

Avon Valley Runner Main Committee Meeting Minutes

Tuesday 1st February 8:30pm

1. Introduction

- a) Present – Laura Waterhouse, Rich Newman, Anthony Hickson, Vicky Ody, Dave Hyde, Sally Frawley, Joby Hobbs, Tim Lowrie, Gemma Knudson, Emma Day, Sheona Yellowlees, Kat Taylor-Laird, Michael Guy, Carole Alston.
Apologies – Martin Bull, Jackie Rockliffe
- b) Actions from January Minutes
AVR Finish Funnel (carried forward);
1st Aid Training – Rich Ayling emailed to say all Lirf & Cirf from April 2022 (and existing Lirf & Cirf when review training) need to complete a first aid training online. This will be very basic and may not cover us for use at events and on race day. This also does not include other members so needs further clarification – RN to continue to look at.

2. Reports

Reports to provide brief update to committee, with option to circulate detailed written report via Minutes Secretary for committee to discuss as required.

- a. Treasurer's report – no comments
- b. Kit report – none received
- c. Membership Secretary report – going well and new members joining each month
- d. Club captains' reports
- i. Road – no report necessary as season not started yet
 - ii. Off Road – Circulated prior to meeting. 5x5x5 is open for sign ups.
 - iii. AVT – there are some new members in the working group now and enthusiasm and interest from new AVT members is increasing. All coaching is from outside as there is none happening in house at the moment. There are weekly social runs, swims and cycles and these usually involve food and drink as well.
Discussion around coaching - £350 per Level 1 Triathlon Coach and AVT would like to have 2 new coaches this year. They would need a contract of agreement as to what they would need to give back to the club. All agreed that this should be something that should be adopted by both AVR and AVT – KTL to put initial draft together for RN to look at. AVT coaches would look to offer 1 session per week for 48 out of 52 weeks and at the moment are looking to be Chris Walford and Annalie Ibbison/Sue Porto.
Results – were very difficult to put together in 2021 so KTL would like a new email address for 2 people to have access to and sort through. Hodd to sort and RN to follow up if necessary.
- e. JAVR – Circulated prior to meeting. AVR Youth is now live!! Website needs to be amended.
- f. Working group reports
Social – presentation evening: 105 tickets sold. The price increase was to cover the costs. There is currently no working group for 2023 and there is £4500 in the budget for this.

3. Committee updates and discussion

- a. Club Development Plan – 10 mins small group chat
KTL & TL – AVT - development plan document covers most of the points. They want to offer a supportive group, encouragement, advice and company. Not sure where they fit into the club as a whole and if it is built on, where does it lead? Money side of things? AVT want to demonstrate that they welcome new people and are experienced at what they are doing. Want to be more visible as a part of AVR and want to train 2 new coaches so can offer in house coaching sessions to the club.

SF – AVR Youth – Would like to pay for them to have kit if saying that need to wear it: there are many different children from different backgrounds and

what to make it accessible to all. Offer incentives to encourage them. Want to integrate more with AVR so that the links are there when they are ready to move up to AVR. Rich Ayling is now coaching and more in house coaches are being trained up.

LW & SY – admin – Lots of stuff is duplicated and not sure who is responsible for what. What are we actually paying for? Entry Central – what do we get for that, could we do it better ourselves as Emma keeps her own database? Utilise our resources.

AH, MG & CA – Road and Off Road – Championships and Wilts Championships are both happening but only a few people do most of the races and $\frac{3}{4}$ only do one of them. There needs to be encouragement for people to do more events. What is the bursary – travelling is not really an expense as most events are local. GG is ok but not every member wants to set themselves challenges and those that do, will do it whether GG is there or not. Maybe need to signpost members to other challenges that are available.

DH & ED – Mental health – is a core part of our club as want people to feel happy and supported with like minded people. Want to bring people together and be more community related – being there for people. There are 2 parts: social runners and competitive runners. There are an increasing amount of social runners but are we offering enough to the whole community? We are not very visible but do we want to be visible? We have over 400 members so we are not in need of actively searching for members. Want to offer more beginners courses. Are we visible to local competitive runners? AVR Youth starting to go into schools but could be doing more of that. Need better links with Active Trowbridge.

JH & GK – There is a nice structure to the development plan. The club bursary for competitive runners needs looking at: £500 is that the whole budget? Needs to be for high level competitors like top 10 placing in the league and the county. Only have Steve for high level coaching and that is not always going to be available so if we haven't got the coaches then we can't offer it.

Need more focussed groups as doing all this at committee level would be too difficult. VO cannot do it alone as does not have all the expertise so need volunteers from the club for the focus groups. RN to send email to members listing 6 focus points.

b. 2022 operational budget

Annual things incl rent all accounted for SY wanted to check some of the payments included in the budget:

Track maintenance, need to check our contract with TRFC and should the groundsman be doing it weekly as last year needed to be done by AVR. Storage – there will be a figure in the budget for it as we are going to need it.

Website – not the most user friendly, funds available for it so can look into it later in the year.

Pound Lane – link is through VO and had reduced rate due to covid.

Affiliation – ARC and EA provide our insurance so could be doubling up. CTT is not needed for local TTs. British Triathlon and Wilts Athletic Association are paid and are continuing.

Survey Monkey was a one off payment in 2020.

Budget for this year is £8000 and if have the same members as last year we will cover our running costs. Anything else will be extra.
Rent for TRFC – get track and toilets and 4 free room bookings – contract is signed up to August so needs to be discussed again at that point.
Proposal that the club goes cashless. Sum-up machines have a 1.69% charge per transaction. Agreed that club goes cashless and SY will order sum-up machines.

- c. Lirf & Cirf – DH is chasing but has no response. DH will send a firm email giving time frame for completion as need to plan for future runs.
- d. Weekly daytime coaching sessions – JR proposal read out and all approved. Weekly daytime intervals sessions to be planned by Rich Ayling and led by 2 Lirfs or Cirfs.
- e. JAVR Rebranding – gone live.
- f. Quotes for race timing – Anthony has gained quotes. We currently pay £4500 per year to DB Max. The quotes suggest that the cost to get our own chip timing equipment will be around £4500 but questions about the number of people that need to be trained to use it are still an issue. Further discussions need to take place.

4. AOB

Runs on RunTogether – some are available to book months ahead and this has meant that some are not able to book onto interval sessions. Also means that are no spaces for new members. Numbers for track interval session have gone up to 30 from this week. Should we offer another session on a Wednesday evening? Waiting lists are not working as the 24hrs to respond to a space becoming available doesn't work when a cancellation occurs a few hours before the session. RN to talk to Sean to discuss a way forward.

5. Next Meeting:

Committee Meeting Tuesday 1st March 8:30pm TRFC