



Chapel Allerton Runners Committee Meeting Minutes

Date

13 April 2021

Start Time

2000-2130

Participants

Mike Dearden
Sam Robins
Ben Robins
Dan Price
Tiffany Holroyde
Suzzi Garnett
Paul Hough
David Allison
Jen Whiteman

Location

Zoom

Dial In Details

N/A

Chair Person

Ben Robins

Minutes

Dan Price

Apologies

Kath Owen

Item	
1.	EA Portal - It was noted that we are required to complete a Club Standards and Code of Conduct Declaration through the EA Portal. - This involves updating our constitution and ensuring that we have 2 Welfare Officers (preferably one male and one female) - Dannie Hembra is currently acting as Welfare Officer (Female), and DP offered to take role of Welfare Officer (Male) going forward. - DP to complete online training as required.
2.	Bradford Millennium Way Relay - Taking place on 13 June. - DA offered to organise teams for the relay. - Committee agreed to try and push for two teams (10 per team). Currently 17 members signed up, so this seems feasible.
3.	Wednesday Club Runs The Committee had a detailed discussion regarding possible improvements that can be made to our Wednesday Club runs, covering the following areas: - - Revising/updating recognised routes and providing more flexibility of route choice to run leaders. - Encouraging more members to lead Wednesday runs. What are the current barriers to this? - With reference to the above, what is our duty of care and H&S responsibilities regarding freedom of route choice and unrestricted route leadership? - Introduction of more structured transition runs to bridge the gap between our typically advertised distances. - Proposals to continue with pre-booking system / staggered start times post-Covid. - Prioritisation of existing members vs new members – should places be reserved for existing members before filling gaps with new members?



	- <i>Introduction of a reserve leader for each run group to provide support to the primary leader should they need to drop out unexpectedly. It is anticipated that this would encourage more members to volunteer to be a run leader.</i> - <i>Request for GSSC to re-open on Wednesday evenings after 21 June 2021, in order for members to get full benefit of their subscription fees.</i> <i>The Committee agreed to set up a sub-group to continue this discussion and present suggestions/improvements at the next meeting.</i> <u>Sub-group members: Paul, Tiff, Jen</u>
4.	Monday/Saturday Interval Sessions The Committee had a detailed discussion regarding possible improvements that can be made to our Monday/Saturday interval sessions, covering the following areas: - - <i>Specificity of interval sessions for identified races/targets. 'SMART' objective setting.</i> - <i>Incorporation of regular (8-weekly?) progress tests (such as Bleep test, Cooper Run etc) to ensure improvements are measurable and monitored.</i> - <i>Ensuring sessions are accessible yet demanding for all abilities, providing opportunities to develop and a clear pathway to improve performance.</i> - <i>Encouraging an increase in number and diversity of leaders/LIRFs. What are the current barriers to this?</i> <i>The Committee agreed to set up a sub-group to continue this discussion and present suggestions/improvements at the next meeting.</i> <u>Sub-group members: Mike, Suzzi, Dan</u>
5.	CAR Relay Race Development & CAR Handicap Race - <i>DA provided an update on proposals to host a CAR Relay Race.</i> - <i>The Committee discussed the possibility of introducing intra-club races/competitions over the summer (eg a track day)</i> - <i>It was noted that we have received a member request to host CAR Handicap race more regularly. The motivation for this is to facilitate progress monitoring, and the Committee agreed that this would be superseded by more structured performance improvement monitoring through interval sessions.</i> <i>The Committee agreed to set up a sub-group to continue this discussion and present an update on proposals at the next meeting.</i> <u>Sub-group members: Dave, Ben</u>
6.	Club Kit - <i>It was noted that we have received several requests from members to improve availability and variety of current stock.</i> - <i>SR offered to investigate options further and report back at the next meeting</i>
7.	Any Other Business - <i>Next meeting on Monday 10 May</i>

**Timings are approximate