



Norwich Road Runners committee minutes 28/1/2020

Meeting starts at 7.30pm (Sprowston School)

Gary Cooper, Glyn Manton, Michael Powell, Kathleen Easter, Beryl Knowles, David Hender, David Field, Stephen Pizey, Chris Amos, Jessica Behan, Alma Simmons, Stacey Harper, Gary Stevens

Apologies – Beryl

Training plans – Senior coaching subcommittee (Nick)

*Nick gave feedback on Lead coach meeting. Group wanted to split c into two groups with Nicky/Paul/Tony leading the c2 group. **Committee agreed with this suggestion – to try and action for next rota-mid Feb***

Lighting was mentioned as two groups would need to be on field at same time.

Action – Glyn to check lighting and some more smaller lights as these are easier to charge

*Glyn Mentioned that he would like to hand over rota and typing up of plan/communication. Jess suggested this could be completed in the meeting for next quarter. **Action – Glyn to complete training plans and rota for group B***

--How will we communicate and administrate? -To be discussed in February meeting

1b Training-Monday (Stephen P) –How is it going?

*2 of members to attend Lirf – There is enough help on a Monday **Action- Steve to investigate next couch to 5k – looking at March – using the UKA AP for sign up/PARQ***

1c Thursday Sessions (Chris) – How is it going-

Now plenty of routes – look to start to get printed/laminated so there is less reliance on reading out.

1. Membership handover and discussion about renewal

David now set up on UKA by Glyn. Discussion about PARQ forms and juniors. David to speak directly to Alma to make sure Alma can have photo permission etc added.

4. Communication – How do we divide up this important role (s)

- Website
- Emails
- Social media



-External contacts

Gary to look at what he can achieve in this role – to report back next meeting so we can form a communication strategy

How can we communicate effectively to our members?

(Committee rota for Monday/Tuesday/Thursday?)-To be discussed next meeting

Other agenda items

1. Agree minutes from last meeting including AGM – **Action - Agreed**

2. Junior coaches report

Alma talked about an incident at Christmas party that has been resolved.

She is happy with juniors at present- She will liaise with David regarding membership.

3. Social team report (Stephen)

Easter run planned. No social group formed. Christmas party discussed.

Committee keen that we do not guarantee spaces with venue like last year.

Discussion regarding changing venue with City centre being popular.

Action- social team to look at alternative venues with dates not as close to Christmas as the party in 2019

4. Finance report-Kathleen

See last page

5. Race reports

Ringland-

In hand- on target to generate £3,300 surplus.

Horsford –

In hand – Glyn has enough marshals!

Wroxham

Discussion about increase in costs and need for club to return to race surplus (profit) achieved in previous years. With first aid costs increased (300%) need



significant change in price especially series where margins are very low- Action Committee agreed £14/£15 (+2). £34/£40 for series. To go on sale a month earlier than last year

10 Target races

No discussion this month

11 Kit/Merchandising update.

Committee agreed to allow Nick to sell off old stock at 50% discount so we can reorder new stock

12 Discussion about charity status (from last meeting)

Mick/Glyn have investigated. A lot of admin. Too late for this year as main befit is gift aid on membership – This could bring in £3,000 – To discuss again towards summer- but would need someone to lead/project manage

13 **Proposal**- On membership renewal add request that members are requested to help the club during their membership, be it marshalling, race set up/admin, helping club behind the scenes e.g. trip organising

Action - agreed - David to add request onto membership forms for this year

14 Mental Health Champion- (Glyn)- Dave Thomas has agreed to continue in this role

15 Use of headphones on club night



Discussion and decision – Headphone should not be used on club training sessions

16 AOB/members questions

None

Agree next meeting –

25th February 7.30pm

Norwich Road Runners
Sprowston Community Academy
Cannerby Lane
Norwich
NR7 8NE

January SPEND 2020

City of London – coach parking permit XC	30.00
Sam Wall – flowers for Christmas Party	12.00
Stephen Pizey – Xmas party £120/hire room fun run £30	120.00
Glyn Manton – entry into Nationals XC	135.00
Rachel Miller – cost of entry into marathon	39.11
First Self Drive – mini bus hire	118.00
Sportspark – track sessions	140.00

Balance end of 28/1/2020 £11942.32

Norwich Road Runners
 Sprowston Community Academy
 Cannerby Lane
 Norwich
 NR7 8NE

November/December SPEND 2019

Sprowston Community Academy – hall hire	1381.00
England Athletics – affiliation fees Dec/Jan	285.00
SEAA – annual affiliation fees 2019/20	25.00
Medals for All – trophies	310.00
Mark Betts – 2000 cups for races	84.00
Sally Aspin – RNR food	26.00
NTPrinter - kit	1248.00
England Athletics – coaching course x 3	420.00
Myriad UK – kit/bottles	1037.00
Scimitar Sports UK – kit vests	1260.00
Scimitar Sports UK – Ringland medals	1824.00
First Self Drive – mini bus XC	100.00
Kath Easter - 2 nd class stamps	15.00
Glyn Manton – expenses	51.34
Beryl Knowles – food/drink AGM	196.00
Scimitar Sports-t'shirts/bags/flag	2520.00
David Field – blackboard 23.99/domain 14.39	38.38
Glyn Manton – Safeguarding course fee	10.00
Medals For All – end of year trophies	231.00
Nick Hatton – Sum up payment machine	23.00
Glyn Manton – Runners entry into Parliament Hills XC	231.00

Balance at end 31/12/19 £11,710.55

Kathleen Easter