



Minutes of Annual General Meeting 2011

PREAMBLE

The 2011 BARF AGM was held at David Lloyd Centre, Dundonald at 9pm on Saturday 12th march 2011

Attendees

Dave Ewart (Chairman), Roisin Mallon (Secretary), Mark Pruzina (Treasurer), Trevor Wilson (Running Sec.), Paddy Mallon (Climbing Sec.), Ian Taylor, Peter McClenaghan, Alex McClenaghan, Helen Brown, Jim Brown, Colm Kelly, Denis Rankin, John McBride, Taryn McCoy, Mark Hopkins, Fred Hammond.

Apologies: Caroline Hart (Social Sec.) and others

16 out of 50 Members = 32% therefore the meeting was quorate

1. REPORTS

Reports were presented by the committee (attached to these minutes)

Chairman's Report

Treasurer's Report

Running Sec. Report

Climbing Sec. Report

2. CHAIRMAN'S AWARD

This year **the Chairman's award was made to Vincent McAlinden** (not present) for his sterling work on organising the Mountaineering Ireland Autumn Meet. It was noted that the club had done its best to ignore the suggestions and emails that we might host this event since early last summer until Vince stepped in and snatched defeat from victory. However, once he had committed us, he did a fantastic job of driving the preparations and pulling people into the organisation. Many Barfers helped out in various capacities but special thanks should go to Charlie Henderson and Alex McClenaghan who were heavily involved throughout. The club can feel rightfully proud of hosting another great event.

On a separate note Vincent had asked the committee to pass on (again) the deep appreciation of Mountaineering Ireland and members who attended what was, they felt, a well-planned, informative and entertaining weekend.

(N.B. The recipients and citations for the Chairman's Award will be updated on the website)

3. ELECTION OF THE NEW COMMITTEE

The 2010/11 committee formally stood down with both Roisin and Caroline having indicated that they would not be seeking re-election. There was a short discussion about the need for the committee to be refreshed and for the membership to step up to the mark. The committee noted that sometimes people don't want to put themselves forward in contention with the incumbent officers, however all on the outgoing committee made it clear that they would be more than willing to stand aside and give someone else a go.

The nominations and election of the new committee went with the usual ease and lack of ceremony with Dave, Mark, Trevor and Paddy being re-elected in their previous positions and Helen Brown taking the office of Social Secretary.

The position of Secretary was not filled and it was agreed that rather than cajoling one of the few people attending the meeting into taking the role, that it would be left open and **nominations would be sought from the wider membership** via email over the following weeks.

4. DISCUSSIONS

4.1 Fund Raising

The Treasurer's Report noted that the club needed to at least return to a normal level of fund raising and, ideally, increase this if the club is to avoid raising membership fees. Athletics NI had already raised their registration fee from £5 to £8 per person and Mountaineering Ireland are likely to raise the Sterling fees this autumn in line with changes in the exchange rate. One person questioned the need to raise further income as we are not a profit making organisation. However, most agreed that it was important to keep ahead of increasing costs and also to maintain the balance of funds in order to cover the major outlays of each year.

Trevor led a discussion on fund raising ideas. Principle to these is ensuring Barfers' involvement in publicising and assisting with the events that we already organise so as to ensure they are well attended, successful and – most importantly – safe.

The idea of a Barf t-shirt was brought up and a debate about whether standard cotton or some sort of technical clothing would be more popular. **The Committee agreed to research some options and get back to the membership.**

Another suggestion was that prizes at Barf hosted events could be equipment (instead of cash –which eats away at the event profit) if we could get sponsorship from one of the many new outdoors shops that have cropped up.

Another suggestion was that we could get funding from the Sports Council for equipment or events. This requires someone to identify a suitable case and make a written submission.

4.2 Family Walks

Roisin flagged that the monthly family walks had fallen by the wayside a bit due to a general lack of interest and, more importantly, a lack of commitment from people to organise them. These events seemed to be very popular at one time and the previous committee had felt that they were worth reviving for the coming year. However, in order for this to work she feels that we need 6 or 7 families to volunteer to organise just one walk each over the coming months and to be there at the agreed time. This need not be as committing as it sounds as if something crops up for the organiser it is just a matter of asking someone else to swop with you or getting another stand-in.

The committee will draw up a calendar of First Sundays and suggested venues based on previous experience and email out to members seeking volunteers to organise. The organisers can amend the calendar as they see fit.

4.3 Event Marshalling

Trevor emphasised the need for club support at events and especially for marshals at checkpoints (at least two each). Barf has done great work in improving safety standards at races through a number of actions such as: double marshals, moving checkpoints to more sheltered and accessible locations, use of SPORTident timing gear, provision of shelter tents and hi spec bivi-bags and strict enforcement of runners' safety kit.

4.4 Safety Tents

There was a short discussion on the safety tents we bought and used last year. Peter McC had been a key user and he felt that they suffered from being: too fiddly to put up and take down in bad weather and too hard for the marshals to see out of which made it difficult for them to spot runners going past. **Peter and Jim Brown agreed to research some alternative models of shelter tent and get back to the committee with recommendations.**

Mark pointed out that any purchases would require that extra funding that had been spoken about earlier but that perhaps this would be the ideal target for Sport Council funding.

Jim suggested that such as this and SPORTident gear could be pooled between organisations such as NIMRA, Mourne 7 Sevens, Mourne MM. and Barf etc.

4.5 Barf Challenge 2011

Trevor proposed that the club partake of the Mourne 500s challenge this year (sometime in June or July). The format of the Barf Challenge is that of a long endurance event open to all Barfers. It is run as a non-competitive group activity where everyone tries to stick together and, certainly, everyone regroups at various points around the event. Another feature is that lesser abled Barfers (whether through weakness, lack of time, flab, laziness or injury) are encouraged to join in with the event at some stage for whatever distance they like. Contrary to what one might think, this sort of ad-hoc joining is really welcomed by the hard-heads who are out to complete the whole challenge as the fresh faces boost the morale and introduce some new chat. So EVERYONE is encouraged to get involved at some point. **The date for the event will be discussed and more information sent out over the usual email channel.**

4.6 The Climbing Scene

Denis raised the issues of the almost dormant climbing scene within the club. He felt that it was a great pity and that we might be forced to drop the word Rockclimbers from our name. There was a general agreement with this sentiment but an understanding that with people's busy lives and many young families that the focus has been on other activities over the past few years.

Nevertheless, there was also a feeling that there might be scope for resurgence at this time, especially within the Barf Youth Wing who certainly seem very keen on climbing activities. This could be a more successful approach rather than hoping that parents are suddenly going to find the time and interest to go off and do E2s in the Mournes of a weekend. It should also be noted from the Climbing Sec's report that there is still a significant amount of mountaineering activity going on throughout the club.

The Committee agreed to see if a programme of events could be devised - based around the Youth Wing – which would include some wall training and, ultimately, some real rock climbing in the summer.

5. MOTION on BARF Subs

As per the Treasurer's recommendation, the motion was put that BARF Subs should be kept at £25 for membership plus £5 for ANI Registration provided that sufficient funds are raised this year to cover the increased costs. This position would be reviewed by the committee in the autumn and if necessary alternative options put to the membership for decision prior to subs renewal being requested in October.

Post AGM Comment

The committee would to thank those who attended the AGM and to urge the wider membership to get more involved with organising and attending events. The club does not provide services for profit and ancillary benefits such as shop discounts don't seem to be a key attraction so if you are not joining in, what are you getting for your £25. The small subset of members who do regularly organise things would very much appreciate greater support from Barfers and, ideally, more people actually taking a lead.

Put it another way, the committee often hears the words "Why don't you....?". It would be far better if people got into the habit of saying "Why don't we....?", or, even better, "I would like to"

TREASURER'S REPORT March 2011

For 2010 we had signed up 50 paid up members. To date we have received subs from 42 people out of 50 who said they will be rejoining for 2011 plus ANI Registration for 25 people.

This year's subs have been very forthcoming which has meant that the balance of funds has stayed well in credit over the year – never dropping below £1800 (compared to £1690 last year).

Account Year	2010-11	2009-10	2008-09	2007-08
Opening Balance	£2,323.83	£2,071.33	£1,684.30	£1,319.40
INCOME				
BARF Subs	1,341.00	1,655.00	1,490.00	1,693.00
Vests Sales 45 x £15ea		45.00	675.00	
Donard Downhill profit	20.00	35.00		
Annalong Horseshoe Profit	128.00	197.00	42.00	117.00
Turkey Trot profit		182.00	187.00	320.00
Total Income	1,489.00	2,114.00	2,394.00	2,130.00
EXPENDITURE				
MI Subs	980.11	1,024.01	960.17	1,040.10
ANI Affiliation & Registrations (2yrs)	524.00	280.00	255.00	215.00
Membership refund		5.00		
Vests purchase		140.59	695.55	
AGM Room Hire	100.00	50.00	56.25	470.00
Purchases: tents, Blizzard bags, Signage		314.90		
Annalong HS Trophy	155.00			
Web site hosting	60.00	47.00	40.00	40.00
Total Expenditure	1819.11	1,861.50	2,006.97	1,765.10
Profit	-330.11	252.50	387.03	364.90
Closing Balance	£1,993.72	£2,323.83	£2,071.33	£1,684.30

Expected cost increases for 2011

Mountaineering Ireland exchange rate adjustment approx. £2.75pp plus Athletics NI registration increase of £3pp. Assuming similar numbers as this year this will add up to an additional outlay of £212 overall.

Treasurer's Recommendations

If we hadn't paid for 2 years ANI affiliation we would have nearly broken even despite having reduced profit from the Annalong race and none at all from the Turkey Trot (which was cancelled due to the weather). However, given the expected increases, we will need to ensure good profits from BARF events if we are to avoid having to increase our subs.

I recommend that we hold BARF subs and ANI Registration at £25 and £5 respectively provided that event income can be raised by more than £200 (on last year). The Committee should review the situation in September and if the target hasn't been met, options for increase will be put to the membership and voted upon.

A detailed statement of accounts plus bank statements, cheque and lodgement books were available for inspection at the AGM.

Mark Pruzina
12th March 2011

RUNNING SECRETARY'S REPORT FOR 2010**Notable BARF Running Achievements during 2010.****Hill and Dale Series.**

Once again Jim Brown was top Barfer in this series, finishing in 16th place overall and being crowned V50 champion. Despite moving up an age category, Jim showed his quality by finishing in the top 10 more than once (6th o/a at Loughshannagh), leaving athletes 30 years his junior trailing in his wake.

The ladies were even more successful, Shileen and Taryn winning their categories. Shileen was also 2nd Lady overall - well done.

Vet 50	First	Jim Brown
Lvet35	First	Taryn McCoy
Lvet40	First	Shileen O'Kane
Lvet45	Fourth	Kathleen Monteverde

17 Barfer's completed the Hill & Dale series last year (19 the year before). Three Barfers completed in every race in the series, Shileen, Donal and Andy Bridge.

NIMRA Series

Congratulations to Shileen, who was first lady overall and becomes NIMRA female champion. Tim Wilson finished top male Barfer in 10th place overall - 3rd in the MV35 class.

Congratulations to the following, who also successfully completed the championship; Gareth Boreland, Gerry Kingston, Donal O'Kane, and Andy McGibbon.

Even though Donal completed all the races, he didn't register in the final championship standings as he neglected to pay his NIMRA membership fees.

Grand Prix Series

Congratulations to the following people, who successfully completed the Grand Prix series; Shileen (2nd Lady and 2nd LV40) and Ian Taylor (2nd V60). Donal did enough events but didn't pay his NIMRA fees so they don't count.

Individual Achievements.**Tour of Mont Blanc Race.**

The race this year was disrupted by severe weather, resulting in most of the races being cancelled. Disappointing for BARF entrants, Fred Hamond, Brian Linton and Donal O'Kane.

Ben Nevis Race

This year's race to the top of Britain's highest mountain included Barf's Jackie Toal, who had a great run to record a sub 2:30 time. No Barfer's in this year's entry list.

Scottish Islands Peaks Race

This was an event where we had a Barf success in 2009 which slipped below the radar for last year's report. Brian Linton was in the successful team who won this event, Brian being part of the running team, along with Bill Maxwell. This year the same team was entered again but Bill Maxwell had to withdraw, with Trevor being a last minute replacement. Lack of wind prevented

the team completing the event; a more detailed report appeared earlier this year. No plans for this year (yet)!

Mourne Mountain Marathon.

As usual, a large selection of Barfers were present at the Mourne MM, either competing, marshalling or organising. In the Elite class Gerry Kingston finished second overall (as last year), Brian & Taryn were 6th overall and first mixed team, Fred was 8th.

In the B Class Colm Kelly had a steady run for 15th place o/a.

In the C Class, the all BARF team of Pauline O'Hara and Denise O'Hagan were first female and 19th o/a, ably backed up by Andy McGibbon.

In the D Class, Christine Kelly was 15th o/a and first female.

Isle of Jura Fell Race.

Trevor was BARF's sole representative at this year's race, his adventure(s) being well documented previously. This year Trevor is being accompanied by Andy McGibbon, Andy's first time at this event.

Long Distance Fred.

Fred's commitment to be fit enough to complete the Tour Mont Blanc race resulted in his participation in a lot of long distance events.

Fred started the year with a 90km ultra marathon, running from Glasgow to Edinburgh, following this up with a completion in the 51km Wicklow Way Ultra. Fred was 20th in 6.02 hrs, backed up by Taryn (18th) and Ian (36th). At the same time, Kathleen completed the shorter 26km Wicklow Trail.

Fred's next event was the 110km Kintyre Way challenge, running from Tarbert to Cambelltown on the Mull of Kintyre, where Fred was 4th o/a.

Fred also took part in the LDWA, along with Ian, the 100 mile Heart of Scotland Walk, where Fred finished 13th o/a in a high quality field. Unfortunately Ian didn't finish this year, therefore not adding to his previous three completions in this event.

In my opinion, the toughest event that Fred undertook last year was Ireland's first 24hr track race, held at the Mary Peters track. Cruelly known as 'Hamster Racing', Fred excelled and finished 3rd o/a, covering a distance of 110.75 miles in the process.

Then the TMB was cancelled.

Taryn's Events.

One of the attractions associated with Fell running is that it is viewed by others as an extreme form of sport, which also happens to be quite tough and offers a challenge widely diverse from mainstream sports. This is one of the attractions for Barfers, who enjoy regularly getting away from it all by disappearing into the wilderness that is the Mourne Mountains for long periods of time. To some people fell running is just a prelude to even tougher challenges and nobody within our club epitomises this more than Taryn McCoy. The list of events that Taryn has completed this year is wide, diverse and would take too long for me to fully document here. Below is a selection of Taryn's achievements, which I hope give a flavour of the events she has undertaken, with great success I should add;

Wicklow Way Ultra, 31miles - 2nd female

Connemara Ultra Marathon, 39miles

London Marathon

Annalong Horseshoe Fell Race - 4th female

Mourne Way Marathon - 2nd female

Carlingford Lough Endurance Challenge - 1st female pair

Hill & Dales fell run series. 1st in AG, 7th overall

Coast to Coast (Ireland) 2 day staged race - 2nd pair overall, only female pair.

Top of the Mourne Triathlon, 2nd female

The Beast of Ballyhoura 36hr Adventure Race

The Mournes 7, 7's fell race - 2nd female

Ireman Triathlon (Irish Middle Distance Championships) - 2nd female, 1st in AG

Adidas Terrex, World Series 4 day (non stop) Adventure Race, Lake District

Mourne Mountain Marathon, Elite Class - 1st mixed pair

Causeway Coast Marathon - 1st female

Cooley Raid 36hr Adventure Race - 1st team

Everest Challenge Marathon (30miles) - 3rd female

Himalaya 100 mile Stage Race - 5th female

It will be interesting to see what Taryn has planned for this coming year.

Adventure Racing & Orienteering.

Gerry Kingston had another good year in the CCAR series, finishing first(?) again with his partner Billy Reid and retaining their crown. Gerry has also been taking part in the Long O events being organised by LVO.

Various Barfers have been taking part in CCAR's race series, along with LVO's various orienteering activities.

THE BARF CHALLENGE

The BARF Challenge didn't make it onto the calendar this year but we intend to run it this year. We are suggesting that the Mourne 500 challenge would be a suitable and achievable objective for us, with a suggested date in late June or July.

LONDON MARATHON CLUB ENTRY.

In 2010, we had four Barfers complete the London Marathon; Taryn, Trevor, Pauline and Denise. Taryn & Trevor completed under 4 hours, Pauline and Denise concentrating on completing and raising money for charity. This year Jenny Black and Jackie Toal have the Barf club entries and we wish them good luck with their efforts.

Each year, any club which is affiliated to the regional athletics body (as BARF is to the NIAF) has a right to at least one guaranteed entry to the London Marathon. Depending on the number of members within the club, the number of guaranteed places rises to two, the maximum allowed under London Marathon rules. With our current membership, BARF are entitled to two

places. Over the last few years these places have been allocated to club members on a first come first served basis. Anybody interested in entries for next year's event, please let me know in good time, our application for places has to be made around the end of November. If more than two people are interested, then I would suggest that we hold a ballot to select the lucky participants. A club entry system is also now available for the Loch Ness marathon, in October. Other Marathons were Barfers have entries for this coming year are Paris (Paddy and Colm) and Rome (John McBride). Good luck to them in their respective races.

Race Organisation

For many years BARF (Jim Brown) has successfully organised the Turkey Trot race on boxing day and more recently the Seven Sevens (Jim Brown). One race went smoothly and the other didn't happen due to the poor weather conditions.

This year's Annalong Horseshoe was notable not for the atrocious weather conditions of the previous year but for the winners fast time, within 45 seconds of the race record, the winner becoming only the fourth person to run under two hours for this course. As race organiser, I wish to extend my gratitude to all who volunteered their help on the day, marshals, providing food stuff etc.

Another notable addition this year was the provision of a trophy for the Ladies race, designed and organised by Dave and Norma, sponsored by Barf.

As usual, we require volunteers for marshalling duties on the hills for this year's race. Last year we moved the marshals off the summits in the interests of safety and this worked out very well. This not only kept the marshals away from the brunt of the bad weather, it also made the marshalling locations more accessible! This year the BARF catering corps again provided tea and buns at the end of the race, supplied from race HQ (thanks to Gerry and Jim for bringing their vans). In 2011, BARF have been allocated to organise this race again on Saturday 21st May.

BARF also organised the Donard Downhill race, now in its second year. While entries were small, the event went off fine, again and we will be running it again this year on Friday 21st June as an evening race.

Training

Winter training continues apace at the Ozone from October to end of March, 7.00pm for a 7.15pm start. Last year we continued with our summer training, running the Donard - Commedagh course over July as training for the 7-7's and then decamping to Cave Hill until the start of winter training in October. Judging by the numbers who turned up every week, it was a great success and is intended to be repeated this summer.

That's it for another year. Apologies if I've left anybody or anything out.

Trevor Wilson
Running Secretary

CLIMBING SECRETARY'S REPORT FOR 2010

Glencoe: PM, JB, TMcQ, PMcC, CK, PH

Sgor na h'Ulaid 08/04/10

Just passing through and took in a Corbett on the way. Beware, Corbetts are Tough!

Glen Shiel: PM, JB, TMcQ, PMcC, CK, PH, NH, RMM

A Glas Bheinn 09/04/10

Beinn Fhada 09/04/10

Glen Shiel -South Cluanie Ridge PM, JB, TMcQ, PMcC, CK, PH NH, RMM

Creag A 'Mhaim 10/04/10

Druim Schionnach 10/04/10

Aonach air Chrith 10/04/10

Maol Chinn Dearg 10/04/10

Sgurr na Doire Leathain 10/04/10

Sgurr an Lochain 10/04/10

Creag nan Damh 10/04/10

Glencoe PM, JB, TMcQ, PMcC, CK, NH, PH, RMM

Buachaille Etive Mor by Curved Ridge 11/04/10

Fantastic with Potentially epic – peter howie did a wobbler

Jim and Helen Brown also had many summer and easter adventures in Scotland playing pass the parcel with the kids, with the help of Pat Scovell.

Cairngorms;PM PH

Birthday bagging bash with Peter Howie

Glas Maol 13/05/10

Creag Lacach 13/05/10

Cairn an Tuirc 13/05/10

Cairn of Claise 13/05/10

Tolmount 13/05/10

Tom Bhuidhe 13/05/10

Carn an t'Saggart Mor 14/05/10

Carn a Coire Boidheac 14/05/10

Cairn Bannoch 14/05/10

Broad Cairn 14/05/10

Lochnagar 14/05/10

Driesh 14/05/10

Mayar 14/05/10

Crian Larich;PM

Ben a Cleibh 15/05/10

Ben Lui 15/05/10

Finsteraarhorn: Clarke Campbell

Colm and Christine Kelly were the Ice King and Queen in Italy and also in Glenarriff, where Colm's pictures got published in the Irish News.

Jacque Toal did some stuff in the summer, but I haven't got talking to her. Apologies.

MCI Meet –some climbing on Hen, some scrambling on Spellack, cold and windy but good craic anyway. Various summer alpine and subalpine encounters with families in France and Austria

Glen Pean;PM,TMcQ,PMC,JB

Sgurr Thuilm 25/02/2011

Sgurr na Coireachan 25/02/2011 – major epic day/night. Finished at 10:30pm. Didn't help that we started at 2pm in a storm.

Gulvain 26/02/2011 \Long hard day, finished in the dark, but beautiful night sky.

Nice bothy, pity it was in the wrong place

Paddy Mallon