



Norwich Road Runners Committee Meeting Minutes

Tuesday 30th October 7.30

Present Gary Cooper, Mick Powell , Beryl Knowles, Kathleen Easter, Alma Simmons, Mark Betts, Jodie Causer, Nicky Dowson , Paul Dowson, Chris Harrison, Glyn Manton

1. Apologies, Beryl Knowles
2. Confirmation of meeting minutes from 25/9/2018-Agreed
3. Social Committee update- Joe Woodley

Broadland organised with Break.

Joe to check with Caroline about sundry costs on day so they can be claimed back from revenue on the day

Christmas run - 20th December 2018 This year having lead and tail runners. Proper map and stops to be published in advance- Buffet as before.

Tanya Nelson has joined the team

Christmas party being organised.

Park run tour has diminished. To be looked at again in New Year.

4. VLM – London – Progress

Rooms all sold

*Decision needed on spare coach spaces
Open up to other clubs if needed.. Aim to get coach full.
18 seats on coach at present*



5. Expenditure report

Tuesday 30 th October 2018	
OCTOBER SPEND 2018	
First Self Drive – mini buses XC	100.00
Medals For All – Ringland 1/2	2161.00
England Athletics – affiliation fees	360.00
Aston Martin – RNR expenses	133.25
Sewell Park Academy – room hire September	200.00
Stacey Harper -RNR expense	171.87
Richard Thornhill – measure Ringland course	51.60
RNR - beanie hats	45.00
Scimitar Sports – kit t-shirts/vests	1494.00
England Athletics – coaching course	980.00
Eastons Coaches – London Marathon coach deposit	130.00
Jodie Causer – mini bus magnets	160.00
Kathleen Easter Treasurer	

6. Membership report

19 adults and 2 juniors. Now nearly 500 adults. 548 first claim including juniors

7. Junior section

Sportshall (Indoor athletics) – 27 children went (4 teams), went to UEA.

Children performed well. Next is November 10th 2018 at Kings Lynn.

24th November last event, back at UEA. 2 coaches being trained in

December (Joe/Ally)

8. Coaches update

Club run – Paul Evans is our coach! Longer and different to a normal session-90 mins. Sessions to be announced at AGM 6 coaches registered for training in December

Track sessions to go ahead (5-2 week gaps)-To be booked next week

9. AGM – Thursday 22nd Nov- Format, what needs to be done and by who

Glyn- Communicate (again) with members through email and Facebook.

Glyn/Chris to liaise about powerpoint



Glyn to share marshal list with Mark (VLM)

Nicky/Paul- to organise purchase of buffet as per last year (£250)

Nicky/Paul to draw ballot as last year

Glyn to sort out printing

10. Communications report (Chris)

Facebook cull has been successful. Broadland race needs updating.

11. Club races

Broadland 2018

All matters in hand. Only issue is race set up (Glyn/David Field/Gary/Joe

W/Roly going out on Saturday and Sunday before race) Progress re

Ringland 2019

Decision needed on club members running as junior race requires 30

marshals and senior 80-Decided that h places (100) to be held back until

l we have 125 marshals. Chris kindly agreed to email members about this

using UKA email service

Price £24 affiliated £26 unaffiliated.-T shirt £10

Decisions made about marshal incentive. Yes to t shirt. No to medal. Glyn

agreed to be Junior Race director so to separate this role from main

race. Has secured sponsorship from Norwich School to cover trophies.

This will help keep the race at cost for juniors (£3)

Discussion about great progress in securing other sponsorship. *Jodie was asked*

to get consent from Roarr before finalising.

Horsford XC-All in hand Glyn has organised requests for

marshals 12. Parliament Hills - Coach



Decision to support this race. Ally to look after requests/names of junior runners.

Glyn to organise coach and put a request for deposit. Nicky/Jodie agreed to take deposit. Glyn to communicate with club about how to sign up. Glyn to put a request for someone to organise on day as he is involved in Peddars Way.

Discussion about nationals. Would support with some transport costs if someone wanted to organise a team. Runners would have to sort out own accommodation

13. Club members not wearing club colours in races- Action?

The two names were mentioned. Mark to email members

14. AOB

Glyn asked if VLM application in. Glyn will sort out once application opened on the 5/11/2018

Agree next meeting – 27 November 2018



Action points from discussions in committee chat following meeting:-

1. Glyn to email members in answer to questions sent by member(s) - make clearer to members format of election/another call for new members of committee
2. Glyn to email member in response to member letter
3. Glyn to email RS in response to email received-Email to be checked and agreed by all
4. Hall of fame to be put up in club. Jodie/Steph Wenn working on this
5. Discussion about possible new roles for new committee. Discussion of Team captain role being brought back
6. Glyn to discuss with Steve feedback/suggestion from members regarding to coaching
7. Chris to respond to member question regarding 'faster running'
8. Following response to members' decision made to give invite to NRR runners from different age categories who would be competitive in County etc. to Ringland. Jodie/Chris to sort out lists. Jodie to sort out invites- Launch/announce at AGM
9. 1 light faulty. 7 votes received to buy 2 lights/2 batteries. Paul has agreed to order 2 more lights for field and 2 batteries.
10. Coaches request for to be designed by Glyn. To be ready for the AGM and eventually put onto the website. Also copies to be kept at club.