



Norwich Road Runners Committee Meeting Agenda Thursday 1/2/2018 8pm

Attendees-Committee

Gary Cooper, Mark Betts, Nicky Dowson, Paul Dowson, Kathy Easter, Chris Harrison, Beryl Knowles, James McFarlane, Mick Powell Alma Simmons, Tina Moseley, Jodie Causer, Glyn manton

Coaches- Neil Walpole, Stephen Moseley

Social Committee – Caroline Allen

1. Apologies

None

2. Confirmation of meeting minutes from 9/1/2018

Members had read minutes circulated and minutes agreed

3. Social Committee update

Social committee members organising support for refreshment for Break at Broadland and Wroxham-

Break will receive profit from refreshments from Broadland.

Wroxham - Break, PSPA

For the third race a proposal was put that this could be a draw for club runners to select their charity. This proposal was agreed.

Fish and Chip night 2nd March

Christmas party great success. Same venue rebooked 8th Dec 2018

In final stage of planning of a club coastal walk (22-23 June). Caroline meeting with Matt Parkhouse to discuss.

4. Membership report

18 new members in Jan. Now 490 adults and 70+ junior.

Committee confirmed that Junior age up to the age of 18th birthday, adults 18+

5. Coaches update

Monday night (Track) great success, 50+ now in 3rd block. Stephen/Neil thanked committee for paying for the three but wanted to discuss ways of reducing the burden on club at a later



meeting. They felt the gap between blocks kept the excitement for the event especially in the dark months when the track had more appeal

Monday night- beginners –New rota for support coaches has been great, with Luke now leading. Stephen thanked both Linda and Luke for there hard work, also the other group leaders on the night. Plan would be, with more coaches, to extend offer on night (E.g. Luke has previously run a hill session), as would take pressure away from Tuesday nights.

Tuesday- Working well

Thursday – Coaches felt this was the night that required some attention. Growing numbers meaning briefing outside and lack of group run leaders has meant pace groups, although initially a great success when set up by coaches last year, are now more ad-hoc. Discussion about a members well written comment on social media about running on own was discussed. Discussion about having efforts offer on a Thursday (in Summer) to take pressure off road sessions. Committee agreed with coaches that we should ensure safety of all runners and enjoyment.

Action- Jodie/Chris/Neil/Stephen agreed to meet to discuss/propose plans to improve the Thursday night offer. To meet before next committee meeting

6. Junior update

Beryl/Alma reported the growth and success of the section including Junior leadership roles and target races- 7 will be going to Parliament Hills. Maureen has organised a rota for helpers which has been in place this year.

7. Request for new coaches

Neil reported that there had been 7 responses to join our coaching team. James reported that training for 3 junior coaches were needed. Training was at a cost of £140. With the expansion of the club it was viewed essential that the excellent work that coaches in both sections were doing was supported



Action – Unanimous support for the club to invest in the training of 7+3 coaches, (£1400)

The next course would be in March. Neil/Mark to get coaches on courses.

8. Club Communications report

Chris reports that new set up working well as Jodie has been pro-active and keeping on top of correspondence. Committee supported Chris/Jodie's plan to leave main race communication through Facebook and use website for key race reports (clubs own races/target races).

9. Transition from juniors to seniors

Beryl/Alma reported that in the Junior meeting they had proposed that older juniors (up to 18) would be given leadership roles. As the progression for juniors was about physical and mental growth (and safeguarding) at 16 a sub group would be allowed on the road, with a junior coach, for 2 miles, before the club run, then return to helping the juniors. It was mentioned that this was in line with other running club policies for juniors.

10. Change to club standards update

Now updated. Brian up to speed so can handle new requests for certificate and awards

11. Club race report

Horford

Myles in charge of Marshalls 35+ at present for Sunday.

Broadland

Sold out. Tina has produced a file with all the things needed to be done for this event, based on the one Nick Gurney produced for Wroxham. 85+ marshals with further shout outs needed. Tina is happy with progress of organisation. Tina mentioned a call to club members, outside of the committee, for assistance in her role to help with 4 of the club's races had had no response, Jodie offered to assist with the Wroxham series. James/Elma agreed that juniors could be used as last year for giving out medals. Discussion about t-shirts.



Action- Committee were unanimous in suggesting we did not over order on t-shirts (wastage) and allocation of T-shirts to club events to marshals only on the off chance there are spares that would be wasted. James to put message to marshals not to expect a t shirt!

Wroxham 5k series

In hand, Tina to book permits this week. Discussion to hold price but offer T-shirt on entry form for £5. This would prevent over production of T-shirt and reduce cost of event. As mentioned above Jodie offered to help with event.

Affiliated (Club) entry: £25 Unaffiliated (Non-club) entry: £27 Junior Entry: £23 Race 1 Only: Affiliated (Club) entry: £11 Unaffiliated (Non-club) entry: £13 Junior Entry: £10

Action – Committee unanimous in agreeing to hold price but charge extra for t-shirt (£5)

12. Proposed Mile race

James but forward his proposal. He will investigate further and come back to the club at a future meeting.

13. Club race trip 2019

Chris proposed a club trip to a multi distance event such as Reims. This has not happened since 2015, Mick reported that prior to that it was a regular event. Nicky mentioned an event in Dingle. Chris agreed to look at and report back the costings.

14. Other race

Southern XC Championships, Brighton
National XC Championships, Parliament Hills
Southern 12/6 Stage Road Relays, Milton Keynes

Committee discussed the financial commitment to such events.

Action- Committee was unanimous to extending support for National XC (not always Parliament Hills) in 2019 both for fees and transport

15. Increasing distance for ladies in Horsford XC

General discussion about comments in news/social media

Action. Females present all were happy about running the shorter distance on XC

Mick suggested asking females that were running on Sunday their opinion. (Show of hands)

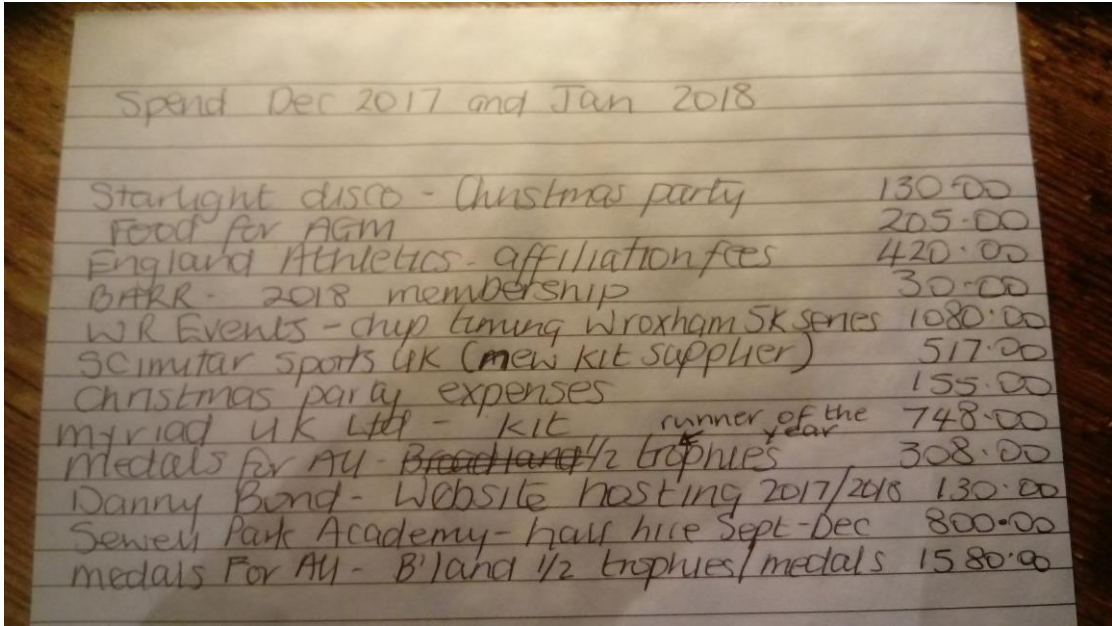
16. Expenditure report

Discussion about cost savings.

Action – T Shirts- print only what ordered and paid for (See 11-Broadland)

As Refreshment money from races donated to charity, revenue expenditure

(milk/tea/coffee etc) to be claimed back from income before final donation the



Spend Dec 2017 and Jan 2018	
Starlight disco - Christmas party	130.00
Food for AGM	205.00
England Athletics - affiliation fees	420.00
BARR - 2018 membership	30.00
WR Events - chip timing Wroxham 5k series	1080.00
Scimitar sports UK (new kit supplier)	517.00
Christmas party expenses	155.00
myriad UK Ltd - kit runner of the year	748.00
medals for AU - Broadland 1/2 trophies	308.00
Danny Bond - Website hosting 2017/2018	130.00
Sewell Park Academy - hall hire Sept-Dec	800.00
medals For AU - B'land 1/2 trophies/medals	1580.00

17. AOB

Mick mentioned it would be useful to know which marshals had first aid training,

Action- Marshalls to be asked in future communication

a) Feedback from Athletics Norfolk road running AGM (31/1/18) Inc. response to

EDP article – Should county races hold elite running places back?

General discussion. No action.

Agree next meeting

Tuesday 27th February 2018 8pm

Meeting closed at 10.05pm

