

Reading Roadrunners Committee Meeting

THURSDAY 19OCT21 – 7:00PM
(by video call)

THE COMMITTEE

Phil Reay (Chairman)
Chris Burt (Treasurer)
Ian Giggs (Social Secretary)
Anne Goodall (Ex officio)
Paul Monaghan (Social networks/Web)
Claire Seymour (Coaching liaison)
Bob Thomas (General Secretary)
Sam Whalley (Membership Sec)

APOLOGIES FOR ABSENCE

Ian

MINUTES OF THE PREVIOUS MEETING

The minutes of the previous meeting were proposed as a true record by Chris, seconded by Claire.

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING CHAIRMAN'S REPORT

Phil congratulated everyone who took part in the London Marathon, whether as a runner or marshal, with special thanks to Carl for organising the marshalling team once again and giving a very upbeat radio interview after the event.

Phil acknowledged the dire parking situation at Palmer Park, suggesting that members should try to car share where possible and consider parking away from the site and jog to the session.

An overflow parking area has been opened, but it is not expected to improve matters. It has been suggested that parking fees will be introduced from 1Nov with no overnight parking allowed.

Phil was pleased to congratulate Art Atwal and Sarah Walters in gaining their CiRF coaching qualifications.

Phil is delighted to report that the Thames Valley XC League is in place for the season. He reminded everyone that members wishing to run must enter online through WebCollect this year and that no cash will be accepted on race day. All runners, whether members of the Club or their guests must wear a club's officially registered colours to take part.

Finally, Phil thanked Fergal and Tony Canning for organising another successful Track Friday event on 15Oct.

TREASURER'S REPORT

Chris provided a copy of the September Club financial position. Chris reported that the Club's accounts are now installed into the Xero financial package, and he is busy configuring it to support the Club's needs.

GENERAL SECRETARY'S REPORT

London Marathon runners' coach. Bob reported that there were many issues complicating the provision of a runners' coach to the Marathon this year owing to the loss of flexibility caused by London Marathon Events providing its own transport for marshals.

With the legal restrictions on drivers' hours, it was regrettably not possible to get members to the start of the first wave and bring everyone home afterwards.

If LME persists with providing their own transport, the Committee will need to review the viability of providing a runners' coach next year.

Bob expressed his thanks to Richard Hammerson for organising arrangements on the ground in London.

MEMBERSHIP SECRETARY'S REPORT

Sam reported that ten new members have joined in the past month, some Second Claim.

SOCIAL SECRETARY'S REPORT

Ian is exploring venues for a Christmas party.

COACHING REPORT

Sarah reported on behalf of the Coaching Co-ordinators...

There are four regular coached sessions available on Wednesdays, from 5-10k improvers to marathon training and everything in between.

Uptake continues to be good and there are new faces each week coming to join the club or have a trial.

There has not been much uptake for outruns and LiRF availability has been low.

Art is now fully qualified - many congratulations to him. Two further LiRFs will hopefully be qualified by the next committee report.

Friday sessions remain quiet, and we have coach cover for the coming weeks.

First aid kits are being sourced but some first aid training would also be good for anyone that is interested, i.e any club member.

We have received interest from one member in regard to becoming a LiRF, which has now been approved.

Parking on Wednesdays is frankly horrific, with more parking spaces being cordoned off each week. We ask that athletes park elsewhere or use other methods to get to track but we are concerned that this could be a push factor for athletes not returning to the club.

Some of the grassed area has been used on other days for other events so this could be explored by the committee with the stadium management. Having parking bays cordoned off also leaves athletes

stood around in the car park while we wait for the gates to be opened.

ANY OTHER BUSINESS

Friday sessions. Phil reported that he has been approached by two other clubs that would like to join our Friday sessions. Noting the low take-up of Friday sessions, it was agreed that this could be considered. Phil undertook to engage with the clubs to understand aspirations and numbers before any decision will be taken,

Standing Down. Anne and Claire will both stand down from the Committee at the AGM, Anne having completed her 19th year as a committee member.

VACANCIES

Members who would like to know more about any of these roles are invited to contact Phil in the first instance, email to: chairman@readingroadrunners.org

General Secretary. Bob will stand down as Secretary at the AGM. It would be ideal if his replacement were shadowing before the AGM.

Newsletter Editor. Ben has stood down as the newsletter editor. If the newsletter is to continue, we need a volunteer to step up as editor.

Mental Health Champion. The requirement for this post arises from EA, which summarises the role as:

"The role of a Mental Health Champion is to support people to access the mental wellbeing benefits of running, remove stigma and get people talking about mental health. Champions will NEVER be expected to provide mental health support in the role but they will be provided with details of where to signpost people for professional support with their mental health."

The best way to understand the role would be to consult the [narrative provided on the EA website](#).

Ex officio Committee posts. There are three Committee posts vacant for ex officio members and two more will become vacant at the AGM, when Anne & Claire stand down. The ex officio members do not have fixed duties (c.f. Chairman, Media Manager, Treasurer, Social Secretary, etc) but are available to take on tasks as they occur throughout the year.

DONM: 19:00 Tuesday, 16 November by video call.

Main Club contact points:

Chairman, Phil:

chairman@readingroadrunners.org

Membership Secretary, Sam:

membership@readingroadrunners.org

Secretary, Bob:

gensec@readingroadrunners.org

Treasurer, Chris:

treasurer@readingroadrunners.org

Social Secretary, (Not presently monitored):

socialsec@readingroadrunners.org

Coaching Co-ordinators, Pete & Sarah:

coach@readingroadrunners.org

Website / Media, Paul:

webmaster@readingroadrunners.org

Team Captains, Liz & Jamie:

teamcaptains@readingroadrunners.org

Welfare Officer, Tom Harrison:

tom.harrison13w@btinternet.com

Welfare Officer: Nikki Gillard:

nicolagillard@hotmail.com

Mental Health Champion, TBD

Kit Manager, Dean Allaway

dean.allaway@yahoo.co.uk