

Avon Valley Runners Committee Meeting

Held at Trowbridge Rugby Club on
Tuesdays 7th March 2023



Committee members present	
Sara Robert	Chair
Dave Hyde	Honorary Secretary
Jay Simms-Bagshaw	Safeguarding Lead
Simon Reeves	Honorary Treasurer
Andrew Sharratt	Off Road Race Secretary
Martin Russam	Road Race Secretary
Hayley Anderson	Minutes Secretary
Also present	
NA	NA

The Chair opened the meeting at 20:28 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 Vicky Bodman (vice chair) & Debbie Ellis (AVR Youth), Caroline Scott (AVT) & Emma Day (Membership 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 07/02/2023</p> <p><i>The minutes of the AVR Committee meeting held on 7th February, 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 February 2023. A copy of this report can be found in appendix one.</i></p> <p><i>SR went through all the expenditures with the committee</i></p> <p>b. Kit report</p> <p><i>None.</i></p> <p>c. Club captain reports</p>	<p>SR</p> <p>MR</p>

- Road

MR reported: I've continued to promote WRRL at club runs I've attended. First fixture isn't until 02nd April so will push again on fb.

- Off Road

AS reported the following:

Lungbuster (05 02 23) For AVR there were 9 of us up for the challenge. Veryan Cranston how came in second lady at 01:18:13 and first AVR. Scot Green came in tenth V50 male 41 seconds behind Veryan (unfinished business there I think). Frank Lamerton came in third V70 male with 01:47:19

Smartt Smasher 12 02 23

For AVR, 16 of us turned up for the SMaRTT Smasher 10K.

Great results with Mike Towler winning the race outright (at 35:36, 01:06 ahead of the second person), Veryan Cranston came 2nd lady and 1st FV45, Gary Macalister came 3rd overall and 2nd MV40. The team comprising Mike Towler, Gary Macalister and Scott Green were the 1st male team home. All got one or more trophies. Rebekah Carrivick came 3rd FV35 and Adele Cooper came 3rd FV55.

WORL League (after SMaRRT Smasher – 7 races completed, 1 race to go)

Avon Valley A Team 4th place Division 1 107 points (2 point behind Corsham)

Avon Valley B Team 4th place Division 2 82 points (8 points behind City of Salisbury)

	Women	Points	WORL Overall	WORL Category
1 AVR	Veryan Cranston	583	1st	1st FV40
2 AVR	Fiona Newman	413	12th	2nd FV50
3 AVR	Fiona Gibbs	340	20th	5th FV50

	Men	Points	WORL Overall	WORL Category
1 AVR	Gary McAlister	474	6th	4th MV40
2 AVR	Mike Towler	299	22nd	4th Msen
3 AVR	Frank Lamerton	295	26th	1st MV70

Final race in the WORL series is Roundway Revenge Saturday 18 March 2023, 8 miles of hilly terrain.

Terminator (non league race)

For AVR, 8 of us turned up in Pewsey for the Terminator (not part of any League).

Congratulations to William Bridges and Melanie Ward-Nicholls - first AVR man and lady.

Off Road General

Continuing to assemble a list of summer (April to Sept) off road races as a precursor to gauging interest in some sort of summer series (taking longer than expected, keep finding more interesting events).

AS

ED

CS

d. Membership Secretary report

membership figures for February 2023

Membership Stats	January	February
Number joined in month	6	33
Number of brand new members this month	4	8
Number of EA members this month	4	14
Number of Life Members	25	25
Total number of members this year	31	64
Total number of paying members this year	6	39
Total number of EA members this year (inc changes to claims)	4	19
Total brand new members this year	4	12
Total Number of Youth this year	2	6
Total Number of SEN this year	4	10
Total Number of V40 this year	2	11
Total Number of V50 this year	6	12
Total Number of V60 this year	3	9
Total Number of V70 this year	8	10
Total Number of V80 this year	6	6

e. Avon Valley Triathletes (AVT)

AVT report

- *Cycle to breakfast is going well and we plan to alternate run and cycle to breakfast. There is a plan being put together for that.*
- *Maria Harryman and Alan Best (AVT and Westbury Wheelers - they are the new WW tri link people) and are getting involved in supporting the development of cycling for AVT members.*
- *We have quite a few new to cycling who need support prior to accessing the low level green ride at WW. Collection from Trowbridge will happen in due course once we get the new cyclists up to speed. We will advertise this.*
- *Swimming kicks off again for this half term (after the pool was shut) with two pricings - PAYG and block-book, designed to offer cheaper options but with more commitment. We are still trying to push forward the back to basics option but the pool are wanting to wait to gauge numbers.*
- *A plan is being put together to train for Oldbury tri as the Big T was cancelled. The tri season is almost upon us and the training will start stepping up.*
- *GG - trying to increase AVT mentors and runners with interest in AVT to support connection and promote AVT engagement further*

f. AVR Youth

AVR Youth Report

1. *February has seen the numbers of Juniors increase by 50% and we have about 14 young athletes attending on a Monday and Wednesday evening.*

	<p><i>This is great news for the youth section as some of our longer members are 16 or will be 16 this year and moving on to adult sessions.</i></p> <ol style="list-style-type: none"> <i>2. We have had 3 people step back from AVR Youth due to personal reasons, so we are now more limited on CIRFs but in particular LIRF or volunteers. We are in the progress of looking at recruiting more volunteers for Monday and Wednesday evenings.</i> <i>3. We have set up a parent's WhatsApp group as an alternative way of communicating with them and this is proving very successful and more effective than BAND.</i> <i>4. We are looking at the membership numbers for all AVRY. As some of the young athletes have been doing a 3 week trial before they join we need to ensure they have all joined if they have stayed with us this will include EA membership.</i> 	
<p>4</p>	<p>Committee discussion</p> <p>a. Treasurer report</p> <p><i>Simon talked through the report found in appendix I.</i></p> <p>b. AVR Track</p> <p><i>Track has been inspected and have quoted for a complete refurbishment as the track is now 5 years old. This will include new drainage down both straights and an increase the depths.</i></p> <p><i>Quote is £6,980 plus VAT – Rugby club will go to their board to see if they will pay 50/50 and they will cover the VAT.</i></p> <p><i>Looking to move the shelter that's halfway down the track to up towards where the electric box so that AVR have more use of this (it was provided for AVR but in its current position it is not utilised).</i></p> <p><i>There will be signs going up to advise Rugby players that they should not be walking on the track with their studs as this is damaging the track.</i></p> <p>c. London Ballot Process</p> <p><i>Sara Robert raised that we need to look at the London Ballet Process as places in the past couple of years there have been spaces that have not been used and we a limited to the amount we have offered.</i></p> <p><i>JS suggested that we maybe we put a system in place where people apply for a place in the ballot with their reasons and their plans for why they want to be put into the ballot. Following the applications, the committee will then choose a certain number of applications to then go into the ballot, which will then be drawn in the usual way.</i></p> <p><i>SR mentioned that we will need to look into the wording in the constitution to see if this will need to be amended – Jay Sims checked the constitution during the meeting and no changes need to be made as it's still a ballot just the process to get into the ballet needs to change.</i></p> <p><i>Committee voted on this and all where in favour.</i></p> <p>d. Members Page</p> <p><i>We have a couple of members that have moved their affiliation to another club. We</i></p>	

need to look at when we remove these members from the AVR social media pages. Life Members **will not** be removed

e. Storage Container

The container is not in the best condition, DH has fixed the roof to the best of his ability. Storage boxes have been order. Martin Bull has added shelves and sorted out the/washed the high viz jackets.

Idea of having a clip board in the container to sign in and out when items are removed.

f. AVR Championship Discussions

Martin attended the social last Wednesday for the discussions around club championships. Many club members attended and provided feedback.

It was discussed that the consensus was that the club championship should remain in its current format. Only 27 entries in 2022. It was highlighted that it is aimed at the members of the club who excel in the sport of running as well as being pinnacle members and so should remain so. In order to increase participation, the following suggestions were made

1. Communication and recruitment of a club champion Secretary to promote the competition thought the year – **Committee discussed this and did not think this position was necessary.**
2. Martin Russam will speak to a member of Corsham Running club as they do similar to format to AVR and to see how we can manage results – **Committee thought this was a good idea**
3. AVR member Paul Dredge offered to consult with our webmasters to see if he can generate a query to skim from our data base the results of all those who complete in the three distances. – **Committee thought this was a great idea and appreciate Paul looking into this for AVR.**

The group that met all discussed other topics

Results – we need to promote and encourage club members to submit results. Sharon has received minimal emails since 2023. Need to encourage members to submit results after events and advise them to enter as Avon Valley Runners so that Sharon can easily locate them.

Road Race League

It was noted that AVR missed out on winning the league in 2022 by lack of attendees. The group came up with some ideas on how to encourage more members to get involved. All these ideas included different incentives. This was discussed by the committee and the following plan was agreed

1. AVR will subsidise the use of minibus to encourage more members to attend events a little further afield – this is dependent on uptake.
2. For runners taking part in 6 out of the 8 Events will be put into a draw to win a free sport at an AVR race. Looking at the timings, members who complete 6 out of the 8 Off Road League will be added to the draw to win a free spot in over the hills and then members taking part in 6 or more races in the RRL will be out into a draw for a free entry to the AVR Half.

Tim Burrell has offered to write up an article on how the scoring works in the league. Committee really support this and will make sure it is shared on the website and social media pages. Will be good to get this out in readiness for the first fixture, so all members are aware of how taking part helps the club.

	<p>There was then a discussion about reintroducing Club Captains for both Men and Women, these positions would be there to support the Road Race Secretary and help in rallying participation – We discussed this as a committee and the committee were not against this, Martin to discuss further with Tim Burrell on this suggestion and look into how we can make sure the roles don't overlap the role of the secretaries for the league.</p> <p>g. Incentive Funding WRRL</p> <p><i>There is no funding allowance for the WRRL or WORL</i></p> <p>h. Hardship Allowance Communication</p> <p><i>There is no hardship allowance, it was felt that the club was not the right place for this.</i></p>	
	<p>AOB</p> <ul style="list-style-type: none"> a. Colin is stepping down from KIT effective of March 2023, will need to look someone to take over this role b. Active Trowbridge c. Mail Chimp starts charging shortly, need to look at tidying up the distribution d. Westbury 5K the cost of timing is expensive. Looking into other options for the next series. e. Newsletter to go bimonthly – this has been approved by the committee 	
<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 8.30pm on the first Tuesday of the month. <ul style="list-style-type: none"> ☒ Tuesday 4th April 2023 ☒ Tuesday 2nd May 2023 ☒ Tuesday 6th June 2023 ☒ Tuesday 4th July 2023 ☒ Tuesday 1st August 2023 ☒ Tuesday 5th September 2023 ☒ Tuesday 3rd October 2023 ☒ Tuesday 7th November 2023 ☒ Tuesday 5th December 2023 	

The Chair closed the meeting at 21:56 pm

Signed:

Date:

Appendix one – Income and expenditure report

AVON VALLEY RUNNERS - INCOME AND EXPENDITURE

Feb-23

Balance b/fwd from:	<u>31-Jan-2023</u>	<u>£ 18,107.00</u>
Income		
Membership	£ 262.50	
EA Subs	£ 85.00	
Presentation Night	£ 297.00	
Other Social	£ -	
Club Kit	£ 42.00	
AVR Half	£ -	
AVR OTH	£ -	
AVR 5k	£ -	
Other AVR Races	£ -	
AVT	£ -	
Other Races	£ -	
Special Projects	£ -	
Coaching	£ -	
Volunteers	£ -	
Other	£ -	
Total Income	£ 686.50	£ 18,793.50
Expenditure		
EA Subs	-£ 48.00	
Membership	-£ 13.90	
Presentation Night	-£ 3,362.40	
Other Social	£ -	
Club Kit	-£ 0.70	
AVR Half	-£ 50.00	
AVR OTH	-£ 300.00	
AVR 5k	-£ 370.00	
Other AVR Races	£ -	
Other Races	£ -	
AVT	-£ 120.00	
Other	-£ 81.49	
Coaching	-£ 39.75	
Volunteers	£ -	
Special Projects	£ -	
Fees	-£ 335.00	
Tfr to Deposit A/C	£ -	
Total Expenditure	-£ 4,721.24	
Balance as at:	<u>28-Feb-2023</u>	<u>£ 14,072.26</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:	<u>28-Feb-2023</u>	

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

Sub Accounts:	
AVT	£ 130.00
Special Projects	£ -
Sub Accounts Total	£ 130.00
Budgets:	
Fees	£ 4,300.00
Coaching	£ 2,460.25
Volunteers	£ 1,000.00
Social	£ 628.00
Presentation Night	£ 576.03
Budgets Total	£ 8,964.28

Committed Liabilities	
£ -	
£ -	
£ -	
£ -	
£ -	
£ -	
£ -	
Total	£ -

Available Balance £ 4,977.98

Financial Status	
Bank account	£ 14,072.26
Money to be banked	£ -
Unpresented Cheques	£ -
Ledger Balance	£ 14,072.26
Balance in Deposit acc	£ 5,038.68
Total cash assets	£ 19,110.94
Stock of Club kit	£ 3,523.00
Cash held by EntryCentral	£ 50.00
Fixed Assets	£ 2,808.30
Total assets	£ 25,492.24