

Norwich Road Runners

Committee Meeting

Tuesday 25 April 2017

Present: Mark Betts, Gary Cooper, Nicky Dowson, Paul Dowson, Kathleen Easter, Nicky Gurney, James McFarlane, Rachel Miller, Tina Moseley, Mick Powell

1. **Apologies:** Stacey Harper, Beryl Knowles.

2. **Committee Members**

Baz Hipwell has resigned from the committee. The committee wishes to thank Baz Hipwell for his contribution to the club committee over the last couple of years. Tina Moseley welcomed to the committee.

3. **Minutes from last meeting**

The minutes from the last meeting were agreed as an accurate record.

4. **Social Committee**

Kate Moore attended.

- Easter fun run was a great success even though the burger van was unable to attend at the last minute due to a break down.
- Blickling Parkrun is to be targeted by NRR this coming Saturday.
- Social committee to take responsibilities for refreshments at the Wroxham 5k series. Proceeds from refreshments to go to a charity or charities as yet undecided.
- Nick Gurney to attend the next social committee meeting.

5. **Coaches**

Neil Walpole attended. Latest coaching rota is out.

- New coaches have been taking sessions and there has been some good feedback, Neil passed on his thanks to the new coaches.
- Paul Evans will be leading the effort session on 02/05/2017, two other dates to be confirmed for June and July.
- The 1st time trial will be on Thursday 18th May.
- Steven Moseley and NW are booked onto level 3 coaching course, Alan Bradley is on the reserve list for the same course.
- New equipment has been purchased.
- NW held a strength and drills class in the gym instead of efforts for those returning from injury.
- Club standards and club records discussed, NG to look at re-aligning age categories as they do not match (records are in 10 year increments, standards are in 5 year increments, and age categories do not march). Discussion on standards – NRR unique as we hand out standards as they are earned. Other clubs hand out for the best achieved standard at the end of the year. Discussed if standards should be awarded

annually on best achieved over the previous 12 months – November to November. NG to look at possibly re-calculating the times required for the standards.

- Location of the measuring wheel was queried.

6. Junior NRR

Alma Simmonds and Elise Mann attended.

- The NRR Safeguarding and Welfare Policy was discussed and agreed. To be signed off by welfare officer, formatted, and a copy to be kept on the notice board at the club.
- All coaches (senior and junior) to be posted a copy of the Safeguarding and Welfare Policy, with a signed slip to be returned, indicating acceptance of the policy.
- Sarah Jayne Lumley has offered and unanimously voted in as deputy welfare officer for NRR, for when Beryl Knowles is absent.
- Health and Safety concerns raised over drop off and collection of junior. Agreed that the following should be adhered to:
 - Thursday junior club – meet in the foyer by the gym near the lockers at 06:45-07:00, collection from the same place at 8pm.
 - Saturday club meet at the same place at 10:15, collection same place at 12:30.
 - Older children will only be allowed to walk home alone where a signed letter from the parents has been received giving permission to do so.
 - Juniors needing to leave the coaching area must request this from the coach.

7. Races

a) Wroxham 5k

NG updated.

- Entries ahead of last year. Facebook advertising has boosted entries.
- MB will set up course with the help of Matt.
- TM to be assistant course director.
- RM to be head marshal, extras have been added to each marshalling point. Marshal rules will be enforced.
- ND to be HQ Coordinator.
- Separate clock and gantry booked for juniors race.
- Chip timing will also provide barriers for the start and finish line.
- Letters to notify local residents to be posted this week.
- Race adjudicator is Bobby Sauerzapf and race referee will be Neville Knights (Race 3 only)
- Richard Thornhill to be contacted re entries on the night.

b) New Race

NG to meet with events officer at NCC to discuss the feasibility of hosting a new road race in the city centre in 2018.

8. Membership update and Member Mojo

MB updated. 1st lot of renewals should have received email from England Athletics by now.

Approximately 240 paid up members and 30 juniors.

Membership Mojo is going very well, reminder email to be issued for those who have not renewed yet (approx. 120).

9. Communications Update

RM interviewed VLM ballot winners before the marathon, post race interviews and photos to follow.

Investigating the possibility of getting some radio coverage for the Wroxham 5k series
NRR Instagram has approximately 120 followers and NRR is being retweeted and mentioned by Run Norwich.

10. Club Kit and Designs

The committee has now agreed the final design for the new club kit – universal so will be applied to all training kit, flags, gazebos etc. Samples of training tops to be made up.

11. Round Norfolk Relay

JM to look into booking the minibuses.

Hoodies to be ordered and subsidised by the club.

NRR have entered 3 teams with a 4th to be entered soon.

RNR captains meeting next week

12. AOB

MP to visit alternate venues Weds 26/04/17 as a possible alternative venue to Sewell Park, NG to attend also.

Update from visit on 26/04/17 – visit was positive, venue has all the required facilities and can accommodate NRR. Requirements and costs to be confirmed in writing.