

Roadhoggs Committee Meeting

The Cricketers

3 April 2012

1. Present: Ron Atton, Jackie Brown, Mark Chamberlain, Keith Dakin, Alison Lodwick, Dave Lodwick, Colin Smith, Sid Smith, Dave Swan, Kim Richardson, Barry Waterfield,

2. Apologies: Steve Martin, John Stew, Malc Blyth

3. Minutes of the meeting held on 4 October 2011: Agreed

4. Matters arising from the minutes:

- i. Vertical flag – now we have the funds, purchasing a vertical flag is once more a possibility. Previously costed at between £125 and £150, Keith believes he may know someone who could do one cheaper and will look into it.
- ii. The vote on chip timing went through the League, despite our opposition, and is working quite well. It is making Mike Stiff's job easier (providing people take chip with them on the race!)

5. Chairman's report:

The club has had a good start to 2012. Thanks to all who helped out at Kibworth – the club is really appreciative. It was good to see Nathan Adams (son of former member Neil) competing for us at Kibworth. Some new keen lady members have recently joined (Barbara and Lucy) and Bec is recovering. Well done to Jackie for finishing 4th in age group for Winter League.

6. Treasurer's report:

Having banked the proceeds from Kibworth (a clear profit of £238.50) and assuming forthcoming expenditure, the balance is £1838.15. £1220 in subs have already been received, with £120 still to bank – most members have been very prompt this year, but one or two who don't run in races have been difficult to remind. Other income includes £500 sponsorship for Glooston (received with thanks from Secure One) and £70 from the Network for providing membership details. We anticipate receiving £100 in respect of Mark's coaching bursary. Main expenses include: kit (£243.95), EA affiliation fee (circa £300) and race fees for Winter League (£478.00).

7. Male Road Racing Captain's report:

- i. Mark provided a report on his coaching course. It is going well and he anticipates being fully qualified, to coach/advise runners of all levels including novices, in June. It has been a lot more involved and more in depth than anyone had expected. Based on Athletics 365 concept, it includes conditioning, nutrition and training models. Mark agreed to provide an article for the next newsletter to raise awareness that coaching advice is available amongst the members.

- ii. Tuesday night speed sessions have fizzled out over the last couple of months with Ludo and Miguel being away and Nick now running with Dave Pearce. Mark is thinking about re-introducing Saturday morning sessions for improvers and advanced runners when time allows. He's also thinking about introducing hill sessions (they've been done previously, using Freeman's Common and Brickyard Hill) and structured warm up and warm down stretching at Wednesday training.
- iii. Coach Co-ordinators Forum – Mark's not been to last couple due to transport difficulties. He's intending to attend the next one at the Cricketers in couple of weeks.
- iv. Road running: still getting numbers out at races and there have been some good performances (Nick and Miguel), but quite a lot of injuries. Sam, Lee and Dan are beginning to fulfil their potential and Mark Ramsden has improved a lot. 14 Hogs are so far entered for Hinckley.

8. Female Road Racing Captain's report:

The Ladies did really well in the Winter League: Seniors 4th in Division 2, Vets 3rd in Division 2. Several of the newer members have been eager to race and it is good to have Fi and Ruth back from injury - hopefully Charlotte will be back running soon. Recently enjoyed a Hoggettes night out (10 members attended) – social events are useful for keeping people in the loop.

9. Cross Country Captain's report:

The cross-country team is growing and improving. After the final league race – the combined team finished 7th from 10 in Division 1. Men's and Ladies' teams both finished 4th from 15 in Division 2. There was only one race where we failed to field full teams. There were great individual performances (Nick regular top ten finisher) and promising debuts.

9. Kibworth & Glooston

Kibworth

Thanks to all those who helped. Things mostly went well. There was some trouble at start – too few marshals to supervise runners, particularly at the back of the field, and we need to look at this for next time (perhaps by corralling runners in the car park ahead of start). The other problem occurred just after race started – an uncooperative motorist in Smeeton Westerby refused to wait, became abusive and overtook waiting car, blocking the road through the village as the runners came through. Nothing can be done to eliminate these kinds of events. However, Lyn also received a complaint from motorist about poor road discipline on the hill back up into Smeeton Westerby and we need to consider placing a marshal with a loud voice there to keep runners on the left on that stretch. Also, at the finish – runners were straying into road after picking up water and we need more marshals at the finish to keep the road clear.

Glooston

Everything under is control. Carol Fossard has agreed to referee. Colin is about to apply for permits. Only four online entries so far, but it is early days. Flyers were placed on all cars at Markfield and handed out at Kibworth. The plan is to circulate flyers at the East Midlands GP races. Posters have been handed out for display in local leisure centres. There is one problem – the pub in Glooston closed last week. It has been completely stripped, including the kitchen sink, so will require a complete refurbishment before it can re-open. The publicity will need to be re-written unless the pub re-opens soon as the USP of race is the attraction of a post-race drink. As a contingency, Ron will speak to the owners of Langton Brewery about possibility of setting up a bar in village hall.

10. Membership News

This has been mostly covered elsewhere in minutes. Some reconciliation of Colin and Steve's data required, but is mostly up to date.

11. Social News

- i. The presentation evening went well – the food was excellent although very stressful for Mark to produce. At the last minute, the venue refused to allow equipment to be left overnight. He wouldn't want to repeat hot food unless it was in a venue with a proper kitchen. Keith also wants to reconsider format – as only half of membership come along and other clubs get far more members attending similar events. One suggestion has already been made – it might be nicer if it was smarter event, more of an occasion. Mark and Keith will bring some ideas to next meeting.
- ii. Hat Night - the different route was appreciated by the ladies, particularly regrouping part-way through. Skittle Night was well attended.
- iii. Forthcoming events: Keith is planning a Curry Night towards end of May. He is also thinking about another joint event with West End – but it will need more pre-planning than last time. Another idea – camping for one/two nights at local site (maximum of an hour's drive from Leicester), but this will be very much a spur of the moment event depending on the weather.

12. Network News

A copy of the *Run Leicestershire* poster was circulated – it was noted that club locations on the map need to be corrected. It will be provided to clubs for distribution (for example, at the Race for Life and local leisure centres). Network funding is up for renewal in May, but there is every indication that it will be renewed for the final year of scheme (because it's been quite good at income-generation). Continuing to put on seminars and workshops; for example, a recent session on running technique at Saffron Lane was very good and could form basis of joint training session with one or two other local clubs at Manor Road.

13. AOB

- i. Race for Life reminder – 30 June/ 1 July 2012. Marshalls will be required.

- ii. Livingstone Relays – Sunday, 29 April 2012, Braunstone Park. 4 x 3 mile relay for men; 3 x 3 mile for women. It would be appreciated if the club could put some teams out. Mark to look after men's teams.
- iii. Summer training – Dave L has been asked to refresh the schedule with different venues/routes and include more off-road sections. Great Glen and Barkby are on the list, but the latter needs to be checked out for parking. A couple of other suggestions are still to be checked out (for example, Swithland from the Griffin and Kilby Bridge from the Navigation). The White House at Scruptoft and Dog and Gun at Kilby have been dropped from programme to accommodate new ones.

14. Date of Next Meeting – Tuesday, 3 July 2012