

WILMSLOW RUNNING CLUB

Newsletter August 2005

www.wilmslowrunningclub.co.uk

Pie & Peas 5

Wednesday August 3rd.

Tenth race in Summer Series

Another week , another race : This time it was the 'Pie and Peas five' as 'Team Wilmslow' rolled into town. In truth it should be the 'Pie , Peas or Beans five ' but in terms of marketing it does not have quite the same effect ! Twenty seven runners but this time Vale Royal were on their home ground and were ready and waiting.

Just out of Northwich and through the picturesque village of Davenham, the race was based at the hub of the village, the Red Lion. In the bar Peter Watson was predicting trouble 'the locals wont like us taking over , its that kind of pub' .

A mass of blue and yellow at the start as in addition to a strong Wilmslow presence, Vale Royal were out in force. General view after the race was that this was a good run, with a course mainly off road along country paths with a longer stretch by the river before climbing quickly up hill before turning for home and a final push to the finish on road. Having raced here before anxious runners asked me if it was as hilly as the Gun Run (happy to explain that mid Cheshire was not) and how many stiles were there ? (answered a number but uncertain of precise figure).

The good thing about the race was that with a number of straight stretches that you could see the race unfolding ahead of you (Mike you miss out on this part of the race) but with some 90' turns that a discreet look over the shoulder was also possible. The race was most certainly well contested at the front with Rob, Jim and Stuart looking like finishing in that order(after Mike) but all changed in a sprint finish and nine seconds separated the three, final positions below.

Mike finished second and debate raged afterwards if expats now resident in Hong Kong should be allowed to race if likely to win !! Good to see Bill Heaton back racing and finishing well, also Mike Cooper moving up the order.

Both men and women's 'A' teams came second behind Vale Royal .The great thing with such a strong turn out was that everyone made vital contributions as the men also had teams at 'E' level finishing 22nd and ahead of Helsby 'B'. Although the ladies had seven runners, four were needed to field two teams but well done Kate , Julie and Sue. A good night for prizes particularly as winners received cash in a brown envelope. Mixed reviews on the pie front but a bit of stodge never did any harm occasionally.

Well done everyone , another great performance. Some fantastic battles throughout, the updated results from Graham will be eagerly awaited .

2nd	Mike Halman		27.11
9th	Jim Pendrill		28.53
11th	Stuart Parrott	1st M40	29.00
12th	Rob Downs		29.02
17th	Nick Bishop	1st M45	29.46
18th	Bill Heaton		30.02
28th	Ray Noble		31.14
32nd	Mick Fairs	1st M55	31.23
34th	Tony Hulme		31.42
37th	Mike Cooper		32.04
42nd	Ian Smallwood		32.32
47th	Steve Smith		32.57
50th	Jane Clark	1st F35	33.03
66th	Kate Ayres	1st F45	34.09
72nd	Steve Russell		34.42
94th	Paul Ayres		36.28
102nd	Don Bullough		37.06
105th	Sean Barry		37.19
116th	Sally Maddock		38.00
127th	Tracy Alderson		38.50
128th	Kate Sutton		38.54

132nd Peter Watson	39.17
135th Roy Pownall	39.34
142nd Julie Lucas	40.10
155th Sue Wright	40.48
161st Stephen Feber	41.34
191st Trevor Faulkner	44.35
236 finishers.	
	Nick Bishop

Pie & Peas – V45 Club Record?

It has been reported that while waiting to pick up his well earned V45 brown envelope Nick Bishop managed to consume 4 pies – while this may not be his PB surely it is surely a club record for this event.

Rob Downs

Burtonwood 5

30th July 2005

The Burtonwood 5 was listed in the July newsletter but attracted only a minimal Wilmslow support - well in fact just me - but I'll write it up so that you know what you missed.

It was a flat rural course, HQ'd at a pub and all runners got a free burger - so on paper that is 3 "Bishop Stars" already. Unfortunately in practice it didn't live up to the billing.

The main selling point of this race for me was the accompanying 2k all ages fun run that allowed the activity to be re-categorised on the Downs calendar from "Dad's running again" to "healthy fun for the children". So while my daughters limbered up for the 2k main event, I joined in the 5 mile curtain raiser. It was a small field of certainly less than 100 runners but I noticed some of the usual suspects from local rival clubs. By the time Nick Jones from Salford started to warm up I could see that it wasn't going to be the easiest way to earn a burger.

The course was a sort of flat but completely uninspiring loop mainly following a busy main road. At one point I even had to give way to an

oncoming bus. The two laps had at least slight variations and I got to wave to everyone as we passed the pub. I was pleased to pick up a couple of places on the second lap to finish 3rd at least 2 minutes behind the leader but only a few seconds behind a PB. The pub was rather scruffy with a prominent no children sign - so I'm unlikely to be back to defend my bronze next year.

3 Rob Downs 27.30

Rob Downs

Orienteering

Thursday August 18th.

Macclesfield Forrest

20 members were last seen running wild in Macclesfield forest. From the mass start the whippets of Group 1 hared off in to the distance only to be overtaken by slower runners (who had consulted the map!) This is obviously a thinking mans/womans sport and not for your average runner

At the end of the course there was a lively debate about what constitutes a re entrant (ask Rob), were the controls in the right place? (2J appeared only to be visible to some people) and whether the B course was easier than A,C & D (that depends on who you ask)

Thanks to Ian Gilliver and team for organising the event.

Ian Smallwood

Orienteering – lost in Macc Forest

Orienteering involves finding your way quickly between cunningly hidden "controls" – at points that are clearly marked on your map. It requires a fine balance of speed and navigation. Well that's the theory and a Thursday night taster session was kindly arranged for us in Macc Forest.

Maps were handed out at Standing Stone car park and the important features were pointed out. There was much talk of "runnable" and "non-runnable forest" and I noticed that the real orienteers were kitted out with bramble proof leggings. I've got a

famously bad sense of direction and I should have paid more attention.

Enthused we all bounded off towards the first control easily located between the side of the path and a pond. At this point just following everyone else looked like a good tactic – relief! But sooner or later we all found out that there was often more than one control and you had to match the code on your map sheet. Inevitably your own control was always much harder to find involving much scrambling around in the woods.

Number 8 was a bugger and I watched the rest of the field disappear as I scratched around in ditches and behind old walls.

Finally locating the evil “8-2K” I decided to cut a corner through “runnable forest”. Suddenly alone hopping over the brambles I contemplated that Macclesfield Forest was really quite big and dark and what happened if you got lost in here? Back on the tracks I saw runners heading in all directions. I stuck to the paths and concentrated on holding the map the right way up – surprisingly difficult when you are used to rather switching off after a few k.

Despite the whole course apparently being only around 4 miles as the orienteer runs I guess that most of us covered at least 6 miles running backwards and forwards trying to uncover that elusive control hidden in or under a “re-entrant”. It was hard going up the steep hills and by the time the last runners staggered out of the forest darkness was falling.

We took a well earned short recovery in a local pub and all agreed that it had been both a challenge and great fun. Ian Smallwood seemed to have won by a mile and, confessing some past experience, he explained the mysteries of control 8 and “re-entrants” (apparently a diminutive valley). Paul Ayres meanwhile described getting completely lost and at one point being overtaken by the organiser who was out retrieving his controls.

Rob Downs

This was a low key orienteering event with everyone setting off at the same time but unknowing to them, some had different checkpoints to locate so you couldn't follow someone else all the time. There was plenty of thrashing about in undergrowth if you wanted it, but in most cases you could run round the path. Ian Smallwood who has plenty of orienteering experience produced the fastest time. The rest of us HAD LOTS OF FUN listening to Ian afterwards, as he told us how easy it was! (for him anyway)

Many thanks to Ian Gilliver and Simon Thompson of MDOC for organising the event.

ORIENTEERING AT MACCLESFIELD FOREST 18th. August

Posn	Name	Time	Course
1	Ian Smallwood	48.15	B
2=	Bill Heaton	52.45	B
2=	Mike Halman	52.45	B
4	Rob Downs	61.12	A
5	Peter Carne	62.02	D
6	Tony Hulme	62.25	A
7	Tom McGaff	63.46	A
8	Kate Ayres	66.47	C
9=	Katy Green	66.55	A
9=	Sally Maddock	66.55	A
11	Arabella Woodrow	67.35	A
12	Richard Parris	76.26	C
13	Rob Park	76.27	B
14=	Paul Ayres	80.24	D
14=	Sean Barry	80.24	D
dsq	Cecelia Greasley	58.38	C Missed no.16
dsq	Mike Cooper	62.02	D Missed no.8
dsq	Stuart Parrot	67.01	C Wrong nos.14,15

All courses were 6.1km, approx 250m climb, 20 controls

Tony Hulme

Peak Practice

A recent issue of Runners World highlighted the Millennium Walkway in New Mills in their Dream Run* feature. Jim and I decided that it was worth a run and along with Nick and Mike Cooper aimed our Sunday “Boar’s Head” training run in that

direction. I had imagined a straightforward route down the Macclesfield and Peak Forest canal followed by a quick loop through New Mills. Jim however arrived with photocopied maps showing a more challenging trail across the grain up through Strines and back over Bowstones.

[* By the way we should submit a photo of Tony enjoying “dream reps” on Wilmslow bog or maybe the landfill hill.]

We set off at a conversational Sunday morning pace interrupted only by Nick’s quick pit stop (apparently the second PB of the month).

All the canal bridges looked the same but Jim was confident with the first turn off before Marple. A long hard look at the map as we turned towards Strines. Positively doubtful as we criss-crossed the golf course, skirted the woods, ran down a dead end. Jim bemoaned the lack of colour on his map and just where was the Goyt Valley Way or for that matter New Mills? We were an hour into the run and I was beginning to regret not carrying food and my Running Bear whistle. Jim finally opted for the steep main road up into New Mills and we laboured up past the “Welcome To Derbyshire” sign.

After some directions from bemused locals we finally picked up the well hidden Goyt Valley Way path. Suddenly the valley sides steepened into Torrs Riverside Park and there in front of us was the aerial walkway. Curved along the vast retaining wall and hanging out over the river it was just as impressive as the photos and we bounced along the recycled plastic panels.

Confidence restored Jim pointed us further down the Goyt Valley Way. But surely we’re turning back now? No much quicker to carry on to Furness Vale – it’s just over the river. So out through the woods and fields, round the next corner and ... the bridge is down - removed for repairs. We seriously considered shinning over the remaining pipework but in the end took the safer option of a mile diversion down the river.

Finally entering Furness Vale the clock showed 1 hour 50 and we were still in Derbyshire...

“Just across the A6, straight over into the back of Lyme Park” still we trotted after the Pied Piper Pendrill. Sure enough after a long old haul we could see Bowstones but only on the far horizon. Soldiering on Mike and Nick began to hallucinate for their Sunday lunch and we began to take bets on whose wife would call out mountain rescue first. Fortunately a short cut (by our standards) delivered us through a farm and into Lyme Park. By the time we slumped into the Boar’s Head car park the GPS had passed 18 miles.

Meanwhile Stuart and Mike Halman were just getting going on the Blackpool Beach ...

Rob Downs

Blackpool Beach 10k

I wasn’t there – still lost in the High Peak - but such a successful outing shouldn’t go unrecorded.

Sunny weather made for an interesting race with happy holidaymakers sitting around eating ice creams and digging holes down the length of the course. Mike and Stuart mastered the art of sand running to win 1st in their categories. Stuart pushed the 3rd place runner hard in a sprint finish. It could easily have ended in a steward’s enquiry as his family attempted improve his chances by throwing buckets at the Warrington runner.

1	Mike Halman	34:36
4	Stuart Parrott	37:23 1 V40
65	Sally Maddock	48:26 4 F

Rob Downs

Birchwood 10k

Sunday August 21st.

Eleventh Race in Summer Series

Cheshire Grand Prix

5	Damian Nicholls		32.45
6	Michael Halman		32.51
14	Rob Downes	M40	34.29
15	Stuart Parrott	M40	34.36
17	Jim Pendrill		34.51
19	Tom McGaff	M50	34.58
36	Bill Heaton	M40	35.49
64	Ray Noble		37.17
82	Mick Fairs	M55	38.11
93	Tony Hulme	M55	38.27
119	Mike Cooper	M40	39.16
148	Jane Clarke	F35	40.19
179	Kate Ayres	F45	41.17
222	Peter Carne	M40	42.20
274	Katy Green	F	43.42
275	Kim Simpson	F	43.43
280	Sean Barry		43.50
350	Steve Russell		45.30
351	Tracy Alderson	F	45.32
352	Ian Ashcroft	M55	45.35
371	Bill Staniard	M40	45.57
374	Paul Ayres	M45	45.59
383	Rod Coombs	M50	46.14
395	Sally Maddock	F	46.43
407	Peter Watson	M60	46.52
429	Kate Sutton	F40	47.26
471	Don Bullough	M45	48.27
490	Sue Wright	F40	48.48
585	Ken Smart	M65	50.59

664 Ronald Reed M75 53.13

938 finishers

With the triple challenge of Summer Series, Grand Prix and Cheshire County Championship, Birchwood was never going to be an easy place to pick up mug points. As we set off mob-handed in Mike Cooper's Vectra the five of us talked up our excuses and wondered how many of our rivals would be on holiday.

On arrival it was soon clear that at least as far as Wilmslow runners go everyone had taken Graham's advice and cancelled their holiday for the chance to once again pull on the blue and gold vest. No less than 30 Wilmslow runners contributed to a record turnout of over 900 for the event.

The start was crowded and I struggled to get past a couple of bum bag wearing wide-elbowed joggers. After the first chaotic kilometre I pulled level with Jim and Stuart. Up ahead I could still see Damian on Mike Halman's shoulder – clearly a bit of cagey racing going on there – and Zola the race leader just beginning to disappear out of sight.

They do like their roundabouts in Birchwood and the first half of the race visited most of them as we toiled around the business park. None of the roads were closed but the marshals did a good job with the traffic. Even so at one point a juggernaut crossed the mini-roundabout and slipped into 10th place. Doubling back from yet another roundabout I saw Bill Heaton (striding out in his new red racers) and guessed that there were some more Wilmslow runners in between. Having been on the receiving end of sprint finishes at the Pie & Peas I decided not to look back and pressed on.

After crossing the motorway the route improved with some undulations and a bit of shade. We maintained a hard pace through the second half of the race and one by one our closest rivals from Warrington, Stockport and Altrincham seemed to fall away.

Past km 8 and I could hear Stuart's trademark breathing getting louder behind me – it's always

difficult to tell whether he's getting closer or just getting louder. The question was answered as he came bounding past on the climb up to the final motorway bridge with Jim and Tom no doubt queuing up behind. We traded places again as we chased into the woods for the final kilometre followed by a Preston Harrier who was clearly enjoying the spectacle.

My legs were getting a touch wobbly as we turned into the final straight and I just concentrated in running in a straight line. 400m, 200m, into the last 100m and suddenly someone was sprinting up behind – Stuart?, Jim?, Tom?, Bill? All four? No – it was the patient guy from Preston nipping past to claim 13th.

Looking at the results there were some great individual performances with both Damian (5th) and Mike H (6th) running well under 33 mins and PB's from at least Mike C (by over a minute), Jim (under 35 mins), Stuart and Rob. There were vet category prizes for Ron, Jane, Kate A, Tom, Stuart and Rob. And yet another successful comeback for Bill H.

The men's team won by a large margin and I calculated that our second 4 would have only just been beaten for 2nd place by Salford. I think that the ladies team were 2nd.

Rob Downs

FIXTURES

Some dates which may be of interest. Not many have done a 10 miler this year so the Llandudno is a good course dependant on the weather. It might be worth focusing on.

Don't have all the Cross Country dates yet, but Manchester League usually starts October 22nd at Heaton Park.

The Cheshire League dates are

11th Dec	Macc
2nd Jan	Frodsham
15th Jan	Stockport

The David Lloyd 10K which replaces the Chester Zoo 10K on October 16th is a fast course (that's what the organiser said anyway) might be worth a visit.

Sun Sept 4 th	Langdale Half Marathon
Sept 4th	Blackpool Promenade 4 miles
Sept 11th	Gawsworth 10K
Sept 11th	Trafford 10K
Sept 17 th	North West counties relays
Sept 25 th	Swinton Half Marathon
Sept 25th	Sutton 10K
Sept 25th	Meerbrook 15K
Oct 1 st	North of England 6 stage relay (Blackpool)
Oct 2nd	Macclesfield 1/2 Marathon
Oct 9 th	Congleton 1/2 Marathon
Oct 16th	David Lloyd 10K Near Cheshire Oaks
Oct 23rd	Southport 10K
Nov 5th	Langley 7
Nov 13 th	Llandudno 10 miles
Nov 25 th	Salford womens 5.25 mile road race

those in **bold** are Summer Series counters.

Northwest Road Relays Sept 17th at Blackpool .
Let's see if we can get some good teams out.
4 per team men, 3 per team ladies. We will enter 3
teams men and 2 teams ladies or more if there is
sufficient demand.

Tony Hulme

Running Club AGM

evening of

Tuesday 13th September

after training

reminder of last year's prize winners:-

Club Awards 2004

Female Runner of the Year	Kate Sutton
Male Runner of the Year	Michael Halman
Most Improved Lady	Jane Clarke
Most Improved Man	Michael Halman
David Shearer Salver	Ian Ashcroft

**** Runner of the Month ****

Damien Nicholls. Damien's narrow victory over Mike Halman took him to the top of the Summer Series with six straight wins and meant he led the Wilmslow team to victory at Birchwood..

Summer Series after Pie & Peas

Despite the last race being in the start of the holiday season, we had the second highest turnout in this year with 27 runners. There appears to be real commitment to complete the minimum 6 races with the likely prospect of over 30 club members this year making the grade. 5 more runners have completed the minimum 6.

Jim Pendrill appears to have had a great race with a rare scalp of both Stuart Parrott and Rob Downs. This has jumped him to second place in the league. Mike Cooper also has had a good race closing the point gap with Ian Smallwood

In the ladies league only 1 point separates Jane & Kate but Sally and Katy are still contenders for the top spot

Graham Taylor

Group 4/5 Summer Challenge (10)

The wonders of modern science enabled instant delivery of Nick's report to the Andes. Paul's second victory of the season and second and third

place for Don and Sean mean it's going to be very close as to who inherits Roy's crown as individual 4/5 champion.

The Ladies; Sally, Tracy, Kate and Julie took three of the next four places, split only by Roy. It is good to see Susan back after injury and Stephen making a late venture into the Summer fray. This year's being a struggle for Trevor but he continues to quietly pick-up the points.

I've been confident all season that the Men would eventually overhaul the Ladies, it is getting closer but time is running out.

Ladies - 201 points

Sally (15th in the Series, 36 points), Nicky (36 points), Tracy (34), Kate (33), Julie (32), Penny (30), Susan (13), Angela (9). (Six to count)

Men - 180 points

Ian (38), Paul (37), Roy (31), Trevor (29), Bill (23), Peter (22), Don (17), Sean (14), Rod (12), Gareth (10), Stephen (8).

Ian Ashcroft

Summer Series after Birchwood

Graham will confirm when he returns from holiday but this is, I think, the score with three races to go.

1	Damian Nicholls	300
2	Michael Halman	298
3	Stuart Parrott	288
4	Rob Downs	287
5	Jim Pendrill	283
6	Nick Bishop	280
7	Tony Hulme	273
8	Peter Carne	270
9	Ray Noble	268
10	Mick Fairs	260
11	Ian Smallwood	257
12	Mike Cooper	255
13	Jane Clark	244
14	Kate Ayres	233
15	Sally Gilliver	231
16	Steve Russell	227
17	Ian Ashcroft	220
18	Paul Ayres	216

19	Nicky Mowat	205
20	Sally Maddock	205
21	Tracy Alderson	202
22	Andy Watts	197
23	Kate Sutton	193
24	Katy Green	192
25	Tom McGaff	189
26	Julie Lucas	186
27	Bill Staniard	186
28	Roy Pownall	179
29	Richard Parris	172
30	Gavin Mendham	170
31	Penny Hinke	169
32	Peter Watson	168
33	Trevor Faulkner	166
34	Don Bullough	162
35	Steve Smith	160
36	Sean Barry	138
37	Andrew Penney	136
38	Susan Wright	114
39	Rod Coombs	91
40	Bill Heaton	89
41	Gareth Trimble	39
42	Kim Simpson	35
43	Angela Lee	26
44	Stephen Feber	25
45	Ken Smart	22
46	Ron Reed	21

Group 4/5 Summer Challenge

Ladies - 167 points

Sally (19th in the Series, 32 points), Nicky (32 points), Tracy (30), Kate (28), Julie (25), Penny (20), Susan (13), Kim (9), Angela (8).

(Six to count)

Men - 151 points

Ian (34), Paul (33), Bill (24), Roy (23), Peter (19), Trevor (18), Don (17), Sean (15), Rod (12), Gareth (10), Stephen (7), Ken (6), Ron (5).

Race 11, yet three new, if not all youthful, debutants. The Men continue to edge closer but the Ladies show an increasing ability to hold out.

This was a strongly supported race and scoring points proved very difficult. Julie, Nicky, Trevor and Penny who were on holiday and Roy who'd had a night on the wine (damaged his hamstring apparently) did no worse than Sally, Kate, Paul and Ian whose 10k in the blazing Warrington sun failed to add to their scores. Tracy had a great run (excellently coached by Steve), which must have given her more satisfaction than her solitary additional point. Sean was also poorly rewarded for his third 4/5 win of the Series.

In every previous year there has been one race where a low turnout has meant a windfall of points. This year may prove to be the exception but miss one of the remaining races and six months of effort may be in vain.

Sean's the man in form but he is running out of races. If he runs as well in the final three races then he deserves the individual championship but he may need to persuade groups 1, 2 and 3 to temper their enthusiasm.

Ian Ashcroft

Future Summer Series Race Details

12	Gawsworth 10K	Sunday	11-Sep-05	10:30 AM	Entry Form	Directions	Multi-terrain
13	Sutton 6 10K	Sunday	25-Sep-05	11:00 AM	Entry Form	Directions	Multi-terrain
14	Langley 7m	Saturday	5-Nov-05	TBA	TBA	TBA	Road

Graham Taylor

Message from the Chairman

Can I remind all members that the club Annual General Meeting is on Tuesday 13th September, in room above the bar, at 8.30 pm after training. Can I encourage all members to attend: I promise the formal business will not take too long, and then we can have time for a drink and a get-together afterwards. The agenda is shown below, and remember we will be electing a new Chairman:

WILMSLOW RUNNING CLUB

AGM 2005

TUESDAY 13TH SEPTEMBER, 8.30 PM

AGENDA

- 1. Minutes of AGM 2004**
- 2. Chairman's Report**
- 3. Treasurer's Report**
- 4. Wilmslow Half Marathon Report**
- 5. Subscriptions for 2005/2006**
- 6. Items from Committee Members**
- 7. Election of Chairman, other officers, and committee**
- 8. Election of Auditor**

On a separate page I have attached the Club's Constitution. Since it has taken me as Chairman 3 years to find a copy, I surmised that the rest of you might not have seen it either! It is worth noting that the duties of members appear to be very simple, to train, to race, and to help at the Marathon. I assume that none of those three duties is controversial to a member of a running club!

WILMSLOW RUNNING CLUB RULES AND CONSTITUTION

1. The name of this Club is **Wilmslow Running Club**.
2. The purpose of the Club is promote the sport of Running by:
 - i) providing regular training
 - ii) competing in local, regional and national events
 - iii) hosting and/or organising events for the benefit of members and runners generally
3. Membership is open to anyone over the age of sixteen who wishes to
 - i) train regularly with the Club
 - ii) represent the Club in suitable competitions **and**
 - iii) assist the Club in fulfilling its purpose
4. The affairs and business of the Club are to be supervised by a Committee to be elected annually at the Annual General Meeting (A.G.M)
5. The A.G.M. will be held in May or June, the date to be notified to all members at least 14 days before, either by letter or through the Club magazine.
6. The Committee will keep a record of the proceedings of all meetings.
7. The Committee will consist of the following Officers: Chairperson, Club Coach, Treasurer, Club Secretary and Membership Secretary. The Club Secretary will be responsible to the Committee for all matters relating to the Amateur Athletic Association, including Cheshire County A.A.A. Other members may be elected as required by the members at an A.G.M. The Committee may co-opt other members as it requires, subject to confirmation at the next A.G.M. Decisions of the Committee will be binding on all members provided that they were passed by not less than half of the elected Committee, and that they are not inconsistent with these rules. Where appropriate they must be ratified at the next A.G.M.
8. The Chairperson will be elected for a maximum of three years and after that cannot stand for re-election to the same position for a further two years.
9. The Chairperson will hold an Extraordinary General Meeting (E.G.M.) within 28 days or a written request signed by at least ten per cent of the members or at the instigation of the Committee. The date of any E.G.M. is to be notified to all members individually at least 14 days before, either by letter or through the Club magazine.
10. These rules may only be altered by a majority vote at an A.G.M. or E.G.M. Any other decision at these meetings will also be decided by a majority of those members present. The Chairman has the right to vote. Should a vote result in a tie the matter will be decided by the Chairman.
11. At any A.G.M. or E.G.M. at least fifteen per cent of the Membership must be present for any decision to be binding.
12. Subscriptions will be set at the A.G.M. and are then to be paid within one month.
13. Any alteration to these rules must be ratified at an A.G.M. Requests for amendments must be given to the Chairperson before publication of the date of the meeting, signed by at least two members.
14. Items to be discussed at an A.G.M. must be given to the Chairperson at least one week before the meeting.

15. An Auditor, other than a member of the Committee, will be appointed at the A.G.M.
16. A decision to dissolve the Club, or to merge it with another organisation, can only be taken at an E.G.M. called for this specific purpose. Prior to any dissolution, any Club assets remaining after payment of debts and liabilities shall be handed to another organisation with similar interests.