Ambleside Athletic Club

Committee Meeting Minutes 24/09/2024

Meeting started 8.15pm

Apologies…Sarah Mc, Jane Reedy, Paula, Krystal and Dan
Attendees…Chris H, Chris G, Helen, Antonia, Kate, Jo S, Rach, Cath, John G

1. Membership…376 with 330ish paying and the rest students, under 24 and junior volunteers.

Financial…around 11.3k sitting in the account once all 2024 race expenses paid, which is exactly where we wanted it and hope to keep it around there. CG and CH have had discussions with the RO's to structure races better, increase fees so that no race makes a loss. If profits are made then subsidised events can continue, but if not, then they can't. This year we have subsidised Spring Social and the Xmas Bash.
CH,CG, HH to meet to discuss membership fee and if increase needed. Any outcome to be put to the committee and rolled out at AGM in November.

2. Xmas bash. The Tap Yard, Ambleside booked Friday 6th December. 2 course dinner and live band. Exclusive use of venue. £20 per person which includes a subsidy from the club.

3. Club trip 2025….is it of any interest? Few venues discussed… France, Italy and Spain. Kate will put together a potential winter trip for Feb 2025 to Spain for consideration.

4. Upcoming Relays….all teams selected for both HBMR and British. 3 teams in HBMR, Open male/Female and mixed open. 6 teams in British..2 Senior W, Sen M, V40 M & F,V50 M

5. RO's…CH to contact all RO's, Committee, Team Captains to see who is standing for 2025 year and any resignations/positions to fill. V40 mens captain defo needed so far as BA to resign.

6. Juniors update….see attached document from Paula.

7. AGM….date for your diaries…Tuesday November 26th…Parish Centre, Ambleside, 8pm

8. Langdale Race….all going well, nearly there with all marshal/volunteer roles, just a few more to fill. New checkpoint at Angle Tarn as several retirees previously went back from there rather than going to Esk Hause marshal so RO not aware until they arrived back at race HQ. Slight increase of entry fee due to rising costs, still looking to break even.

9. First Aid…Jo S has gathered names of those already qualified and happy to help at our races in 2025 and names of those who are happy to attend First Aid course to then cover 1 race per year over following 3 years if Club pays for course. Jo looking at providers for the course.

AOB

Club Champs….3 races left to try secure your 2024 club Mug!

Cath asked if we need more club kit ie, Hoodies or waterproof jackets. She will get some info for next committee meeting

Meeting closed at 9.32pm

Ambleside AC Juniors. Update to September 2024

Training/Coaches

Training sessions have re-started after our summer break.

88 juniors on our register aged between 8yrs and 15 years old with an average of 50 children attending training sessions each week.

We have 5 groups with 6 LiRF Qualified coaches; 4 of these also have the coaching assistant qualification.
We have 3 Coaching assistants without LiRF
We have 5 regular DBS checked volunteers (one who needs to complete the LiRF and one who is signed onto the next CA course)
There are 2 DBS checks outstanding for one volunteer and one who needs to complete the CA course. At this moment they have not applied for their DBS check. But neither are coming out regularly with the groups. It is now policy that any volunteers must be DBS checked before they join the sessions.
Moving forward, we still require a further LiRF/AC qualified person to create another older/faster group, so that we can adjust our groups lower down.
There are 10 runners on the waiting list aged 8+, as all our groups are currently full. There are 12 under 8s on the waiting list and will remain there until they turn 8.

There's no sign of a locally based Athletics Coach Course; which is required by UKA for their insurance. So our session plans are still being overseen by Sarah Mc Cormack. The junior section now has separate insurance to cover us until we comply with UKA regulations.
Sarah Hodgson and Paula are looking out for a regional Athletics Coach Course which they can attend.

Racing

26 of our junior runners competed in 1 or more of the 2024 FRA Junior Championship Series. Overall the club finished in 2nd place (missing out on 1st place by 1 point!) The Under 13 boys and Under 15 girls also received the Participation Award for their age groups. Also there was an individual 3rd place for U13 Mila Barron and individual 1st place for U13 Tom Craker.
9 runners have also competed in the BOFRA series with an individual 1st place for U17 Cara Bradley and a likely individual 3rd place for U12 Lawrie Belshaw and 2nd U12 for Lola Hodgson.

There are 3 races remaining in our own Club Championship; races this year have included the FRA Championship events, local races and some internal races. Around 36 runners are on track to complete the Championship and receive their t-shirt/hoodie. End of Championship 'Reindeer Run and presentation takes place on Sunday 24th November. All welcome!

Thanks to the Committee (in particular Chris G & Chris H) who have supported the progression of the Junior section and helped us navigate UKA coaching requirements!