



**Wymondham Athletic Club  
Minutes of Committee Meeting  
Held on Tuesday 30 July 2019  
At the Queen's Head**

**Present:** Tony Beales (Chair), Cindy Burgess - Secretary, Katie Whitmore, Mark Banfield, Richard Morris, Michelle Barker, Steve Ely, Tony Gentry, David Roy

Tony B welcomed new Committee member David Roy to his first meeting.

It was noted that the venue for this meeting had changed from The Feathers to The Queen's Head owing to The Feathers letting us down for the second time.

**1. Apologies for Absence**

Apologies for absence were received from Tracey Salisbury, Rob Winner and Andrew Lane.

**2. Minutes of the Last Meeting**

The Minutes of the meeting held on 04 June 2019 were approved.

**3. Matters Arising not covered by the Agenda & Action Log Update**

**3.1** Coaching was added as an agenda item at Minute 10.

**3.2** The Action Log was updated as follows:

AP56: Katie had the KP assessment and had chatted to Dave who thought the arrival and departure of runners should be considered in the assessment. As Dave was no longer on the Committee, Tony G volunteered to take over his role for this action point. Due date moved to next meeting.

AP188: Biodegradable cups - review at next meeting after stocktake.

AP189: Tony B had spoken to his Printer who had quoted a price of £52 +VAT for 250 x A6 cards. He thought A6 was probably too big as we wanted to keep in our pockets ready to hand out if anyone enquired at parkruns and races etc. He would now get a quote for business card size with just basic contact details on and website address. The design would have our logo and chequers on front. Mark Banfield questioned the usefulness of the cards as there are fliers on the board at parkruns. Katie agreed with Mark, but as the cost was so small it was decided to trial them. Deadline to be extended to next meeting.

AP195: Katie had now managed to contact Fatstick man about the sign at KP. The Committee agreed the sign should have our logo and chequers, plus a strapline and our website address. Katie would obtain a mock up to show to the Committee.

AP218: Add a tick box for first aiders and resus training for consideration on membership form.



AP221: We had been added to the KP timetable, although it had Katie's personal number on it. She would get that changed. Close.

AP223: Richard had completed the First Aiders list. There were 14 first aiders 3 resus trained and 1 mental health first aider. It was noted that the Development and Improvers groups do not have a first aider. Mark commented that we should try to ensure each group had a first aider and that the full list should be available at club night. Cindy said that at the last coach's meeting a first aid course for coaches had been mentioned.

AP226: Time trial formats: Tony B had met with Kim and discussed winter time trials. Kim had agreed that it was no longer suitable in its current format but suggested we might organise something else, possibly on a Sunday. The Committee agreed that the location of the Time Trial was not really suitable and too far from our new HQ. It was decided not to hold the Time Trial this year. We would announce this in the next Newsletter and ask for ideas and suggestions of what members might like for next year. Discuss again next year.

AP229: BBQ Done. There will be a charge of £60 for the hire of KP. There would be no bar. Katie to put a message out on Facebook to tell everyone to bring their own drinks. Close.

AP231: Stocktaking of the container was scheduled for this Thursday 1 August.

AP235: Training day - extend due date to next meeting.

AP236: Richard had traced three public defibrillators in Wymondham. One at the Co-op in Lime Tree Avenue, one at Wymondham College, and one at the Car Park in Market Street. Close.

AP239: Ordinance survey map purchase not yet done - extend due date to December.

AP241: Tony B had contacted 4sports and we still have a page with them. Tony and Steve to liaise about what we might want to be made available on that page. Extend deadline.

AP242: Google docs: Katie had set it up but not yet sent out link.

AP243: Whatsapp groups on Newsletter. Tracey had confirmed that all her AP's had been done. Close.

AP245: Change name of Racing Director had been done on the website - but not yet on the Newsletter.

The following Action Points were closed: AP221, AP223, AP226, AP227, AP229, AP230, AP232, AP233, AP234, AP238, AP240.

#### **4. RNR 2019 and 2020**

*(Following discussion of the way teams had been picked this year)* What to do next year was discussed, Tony proposed that if we have 2 teams, Karl should pick a fast team and the second team should be selected by ballot from the members who want to participate. This, however was considered by some to be difficult as average mileage had to work out at around 8.40 min mile. It was eventually agreed that for the second team we should go back to the old method of using a sign-up sheet with the captain selecting the team.



The Committee emphasised that none of this was Karl's fault as he was just acting on what he thought had been agreed. Kim was also aware and Kim and Karl were in agreement.

## 5. Finance and Membership Update

*Minute redacted for confidentiality purposes. Any Member requiring financial information about the Club, please contact a member of the Committee.*

## 6. Annual BBQ

Richard commented that as we had more people attending than anticipated, about 115, it had made organising the entertainment more of a problem. He had planned 6 activities to involve four or five teams of 12 people, mixed adults and children. The activities were: bean bag hula hoop toss, sack race, relay race, classic egg and spoon, water transfer game, three-legged race. The Committee approved his request to spend money on the purchase of equipment (bean bags, hula hoops etc) and sweets for prizes. Agreed start time was 6.00 - 6.30 with food being ready by 6.30. The games would start at around 6.45.

## 7. Online Noticeboard Recommending Professional Services?

Mark said that this had come up on a Whatsapp chat and he wondered if it could be a good idea. Although he could see issues arising if things went wrong. After discussion the Committee decided not to go ahead with this, although members were welcome to do this informally amongst themselves.

## 8. Safeguarding

Mark reported no issues since the last meeting. There was one prospective new under 18 joiner who had been running with CoNAC and was also a tri athlete and, potentially, her father too. He would be emailing them re safeguarding etc.

## 9. Club Kit

Steve had obtained several samples to show the Committee.

**Long sleeved tops:** The first sample was from Kit Factory, the quality didn't seem very good, but they could do reflective strips. The second was from Epic (the sizes come up fairly small again), but these can't be reflective.

**Running Jackets:** There were two samples, Reflective Hi Viz or Hi viz performance jackets.

The Committee decided Steve should gauge the market for long sleeve tops before doing anything, perhaps put something in the Newsletter and hold back on jackets for now.

Steve said the bobble hats were on order.

## 10. Coaching

10.1. Additional Training Proposal.



Tony B handed round a proposal from Karl about additional training sessions aimed at the advanced and possibly intermediate groups. The aim was to bring in some targeted training following on from the success at Henderson track. This included 3-weekly sessions at the Sportspark track. This is something that could be beneficial for other groups to organise as well. Karl's plan also included XC training dates. Karl would provide advice and encouragement to other groups if they wanted to organise similar sessions.

The proposal was discussed and the following issues were raised.

- This should be open to everyone as both circuit and track are open to everyone. The argument against that was that circuits was not accessed on average by the Advanced group.
- Karl was acknowledging that subset of the club who are wanting this sort of training. He has said if other coaches wanted to offer this, that would also be fine.
- The question of whether we should book the track and allow all groups to attend with their own coaches was raised. However, it was argued that this could lead to overcrowding with slower runners getting in the way of the faster ones.

Karl's proposal was agreed in principle.

It would be up to Kim to take this up with coaches to see if they would be willing to support this sort of training in the other groups. Then take it to the groups to see what interest there might be from members.

## 10.2 Meeting with Kim

Tony B gave some feedback from his meeting with Kim to discuss the points which were raised at the last Committee meeting.

Resulting from that meeting, we did now start Notices 5 minutes earlier allowing runners to be out on time.

Whether or not to mention parkruns in Notices was discussed.

With reference to the problem of people being reluctant to move up, the situation had now improved and people were being encouraged to move to the next group. Also, those that had moved were showing greater improvements in their times. Kim had also suggested a "Move up Monday" where runners could trial moving up to the next group for one night.

Katie said there was still a problem with warm ups being too fast, but it was agreed that it was up to the Coach to control the pace.

With regard to the need for additional coaches several people had volunteered to become coaches including Richard Dade, Georgia Williams, Richard Morris and Michelle Barker. We now needed to get them booked onto the courses.

Katie said the monthly running schedule was sometimes late going on the website.

Tony agreed to talk to Kim and Karl about any residual problems.



**Action Point: Tony B to talk to Kim and Karl about the residual problems.**

## **11. Future Meeting Dates**

The next meeting would be held on 17 September at the Queen's Head.

## **12. Any Other Business**

12.1 Steve said that Martin Stringfellow had raised a query about the EAMA 10k in November and whether it would affect take up of our NYD 10k. Tony B said that it was being run by South Norfolk Council who are our landlords, so we had agreed to help them out in an advisory capacity. It wasn't felt that it would greatly affect our NYD 10k. Cindy confirmed that Andrew Lane had replied to Martin's query.

12.3 Katie just needed to check on some age categories before announcing prize winners from Monday's Ed Burton Time Trial. Richard would choose the volunteer and spot prizes.

12.4 Katie raised the idea of having a Suggestion Box at Club on Monday nights. This was agreed and Michelle agreed to organise it.

12.5 Katie said the 100+ points results was not up to date on the website. Cindy to change. She also said that the NYD Results were still marked as Provisional, Cindy commented that if she wanted changes to the Race Pages she should send them to her.

12.6 Katie said that Lyn Ottaway resigned as race secretary and asked Tony B to put a call out for volunteers on Monday.

12.7 Magnetic pins - Richard asked if it would be possible to get WAC branded magnetic pins for race numbers. *(Richard subsequently agreed to look into sourcing/pricing.)*

12.8 Club standards - Katie asked why WAC didn't use Club Standards as some other Clubs did. Cindy said that we used to have club standards which were also used for the 100+ points scheme but this practise had fallen out of use.

12.9 Toilets and showers at KP were discussed. Katie confirmed that all toilets should be open each week but that the showers weren't open.

12.10 Tony G asked about lighting for the container. David said that he should be able to obtain some sort of lighting, possibly for free.

### **Action Points:**

- **Arrange a Suggestions box for Club on Monday Nights. - MB**
- **Put out a call for volunteers for Race Secretary at Club night. - TB**



- **Look into sourcing/pricing of magnetic pins. - RM**
- **Obtain lighting for the Container - DR**

The Meeting closed at 22.23.