

## Roadhogs Committee Meeting

17 March 2016, L.C.C.C.

1. **Present:** Amy Barnes, Keith Dakin, Barbara Hermann, Alison Lodwick, Dave Lodwick, John Stew, Kim Richardson, Steve Martin, Mark Ramsden, Sid Smith, Barry Waterfield, Steve Wheeler, Terry Woodhouse
2. **Apologies:** Ron Atton, Dan Bannantyne, Colin Smith, Dave Swan
3. Amy, Steve and Terry were welcomed to the committee and thanked for agreeing to join. The retirements of Lucy, Jacqui and Mal were noted.
4. **Minutes of meeting held on 16<sup>th</sup> January 2016:** AGREED.
5. **Matters arising from the minutes not appearing elsewhere on the agenda:**
  - i. AGM: we experimented by including a social element, with free drinks and nibbles. There was a larger turnout than in recent years and many more contributions from non-committee members.
  - ii. Victoria parkrun takeover: the Roadhogs takeover went really well, with excellent PR for the club and a potential recruit. Thanks were extended to all who volunteered. There was enthusiasm for repeating the takeover – but later in the year when the weather was less cold.
  - iii. London Marathon club place(s): it was noted that the proposed rule change (that members who had run in the London Marathon in the previous three years should not be eligible to enter the draw for the club place(s)) was approved by the AGM.
5. **Finances**
  - i. Steve W reported that he and Colin S were mid-handover, as transferring the bank mandate had taken longer than expected and had involved a personal visit to the bank. He would gain access to statements and the club cheque book over the two weeks.
  - ii. The finances are always healthy at this time of year, as membership subs have come in but the biggest expenditure is still to come (including EA/ARC affiliation fees and kit purchases). Steve reported that he had already banked 16 member subscriptions in addition to those previously banked by Colin and more than 50 members had renewed via PayPal. He would provide a fuller report at the next meeting.
  - iii. Whilst noting that only in principle decisions could be made pending completion of the handover to the new Treasurer, the committee discussed the pros and cons of continuing to affiliate to both EA and ARC. Dave L suggested that the two main benefits of ARC affiliation are:
    1. The insurance cover provided by ARC is somewhat more permissive, as training sessions need only be led by “appointed” rather than qualified leaders.
    2. The existence of ARC, with a strong affiliation base, reminds EA of the popularity and standing of road running.

The ARC subscription for 2016/2017 (which is based on the number of members at the end of the previous year) will be £121. By way of comparison, the EA subscription will be £828. It was AGREED to continue dual affiliation.

- iv. Dave L informed the meeting that the club had received a generous donation of £400 from Secure One. Dave L will send a formal letter of thanks on behalf of the committee but a decision on what to use it for will be delayed until we have a clearer idea of what is needed.

## **6. Cross-Country Round-up**

- i. Kim reported that the last season was a little disappointing – turnout was low, particularly amongst the ladies with the club failing to field a full team in three races. Each of the teams (Men, Ladies and Combined) finished a little above half way in Division 2.
- ii. Several factors are thought to be contributing to the relatively poor turnout: congested fixture list; loss of some regular cross-country runners through injury or relocation; busy lives. In addition, it was noted that car-sharing requirements, prompted by the growing popularity of the Derby Runner League, does act as an impediment as it inhibits spontaneity (although Amy reported that her efforts to co-ordinate car sharing for recent races had worked well). It was also observed that the conditions were particularly poor over the past few months – the mud was particularly bad and meant that it was impossible to use road shoes, which inhibited people from giving cross-country a go. The meeting was reminded that two of the Wednesday summer training runs are centred on Bradgate Park and Beacon Hill and include a significant element of off-road – it was hoped that this would encourage more recent members to enter cross-country races later in the year.
- iii. One of the difficulties experienced by the Captains is that, because there is no pre-entry for the Derby Runner, they don't know if they will have full teams until just before a race starts. Whilst it is appropriate to "twist arms" if it is known that a team will be one short, it was acknowledged that too many pleading emails and messages can be counter-productive. Amy suggested that a group could be set up on Whatsapp, so that messages could be sent just to those who are interested in receiving them.

## **7. Kibwoth 2017**

The meeting was reminded that staging a LRRL Winter League race can generate a lot of income for the organising club, and that income is likely to be substantially increased in 2017. There was support in principle for staging the race in 2017, subject to someone agreeing to act as Race Director – whilst Dave L is happy to undertake pre-race administration, he will want to run the race so cannot be Race Director.

## **8. Presentation Evening – survey of members**

Amy tabled a survey that she and Barbara have developed which was approved by the meeting. Members of the committee completed copies during the meeting. It will put on Survey Monkey and members invited to complete it, with a view to the results being available at the next meeting.

## **9. Heartsafe Runners Project**

- i. Amy informed the meeting that, because it is known that bystander CPR improved survival outcomes for those who suffer a cardiac arrest, the original *Heartsafe* project was aimed at teaching school children how to do CPR and to use a defibrillator. It has been very successful, with 80% of Year 10 children in Leicestershire having been trained so far. *Heartsafe Runners* was prompted by an incident at a recent cross-country race when a runner collapsed and received CPR from Ruth Green, a doctor and fellow-competitor. This

is the second running event locally when someone has suffered a cardiac episode and survived because of prompt bystander CPR. The idea is for volunteers from running clubs to be trained as trainers and then to return to their clubs and cascade their learning to the rest of the club. LRRL clubs are also considering whether to purchase their own defib. machines and are mapping the location of existing defibs in their training run areas. *Heartsafe* training has been provided for the forthcoming Ashby 20 race so that there will be a CPR-trained person at every marshal point and multiple defib machines around the course.

- ii. A cohort of Roadhogs has already been identified to be trained as trainers, in addition to those members who are already trained in emergency first aid. John S offered the use of a venue at LCCC free of charge for a club training session and Steve W advised that he is aware of a work-based charity that could contribute to the costs. Amy undertook to look at date options and to research equipment costs (training dummy, training defib machine).

#### **10. New members update**

Dave L reported that current membership stands are: 54 fully paid up; 4 social; 15 life members. This is somewhat down on the same point in 2015. He is aware that some members have already raced this year but not renewed – a quiet word will be had. Amy advised that she and Dan had developed a poster for distribution at the running shop, university venues and leisure centres and queried whether there was a budget for printing. John S advised that printing could be done FOC at LCCC and Dave L reminded the meeting that the club has a laminator. Dave L also advised that he is starting a 0 to 5K group at Victoria Park in April – although this group won't be run under the Roadhogs banner, any suitable graduate would be steered in our direction.

#### **11. Coaching and athlete development**

- i. Alison reported that the latest beginner group had just concluded with three regular attendees participating in the Victoria parkrun on 5<sup>th</sup> March 2016. She would continue to support those of the group who wished to transition to club running as improvers.
- ii. Dave L informed the meeting that he and Alison had been offering strength and conditioning sessions over the last few weeks but that after Easter, he and Dan would re-start the coached sessions on Tuesday evenings at Manor Road.

#### **12. Results round up/Members' Achievements**

- i. Although official tables have yet to be released for the LRRL, the position unofficially is as follows:

Senior Men 5/7 Division 2

Vet Men 6/7 Division 2

Senior Ladies 3/8 Division 1

Vet Ladies 2/8 Division 1

- ii. Mark R drew the meeting's attention to the strong performances recorded recently by Ben and by James T. Amy remarked that Clare was running well.

#### **13. AOB - None**

**14. Date of Next Meeting:** Tuesday, 17<sup>th</sup> May 2016.