

## FROME RUNNING CLUB LEADERS MEETING

Tuesday 12<sup>th</sup> July 2011

*Present: Kate Wareham (chair), Sue Watts, Nicola Player (minute taker), Chris Steele, Marcus Gaffney, Robin-Mark Schols, Georgie Starkie, Nick Cooper, Jim Plunkett-Cole, Matthew Gilliard*

*Apologies: Tony Blatchford, Tom Stokes, Dawn Prior, Jo Fordham, Karen Evans, Sharon Arnold*

### **Leaders' Rota**

Kate was presented as lead leader. She circulated the rota for July and August; any changes to the rota need to go through Kate.

Changes: Georgie will do Nick's session on the 17<sup>th</sup> August. Matt will do Georgie's hill session on the 13<sup>th</sup> July.

Kate wants leaders to lead at least one session over a two month period. The choice of what they do is theirs. All leaders will wear leaders' vests.

### **Leaders' session preferences:**

Robin:	any, including SAS
Marcus	any
Nick	all and wants to lead PB sessions
Matt	will let Kate know later. Longer runs at the weekend when he is back from injury
Chris	longer and faster runs (his license hasn't come back yet)
Jim	off road with torch-lit off- road runs in winter. Doesn't want to do road running (people need to be warned about twigs, branches, etc.)
Sue	wants to cut back on SAS. She is happy to do summer off-road, winter on hills.
Georgie	happy to lead once every two months – any session. Will be freer after November.

Dawn and Kate will take over leading weekend runs from Tony as he starts his marathon training.

Robin asked if there was a common understanding of what 'fast', 'steady' and 'slow' was – he is concerned that everyone feels included. Jim said that a club in Bristol has a group of 20 people or so of mixed abilities, all of whom know the rules about including everyone in the group when they go out and they don't have problems.

Jim asked for advice on and support in leading the SAS and asked for a register to help remember who has come out for runs he leads.

Leaders who have paid half of their training will need to have led 3 groups before the end of the year to gain a refund of their money.

Two sessions will be offered by Leaders each Wednesday but if club members wish to do a different session they are welcome to go off on their own or in groups. They are welcome to join the warm up with the meet and greeter before they go.

The rota for September and October was passed around for people to fill in.

### **PB Club**

This will be on the 3<sup>rd</sup> Wednesday of the month and Nick will be a leader for these nights. There won't be a PB club night in August.

### **Extra Night Training**

Although this can't be offered at the moment because the club doesn't have enough leaders, options were mentioned. These included meeting at another venue (pub car park) and having a drink together afterwards.

### **Meet and Greet**

Leaders doing this need to arrive at the club earlier than 6.45pm because newcomers tend to arrive early.. This will give the 'meeter and greeter' (M&G) the chance to explain a bit about the club, help the runner decide which group they want to go in and ask them to fill in a **PARQ form**. The M&G will

have a clip board with 2 other forms: **a register** (to keep tabs on visitors) and **a membership form** to encourage visitors after 2 visits to take the next step and join the club. Forms will come from Kate and she will include a checklist of things leaders will cover. The meeting point needs to be away from the car park for safety and PR reasons. The M&G will then lead a 5 minute warm up for everyone before groups get started. Georgie said that options are being looked at relating to the lack of access to the toilets and noticeboard on a Wednesday night. Georgie will pass on information about the tri-club members to Kate.

### **Time Trial**

Kate has developed a time trial register to make it easier to identify runners and their times. Sue offered to administer the time trial for now, since she is injured. Georgie explained it has been decided that those who do 3 or 4 time trials a year should take a turn in administering the time trial. No volunteers were forthcoming to co-ordinate the time trial rota; Georgie will ask Karen if she is willing to do this and will bring it up at a regular committee meeting.

### **The Calendar**

Kate will enter the rotas, sessions and PB club information on the calendar. Kate will follow Jim's suggestion and use facebook to promote runs, making sure that it is inclusively worded and advertising the fact that all abilities are catered for.

At the moment, Kate, Tony and Nick (Jones) can access the calendar. Tony will be stepping back from this in August and he and Jo are stepping down from being leaders in the autumn. Georgie thanked both of them aswell as Sue for all the hard work they have put into the club.

### **Run England**

Kate wants to start a beginners running group in Frome, which is being sponsored by Run England, part of UKA. Sue has given Kate some information and the plan is to run an 8 week course starting in early September, which means promotion needs to happen as soon as possible.. Volunteers to help Kate were Jim, Marcus, Robin, Sue, Georgie, Dawn and Jo. The group of interested leaders will meet and plan for this group on **Tuesday 17<sup>th</sup> July at Kate's house at 7pm**. Kate will send out an email with the details.

### **Future meetings**

Agreed to be every 3 or 4 months. The next one will be **4<sup>th</sup> October 2011** at the Rugby club.