**Run Leader Meeting 26.02.2020**

**Agenda & minutes**

**Chair: Craig Weatherburn**

**Secretary: Linda Robson**

**Attended:  28**

**Apologies: 5**

| Item | Discussion outcome |
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| **New Run Leaders**<br>• Welcome<br>• Support/mentoring<br>• Explanation of rota (Ruth)<br>• Update of which groups people can lead | • New leaders all on Facebook group.  **Please let us know, via the Run Leaders Register Leader List tab, which groups you are happy to lead**<br>• **Ensure you put on the register when you are not available to lead against relevant dates.**<br>• **If any of the new leaders would like support/mentoring to lead groups for their first few times just let one of the Road Managers know or pair up with an experienced group leader to jointly lead/sweep** |
| **Review of new groups**<br>• New group sign up system & stats<br>• 4.5<br>• 7.5 | • New group sign-in sheets and prompts on clipboards have worked well and everyone happy to continue this system<br>• Group 4.5 working well and has positively affected nos. in groups 4 & 5.<br>• Group 7.5 only been tried once so far |

| **Review of Couch to 5K**<br>• Numbers, retention, issues (Colin)<br>• Thoughts on future courses | • Fully subscribed but 4 people have never attended. Numbers vary each week and around 14 likely to complete the course and hopefully join the club<br>• Issues identified/**potential solutions** include;<br>• Loss of Group 1 whilst course running has had big impact on group 2 nos. **Keep  Group 1 going if/when we run another Cto5K or rota in extra leaders/tails for Group 2 when course is running**<br>• Running during the dark nights/winter – difficult for beginners to fit in other runs during the week specified by the programme. **Run the course at a different time(s) of the year – post London Marathon &/or in the summer months.**<br>• Definitely need several helpers initially as group ability is quite diverse and people progress at very different rates so difficult for just one or two leaders to manage. **Continue to rota in plenty of helpers but have same overall leader for duration of a course to facilitate continuity for participants** |
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| **Step- up groups**<br>• ideas/suggestions/viability | • Feedback from a number of people that there is a need for 'step-up' groups to enable people to run a bit further or faster.<br>• **Nick Hudson is leading a step-up to Group 7 group on 4th March**<br>• **Robin Frew has offered to do a step-up to Group 3 group on the same day**<br>• **These groups will be flat and at the distance OR the pace of the target group and will be promoted via fb beforehand specifying distance and speed.**<br>• **In a couple of weeks time ALL groups will be at a step-up pace/distance. If successful this will be done on a 6-weekly basis.** |

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| **Group tailing**<br>• Do we always need tails?<br>• Do we rota? | • Generally agreed that tails are not always necessary if it is a relatively small group.  It is also very complex to organise and co-ordinate two separate rotas<br>• **Feel free to put names down on the register to tail groups**<br>• **Leaders to check the sign-up lists and if they feel they need a tail make this known to one of the managers or ask another leader to help out –  it is an expectation that leaders will step in to help where needed even if they're not on the rota for that week**<br>• **If there are other leaders in your group and you need a tail the expectation is that they will do it.**<br>• **In emergencies dial 999.  In other situations (e.g. wounded faller) it is the group leaders decision how that is handled (i.e who goes back with the runner/whether to ask someone else to go back/whether whole group goes back – depending on the circumstances, location, group numbers etc)** |
| **AOB**<br>• Announcements (Linda)<br>• Encouraging people to run at appropriate pace (Jane)<br>• New method of doing rota (Ruth/Craig)<br>• New Run Manager | • **Groups and leaders no longer being announced.**<br>• There is concern that people are pushing themselves to run at their threshold pace because they don't want to feel they are in a 'slow' group. **Group leaders to reinforce that the runs are social and the group pace is an AVERAGE so people should feel comfortable at the advertised pace.**<br>• **Website and Facebook to reflect the above and make it clear what the advertised pace actually means.**<br>• **Promote the ethos that running in slower groups is ok and not a sign of being a poor runner.** |

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| | • **Craig exploring more efficient tool for organising and updating the register**<br><br>• **Anyone interested in taking on the role of Road Running Manager to replace to Stuart after the AGM in April please contact Stuart, Craig, Ruth or Linda for more information.** |