

NOTE OF TOWN HALL MEETING, TUESDAY 1 OCTOBER 2019

[NB – as this was an informal discussion not a formal decision making event, these notes are not intended as minutes or as a complete record of what was discussed].

Awards

- We do care as a club that people who win awards have participated in the life of the club, but this shouldn't be prescriptive (cf. VLM rules)
- Consider including a couple of non committee members (e.g. past winners) in the sub group that decides awards
- Include a rule that no one can win an award in consecutive years? This would spread the awards around more
- Do we need a coaches' award? We should recognise coaches, but not necessarily via an award that singles out one particular individual
- Consider going back to separate marathon and ultra awards as these are very different events. (Contrary view that relatively few members actually do these events compared to shorter distances like 5k and 10k)

9.30pm long run

- Try different routes to avoid getting bored on the towpath all the time
- Use Whatsapp to make it easier for people to coordinate distance and pace beforehand (but NB newbies turning up to the club for the first time wouldn't necessarily be on the Whatsapp group, so maybe also FB/website)
- Introduce "run captains" who commit to turning up and running a specific distance/pace to look after people who also wanted to do that pace

Kit

- Cost implications for members if we completely redesign the club racing kit
- Could we have the same kit but with better / lighter material?
- Could we have a 40th anniversary edition (i.e. same design but with a 40th anniversary badge or similar) – members could then buy the new version if they wanted to, but the old kit would still be valid for races
- Could we extend the kit range – e.g. bobble hats

Volunteers

- There is a budget for a volunteer event or similar
- Any ideas (or volunteers to organise) an event to recognise volunteers for their contribution to the club over the year?
- What else could we do to recognise volunteers – e.g. put some money behind the bar, vouchers?

#runandtalk

- Club is participating in England Athletics #runandtalk initiative around mental health and running
- Social run organised on 24 November

First aid / ICE

- Club should encourage all runners to run with some kind of identification in case of emergency (e.g. ICE bracelet)

- Ask all runners to put their ICE details on the sign in forms at Belgrave for midweek training; should we also have similar sheets for Saturday and Sunday runs?
- Coaches should be asked to carry a phone with them when they are coaching
- Kevin O’Gallagher offered to organise a short session to show people how to do CPR
- First Aid course to be offered to coaches and other interested members
- Make available a list of first aid resources at our training venues (e.g. defibrillator)

Other

- Positive feedback about pacers for track mile. Could we do this again, and also make sure there are pacers for faster runners too (could ask friends from other clubs if necessary). Possible track 5k with pacers being organised