

## Hyde Park Harriers Open Committee Meeting held Sunday, 22<sup>nd</sup> October 2019

**Present - Committee:**

**Phil Fisher (Chair)**  
**Naomi Adkins**  
**Lorraine Beavis**  
**Zeni Bellwood**  
**Richard Edwards**  
**Clare Evans**  
**Nicola Forwood**  
**Rebecca Gray**  
**Phil Hammond**  
**Amy Young**

**Members:** See attached list.

### **1** Introduction and Welcome

PF welcomed everyone to the open committee meeting.

He announced the appointment of Kay Jefferies as an honorary life member of the club in recognition of her extraordinary contribution to the club over several years.

### **2** Membership Update

Current membership – 224 first claim and 16 second claim, with a split of 115 males and 109 females.

A suggestion was made that, to encourage membership, we might introduce a reward for 'referring a friend'. The Committee responded that this might be considered if membership drops in the future but, for now, the priority was to improve on what we could offer to existing numbers, whose numbers had already grown significantly. The ongoing shortage of leaders was also an issue.

Several suggestions were made as to how we might encourage those who already run with the club to become paying members, i.e.:

- Leaders to encourage those who run regularly to become members;
- Obtain email addresses of non-members to include them on distribution of the weekly round-up;
- Monthly 'shout out' on the steps encouraging people to join;
- Discounted membership for students;
- Mention on the Facebook page

The committee agreed to consider all proposals when the next membership year is reviewed.

### **3** Finance Update

A summary of current finances was circulated and presented by RG.

Noted that significant income was received from marshalling at races.

Additional cost would arise from a new requirement for leaders to do an additional safeguarding course when their LiRF qualification was renewed. The club had

agreed to absorb this cost provided the individual was an active leader and a paying member.

PF stressed the importance of members marshalling and volunteering at races to help club funds.

#### 4 **Training**

AY mentioned the changes that had been made to the weekly sessions and advised that some of the sessions had been discontinued, partly due to lack of support and partly to a shortage of leaders. However, it was still intended to do a 'progression session' on the 5<sup>th</sup> Tuesday of each month and Run & Talk had become much more manageable under the new format.

Strength & Speed (Intervals) sessions were still well attended and feedback had been good. NF thanked everyone who had led the sessions, but new leaders were always needed. Curtis Broadhead was happy to support anyone stepping up to lead as the sessions were much easier with two people leading. Any ideas for the sessions were also welcome and Sarah Underwood drew attention to the leaders' guide (available on the leaders' Facebook group) which might give leaders confidence to lead Thursday sessions.

Regarding future Tuesday sessions, 30<sup>th</sup> October would be an introduction to leading or back-marking, where leaders would plan a route and potential leaders could shadow them. As there had been some feedback that those in groups 1-3 might be intimidated by hills sessions, it was intended to have a leader who normally leads groups 1-3 join the next Kirkstall Hills session on 12<sup>th</sup> November to help emphasise that these sessions were for everyone, regardless of pace. The session on 5<sup>th</sup> November had been cancelled due to safety issues with fireworks.

Key updates from the recent leaders' forum were:

- More resources now available for leaders (e.g. leaders' guide)
- Although there were now more active leaders, more were needed
- Reminder that leaders are asked to give 12 sessions in 24 months

NF gave an update on Club Run, which offered three coached sessions per month, with 15-20 people taking part. The programme, which was mainly aimed at top speed runners, had been very successful and, going forward, we would look to offer something similar to all members, in particular, track sessions.

The club now had three CiRF qualified coaches who were asked to summarise their plans for the coming year.

**Lucy Ryder** had so far focused her coaching specifically on marathon training but going forward would be happy to coach anyone, regardless of distance.

**Jack Rose** had put together a plan following Club Run and was planning to arrange track sessions once a month beginning on the last Thursday of November. These would be aimed primarily at the Dewsbury 10K at the end of February. For safety and cost reasons the sessions would be limited to 10-12 people but would be open to all members.

**Curtis Broadhead** was due to qualify in January but had been coaching two people as part of his training and would be happy to coach two more. He would also be supporting Jack with intervals sessions.

**5**      **Run & Talk**

ZB/Lucy Rider gave an update, advising that since the change in format, the sessions had become much more manageable and productive for those attending. They asked that any feedback be passed on to the run and talk team. It was also noted that several of those people who had led at the beginning were no longer involved so anyone interested in becoming a mental health champion for the club would be welcome. PF commented that run & talk had been a great asset to the club.

**6**      **PECO Captains Announcement**

PF advised that, having led a race for the last three years, this year HPH would be the support club, with the proceeds being split 50/50.

Applications had been invited for PECO captains which were traditionally chosen by previous captains who this year had chosen Zeni Bellwood and Sarah Underwood as joint captains for the women's team and Adam Lomas for the men's team.

**7**      **Championship update**

*Road, off-road and parkrun*

RE noted that some changes had been made this year, one of which was reducing to two divisions, which had received mixed feedback. Three road runs remained in the season, with 69 people having competed so far. Three off road races also remained, with 92 people taking part so far. Next year's races would be discussed at the November committee meeting so any suggestions should be directed to RE. 151 people had taken part in the parkrun championship.

*Fell*

RG advised this championship was going well and she was keen to encourage new people to get involved. Four races remained in the championship and she would try to arrange 'recces' to give people a taster.

*Marathon and Ultra*

This was a trial championship comprising a series of road and off-road marathons and ultras. Four races remained and 20 people had taken part so far.

**8**      **Communications**

NA and ZB had taken over responsibility for communications and social media and reported as follows:

*Weekly roundup*

Members were asked to submit ideas for content as much as possible, along with content for blog posts.

### *Social Media*

Conscious effort made to update the pinned post on the leaders' group and the same would be done for the main group to make sure resources are easy to find.

### *Website*

The leaders' section had been updated so that those no longer leading were removed. Leaders' resources would also be uploaded on to the website. We were also looking to expand the route library, especially for lower groups.

It was suggested we have a call out for blog posts after each event.

## **9 Triathlon section**

JR gave an update, noting the highlights of the year as follows:

- Two Go-Tri events, which had been very popular
- 20% increase in membership since last year, to over 50 members
- Five members qualifying and competing for GB
- Four members competing in their first half iron man
- Two coaches qualified at level one, one at level two and one due to qualify next year
- 40 people in ten teams entered a mixed team relay in September
- Four people trained in emergency first aid.
- Strength & Conditioning sessions with Teejay Jones to begin soon
- Swimming sessions held every Wednesday and coached cycle track sessions held throughout the year

## **10 Socials and Christmas Party**

The Christmas party was booked for 14<sup>th</sup> December at the Adelphi. Menus would be posted on the Facebook group shortly. It was noted that if enough people attended, the club would have their deposit refunded.

The awards night would be arranged for March.

Any ideas and support in organising other events would be welcome. Suggestions so far were:

- Quiz night
- Milkshake run
- Possible rugby or football matches

Several people had informally set up 'coffee club' for non-runners on a Tuesday evening which had been successful, and anyone was welcome to set these up

## **11 Any Other Business**

KJ mentioned the Summer Mile which had sold out quicker than ever. She and Trevor Raddings had been run directors, with help from Sam Dooley. Trevor had secured sponsorship of £500 but he may not be in a position to do so next year. Next year would be the 10<sup>th</sup> Summer Mile and the date had been set for 20<sup>th</sup> June.

**12**      **London Marathon Draw**

Applications for the two club places at the London marathon were drawn and the winners were Lizzie Coombes and Bart Lewandowski.

**Members attending:**

Matthew Gay  
Michael Vargas  
Tilly Rhodes  
Alison Pullan  
Mick Gartside  
Julie Robson  
Nick Brown  
Steve Brown  
Debbie Brown  
Curtis Broadhead  
Lizzie Coombes  
Paul Ramsden  
Steve Milne  
Kay Jefferies  
Louise Gardham  
Sharron Neugebauer  
Rolf Neugebauer  
Jack Rose  
Paul Dickens  
James Underwood  
Sarah Underwood  
Lucy Rider  
Andy Judd  
Jonathan Spain