



Ackworth Road Runners
Committee Meeting Summary
5th June 2024

The Mason's Arms PH, Ackworth

Present:

Chris Taylor	Chair	CT
Dawn Sketchley	Secretary	DS
Dave Hughes		DH
Nicola Thomson		NT
Cate Allan		CA
Mel Owen		MO
Steve Berry		SJB
Ruth Walker		RW
Helen Wainwright		HW
Adam Callow		AC
Mark Leadbeater		ML

1. Apologies for absence

Stewart Haigh, Dave Allison, Vicky Burch, Emma Flanagan, Joe Worthington.

2. Previous Minutes and matters arising

The minutes of the meeting held on May 1st were accepted as a true record.

- **Priory 10k**

SH is to meet with NT and confirm no change to current route. Currently 132 entrants.

- **KB Memorial** 9 entrants so far. We need to promote and publicise.

Action: CA offered to make flyers to give out with the cups which will be given out at the Priory 10k. ML offered to promote on FB.

- **New coaches and run leaders/Training/Insurance**

Low numbers of Athletics Coaches, LiRF/CiRF qualified or volunteer run leaders for training nights continues to be a problem. However, several people have volunteered either to do the qualification or to become a run leader. AC has sought guidance about insurance from England Athletics and their insurance underwriters. Where a group is led by a qualified leader, both the leader, the people within the group and the Club have 3rd party liability cover. Where the leader is unqualified everyone runs at their own risk.

After discussion, it was agreed that:

a) we will continue to have run groups lead by qualified and unqualified, but experienced leaders;

b) groups will run on Tuesday and Thursday evenings starting between 18.00 and 19.00 and the name of the run leader, their qualification status and the type of group will be shared on the members' page. (Feedback having been that members want to know who is leading the group).

Action: (ongoing) HW.

c) only qualified LiRFs, CiRFs and Coaches can lead technical sessions;

d) where possible all leaders will share their routes via the members' FB page in advance;

e) we will have new general risk assessments to cover road running, trail running and mixed terrain running. These will be shared on the website.

Action: DS/SB

f) we will draw members' attention to the insurance implications of running with an unqualified leader so they are aware that they are running at their own risk. This will be posted on the website and members will be directed to read it via a FB post.

Action: DS/SB.

g) approved routes which can be used by unqualified leaders will be produced;

Action: AC.

h) social runs will be posted without a pace associated with them and all members attending them will be expected to regroup to accommodate the needs of the slower runners. Wherever possible, more leaders will support within the group where numbers are large.

i) there will be a meeting for existing qualified run leaders;

Action: AC

j) there will be a meeting for those who have expressed an interest in becoming LiRFs/run leaders;

Action: AC

Once everyone has been briefed, details will be pinned on the coaches' FB page for reference.

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

k) a survey of members seeking their thoughts around training and any improvements that could be considered has been trialled amongst the Committee and (with a few tweaks) is to be shared with members. The point was made that this will provide a basis from which to go forward over time and members will be asked to help with any changes suggested.

Action: SH.

3. Chairman's Slot:

CT reflected on events in May: a popular and well supported GP event at Rother Valley parkrun, a good turnout for Pontefract 10k and the Goole Riverbank 10k. He thanked the marshals for running the water station at mile 15 for the Rob Burrows Marathon and congratulated those who ran a tough course. Feedback from runners generally was that the support from the volunteers at the water station was hugely appreciated. ML was thanked for supplying gloves.

4. Treasurer's Slot

SH reported that the account stands at £9k with fees for Monsal still to go out. We welcomed 9 new members in May. Our membership stands at 305 (169 women, 136 men.).

5. Secretary/Correspondence

DS advised that we had received correspondence from a member commenting on the close proximity of three GP events over 8 days in June and it was agreed that this will be borne in mind when the 2025 series is planned though we would still aspire to support events organised by local clubs.

6. Captains' Slot

Men

DH reported:

- Good turnout at Rother Valley parkrun. Shaun Yates first male
- Laith Flanagan ran Belfast Marathon in sub 3h PB.
- Steve Berry ran Gateshead 10k
- Spencer's Dash: Shaun Yates first home
- Apocalypse Ultra was run by Adam Callow
- Good support for Rob Burrow's Marathon event from Bruce Perfect, Richard Ward, Mark Leadbeater, Paul Lawrence, Simon Speight.
- Keswick Mountain Festival: Joe Worthington, Jim Needham, Daryl Pearson, Andy. Steve Batty ran the HM
- David Sidwell ran Windermere
- Pontefract 10k saw 3 sub 40 performances: Shaun Yates, David Caddick and Sam Lockett
- Members ran Newmillerdam Quacky Races
- Maksims Palciks got a parkrun PB in Poland
- Alex R ran Edinburgh Marathon

Women

VB reported:

- Wendy Berry Gateshead Half Marathon / 2nd F60 / 2:17:00
- Tammy Gaines took on the 50 miles Pennine Barrier. Unfortunately, she took a tumble after 31 miles in approx. 7hrs. She is now well recovered.
- A number of Ladies took on the Walton Legging it for the library 5k.
- Rother Valley parkrun GP event saw 5 Ladies obtain new PBs: Julie Roberts, Jess Holt, Donna Allan, Debbie Macklam and Fiona Marcantonio-Jones.
- Anna Pujol completed Prague Marathon 4:19:51
- Dawn Sketchley Birmingham Half Marathon in 2:35:12, Emma Bird 3:08.
- Helen Morgan 1st Female to complete Spencer's Dash 25:16
- The Dambusters 10m was fun for Debbie Barton 1:53:41 and Ruth Walker 1:52:04
- Fruity Furlong was completed by Lesley Ann Needham 0:42:52, Bev Brown 0:39:10, Caroline Lawrence 0:48:43
- Rob Burrows Marathon attracted 11 ladies from the club with Sue Francis our 1st female F60 4:12:00. PBs – Fiona Marcantonio-Jones, Millie Watson, Rachael Speight and Megan Firth.
- Katie Batty obtained a PB in the HM 2:17:02
- Jane Tomlinson Canal Race saw 9 Ladies attend with Nicola Thomson finishing in 0:21:57
- Pontefract 10K saw Helen Morgan (our 1st female) 4th female in 41:30 and a new PB for Kirsty Walker 47:08
- Sarah Hunter 2nd / F35, 3rd Female overall 1:20:18 at the Chester HM
- Debbie Sidwell completed the Windermere Marathon 4:57:22
- Newmillerdam Quacky Trail Race was a wet soggy one. Laura King was our 1st female 24:12
- 18 Ladies took part in the Goole Riverbank Challenge 10k. Helen Morgan 1st/F50 (42:17), Janet Davis 1st/F70 (53:24) Nicola Thomson 2nd/F45 (47:27), Sue Francis 3rd/F60 (52:04)

7. ARR Juniors

2 juniors have successfully started to attend senior training sessions. PW has given notice that she will not be travelling to training during the winter months so the pressure is on to induct new coaches to maintain ratios. This is work in progress. Juniors is currently closed to new members for this reason.

8. Kit

CA reported that the online shop is ready to go for all kit other than t shirts and vests. She is still waiting for samples of these following our suggestions at the last meeting. It was agreed that the online shop can be up and running now.

Action: CA to ask Tuff to go live and to continue to progress t-shirts and vests.

9. Any other business

- Summer handicap: now live on Webscorer. Catering has been booked.

Action: CT to organise marshals.

- Coach for Yorkshire Coast 10k being investigated. Members are already expressing interest. Coach expected to cost c £12/14. 112 have entered the race.
- Leeds Country Way entry is in the hands of our captains.
- Summer Socials: ML is to reinstate the summer socials.

10. Date of Next Meeting

Wednesday 3rd July, Mason's Arms PH 19:30

There being no other business, the meeting closed at 20:45.