Ambleside AC Committee meeting - Minutes

Tuesday 9th September 2025 @ 8.01pm (Golden Rule)

Present: Chris H, Rob H, Helen H, Katie P, Paula B, Chris R, Matt E, Joe F, Sophie O, Cath M, Jo S, Sean L, Hanno

Apologies: Antonia F, Jack W, Andy G, Dan D, Jane R

Three Shires

Sean reported that all is sorted apart from a couple more parking marshals. Shout out to be done this week.

AAC Costa Blanca trip 2026

Sophie advised us that 24 have booked accommodation with possibly more to still book. All looking good, dates 21/2/26 to 1/3/26

Membership Update

Katie reported we now have 363 members with a split of 65% male, 35% female and interestingly 66% vets v's 34% under 40! Several new members this year so check to make sure advised of suitable kit, especially as coming to autumn/winter runs. Katie P will also update new member 'Welcome mail' to include bits on volunteering ethos of the club.

Langdale Update

Hanno told us that all is on track and a request for marshals will come once 3Shires is sorted. He told us they are keeping the new Angle Tarn checkpoint as it worked well last year.

Finances

- Current account £3-400, and approx £9000 in deposit account. Nothing outstanding either to come in or go out at the moment, so we will wait for the surplus from the last 2 races before communicating our situation, including donations made, at the AGM

Socials/Xmas Do

Joe has booked the Xmas bash for 19/12/25 at The Venue in Kendal. We have been here a couple of times previously and it works well as they include the food and band in the cost. Details have already been posted to FB and WA.

We are hoping to have an informal social at Tap Yard in Ambleside, 24th October and then a spring social possibly at a new venue in Bowness.

The new Chairman of Grasmere Sports has invited us to use the facilities there for a summer social in 2026, so we will be looking at possible dates once we have all the fixtures for the 2026 season in a few weeks.

Mountain Safety

Jo reported that we successfully trained 12 First Aiders earlier this year and we do not need to do any more for now. She will be looking to arrange a couple of navigation courses in the Autumn, 1 for beginners, 1 more advanced. The Club will look to part subsidise these.

Juniors

Just restarted after the summer break so will see if any spaces. Same groups as previously had with a few more parents getting involved. Approx 60 AAC plus 33 Broughton Juniors.

Relays

All teams sorted for Hodgson, we have a men's, women's and mixed team. British we have 6 teams and requested a 7th to get a men's open B team. We have 2 x F Open, 1 M Open, 1 x FV40, 1 xMV40, 1 x MV50 already registered.

Accommodation has been booked for 19 people, Matt / Antonia will help coordinate. No transport support is required from the club.

Live Trackers

Trialled at 2 races this year, Wasdale and this weekend's Mountain Trial. Sole purpose of these is to help RO's support safety of runners. Would add an extra cost, around £5, how this is funded tbc. To be discussed further by FRA.

Northern Athletics

HH to check how many EA registered athletes we have as at 1/10/25 and then AAC will look to affiliate at a cost of £2 per registered member, allowing folk to run in Northern Athletics Championships. If we do not affiliate, individuals cannot enter.

Proposed Committee Structure

Chris H proposed a possible new structure involving a couple of new roles and a bit less direct reporting to Chairperson.

Comms to be under one person with them in charge of website, social media and newsletter; could be a team of a few or just one.

Secretary & Membership Secretary to be combined into one post.

Team Captains…should we just have 1 Male 1 Female and then other captains report into them? Led to us considering 'What exactly is the role of Team Captain'. To be considered/discussed further by a small team prior to AGM.

It was also immediately agreed that we should have a Deputy Chair in place to assist Chair and also help with succession planning (Chris is due to stand down soon). CH to advertise and role to appointed at AGM.

Training Co-ordinator role had previously been agreed, and Rob Short was the only applicant. Proposed by Cath M and seconded Rob H. Congrats Rob and thank you!

Also agreed we should have one additional meeting per year (so x4 Committee meetings instead of x3……plus the AGM).

Athlete Health

There has been a small group of club members getting together to discuss how, as a club, we can help support runners' longer-term health & wellbeing. We are hoping to produce some helpful communications as a result of this, looking to start with a short questionnaire survey and followed up by a talk & social in January.

AOB

None!

The meeting finished at 9.38pm