

Norwich Road Runners

Committee Meeting

Tuesday 28 March 2017

Present: Gary Cooper, Nick Gurney, Rachel Miller, Stacey Harper, Paul Dowson, Nicky Dowson, Mick Powell, Kathleen Easter, James McFarlane.

1. **Apologies:** Mark Betts, Beryl Knowles

2. **Minutes from the last meeting**

The minutes from the last meeting were agreed as an accurate record.

3. **Junior NRR**

Alma Simmonds updated.

The Ryston Runners Shouldham Cross Country Series has just finished and the juniors did very well at this, competing across the series.

Focusing next on the fun runs at the Wroxham 5k Series.

Currently looking at putting a hold on new members joining and holding a waiting list.

Some further equipment is needed – Alma to bring a list to the next meeting or email.

Further discussions to be had regarding Safeguarding when Beryl is next in attendance.

Safeguarding notes have been added to the noticeboard at the Sewell Park.

Looking into ensuring all coaches attend a safeguarding course.

Looking into the ratio of children to adults on the junior sessions to ensure this meets guidelines.

4. **Coaching**

Neil is looking into buying some further equipment for coaching purposes – agreed by the committee.

Neil Walpole, Stephen Moseley and Alan Bradbury will start their Level 3 Coaching Course in May.

The 5km Time Trials have been moved to Thursday nights.

They are still considering further options for more track sessions and looking to book Paul Evans for some summer field sessions.

The Committee noted a thank you to all coaches as such an improvement has been noted in the structure of sessions.

5. **Social Committee**

The Social Committee updated that an Easter Fun Run was planned.

6. **Races**

a. **Broadland Half Marathon**

A few points were discussed to take forward to next year's race:

- To be aware of parking regarding juniors arriving for the fun run after the main race has started.
- To update the football teams in advance who were playing on Sunday morning to avoid any clashes with traffic for the start of the race.
- Noted that there were a lot of gel packets left on the roads, produce signs regarding disposal of these and provide extra bins.
- Marshal points – need at least three marshals on each marshal point.
- Nick Gurney noted he is getting the trophies out to the winners.

b. **Wroxham 5km Series**

- Nick Gurney updated.
- Entries currently at a similar level to last year and are increasing every day.
- Ashmanhaugh Parish Council have been in touch regarding a few points about marshaling and the course. These have been taken

into account and addressed with further marshals added and the marshal briefing updated.

- Nick will be paying for advertising on Facebook, as doing this last year significantly increased entries.

7. Membership update and Member Mojo

MB was not present to update. NG noted that the new Member Mojo system is currently going very well.

8. Communications Update.

Rachel Miller updated.

- Currently all going well.
- Introduced a 'collage' photo which has proved popular.
- New Instagram account now has over 120 followers and mentions from Run Norwich.
- Looking into further media promotion as the year progresses.

9. Club Kit and Designs

Nick Gurney is now working with Ali Hadden on some new designs for club kit, gazebo and flags.

10. Round Norfolk Relay

David Allen and Jonathan Eagle will be managing the club team this year.

The approach to picking teams to be discussed further and with the team captains.

James McFarlane to co-ordinate Round Norfolk Relay hoodies this year.

11. Any Other Business

a. Sewell Park Sports Centre

Further investigation to be carried out into back up venues.

b. ANRRC Meeting – Wednesday 15 March

Nick Gurney updated.

- Coltishall Jaguars and Reepham Runners are to become affiliated to Athletics Norfolk
- Regarding bone conductive headphones during races – under UKA rules it is up to individual races to decide.

c. Ian Moore – 20 Mile Race

The Committee discussed Ian Moore's suggestion of a possible 20 mile race to be put on by the club. Whilst the committee could see where this gap was at the present time the committee is at full capacity with the current race schedule and would be unable to commit to a large race at this time.