

# Ambleside Athletic Club

## Committee Meeting Minutes 5/6/2023

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The meeting started at 8.45pm with apologies from Charlie, Ben, Jon and Sara Mc

1. **Club Meeting Structure.** We have agreed to formalise the committee meetings to have 4 per year providing dates in advance. Next meeting Tuesday 5/9/23, then 28/11/23 for the AGM, 23/1/24 and 14/4/24 usual meetings. Agenda to be sent to all club members.
  
2. **FRA/Championship races..** few points covered...
  - i. **First Aid...**in order to boost our First Aid support at AAC races, and reduce reliance on outside parties, we are trying to boost our own 1<sup>st</sup> Aid resources. First step is to get a list of current members with 1<sup>st</sup> Aid training; second is to compile list of members interested in being 1<sup>st</sup> Aid trained (Club will pay for training in First Aid for Outdoors course). They will be asked to volunteer at two AAC races each year. Kingsley to be asked first if he would like to do the training, but failing that, Pete Cunningham. Jo Shelmerdine has volunteered to co-ordinate with support from Chris H. All to be trained by end of 2023.
  - ii. **Start times...**Most races start at 11am, except Fairfield. This is leading to issues with traffic, temperatures etc so we agreed to ask Rob if it can be changed from 12 noon to 11am.
  
3. **Vets Teams.** Jane Reedy has volunteered to look after the V40 ladies, Cath will continue with V50 and above ladies and Spencer is stepping down from men's vets to be replaced by Ben Abdelnoor . Antonia to continue with ladies open, Jack, men's open.
  
4. **40<sup>th</sup> Anniversary Celebration....** All booked and well underway for Saturday 15<sup>th</sup> July at Ambleside Manor Hotel. Format = registration from 8am to 12 noon. This is runners and walkers. Any amount of the route can be undertaken and not a race, a challenge. 23 miles with 9000ft ascent! Following the Watershed route from the 25<sup>th</sup> anniversary. All participants to be back between 4pm and 6pm so that food can be served from 6pm onwards and festivities begin. Mark to provide marquee and Friday crowd to erect on 14<sup>th</sup>.

5. **Xmas Bash.....**all booked and deposit paid. Same venue as last year...Bowness Bay Brewery, 9<sup>th</sup> December. Food and band included in price. Club to subsidise as before. Antonia suggested a ceilidh and Cath suggested a Burns Night supper to maybe combine with meeting at end of January 2024. We mentioned this to Paul for Badger Bar to host. To be discussed further at the September meeting.
  
6. **Membership.....**The Club has decided, with agreement from Krystal our Membership Secretary and Chris Giles, our Treasurer, that we are going to switch over to SI to manage our membership. This will hopefully make life a little easier in the long run with details cross referencing for SI managed events and England Athletics. There is a fee for this but the club has £18200 in the account and it is decided we need to use some of this money to help the Club and its members, ie, £1800 pledged for the 40<sup>th</sup> celebrations.
  
7. **Juniors.....**After 11 years Niki Rylance is stepping down when they break for summer. **Thank you** Niki for doing an amazing job. We have 71 kids, 5 coaches, 50 kids regularly turn up each week, 22 under 9yrs, 28 under 11yrs, 17 under 13yrs, 10 under 15yrs, and 3 under 17yrs. Fantastic. We have 27 on the waiting list with 5 of those under 7yrs old. The coaches are stuck with taking 12 per group on training runs, but this feels like the right number. There are 4 new volunteers to be trained up to be coaches and attend regular sessions...Jez Lefton (who has helped Michelle for some time already), Ian Penney, Jonathon Wren and Mark Taylor. All parents with children attending. The Club will fund all 4 through the relevant coaching courses. Ideally we need more coaches but these 4 will give us one spare to cover holidays, absence etc. All courses are online at the moment, so should be completed by the time the Juniors restart in September after the summer break. We are currently 2<sup>nd</sup> in the Championships at this moment...watch this space!! The FRA should not approach is to host any races/championships/qualifiers before 2025 as Niki has done them all in 22/23.

#### **AoB.**

It was suggested that results be collated centrally and shared on all social media/website. This was discussed and felt to be too much of a task for one person with so many members and all doing such diverse races. No specific role is to be put in place, but individuals need to feed things through to their Captains and this then can be collated and communicated via them for recognition centrally. People

need to share as much info as possible to try avoid folk being missed but inevitably there will be occasional ones.

The meeting closed at 9.45pm.