

# Avon Valley Runners Committee Meeting



Held at Trowbridge Rugby Club on  
Tuesday 6<sup>th</sup> December 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
Gemma Knudsen	Road Race Secretary
Emma Day	Membership Secretary
Also present	
NA	NA

The Chair opened the meeting at 20.30 pm

Item	Minute	Action
1	<p><b>Welcome and apologies for absence. Declaration of quorum.</b></p> <p><i>The Chair welcomed all.</i></p> <p><i>Apologies for absence were received from, Sheona Yellowless (Honorary Treasure), Michael Guy (Off Road Secretary), Debbie Ellis (JAVR Secretary).</i></p> <p><i>The meeting was declared quorate.</i></p>	
2	<p><b>Review and Approval of the minutes of the AVR Committee meeting held on 01/11/2022</b></p> <p><i>Emma Day pointed out she was missing on the list of member present from the last meeting. Apart from this the minutes of the AVR Committee meeting held on 1<sup>st</sup> November 2022 were approved as a fair and accurate record of the meeting.</i></p>	
3	<p><b>Reports</b></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><b>a. Treasurer's report</b></p> <p><i>Report shared with committee before meeting. Will be attached to the minutes</i></p> <p><b>b. Kit report</b></p> <p><i>None.</i></p> <p><b>a. Club captain reports</b></p> <ul style="list-style-type: none"> <li>- Road</li> <li>- Off Road</li> </ul> <p><i>None.</i></p>	

	<p><b>b. Membership Secretary report</b></p> <p><i>ED supplied the following report:</i></p> <p><i>7 joined in November, including 4 brand new members. 0 of those that joined in November also applied for EA.</i></p> <p><i>Therefore, as of the 30th November there are 371 members, which includes 25 life members (so 346 paying members).</i></p> <p><i>Of the 371 members, 168 have applied for EA membership as well. of the 371 are new members this year.</i></p> <p><b>c. Off Road</b></p> <p>None.</p> <p><b>d. Avon Valley Triathletes (AVT)</b></p> <p><i>CS supplied the following report to committee:</i></p> <ul style="list-style-type: none"> <li>• <i>AVT swimming is now happening and is a storming success. We need 8/12 to break even. After Xmas the cost will reduce from £7.50 when coaching will be offered free in line with AVR guidelines. First session almost fully subscribed (even at such a late stage) and the second session - fully subscribed.</i></li> <li>• <i>We have been awarded a £250 grant from British Triathlon to get our swimming off the ground so when DBmax steps down after Xmas we would like to take it over and fund it ourselves.</i></li> <li>• <i>AVT Pathways Messenger Group set up and functioning -</i></li> <li>• <i>AVT Zwift now have 19 members and a session will be run soon</i></li> <li>• <i>More sign ups for the LCW means that this is going to be a great AVT focus event</i></li> <li>• <i>51 Fiver is also a great AVT focus event and we have 10 teams going</i></li> <li>• <i>The last 11-12 min mile AVT Run to Breakfast was popular and we will run more at this pace.</i></li> <li>• <i>Quite a few runners are seeing AVT as a way of extending their running which is offering AVR broader options</i></li> <li>• <i>Samples are being provided for AVT run vests by Halo - great for duathlons and tri run only events (minimum order 10 for the first 10 at £28 run singlets (£26 for first order). Then orders of 5 thereafter.</i></li> <li>• <i>Looking to do some beginner bike sessions soon including puncture repair</i></li> </ul> <p><b>e. AVR Youth</b></p> <p><i>A shorter report this month due to AVR Youth taking a Christmas break 21st Dec 2022 – 9th Jan</i></p> <p><i>1. Training has been going very well over the last few weeks and will continue up to Monday 19th December</i></p> <p><i>2. We have 2 new members joined who were doing Park Run and are enjoying the sessions. We have also had a few email enquiries.</i></p> <p><i>3. The final session of AVRY for 2022 will be Monday 19th December followed by their Christmas gathering buffet in the club house.</i></p>	
4	<p><b>Committee updates and discussion</b></p> <p><b>a. Update on outstanding roles</b></p> <ul style="list-style-type: none"> <li>• <i>Andrew Sharatt will become Off Road Secretary for the new season.</i></li> <li>• <i>Simon Reeves will take on the role as treasurer until a replacement is found.</i></li> <li>• <i>Jay Sims-Bagshaw will become Safeguarding Lead, replacing Carole Alston.</i></li> </ul>	

- Sarah Emery has asked that someone takes over the editing and compiling the Newsletter. Sarah is happy to continue until someone is found to replace this part of her role.
- Results Secretary still looking for members to take this role on.

#### **b. Financial Update**

Report has been emailed to the committee before the meeting.

#### **c. AVT**

AVT now have a paypal account. AVT have been awarded £250 grant to support our development of swimming by British Tri. They won't deal with Paypal and would like a bank details or an address to send a cheque. Would this be an opportune moment to set up an AVT account?

This would allow a little more freedom to fund ourselves with swimming that require termly payments to the pool resulting in AVT receiving and making money in the long term. Additionally the potential of perhaps Stripe which allows low cost card payments to the swim booking system.

It would be useful to ring fence AVT money to fund future AVT events/plans. AVR membership does not include an additional stipend for AVT so previously we have understood that it has been a challenge to get funding for AVT because we are a running club and as stated the focus needs to go on running.

CS stated that if AVT make their own money then AVT would not need to 'compete' for club money so to speak. AVT would not therefore be favoured and would stand on its own two feet. Financial update each meeting for full transparency – SR suggested this is discussed further at the next committee meeting when a treasure is present.

#### **d. Membership questions**

Emma Day has asked if all the questions that we ask when members sign up/join are all relevant?

It was agreed that adding questions such as "are you run leader coach", "would like to be a run coach", "are you first aid trained", "interested in multisport" would be good additions.

ED has committed to let AVT know who has expressed interest in multisport so that they can send out welcome emails about AVT.

Membership email address and who has access needs to be looked at. SR to speak to Andrew Hoddinot. Aim to look at a solution for this before the membership renewal happens. It would be great to have an automated response for new members joining to welcome them and provide links and useful information.

DH to grant ED access to mailchimp.

#### **f. Club Championships/ WAVA**

Vicky Bodman looking into who collates the club championships/ WAVA results.

#### **g. Trowbridge Coronation 5K**

Trowbridge Town Council has approached AVR/ Stampede Sports to see if we would jointly help organise and run a 5K coronation run. The event is to be held in Trowbridge on 8<sup>th</sup> May which is the Bank holiday for the coronation (details to be confirmed).

This will be a great opportunity for AVR.

	<p><b>h. French Trip</b></p> <p>Trowbridge Town Council are inviting members of AVR to attend a running festival in France with Trowbridge's Twin town (Charenton).</p> <ul style="list-style-type: none"> <li>• Running festival will have a choice of a 5k or 15k</li> <li>• 13 runners can be invited</li> <li>• 26th February 2023</li> <li>• Cost for two nights £170</li> <li>• Cost for three night £200</li> <li>• Cost includes race entry, travel, IBIS hotel (does NOT include food)</li> <li>• There will be a hosted dinner on the Saturday evening.</li> </ul> <p>SR to ask Sarah Emery to add details to the latest newsletter. We will ask members who are interested to email their interest and if more the 13 members show interest a ballot will then be done.</p> <p><b>i. Stann Farr</b></p> <p>Boxing day run organised from Trowbridge Rugby Club. SR has ordered the trophies. 8 marshals required. Boxing Day.</p>	
<p><b>5</b></p>	<p><b>AOB</b></p> <ol style="list-style-type: none"> <li>a. SR wanted to say just how fantastic the AVR half went. It was well marshalled, well organised, and great support.</li> <li>b. HA put forward to the committee that the setting up of the AVR half is very time consuming with the marquees we hire. HA suggested that the club invest some money raised from the race into purchasing 4 pop up gazebos. These can then be used for all other AVR/AVT races. SR has agreed this would be a good use of funds and advised HA and Vicky Bodman to confirm prices and gazebo styles at the next committee meeting.</li> <li>c. Are we going to look at a price increase for membership? TRC fees have gone up 12%. Insurances have increased and we are priced highly competitive with other clubs. Should we also consider joint membership/family membership/over 65 price/early bird. Suggestion to look at a 10% rise.</li> <li>d. New Interval Session to be held on a Thursday 7 to 8 pm – Richard Smith will bring athletes up from U-Perform. It has been agreed that they will need to take out an AVR membership, the session will be available for all abilities. Sessions will be booked through run together.</li> <li>e. Need to decide as a committee who at presentation night we are going to offer up as lifetime member. Members need to be here for 10 years.</li> </ol>	
<p><b>6</b></p>	<p><b>Committee Meeting Dates for 2023</b></p> <ul style="list-style-type: none"> <li>- <b>All due to be held at Trowbridge Rugby Club at 8.30pm on the first Tuesday of the month.</b></li> <li>✘ Tuesday 10<sup>th</sup> Jan 2023 AGM, Thursday 12<sup>th</sup> 2023 Committee meeting</li> <li>✘ Tuesday 7<sup>th</sup> February 2023</li> </ul>	

The Chair closed the meeting at 22.02 pm

Signed: .....

Date: .....