in trail running.

Cross Country

A total of 77 West Coasters participated in a total of 232 races during the six cross country leagues and the Western Province Cross Country Championships (WPCCC 's) during the 2019 Season.

In the 2019 season, West Coasters achieved 28 top 10 places and 10 top three places. During WPCCC's West Coast won two medals and achieved a further 4 top ten places.

Well done to Daleen De Klerk who won the bronze medal at WPCCC's in the Veterans Ladies.

The star performer of the year in cross country for WC was Rolandi Schutte who won 6 out of 6 leagues in the ladies sub - veterans category and topped this off with a gold medal at the WPCCC's. She was then selected for the WPCC team to compete at the SA Cross Country champs where she placed 5th. Well done Rolandi!

Other disciplines:

There continues to be a strong cross over to multi sports with many runners taking part in Cycling Races and triathlon events.

Alan Berning completed the incredibly brutal Absa Cape Epic mountain bike race. Shaun and Jolene Thompson, Melody Mentz Coetzee and Dries Coetzee as well as Elaan Coetzee and Claire Gibson completed the Half Iron man in East London (Elaan finished in World Championship qualifying time). The amazing athlete Andre Pepler didn't just complete one Ironman last year he did 4! He completed the South African Ironman, Ironman Brazil, Austrian Ironman and the German Ironman! (Not to mention Two Oceans and Comrades in between.)

Coaching

Due to increasing costs the Club changed from having one dedicated coach from out of town to four local coaches all with different passions and specialties viz. David Yuill, Tania Fourie, Alan Green and Brendon Leask.

Social and Fundraising:

We took the foot off the accelerator regarding the fundraising during 2019 after the frenetic efforts of 2018.

A great start to the year with awesome monthly awards dinners sponsored by many amazing members, we also started our running raffle this past year which allows one member if present on the night of the draw to take the winnings accumulated each time not won in previous draws. We celebrated with a feast after OMTOM and again at our aches and pains braai. Our Comrades family enjoyed a fun day out just before taking on the Ultimate Human race and

celebrated by all on the day with a supporter's event at Gary and Sue Britz's house and for our runners an awesome day at the Royal Natal Yacht Club. We enjoyed a Christmas in July event at the Meklbosskerm with everyone kidnapping awesome gifts from each other which was a good laugh. Our Panarotti's Table Bay Mall shadow shift evenings where takings on the evening went to fundraising were great fun with the kids helping. Great PUfFer setup again this year keeping the tradition alive. We also did our very own take on an Amazing Race for Cape Town Marathon with another feast at the end for all members to enjoy. One of our final fun events had our pub run with a change of scenery, new stops and great crew. Now we look forward to celebrating everyone's achievements from the year past at our gala event being our West Coast Athletic Club Annual Awards evening coming up in April with a Roaring 20s theme.

One of our highlights was the West Coast Athletic Club Recipe Book (Never Run on Empty) featuring numerous recipes from our members with loads of photos making it the perfect gift. Thanks to Melody Mentz Coetzee, Chanene Pitt, Megan Pentz-Kluyts for all their efforts.

Our Captain Fantastic Monique introduced having our members telling their own inspirational stories at the Monthly Awards evening which was very well received. A big thanks to our social officer Tammy Wood who made things happen as if by magic!

Charity Fun Run:

The Pub Run continues to be a fantastic event raising significant income for charity. A poll was conducted in 2019 with Fallen Angels the popular choice. We had a change of scenery, new stops and great crew Mary Langebrink, Tammy Wood, Peter Chong, Erica Mendez, Gill Koch, Gillian Grobelaar and Louise Kumm have done a superb job. The concept will be relooked at this year to ensure it remains a viable fundraiser for the club and chosen charities.

Financial Report and review of Annual Membership Fees – Mary Langebrink, Treasurer

FINANCIALS – TREASURERS REPORT

ML addressed the club on the financial well being of the club.

Any info wanted or queries to e-mail treasurer@westcoastathleticclub.co.za



WCAC Financials 2019

- Continues strategy to enhance the membership experience
- Membership fees have not increased for last 3 years
- Moved towards a cashless system in 2019-2020
- Will introduce SnapScan in 2020
- Grow & diversify WCAC
- Prepare for the building of our own clubhouse
- · Maintain & enhance our social responsibility
- Signed Financial Statements for 2018
- Will present Financial Statements for 2019 at a monthly awards evening in the next couple of months
- · Draft Profit & loss account for 2019 to be presented this evening

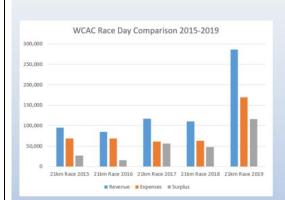


Draft Profit & Loss Account 2019

	Revenue	Expenses	Surplus	GP%
				.=./
Membership + Kit	282,719	-156,298	126,422	45%
Races	340,202	-205,199	135,003	40%
Social Events	163,990	-202,574	-38,584	-24%
Other Revenue	31,102			
SUB TOTAL	818,014	-564,072	253,942	31%
Club costs & overheads		-63,429	-63,429	
TOTAL	818,014	-627,501	190,513	23%



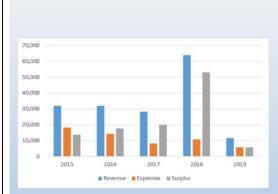
WCAC Race Day



- Continued success in Melkbos
- New 10km race added 2019
- 2019 WPA made WCAC race a WPA League race which increased participation numbers
- 2019 "Winter" race (31/8)
- Sponsorship is a toughie
- 2020 Prize money based on 2019 entries for each distance
- 2020 race is not a WPA League race



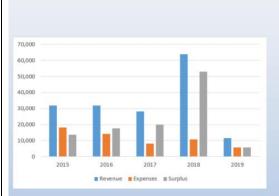
Battle Up Blaauwberg Hill Trail Race



- Joint event with Friends of Blaauwberg (FOB)
- Outsourced race organisation in 2019
- Unrest in <u>Dunoon</u> week prior to race led to very low on the day race entries compared to 2018
- 50% of race income paid to FOB



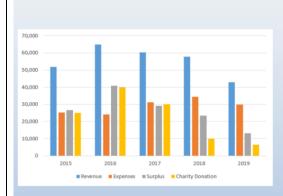
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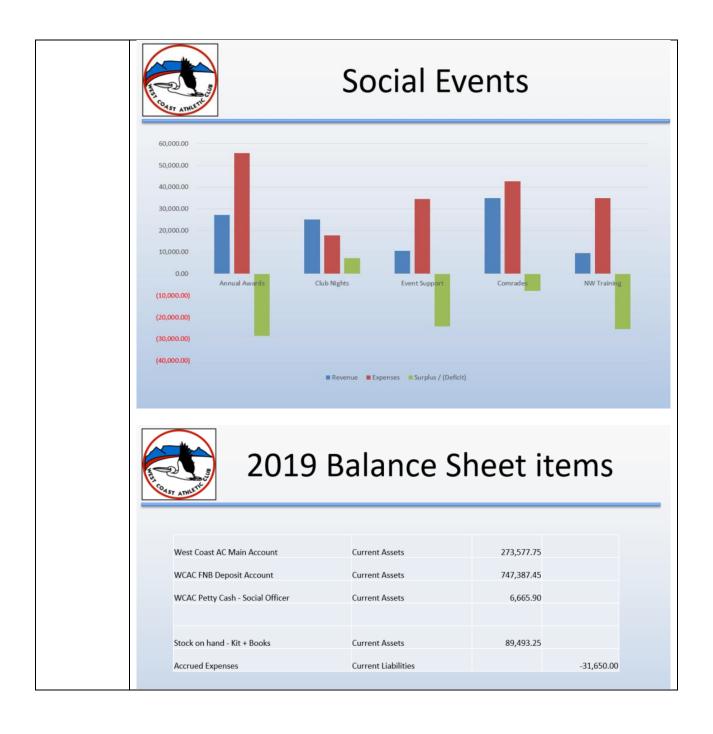
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Cheers 4 Charity aka Pub Run



- Charity voted for by members in 2019 –
 Fallen Angels
- Lowest ticket sales in history of event
- New route in suburb for safety
- Spectacular 3rd stop at MAC club





Clubhouse Funding

Existing Funds raised for C	lubhouse
Club Capital	200,000
2017 Fundraising	16,387
2018 Fundraising	273,437
2019 Fundraising	39,769
TOTAL	529,593

Committee to vote on additional Club Capital to be allocated to	300,000
Clubhouse	

POTENTIAL Clubhouse		
Funds	829,593	

Election of Committee as per the Club Constitution

ELECTIONS

DW - will stand again as Chairman

- This was seconded by the club members – no other nominations

ML - will stand again as Treasurer

This was seconded by the club members - no other nominations -

GK - will NOT stand again as Secretary

Vanessa Dreyer was nominated by Monique — ML seconded - no other nominations

JG – will NOT stand again for **Membership Secretary**.

Susan O'Connor was nominated by Monique and Carl Pohl seconded - no other nominations.

MM – will stand again as Captain

This was seconded by the club members – no other nominations.

DY/NP - will NOT stand again as Vice Captains

Lisl Grobler and Chris Tomlinson were nominated by Monique and seconded by Guy Tshibangu - no other nominations.

SOC - will NOT stand again as Trail Captain

Guy Tshibangu was nominated by SOC and seconded by Carl Pohl - no other Nominations.

BW - will stand again as **XC captain**

This was seconded by the club members – no other nominations.

IPR - will stand again as Race Representative

This was seconded by the club members – no other nominations.

TW – will stand again as Social Officer

This was seconded by the club members – no other nominations.

AM - will NOT stand again as WPA representative

Peter Chong was nominated by MM – seconded by Janet von Tubbergh - no other nominations.

JDK - will stand again as Social Media Communication Officer

This was seconded by the club members – no other nominations.

GG – will NOT stand again as Race Walking Representative

No nominations during the AGM.

AG — will stand again as **Juniors Representative.** This was seconded by the club members - no other nominations.

Jeanine Rentschler – has been co-opted as **Kit Secretary**Willie Coetzee – has been co-opted as **Project Manager**Carl Pohl – has been co-opted as **Fund Raiser Coordinator**

	Portfolio
David Wilcock	Chairperson
Monique Martens	Captain
Lisl Grobler	Vice Captain
Chris Tomlinson	Vice Captain
Mary Langebrinck	Treasurer
Bruce Wood	Cross Country Representative
lain Park-Ross	Race Representative
Peter Chong	WPA Representative
Tammy Wood	Social Representative
Vanessa Dreyer	Secretary
Susan O' Connor	Membership Secretary
Justin de Klerk	Newsletter/Blog/Website
Guy Tshibangu	Trail Running Representative
Vacant	Walking Representative
Alan Green	Juniors Offcier
Jeanine Rentschler	Co-opted Kit Secretary
Carl Pohl	Co-opted Fundraiser coordinator
Willie Coetzee	Co-opted Project Manager

DW thanked the outgoing committee for their support and hard work throughout 2019.

General -
Any Other
Competent
Business

GENERAL

Nothing was raised under General

AGM closed by DW at 20:32

ATTENDEES:

33rd West Coast Athletic Club AGM - 28th January 2020 Signature Name and Surname anaebri RENECKE RENECKE hrutúcher lomlingen atters on TALAEHOUSA DZIMWASHA excrisen

33rd West Coast Athletic Club AGM - 28th January 2020 Signature Name and Surname Moriach FONIARD RENTSCHLER ROBOLTS ON Rheeder ERPORT 5 SHI BANGU VANJESSA DREYER MICHEL PIERRE LEVIN Lowens