



Ackworth Road Runners Committee Meeting Summary

3rd April 2024, 7.30pm

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
Emma Flanagan		EF
Mel Owen		MO
Steve Berry		SJB
Dave Allison		DA
Ruth Walker		RW
Helen Wainwright		HW
Mark Leadbeater		ML
Emma Flanagan		EF

1. Apologies for absence

Adam Callow, Vicky Burch

2. Previous Minutes and matters arising

The minutes of the meeting held on 13th March were accepted as a true record.

• Ken Bingley memorial 10k

The Ken Bingley Memorial 10k will be on Sunday 18th August at 10am. England Athletics have only just reopened their portal to enable application for licences.

Action: CT to apply for the race licence.

• Priory 10k

Priory 10k is confirmed as Wednesday 17th July. Entries have opened and there has been a good level of interest. After looking at alternatives, SH and JW confirm that the course remains as for previous years.

- **New coaches and run leaders**

Although he sent his apologies, AC reported that a short meeting is planned for all coaches and run leaders to give guidance agreed at the last meeting relating to sessions which they can lead based on their experience and qualification. After the meeting, details will be pinned on the coaches' FB page for reference.

It was agreed that any new coach/run leader with a qualification paid for by the club will be asked to lead groups on training nights at least once a month for a year.

***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

SH has reposted the call for existing members to share their next of kin details in case of emergency.

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

3. Chairman's Slot

CT noted the good turnout for Thirsk 10m (90 runners) together with the success of the ladies' team and another great turnout at Wakefield Hospice 10k (85 runners). He thanked those who attended the Yorkshire Vets Cross Country which, unfortunately, took place on the same weekend as the Hospice 10k. Thanks also went to those members who marshalled at The English Schools' Cross Country Championship at Pontefract. There was a question about the whereabouts of PECO mementos from last season and RW volunteered to follow this up.

***Action:** RW to check with Pat Wood.*

4. Treasurer's Slot

SH reported that we currently have 304 paid up members - 287 full payment first claim members, 10 social members and 7 second claim members.

5. Secretary/Correspondence

DS advised that we had received correspondence from HMRC restating the qualifying criteria for eligibility as a Community Amateur Sports Club. We still meet them, so no further action is required.

6. Captains' Slot

In her absence, DH shared VB's resume of notable achievements by our female members during March:

- Spurn 7 - 5 Ackworth Ladies attending: Donna Bailey 1:04:53, Wendy Berry 1:17:15, Amanda Mckinnell 1:18:03, Jenny Boards 1:22:53, Michelle Marshall 1:34:19
- Grindleford Gallop in the Peak District - Debbie Worthington – completed 21 miles.
- North Lincs Half for 3 Ackworth Ladies: Debbie Barton 2:17:30, Sarah Turner 2:13:59, Sue Eaton 2:29:10
- An impressive 22 Ladies took part in Thirsk 10 mile and Sue Francis, Jenny Knowles, Helen Morgan, Nicola Thomson and Lucy Vamplew won 1st Female Team for the club. The Ladies also picked up 6 Trophies at the same race from Yorkshire Vets Athletic Association. 1st F55 Helen Morgan 1:10:25 and a new F55 club record; 1st F70 Gail Tombs, 2nd F40, Lucy Vamplew, 2nd F45 Nicola Thomson, 2nd F60 Sue Francis. 10 mile PBs For Lucy Vamplew, Jill Daly, Natalie Stone, Fiona Marcantonio-Jones, Ella McCall, Hannah Falkner and Donna Allen.
- Vale of York 10 Miles welcomed 4 of our ladies: Joanne Burke 1:24:06, a PB for Bev Brown 1:29:51, Millie Watson 1:33:28, Lesley Needham 1:45:40.
- 23rd March brought the Ultra Loop at Heaton Park: Rachael Stonier-Speight - 55km 7hr: 02, Flossy Moo – 45km 6hr: 38
- Chicken Run Fell Race Jessica Holt – 13.81km 1hr 51min; Lesley Needham – 13.72km 1hr 55mins; Tammy Phillips Gaines Maat – 13.72km 2hr 2mins
- Wakefield 10k – A very fresh, bright sunny day with 48 ladies taking part and some impressive times. Helen Morgan 41:22 1st F55, Nicola Thomson 44:31, Lucy Vamplew 46:40, Sue Francis 2nd F60. PBs for Natallie Stone, Ella McCall, Jill Daly, Isla Stone, Caroline Crutchley.
- Yorkshire Vet Cross Country Jessica Holt won a trophy for 2nd F35V / 1hr: 05min 4 laps; Georgie Newton 2 laps 35:47
- Maidenhead Easter 10 mile was completed by Georgie Newton 1:50:16.
- Parkrun PBs during March:- Nostell - Rachael Stonier Speight.
- Parkrun milestones:- 250th Parkrun Lucy Vamplew; 100th Carrie Simmonds.

7. ARR Juniors

DH and RW reported that the Juniors had participated in their first PECO relays. There were no placings for the team, but everyone enjoyed themselves and race confidence is building.

There have been expressions of interest from potential new coaches and adult support to keep ratios healthy and a meeting is to be held to build on this momentum.

8. Kit

CA has been in contact with Tuff and samples have been ordered. Tuff have agreed to take orders from members and invoice them for payment until the online shop is up and running.

DA has placed an order with our existing supplier for vests and t-shirts ordered by March 15th through Webscorer.

Action: DA to order and hold stock t-shirts and vests in popular sizes to meet the needs of newer and existing members until the shop is up and running. These will be sold at the new, higher price for all orders after March 15th as agreed at the last meeting.

Action: (carried forward from March minutes) 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.)

Action: SH to set up new Webscorer page with new deadline and current prices for kit from this supplier as advised by DA.

Action: DA to supply new prices to SH.

Action: HW and EF to include the mention of club kit and how to buy it in their welcome phone calls to new members.

9. Any other business

- 40th Anniversary celebrations: ideas to mark the occasion in the summer of 2025 included an event with Goole Striders, a summer social run including outside catering and canvassing ideas from the wider membership in due course.
- GP parkruns: Rother Valley 04/05/24, Nostell 20 or 27/07/24, Fountains Abbey 31/08/24, Sherwood Pines 12/10/24.
Action: DS to approach the Nostell core team to check which date they plan to celebrate their 10th anniversary.
- Travel Mugs: JW has negotiated the supply of 500 travel mugs to be used as souvenirs for Priory 10k. Turnaround is about 3 weeks.

- New banner and flag: a new banner and flag are to be bought to mark mass attendance at events.

Action: *SH to investigate and recommend a solution to a future meeting.*

- Summer Socials: ML is to reinstate the summer socials in June/July/August – further details to follow.
- C25K – still going well with good support from existing members. Graduation run likely to be at Winterset on April 25th.

7. Date of Next Meeting

Wednesday 1st May, Mason's Arms PH 19:30
(Apologies CT, ML)

There being no other business, the meeting closed at 20:30.