

Avon Valley Runners Committee Meeting



Held at TRFC on
Tuesday 1st August 2023

Committee members present	
Sara Robert	Chair
Dave Hyde	Honorary Secretary
Caroline Scott	AVT
Jay Sims-Bagshaw	Safe Guarding lead
Andrew Sharratt	Off Road Race Secretary
Martin Russam	Road Race Secretary
Vicky Bodman	Vice Chair
Simon Reeves	Honorary Treasurer
Also present	

The Chair opened the meeting at 20:16pm

Item	Minute	Action
1	<p>Welcome and apologies for absence. Declaration of quorum.</p> <p><i>The Chair welcomed all.</i></p> <p><i>Apologies received from:</i></p> <p><i>Hayley Anderson, Emma Day, Debbie Ellis</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 04/07/2023</p> <p><i>The minutes of the AVR Committee meeting held on 4th July 2023 were approved as a fair and accurate record of the meeting.</i></p> <p><i>A post / email is required to assist with awards night. Emily Dye has volunteered to be part of it. Working group to be formed. Volunteers need to be recognised more. Posts need to be created to encourage members to volunteer for this.</i></p>	DH
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 note and discuss as required.</i></p> <p>a. Treasurer's report</p> <p><i>SR has provided a copy of the Income and expenditure report for July 2023. A copy of this report can be found in appendix one.</i></p> <p><i>Of note:</i></p> <ul style="list-style-type: none"> ● <i>Alzheimers donation of £1000 still to be made from Over The Hills</i> 	

- *Kit Report up to date providing actuals*
- *Income from AVR Half is sponsorship money for the event which will fund t-shirts.*

b. Kit report

	Size	Quantity			Size	Quantity		Size	Quantity	
Ladies T-Shirt	XS	4			Mens T-Shirt	XS	4	AVR HI Vis Jacket	M	2
Ladies T-Shirt	S	7			Mens T-Shirt	S	5			
Ladies T-Shirt	M	8			Mens T-Shirt	M	3	AVR LED Beanie		1
Ladies T-Shirt	L	6			Mens T-Shirt	L	2			
Ladies T-Shirt	XL	4			Mens T-Shirt	XL	4	AVR Regatta Jacket	S	4
Ladies T-Shirt	XXL	3			Mens T-Shirt	XXL	5	AVR Regatta Jacket	M	4
Ladies T-Shirt	3XL	2			Mens T-Shirt	3XL	3	AVR Regatta Jacket	L	3
			34				25			11
Ladies Vest	Size	Quantity			Mens Vest	Size	Quantity			
Ladies Vest	XS	4			Mens Vest	XS	5			
Ladies Vest	S	1			Mens Vest	S	3			
Ladies Vest	M	6			Mens Vest	M	0			
Ladies Vest	L	12			Mens Vest	L	1			
Ladies Vest	XL	3			Mens Vest	XL	5			
Ladies Vest	XXL	4			Mens Vest	XXL	4			
Ladies Vest	3XL	2			Mens Vest	3XL	2			
			33				19			
Ladies Crop	S	1								
Ladies Crop	M	7								
			8							

c. Road Secretary Report

No Report Received

d. Off Road Secretary Report

The Wiltshire League Off Road races for 2023 – 2024 have now been released:

- *Race#1 White Horse Gallop – Stampede Sports 22nd Oct*
- *Race#2 Over the Hills – Avon Valley Runners 5th Nov*
- *Race#3 Yarnbury Yomp 10k – Shrewton RC 26th Nov*
- *Race #4 Riverbank Rollick – Thornbury Running Club 14th Jan*
- *Race#5 Lungbuster – Royal Wootton Bassett RC 4th Feb*
- *Race #6 SMaRTT Smasher – Calne SMaRTT 18th Feb*
- *Race #7 Terminator – Pewsey Vale Running Club 25th Feb*
- *Race #8 to be confirmed 24th March*

Except for race 1, there are no entry links yet

e. Membership Secretary report

Membership Stats	July
Number joined in month	3
Number of brand new members this month	0
Number of EA members this month	0
Number of Life Members	25
Total number of members this year	306
Total number of paying members this year	281
Total number of EA members this year (inc changes to claims)	148
Total brand new members this year	44
Total Number of Youth this year	29
Total Number of SEN this year	63
Total Number of V40 this year	68
Total Number of V50 this year	79
Total Number of V60 this year	49
Total Number of V70 this year	12
Total Number of V80 this year	6
Percentage of Female members	46%
Percentage of Male members	54%

f. Avon Valley Triathletes (AVT)

- *Tri season is coming to an end, and we saw attendance high at the following events LCW (Alan Best, Caroline Scott, Emily Dye and Annalie Ibison complete full ironman distance over 3 days) - quite some undertaking. There were many other AVT entries at varying distances. The course was very in Tenby where it is very hilly.*
- *70.3 - Great achievements - Titan (Diane Heir) and Swansea (Will Whitmore). Seems to be more interest in 70.3.*
- *Centurion is an AVT focus event happening in a couple of weeks.*
- *LPS events saw quite a number of events for less widely promoted events like aquathlon and aqua bike.*
- *Annalie Ibison and Alan Best has been producing some great results over various tris over the season. This is reflected in the AVT leader boards.*
- *Segment of the year is in full swing, and Caroline Scott has one every month (but one) to date.*
- *The working group is looking to build more capacity for brick offerings in the new season with some newly trained coaches.*
- *Run to breakfast has taken a turn and is now offering brick sessions which have been warmly received!*
- *The swim season has ended and will restart in September following Wiltshire term times.*

g. AVR Youth

AVR Youth Report - May - August 2023

AVR Youth has been quite sporadic over the last 3 months. Due to 3 Bank Holidays in May, half term breaks and volunteering issues most of the Monday sessions have not gone ahead. The Wednesday sessions have been more often and consistent.

	<p><i>We have now broken up for the summer school holidays and will resume back in September.</i></p> <p><i>The AVR Championships organised by Jay Sims-Bagshaw and the Youth was a fantastic success. Quite alot of our juniors attended, ran some very fast times and had a great evening. It was very motivating for everyone especially our younger athletes and several of them got PB's which they were delighted about.</i></p> <p><i>AVRY also did a Park Run event at Southwick on Saturday 29th June, and although only a few could attend due to holiday commitments it was another successful event and one we are planning on doing again in September.</i></p> <p><i>AVR Youth are struggling quite alot at the moment for volunteer coaches, particularly for a Monday evening and as various coaches will have other work and personal commitments coming up we are currently looking at the best way to move forward from September.</i></p> <p><i>Discussions will be taking place in the next few weeks with the AVR Youth coaches to see if it is still viable to run it 2 nights a week and possibly amalgamating the groups to one session per week, possibly a Wednesday.</i></p>	
<p>4</p>	<p>Committee Discussion</p> <p><i>1. Treasurer Report Si R - discussed and noted above.</i></p> <p><i>2. Bank Details and Signatures Si R</i></p> <p><i>Simon announced that he will stay on as Treasurer which was great news to the committee. As a result of this, the official signatories to the accounts need updating. It was decided that the Official signatories to the account to be Treasurer, Chair and Secretary - forms signed and returned to Simon for submission.</i></p> <p><i>3. Sean's Event SR DH</i></p> <p><i>Sean's proposal (annex 2) - A night of 5000 pbs - The Committee are happy to support Sean in continuing to develop the idea to take place in 2024.</i></p> <p><i>4. AVT CS</i></p> <p><i>Level 1 Tri coaching Course £300 - Diane Hier, Annalie Ibison and Keith Withers are all willing to become coaches for multi sport. The question asked of the committee was 'Is there a way it can be supported by the club?' Following a discussion it was decided that the money would need to come from AVT raised funds. £100 to be allocated to each of the coaches from the AVT fund providing each trainee coach provides a write up on why they are applying and must commit to taking at least 10 sessions a year. - Action CS</i></p> <p><i>Sub note - Coach budget to be discussed at Coaches Meeting as track hire has now started to come from this budget - Action JSB</i></p> <p><i>New Role in AVT Working Group to cover social media and promotion. It was agreed that this would be a decision for the ACT working group.</i></p> <p><i>AVT Facebook page - social media guidelines - Can paid for sessions be advertised that are not organised by AVT working group? The social media guidelines say that paid for activities not organised by AVT should be advertised on the AVR open page only. Within the members only pages of AVT no private coaching, paid or otherwise should posted or advertised. This is for only AVT sessions planned by the working group.</i></p>	<p>SiR</p> <p>DH to inform SP</p> <p>CS</p> <p>JSB</p> <p>CS</p>

	<p><i>There has been confusion as the AVT page is for members only and Richard Smith has been posting on there when not a member. Sara R stated that Richard Smith does not have to be a member of the club as he is a coach who was not funded by the club but gives his time to the club for free.</i></p> <p><i>AVT asked if they are allowed to choose to pay for coaching. The committee said that they are but the funds would need to come from AVT funds or be self funded by those in attendance of the coached session.</i></p> <p><i>Wiltshire Pool Invoice Issue - Simon R to pay invoices.</i></p> <p>5. Website Update VB</p> <p><i>SiR mentioned that the search engine does not work properly. This is to be looked into - Action VB to feedback to WH</i></p> <p><i>VB proposed an upgrade costing £320 for Bootstrap 5 to allow to get over some of the difficulties with the website. The committee voted unanimously in favour of this. Action - VB to instruct Darek to go ahead with the upgrade.</i></p> <p>6. AVR Half and Gazebos VB</p> <p><i>At present there are 28 entries. There has been a surge in sponsorship with the main sponsor confirmed as Avon Field Kitchen which was met with delight at the meeting. There is nearly enough sponsorship to cover the t-shirts. The medals are being designed and there will be new publicity material created shortly.</i></p> <p><i>VB informed the committee that the AVR Half Working Group need to assess the situation with Gazebos as they person who we get the marquees from usually has changed and therefore there may not be an option to use these. Action - VB and HA to research gazebos and come back with costs. Provisional budget of £1000 allocated for this..</i></p> <p>7. Website Updates VB</p> <p><i>AVT Closed events to be added to the website - Action - CS to message Will</i></p> <p>8. Calendar Updates DH</p> <p><i>Everyone to add events to the calendar and start populating dates for 2024. This will be stored on the shared drive. Action - DH to request access to the shared drive for committee members who currently do not have access.</i></p> <p>9. Off Road Events AS</p> <p><i>8 races have been added to the league for this year. You can only enter the first one at the moment. Over The Hills is one of the races, but entries are not yet open. Action - VB to speak to EK about opening entire</i></p> <p>10. AOB</p> <p><i>Simon R requires a copy of the AGM minutes to assist with the signature change. Action - DH to issue.</i></p> <p><i>Road Race League - There was good attendance at Heddington. Next races in the league are - Langley Burrow 10k bolt 13th August and Heddington 15th August. Currently in 2nd place.</i></p> <p><i>Club Development Survey - Discussion between JSB and Rich Ayling - 10 questions currently with input from AVT Would the committee to add a question to the survey. JSB suggested some questions. Do you know who is on the committee and what the roles of the management are. Do you have any questions for the committee?</i></p>	<p>CS</p> <p>SiR</p> <p>VB</p> <p>VB</p> <p>VB & HA</p> <p>CS</p> <p>DH</p> <p>VB</p> <p>DH</p> <p>CS and JSB</p>
--	---	---

	<p><i>Once questions are finalised - the questions will be taken to 5 members to sense check and then taken to the members.</i></p> <p><i>Awards Committee - A Post and email needs to be created and sent to encourage members to be part of the awards committee. Action - DH to create.</i></p> <p><i>Committee Membership - DH informed the committee that he intends to step down from his role as Secretary at the end of the year. The committee was asked to let the Chair know by the next meeting if they were not going to carry on next year so that vacancies can be filled. Action - Committee members to inform the Chair by next meeting if they plan on vacating their role.</i></p>	<p>DH</p> <p>ALL</p>
<p>6</p>	<p>Committee Meeting Dates for 2023</p> <ul style="list-style-type: none"> - All due to be held at Trowbridge Rugby Club at 8.15pm on the first Tuesday of the month. <ul style="list-style-type: none"> ☐ Tuesday 5th September 2023 ☐ Tuesday 3rd October 2023 ☐ Tuesday 7th November 2023 ☐ Tuesday 5th December 2023 	

The Honorary Secretary closed the meeting at 21:36 pm

Signed: Date:

Appendix one – Income and expenditure report

AVON VALLEY RUNNERS - INCOME AND EXPENDITURE
Jul-2023

Balance b/fwd from:	<u>30-Jun-2023</u>	<u>£ 15,246.69</u>
Income		
Membership	£ 81.00	
EA Subs	£ 34.00	
Presentation Night	£ -	
Other Social	£ -	
Club Kit	£ -	
AVR Half	£ 1,084.00	
AVR OTH	£ -	
AVR 5k	£ 524.00	
AVR 5x5	£ -	
Other AVR Races	£ 27.00	
JAVR	£ -	
AVT	£ -	
Other Races	£ -	
Special Projects	£ -	
Coaching	£ -	
Volunteers	£ -	
Other	£ -	
Total Income	£ 1,750.00	£ 16,996.69
Expenditure		
EA Subs	-£ 103.36	
Membership	-£ 30.24	
Presentation Night	£ -	
Other Social	£ -	
Club Kit	£ -	
AVR Half	-£ 9.20	
AVR OTH	£ -	
AVR 5k	-£ 121.20	
AVR 5x5	£ -	
Other AVR Races	-£ 54.00	
Other Races	-£ 333.00	
JAVR	£ -	
AVT	£ -	
Other	-£ 96.83	
Coaching	-£ 160.00	
Volunteers	£ -	
Special Projects	£ -	
Fees	-£ 323.87	
Tfr to Deposit A/C	£ -	
Total Expenditure	-£ 1,231.70	
Balance as at:	<u>31-Jul-2023</u>	<u>£ 15,764.99</u>

Cash Reconciliation		
<u>Nos</u>		
£ 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: <u>31-Jul-2023</u>		

Unpresented Cheques:		
	£ -	
	£ -	
	£ -	
	£ -	
	£ -	
Total	£ -	

Sub Accounts:		
AVT	£ 130.00	
Special Projects	£ 183.86	
Sub Accounts Total	£ 313.86	
Budgets:		
Fees	£ 2,184.15	
Coaching	£ 2,141.24	
Volunteers	£ 1,000.00	
Social	£ 628.00	
Presentation Night	£ 2,200.00	
Budgets Total	£ 3,812.15	

Committed Liabilities		
Track Resurface	£ 4,186.80	
Kit Order	£ 504.00	
OTH 2022 Donation	£ 1,000.00	
OTH 2022 Expenses	£ 73.00	
OTH 2023 Licence	£ 50.00	
	£ -	
	£ -	
Total	£ 5,813.80	

Available Balance	£ 5,825.18
--------------------------	-------------------

Financial Status	
Bank account	£ 15,764.99
Money to be banked	£ -
Unpresented Cheques	£ -
Ledger Balance	<u>£ 15,764.99</u>
Balance in Deposit acc	£ 5,069.09
Total cash assets	£ 20,834.08
Stock of Club kit	£ 3,047.00
Cash held by EntryCentral	£ 50.00
Cash held by AVT	£ 1,368.41
Fixed Assets	£ 3,078.10
Total assets	£ 28,377.59

Wiltshire Athletics 5,000m/10,000m Championships

I would like to propose the following event.

I have long felt that the two track distances of 5,000m and 10,000m have been overlooked. Mo Farah brought both distances to the fore and I feel that we ought to be encouraged by his legacy. In addition to that there is a very successful event held annually called “The Night of the 10000m PB’s” which is very popular amongst UK elite. I am aware that there is a 5,000m event held at the Wiltshire Track and Field Championships annually but only a few turn out for this despite it being the county championships.

Useful links if you have not heard of “The Night of the 10000m PB’s”.

<https://www.nightofthe10kpbs.com/>

https://www.youtube.com/watch?v=H6p7HGtE_yY

Clearly our budget wouldn't be up to emulating the event held at Parliament Hill track, but we would look to make it a localised version!

I would like to propose the following event format:-

1. In 2024 we host a pilot event of probably the 5,000m – Which if Wiltshire Athletics agree then it would be the County Championship race.
2. Each Wiltshire club would be invited to submit a team to represent their club.
3. We would hold four races: Senior Open/Senior female/Vet Open/Vet Female.
4. Each team would consist of 8 seniors (4 men/4 ladies) and 8 vets 1 in each of the following categories: FV40/MV40/FV50/MV50/FV60/MV60/FV70/MV70.
5. In each of the two senior races points awarded for the first twenty athletes 20 for first place, down to 1 for finishing 20th.
6. In each of the two Vet races we would award 5 for first in each category, down to 1 for fifth in age cat.

This would then present the opportunity for individual to become County Champion but more importantly there would be a podium for clubs and that is where the USP is for this event.

We would like to provide entertainment for spectators and that would be the key to event, encouraging clubs to bring their members to watch the event, possible features could include:-

1. Hot food on sale
2. Ice Cream van
3. Majorettes display
4. Stalls
5. DJ
6. Street entertainers
7. Reintroduction of Wiltshire athletic awards presentation at the event.
8. We would aim to create a festival/fete/carnival atmosphere for people to enjoy.

Venue proposal for pilot event in 2024 is Trowbridge Rugby Football Club track facility. Ultimately this could spread to both 10,000m and 5,000m events and we could even put it on a full athletics track at Bath University, Tidworth or Dautsey School in West Lavington in the year 2025.

Very interested to know your thoughts and would happily take on board feedback and additional ideas to help create an event with an amazing atmosphere for all of the Wiltshire Running clubs.

I am looking for the AVR Committee to agree in principle so that I can take the proposal to Wiltshire Athletics.

Kind Regards Sean Price