**ASHFORD AND DISTRICT ROAD RUNNING CLUB**

Committee meeting agenda 01/10/20 at 8.15PM - **held 30/9/20 at 7.30 via Zoom**

Committee Members:

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

Also in attendance AM

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| Time | Item | Notes pre-meeting | Minutes and action (who/when) |
| 8.15 | Treasurers report | RB | Current balance £5028.85 |
| 8.20 | Covid update | CF | See below |
| 8.30 | 5/10 Miler | AB - update | Race cancelled  Couldn’t get a headquarters for the race.  Barry will inform those runners who have entered and then announce it on Sporting Events. |
| 8.45 | Gravesend Winter series | AB | Nice Works hosting a winter series 5 and 10 km races. 1 race a month on Thursday evenings.  Held in Gravesend. Will be good to give members something to aim for.  Advertise this on club page |
| 8.55 | Membership update | RH | 128 members  2 new members this month  RH will send out email reminder for last few who deferred payment as this is now due. |
| 9pm | Coaching | CF | See below  CF and JP are interested in bespoke performance training for those with specific goals.  Committee feels coaching should be available for all runners depending on demands from the members and their goals.  Happy for CF to go ahead with his plans and get the training programme started. |
| 9.10 | Kit | KR | OK for kit  But short on hoodies and jackets - for new members  KR to put a post out to see who is interested in more kit and then place an order. |
| 9.20 | AOB | VD – submitting results  AM Cross country update  Running groups | Due to data protection VD raised issue of publishing people’s names when they haven’t submitted their results via our link on the web-page  Remind runners to submit their results – put a reminder out! It was decided that if a member does not submit their result then their name will not get mentioned in the club write up.  See below  Some groups organising to go out but without a leader – no one doing the Covid checks.  Members need to make sure they appoint a leader for all group runs in case anyone gets separated and because of covid restrictions.  Put a reminder on Spond. |

**Apologies: CF**

**COVID-19** – update

After the C-19 rules changed on the 24th of September, UKA and other sporting bodies issued an updated that current guidance remains unchanged for outside organised sport activities, including running.  Running groups should be limited to 6 people including 1 leaders unless in a Covid secure environment, such as Sandyacres Sports ground or the JRS where groups can be larger.

No need to update the Risk Assessment at this time.

All training sessions I have attended since the last committee meeting have followed the guidance.

I will update the committee if the situation changes.

**Performance Coaching**

To give some context, the difference between performance coaching and run leading is working on individual performance goals.  To coach someone, there needs to be a achievable goal (5k PB sub 20mins for example) then a plan is written for a specific date/race to achieve the performance goal, this should generally be between 8 to 16 weeks depending on the goal, coaching support is offered during this time. This is the main focus of the UKA coaching qualification CiRF.

Although not at A&D I have done a fair amount of run leading and would like to offer A&D members some performance coaching (I will still leads runs when I’m available) to utilise my qualification and support the goals of those at the club.  The problem is that I can only Coach up to 6 (And this really depends on the needs of those being coached) people at a time, which is difficult if everyone wants to be coached.  My suggestion would be to offer the coaching to members on a first come first served basis, and then once at capacity (6) have a wait list and add people as current plans expire, alternatively work with a fixed group (XC team as an example) and develop a coaching plan for that team.

If the committee decides performance coaching is not feasible as a club offering, I will completely understand.

**CROSS COUNTRY**

SECC cancelled all events for this season – the club’s affiliation fee is carried over to next year.

KCAA – not keen doing league this season due to guidelines being to difficult to apply – too many clauses about venues requirements. Found it difficult to put a plan together for the public parks.

Kent champs might still happen in January (9th) – possibly a two day event but could cost a lot more. Might be £15 per person instead of usual £5.

Kent vets may be run at the same time.

Still awaiting official confirmation.

AM feels we should be supportive of this event and Committee agreed.

AM to put a post on club page and contact KCAA.

**DONM: 05/11/2020**