



## Chapel Allerton Runners Committee Meeting Minutes

**Date**

14 June 2021

**Start Time**

2000-2100

**Participants**

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

**Location**

Zoom

**Dial In Details**

N/A

**Chair Person**

Ben Robins

**Minutes**

Dan Price

**Apologies**

| Item |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|      | <b>Update on Wednesday sub-group developments</b><br>PH, TH, and JW provided an update on ideas for alterations to Wednesday club runs both pre and post lifting of Covid-19 restrictions. <b>Refer to Appendix 1 for full details.</b><br>1. A discussion followed and all Committee members typically agreed with the proposals – the main talking point being the format of a pre-booking form after Covid-19 restrictions are lifted. It was agreed that continuing with the form is beneficial for organisation but should provide as much flexibility as possible in order to encourage members to sign up, and maintain the sociable side of the club. |
|      | <b>Update on Monday sub-group developments</b><br>MD, DP and SG provided an update on proposed alterations and new initiatives to be introduced to Monday Interval Sessions. <b>Refer to Appendix 2 for full details.</b><br>2. A discussion followed and all Committee members fully agreed with and supported the new proposals.                                                                                                                                                                                                                                                                                                                            |
|      | <b>Update on Social Events</b><br>3. Beer Mile – Friday 30 July<br>Summer BBQ & Sports Day – Sunday 22 August<br>CAR Handicap Race – Sunday 19 September                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|      | <b>Any Other Business</b><br>4. - <i>Date of next meeting – 12 July 2021</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |



## **APPENDIX 1 – Wednesday Update**

### **Pre-Lifting of Covid-19 Restrictions:**

- Current booking form to stay in place. Reserve Leader option seems to be working OK.
- New runners to continue to contact the club – we are getting a much better retention rate because of this and much easier to track their trial runs
- Committee members to maybe mix up the distances/paces on offer e.g quicker 5 mile routes, slower 8 mile routes.
- Ask members for new route options and suggest they could lead a group running them
- Advice on helpful technology (Footpath app, Strava Routes, use of watches etc)
- Pacing techniques and challenges

### **Post-Lifting of Covid-19 Restrictions:**

- Would like to go back to everyone running the same route each week - encourages togetherness and feels like more of a “club” run
- Current routes to get a refresh. Send out to members to send in Strava links of new route options. Committee to then check these to see if we can get 4, 5 & 8 mile variants
- “Away” summer routes – offer a GSSC alternative?
- Staggered start times
- New runners to continue to contact club beforehand so we can book them in and keep track
- Announcements – may need to utilise social media posts more if we go to staggered start times
- GSSC – are they going to open before 6pm for bag drop/changing facilities etc?



## **APPENDIX 2 – Monday Update**

A meeting with existing LiRF members and members interested in becoming a coach will be held on 26th June. This is intended to provide more information about the processes/procedures involved, outline our plans for the coming months and reinforce/renew the confidence of existing coaches in leading sessions. There will be an opportunity for members interested in learning more about coaching to sign up shadowing opportunities with existing coaches at upcoming interval sessions.

It is proposed that we will increase the capacity of Monday interval sessions to 12 members and keep the booking system more long term. This will include the session leader, and the supporting/shadowing member, leaving space for 10 other participants. We intend to continue with 2 sessions being run in parallel on Mondays for the foreseeable future.

We intend to promote target races and regular fitness/progress tests as part of the Monday Interval Training calendar, and interim sessions will be tailored to suit these events. The return of Parkrun will provide an opportunity for a 5k improvement programme, and the Cooper Run will be used for a regular Aerobic fitness/progress test.

We are looking at incorporating regular track sessions throughout the Summer into the Monday interval session programme.

We are looking at the possibility of setting up small WhatsApp groups for each standard race distance for members to discuss training opportunities, share advice and organise group runs etc. We also are considering allocating coaches to small groups of members with similar aspirations to improve in a specific area/distance, in order to provide a more tailored service.