

ATHLETICS NORFOLK ROAD RUNNING COMMITTEE
Minutes of Committee meeting - Wednesday 15 November 2017
City Academy, Norwich

Present:

Richard Polley	City of Norwich AC	Chairman
Tracy Stevens	Wymondham AC	Secretary
Pat Brightman	GYDAC	Treasurer
Neville Knights	Dereham Runners/RNR	
Todd Lake	Dereham Runners	
David Simpson	Coltishall Jaguars	
Brenda Hutcheon	Bure Valley Harriers	
Dave Hutcheon	Bure Valley Harriers	
Jon Foot	Bure Valley Harriers	
Chris Merrylees	North Norfolk Beach Runners	
Stephen Sadd	Norfolk Gazelles	
Pauline Leeves	Great Yarmouth Road Runners	
Malcolm Holmes	Great Yarmouth Road Runners	
Cathy Tooley	Great Yarmouth Road Runners	
Martin Rendle	Dunerunner	
Martin Gooderham	Harling AC	

Apologies:

Apologies received from Clive Hedges (NNBR), Andrew Lane (WAC), Paul Taylor (Coltishall Jags), Rod Main (Tri-Anglia) and Clare West (Thetford AC)

Welcome and Introductions

Richard opened the meeting. Everyone briefly introduced themselves around the table.

Action points and matters arising from previous meeting

Richard ran through notes and action points from the previous meeting of 12 July 2017.

Post note: Richard reiterated the UKA guidelines on the use of headphones; and also passed around the meeting a set of bone conductive headphones for members to inspect.

The UKA guidelines for the use of bone conductive headphones in road races is permitted if the race organiser decides to allow them. Richard stressed the importance of being expressly clear within your Race Rules of what devices are permitted/what are not. However, UKA rules state that regular earphones are still prohibited when a race is held on a single carriageway road with no traffic restrictions.

ANRRC's financial year

Richard proposed the ANRRC change its financial year from the current position of 1 November to 31 October to 1 January to 31 December. Pat seconded this proposal, all the members voted in favour.

ANRRC meeting structure

Richard proposed the ANRRC alter its current meeting schedule from March/July/November (AGM) to February (AGM)/June/October. Pat seconded this proposal, all the members voted in favour.

Election of Officers for 2018

To be discussed at the AGM in February 2018.

Treasurer's Report

Pat ran through the financial summary as at 31-10-17, and also distributed copies around the table. The current bank balance is £2,366.93. Pat noted that the clock hire income was down from previous years due to more Norfolk clubs affiliated to Athletics Norfolk, hence no charge for the clock.

Fixtures List 2018

The 2018 fixtures list was finalised, the final draft is attached for reference. To note, Harling AC and Dunerunner have both recently affiliated to Athletics Norfolk and their annual races are now included on the list.

Leathes Prior Grand Prix Series

Pat distributed a summary of the 2017 series. A successful season in most of the age categories with the total number of finishers for the series being 4984. Pat highlighted the need for clubs hosting the Grand Prix races to adhere to the 5 year age categories, which is in accordance with the County Championship races. This eliminates any inconsistencies across the board. *GP guidelines are attached.*

- Presentation Evening – The Assembly House, 17 November 2017 – 7.00pm
Pat reported 120 tickets sold to date; approximately half of these tickets were 'early bird' sales. Most of the prize winners had purchased tickets and were due to attend the evening.
- Arrangements for 2018 races
It was agreed that 11 races would be selected for the Grand Prix series; with 8 races to qualify. These are:-
 - Freethorpe Ten – *January*
 - Valentine 10k – *February*
 - Wymondham 20m – *March*
 - Dereham 10m – *May*
 - Great Yarmouth 5m series race 3 – *May*
 - Humpty Dumpty 10k – *June*
 - Harling 10k – *July*
 - Worstead 5m – *July*
 - Great Yarmouth half marathon – *August*
 - Dereham 5k – *August*
 - Holt 10k – *October*

Richard thanked Pat on behalf of the ANRR committee for all her involvement and continued commitment with the LPGP series, preparing results and organising the presentation evening.

Norfolk County Championship Races 2018

The following races were selected from the fixtures list:-

- Wroxham 5k
- Humpty Dumpty 10k
- Dereham 10m
- City of Norwich Half Marathon
- Postal marathon (qualifying period 1st November 2017 to 31st October 2018)

Round Norfolk Relay Race Report – Neville Knights

Neville circulated the race report for the RNR event over the weekend of 16-17 September 2017. He thanked all clubs who marshalled at changeover points. 62 teams entered. Planning for the 2018

event is already underway. There were a few issues at Feltwell regarding the use of the golf club/MOD land and Neville is awaiting a response to this before the route for 2018 can be confirmed. The new method of providing times online worked well with the hard copy timesheet reporting.

Neville continued to stress the need for clubs to look after the welfare and safety of their runners/cyclists etc. The start and finish allocations required more accuracy so as to not hinder the presentation at Lynnsport on the Sunday morning. Discussions took place on the use of trackers/dobber receivers as a means of self-timing at checkpoints. *Action: Martin Rendle (Dunerunner) will email to TS information on remote orienteering tools on unmanned checkpoints for circulation.*

Neville is planning to step down from the RNR committee after the 2018 event. Ideally he would like the incoming race director to shadow him for this event. Other vacancies on the RNR Committee includes a course director and a safety officer.

Richard thanked Neville and the RNR Committee for their continued support and commitment to this unique event which is enjoyed by so many (mainly Norfolk) participants.

Race Reports

Race reports for the period July to October were presented around the table. Points to note were:-

- There was some confusion over the County Championship Norfolk athlete disclaimer on race entry forms and it was felt the mandatory field required an opt-out option for non-Norfolk residents. *Action: Pat agreed to revise this disclaimer on the forms.*
- The unofficial use of drones by individuals not connected to running clubs at races could cause potential issues for race directors. *Action: Todd Lake (Dereham) will provide the UKA guidelines fact sheet for use around drones for circulation.* In the meantime more details can be found on the Runbritain website here:

<https://www.runbritain.com/races/Downloads.aspx>

Norfolk Cross County

Chris Merrylees reported that in recent years the Inter-Counties Cross Country Championships have not been well supported by Norfolk seniors. Together with Dominic Blake from Reepham Runners, Chris has stepped forward with the express intention of revitalising the interest in and commitment to the ICXC. As a first step, they are keen that all Norfolk clubs should encourage their members to attend the Norfolk XC Championships on 7 January 2018 at Thetford where performances will be used to select the senior Norfolk teams to go to the ICXC. Details of the Norfolk XC can be found here:

<https://events.athleticsnorfolk.org.uk/info.aspx?eventid=9>

Any Other Business

- Jeff Helmore (GYRR) [not present] asked whether Norfolk clubs would be willing to host a marathon on a rotation basis, or even the resurrection of the Norfolk Marathon.
- Martin Gooderham (Harling AC) required confirmation of minimum age for running a 10k. The recommended UKA race guideline is age16.

Date of Meetings for 2018

Wednesday 31st January – AGM

Wednesday 6th June

Wednesday 10th October

The venue for these meetings will be the Sports Meeting Room at the Sportspark, University Drive, Norwich, NR4 6TJ