



Norwich Road Runners committee meeting minutes - 4/12/2018

Present Gary Cooper, Glyn Manton, Mick Powell , Beryl Knowles, Alma Simmons, , Jodie Causer, Chris Harrison, Glyn Manton, Stacey Harper, James Dunne

1. Apologies- Mark Betts, Kathleen Easter
2. December priorities
 - a. New committee member roles -Team captain?/Vice Chair/membership-

Stacey, Chris & James happy to take on this role

James will find out from Mark at work about the membership role

- b. Organising awards-Runners of the year/Coach of the year
- c. Agree AGM minutes/answering questions
- d. Agree target races 2019

Agreement to fund entries to Alex More. To also support Ekiden. (Glyn to write to organisers to see if date will be changed as it clashes with Run Norwich) - Target races to be agreed next meeting

3. Organising awards-Runners of the year
4. Proposal targeted training (Rob Sears)
5. Our proposal is to establish a weekly technical run coaching session. This will be different to the session's currently on offer but will also compliment everything that the current coaching setup is doing for the club. The aim of our sessions is to teach athletes how to become more efficient and more competent athletes. We will offer guidance on bio-mechanics, running gait and possible corrections to improve performance and reduce risk of injury. We will also run our sessions to provide drills that are appropriate to the goal or goals of the sessions, i.e. how to correct technical mismatches. The second part of our proposal is to offer coaching based on target races. As an example, if we were to look at the recent St Neot's half marathon, we would have run a series of workshops to teach people how to run downhill, therefore maximising the downhill stretch to the finish. If we were to run a technical workshop with the Norwich half marathon in mind, then we would offer a series of workshops to improve uphill running technique. The representation of NRR would be greatly improved with race specific coaching in our opinion. The Round Norfolk Relay, Lord Mayor's 5km and Run Norwich 10km are other prime examples of where race specific training and drills would help our athletes perform at their best where it matters most. How would we see this working? A one hour session every week, which would be based at a variety of locations: 1. The sports hall at Sewell Park in winter months and while lighting is an issue (due to me being visually impaired), use of the sports hall would provide an ideal environment for athletes to focus on learning new things. 2. As the light improves, a football or rugby pitch to provide a safe outdoor environment for running technical drills (if the field at Sewell Park isn't good enough ground to run these sessions, football/rugby pitches at City Academy cost £20 an hour) 3. Race specific training would see us based at a venue which is specific to the



session we are coaching, i.e., somewhere with a hill for uphill or downhill running 4. UEA track to ensure participants get the maximum benefit from these sessions, maximum numbers per coach would be 10. As an example, if Loren and I were to run a session, we would take a maximum of 20 people. If Loren and I were to coach with an additional 2 coaches or leaders, the maximum number would be 40. The more coaches/leaders we can recruit to help our sessions, the more participants we can take. The only exception to this would be sessions operated in the sports hall, which would be capped at 20 for health and safety reasons.

Committee agreed to support this kind offer and to start making arrangements for the new year.

Rolling agenda items

6. Agree minutes from last meeting-Agreed
7. Finance report-

Norwich Road Runners Sewell Park College Sports Centre St Clements Hill Norwich NR3 4BX	
Tuesday 06.12.2018	
NOVEMBER SPEND 2018	
First Self Drive - mini bus hire	100.00
Medals For All - Broadland members/awards/hibs	308.72
England Athletics - affiliation fees	435.00
Jodie Causser - KNRR expenses diesel	12.37
Jodie Causser - stationary expenses	178.08
Jodie Causser - Broadland expenses	39.89
Glyn Manton - Broadland road closure	36.00
Glyn Manton - Ringland race - license	30.00
Sewell Park Academy - room hire October	200.00
Mark Betts - Broadland cups	319.92
Chris Hanson - megaphone/batteries	60.99
Dolphin Autos - coaches Broadland	1040.00
Dolphin Autos - coach Kings Lynn juniors	450.00
Link Radio Services - 2way radio Broadland	72.00
UEA Sportspark - track sessions 2019	350.00
WR Events - race timing	474.00
Grapix Bank - Ringland design course map	86.50
England Athletics - coaching course Ray Lindsay	140.00
Nicky Dowson - food and drink AGM	209.20
First Self Drive - mini bus XC Fritton Lake	100.00
SMP Electronics - flood lights for field	1567.20
Jodie Causser - notice board for Sewell Barn	69.99
Kathleen Easter - 2nd class stamps	6.96
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Kathleen Easter Treasurer

8. Senior coaches report
Stephen explained a proposal for targeting training for the top club runners to help them push towards club records and winning local races. Stephen would like next AGM to be about celebration. Stephen reminded us about the UKA sessions that are booked and the track sessions.

Par Q forms-Glyn to investigate how to get this onto the membership forms in March/April renewal

9. Junior coaches reports
*Sportshall series completed. 25 children average took part each session. Alma really happy with performance. Juniors can enter County competition on the 12/1/2019.
Committee - happy to support in 2019 again. Agreed to pay fees and transport to Kings Lynn (£1000 approx.)*



Alma talked about the benefits of ordering reverse boards - £173 x 4 All agreed to invest in these.

Test of junior run went well (Ringland)

10. Social Committee report

Yet to have meeting of new committee, but Christmas run now in hand.

11. Communications report

Next newsletter out end January 2019-Initial feedback good

Golden tickets well received.

Chris to see if David Field can help in website updates

12. Membership report

Membership for Nov. 6 1st claim adults 2 2nd claim adults 4 Juniors. 2 leavers

13. Race team reports (Feedback on races/preparation for races)

Horsford

More marshals needed . Course is changed a bit (logging!)

Ringland

All in hand – except traffic management.

Proposal – Race arches (Jodie) – Agreed

Wroxham

Suggestion for 70+ cat and under 15.

County championship invites for golden tickets discussed and agreed

14. AOB-

Proposal – Beanie hat 2/3 Horsford XC-Agreed

Proposal – Elite runners by application (Ringland) - Press release details agreed between Chris/Jodie/Glyn. Chris has sent to Mark for run Anglia

Life members –Simon Eddie to be added

Alma –asked about a lock up. Glyn to speak to school about getting space for another lock up.

London VLM trip nearly sold out.

Club agreed to fund transport and entry for National XC- Tony Millett to organise, Glyn to make entries

First aid course for coaches/helpers agreed. Glyn to organise in new year with our Health and Safety officer David Field £420 per day + room hire (12 members a session x 3 sessions)

15. members questions-none

16. Agree next meeting – 29/1/2019