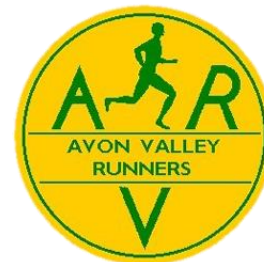


Avon Valley Runners Committee Meeting

Held at Trowbridge Rugby Club on
Tuesday 6th September 2022



Committee members present	
Carole Alston	Safeguarding Lead
Martin Bull	Minutes Secretary
Debbie Ellis	JAVR Secretary
Michael Guy	Off Road Race Secretary
Joby Hobbs	Committee Member
Dave Hyde	Chair
Gemma Knudsen	Road Race Secretary
Jackie Rockliffe	Committee Member
Caroline Scott	Multi Sport Secretary
Laura Waterhouse	Honorary Secretary
Sheona Yellowlees	Honorary Treasurer
Also present	
Steve Clark	Invited AVR Member

The Chair opened the meeting at 20.31 pm

Item	Minute	Action
1	<p>Welcome and apologies for absence. Declaration of quorum.</p> <p>The Chair welcomed all.</p> <p>Apologies for absence were received from Emma Day (Membership Secretary (Admin))</p> <p>The meeting was declared quorate.</p>	
2	<p>Review and Approval of the minutes of the AVR Committee meeting held on 02/09/2022</p> <p>The minutes of the AVR Committee meeting held on 2nd August 2022 were approved as a fair and accurate record of the meeting.</p>	
3	<p>Reports</p> <p>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.</p> <p>a. Treasurer's report</p> <p>Given the pressing need for Section 4 of the agenda to be looked at, the Chair went to Section 4 first. Unfortunately, the meeting later ran out of time to return to a Treasurer's report.</p> <p>b. Kit report</p> <p>None.</p>	

	<p>c. Membership Secretary report</p> <p>ED's membership report (given below) had been emailed to the committee before the meeting:</p> <ul style="list-style-type: none"> • 2 joined in July, including no brand new members. • 1 of those that joined in August also applied for EA. • Therefore, as of the 31st August there are 332 members, which includes 25 life members (so 307 paying members). • Of the 332, 163 have applied for EA membership as well. • 35 of the 332 are new members this year. <p>d. Club captain reports</p> <p>- Road</p> <p>GK's report had been emailed to the committee before the meeting, which was as follows; "There's been lots of road league action in the last month. First was the final race of the Heddington series, only a few AVR runners at that but we ended up with 26 members taking part in the series overall which got us 3rd place.</p> <p>Then there was Compton Bassett 5 miler with 23 AVR runners. Some great performances there and we won the fixture.</p> <p>Finally this weekend was the Malmesbury 10k. Unfortunately there were not enough AVR to make a full team despite lots of attempts to recruit more people on Facebook and at club nights. Everyone who did go gave it a really good shot, but sadly I don't think it will be enough to hold on to our lead at the top of the league.</p> <p>Only one more race left in the road league, Devizes 10k on 25th September. Currently only 7 AVR members are signed up and I'll be trying to recruit anyone else I can over the next 2 weeks and hoping that leaders and coaches will promote it too."</p> <p>- Off Road</p> <p>MG had little to report as the 2021/22 Off Road League season has finished, and off road races are sparse at this time of the year.</p> <p>- Avon Valley Triathletes (AVT)</p> <p>None, although noted that the agenda concentrated a lot on AVT, and was almost an update / report in itself.</p> <p>e. AVR Youth</p> <p>Debbie Ellis reported limited activity in August due to the school / college holiday season.</p> <p>f. Working group reports</p> <p>None. But the AVR Half and the Presentation Night are both on the agenda later.</p>	
4	<p>Committee updates and discussion</p> <p>a. SC – invited to speak to committee after complaint sent</p> <p>Steve Clark had been invited to speak to this committee meeting after a complaint had been received by the Chair and mentioned at the previous Committee Meeting.</p> <p>Steve reported that he and Caroline Scott had a substantial and successful telephone conversation earlier today. Steve has had a lot of issues with the way the AVT section is</p>	

<p>going, especially the inclusivity of it. The ‘Weymouth group’ seemed to do their thing, and only later telling the rest of the members.</p> <p>SC believes they have now found a common way forward, so it’s more of an historic issue.</p> <p>One issue is that results have not been recognised if not wearing an AVT tri-suit.</p> <p>CS gave some information about several points raised by SC.</p> <p>SC raised the swim coaching issue.</p> <p>CS put a proposal forward. If AVT are going to offer swim coaching there has to be some cost involved. DBMax would be a silent supporter to cover the pool costs and if there was a short fall participants would chip in. If it makes a ‘profit’ in the future, DBMax could then hand it over to AVR/AVT.</p> <p>Chair asked if DB Max would put anything in writing?</p> <p>CS thought they would. Will need to know what to ask of them though.</p> <p>SC reported that most triathlon clubs charge a monthly fee and then all coaching sessions are included in that membership</p> <p>CS will ask members what they want and what services they would use. This would include an audit of what skills members already have.</p> <p>CS mentioned an idea to use the ‘Couch to 5K’ idea for a ‘Couch to Tri’ course for beginners.</p> <p>b. Tri suit proposal – CS</p> <p>The clothing we are selling needs to be improved (e.g. an issue over the padding). Members can attend training sessions in anything they wish to, but not something advertising another club. Members recognise that Tri-suits can be expensive and it is not expected that a member must wear the official AVT suit for events. An AVR/AVT arm band could be a low-cost method of clearly declaring that you are an AVT/AVR athlete and are competing for your club.</p> <p>c. Swimming – CS</p> <p>The committee agreed for CS to take the idea above (See Item 4a) forward for up to three months, and then to re-assess it. Will call it an official AVT swim session.</p> <p>Chair reported that EA have recently said that all coached sessions should be inclusive to everyone / all abilities. The advertising for any session would therefore need to be worded correctly / carefully.</p> <p>Chair will feedback to the next Coach’s Meeting (26th September) that the committee has raised concerns about all coached sessions potentially having to be aimed at ALL abilities, and whether it would be feasible, or successful, to have no differentiation of sessions.</p> <p>d. AVT fact finding - CS</p> <p>The committee agreed for CS to take forward the idea above (See Item 4a), re finding out what members’ opinions are and an audit of skills.</p> <p>Chair – Idea for CS to be invited to speak at the next Coach’s Meeting on 26th September.</p> <p>CS mentioned that a prototype for an AVT flag had been made. Cost is circa £80 for 6 flags. Noted that this expenditure had already been agreed at a previous committee meeting.</p> <p>e. AVR Half - Sunday 27th November 2022</p> <p>Planning / financial documentation has been received from the working group, via Vicky Bodman.</p>	<p>DH / CS</p> <p>CS</p> <p>Chair</p> <p>CS</p>
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	<p>Circa 80 entries have now been received. Capacity is circa 450. In 2021 circa 350 entered, although only 266 ran. In 2019 less than 100 ran though.</p> <p>The working group would like Committee approval to plough ahead with the event. It is a 10th year anniversary and we have some sponsorship and wouldn't want to disappoint the sponsors.</p> <p>It has been calculated that the break-even point is circa 175 entrants.</p> <p>The Committee agreed to continue with the event, but were keen to reduce costs (and therefore risk of a financial loss) as much as possible, as many races are struggling to get entrants / are being cancelled, and the cost of living continues to be a major short- and medium-term concern.</p> <p>Everyone at AVR will try to advertise it / encourage entries.</p> <p>f. Emergency General Meeting (EGM)</p> <p>This has been set for Tuesday 27th Sept 8.30pm at TRFC (downstairs). Room has been booked from 8pm.</p> <p>The required notice for the meeting will go out today.</p> <p>Noted that something like the request from EA, re coached sessions being inclusive to everyone / all abilities (see Item 4c - above) could only be agreed (or not agreed) at an AGM or EGM.</p> <p>g. Budget for racking</p> <p>AVR have now received the container. Due to this meeting running out of time a budget for racking can be left to the next meeting.</p> <p>h. Road League</p> <p>As mentioned in GK's Road Secretary report (see Item 3c above) GK is trying hard to get more people, especially women, to run in the road league and is desperate to get more members to sign up for the final event of the 2022 season, the Devizes 10k on 25th September.</p> <p><i>JR left at this point in the meeting - 21.49pm.</i></p> <p>i. BoA Lions Club 5k and 2k fun Runs - Volunteers</p> <p>If anyone can volunteer for this run on Sunday 18th September, please contact DH. Appreciate that there are several other events on that day and that volunteers will be minimal.</p> <p>j. Gwent League</p> <p>Noted that it could be very difficult to fulfil these fixtures.</p> <p>k. Lights on club runs</p> <p>Chair has been asked if the club should make it obligatory to wear lights on any dark official club road runs?</p> <p>The committee did not feel this was necessary, but would encourage runners to use lights where possible.</p>	<p>LW</p> <p>Agenda</p>
<p>5</p>	<p>AOB</p> <p>AVR Presentation night</p> <p>The working party has reported that this event has been provisionally booked for Saturday 4th Feb 2023 at the Trowbridge Civic Hall. They have asked if the Committee would commit a budget of £1,500 for the event. They propose ticket prices to be £30 for non-members and £20 for AVR members.</p> <p><i>CE left at this point in the meeting - 22.07pm.</i></p> <p>The Committee asked them to try to reduce costs and to pass on these savings via reduced ticket prices. The venue seems good, and reasonably priced, but there could</p>	

	<p>be large possible savings on the photo booth, food, DJ etc. Idea to have it slightly later in the evening and with no food offered.</p> <p>Again, it was noted that many events are struggling to sell enough tickets, and the cost of living continues to be a major short- and medium-term concern, which could result in a substantial loss for AVR.</p>	
6	<p>Remaining Committee Meeting Dates for 2022</p> <ul style="list-style-type: none"> - All due to be held at Trowbridge Rugby Club at 8.30pm on the first Tuesday of the month. <ul style="list-style-type: none"> ✘ Tuesday 4th Oct ✘ Tuesday 1st Nov ✘ Tuesday 6th Dec 	

The Chair closed the meeting at 22.18pm

Signed:

Date:

Summary of action points from this committee meeting (06.09.2022)

Item	Minute	Action
	To be filled in when Chair Approved	

Items to be Actioned later in the year and added to agenda for the appropriate meeting.

AGENDA ITEM	MEETING DATE	MINUTE NO.	DATE DUE TO REPORT	ACTION/ OWNER
None at present				