

Avon Valley Runners Committee Meeting



Held at TRFC
4th June 2024

Committee members present	
Vicky Bodman	Chair
Jay Sims-Bagshaw	Vice Chair
Dave Hyde	Honorary Secretary
Katie Oliver	Assistant Secretary
Simon Reeves	Treasurer
Martin Russam	Road Race Secretary
Hayley Anderson	Minutes Secretary
Andrew Sharett	Off Road Race Secretary
Julian Roughley	Committee Member
Also present	
Tim Burrell	Club Member
Alan Best	Stand in for AVT Secretary

The Vice Chair opened the AGM at 20:19 pm

Item	Minute	Action
1	<p>Welcome and apologies for absence. Declaration of quorum.</p> <p><i>The Vice Chair welcomed all.</i></p> <p><i>Apologies received from: Debbie Ellis (AVR Youth), Sandra Sharrett (Safe Guarding lead), Caroline Scott (AVT Secretary) & Emma Day (Membership Secretary).</i></p> <p><i>The meeting was declared quorate.</i></p>	
2	<p>Review and Approval of the minutes of the AVR Committee meeting held on 07/05/2024</p> <p><i>The minutes of the AVR Committee meeting held on 7th May 2024 were approved as a fair and accurate record of the meeting.</i></p>	
3	<p>Reports</p> <p><i>Relevant committee members are encouraged to provide a brief written report / update in advance of the meeting, which are circulated to the committee via the Secretary. Committee then noted and discuss as required.</i></p> <p>a. Treasurer's report</p> <p><i>Report is attached in appendix 1.</i></p> <p>b. Kit Report</p>	

	Size	Quantity		Size	Quantity		Size	Quantity
Men's T Shirt	XS	3	Ladies T Shirt	XS	4			
Men's T Shirt	Small	3	Ladies T Shirt	Small	2	AVR High Vis	Medium	1
Men's T Shirt	Medium	2	Ladies T Shirt	Medium	5			
Men's T Shirt	Large	0	Ladies T Shirt	Large	1	AVR LED Beanie		1
Men's T Shirt	X Large	3	Ladies T Shirt	X Large	4			
Men's T Shirt	XX Large	5	Ladies T Shirt	XX Large	2	AVR Regatta Jacket	Small	4
Men's T Shirt	XXX Large	3	Ladies T Shirt	XXX Large	2		Medium	4
Total		19	Total		20		Large	3
			Ladies Vest	XS	3			
Men's Vest	XS	5	Ladies Vest	Small	2			
Men's Vest	Small	5	Ladies Vest	Medium	2			
Men's Vest	Medium	3	Ladies Vest	Large	12			
Men's Vest	Large	5	Ladies Vest	X Large	2			
Men's Vest	X Large	4	Ladies Vest	XX Large	3			
Men's Vest	XX Large	3	Ladies Vest	XXX Large	2			
Men's Vest	XXX Large	2	Total		26			
Total		27	Ladies Crop Top	Medium	7			

c. Off Road Secretary Report

Closed WORL/AVR League races until Autumn. Drafting revised race scoring process that better rewards participation in terms of points for league events (will get a draft out in the next day or so for members to comment on). Updating summer off road racing list and will issue in the next day or so.

Still have 4 spaces across two team. Gary has been very proactive in raising the profile of this event. We still have a month to get to two complete teams (Event is on Saturday 06 July but participant list will close before that).

d. Road Secretary Report

After 3 of 8 Road Race League Races our A team are top of league 1 with our B team 8th.

*Ben Mees is top of male and seniors,
Stuart Avery (3rd v40), Gary MacAlister (4th v40)
Darren Messen (2nd v50) also in overall top 10.
George Sawyer is top of juniors.
Cillian Murray in the seniors top 10.
Steve Payne in the v40 top 10.
Tim Lerwill in the v50 top 10.
Andrew Sharratt 3rd v60 with Robin Mark also in the top 10.
Peter Campbell joint 1st in v70.*

*Jen Nattrass top 10 overall & 1st v40.
Adrienne Barthram in senior top 10.
Sam Grant 2nd v40 & Emily Dye in the top 10.
Annalie Jane & Sharon Firkins in the v50 top 10.
Kathryn Sinclair 1st v60, Debbie Ellis 2nd & Diane Hier also in the top 10.
Rosemary Barber 1st v70.*

A great start which hopefully we'll continue into the next races.

e. Membership report

Membership Stats	January	February	March	April	May
Number joined in month	13	9	73	106	51
Number of brand new members this month	8	4	6	5	3
Number of EA members this month	6	6	44	50	27
Number of Life Members	26	26	26	26	26
Total number of members this year	39	48	121	227	278
Total number of paying members this year	13	22	95	201	252
Total number of EA members this year (inc changes to claims)	6	12	56	106	133
Total brand new members this year	8	12	18	23	26
Total Number of Youth this year	1	2	8	15	18
Total Number of SEN this year	5	6	18	38	50
Total Number of V40 this year	4	6	26	51	69
Total Number of V50 this year	9	11	30	58	72
Total Number of V60 this year	5	8	22	47	51
Total Number of V70 this year	8	8	10	11	11
Total Number of V80 this year	7	7	7	7	7
Percentage of Female members	28%	29%	44%	49%	48%
Percentage of Male members	72%	71%	56%	51%	52%

f. Avon Valley Triathletes (AVT)

#51Fiver Cotswold Standard Triathlon - Sunday 19th May - Lake 32, Cotswold Water Park

It was a beautifully sunny day, making up for the early 06:45 start time! AVT fielded 8 relay teams with each team having a swimmer, cyclist and runner and we also had 8 members doing the whole Standard distance triathlon and two doing the Aquabike.

Notable:

AVT Team 50+ (Sarah Jewers, Darren Wrintmore, Richard Morgetroyd) who came 1st in their category for the relays, Simon Williams and Jayne Williams who came third in their respective categories in the Aquabike and Anlie Ibison who also came third in her age category for the Standard Triathlon.

*Oldbury White Horse Triathlon - Saturday 4th May, Calne Community Campus
Special congratulations to Andy Jefferies, Jenny Doyle, Emily Dye, Graham Anderson and Caroline Scott who all placed in the top three of their respective age categories.*

Ride london 26/5 will see a fairly large AVT turnout.

Coming up:

Lake 62 events - has some AVT support. Great series for new to tri

Royal Windsor - 9th June next AVT event

Frome 7th July

Waiting on a date for the Vobster Aquathlon

g. AVR Youth

1. Training has been going very well, however it has been the half term for the last week and they return this Wednesday 5th June.

2. Some of our Youth attended the D B Max Mile in Castle Coombe and despite the awful weather had a great race. Congratulations to them all.

Jude Chidley

Morgan Helps

	<p><i>Imogen Smart</i></p> <p><i>I will send out the date of the next D B Max Mile when it is announced.</i></p> <p><i>3. We have several new juniors who have trial sessions at the moment who hopefully will go onto join</i></p> <p><i>4. All Youth memberships have been chased up and renewed. Some people did not renew as they have taken up new sports.</i></p>	
<p>4</p>	<p>Committee updates and Discussions (Items from the Agenda)</p> <p>- Trowbridge Running Club (proposal is in appendix 3)</p> <p>Background: We were contacted via Instagram via a PT Beth Brewer asking if they could use the track on a Thursday for a small PT group.</p> <p>We advised them to book through the TRFC. We then became aware of a post from “Trowbridge Running Club” advertising that they are the heart of running in Trowbridge and would be using the AVR track.</p> <p>Following this Vicky and Jay met with Trowbridge Running Club to advise that this cannot go ahead without going through the committee.</p> <p>They have since provided a proposal which can be viewed in appendix 3.</p> <p>The committee spent time discussing this and the following comments have been made:</p> <ul style="list-style-type: none"> • Committee are not happy with the choice of name. • Why cannot they not join the club and join the track sessions? We already have qualified run leaders. • We spend a lot of money for this track and its maintenance. • A contract with TRFC we pay for Monday to Thursday • Would only be free for a short period on a Thursday as AVR usually have session over the winter. • Potential conflict <p>The committee voted unanimously against the proposal.</p> <p>- Tim’s Proposal (Proposal is in appendix 4)</p> <p>Please read the attached proposal to understand the background.</p> <p>Tim joined the meeting to discuss his proposal with the committee. This will be an inclusive session that will cater for everybody. Training programme will be for everyone. Will be good to bring the LiRFs and Coaches together to run these sessions. This proposal has also gone to the coaching team to get their thoughts.</p> <p>So far there has been lots of positive comments and lots of interest from people the Tim has ran this past. Tim has also created a survey which he would send out to club members are interested.</p>	

<p>Feedback for his session have also been looked over by other coaches.</p> <p>Vicky has asked if there is a maximum number that can sign up. Tim advised not as such however the track is limited to about 35.</p> <p>Look to start in August and last for 8 weeks.</p> <p>The committee voted unanimously in favour of the proposal.</p> <p>Next steps: Tim will send out the survey (Katie will do this via mail chimp) and come to the next meeting to provide the results.</p> <p>- Treasurer's Report</p> <p>Simon read through his report. Highlighting that AVR sponsorship has come in, and entries for the Westbury 5K.</p> <p>AVT has had money come in from swim hats and Chillies.</p> <p>Remaining bill from Over the hills in November has now been paid. Donation of £1250 has been suggested to be donated to Alzheimer's trust.</p> <p>£2562 worth of stock of KIT</p> <p>The maintenance of the track money is due, Vicky has applied to the area board for funding which could be £500. The cost for the club's part of the maintenance is £1150.</p> <p>- Club Kit Update (quote in appendix 2)</p> <p>Vicky shared the quote with us, which can be found in appendix 2.</p> <p>Committee voted unanimously in favour of ordering the 50 tops through current provider.</p> <p>The cost of kit is more expensive and currently the club loses money on each top sold. Discussed that there will be a price increase effective 1st of July to cover costs.</p> <p>However, since the meeting was held last week the following email has been shared with the committee:</p> <p><i>"At the meeting held last week we decided that we should raise the costs of the avr vests and tshirts.</i></p> <p><i>At the meeting we decided on £23.50 and £25.50. However, this was based on not knowing the costs. I have got the minium quote of 20 and worked out a unit price, which is £25.40 for a vest and £27.40 tshirt.</i></p> <p><i>I have also discussed with sportsbug about them taking in the kit and they have said they could do this for a small handling fee of £2-£3.</i></p> <p><i>Therefore, I would like to recommend that we hold off on putting the prices up until we have had the chance to discuss and vote at the next committee meeting.</i></p> <p><i>The 3 options are:</i> <i>Raise to £23.50 and £25.50 loosing £1.90 each time a minimum order is done (plus fees for the sum up machine)</i></p> <p><i>Raise the prices to £25.50 and £27.50 to cover all costs when a minimum order is placed.</i></p> <p><i>Transfer the sale of stock to sportsbug and raise the prices to £27.50 and £29.50.</i></p>	<p>KO & TB</p> <p>KO</p> <p>KO & MR</p>
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For info and to support the proposal of a price rise, the tops have only increased once in over 10 years, circa 9 years ago."

We will now discuss this further as the next committee meeting in July.

- Road Race league Update

Martin advised that we need to continue to promote the league. We are currently top so would be good to keep the momentum going.

Martin has asked for standing item in the E news. Martin will liaise with Katie to get the information.

- Future Lirf/ Cirf Agreements

At the moment we have people signing up as LirF's but not taking any sessions.

Dave and Jay to write up information on what is entailed in becoming a Lirf and Cirf to get this shared out with the club.

- Summer Social

Issue with the dates suggested in the last meeting. Dave to recheck with TRFC on dates after the summer.

- Volunteer Awards

EA volunteer awards is the 18th June. We are planning on putting a few nominations forward for:

- Club of year
- coach of the year
- Newcomer to volunteering.
- Club leader of the year
- Services to athletics and running.

- Update on Policies

These will be circulated after the meeting.

- AVT Tri Suit Challenges/ Brick AVT and Non AVT Options

Alan spoke on behalf of AVT. The Tri suits are uncomfortable, and they are now at the stage of looking at new suppliers.

Neutral kit would be classed as non-branded, non-club specific kit.

It was then brought to the table that we do not currently offer a brick session which a lot of the AVT members would like to do.

There are several options

1. Go with U perform.
2. Keep in house at Odd Down
3. AVR and Steve Clark to work together.

DH

VB

	<p>The committee voted unanimously for option 2</p> <p>- Position of Chair and Club Leadership</p> <p>Vicky will update the job role for the position of chair. Once this has been agreed the role will be advertised out to the club, if members then apply for the role, we will then look at getting a date for the AGM.</p> <p>- Club Calendar</p>	
5	<p>Actions required for Websites (to be sent to Will Hargreaves)</p>	
6	<p>AOB</p> <ul style="list-style-type: none"> ● AVR Relay – Jay has stepped in to help with the AVR relay dated 29th June, Martin has also helped promote this through GG. ● MOB match 20th June. Need to see what is going with this. ● Buddy runs from Thursday from Bradford, currently not happening. Andrew has said he is happy to do a buddy run. ● Cotswold Relay – 3 spaces still available ● Off Road League scoring still being discussed. 	
7	<p>Committee Meeting Dates for 2024</p> <ul style="list-style-type: none"> - Due to be held at TRFC (Trowbridge) at 8:15pm on the first Tuesday of the month. <ul style="list-style-type: none"> ✕ 2nd July ✕ 6th August ✕ 3rd September ✕ 1st October ✕ 5th November ✕ 3rd December 	

The Vice Chair closed the meeting at 10:15 pm

Signed:

Date:

Appendix 1 – Income and expenditure report

AVON VALLEY RUNNERS - INCOME AND EXPENDITURE
May-2024

Balance b/fwd from:	<u>30-Apr-2024</u>	<u>£ 11,416.86</u>
Income		
Membership	£ 1,539.00	
EA Subs	£ 692.00	
Presentation Night	£ -	
Other Social	£ -	
Club Kit	£ 65.00	
AVR Half	£ 316.00	
AVR OTH	£ -	
AVR 5k	£ 1,286.00	
AVR 5x5	£ -	
Other AVR Races	£ 24.00	
JAVR	£ -	
AVT	£ 419.94	
Other Races	£ -	
Special Projects	£ -	
Coaching	£ -	
Volunteers	£ -	
Other	£ 453.00	
Total Income	£ 4,794.94	£ 16,211.80
Expenditure		
EA Subs	-£ 1,463.00	
Membership	-£ 88.92	
Presentation Night	£ -	
Other Social	£ -	
Club Kit	-£ 0.74	
AVR Half	-£ 8.30	
AVR OTH	-£ 245.94	
AVR 5k	-£ 805.30	
AVR 5x5	£ -	
Other AVR Races	£ -	
Other Races	-£ 400.00	
JAVR	£ -	
AVT	-£ 314.40	
Other	£ -	
Coaching	-£ 453.00	
Volunteers	£ -	
Special Projects	£ -	
Fees	-£ 337.80	
Tfr to Deposit A/C	£ -	
Total Expenditure	-£ 4,117.40	
Balance as at:	31-May-2024	<u>£ 12,094.40</u>

Financial Status	
Bank account	£ 12,094.40
Money to be banked	£ -
Unpresented Cheques	£ -
Ledger Balance	<u>£ 12,094.40</u>
Balance in Deposit acc	£ 5,140.63
Total cash assets	£ 17,235.03
Stock of Club kit	£ 2,562.00
Cash held by EntryCentral	£ 50.00
Cash held by AVT	£ 1,457.19
Fixed Assets	£ 1,539.00
Total assets	£ 22,843.22

Cash Reconciliation	
Nos	
£ 20.00	£ -
£ 10.00	£ -
£ 5.00	£ -
£ 2.00	£ -
£ 1.00	£ -
£ 0.50	£ -
£ 0.20	£ -
£ 0.10	£ -
£ 0.05	£ -
£ 0.02	£ -
£ 0.01	£ -
Cash	£ -
Cheques	£ -
Inc Cheques	£ -
As at: 31-May-2024	

Unpresented Cheques:	
	£ -
	£ -
	£ -
	£ -
	£ -
Total	<u>£ -</u>

Sub Accounts:	
AVT	£ 3.48
Future Projects	£ -
Sub Accounts Total	<u>£ 3.48</u>
Budgets:	
Fees	£ 2,808.81
Coaching	£ 1,532.00
Volunteers	£ -
Social	£ 1,000.00
Presentation Night	£ 312.07
Budgets Total	<u>£ 3,808.81</u>

Committed Liabilities	
Track Maint	£ 2,300.00
	£ -
	£ -
	£ -
	£ -
Total	<u>£ 2,300.00</u>

Available Balance	£ 5,982.11
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Appendix 2 – Scimitar quote

Invoice Address

Avon Valley Runners & Imber Ultra

Shipping AddressFAO: Hayley Chapman
Avon Valley Runners & Imber Ultra**Quotation Number: QUO-93962****PO Number:**

Account Manager	Quotation Date	Expiry Date	Delivery Date
Luke Fowler	10/04/2024	10/05/2024	24/05/2024

Product	Description	Quantity	Unit Price	Price
*Recycled Sublimated Technical T-Shirt SC-TT-C-001		26	£20.00	£520.00
*Sublimated Recycled Running Vest SC-RV-C-001	Side Panels: No Side Panel Stitching if having side panels.: Standard Reflective Upgrades (Additional Costs) : None	26	£17.00	£442.00

Artwork	£0.00
Setup	£0.00
Delivery	£20.00
Total (excl. VAT)	£982.00
VAT	£196.40
Total	£1,178.40

THIS IS NOT AN INVOICE

Please request an invoice before paying

Notes:

Appendix 3 – Proposal for use of running track on a Thursday.

Dear AVR committee

Recently, we submitted a request to use your running track managed by Trowbridge Rugby Club, but our request was denied. It appears there may be concerns about potential conflicts or disruptions to your club's activities. This was never our intentions but we would love to come to an agreement and arrangement to operate from your track please see our proposal below.

This proposal proposes the reconsideration against the decision to gain access to your running track for our community fitness group. Our group aims to promote health and well-being in the local community through organised fitness activities. We believe that granting us access to your running track will not only support our mission but also benefit the track's managing club by fostering community goodwill and potentially increasing your membership base in the long run. We would like to say again that our presence does not pose a threat to the club's current operations or its members.

We are here on the grounds of creating a safe environment for people of all abilities and ages to feel comfortable whilst working out.

Our Background

Our group of local men and women with a mission to improve their health through regular physical activity.

We both have been involved in organising various fitness events and charity challenges including running, walking, cycling. We believe setting this group up will be a massive benefit to all. Our group consists of individuals of all ages and fitness levels, united by a common goal of achieving better health and fitness.

Our Objectives

1. Promote Health and Fitness: Provide a safe and suitable environment for our group to engage in physical activity.
2. Community Engagement:
Strengthen community ties with ourselves TRC and AVR.
3. Support Track Club Goals: Enhance the reputation of Trowbridge Rugby Club / AVR as a community-centered organisations.
4. Change of name - Our proposal will be to
Change our name to - Trowbridge Running and fitness group. Removal of Club will take a way any club on club conflict of interest.

Benefits

1. Community Health Improvement: Access to a running track will enhance our fitness programs, encouraging more people to participate.
2. Increased Track Utilization: Our use of the track can increase its overall utilization, showcasing the facility as a vibrant community hub.
3. Potential Membership Growth: Positive interactions with our group could lead some of our members potentially joining AVR boosting their membership numbers.
4. Public Relations and Goodwill: Allowing a community group access to the track can generate positive publicity for the club, highlighting its commitment to supporting local health initiatives.

1. Scheduled Use: We would love to use the track on a Thursday 7-8 but we understand that this day and time might not always be available. We are flexible in our times and days with notice if possible. Please consider the people attending our sessions will have young families so we would need to find a reasonable time to suit everyone even times like 6.30 - 7.30 if that would be optional.

2. Clear Communication: Establishing a clear line of communication between our group and the track management to coordinate schedules and address any concerns promptly.

3. Respectful Conduct: Ensuring that our members adhere to all track rules and respect the facility and its members.

4. Liability Coverage: Our group carries liability insurance to cover any potential accidents or damages that might occur during our use of the track.

Financial Considerations

We are willing to contribute to the maintenance costs of the track during our usage times. We propose a nominal fee to cover expenses, demonstrating our commitment to being responsible users of the facility. Additionally, any events or programs that we organize at the track can include a small fee to further support the club's maintenance and operational costs.

Conclusion

We believe that granting us access to the running track will be mutually beneficial. Our group's mission aligns with the overarching goal of Trowbridge Rugby Club to promote fitness and community well-being. By working together, we can enhance the utilization of the track, support community health, and create a stronger, more connected local fitness culture.

We respectfully request a reconsideration of our application and are open to discussing any terms or conditions that would make this collaboration feasible and beneficial for all parties involved.

Next Steps

1. Meeting Request: Arrange a meeting between our group representatives and the management of TRC/AVR to discuss this proposal in detail.
2. Pilot Program: Propose a trial period for our group to use the track, during which we can demonstrate our commitment to cooperation and responsible use.
3. Feedback Loop: Establish a feedback mechanism to ensure continuous communication and address any issues that may arise promptly.

We look forward to the opportunity to collaborate with Trowbridge rugby club and AVR and contribute positively to our community's health and fitness.

Thank You
Tom & Beth

Appendix 4 – Tim's proposal

Proposal for Club Target Races and Coaching Support

Background

AVR has a strong offering in the following categories:

1. Social runs, both buddy and LiRF/CiRF led runs
2. Track based interval sessions
3. Learner/Early development courses (C25K, and this year 5-10K.)

These offerings are primarily focussed on the General Preparatory Exercises and Specific Preparatory Exercises categories (EA's Exercise Classification Hierarchy)

Additionally, some of the club coaches (unsure how much this happens) offer one to one personalised coaching, either on an ongoing basis, or for one-off event training, thereby building on the above base (non-specific) training into the SDE and CE categories.

It could be concluded, therefore, that the members are well served by the structured GPE and SPE offerings, but less so for the SDE and CE unless they are lucky enough to be supported on an individual basis. This potentially presents a gap in offering for race specific training where no personalised training is available. In 2023, Dave Bagshaw ran a successful 5-10K development programme – this proposal seeks to build on that initiative.

Allegorical feedback suggests that a significant (but of course, unquantified) proportion of our members feel that they have a lack of focus and objectives once they want to explore the competitive options. Some additionally feel that the club does not cater for them once they have progressed beyond (again in EA's terminology) Event Group athletes. *Note, there is a pervading sense that while the club promotes the WRRL and WORL, these are too daunting for some (different distances, a lot of them, and often very close together).*

Objectives

1. To promote and support club targeted races
2. To complement existing club sessions, by providing event specific training targeting these races.
3. To foster an enjoyable and rewarding environment in which runners (and coaches) of all abilities can challenge themselves towards a tangible target.

Aims

- To provide focus for individual training by identifying and working towards target races, and to train corporately with others who have the same race focus
- To promote a 'system' of specificity in training whereby runners can augment their own training and club coached general sessions towards a target goal
- To provide coaching support for those engaging in the above, aiding their development whatever the level that might be at – from the new to more experienced runners, and at whatever pace they might currently be at.
- To encourage growth and development of our existing coaching team wishing to get more hands on, and of our LiRFs wanting to get practical experience building towards their coaching qualification.

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Proposal for Club Target Races and Coaching Support

Proposal Summary

Focus

The club would nominate a club target race or races. I suggest two, or more, 10m-HM Autumn races:

- Great South Run 10 Miles - 20 October (also an England Masters qualifier)
- Andover Half – 27 October (a flat and fast course, the week after the GSR, so the training programme will peak for either)

Other suitable races would be:

- Henley Half: 20/10
- Richmond Park Half: 27/10

The target races would provide the focus for the 2024 training plan. These dates are close enough to facilitate a single training plan, and also the Great South and Knebworth could be run for those wishing to do both.

Note: Participation in this would avoid the AVR Wiltshire Half (24th November); it has been suggested that using that as a target race could adversely affect the volunteering levels, so excluding it allows participants to support as a volunteer, or to race. Being 3 weeks after Knebworth, there will be sufficient recovery time to allow the running of this too.

Format

Weekly sessions will be held from late Summer, provisionally from 12th August.

Each week will concentrate on a race specific practice to complement the existing club runs:

- Monday Social (Base training/recovery after long run)
- Tuesday or Wednesday track
- **Thursday or Friday Specific session** (longer intervals/split runs/speed endurance/hill work/benchmarking e.g. Cooper..... etc)
- Saturday or Sunday long run
- (and athlete dependant additional runs or variations as appropriate)

With the assumption that these new sessions will typically be of a fairly heavy training load, the proximity to other sessions needs to be considered, adjacent sessions representing a potential risk of injury. For this reason, this programme will require details of the Tuesday and Wednesday track sessions, plus any other high training load sessions in advance, so that the focus and timing of these sessions can be taken into account.

Participation

Interested participants would be invited to express their interest in advance, so the sessions can be planned around the number and profile of the participants. The next stage will be to communicate the scheme, and to issue a survey to members in order to inform the anticipated participants' requirements.

Proposal for Club Target Races and Coaching Support

This will be open to all, irrespective of experience or ability; it should equally cater for those who are making first tentative steps into the scary world of competition, through to seasoned campaigners.

For those simply wanting another session, they will be welcome to attend.

For those wishing for a more complete experience, the coaching team will offer to ascertain the needs of the individual, and advise on existing plans, or help to construct a training plan for the individual. This, of course, will be dependent on the desire and capacity of the participating coaches.

The Coaching Provision

The coaching plan will be primarily devised by the lead coach(es), then the coaching team will be briefed on the overall objectives and sessions, and then the detailed session plan prior to each weekly session.

Structured weekly training sessions will be held in groups, wherever practical in a single group, although the participants will be roughly sub-divided into training needs, with each subgroup being mentored by a CiRF or LiRF. The aim is to foster a supportive corporate 'all in this together' environment, while ensuring that the experience of each individual is appropriate to their needs.

Coaching resources required will be dictated by the demand; both in terms of absolute numbers involved, but also to what extent personal coaching is offered/taken up. I envisage that the minimum requirement will be one lead coach, with three or more supporting LiRFs, with those LiRFs participating in the training sessions and integrating into the sub-groups. We should, however, be prepared for numbers requiring more than one coach, and more LiRFs. This assumption is based on possibly four groups; eg | paces for the 10 miles at Sub 70, Sub 80, Sub 90, 90+

Pre-launch, the training plan design will doubtless benefit from wider input from the coaching team to ensure appropriate training stimuli, and safe incorporation of this training alongside existing provision.

(I have not spoken to any other coaches about their possible involvement – I have spoken to two studying LiRFs who are provisionally keen to be involved, another who has contacted me asking to be involved, and a further suggestion made by Fiona).

Requirements from the club

- Non-negotiable: Promotion on usual club channels, and circulating mailing the survey
 - Non-negotiable: Access to the TRFC track on Thursday or Friday
 - Non-negotiable: Input from those designing coached sessions to ensure training is complementary
 - Possible: Provision of minibus to the target races
 - Possible: Provision of funded access to Bath Uni track (depending on numbers)
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Next Steps

Action	Date
Proposal to committee	04/06
Communications: <ul style="list-style-type: none">- Promotion- Issue survey- Survey reminder	14/06 19/06 22/06
Collate survey information	28/06
Agree CiRF and LiRF delivery team	05/07
Complete detailed scheme design	19/07
Communicate and invite sign ups	26/07
Delivery Team launch meeting	02/08
Commence programme	15/08