

Reading Roadrunners Committee Meeting

TUESDAY 14 SEP 21 – 7:00PM
(by video call)

THE COMMITTEE

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

APOLOGIES FOR ABSENCE

Anne, Paul

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Off-site storage. The Club will take a storage unit from Shurgard Self Storage at a cost of £60pm. The need for this arises from disruption caused by the current building works at Palmer Park.

CHAIRMAN'S REPORT

Phil offered his thanks to Ian Giggs, who has offered to take on the Social Secretary role. Ian will be co-opted onto the Committee at the next meeting. There are still several posts for which there are vacancies, as listed below.

Phil also thanked Dean Allaway for taking over management and sales of Club kit and Ben Fasham, who has stood down as the newsletter editor after 18 months in the role. Ben should be especially recognised for the effort of publishing weekly newsletters during the first and most severe lockdown last year.

The Club presented its first race event since the pandemic in August, the

Summer Relay, for which Phil thanked Kerri French, Alice Carpenter and Roger Pritchard for making it a successful event, and Tony Streams for providing prizes.

The Club also ran its first two pub runs since 2019 during August. Thanks to Caroline Jackson for taking on the organisation and to Tony Page and Laura Priest for organising and leading the events.

17Sep sees the return of the popular Track Friday event, organised by Fergal Donnelly and Tony Canning, there are provisional dates emerging for both TVXC and Hants cross-country leagues, and Adele has announced that the Bramley 20/10 will go ahead on 20Feb22.

TREASURER'S REPORT

Chris provided a copy of the August Club financial position. Net income of £1,742 for the month which included c.£750 of kit sales and £395 from London Marathon Events for our recent stewarding organised by Carl (part of this payment is awaiting to be refunded to those that paid for travel).

There was £320 donated to the club charity (out of the £480 prize pot) from the Euro football sweep. A couple of members kindly donated their winnings.

GENERAL SECRETARY'S REPORT

London Marathon travel arrangements.

The arrangements for runners and supporters continue to be fluid. A coach is booked but it is not possible to finalise departure and return times until runners have been advised of their start times. For now, the agreement with the coach company is for the coach to leave 06:00 to 07:00 and return 16:00 to 18:00. This will

soon need to be finalised so that a timed pick-up permit for the London Eye can be obtained.

MEMBERSHIP SECRETARY'S REPORT

Sam reported that twelve new members joined since the last meeting.

Gate monitors at Palmer Park report that many members are not bringing their membership cards to track sessions, a condition stated when track fees were waived for the rest of the year.

Members are reminded that signing in is not an alternative to showing a valid membership card at track sessions.

SOCIAL SECRETARY'S REPORT

The Committee is delighted to welcome Ian Giggs as a new member in the role of Social Secretary.

COACHING REPORT

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

It has been nice to see our athletes retuning to track with enthusiasm and vigour and the coaches and leaders continuing to volunteer their time and experience with the same smiles.

We have received some positive and encouraging feedback that the track announcements are well received, brief and informative to allow athletes to "get on with what they are there for".

Pete has been leading on inducting the new members to track and advising which group may suit their training needs best, which has been working well.

Track announcements continue to include reminders about which lanes to run in as does Pete's induction of the new members, but this remains a struggle, with some of the more established athletes choosing not to listen and running their effort in lanes other than where they should.

We currently have six coached sessions on track on Wednesdays, providing a range of opportunities for athletes from

10k improvers to marathon training and cross-country preparation. More athletes are coming each week which is good to see.

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

Off track on Wednesdays, we are providing one Couch to 5k group and will endeavour to provide a 5k to 10k progression group, but we are struggling to ensure we have LiRFs available to cover these sessions.

Three LiRFs are continuing with their CiRF course and will hopefully be qualified in the next six weeks.

Bibs for the LiRFs remain outstanding, it really would be good to have these in place for the darker evenings as we would like them to include hi visibility.

We have not received a response to last month's request for first aid kits and 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, this is awaiting approval.

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.

ANY OTHER BUSINESS

TVXC. Sam reported that the Club's TVXC event should be able to go ahead on 12Dec but warned that the number of cars that we will be able to park at Waingels College has been significantly reduced from recent years.

General Secretary. Bob advised that he intends to stand down as Secretary at the AGM.

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. 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 Thursday, 14 October 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:
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Welfare Officer: Nikki Gillard:
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Mental Health Champion, TBD

Kit Manager, Dean Allaway
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