

ATHLETICS NORFOLK ROAD RUNNING COMMITTEE

Minutes of AGM held on Wednesday 31st January 2018 at UEA Sportspark, 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	
Paul Taylor	Coltishall Jaguars	
Martin Adcock	Bure Valley Harriers	
Jon Foot	Bure Valley Harriers	
Clive Hedges	North Norfolk Beach Runners	
Stephen Sadd	Norfolk Gazelles	
Andrew Baker	Great Yarmouth Road Runners	
Mark Stone	Great Yarmouth Road Runners	
Rod Main	Tri-Anglia	
James McFarlane	Norwich Road Runners	
Glyn Manton	Norwich Road Runners	

Apologies:

Apologies received from Cathy Tooley (GYRR), Martin Gooderham (Harling AC), Martin Rendle (Dunerunners) and Penny Seegar (Ryston Runners)

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 from the previous meeting of 15 November 2017. There were no actions. Richard signed off notes as correct.

Election of Officers for 2018

The posts of Chairman, Treasurer and Secretary were available for nomination. Richard, Pat and Tracy all agreed to remain in post for 2018. There were no other nominations recorded. Votes were cast and all members agreed.

Treasurer's Report

Pat ran through the financial summary for period 1 November 2016 to 31 December 2017. The current bank balance is £2,361.13. It was noted that the subsidy to the presentation evening for both 2016 and 2017 were included in these accounts - this is due to the recent change in the ANRRC financial year/dates. *Action: Treasurer's Report attached.*

Fixtures List 2018

The 2018 fixtures list required a few amendments. *Action: Fixtures List v.2 attached.*

Race Reports

Race reports for Buxton Xmas 5k, Wymondham NYD 10k and Freethorpe 10m were discussed. Points to note:

- Run Britain are now able to transfer runners names (before race day) if required.
- Coltishall Jaguars, CoNAC and GYDAC are all now using MED PTS for medical provision at their races.
- Chiptiming UK have recently purchased some new timing mats which are more sensitive. These mats can also pick up chips on the reverse of race numbers.
- Pat reported record numbers at Freethorpe 10m. Richard thanked Pat for all her commitment and effort on an excellent and successful race.
- Wymondham NYD 10k – Andrew reported a successful race on new year's day.

Inter Counties 20m – Sunday 4th March at Rochford, Essex

Athletics Norfolk are looking for nominees to enter male and female teams (of 4) at the Inter Counties 20m race. Norfolk will compete with the other 7 south east of England counties. Requirements are for male - sub-2:10; and female - sub-2:40. Richard reported that there are 7 men and 3 women currently entered. There is more information and details of how to enter on the Athletics Norfolk website.

Sold out! Arrangements for Elite Runners

Neil Featherby from Sportlink had previously raised this question: *Are there any arrangements in place for elite runners to enter a target race if it had already reached full capacity?*

There then followed much discussion amongst the members with several different views and opinions. It was an inconclusive discussion, however, some very interesting points were raised.

James from Norwich Road Runners suggested reserving 5-10 places open for elite runners up until a suitable window before race day (approx. 3 weeks). He felt allowing the elite runners an opportunity to enter a target race would raise the performance standard of the race, hence support the county as a whole in terms of quality and levels of achievement/performance. This is something he would put forward to the NRR committee, and feed back to the ANRR committee in due course.

Sportlink Grand Prix – requirement for host races

Circular attached which highlights requirements for host races included in the Sportlink Grand Prix Series. Pat will look at venues for the presentation evening for this year, based on a similar theme to 2017. Provision date is [Friday 16 November 2018]. Further details to follow at next meeting.

Round Norfolk Relay – Neville Knights

Neville circulated an email to members ahead of the meeting with the following items to note:-

- Recent additions to the RNR Committee are as follows:
 - James Nice (CoNAC) – Secretary
 - Simon Brierley (Tri-Anglia) – Safety Officer (Race Director w/e 2019)
 - Jeremy Navrady (Ryston Runners) – Committee member
 - Lesley Robins (Ryston Runners) – Committee member
 - Vacancy – Course manager
- Entry fee for 2018 is £250
- Race limit 55 clubs – to avoid congestion of vehicles on the course and car parks
- Maximum race time limit is 28 hours 30 minutes
- No sponsor at the moment, however, Leathes Prior have been approached. Await outcome.
- No major course changes for this year, however, one small alteration at Cromer car park to allow for a 'diagonal' run in entry for participants.
- All runners to wear reflective bib on all stages throughout the race (day and night). Failure to comply will result in automatic DNF/DNS for that particular stage.
- Clarification of a 'small club' is deemed up to 100 members; and a 'Norfolk club' is based within the county of Norfolk.

- Time sheets can still be handed in at Thetford, but would not be scrutinised at this stage. This will be done earlier in the race; and then at the end of all stages. There will be an allowance for one undeclared substitute runner throughout the relay (to allow for unexpected illness or injury).
- Maximum of two teams entered per club permitted during the priority window. Extra teams will be entered under the non-priority window provided maximum numbers were not reached.
- Priority window open from 2nd April to 15th April 2018
- Non-priority window open from 16th April to 29th April 2018
- The presentation back at Lynnsport on Sunday 16th September will be at 11.15am.

Richard thanked Neville and the RNR committee, on behalf of all the Norfolk clubs, for their continued involvement and commitment to the Round Norfolk Relay.

Any Other Business

- Andrew Lane (WAC) reported on Parkrun – Colney Lane Parkrun now established with approx. 150 regular runners each week. Swaffham Parkrun (within the grounds of Hammond Academy) will be ready to launch within the next few months; and Slowbottom Park (Norwich) ready within the next 6 months.
- Rod Main (Tri Anglia) enquired about the fast paced 5k race discussed at a previous meeting. Richard reported this is likely to be a '5k burn up' around Eaton Park in Norwich – further details to follow.
- Stephen Sadd (Norfolk Gazelles) raised the question of club runners entering their own host races; and what the usual protocol was. The general consensus was that runners entering their own races should provide a suitable adult replacement to volunteer on race day.
- Andrew Baker and Mark Stone (GYRR) raised the issue of the new legislation regarding Data Protection coming into effect May 2018, in respect of collecting and holding individual race entry information. It was agreed that clubs would be guided by UKA rules in due course.
- James McFarlane (NRR) required confirmation of minimum age for running a 5k and a 10k. The recommended UKA race guideline is age 15 for a 5k, age 16 for a 10k. He also asked about what was deemed to be an appropriate age for juniors to train with adults on club sessions. Training sessions are required to be appropriate to age group. For example, CoNAC train juniors (ages 8-16) separately, usually on a track. From age 16 individuals can then run on the road. There should be in place a coaching mantra for each club regarding juniors. Dereham Runners seek parent's consent in participation for group sessions under the age of 16.

Date of Meetings for 2018

Wednesday 6th June – 7.30pm

Wednesday 10th October – 7.30pm

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