



The **B**elfast **A**ssociation of **R**ockclimbers and **F**ellrunners

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Minutes and Reports of the Annual General Meeting 29th February 2009

Minutes

Compiled by Roisin Mallon

In attendance

Chairman (Dave Ewart), Treasurer (Mark Pruzina), Running Sec (Trevor Wilson), Climbing Sec (Paddy Mallon), Secretary (Roisin Mallon), Jim Brown, Ann Wilson, Peter McClenaghan, Norma Rea, Ian Taylor, John McBride

Reports from Committee Members as follows:

-Chairman (Dave Ewart), Treasurer (Mark Pruzina), Running Sec (Trevor Wilson), Climbing Sec (Paddy Mallon)- all to be placed on website.

Election of new Committee- same committee members elected unanimously.

Barf Gear-Options for future Barf gear discussed including jacket at £27.50 plus VAT, long sleeved T-shirt at £15 plus VAT, and T-shirts with Barf design.

Chairman's award-awarded to Brain Linton in recognition of his achievements in the tour of Mont Blanc.

Barf subs-further discussion required following decision on MCI fees-MP to update members.

AOB

Congratulations were expressed to Colum and Christine on their forthcoming nuptials.

A trophy is to be purchased for the ladies prize at the Annalong horseshoe.

Surf Mountain is to issue discount cards

Option at booking accommodation at Greenhill to be explored.

Chairman's Remarks – BARF AGM 2009

Welcome everyone! As Chairman it's my place to say a few words about the activities of the club over the last year.

I think it has been a varied year with members participating in an increasing range of diverse activities and events in outdoors. And there have been a number of notable achievements gained along the way which of course you we will hear about in more detail from Trevor and Paddy.

Thinking first about the local fell running scene, I have certainly been struck by the improved performances of many members; with names such as Chris Mc Corry, Gareth Boreland, Ian Lockington and Tim Wilson battling it out with the more established front runners. Although they haven't caught sight of Jim Brown's heels yet. The Annalong Horseshoe and Turkey Trot continue to deliver safe and enjoyable events within the NIMRA calendar. It was good to see a Barf Lady taking first place and the Annalong horseshoe this year. And of course the Turkey Trot trainer provides a seasonal get together where running, cycling and singing blend flawlessly.

As well as ongoing activities locally notable Barf events of the year have included :

A good representation at the 3 peaks race and Borrowdale

Continued representation at Jura and the LAMM

Barf's place in both participating and organising the Mourne Mountain Marathon. And on that note I think you'll agree that it was yet another very successful event and the new starting location was very much appreciated.

On the adventure racing front congratulation to Gerry and team Passing Wind which has gone from strength to strength. And congratulations to John McBride for his great result in the 70 Wild Miles event and good luck for his training for the Lakeland 100.

And further afield Jackie Toal did her bit to ensure that Barf was again represented on a Himalayan peak.

Trevor's creative preparation for the Amsterdam Marathon has rewritten the training guideline for this type of event. Well Done to both Trevor and Ian Gourley on excellent times in recent marathons

Barfer's have been heading of to the Alps to do various activities including climbing, skiing and of course running. Not forgetting one very long event which I'm sure Trevor will provide more details on.

The Barf Challenge this year was yet another successful event. It was well attended with great camaraderie, enjoyed by all throughout the day. Maybe a little less so in the dark hours spent battling along the beach.

And I am sure there have been a number of individuals who have been quietly getting on with equally challenging events. Ian Taylor and Denis Rankin are individual's who never fails to deliver in this respect. Apologises if I've failed to mention a recent epic adventure they may have been involved in.

And I wish to note that in the midst of incessant reporting about the doom and gloom around the economy it was uplifting to sit down and write about the clubs activities during the year.

Can I take this opportunity to thank the members of the committee and Roisin for organising the venue for tonight.

Dave Ewart

RUNNING SECRETARY'S REPORT FOR 2008

Notable BARF Running Achievements during 2008.

Hill and Dale Series.

Jim was demoted to second place last year as Deon McNeilly marked his entry into the V45 category by cleaning up.

Vet 45	Second	Jim Brown
Lvet35	First	Shileen O'Kane
Lvet35	Third	Jackie Toal

23 Barfer's completed the Hill & Dale series last year (17 male and 6 female)

NIMRA Series

Congratulations to the following, who successfully completed the championship;

Shileen O'Kane, Jim Brown, Dave Ewart, Tim Wilson, Gerry Kingston, Neville Watson, Andy Bridge and Andy McGibbon.

Grand Prix Series

Congratulations to the following, who successfully completed the Grand Prix series;

Shileen O'Kane, Neville Watson, Andy McGibbon, Ian Taylor and Donal O'Kane.

Individual Achievements.

Tour of Mont Blanc Race.

This challenge appears to be 'the flavour of the month' as a total of four BARFer's headed for either a 60 or 100 mile tour of the Alps. Unfortunately three of them got timed out and it was left to Brian Linton to complete the 100 miler in 40 hours, including stopping for two sleep breaks! This is Brian's second time to complete this race, it's obviously encouraging others to follow on as Fred has entered this years race (half tour).

Mountain Marathon's

As usual, a large selection of BARFer's were present at the Mourne MM, either competing, marshalling or organising. Gerry Kingston retired from third overall overnight in the Elite class, Brian Linton had a good run in the B Class for 8th overall (considering his exploits in Mont Blanc a month previously), Jackie Toal and Jenny Black having a good finish in the D Class (11th).

In the LAMM, Norma and Stephanie had a steady run in the midge hell that was Glenfinnan, Trevor and Fred also having a steady run, even with Fred's broken ribs.

Three Peaks Race.

A big entry for this classic race this year as it was the venue for this year's WMRA championship. Among those who didn't get crowned champion were Norma, Dave, John McBride and Ian Taylor.

Isle of Jura Fell Race.

This year, Denis and Trevor headed to Jura on their own, finding yet another combination of travel arrangements to get there. Both had a steady run in sunny conditions and ate plenty of tray bakes in the process. Denis celebrated completing his 10th race over the Jura course this year – he still says that he's going back for more.

Snowdon Race

Dave and Norma had a successful run in hot and humid conditions. They obviously ran within themselves and weren't interested in the chance of a ride in the rescue helicopter!! (unlike a certain NIMRA member, who tried hard).

Borrowdale Fell Race

This classic race was one of the British Championship long races this year and was attended by Dave, Norma, Trevor and John McBride. Lots of mist made this race interesting, and not only for the front runners!

Ben Nevis Fell Race

Norma, Dave and Ian Lockington took part in this year's event.

Norma and Dave's Odyssey.

Those who are reading this report might have noticed a trend appearing – Norma and Dave's names have appeared in the finishers lists for all the classic races above. They had set themselves an impressive target of racing up the highest peaks in each part of the British Isles in a calendar year – having started off in the Donard Commedagh race in May, their personnel odyssey finished on Ben Nevis in September, their tour taking then to Snowdon and Scafell in between.. In between times they also completed the West Highland Way in three days.

Long Distance Challenges.

Again Ian took part in his LDWA 100 mile challenge – Fred travelled to Germany and braved the rapid wild animals of the Black Forest for his 100km challenge.

Adventure Racing

Gerry Kingston had good success in the CCAR series, finishing first with his partner Billy Reid.

THE BARF CHALLENGE

The BARF Challenge made a return to the calendar this year – the challenge was to be in keeping with the current trend for long distance events – a circuit of the Mourne Wall followed by a lap of the Newcastle trail – a total distance of just over 50 miles We seen a total of 18 BARFer's take part, 15 of whom did the Mourne wall circuit. Only three did it all, Dave, Trevor and Brian Linton, completing in a time of around 15 hours. Brian was using this as a training session for the TMB, we should have really made him do another couple of laps!!

There has been a couple of suggestions for this years challenge – either an entry in the Mourne marathon (new event from Rostrevor to Newcastle) or a running/ mountain bike challenge in Kilbroney Park.

LONDON MARATHON CLUB ENTRY.

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 one place. Over the last few years this place has been allocated to club members on a first come first served basis. Anybody interested in entries for next years event, please let me know in good time, our application for places has to be made around the end of November. If more than one person is interested, then I would suggest that we hold a ballot to select the lucky participant. A club entry system is also now available for the Loch Ness marathon, in October.

RACE ORGANISATION

For many years BARF (Jim Brown) have successfully organised the Turkey Trot race on boxing day and more recently the Seven Sevens (Jim Brown). In 2003 NIMRA quite rightly spread the burden of organising the NIMRA races around the main participating clubs, BARF being allocated to organise the Annalong Horseshoe race. This year we introduced electronic timing to the event – the first time it's been used on an NIMRA event – and it all went off quite well.

Things went a bit slicker in 2008 but we still need some volunteers for marshalling duties. This year the BARF catering corps provided tea at the end of the race, supplied from race HQ (thanks to Gerry for bringing his van). In 2009, BARF have been allocated to organise this race again but with a change of date to Saturday 16th May. In order to run this race properly and safely we need volunteers for marshalling on the hills and start/finish line duties. If you don't plan to run the race, please keep this date free as a couple of hours spared for marshalling duties would be much appreciated.

New Race.

There has been plenty of talk in recent years of a downhill race – this year it will become a reality as BARF are going to organise a Donard downhill race on 9th May. This is a totally new concept and it will be interesting to see how it will be received.

Training

Winter training continues apace at the Ozone, 7.00pm sharp start. Last year we introduced summer training, meeting at the Mary Peter's track and taking place on the tow path. 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

MOUNTAINEERING SECRETARY'S REPORT FOR 2008

Its been another year for the members of BARF
We've walked through the hills and we've all had a larf.
There's lots of things done, at Munros we're the cleverest,
but nothing as big as Nigel on Everest.

Jim Brown's expeditions get bigger and grander
with 6 of us in April and snowy November.
Forcan Ridge was the highlight, both exciting and gripping,
in high mountains, deep valleys with sweat we were dripping.

The two Peters and Jim, and Terry McQueen,
joined Clarke and me on Sgurr nan Conbharean,
And The Saddle, Carn Ghluasad and big Sail Chaorainn
Geal Charn, Aonach Beag , Beinn Na Iap and Benn Aibhlinn

The summer's activities they went far and wide
spread through the alps from side to side.
The McClenaghans in Austria, brought the kids for a rally

with the Kellys in Ailefroide and Ewarts in Saas Vallee.

Gerry Kingston took time from his CCARs
to go to The Alps and visit some bars.
He met up with the crowd from the MCI meet
But the weather was poor and the venue not great.

Scotland is popular with all those in BARF,
with camping and motor homes and the bothy at Tarf.
It's the love of the hills and the big ups and downs
that attracted the Ewarts the Harts and the Browns.

The Mallons, McBrides, McQueens and the Clarkes
and also the McClenaghans and Caroline Hart
hit The Alps snowbound and tried out their skis
I know its not BARFSKI but we were all pleased.

That's all for now, the poem's all done,
I'm sure there was more of mountainy fun.
Accept my apologies if you've been left out,
If there's more to be said then stand up and shout!

Paddy Mallon