



Norwich Road Runners committee meeting minutes 29/1/2019

Meeting started 7.30pm

Present Gary Cooper, Glyn Manton, Mick Powell , Beryl Knowles, Alma Simmons, , Jodie Causer, Chris Harrison, Glyn Manton, Stacey Harper, Jess Behan, Neil Walpole (Wendy Smith sat in for 2a, Stephen Moseley for Coaching)

1. Apologies- James Dunne

2. January priorities;

a. Should we stay or go?- Feedback about Sprowston school visit, costings, pros and cons

General comments about the pros and cons of moving to Sprowston, potential time lines and as requested by some many members

(coaches/Run leaders), organisation of EGM

Neil agreed to project manage meeting and prepare communication ready to go out on the 11/2

Jodie to book a meeting on a Monday night 11/3/2019

Chris to sort out communication to members.

Glyn to sort out a new distribution list (UKA) and details of voting

b. Proposal from Glyn – membership fees for coaches- Once members have completed the l2 coaching course, as this requires giving up more time, they will not need to pay fees in the following year. This is in line with other clubs



Carried –Level 2 coaches do not need to pay membership in 2019-2020.

Our current list would exempt Neil W, Stephen M, Alan B, Wendy S, Alma, Elise, Luke.

- c. Run leader training courses for March- Who will attend/who will organise.

Neil and Jess happy to liaise with head coaches about identifying potential coaches for full coaching course. Committee happy to support investment in training.

Sam Wall and Trevor are interested in Run Leaders for the Juniors. Trevor for adults. Glyn to liaise with Mark about seeing if spaces available for March

3. Agree target races 2019/role of Club team captains

Stacey/Chris sent out their communication to members following the meeting with details of the competition. They have also sent out communication of team progress (Males v female), for first 2 months of 2019.

Rolling agenda items

4. Agree minutes from last meeting -*agreed*
5. Senior coaches report

Steve reported that first club session (Paul Evans) went very well. Feedback good. Paul back 12/2/2019. Focus this time on 10k and the Q&A with Paul will be coaches/run leaders. (Glyn to send message out to junior helpers to



invite them as well). Track sessions booked and paid for. Ideas for quicker runners still being planned. Feedback of this plan during warmer months and after EGM.

6. Junior coaches report

6 more juniors want to enter Ringland. (Glyn to send out invites) 6 juniors went to parliament Hills. Transition runs with older juniors going well. Many have entered the Valentine's 10k

7. Social Committee report

Nothing to report although new committee is making plans for this year.

8. Membership report

6 new members in December, 16 in January including juniors

520 adults 70 juniors

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

Horsford-last one of series – Vote again on equality M/F as last year?

Ringland

All in hand-Glyn/Sally/Mandy to help with set up. Joe W with registration.

Wroxham-Full review (preparing to go live after Ringland)

10. members questions

11. AOB-

a. Steph W- Taken over club awards from Brian – Do we need new design/system? To speak to Steph over the next few weeks

b. Glyn- Proposal – Runner of the month, awarded at our meeting after analysis of runs that month/training-



Committee decided against this proposal

12. Agree next meeting – 26/2/2019