

Avon Valley Runners Main Committee Meeting Agenda

Tuesday 3rd May 8:30pm

TRFC

1. Introduction

- a) Previous minutes and actions (see previously circulated minutes from April meeting)

Not wishing to proceed with quotes for chip timing, RN has informed Anthony.

- b) Apologies – Martin, Emma Day

2. Reports

Reports to provide brief update to committee, with option to circulate detailed written report via Minutes Secretary for committee to discuss as required.

- a. Treasurer's report – received and no questions
- b. Kit report – none received
- c. Membership Secretary report - received
- d. Club captains' reports
 - i. Road – 28 members attended Highworth 5; won the fixture – top of the league at the moment, next is Hullavington but may not be as popular due to the distance.
 - ii. Off Road - none
 - iii. AVT – 16 competitors attended the events at Oldham, the next fixture is the teams event (52 Fiver) and multiple teams entered for this made up of AVR and AVT. Wanting feather flags if possible.
- e. AVR Youth – quiet as between seasons
- f. Working group reports – wanting sponsorship for AVR Half

3. Committee updates and discussion

- a. Proposed Coaching Plan – RN

Email received from VO to state she is stepping down from CDP.

Steve – proposal is not the plan but is a structure would like including in the plan. Want competitive inclusion in the club – is used in many sports, and is approved by EA - and is currently used within club. Trying to put in place a system that can be used across the club. Based on time for 5k. The only speed session at the moment that has criteria is Steve's, over that 12 months every attendee of his session has achieved pbs in various distances. Want to extend this across different times (up to 29 mins 5k). want improvement across whole club and want to be able to advertise this as the structure that AVR use... other coaches can do other things if wish.

Phil – thanks to committee for starting the process of the CDP. Have worked whole life in planning and need a plan as to where things are going – the working groups are set up to do this. Started gathering an evidence base for the proposals that are putting forward. Want to extend training and improvement in times across the club for Tuesday and Wednesday sessions. 5k is the distance that most people do so provides a broad spectrum of time – looked at 164 times to come up with the groups.

17% runners sub 19 mins

22% under 22

25% under 26

17% in under 30

17% over 30 mins

99 men

65 women

Makes sense for the groups to have their own needs met.

Over 30 mins group are not being left out but are actually the ones in mind with this structure. Not running with a group too fast for themselves with ensure safety and performance. Increasingly targeted interventions rather than less interventions.

Need to address 2 factors – fitness and age.

This is the beginning of the process not the end, there is further thought required. Literature states that will need a clear process and this is a dynamic process. Need to read the whole of the 9 points. Speed is only part of the program and the whole club needs to be included... direct link between the plan and the club.

The club is fractured but want to work closely together to ensure there is common ground for all groups.

Is there a plan for transition of AVR Youth as those coming up to 16 years would not just slot into the sub 19 min group– Steve stated that there was.

Are there enough coaches to facilitate this plan – this is a key part of the process and needs thought. There are coaches at the moment who are not active and this needs looking at as the process continues.

DH - Need to have a clear picture of what is on offer for 30+ runners as can't go ahead without knowing the whole picture.

This is a discussion and not an agreement – there is a discussion meeting booked for coaches and Lirfs on 18th May.

The idea is that this is athlete led and the coaches can lead a targeted coaching session for those that are attending that session. Anyone that drops time has to train to achieve it.

b. Off Road League scoring – JH

Updated off road scores as no off road secretary. Posted it on facebook and got a query – if run in Gwent League can only score if take part in senior... masters and juniors cannot score at Gwent League but can in other races. As it stands the off road is made up of 20 races and advertised as such. The final 10 races have not been decided will be made up of Gwent league and Wiltshire league once they are published plus any others. At the moment people can choose what races they run to score high. As league has been announced cannot cancel it but could pull the Gwent races out as cannot score them properly and then use the races that are there minus those.

Could now run our league in line with the Wiltshire League which is October to March. To enable this to happen for this year only could double score but use it as a transition period to the Wilts calendar but have to follow the rules that were set out at the beginning of the year. Committee have agreed that this is a viable option and this will be communicated to the members.

c. Communication – DH

Committee meetings do go on a long time and some discussions could be discussed via email. Many people do not always respond to emails. Meetings are for decision making and these decisions do need to be minuted. Zoom meetings suggested but not well received as need face to face meetings in order to discuss things properly. Many people bring things to the committee meetings and maybe committee members can represent individuals in the club – we don't have many club members bringing things to the meetings but they can do if they wish to. We are trying to do too much so agenda items need to be kept short and limited.

d. Active Trowbridge – DH

AVR Relay booked for the same date as Active Trowbridge (9th July) and have agreed to put on an event/game and a stall. Need volunteers for AT and have already got licences and bookings for the relay.

e. Membership cut off – ED

End of May for membership cut off. LW to check with ED

f. Car Stickers – LW

Committee has decided not to proceed with this. LW to let Sarah know.

g. Election of Off Road Secretary – RN

One application received – Michael Guy. Constitution states that the election of a new secretary is at the discretion of the committee... vote held and 11 voted for and none against. Martin Bull has registered an interest and RN will talk to Martin about stepping into the assistant off road role.

h. Club Bursary – VO

Club Bursary information received from VO prior to the meeting. Doesn't focus on just one group of runners as offers funding for many different groups of people. Much further discussion needed.

i. AVT Budget – KTL

Clarity needed. Email was sent round regarding some bike training with coaches; cost for the club (£135) would be paid but any numbers of members could attend. The couple of responses received stated that we did not wish to go ahead with this cost. AVT wish to know what funds are available and if there isn't a fund available then will need to fund raise. KTL to meet with Debbie Hill (England Triathlon) to discuss the progression of AVT. There are members that are paying for similar things themselves so there is inconsistency between what the club will pay for. Only have 2 coaches KTL and SC so cannot offer regular training sessions at the moment. People join a running club and may not wish to have their money spent on AVT – they join AVR with the option of using the AVT side and it's their choice whether they use it or not. A decision needs to be made about what should happen with funding. Committee agreed to pay the £135 for the 10 bike training sessions at Odd Down.

AOB

a. Committee email group – LW

Sarah Emery emailed to request the someone set up a committee email so that she does not receive them – she is still a committee member so does need to receive the emails.

b. Facebook – LW

Have received a complaint regarding what is posted on Facebook, people will be reminded to follow the rules and individuals will be spoken to.

4. Next Meeting:

Committee Meeting Tuesday 7th June 8:30pm TRFC