

CHAPEL ALLERTON RUNNERS **COMMITTEE MEETING - MINUTES**

DATE OF MEETING: 18TH May 2015

Next Meeting: Mon 15th June

Present: Lizzy Scott Bex Forster
 Bekki Wheatley Donna Russell
 Kath Owen Dave Allison
 Chris Hare Rob Baxter

Apologies: Dan Price Lora Forster-Hughes



1. FINANCES

Opening balance at 31 March 2015 was £1856.40

Closing balance at 30 April 2015 was £2858.40

Updated balance at 12 May 2015 was £3338.40 however a number of invoices had been received for England Athletics (£744, annual subscription *62) and Gordon Henry (£367.97, Hoodies) plus c.£ 630 would need to be paid to Gledhow Social Club for those members renewing membership. This would leave a balance of c.£1653.76

2. MEMBERSHIP UPDATE

Kath said 62 members had renewed so far. Ed Halliday was a long term injury and the committee agreed his membership would be retained as open but without the need to pay the renewal fee.

A discussion took place on the remaining members who had not renewed and various committee members agreed to speak directly to some of these to see if they intended to renew

ACTION: committee members to speak to non-renewing members as agreed and report back

3. KIT

Donna confirmed there was currently £826.46 of stock held. Two items had been reserved by members and would therefore be removed at some stage. There is low stock on vests and short sleeved shirts. Dave and Bex agreed to look at other manufacturers to see if kit with the traditional club colours could be resourced.

4. MEMBER OF THE MOMENT

None

5. GENERAL TRAINING AND COACHING

a) Weds nights

Committee discussed available routes from Gledhow Social. There were at least 7 with 3 of these requiring a drive to Harewood, Scott Hall sports centre or Golden Acre Park. The remaining 4 were Shadwell (through Roundhay park), Gledhow woods, Roundhay Park and Gledhow/King Lane/Meanwood Park

Dave had been liaising with Chris Easton for specific routes from the club as most of the current ones were adapted from Chapel Allerton Tennis Club. Ideally all new routes should have an option of 5 miles, c.7 miles and 7+ miles.

ACTION: Dave to speak to Chris Easton

The committee also discussed the idea of “loop backs” during Wednesday runs where the lead runner(s) in a group runs to the back of the group after a while and so on. This ensures the group as a whole continues moving without the need for stopping and waiting for people to catch up. It was agreed this would be trialled once routes were known. It was also agreed to laminate copies of the new routes and ensure they were always available on the notice board.

ACTION: Donna to laminate new route maps

- b) Coaching – Donna has spoken to Lucy Hack who would be happy to discuss approaches to training and planning with Bex and Lizzy

ACTION: Bex and Lizzy to contact Lucy

Lizzy said she was trying to book summer track sessions at Beckett but reservations were not open yet. In the meantime plans had been made to use the track at Temple Newsam for Monday night training sessions and Lizzy was also going to contact Allerton Grange School for access to their facilities. Bex agreed to collate feedback from Monday night attendees with regard to suggestions for training and what worked well.

ACTION: Lizzy to continue discussions with Beckett and Allerton Grange. Bex to collate feedback

Dave updated the committee on members who had undertaken the coaching courses (and who were due to) these were Joe, Lizzy, Lora, Mike, Kath and Donna with Dave, Adam and Chris due to take the course in June. For those members who had taken the course already Dave expected to be reimbursed soon and then the club members could be reimbursed direct from the club account.

6. FORTHCOMING RACES, EVENTS, AND SOCIALS

- a) CLUB TRIP – Flights are booked and Donna and Dave would meet separately to look into accommodation. Dave would send an email to all attendees to see who needed accommodation with a deadline for response of 31 May

ACTION: Dave to issue email re accommodation (done). Dave and Donna to source accommodation

- b) ROUNDHAY PARK RUN TAKEOVER – committee agreed to hold a social in the Roundhay Park Lakeside cafe following the Park Run. This would be used to highlight Wednesday routes to the beginners group, Monday night training sessions and also raffle a place at the Leeds 10k on 12th July.

ACTION: Kath to speak to café management.

- c) BBQ 19th JULY – committee agreed to host a BBQ and sports day subject to availability at Gledhow social.

ACTION: Becky to book social

7. CLUB CHAMPS

Details of the Club Championship were a bit behind schedule and Donna agreed to speak to Dan about what help could be provided in collating all the information from different races.

ACTION: Donna to speak to Dan

8. LINKS / POINTS TO RAISE WITH GLEDHOW SPORTS AND SOCIAL CLUB

Chris gave an update on club issues:

- A plumber was due in this week to fix the showers
- No progress had been made on getting a card machine for the bar
- The AGM is on 2 June and all members are welcome. Chris would create a discussion thread to highlight it to CAR members

ACTION: Chris to create discussion thread

9. BEGINNER GROUP

Jodie, Annabel and Lindsay had been helping with beginners' group on a Wednesday night and the committee agreed that as part of route planning some 3 & 4 mile routes to and from the club should be planned to help the transition from Beginners to Wednesday night runs. Volunteers from the regular groups could help lead some of these. A sub-committee would be arranged to plan these once the new routes were known.

The issue of underage runners was raised. While these could take part in the beginners group they could not then go onto full membership of the club. Rob agreed to look into the requirements with England Athletics and what insurance was required.

ACTION: - Rob to discuss with England Athletics

10. ANY OTHER BUSINESS

None