

Management Committee Meeting:	June 21 st , 2023,
Attendees:	Ian Ainscough; Leigh Jenkins; Anna Woolgar; Emma Sharpe; Susie Woods; Gemma Kelly; Hannah Ormerod; Ina Morris
Apologies:	C Price; J Morgan; J Girvan; M Waring

Minutes

1. Run MW/GK – Update provided by email

Borders League

We had great team running once again with 46 runners take part in the League this season. Our Men's team came 2nd in Division 2 overall and have now been promoted up to Division 1! Our Women's team came 4th in Division 2 overall. Rosemary Symms won the W65 AG overall in the league and Stephen Parker came 3rd M60 overall in the league.

Club Vest Championships 2022-23

Club Vest Champs awards were handed out at the 5K Time Trial night at the Track. Our Club Vest Champions were Ellie Perkins and Chris Towers (who had a very close competition with Jonathan Girvan beating him by just 0.17%!), and the age-cat winners were Anna Woolgar, Helen Smith, Rosemary Symms, Dan Robbins, Eddie Austin and Chris Rhodes. We had nearly 100 people take part, between them racing 350 times!

Training Sessions

Numbers had got low at the track sessions, then grew to quite a large turnout with the invitation of EPRC runners. This has now tailed off again, probably due to the summer with people racing.

Numbers at the Tuesday night runs are up and down, so the number of different groups seem to vary from 1 to 3.

2. Social ES -Would prefer to surrender the Social Secretary role to someone else or even share the role. LJ to look into.
3. Social ES - Some discussion regarding a summer picnic event – potential venues discussed again. ES to continue looking for a date in August.
4. Social ES – Agreement for the EOS party to be held in Oct at Cornerhouse again.
5. Swim ES –. Numbers have increased overall at the sessions. HO/ES will check financial status of overall swim costs and provide feedback.
Swim ES Numbers on Nifty don't always tally with swimmers in the pool – LJ will modify the time for people to pay on Nifty so that payment can be done post session more easily.
- Swim Championships – people need to swim 2 x club CSS swims, 2 x OW events and make an improvement in CSS time. Need more people to send in OW event results. Considering opening the OW swims to incl the swim leg of multisport event and also comparing the individual's time versus the winner of their age cat rather than overall winner. Could incl OW swims over 750m if we want to incl the aquathlon. Suggested changes agreed by committee.

- Coaching – main coaches this year have been Christine, Ina and James Jones. JB restarting on Fridays. Need more coaches to spread the load. Swim annual training plan – Ina, Claire & I fleshed out the annual plan and there is a bank of swim sessions building up, aligned with the annual plan. This is available for swimmers to use should a coach not be available. Monthly drill sessions are ongoing.
- 6. Swim session which coincides with Deva Divas set up will be cancelled.
- 7. Finance HO – Nothing to report. No Issues raised.
- 8. Finance/Kit – costs/info etc for Ron Hill t shirts forwarded to enable IM to progress coaches t shirt order.
- 9. Kit – YW is doing a stock check at present. SW will contact YW to check status and offer support moving forward.
- 10. Safeguarding – AW will complete the paperwork for the Dee Mile in the next few weeks.
- 11. Bike JM/JG – By email. Nothing major to report on the bike front, tour of Cheshire is going well, we had a great ride at the marsh tracks and have booked the velodrome for September.
- 12. Communications SW – will contact Sally regarding Deva Divas publicity. Coach profiles – to be resumed post summer hiatus.
- 13. IW request the OK to publicise a Mallorca trip within the club's social media sites. General consensus was that it was OK to do so but needs to be arranged so that it did not correspond with the publicity campaign for the main club training camp 2024. IA will inform IW
- 14. Coaching IM – BTF are changing their coaching standards in the near future which will negatively impact our coached sessions. IM has asked the BTF for clarity and provided feedback regarding the downsides of their new system.
- 15. Coaching IM – IM looking to arrange CPD training for coaches. Quotes being sourced.

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Next meeting – July 2023 tbc

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