**ASHFORD AND DISTRICT ROAD RUNNING CLUB**

Committee meeting minutes 07/05/20 at 8.10PM

Committee Members:

|  |  |  |
| --- | --- | --- |
| Anthony Brown | Sue Reader | Robin Butler |
| Becks Macey | Ricky Hickman | Adrian Beresford |
| Verity Dunbar | Rhian Shrimplin | Karine Reid |

|  |  |  |  |
| --- | --- | --- | --- |
| Time | Item | Notes pre-meeting | Minutes and action (who/when) |
| 8.30 | Treasurers report | **RB** | £5162.76 balance – this doesn’t include the cheque £1365 to EA for affiliation fees which includes £150 club fee which will be going out soon.Cross country fee to be paid 8/5/20We received a cheque for approx. £1000 from 10km. |
| 8.35 | Membership update | **RH** | 88 renewed so far.12 have deferred payment until later in year.17 not renewed ye.t8 are not renewing for this year.  |
| 8.40 | Awards night | New shield for Tony Blain award?Trophies/shield engraving and keepsakesCMOTY | Agreed to buy a new shield for TB award.SL will sort out new order for this years.Wait until new Government guidance before announcing the winner of CMOTYRugby club says no to 22nd May but will wait to hear from us regarding new date for the awards night. |
| 8.50 | Social | MarathonsBelgium trip | Marathon buses on under control with RH.Belgium trip in September - RH has contacted the organisers to see if it is still going ahead or not. Waiting to hear back. |
| 9.00 | Group runsTuesday nights | Times etc and run leaders | See below |
| 9.10 | AOB | Strava art!Sporting Events virtual relay challenge10km Feb 2021Life in general! | Jon Wells wins the club vest for the best strava art for his picture of Roger Rabbit.BM - Will send info to committee regarding this.Possibly change the date to a slightly later date to try and attract more runners? Races are always going to clash with other events as there are so many around so we need to discuss what we think we will be best. Ask Barry for alternative dates and what other events are happening around the same time. Committee happy to consider other dates. Financially there is no major need to change the date. 5 and 10 Miler 2020 – potentially end of October but will have to see what happens and if it can still go ahead due to Covid-19.Kit - vests all good – all sizes in stock. New yellow tops in stock but no ladies size M. Members collecting their jackets.Lock-down league going really well but lots of work for RH! Proving very popular with lots of runners each week submitting their times. Well done Ricky – amazing effort put in!!! |

**Group runs and Tuesday nights**

Committee discussed Changing the timings of groups to include more runners who may want to push themselves. Group 3 and 4 times overlap slightly to allow runners to choose groups without the worry of being left behind or holding group members back.

New pacing times will be published when club back operating. We need group leaders who will lead and keep the pace at the specified times. Maybe 2 leaders per each timing group – need a back runner especially if groups are quite big. 1 qualified run leader per group plus a keen person to help out would be very beneficial.

RS suggested we need a consistent approach on how we run the groups and lead the groups. Talk to coaches, make a plan to stay consistent and stay fair to everyone.

The committee discussed that it would be good to have more of a structure to each timing group. A warm up and cool down would benefit the runners and prevent injuries. Possibly a 5 min warm up after initial briefing? Committee agree that this needs to happen.

We will look to have more discussion between run leaders and coaches to establish plan of action with regards to training sessions and group runs.

Obviously we won’t be able to please all runners each week but will try and offer a full range of timings and sessions.

**Tuesday evenings –**

AB says that Towers school have a track - could we do that? At present the club doesn’t open for long enough for those who want to do a longer run. Cost for Tuesday nights is £15 per week – Club is not so well used on a Tuesday night - RB proposed approaching Anne-Marie at Sandyacres to confirm that we have the club until 8.30pm.

Could use the field at the club for more targeted sessions during the Spring/Summer months.

It was starting to be discussed before Covid-19 about plans for Tuesdays including Mollie’s sessions but it all stopped because club closed down.

AB happy for his Tuesday night group to run from club to promote use of club on both nights.

The Committee will discuss Tuesday evenings further when we are all back at the club. Hopefully members will be keen to train of both evenings once club re-opens.

**Apologies: n/a**

**DONM: 04/06/2020**