

CHAPEL ALLERTON RUNNERS **COMMITTEE MEETING - MINUTES**



DATE OF THIS MEETING: 19th November 2018

DATE OF NEXT MEETING: 10th December 2018

PRESENT: Denise McGeachy, Carly Terry, Kath Owen, Suzzi Garnett, Jen Whiteman, Dan Price, Mike Dearden, David Allison, Brian Harrold, Sam Robins, Ben Robins, Laura Sedgley

Apologies:

<u>ITEM</u>	<u>ACTION</u>
NEW COMMITTEE MEMBERS	Sam: Social Media - It was agreed that Sam would take the lead responsibility for regularly updating the club website, Facebook page and twitter accounts with latest news. - Sam to set up a Chapel Allerton Runners Instagram account. - Sam to look into photo slideshows embedded into club website, and possible bio's for committee members to be added to website (liaise with Dan). Ben and Laura: New Members Liaison - As the committee generally consists of long-standing members of the club, Ben and Laura have joined to provide views and opinions from the perspective of newer members, with the aim of encouraging integration. - Laura advised that she has received positive feedback from some newer members of the club, who feel that CAR are very welcoming. - Ben and Laura to speak with members over the next month to survey opinions, with particular attention on the joining process, as well as distances and paces for Wednesday evening runs. - Feedback to be presented at next committee meeting.
PECO XC 2018/2019	- Dan to act as club representative for the 2018/2019 season, and collect all numbers ahead of race 1 at Middleton Park. - Sam to broadcast key information across all social media platforms. - Dan and Jen to lead a group warmup on the main field at 10:20 on race day. - Carly to bring tea and coffee. - Dave and Brian to transport and erect club gazebo and flags.
CHRISTMAS PARTY	- Menu finalized with H&C and published on the website for members to make choices prior to the event. - Agreed that the cost will be £20 per person. - 50 members signed up as attending on the website [at 29.11.18]. - 40 members paid to CAR account [at 29.11.18]. - 43 members indicated menu choices [at 29.11.18]. - Carly to liaise with GSSC to enquire about decorations. - Dan to sort out music.
AGM FEEDBACK	- Jen to write up all comments from "Stop, Start, Continue" exercise, together with the committee's responses to each point. This will be published on the club website in due course.
CLUB CHAMPIONSHIPS 2019	- The structure of the Club Championships was discussed, and it was proposed that amendments could be made to the format for the 2019 season in order to make the

	competition more inclusive and accommodating to a larger proportion of CAR members - Des Keegan provided a very useful document to the committee, outlining statistics from the 2018 season and proposing possible amendments to make the championships more inclusive/accessible. - The committee reviewed the options and the following amendments were agreed for the 2019 season: - POOL A: Qualifying races to be <u>reduced</u> to best 3 distances based on WAVA grading. - POOL B: Qualifying races to be revised (Rombald's Romp proposed to be removed from the list and other trail races will be considered as replacements). The committee will discuss the possibilities and agree on the finalised list of qualifying races at the next meeting. - POOL C: No changes proposed. - Following the amendments above, the committee will speak to D. Keegan to agree how the weighting of points will be adjusted to accommodate the reduced qualifying distances in Pool A. - The finalised format of the 2019 Club Championships will be published on the website before the end of the year.
MOST IMPROVED RUNNERS 2019	- Des Keegan provided a very useful document to the committee, outlining statistics from the 2018 season and proposing possible amendments to the method of calculating the most improved runner, in order to increase the number of qualifying members. - The committee unanimously agreed with D. Keegan's proposal, which is outlined below: - The best 5 age-graded results from ANY road distance (1M, 5K, 10K, 10M, HM, M) within the 2019 season will be compared against the best 5 best age-graded results in the 2018 season, and the winner will be the member with the greatest percentage increase. - Based on this change, you could now run the same distance 5 times (eg 5 Parkruns) and qualify for this competition.
MONDAY NIGHT TRAINING	- Health and Safety concerns have been raised for some of the winter Monday night sessions. Due to a recent increase in participation, and the lack of adequate street lighting, roadside training is becoming unfeasible and unsafe for some of these interval sessions. - The committee discussed alternative venues and proposed the following options: - John Charles Centre Athletics Track – Brian to investigate - Leeds Beckett Athletics Track – Dave to investigate - GSAL 3G/Astro Pitches – Mike to investigate - Brownlee Centre – Suzzi to investigate - <i>Post-meeting Notes:</i> - John Charles Centre Athletics Track is only available on Friday evenings. - Leeds Beckett Athletics Track is available on Monday evenings at £4.50 per person. The CAR committee have discussed subsidising this fee and propose a member contribution of £2 per session. A block booking has been made to the end of Q1 2019 as follows: 03.12.18, 17.12.18, 14.01.19, 04.02.19, 18.02.19, 04.03.19, 18.04.19. We will return to the GSAL track once the clocks change and we have sufficient daylight. - GSAL 3G/Astro Pitches still TBC - Brownlee Centre is only available on Tuesday evenings @ £45/hour.
WEDNESDAY NIGHT TRAINING	- The committee discussed the terminology used to describe the different paces at which each group runs. Rather than describing the pace in terms of minutes per

	mile/kilometer, it was proposed that the time taken to run a specified distance would be more recognizable to newer runners. For example, "10 minute miles" would be replaced with "3 miles in 30 minutes" or simply "3 in 30". This terminology will be rolled out over the coming weeks. - The committee proposed introducing specific weeks where members would be encouraged to try advancing to another group, whether it be a longer distance or a quicker pace. These progression weeks would be announced in advance and would be accommodating to all members. This will be discussed with members to gauge opinions, and possibly trialed in the near future.
MEMBERSHIP	- Suzzi to check with GSSC regarding possibility of reduced fees for 6 months, if joining halfway through the year. - Subsidised CAR membership agreed to be provided in line with EA registration fees.
MEMBER OF THE MOMENT	- A CAR member was nominated and will be announced via the club website in due course.
WELFARE OFFICERS	- Suzzi to find out whether DBS checks are required for proposed candidates. - Welfare Officers to be announced via the club website in due course.
AOB	- Suzzi has proposed a club Calendar for 2019 and will publish details in due course. - Suzzi has proposed the introduction of a Parkrun Cup for the 2019 - the committee will discuss details at the next meeting. - Sam, Dan and Rich Sutor have expressed an interest in completing the LiRF coaching course and will look for suitable dates in Leeds.