

Avon Valley Runners Committee Meeting



Held at Trowbridge Rugby Club on
Tuesday 1st November 2022

Committee members present	
Carole Alston	Safeguarding Lead
Hayley Anderson	Minutes Secretary
Debbie Ellis	JAVR Secretary
Dave Hyde	Honorary Secretary & Vice-Chair
Sara Robert	Chair
Caroline Scott	Multi Sport Secretary
Also present	
Sean Price (part of meeting)	Invited AVR Member

The Chair opened the meeting at 20.30 pm

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 for absence were received from Gemma Knudsen (Road Race Secretary), Sheona Yellowlees (Honorary Treasure), Michael Guy (Off road race 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 04/10/2022</p> <p><i>The minutes of the AVR Committee meeting held on 4th October 2022 were approved as a fair and accurate record of the meeting.</i></p>	
3	<p>Reports</p> <p><i>The relevant committee members were encouraged to provide a brief written report / update in advance of the meeting, which could be circulated to the committee via the Secretary. Committee can then note and discuss as required.</i></p> <p>a. Treasurer's report</p> <p><i>SY Report emailed to the committee before the meeting. To note SY has stepped down as Honorary Treasurer. Will continue till end of the year unless a replacement is found sooner.</i></p> <p>b. Kit report</p> <p><i>None.</i></p> <p>c. Membership Secretary report</p> <p>- Road</p> <p><i>None.</i></p> <p>- Off Road</p>	

	<p>MG's report had been emailed to the committee before the meeting. To note MG has stepped down as Off Road Race Secretary.</p> <p>- Avon Valley Triathletes (AVT)</p> <p><i>CS's report had been emailed to the committee before the meeting.</i></p> <p>d. AVR Youth</p> <p><i>DE's report had been emailed to the committee before the meeting</i></p> <p><i>Add on: Richard Ailing due to work commitment is coaching less but will stay as head coach. Also noted that Richard is coaching under volunteer not as a consulting coach (not a paid coach). Richard Smith will also now be supporting AVR youth.</i></p>	
<p>4</p>	<p>Committee updates and discussion</p> <p>a. Sean Price (SP) Feedback from Coaches meeting</p> <p><i>Sean joined the meeting to provide an update to the committee with regards to the latest coaches meeting.</i></p> <p><i>The working group would like to know/understand what the budget is available to the coaches so that they can plan the year. DH mentioned that all new budgets will be set in readiness for 1st January 2023 so will look at this closer to the time.</i></p> <p><i>A couple of coaches meeting have happened, they have been well attended. Question was asked...should all coaches be invited/ plus trainee coaches etc. The meetings are to plan/discuss a coaching strategy for the club and cooperation from all members would be ideal.</i></p> <p><i>Caroline Scott joined the conversation and said that she believes this would be a good idea to have representation at these meetings. Sarah Robert agrees that there should be representation for the meetings but not everyone as this could be too much. It was agreed that the minutes and agenda will be sent to the AVT secretary and Juniors@avonvalleyrunners.org. Then it can be decided who from these groups will attend the meetings.</i></p> <p><i>Evidence based training plan - questionnaire to go out to club members – Questionnaire to go out to members to find out what they would like to see on offer/planned for training sessions. Feedack from this questionnaire will help the coaches better plan their sessions for the coming year – all in agreement that this can go ahead.</i></p> <p><i>Golden Mile (Glosport) 18th June 2023 – Sean and Fiona would like to arrange a trip away for the AVR members to take part in this. They have asked the club to pay for the minibus. David Hyde also mentioned that there could be a possibility of also getting a second minibus if there is a lot of interest. AVR Youth will also be invited to this event, and it will be advertised out through the clubs facebook pages. Committee were all in agreement to support this event/trip and have agreed to pay for the minibus.</i></p> <p><i>Sean left the meeting at 20:54pm</i></p> <p>b. Financial Update</p> <p><i>Report has been emailed to the committee before the meeting.</i></p> <p>c. EA Fees 2023</p>	

EA fees have gone up by £1 per person. In order to cover this cost it has been suggested that membership goes up by £1 per person. This will need to be proposed at the AGM. ED to look into the stats of what other local running groups charge and how we compare.

d. Members Only Website area

Emma Day has asked why there is only a member only website? Do we need it?

Emma will contact Joby to see if there is a way the results can be added to the members page to make this more efficient. David Hyde commented that Joby has suggested something around this.

e. Run together

SR discussed that run together has positives in allowing coaches to know how many members have signed up to each session to make sure there are enough coaches etc. It also means that if no runners are signed up those coaches know not to travel for a session. However, is it needed for all runs?

Committee discussed this and agree that run together app is a great way of knowing who is signed up to speed/interval sessions which allows them to make sure enough coaches are at the track, so therefore should stay especially for coached session. Maybe not a necessity for other group runs so continue as is where you can sign up before a run if members want to, but you can turn up and run without having registered. No further actions required

f. Club records and star vests

Sarah Robert discussed that we need to make sure that we recognise some members that have achieved an amazing amount this year. Jackie Rockcliffe, Robin Mark & Diane Heir have all achieve so much however they already have starred vests. Jackie has had an amazing year first vet 50 at London Marathon and then again at Bath half.

HA to speak to awards committee on how we celebrate Jaquie Rockcliffe, Robin Mark & Diane Heir. Create a new award for special achievement (name to be decided and agreed), not to be given every year but only when a member has achieved a phenomenal amount.

Dave Hyde to speak to TRFC to see if we can have space on the wall for a roll

g. AVT

AVT would like to have an AVT banner/Flag to have so that when at events members can see where the AVT group are meeting. Committee have agreed the cost of this.

AVT tri running top, can this be added to the kit list. There is no cost to the committee just to members buying them. Committee have agreed to go ahead with this.

Awards for the presentation evening, do we need any more. Committee agreed to park it for this year and discuss in readiness for next year.

h. Movement of pound lane

Hayley
Anderson

Dave Hyde

Caroline
Scott

Caroline
Scott

	<p>All the AVR equipment stored at pond land needs to be moved to TRC between over hills and AVR half.</p> <p>Plan to move equipment over and then look to see what storage/shelving is required once we see what we have.</p> <p>Working group needs to be put together to help transfer the items from pound lane to TRFC. Start by requesting help on face book.</p> <p>J. Over the hills</p> <p>All in hand, volunteer email to be emailed out shortly.</p>	Dave Hyde
5	<p>AOB</p> <p>a. HA mentioned that it's not clear what the speed session are aimed towards as several committee members mentioned that Tuesday session is aimed more at longer distance/cross country events. It would be good for this information to be shared. Sarah Robert to speak to Rich Ailing about making it clear what the speed sessions are aimed at etc.</p> <p>b. It was notes that the AVR board in the changing room is out of date and needs to be updated.</p>	<p>Sarah Robert</p> <p>David Hyde</p>
6	<p>Remaining Committee Meeting Dates for 2022</p> <p>- All due to be held at Trowbridge Rugby Club at 8.30pm on the first Tuesday of the month.</p> <p> ❖ Tuesday 6th Dec</p> <p> ❖ Tuesday 10th Jan 2023 AGM, Thursday 12th 2023 Committee meeting</p>	

The Chair closed the meeting at 22.16 pm

Signed:

Date: