

## YTRRC Committee Meeting Minutes - November 4<sup>th</sup> 2009

Venue - Great Western, Yeovil at 6:30pm

### Present

Tim Hawkins, Sian Brammer, Nick Brooke, Phil MacQuaid, Pete Jakeman, Matt driver,  
Apologies from Martin Chaffey, Julia Thorne, Fred Fox, Annie Ashmead,

### Minutes

It appears that only "special" people got a copy of last month's minutes, but it was agreed in general, that they were probably a true reflection of what happened.

### Tea

Phil ordered Scampi n' Chips while Matt went for Steak n' Kidney pud with chips and peas.

### Tuesday night runs

On 27<sup>th</sup> Oct a new format of runs was offered to the club - The usual four routes of differing distances with stops for re-grouping, plus two routes running continuous at either 10 or 8<sup>1/2</sup> minute mile pace. Unfortunately, this didn't work perfectly, with two or three incidents, including Hayley, who ended up on crutches after an incident at "Bown Corner". However, it was tried again on 3<sup>rd</sup> November with much more success. With that in mind it was agreed that the club would continue to offer this variation in the coming weeks, but would review its success at the next committee meeting. Areas of concern are as follows:

- Run leaders must be identified prior to leaving YTFC
- Run leaders must do head counts and check regularly
- Oat breaks, the slower paced runners must still be allowed a rest
- The club should "guarantee" safe running for all and that no-one should become isolated or left
- Even on continuous runs, if breaks are needed the leader and the group must accommodate that
- Stop/start routes would take precedence when few run leaders were available

It was pointed out that Phil has "Run Leader" fluorescent jackets which should be worn, the club need more volunteers to be run leaders, and that those run leaders should be helped into the role by the more experienced club members, if necessary.

Sian then showed off with her fancy phone!!!

### Upcoming dates for Club Runs

Please note that any club member can become a Tuesday run leader. The routes are already on the website, we just familiarise ourselves with the route (sometimes just 2 minutes before the run), set off just after 6:30, direct the group on to the next re-group stop and split people off for different distances at the appropriate place. At each stop the runners re-group ensuring everyone is safe and well before running on to the next stop.

10<sup>th</sup> Nov - Route 6 - Annie Ashmead & Pete Jakeman

17<sup>th</sup> Nov - Route 7 - Nick Brooke & Martin Chaffey

24<sup>th</sup> Nov - Route 8 - Nigel Neal & Sian Brammer

1<sup>st</sup> Dec - GOLDENSTONES - Phil MacQuaid & Matt Driver

8<sup>th</sup> Dec - Route 1 - Sian Brammer & Martin Chaffey

15<sup>th</sup> Dec - Route 2 - Anne Trask, Pete Jakeman & Nicky Guiver

22<sup>nd</sup> Dec - Route 3 - Martin Chaffey & Matt Driver

### Upcoming Dates for Pub Runs

How about pub runs? If you know a pub that does good food (especially good puddings), just sort out a route of about 5 to 7 miles, so we can run from 6:30 until about 8:00, and Bob is your uncle! Routes can be cross country, but beware rough ground during winter, and any road work should be on quieter roads to ensure safety.

12<sup>th</sup> Nov - Red House, A37 - ?

19<sup>th</sup> Nov - White Hart, Sherborne - Martin Chaffey?

26<sup>th</sup> Nov - Ilchester Arms, Ilchester - Richard Dodge

3<sup>rd</sup> Dec - Muddled Man, West Chinnock - Phil MacQuaid

10<sup>th</sup> Dec - Wyndham Arms, Kingsbury Episcopi - Deb Neal

17<sup>th</sup> Dec - Great Western, Yeovil - Tim Hawkins

### Trackwork dates

Pete Darton and Tim Hawkins are doing sterling work improving runner's best times by their sessions up at the running track on "Mudford Rec", or Yeovil Athletics Arena, depending on what you know it as! Anyway, every club member is invited to **free** Friday nights 6:30 to 7:30. Dates and activities follow, which does look a bit repetitive but November 5<sup>th</sup> was a 5K Handicap and Tim/Pete like to keep the work quiet until you get there. It's good though:

13<sup>th</sup> Nov - Track Meeting

20<sup>th</sup> Nov - Track Meeting

27<sup>th</sup> Nov - Track Meeting

4<sup>th</sup> Dec - Cancelled, due to "YTRRC Christmas awards and evening do"

11<sup>th</sup> Dec - Track Meeting

17<sup>th</sup> Dec - Track Meeting

### Hash Runs

Hash runs are kind of like paper chases, but with flour which doesn't litter the countryside. Martin Chaffey is a great fan and many find it great fun. Unfortunately no-one at the meeting is experienced in Hash running so no further dates were added. There is a Hash planned for Sunday November 15<sup>th</sup>.

### 4<sup>th</sup> December Christmas Awards Do

60 members have already responded with 30 others showing interest. Places are limited, but to those that might miss out, please talk to Phil MacQuaid about being able to attend after the food.

The Disco is booked (£200) and will play until we get thrown out.

Tim Hawkins came over all cagey when it came to discussing women's ages!!!

Awards on the night will be for Best Newcomer, Most Improved Runner, Lady Veteran, Male Veteran, Club Person of the Year, Performance of the Year, Rear of the Year, YTRRC Club Championship Awards, and Chairman's Awards.

Nominations and winners were discussed with Chairman Nick Brooke to make any necessary final decisions.

Sian asked Matt "can you take me home?" No-one was too sure about the context!!!

### Treasurers Report

Pete Jakeman continues to hold the reins of a financially well off running club and handed out the latest report for us to check. Having noticed a £200 error, Pete will no longer be going skiing and has apologised for the error!

OK, actually it was a small error on his spreadsheet.

However, the Club continues to be relatively well set and will shortly make a donation of around £800 to the children's charity of choice following the King Alfred's Torment at Stourhead, having already made a payment to the Red Cross for £115.

### YTRRC Races

The club has a number of successful races throughout the year being: Yeovilton 5K's, Sherborne Castles 10K, Easter Bunny, King Alfred's Torment, Ninesprings 9K.

While these are successful and raise good funds both for YTRRC and various charities, it is thought that we could push a race and make it the flagship race for YTRRC. Races such as "Toughman" and "The Grizzly" are widely known across the running fraternity, while the "Full Monty" and "Cheddar Half" are sold out months before the event.

Our Easter Bunny 10K is a very fast, flat route and we feel we could get more out of this. Suggestions are needed, but initial thoughts were as follows:

- Non-affiliated fastest runners to get a cash prize/YTRRC membership
- "Wanted" or "Reward" posters and advertising campaign
- Advertise route as the quickest Somerset 10k/top ten quickest in Britain (?)
- Mail shot previous race entries
- Radio adverts
- Non running club teams, such as commercial/social groups

Ideas to be formalised at the next meeting, while Martin Chaffey or Phil MacQuaid will speak to other clubs and Luke Simon about marketing ideas.

### Club Newsletter

Matt's newsletter appears to have gone down quite well, but the material needs to be different than the Sunday e-mails and press releases. Matt would prefer to use it to

advertise upcoming events, what races people are doing (perhaps so they can share travel costs), advertise sponsorship for those collecting for good causes, and so on.

However, in order to do so, people need to let him know!

Tim Hawkins will be reporting on upcoming cross country events such as Somerset, Dorset and District events that only those in the know get to hear about! Come on people, give Matt the information!

### Yeovil 10K, $\frac{1}{2}$ and Full Marathon

Yet again, YTRRC have been approached about getting involved in a high profile event in Yeovil. Many organisations have asked about the prospects of a Yeovil event, ranging from The Council, Hospices, Green Issue groups and others. The main stumbling blocks are as follows:

- Will YTRRC get lumbered with another event?
- Will it be down to the usual volunteers to get it to work?
- What route could the run take (lots of suggestions, but often involves unlikely road closures)?
- What date could be chosen that would successfully avoid other races?

However, YTRRC doesn't want to be on the outside looking in, if such an event really took off. This is a difficult decision and could take a couple of years to get off the ground. Any suggestions need to be thought out and presented to the committee including routes, start finish venues, possible dates and any other information you might like to add.

More thought is needed on this, but the committee hope to be open to ideas.

### Loos at YTFC

The club continues to use YTFC as its Tuesday base as it provides good access to a variety of routes all year. However, it is not ideal having no toilet facilities. The Football Club do try to be accommodating but have had recent break-ins and can't provide access to toilets due to insurance restrictions. Last week's lock out of the car park was due to dodgy behaviour going on in the car park when we aren't there! Phil has a good relationship with the Football Club and will continue to discuss this.

### Storage of YTRRC equipment

With the growing amounts of equipment the club has, storage is becoming a problem. Pete Jakeman has spotted an opportunity to store stuff at the running track and will continue to have talks. Meanwhile, Matt will price up storage units.

### Cross Country

Tim Hawkins reports that last week's league race went well with Tim, Pete Jakeman and Dicky Withe competing and coming 2<sup>nd</sup> in the team event. Pete was 1<sup>st</sup> male 60!

Further races will be advertised in the coming newsletter, but will include Dorset, Somerset and District races.

### Finale

The meeting finished at 9:00pm.