



## Ackworth Road Runners Committee Meeting Summary

13<sup>th</sup> March 2024, 7.15pm

The Mason's Arms PH, Ackworth

### Present:

Chris Taylor	Chair	CT
Stewart Haigh	Treasurer	SH
Dawn Sketchley	Secretary	DS
Dave Hughes		DH
Nicola Thomson		NT
Joe Worthington		JW
Cate Allan		CA
Adam Callow		AC
Emma Flanagan		EF
Mel Owen		MO
Vicky Burch		VB
Steve Berry		SJB

SJB, DH, VB and NT left the meeting before the end due to other commitments.

### Kit

A potential supplier demonstrated kit and answered questions about an online shop.

The meeting continued once they had left.

### Apologies for absence

*Ruth Walker, Helen Wainwright, Mark Leadbeater, Emma Flanagan*

### Previous Minutes and matters arising

The minutes of the meeting held on 7<sup>th</sup> February were accepted as a true record.

### Ken Bingley memorial 10k

The Ken Bingley Memorial 10k will be on Sunday 18<sup>th</sup> August at 10am. SJB has confirmed the availability of Frickley Pavilion with Frickley Athletic FC. SH asked for a volunteer to take the lead as due to holiday commitments, it is difficult for him to do it alone. DS said that she

would do some of the administration and help on the day. DH also volunteered.

**Action:** *CT said he would apply for the race licence.*

### **Priory 10k**

The date for the Priory 10k is confirmed as Wednesday 17<sup>th</sup> July. CT asked that a committee member stepped forward to take the lead and JW offered his services.

**Action:** *SH advised that an alternative course would be explored.*

### **Insurance with England Athletics**

Following last month's discussion about the EA provided insurance cover and how it affects LiRFs, CiRFs and volunteer group run leaders, a disclaimer has been published on the website training page and in the Member's Guide regarding member's responsibility for their own fitness and that they run at their own risk.

AC has been able to confirm that members are covered for third party liability when they are running in training sessions.

He has drawn up a list of pre approved sessions which can be led by unqualified run leaders after a brief by a level 2 coach or CIRF to include a H&S brief, a pre session checks and cool down and stretches.

It was agreed that interval sessions, fartlek sessions and hill repeats can only be led by LIRF and level 1 qualified coaches or above.

A short meeting is planned for all coaches and run leaders to share this clarification. Afterwards, the details will be pinned on the coaches FB page for reference.

**Action:** *AC organise meeting then arrange for post to be pinned on coaches' FB page for reference.*

### **Members' next of kin details in case of emergency**

SJB has amended the application form for new members to include these. 130 existing members have provided their next of kin contact details.

**Action:** *SH to obtain emergency contact name and numbers from existing members who have not yet provided them via a Webscorer page.*

### **Chairman's Slot**

CT welcomed new committee members - VB as ladies' captain and DS as secretary.

He noted the good turn out for Wombwell 5m and the excellent performance of the Club at PECO #5. Thanks to the efforts of all participants, the Ladies Team has been promoted to Division 1 and Ackworth Road Runners took 3<sup>rd</sup> place in the most improved club league.

### **Treasurer's Slot**

SH reported that the account is reasonably healthy with significant payments due – namely entries for East Yorks HM and Monsall and affiliation to England Athletics.

We currently have 255 paid up members affiliated to England Athletics - 228 full payment first claim members, 22 concessions and 5 students. In addition there are 16 social members and 3 second claim members. So far, we have welcomed 9 new members to the club and C25k is going well.

### **Secretary/Correspondence**

DS explained that Run Through are looking for volunteers to support Leeds Running Festival on Sunday 21st April 2024 and want their volunteer scheme to be shared with members.

Monetary donations would be made to Ackworth Road Runners in exchange for volunteers or alternatively each volunteer will receive a volunteer package of £65 race entry credit & £10 RT kit credit.

**Action:** DS to share post on the members' FB page.

### **Captains' Slot**

NT reported February's list of notable achievements:

- Dewsbury 10k, 96 members attending with lots of PBs and a purple buff.
- York 5k – Simon Bennett with a Club Record M65.
- Barcelona Half saw 14 members jetting off for a run in the sun.
- Mad Dog 10k (6 members)
- St. Aidens Winter Beast (6 members) with Charlie Lines claiming 1st M60.
- Tammy Gaines did the Windy Hill Fell Race
- Emily Hanson, Callum Smith and Hannah Faulkner ran the St. Valentines 30k.
- 54 travelled to the Wombwell 5 GP race where we had Lucy

Vamplew CR F40, Nicola Thomson CR F45 and 1st F45, Helen Morgan CR F55 and 1st F55, Sue Francis CR F60 and 1st F60, Gail Tombs CR F70 and Joe Worthington CR M45.

- 24 members ran Snake Lane 10 with Sarah Hunter 3rd female, 1st F35 and a CR F35.
- Torrevieja Half, Gail Tombs 1st F70 and Martyn Stearn 3rd M70.
- 4 members at the Hoppits Hill race.
- 28 members did Peco #5. The ladies team finished 2nd in their league gaining promotion to division 1 and runners up award. Charlie Lines finished 3rd M60 and Emma Evans 4th F35.
- Settle Road Race 10k for Stuart Sykes and Esther Mahle.

### **ARR Juniors**

DH reported that Juniors have around 50 members. The biggest issue going forward is that a coach is taking a less pivotal role now that she has moved away and travel is difficult in the winter months. This leaves a challenge as adult:child ratios have to be considered for junior training sessions. 2 senior members have expressed some interest in joining the coaching team and it was agreed that the senior club would support 50% of the cost of their training.

### **Kit**

There was lively discussion around online kit options after much fact finding work by JW, CA and MO for which they were thanked.

Tuff were chosen as our online provider.

As it will take a few weeks for them to set up, the option to order vests and t-shirts via Webscorer with a monthly deadline will continue. Our current stocks, still available at a discount compared with 2024 prices will be run down over time but DA will continue to order to fulfil requests.

**Action:** SH to remove DA email address from website.

**Action:** SH to create post on FB after March 15 explaining that current stock is available to members on a first come first served basis at discounted prices until it has gone. Orders which have to be fulfilled with new stock will be at 2024 prices.

**Action:** SH to promote new Webscorer page for vest and t-shirt orders with a deadline of mid April (and so on) until Tuff kit is up and running. **Action:** CA to contact Tuff and begin the online shop journey including the various quality options for the supply of vests and t-shirts.

**Action:** once newly ordered stock based on Webscorer demand is available, DA to post on FB that he will be at Club at a specified time so members can collect. If DA not available due to other commitments, he will ask other Committee members to deputise for him. (CA/DS had offered to do this.)

**Any other business**

*Action: DS to add proposals for our 40<sup>th</sup> anniversary celebration to next months' agenda.*

**Date of Next Meeting**

Wednesday 4<sup>th</sup> April, Mason's Arms PH 19:30  
(Apologies CT)

There being no other business, the meeting closed at 21.40