

Avon Valley Runners Committee Meeting



Held at TRFC on
Tuesday 4th July 2023

Committee members present	
Dave Hyde	Honorary Secretary
Caroline Scott	AVT
Jay Sims-Bagshaw	Safe Guarding lead
Andrew Sharratt	Off Road Race Secretary
Martin Russam	Road Race Secretary
Hayley Anderson	Minutes Secretary
Vicky Bodman	Vice Chair
Also present	

The Honorary Secretary opened the meeting at 20:27 pm

Item	Minute	Action
1	<p>Welcome and apologies for absence. Declaration of quorum.</p> <p><i>The Honorary Secretary welcomed all.</i></p> <p><i>Apologies received Sara Robert (Chair) Emma Day (membership Secretary), Debbie Ellis (AVR Youth) and Simon Reeves (Honorary Treasurer).</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 06/06/2023</p> <p><i>The minutes of the AVR Committee meeting held on 6th June 2023 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 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 June 2023. A copy of this report can be found in appendix one.</i></p> <ul style="list-style-type: none"> <i>The Kit stock level is currently an estimate based on last month's figure minus what we have sold this month.</i> <i>The AVT cash holding is an estimate based on information from Caroline for last month minus an invoice that was due to be paid.</i> <i>All of the monies from the bingo night (that have been paid in so far) have been put in the "Special Projects" pot, as I have assumed this will be ringfenced for the track refurbishment.</i> 	

b. Kit report

None provided

c. Road Secretary Report

There were 35 runners at WRRL3 Broad Town 5 with Peter Veleski 5th in MV 40+, Tim Burrell 5th in MV 50+, Robin Mark 2nd, Bob Nixon 3rd, Mark Harris 4th & Simon Reeves 5th in MV 60+, Peter Campbell 4th in MV 70+, Emily Dye 3rd in F Sen, Fiona Price 5th in FV 50+, Paula Bray 3rd & Ceri Sonnet 4th in FV 60 along with Rosemary Barber winning her category. I know there were a few pbs by others also!

At WRRL4 Heddington 5k Race 1 Stuart Avery was 3rd in MV40 category, Robin Mark 3rd in MV60 category, Emily Dye 1st in FV35 category & Pauline Bradley 1st in FV55 category. Also there were 33 AVR runners at WRRL5 The Great Chalfield 10k with pbs & cpbs. Tom Gurney was 2nd overall, Tim Burrell was 1st & Richard Morgetroyd 3rd in MV50 category, Robin Mark 1st & Bob Nixon 2nd in MV60 category, Fiona Price 2nd in FV50 category, Kathryn Kinsey was 2nd & Kathryn Sinclair 3rd in FV60.

In July there is the 2nd Heddington 5k race which I'll promote along with the potential use of mini bus again.

- Off Road Secretary Report

No report

d. Membership Secretary report

Membership Stats	June
Number joined in month	16
Number of brand new members this month	8
Number of EA members this month	6
Number of Life Members	25
Total number of members this year	303
Total number of paying members this year	278
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	62
Total Number of V40 this year	67
Total Number of V50 this year	78
Total Number of V60 this year	49
Total Number of V70 this year	12
Total Number of V80 this year	6

e. Avon Valley Triathletes (AVT)

	<ul style="list-style-type: none"> • 14 athletes entered this event with some amazing successes! (Robert Washborne, Vivienne Panther and Hayley Southgate were all category winners! New member Jen Davies won the go Tri outright! 3 others who were age cat winners) • Long course weekend last weekend saw Annalie Ibison, Emily Dye, Alan Best and Caroline Scott complete iron man distance over three days - quite an accomplishment. 12 competitors also undertook various disciplines and distances. • Diane Heir and Keith Withers are ready and willing and keen to join the AVT coach squad. • The swim coaching team will be meeting soon to clarify swim term date over the summer period and how the swim offering could include lower-level swimmers over the summer period. • The working group will be seeking to appoint additional support with AVT Twitter and newsletter data collection. • The working group are looking as being more specific about the AVT training timetable - the exact specific are being agreed to include some offerings that aren't already provided. • The working group are looking to run an AVT timed event of run/bike at odd down in November - Pauline and Simon have volunteers to be involved in running this. • Brick will be added to the current Run /Bike to breakfast offering. <p><i>f. AVR Youth</i></p> <p><i>No report this month</i></p>	
4	<p>Committee Discussion</p> <p>1. Club Calendar – Bring back the club calendar to include all the different events, races and target events coming up. Vicky Bodman is going to restart this so that we can start bringing this back into the minutes and so that its discussed. This will be added into the minutes from August 2023.</p> <p>2. Coaching Update Jay spoke on behalf of the coaches.</p> <ul style="list-style-type: none"> • Club numbers are down due to club due to covid, changes in how different groups run, too much eventing etc. • We have started to see a general increase in numbers. • Wednesday sessions – Couch to 5K has been announced starting in September, this will then be followed by a 5k to 10k. These posts need to be shared and commented on to create a buzz. • It has been suggested we do a smaller survey for the future planning of the club. Smaller survey will allow more probing questions to get more detailed responses. This is to aid the strategy for moving forward with training/coaching. • Three club members are signing up for LiRF • One member signing up for CiRF <p>3. AVR KIT</p>	

	<p>Hayley Chapman has recommended we purchase 26 vests that cover the sizes we are low of. Committee agree 5 of each (15 in total). With a beginners group starting up in September we believe this to be adequate.</p> <p>4. Volunteering and Events Club Commitment DH has suggested that more committee members need to help promote other club members to take part in helping at these events.</p> <p>Club will be better at communicating these events at each meeting so we have a bible for the year which will help plan these events more.</p> <p>Active Trowbridge is 8th July 11 to 4 (set up at 8am).</p> <p>5. Sean's Proposal</p> <p>Night of 10,000 PBs – New event proposal Committee decided this was to be discussed in more detail at the next meeting. Please see email from Sean in appendix 2.</p>	
5	<p>AOB</p> <p>Regional volunteer award Vicky confirmed what awards we are going to put forward for and discussed nominations.</p> <p>Website needs to be added to the agenda every month. Updates that need to happen to the websites are:</p> <ul style="list-style-type: none"> • There are further AVT updates to be made • Wednesday club runs need to be added • Updated to be sent to Will Hargreaves <p>Awards night – Currently there is no team organising the awards. The committee have felt that it would be good to have Sara Robert as lead for this alongside any other club members from across the board. This will be added to the agenda for discussion/ agreement with Sara at the August meeting. Also another shout out to be done in GGs group.</p>	
6	<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 1st August 2023 ✘ Tuesday 5th September 2023 ✘ Tuesday 3rd October 2023 ✘ Tuesday 7th November 2023 ✘ Tuesday 5th December 2023 	

The Honorary Secretary closed the meeting at 21:45 pm

Signed:

Date:

Appendix one – Income and expenditure report

AVON VALLEY RUNNERS - INCOME AND EXPENDITURE		Jun-2023	
Balance b/fwd from:	<u>31-May-2023</u>		<u>£ 14,848.67</u>
Income			
Membership	£	783.00	
EA Subs	£	187.00	
Presentation Night	£	-	
Other Social	£	-	
Club Kit	£	84.00	
AVR Half	£	64.00	
AVR OTH	£	-	
AVR 5k	£	530.00	
Other AVR Races	£	-	
AVT	£	-	
Other Races	£	-	
Special Projects	£	219.00	
Coaching	£	-	
Volunteers	£	-	
Other	£	0.10	
Total Income	£	<u>1,867.10</u>	<u>£ 16,715.77</u>
Expenditure			
EA Subs	-£	170.00	
Membership	-£	38.80	
Presentation Night	-£	50.00	
Other Social	£	-	
Club Kit	-£	1.40	
AVR Half	-£	3.20	
AVR OTH	£	-	
AVR 5k	-£	696.80	
Other AVR Races	£	-	
Other Races	£	-	
AVT	£	-	
Other	-£	110.00	
Coaching	-£	39.75	
Volunteers	£	-	
Special Projects	-£	35.14	
Fees	-£	323.99	
Tfr to Deposit A/C	£	-	
Total Expenditure	-£	<u>1,469.08</u>	
Balance as at:	<u>30-Jun-2023</u>		<u>£ 15,246.69</u>
Financial Status			
Bank account	£	15,246.69	
Money to be banked	£	-	
Unpresented Cheques	£	-	
Ledger Balance	£	<u>15,246.69</u>	
Balance in Deposit acc	£	5,069.09	
Total cash assets	£	<u>20,315.78</u>	
Stock of Club kit	£	3,081.00	
Cash held by EntryCentral	£	50.00	
Cash held by AVT	£	677.77	
Fixed Assets	£	3,078.10	
Total assets	£	<u>27,202.65</u>	
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:	30-Jun-2023
Unpresented Cheques:			
	£	-	
	£	-	
	£	-	
	£	-	
	£	-	
Total	£	-	
Sub Accounts:			
AVT	£	130.00	
Special Projects	£	183.86	
Sub Accounts Total	£	<u>313.86</u>	
Budgets:			
Fees	£	2,508.02	
Coaching	£	2,301.24	
Volunteers	£	1,000.00	
Social	£	628.00	
Presentation Night	£	2,200.00	
Budgets Total	£	<u>4,136.02</u>	
Committed Liabilities			
Track Resurface	£	3,500.00	
	£	-	
	£	-	
	£	-	
	£	-	
	£	-	
Total	£	<u>3,500.00</u>	
Available Balance			
	£	7,296.81	

Appendix 2. – Proposal for New Event

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 Dauntsey 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