

CHAPEL ALLERTON RUNNERS **COMMITTEE MEETING - MINUTES**

DATE OF MEETING: 2nd February 2015

Next Meeting:

Present:	Lizzy Scott	Dan Price
	Bekki Wheatley	Donna Russell
	Dave Allison	Bex Forster
	Lora Hughes	Annabel Gratton
	Chris Hare	Kath Owen



Invited: Chris Lyons

1. FINANCES

Committee would like to record their thanks for Annabel's hard work.

Action: **Annabel** to invite Rob Baxter to take over the Treasurer position from April.

Opening balance **Dec 31st 2014**: £2605.74

Closing account balance: £1693.50

£98.20 received profit from curry night

Action: **ALL** - Whenever anyone on Committee puts money into account, also email Annabel / Rob with amount.

2. MEMBERSHIP UPDATE

98 first claim registered with EA, 11 website enquiries.

Kath and Bekki spoke with other clubs to look at possibilities for streamlining the process. Most use only paper forms whereas about half new CAR members join electronically (already more efficient).

We now let people join the website once have attended in person, to encourage them to join in discussions etc. An issue is we don't record non-members who come along, with no contact details if not come via website request.

Agreed: Joining website is a requirement for new members and membership won't be processed until have created a website login.

Agreed: Price for new members between now and renewal in April - £15 but then don't need to renew again in April.

Action: **Kath** to email parkrun people who still show up as CAR to see if want to rejoin, and to remind people who may have signed up for parkrun before joining CAR to add us on.

Discussion held whether at renewals time in April CAR should also collect the Gledhow £25 as well as our £15, to pass on the £25 in September. Pros and cons, to be discussed further by Committee.

3. KIT

One vest sold.

£1119 kit stock value.

Kit left:

16 vests, 19 long sleeved, 17 short sleeved, 2 hoodies

Need 11 signed up for hoodies with a 12 week wait so not progressing a new order.

4. MEMBER OF THE MOMENT

Vinny (Michael Vinegrad) nominated and agreed. Newish member who always volunteers lifts and cakes etc, enthusiastic and gets involved, regularly attends and has already achieved PBs in new race distances.

Action: **Bex** to write paragraph and post on website and tell Vinny.

5. GENERAL TRAINING AND COACHING

a) Mon and Weds nights

Signs for diff groups to organise before the runs, still tbc.

Next track session at Horsforth, 23rd Feb and then fortnightly, 6.45pm. Split into two pace groups. Agreed Club should pay the fees (£10 each time for five sessions). Need to share with attendees the 'track etiquette' rules. Need to start warming up without delay as another club starts 7.30pm.

b) Coaching

LAN is paying 50% of all coaching courses we attend, up to the first 10, and CAR to cover the rest. Each person to pay their own DBS at £36. Once the person has confirmation from EA, CAR will reimburse half, once they have their DBS after the course, LAN will reimburse.

In process of signing up or already applied:

Lizzy Scott, Lora Forster-Hughes, Joe Maycock, Dave Allison, Denise McGeachy

Potential interest in CiRF – Adam Sutcliffe, Marie, Dave Allison, Chris Easton. Potentially Tracey Almond and Rebecca Gooch. New June date in Leeds being advertised.

Action: **Dave** to email everyone who has shown interest to remind about cut off from LAN funding.

Action: **Donna** to email her contact for coaching as still want to pay for a coach on occasion.

6. FORTHCOMING RACES, EVENTS, AND SOCIALS

a) 14th Feb Valentines Day Hyde park parkrun – fancy dress and cake. Focus of speed training.

b) Club Trip

Lucerne in Switzerland. 25th October (half term and 2 weeks after Yorkshire marathon). Marathon, half marathon and five mile distance. Have to fly to Zurich which is 34 miles away, about £170 return from Manchester. Youth hostel is £29 per person per night for a dorm bed or £40 for a twin (including breakfast).

Action: **Dave** to send broadcast and update website thread.

c) Richmond trail races (proposed by Rich Sutor) – drum up interest and have as a mini club trip.

d) Get a renewal social in the diary in April. After one of the Pool B races or just on a weds night?

e) Action: **Bekki** to cost up options and dates for e.g. Center Parcs trip, or sleeping barn in the Lakes.

7. PECO CAR RACE

Chris Lyons attended for this item

Action: **Donna** to investigate which gazebo to buy, approx. £300.

- Formal permission to hold the race granted.
- Course finalised including marshals etc. Chris to confirm with Mark Hetherington that it will work.
- 44 roles of 47 filled. Still need some more for finish area for seniors.
- Final planning session on 9th, marshal briefing on 16th. Chris then final catch up with park manager.
- RR not quite as far progressed in signing up volunteers.
- Portaloos booked (via RR) £700
- RR to notify park users and do posters.

- Chris has various to do lists and equipment lists.
- Action: **Lora, Donna, Bekki, Chris, Lizzy** (and any others) volunteered to walk the course to check mobile phones work (otherwise need radios) –meet at café 9.45am Sat 7th
- Action: **Lora** – write up for Peco site: Directions, map back to club (congestion issue at Oakwood clock so may go longer way), how to get to the car park, have to use car park and have to use portaloos otherwise issues with other users and won't be able to ever hold it there again. Need to be considerate to other park users, may not be aware, loose dogs etc. (Also flyers for how to get back to the club). Go to the portaloos before come over. Car sharing etc. Cash only bar. No muddy shoes.
- Action: **Donna** – tables and chairs for registration
- Action: **Donna** – cash boxes and to bring money back after registration to club. Gazebo if don't have our own by then.
- Social – plan for 300 people. Nearer the time all CAR to volunteer to bring sandwiches and cakes. Action: **Bekki** to get soup from Costco, and compare bread with quotes from local bakeries.

8. CLUB CHAMPS

Agreed need more reward for doing more races and to increase level of competition. Two options: One award for top runner and one for who has done most races, OR, give a mix of points for both by having 5 races qualify (still capped at 100 max), to apply to Pool A and B, and increase Pool C to 35. Agreed to increase to 5 races to qualify.

Pool B finalised now.

To use 2010 WAVA gradings (rather than 2015) for simplicity of spreadsheets.

Action: **Dan** to publicise all via broadcast.

9. POINTS TO RAISE WITH GLEDHOW SPORTS AND SOCIAL CLUB

- a) Volunteers for marshals etc from Gledhow
- b) Soft drinks outside for PECO
- c) Any progress on card machine at bar? (This would also greatly help with renewals as no excuses)

10. ANY OTHER BUSINESS

- a) Action: **Bekki** to email round Christmas meal feedback.
- b) Action: **ALL COMMITTEE** to email picture and title for the noticeboard.
- c) Action: **Lora** has cheque to send to Yorkshire Vets for affiliation fee £15.
- d) Trial club relay in Gledhow Woods in the summer. Discussion stage but save any planning until after PECO.