

LEICESTER ROWING CLUB

MINUTES OF THE ANNUAL GENERAL MEETING HELD ON 27th NOVEMBER 2025 BY ZOOM

Present: Liz Pulford (President), Anne Hock (Secretary), Nicola Henry (Treasurer), Kieron Blacker, Hazel Ward, Alison Gosling, Shaun Gosling, Isaac Gosling, Angela Holohan, Ben Barker, CJW, Clementine Cowsill, Fiona Wingate, Graham Clark, Kim Clark, Howard Marsh, Jean McNeil Joe Holohan, John Wilson, John Sephton, Kelly Rogers, Lucy Cleaver, Kay Cleaver, Natalia Wadowska, Rob Fox, Ruth Connolly, Sally Horrocks, Simon Whitaker, Sue Shaw, Sue Porter, Tim Walton, Viren Mangharam

Proxies appointed Liz Pulford (Malcolm Neal, Alex Wellings), Anne Hock (Steve Bowyer, Rose Elwell, Paul McGrillis),

1. **PRESIDENT'S ADDRESS** **Presented by Liz Pulford**

Welcome

Welcome everyone and thank you for joining this, the Leicester Rowing Club AGM 2025. As a committee we took the decision to run the meeting over Zoom again, as this has worked really well for the past couple of years. It is a shame not to see you all in person but at least it is efficient!

- 2025 has been another fabulous year for the club, with all squads really making progress and pushing the club forwards.
- Over the year we have seen some outstanding performances and achievements across all the squads. These are covered in some detail in Alex's report – and whilst Alex isn't actually joining us this evening – he's away in Australia at the moment - I understand Kieran will be speaking on his behalf. Nevertheless, there are a couple of standout performances that I would just like to recognise.
- First of all, I want to, once again congratulate Lauren Henry on her outstanding achievements over the past year. Having moved into the single after the Olympics in 2024, she has been just awesome, winning at Henley Royal Regatta, setting a new course record on the way, winning gold at the European Championships, winning at all the World Cup events, and then finally, securing the silver medal at the World Championships in Shanghai in September, and so incredibly close to winning gold there too. And to see her out there racing in Leicester colours, when she's not in her GB kit of course, is just fantastic. We are all so incredibly proud of you Lauren. Thank you for being the best role model and ambassador that the club could ever wish for, and we look forward to the next instalment of your amazing story.
- Then of course we had Lizzie and Eleanor winning the Aspirations Doubles at Henley Women's Regatta, and then going on to win Club Doubles at the Brit Champs, where Lizzie and Teddy also won in their singles. Credit must also go to Howard for his part in coaching these crews to such an awesome standard. Well done to you all.
- We had an absolutely awesome regatta again, and I'm sure there will be more about this in the other reports, so suffice it for me to say it was an exceptionally good day, with fantastic support from the whole club to make it really successful and enjoyable. Particular thanks to Clare for continuing to undertake the entries secretary role, and to everyone who helped with the organisation both beforehand and on the day. Great job all of you so, thank you very much indeed.
- As you will see from Nicola's report shortly, our financial position continues to be good and our membership levels have continued to increase. Football car parks continue to bring in an important proportion of our income, about £11,000 each year, a very significant sum, so thanks to everyone who helps to make that happen. Particular thanks to Brian who definitely does more than his fair share, but thank you to everyone who has done their bit. We do need and expect everyone to

take a turn though please, so if you haven't already done so, please do put your names forward. It's really not much to ask of you, if we all did one car park each, we'd have the season covered.

- Our affiliation with Castle Mead Academy continues to work well and grow year on year, with many of the young people involved also joining our junior squad. In fact, about half of our current junior squad have come to us as a direct result of the CMA programme, which is brilliant.
- Overall, the Castle Mead programme is very rewarding. It's wonderful to see the young people involved all have a great time and enjoying our sport. Thanks to all those involved in supporting the programme, especially all those involved in coaching. It's great to see a number of our own young members supporting the coaching and hopefully they enjoy it nearly as much as the pupils involved. If anyone else has an interest in getting involved, please do let me know. Their sessions are during the daytime on Wednesdays and Thursdays, so if you have spare time on your hands and want to get involved, either as a volunteer or as a paid coach, please just message me or have a word when you see me next.
- Another new initiative this year has been our Row the Rhythm Programme, the programme we run for visually impaired people. We now have 6 people who regularly attend the sessions which take place on alternate Friday afternoons. The programme is fully funded by Love Rowing, and aims to give VI people access to our sport completely free of charge. I have to say, it really is a wonderful programme and I absolutely love it, but it does take quite a lot of effort and I'm incredibly grateful to everyone who has so generously given their time and energy to help with the programme so far. We had some overwhelming positive feedback from the participants earlier this year, via an Impact Report prepared on behalf of Love Rowing – with all the participants interviewed saying that:
 - they felt more socially connected as a result
 - that it had improved their physical health
 - had improved the quality of life
 - changed their ideas about what they thought they were capable of

And every single one of them said they wanted to continue rowing.

So well done to all of them and massive thanks to everyone who helps me to make it happen.

- Across the rest of the club, it's been great to see so many people out on the water, and training on-land over the year. Also great to see crews from across all parts of the club competing and all of the squads sharing the club's success. It feels like we have a great atmosphere within the club at the moment, with lots of individuals helping with coaching, so thanks to all our coaches and squad leads for the fantastic work that they do both in organising crews and working with everyone to up their skill levels and fitness. We are very lucky to have so many talented and enthusiastic coaches at the club so many thanks to Alex, Howard, Graham, Paul, Angela, Sally, Tim and everyone else who has picked up a bike and coached. You all do a great job so thank you all very much.
- Now, there are many people who have contributed to the club over the year. These include all of our hard-working committee – to whom I am very grateful. But there are many others, who do a huge amount to help. Tim Walton, Joe Holohan, John Wilson, our rec squad and our junior parents, plus many more. We really do appreciate all the volunteer effort that goes into keeping the club up and running. Thank you all.
- Big thanks also everyone who has served on the committee and made sure the club runs smoothly and efficiently. Particular thanks to Nicola, our club treasurer, Sally for her work as Water Safety Officer; to Anne, our club secretary and the squad lead for the recreational squad, Kim our Welfare Officer, Isaac our Junior Rep, John Sephton who has managed and organised the maintenance of our facilities, Natalia and Barney our vice Captains and of course Alex, our Captain. Finally I want to say a personal thank you to Isaac Gosling, who has been our junior rep on the committee for the past 2 years. He has done a great job, has been really supportive of me, all the other coaches and the junior squad in general. He's been hugely popular with everyone and we are already missing him, but I'm sure you will all join me in wishing him all the very best now that he has headed down

to Plymouth University to continue his studies, and we hope to see you over the holidays. Anyway thank you very much to everyone on the committee for your input over the past year.

- Before I close, I just want let you all know that we are planning to run club races again this year. These will be held on Saturday 13th December. We're planning the usual fun and festive frolics so please watch out for more details closer to the time. As in previous years we will also use the occasion to host a club social event so please do your best to join us. Fingers, toes, legs and arms crossed that we get some decent weather, but whatever the weather, it's always a fun day so please do your best to join us.
- So, before we close and move on to the business of the meeting, I just want to say a final thank you to you all for your continued loyalty and your contributions to the club. It's fantastic to see the club going from strength to strength and growing stronger each year. We have a great atmosphere and a wonderful, supportive culture that I'm very proud to be part of. So, thank you all, both for your loyalty to the club and for your friendship and support. Thank you all very much indeed.

John W congratulated Liz and her team on the Row the Rhythm initiative.

2. APOLOGIES FOR ABSENCE

Apologies were received from Michelle Dempsey, Steve Bowyer, Rose Elwell, Toby Clark, Malcolm Neal, Fiona Wingate, Alison Scott, Matt Connolly, Paul Shaw, Alex Wellings

3. MINUTES

The Minutes of the last meeting (available on the website) held on 31st October 2024 were agreed as a correct record.

Acceptance of the report was proposed by Natalia Wadowska and seconded by John Sephton and AGREED UNANIMOUSLY.

4. COMMITTEE REPORTS

Committee's report on their proceedings during the past year

All the reports have been prepared and posted in advance to give you all the opportunity to read them prior to the meeting. As such we, apart from a few points that the officers wish to draw out for your particular attention, we are planning to take the reports as read. We will take questions or comments on any of the reports, then at the end of this agenda item, unless anyone objects, we can all agree the reports en-bloc.

(i) CAPTAIN'S REPORT

Presented by Kieron Blacker in the absence of Alex Wellings

Introduction

The 2025 AGM marks my third completed year as club captain, something I am enormously proud of. The year for me was unexpected, as my original intent was to step down from the position, but I am glad that I was able to step into the fold again.

My return to the position was made possible in large part by the support of the committee in order to reimagine the role and make it manageable alongside my personal commitments. The flexibility is greatly appreciated.

I will go on to thank a number of key individuals later within this report - I would however like to start by thanking the committee, some of which will be stepping down. For those stepping down, please accept my gratitude for your efforts. For the new members that will be elected at this year's AGM, I would like to warmly welcome you into the committee.

Results

This year the club has posted 44 wins, which is a reduction on the previous year of 91. I believe this is due to a reduction in the depth of the competitive squads which is something we should watch carefully.

There have however been some notable results and performances this year which need to be mentioned:

- Lauren Henry continues to be a formidable force on the international stage. This year moving into the single, Lauren obtained a Gold medal in the European championships in Plovdiv as well as the world cups in Varese and Lucerne. She went into the World Championships in Shanghai and won an impressive Silver medal. Lauren is a special athlete - I would like to congratulate her continued success and thank her for being a great advocate of Leicester rowing club.
- Lauren also won the The Princess Royal Challenge Cup at Henley Royal Regatta, a result that I am sure will stay with her for a long time.
- Lizzie Webster and Eleanor Gough produced a dominating performance to win the Rosie Mayglothling Trophy for Aspirational double sculls at Henley Women's Regatta.
- Hazel Ward, Rhian Evans, Lucy Cleaver and Victoria Barker competed and qualified in the Chairman's Trophy at Henley Women's Regatta.
- Lizzie Webster Qualified for Henley Royal Regatta in the Princess Royal Challenge Cup
- Congratulations also to Dave Smith and Ben Pickering on a successful year of competitive rowing.

Women's Squad

Natalia Wadowska has been responsible for the women's squad for the last 12 months. Natalia is a very positive and approachable individual which has been a positive presence on the squad.

During Nat's tenure, the women's squad sent 6 athletes to Henley Womens regatta which is a testament to the competitive but enjoyable atmosphere that she has created within the squad.

I am thrilled to report that Natalia has agreed to stand for a second year as Women's vice captain - I am confident that under her guidance, the women will grow and become a competitive force.

Men's Squad

Barnaby Allen was the men's vice captain during this year's campaign. Barney is a personable individual who has been a positive presence this year. Despite battling injury, he has supported the senior squads with organisation and coaching through the year - also picking up the oarsman of the year award.

For the up-coming year, Kieran Blacker will be taking over the role formally. Kieran actually stepped into the role informally a month or two ago at the start of the season. We are already seeing an increased engagement from the positive attitude and mentality encouraged within the group through Kieran's leadership.

I would also like to thank Viren, Graham Clark and John Sephton for their help in supporting the men's squad through the start of this season.

Great to have a partnership with Leicester University, it's still a concern that we're not developing LRC members into long term members in the senior squads. Strategy is to hold some Learn 2 Row courses over the next year.

Thanks to Barney, Isaac and Rob Fox who have had an impact on shaping the club and the senior squads. Congratulations to the new committee members. Looks forward to seeing everyone in December!

Junior squad

Liz continues to lead the junior squad at the club, with the support of Angela Holohan, Sally Horrocks, Howard Marsh, Teddy Sherman and others.

The junior squad continues to bring regular new members to the club and provide a safe, fun and effective training environment for our junior members.

I would also like to thank Isaac Gosling for his work as junior representative, a role he has now held for the last two years. His continued support and positive engagement has been greatly appreciated.

Clem Cowsill will take on the role of Junior Coordinator for the coming year. I would like to wish Clem the best of luck for her new role and welcome her to the committee.

Recreational squad

The recreational squad continues to be a hugely popular group within the club - boasting large numbers over our weekend rowing sessions. Anne, as squad lead for many years now, has done a great job of both organising and championing the squad in the club. Anne has also been a keen promoter of recreational rowing more broadly which I know will continue to have a positive impact on our sport.

Leicester Rowing Club is a volunteer led club and the rec squad are key contributors in many aspects of that effort - they also form a large part of the committee. I would like to say thank you to the squad for their continued support and contribution to Leicester Rowing Club.

Performance squad

Howard continues to support performance athletes at the club with incredible dedication, purpose and impact. This squad has expanded over the last 12 months and I am thrilled to see Howard's high quality coaching directly impacting more of our members.

Alongside the athletes coached directly by Howard, he continues to provide guidance, support and training plans to a large contingent within the club. I would like to thank Howard for sharing his knowledge so positively, it has a big impact on the club's competitiveness and is invaluable to its members.

Equipment

I would like to thank everybody who has helped maintain our club equipment over the last year. This includes John Sephton, Graham Clark, Howard Marsh, Liz Pulford and many others.

I am aware that equipment is a polarising topic at Leicester. I feel strongly about making sure all equipment is in good working order and want to make that a priority for the committee in the coming months. This includes prioritising maintenance days such as the one held on 2nd November 2025.

I would like to take the opportunity to thank all members who took part in that day - and encourage all to get involved when the next date is set.

Thank you's

It is as always very difficult to single out all of the great contributions, but please know that all are appreciated and welcomed.

Special thanks goes to:

- The squad leads for their work to ensure that all people in the club are supported and empowered to make the most out of their experience at Leicester Rowing club.

- Sally Horrocks for working closely with the committee to ensure that we're operating sensibly and safely in all activities.
- Brian Robbins for helping to generate funds for the club by volunteering to support the football car parks at the club.
- Howard Marsh for providing a great coaching example to follow, and providing many members at the club training plans, guidance and support.
- Liz Pulford for her tireless work as Club President. Liz has been instrumental in supporting my re-introduction to the role as captain this year, for which I am really grateful.

My intent for the coming year is to continue in my role as Club Captain. I would like to thank you in advance for the patience, support and above all friendship that I receive in this role.

President: Once again, our sincere thanks to Alex for continuing in his role as Captain again this year, and indeed for standing again for the role for the coming year.

(ii) SECRETARY'S REPORT
Presented by Anne Hock

Basin

My latest information regarding the basin was that an estimate of costs had been received by DMU who were then going to discuss the share with Barratts and confirm the work to be done. It is hoped the work will be done prior to Christmas, but obviously depending on the agreement between DMU and Barratts and the weather.

Although many on the committee have reservations about the extent of the work, it will nevertheless be very welcome and should hopefully relieve the worst of the issues with excess silt/sand/debris in the basin. The club has contributed to the work by putting permanent plates over the drains to allow the heavy vehicles to take away and dispose of the silt and to allow access to the basin.

A very big thanks to Colleen Thorneycroft, Natalie Ames-Bonham and David de Berger from DMU who have been instrumental in making sure the work will take place, to Fiona Wingate for her support to get the work done, and to Brian Robbins for getting the plates down in time!

The work will not of course stop after the dredging has been done, and discussions will continue with all interested parties on how to make sure sufficient depth is maintained with proper water flow through the basin, and how to stop the debris piling up in every storm.

Just to update, DMU and Barratts are now locked in discussions about their contract with the dredging company. It is hoped this stage will be complete prior to Christmas. There also needs to be the documentation on how the work is to be done, and the work itself is estimated to take two weeks. It must be done prior to 1st March. There is bound to be some disruption to access to the landing stages, and everyone will be informed about this well in advance.

Council

The Council are supporting a riverside clean up on Sunday 30th November, so I would ask all members to come along to help. This has been a long time coming due to the poor weather at the beginning of the year, so it is important to make sure that they will be well supported this time.

C&RT

The C&RT continue to fight the battle of keeping the tow path in good order, but are entirely dependent on volunteers which clearly limits how much can be done. Sally has kept a vigilant eye on the poor souls taking

shelter under the bridge and the consequent filth they cause, and we continue to look for a more permanent solution than simply clearing up after them.

Committee meetings

The Committee have continued to use zoom meetings throughout and will continue to do so.

Joe Humphries Memorial Trust – CPR and Defibrillator training

Steve Humphries and his team came in for their annual training session in October, during SADS week. They provide invaluable information on CPR and use of the defibrillator, and provided an excellent and informative session. The attendance this year was extremely disappointing from all squads. This was perhaps due to the change of date due to a football match, but nevertheless it is important to support these events which are designed to not just inform but to help save lives. Our thanks to Steve Humphries and his colleagues for the time they spend with us on these sessions – they too are all volunteers and their perseverance, despite the poor turnout, is to be commended.

Recreational Tours and Events

The Good Friday Row took place this year with 8 members of the recreational squad rowing the full length and enjoying both a lovely row and meeting old and new friends from other clubs. The BR National Tour took place on the Rivers Dee and Weaver, and was enjoyed by the 7 Leicester rowers who took part.

BUILDING, ENERGY AND ENVIRONMENTAL ISSUES

Our thanks must go again to John Sephton who continues to make sure the building is kept in good order. His efforts have saved the club considerable amounts of expenditure, as well as looking after the building, but we should not have to rely on so few members to take on so much of the work.

We continue to look for more volunteers to help, whether with technical advice on environmental issues, clearing the roof, drains and gutters to the mundane tasks of regular meter readings. I repeat again that the mens changing room needs attention as does the womens, but nothing is going to happen unless members volunteer to support the committee to draw up the spec for what work is needed, to work out how much work can be done by members, and to organise competitive estimates for costs.

If any members, or junior parents have appropriate skills or are simply willing to help, please let me know as the sooner we can tackle building problems, the better.

FOOTBALL CAR PARKS

The Committee would like to thank all volunteers who have done sessions for the football parking. This raises valuable income for the club, all of which will be spent on equipment for all squads. However it should not require constant reminders for members to take their turn; everyone benefits from the income and so everyone should be volunteering to do a session. Our thanks to Brian Robbins who continues to volunteer for so many matches, and one can only hope that the football club will soon reflect the devotion of its fans with many more wins!

President: Again, I would just like to record my thanks to Anne – in case you aren't aware, she has been club secretary since 2011, as well as squad lead for the recreation group, and chair of the EM Region Council. Great job Anne and very pleased you plan to stand again!

(iii) CLUB SAFETY AUDIT AND SAFETY REPORT Presented by Sally Horrocks

Members continue to make regular reports via the British Rowing online system and there have been 22 reports submitted since the last AGM, although some of these are duplicates. This might be because of glitches in the online system that make it unclear if a submission has been successful. As usual there have been plenty of simple capsizes. These include members from across the club. The main other categories of incidents have been antisocial behaviour and barges not following the proper navigation. Thanks to Anne,

Liz and Howard for their ongoing liaison with external organisations that engage with the issues underlying these incidents. I'd like to record my thanks to Matt Eld for his support for the club. Matt has long been our link to the neighbourhood policing team but who has now moved on to a new role

We again experienced severe flooding in January, even worse than previously. This expanded the island at the basin entrance and moved a tree into the basin. Yet another impressive clean-up effort from the whole club ensured that we were back on the water quickly after the level fell. John Sephton has organised for sockets in the boat store to be raised well above the level reached this time, which was only one breeze block below the then current level. Anne has been leading our discussions with various parties about dredging and it now looks likely that this will happen in the near future.

The club has purchased a stock of hi vis T-shirts that are very reasonably priced. These really help with safe navigation in low light conditions over the winter and it would be good to see more members wearing these regularly for outings. Ang Holohan is managing their distribution.

I would like to thank everyone who has supported the club by spending time on the bank supervising crews, removing silt, tackling the island and the tree after the flooding or any of the many other tasks contribute to the safety and wellbeing of club members. With sustained high membership numbers and lots of people out on the water, especially in singles it is more important than ever that we continue working together to keep everyone safe.

President: Once again, I'm sure you will all join me in thanking Sally for all her efforts. Our safety, and that of all those who might be impacted by our actions, always has to be our number one priority. Sally makes sure we always keep it at the forefront of our thinking. She also does a great job of ensuring that our annual safety audit is completed and submitted, and that our risk assessments are maintained and up to date. Some of you may not realise it, but if we didn't submit the annual safety audit none of us would be allowed to race!! So it is a big deal and takes a lot of effort, so a big thank you to Sally for all her hard work.

(iv) JUNIOR REPRESENTATIVE'S REPORT **Presented by Isaac Gosling**

Introduction

After another year of rowing, I am more than pleased to tell you that the junior squad has been both positive and productive. Throughout this year we have seen a growth in participation as the junior squad has now reached up to 25 members. The junior squad has also remained strong and participated in a series of different events which include the river side clean up, row the rhythm (learn to row), training sessions and most importantly competing at a mix of head races and regattas.

Coaching and Training

Currently Juniors are still training on the Saturday, Sunday and Tuesdays (Indoor in winter) regularly, where attendance has remained high but there is also a higher attendance is being on a weekend.

I think that the coaches have also played a large role in the development and ability to be able to continue the junior squad program which include, Howard Marsh, Liz Pulford, Sally Horrocks, and Angela Holohan. Because of their contributions, the junior squad has been able to organize training sessions and races and develop their rowing skills further to a more advanced stage, so a huge thank you to them.

Races

Throughout the year, the junior squad has been competing at a variety of different events which include a few less than last year. Although we have gone to less races, we still have seen a number of wins and a large growth in race experience for first time. The races the members junior squad went to include:

Bedford Head:**13th April**

W J18.1x Eleanor Gough

Burton Regatta:**12th July**

W J15 1x Scarlett Hardy

Ancholme:**12th October**

Op J17 2x Josh Helmkey, Andrei Badita

W J18 1x Eleanor Gough

Op J15 1x Andrei Badita

W J16 1x Scarlett Hardy

Op J18 2x Tyler Barrett, Oliver Hall

Nottingham City Regatta:**11th May**

W.Ch.2x Lizzie Webster & Eleanor Gough

Leicester Regatta:

W.J15.2x Scarlett Hardy & Oliwia Karas

British Club Championship July 2025

W Club 2x Lizzie Webster & Eleanor Gough

Nottingham Autumn Head**19th October**

W.Band2.2x Eleanor Gough, Molly Varley

Development and achievements

The main highlights of this year include:

The integration of new juniors rowing to training (Saturday, Sunday Tuesday) sessions which is a good sign and it is likely see more racing from them soon as well.

And the number of race wins that the junior squad achieved was 11 wins. I think that this is a good number and shows the coaches and juniors dedication to rowing whilst simultaneously showing that the junior squad is a big part of the club.

Other Progress**Row the Rhythm & learn to row:**

When the Row the Rhythm sessions were available, we saw a number of more experienced juniors get involved in the learn to row. This included teaching the visually impaired how to get a basic technique and how to row/scull safely which I think was amazing to see them create such a welcoming environment to support the success of the program.

During the junior squads time rowing sessions we have also seen the addition of learn to rows, which have been attending during the Tuesday indoor sessions. From this we look to see the addition of hopefully more juniors joining the junior squad.

River Side Clean Up:

Throughout the year, we also saw a number of river side clean up which was to maintain and preserve the environment that surrounds us while we row. During this time, a significant amount of juniors got involved during which was great to see since it created a big impact in how each event ran. I would also like to say thank you to the junior parents that also got involved as well.

Conclusion:

To summarise this year, with a lot of support from the coaches, parents and juniors' dedication, we were able to achieve 11 wins and good development within the junior squad. We are very much looking forward to the next racing year where we hope to see more juniors rowing and getting involved even more.

President: I'd also like to take this opportunity to thank Isaac for his support and input into the junior squad this year. He has done a phenomenal job, not just as the junior rep, but also helping with the sessions as well. As I mentioned earlier, Isaac has now moved on to Plymouth University to continue his studies. I know the coaches and the squad members are missing him. He has been a real asset to the junior squad and we wish him all the very best. Hopefully you will keep in touch and come back and see us when you are back in Leicester over the holidays.

I can confirm that the reports have been proposed for acceptance and seconded as follows:

- Captain's report proposed by Kieron Blacker and seconded by Howard Marsh
- Secretary's report proposed by Liz Pulford and seconded by Kim Clark
- Safety Report proposed by Angela Holohan and seconded by Howard Marsh
- Junior Rep report, proposed by Angela Holohan and seconded by Sally Horrocks

The reports were accepted and AGREED unanimously.

(iv) CLUB WELFARE OFFICER'S REPORT Presented by Kim Clark

The Safeguarding team is currently Kim Clark, Club Welfare Officer supported by Michelle Dempsey and Steve Bowyer. There are Notices in the Club House to advise members how to contact any member of the team.

During the year, the following policies were drawn up by the team, and agreed by the Committee. The policies will be subject to review every 3 years.

In the next year, the team will be working on a Code of Conduct for adult members (over 18 years), and the Grievance and Disciplinary Procedures to make sure they are up to date and comply with British Rowing requirements.

All the Leicester Rowing Club policies can be found on the LRC website <https://www.leicester-rowing.co.uk/members-area/>

- Safeguarding policy statement
- Code of conduct parents and carers
- Code of conduct children / young people 15+ yrs
- Code of conduct children /young people 12-15 yrs
- Consent form for under 18yrs attending events away
- Online safety and social media policy
- Changing room policy

Changing Room policy

It is important all members are aware of the Changing Room Policy and Guidance. The changing facilities at LRC are shared by all members. In addition, during sessions shown on the Summer / Winter club timetable, they may also be used by Castle Mead Academy Rowing Club, Leicester University Boat Club, West End Runners and for visually impaired adults and juniors.

For 10 minutes at the start and finish of the junior sessions on the timetable, the use of changing rooms will be restricted to juniors only, and adults must use the Accessible/Disabled facilities.

Outside the summer and winter session times, the boat booking form must be used for by all members to ensure that they are aware if any juniors or children will be using the clubhouse.

A clock and whiteboard will be displayed in the boathouse so that all members are aware of the times to comply with the policy for safeguarding and welfare purposes.

DBS

We have a new system now called Know Your People that facilitates the checking of documents for the DBS certification. As it is very different from the previous check service and is not yet running smoothly, Graham and I are creating a DBS Verification step by step guide to refer to if others need to use this system.

Men's Mental Health

We have started to enquire about getting the club listed as Mental Health Aware.

Anne and I attended an online meeting with Gillian Haluch focusing on Men's mental health and that then generated getting together at the club with the people listed below to discuss various issues. We are meeting on Monday 24 November 2025 at 2.30pm so the Community Safety Team and the two of us will walk along the towpath and talk about what is happening.

President: Now in addition to all the formal reports that we have already discussed, Kim Clark, our Club Welfare officer has prepared a short report covering, amongst other things, some important changes to our club safeguarding and welfare policies. Kim's full report is available on the website and I would encourage you all to read it please.

In this she notes that all the new policies and codes of conduct are available on the website, under the members' area. In particular, the one that will impact us all going forwards is the new changing room policy. As you are all aware, the changing facilities at LRC are shared by all members. In addition, at various time they may also be used by Castle Mead Academy, ULBC, West End Runners and by visually impaired adults and juniors.

To ensure that we comply with best practice and BR safeguarding guidance, we need to give juniors and seniors separate access to the changing rooms. So going forwards, for 10 minutes at the start and finish of the junior sessions on the timetable, the use of changing rooms will be restricted to juniors only, and adults must use the Accessible/Disabled facilities.

This also means that it's important that juniors arrive promptly for their sessions time, and that they don't need use the facilities during the adult only times.

It will take a bit of adjustment by us all.

Kim has arranged a clock and whiteboard to be displayed in the boathouse so that all members are aware of the times and the restrictions on the access.

This policy will be formally introduced on 1st January 2026, but between now and then, please do your best to comply with these provisions, and let us know if they cause you any significant concerns.

We will be putting a message out to all members to make sure everyone is aware of this change, and of all the other policies, codes of conduct etc, and we will need everyone to confirm that they have read and will abide by them. So please look out for this message and make sure you action it as required.

5. TREASURER'S REPORT AND PRESENTATION OF ACCOUNTS

Presented by Nicola Henry

The single biggest factor that has swung last year's deficit into a surplus this year is that we have finally got our electricity supplier 'pinned down' and it is evident we have overpaid in previous years so that at the year end we have a credit balance of £4,787 in our account. Thanks to John Sephton for pursuing this matter.

Although we did not receive the funding from British Rowing that we had last year from 'Learn2 row' and 'Youth rowing research', donations were higher as was the profit from the Regatta. Donations benefitted from the exercise currently under way re the Key deposits and an initial £770 has been accounted for in keys returned and where the refunds have been waived. Also from the 'Row the Rhythm' initiative we have floats worth £570. The Regatta results have improved by the awarding of medals rather than mugs.

There are other notes attached to the accounts.

Acceptance of the report was proposed by Liz Pulford and seconded by Anne Hock and AGREED UNANIMOUSLY.

President: First of all, I'd like to say a big thank you to Nicola for all her hard work once again this year managing our finances so well. Particular thanks for preparing the accounts themselves – it's a big job and I know it puts you somewhat out of your comfort zone so well done and thank you very much indeed. Thanks also to John Wilson for your ongoing support, and for auditing the accounts for us this year. All much appreciated.

So I hope you have taken the opportunity to have a look at the accounts and at Nicola's written report. You will see that we are very fortunate and we remain in a strong position financially.

I'd also point out that we are planning to spend some on this money over the coming year. There are a number of things on our wish list. On the equipment side we are looking to replace Millie, buy more blades, and replace some of the older singles. Then on the facilities side we definitely need to do some work on the changing rooms – particularly the men's changing rooms. The decisions we need to make are how to apportion the money – so it would be interesting to know what your views are on this. Happy to take a few comments now or if you would prefer, please do come and talk to us outside of the meeting to let us know your views.

John Wilson would like to see the men's changing rooms updated and showers segregated to keep up with the times and respect for people's privacy. Also the tiles need to be replaced.

John S raised a query in the accounts with different amounts on page 3 and 6. John W confirmed that the prepayments of £401 were on a page of Variances and obviously didn't get carried across.

Simon Whittaker congratulated everyone on a good set of accounts.

- (i) Proposed rates for subscriptions and rack rents – *attached Appendix A*
- (ii) **Resolution:** *Subscription rates to remain at 2024/25 levels for 2025/26.*

President: I'm sure you will all be pleased to hear that we are not proposing any changes to the membership fees this year. So a full membership remains at £350 per annum, with all the other rates and rack rents being calculated from there.

Acceptance of the recommendation was proposed by Angela Holohan and seconded by Alison Gosling and AGREED UNANIMOUSLY.

6. ELECTION OF OFFICERS AND COMMITTEE MEMBERS

The following nominations had been received and were approved:

	Position	Name of nominee	Proposed by	Seconded by
1	President	Liz Pulford	Howard Marsh	Sally Horrocks
2	Captain	Alex Wellings	Liz Pulford	Anne Hock
3	Vice Captain (Women)	Natalia Wadowska	Fran Gonnella	Hazel Ward
4	Vice Captain (Men)	Kieran Blacker	Natalia Wadowska	Fran Gonnella
5	Secretary	Anne Hock	Kim Clark	John Sephton
6	Treasurer	Nicola Henry	Liz Pulford	Angela Holohan
7	Junior Rep	Clem Cowsill	Liz Pulford	Sally Horrocks
8	Committee	Graham Clark	Anne Hock	Kim Clark
9	Committee	Kim Clark	Anne Hock	Barbara Bogusz
10	Committee	Fran Gonnella	Natalia Wadowska	Hazel Ward
11	Committee	Alison Gosling	Anne Hock	Kim Clark
12	Committee	Angela Holohan	Liz Pulford	Howard Marsh
13	Committee	Sally Horrocks	Howard Marsh	Liiz Pulford
14	Committee	Howard Marsh	Liz Pulford	Sally Horrocks
15	Committee	Kelly Rogers	Natalia Wadowska	Fran Gonnella
16	Committee	John Sephton	Kim Clark	Anne Hock
17	Committee	Clare Wildin	Liz Pulford	Sally Horrocks

President: According to our constitution, whilst we ideally have a minimum of 11 committee members, we can agree by a show of hands at the AGM to have up to 20 on the committee. Fortunately, we have a very healthy list of volunteers to form our committee next year. We actually have a total of 17 people standing – which is great. I'd like to thank all of you for agreeing to stand.

I'm not proposing to take a show of hand on the extension of the committee this evening, instead I will just ask if anyone objects to having this number – if you do please make that known now through chat or raising your hand. Meanwhile, I'll just run down the list of names, but won't read out the proposer and seconder – although I can confirm that all nominations have been appropriately proposed and seconded – the full list is available online should you wish to see it

So, given that there have been no objections, I ask that Anne records that all the nominations are accepted unanimously and as such you are all officially elected to the committee and I reiterate my thanks to you all for volunteering your time to the management of the club.

As I mentioned earlier we are saying goodbye to a couple of people this year, Barney – our men's vice-captain, Isaac, our junior rep and Rob Fox, former club captain and long standing member and stalwart on the committee. I don't like to think how many years you have actually been part of the management team Rob, my guess is somewhere between 15 and 20 years! The committee definitely won't be the same without you Rob! But a warm welcome to Kieran, Clem and Kelly, who are new to the committee as of this evening. I look forward to working with you all over the coming year. Thank you all.

Also delighted that Anne and Nicola have agreed to stay on as Secretary and Treasurer respectively. They are all big jobs and having the continuity in these roles really helps with the smooth running of the club.

Thank you all very much indeed.

Acceptance of all nominations was AGREED UNANIMOUSLY.

7. ELECTION OF VICE PRESIDENTS

President: The position of vice-president is bestowed on people who have made significant contributions to the club over the years. A list of the VPs is provided on the club website, published along with all the other AGM reports etc, but I will just read it out.

The following were proposed by the Committee, seconded by and UNANIMOUSLY elected as Vice Presidents:

Lord Mayor of Leicester, Rob Fox, Nicola Henry, Anne Hock, Mike Holman, Sally Horrocks, Martin Jones-Gerrard, Howard Marsh, Jose Mills, Malcolm Neal, Ben Pickering, Liz Pulford, Cath Rees, John Sephton, Sally Ann Sefton, Sue Shaw, Paul Shaw, Rodger Smart, Tim Walton, Alex Wellings and John Wilson

Acceptance of the election of all Vice Presidents was proposed by Kim Clark and seconded by Clare Wildin and AGREED UNANIMOUSLY.

President: As you may already be aware the club has 4 Trustees, currently these are Peter Julian, Susan Shaw, Simon Whitaker and Tim Walton. Unfortunately we have been unable to contact Peter Julian, by any means for about the past 3 years, and we have tried lots of different ways of trying to find him, but without success. As such I am proposing that we remove Peter as a Trustee at this meeting, and appoint Rob Fox in his place. Rob has very kindly agreed to this proposal, and Anne Hock has seconded it. So unless anyone has any objections to this change, I ask Anne to note in the minutes that Peter Julian is hereby removed as a Trustee, and Rob Fox is appointed.

Thank you very much for agreeing to this Rob – you will be a very welcome addition to the board.

The proposal that Peter Julian should be removed as a Trustee, and Rob Fox be appointed by the President as a Trustee was AGREED UNANIMOUSLY.

Sue Shaw reminded the President that there are Land Registry forms to change, and Tim Walton kindly agreed to do this.

8. CHANGES TO THE CONSTITUTION

We have a couple of proposed amendments to the constitution, the first is just to bring the terminology in line with that of British Rowing. So, in Clauses 6(iv) and 6(x) we need to delete Water Safety Advisor and insert instead, Rowing Safety Adviser.

- (i) Amendment to the Constitution Clause 6(iv) and 6(x):
Delete Water Safety Advisor
Insert Rowing Safety Adviser

This is proposed by Sally Horrocks and seconded by Anne Hock and AGREED UNANIMOUSLY

Resolution to change Clause 8:

The committee have agreed that we should propose an amendment to Clause 8 of the club constitution to limit voting rights at AGMs and EGMs to current, fully paid-up members, with a minimum of 3 months membership. This proposal is made following a review of our membership records and particularly in light of the fact that members are now allowed to pay monthly. The actual wording of the proposed amendment is given below.

Current wording:

8. Meetings

- ii. *Only fully paid members for the current season of categories that have voting rights may vote at Annual General Meeting or at any General Meetings.*

Amend to read:

8. Meetings

- ii. *Only fully paid current members, with at least 3 months consecutive membership of categories that have voting rights may vote at an Annual General Meeting or at any General Meetings.*

Proposed by Anne Hock seconded by Liz Pulford, supported by the Committee and AGREED UNANIMOUSLY

9. ANY OTHER BUSINESS

Confirmed Christmas Races are to be held on Sunday 14th December! There is a football match on the Saturday.

OK, so as far as I understand it we have got to the end of the business. If there's nothing else to discuss, I would just take this opportunity to thank you all for attending, thank you for your support for the club and call the formal part of the meeting to a close.

There being no other business, the meeting closed.

After thanks from the President for attendance, the meeting closed at 20.49pm.