

Roadhoggs Committee Meeting

2 June 2015, L.C.C.C

1. **Present:** Dan Bannantyne, Mal Blyth, Keith Dakin, Alison Lodwick, Dave Lodwick, Steve Martin, Colin Smith, John Stew, Dave Swan, Kim Richardson, Barry Waterfield
2. **Apologies:** Ron Atton, Jackie Brown, Barbara Hermann, Lucy McMillan, Mark Ramsden, Sid Smith
3. **Minutes of the meeting held on 24 March 2015:** AGREED.
4. **Matters arising from the minutes not appearing elsewhere on the agenda:**
 - i. Livingstone Relays
There was a record entry of more than 100 teams. We fielded two men's teams (finishing 17th and 29th out of 34) and one ladies team (finishing 10th out of 43). Thanks were recorded to Mark and Jackie for organising the teams.
 - ii. Social Events
Since the last meeting, there has been a Curry Night at Chef and Spice and a Skittles Evening at the Black Horse in Aylestone. Both were well attended and a good time was had by all.
 - iii. Membership Form
The membership form has been modified to include emergency contact details. We will need to poll existing members in due course to collect the information.
 - iv. Marketing
No progress to report since the last meeting. However, we will have the tent and flag in place at Swithland on Sunday, 7th June to act as a focal point for a pre-race team photo. Not all summer league race venues are suitable for tents, although it should be possible at Prestwold. If time allows, large Thermos flasks will be purchased so that we can offer coffee and cake after the race. Keith volunteered Pam's baking services and John S offered to provide sundries.
 - v. The order for more hi-vis tabards had been delayed, pending presentation of the Club's cheque for the first order. The payment has now been taken, so the further order will be placed shortly.
5. **Finances**
 - i. The profit from the Kibworth Winter LRRL race had been overstated at the last meeting. However, after all expenses accounted for, a profit of £275.81 was very satisfactory.
 - ii. The working balance at the bank, with all major items of expenditure now accounted for, stands at £2471.65, which is quite satisfactory for this point in the financial year.
 - iii. A request to restock with short-sleeve technical t-shirts was AGREED.
6. **Bradgate Derby Runner 2015/2016 Update**
 - i. Kim reported that we have been granted exclusive use of the Hunts Hill car park for a Sunday in November. A provisional date of 22nd November 2015 has been proposed,

subject to approval by the Derby Runner League Delegates Meeting in September. Given the popularity of the race last season, Kim is confident that approval will be forthcoming.

- ii. The Hunts Hill car park will hold up to 200 cars (under active direction by marshals) with the possibility of a further 100 on the overspill area (subject to ground conditions). It will be necessary, therefore, for access to be robustly managed so that only multi-occupancy or tent-carrying vehicles are allowed in. Single occupancy vehicles and late arrivals will be directed to adjacent roads and the public car parks. There will need to be more car park marshals than last season in order for the proposed arrangements to be successful (absolute minimum of six, preferably more).
- iii. Dave L has offered to re-align the course with the relocated start/finish area and Kim already has a new juniors' course in mind (which, thanks to the relocated start/finish, will be superior to the previous course).

7. Beginner Running/New Members Update

- i. Alison is continuing to work with novice runners on a one-to-one basis. Consideration is being given to running another beginners' running course in the autumn, based at Manor Road (only).
- ii. Dan reported that, following a recent surge, we now have more than 100 members – 73 paid, 15 honorary and a handful of existing members yet to renew. Whilst the new PayPal arrangement has proved popular, it has created a problem in terms of data collection as not all renewing members have completed a membership form – Dan will collate a list of those for whom we require data and follow up.

8. Coaching and Athlete Development

- i. The Video Analysis session recently provided at Manor Road by John Skevington (Leicestershire Running and Athletics Network) was very successful, with seven or eight club members participating. All thoroughly enjoyed it and most felt they had gained from the experience, particularly those with recurrent injuries. The software used to facilitate the analysis is very inexpensive (less than £5), so the Club will purchase its own so that we can develop a similar service for ourselves.
- ii. At the last meeting, it was agreed to fund Dan and Steve R through the CiRF course. Regrettably, Steve R will no longer be able to regularly attend Wednesday training (due work commitments) so it was AGREED to transfer funding to Dave L.
- iii. John S advised the meeting that, due to work commitments, he has had to defer his final assessment for the CiRF until the winter.
- iv. Dave L and Dan are planning to introduce coached sessions in addition to regular training. These will be at Manor Road, probably on Thursday evenings. The sessions will include technique drills, core fitness and agility work.
- v. Dave L, Vicky (Sutton) and Alison attended a recent workshop on Guide Running, so the Club is now in a position to welcome visually impaired runners.

9. Presentation Evening

The annual Club Presentation Evening will be held on Saturday, 28th November 2015. John S will convene a small working group to co-ordinate the details. It was AGREED that, as in previous years, we will provide our own entertainment. Keith undertook to propose a theme at the next Management Committee meeting.

10. parkrun

- i. Several clubs within the LRRL have organised a “take over” of the Braunstone parkrun (when one club provides all the volunteers) and have found it a useful recruitment tool. However, 12/15 volunteers are required, so we will need enough Club members to learn the ropes by volunteering at regular parkruns before we could consider running a “take over” session. Dave L to talk to Richard N (regular parkrun volunteer) to progress.
- ii. Negotiations are on-going for a second parkrun in Leicester. The venue will probably be Victoria Park. Richard N is on the organising committee.

12. AOB

- i. The Club summer barbeque will be on Saturday, 15th August 2015 in the Lodwicks’ garden. Details to be agreed.
- ii. Mal enquired whether we should invest in car stickers as a marketing tool. Dave L will look into costings etc.
- iii. Dave L drew the meeting’s attention to some outstanding performances:
Jackie finished 2nd Lady Vet 50 in the Winter LRRL
The Bostocks (James and Becca) won a class in the Iceland OMM, a 2 day orienteering/endurance event
James Bostock finished 3rd in this year’s Croft Hill Race
James Boyd was first home in the LRRL West End race and is 100% so far this season.
There have been good marathon performances from: Will and James (both sub-3 hours) and from Afra and Clare (both close to good for age)
LRRL team positions after Desford: Vet Ladies, 1st in Div. 2; Senior Ladies, 2nd in Div. 2; Vet Men, 4th in Div. 2; Senior Men, 2nd in Div. 2
- iv. LRRL – Dave L reported that there is pressure from Barrow (supported by other large teams) for the introduction of B teams in the Senior Men’s competition. The proposal is under consideration by the League.

13. Date of next meeting

Tuesday, 11 August 2015 at L.C.C.C.