Ambleside AC Committee meeting - Minutes

Tuesday 21st Jan 2025 @ 7.45pm (Golden Rule)

Present: Chris H, Rob H, Katie P, Jane R, Paula B, Chris R, Matt E, Jim T

Apologies: Antonia F, Jo S, Paul C, Sophie O, Dan Dux, Andy G, Helen H, Joe F, Cath M, Jack W

Relay Selection Criteria for 2025 (Chris H)

The 2024 policy was reviewed, and we have agreed a new version for 2025, which keeps the ethos of 'putting something back into the club' but is a bit looser & broader than volunteering alone.

Chris H to circulate when re-drafted.

Mountain Safety & 1st Aid (Jo S)

Mountain Safety course took place at Kendal MRT Mon 20th Jan (14 participants)

First aid course takes place this 26th-27th Jan (12 participants); Jo S to book another course as we still have members & Coaches needing to complete training. Cost is approx. £1000 / course so a significant investment in 1st aid capability in 2025.

Mountain navigation training is also to be arranged for Spring / early summer (Jo S).

Juniors update (Paula)

Currently we have adequate Coaches cover for Junior members but Chris H / Sarah H-J to issue plea for Senior men / Women to attend an occasional Junior training session to inspire, motivate and help bridge the Junior to Senior gap.

AAC Costa Blanca trip 2025 (Sophie)

18 members are attending an outdoor activity themed holiday on Costa Blanca which includes a Trail race too. Still room for more, contact Sophie Owen if interested.

2025 Socials & Social Secretary vacancy (Chris H)

Joe Fisher was appointed as the new AAC Social Secretary (Proposed by Katie Percival; Seconded by Chris Roberts).

It was agreed that we should look to organise the following socials in 2025 (events & dates tbc by the new Social Secretary.....thanks Joe 😊)

- Spring social

- Summer social (joint Seniors / Juniors daytime event, possibly including joint relay race. Possible location Ambleside Rugby Club)
- Option of an Autumn social (we might skip this due to adding a summer bash)
- Christmas 'do'

New club radios (Tom H, Jo S, Chris H)

The purchase of 6 new club radios was approved for an expenditure of approx. £1500. These are much higher quality than our existing radios (and waterproof!) and will be compatible with the 12 FRA VHF radios. It will include the purchase of a new 'Supplier License'. These radios can then be loaned out for a small club donation e.g. £25. Full 'How to use' guides will be included in RO's kit box.

Action: Tom H, Jo S, Chris H & Rob H to coordinate

'Commercial posts' on social media (Chris H)

We agreed that Commercial posts from club members can be posted on a limited basis providing these are running & fitness related (e.g. Coaching courses, kit for sale etc) and not posted too frequently. But please no TV's, beds, cars etc!!

If the WhatsApp gets too much spam, we'll re-consider or create a new separate 'Commercial group' where members can join if they wish.

Early starts & cut-offs at AAC races, guidance for RO's (Chris H, Jo S)

Ambleside AC Race Organisers will implement new FRA guidelines not to allow 'individual early starts' with decision making on 'organised early starts' being left to individual RO's.

The 'AAC Guidance for RO's' is to be re-issued to cover these and other updated marshal kit recommendations, cut-off checkpoints, marshal best-practice etc

In addition, Jo S will make available various templates (used at Langdale) for all our RO's which they may (or may not) use to assist their race organisation. Jo S will be available to all RO's to consult or provide safety guidance when organising their races. In this way we can share best-practise across our races.

AOB

1. There was an open & wide-ranging discussion on organised AAC runs, inclusivity vs Elitism, safety, the fitness & skills required to participate in fell running and how AAC can help members gain these skills.
2. Future Committee meetings will be able to be attended both in-person and on-line to try and make it easier for Committee members to attend.

The meeting finished at 9.15pm

Minutes by Rob H and Chris H