



Run Leaders Meeting – 16 Oct 19, 2000hrs, 5 Rivers, Salisbury

Present:

Craig Weatherburn, Chair

Denise von Roretz, minutes

Stuart Holloway | Ruth Holloway | Colin Martin | Jane Whitely | Mike White | Richard Davidson | Helen Carlton | Melanie Murphy | Robin Frew | Nick Hudson | Heather Hitchens | Charlie Boardman | Phil Perry | Richard Larcombe | Jonathan Kershaw | Jon Greenhalgh | James Ballard | Chris Maple | John Sowray | Linda Robson | Nick Cooke | Alison Holloway | Steven Mitchell

Apologies: Victoria Thomas | James Mills | Mel Holloway | Grace Cousins | Tracey Badham

1. **Welcome** DvR, thanked everyone for giving up their time, she explained that the purpose of the meeting was to discuss the amazing success of our Wednesday night running nights, and to see how we could make it better. Craig Weatherburn would chair

2. Groups

- Return to group signing Sheets

Ruth – suggestion is that we return to group signing sheets, so as run leader can then take the sheet for their group. This will also be a good way to check membership, act as a register and group leaders can sign in their group at the end. Suggestion of clipboards to be purchased, and group leader to pop at end of reception before departing for run. Jane asked for numbers to be placed at the side of sheet, so as a quick look would indicate how many were in each group.

Action: DvR to purchase clip boards, for each group. Kathryn will source numbers to be placed on back of clipboards.

- Present Groups, possible new groups 4.5 –

Linda has been monitoring group sizes and suggested Introducing a 4.5 5 to 6 miles at 10mm. Discussions were held including should we have a maximum in a group? It was decided that this could split people who want to run together and how would you actually allocate people. Run leaders are encouraged to place their name on the sheet to sweep.

Action: All run leaders to bring their vests and where when running in a group, if there is a natural split then they could continue a little bit behind the leaders, and help out with support to larger groups.

- Pacing and Distance sticking to pace.

It was requested that leaders stick to the advertised pace. Often the pace starts faster, run leader thinks that the group can cope, but towards the latter half the end of the field can't cope, start at a slower pace, this can act as warm up and then increase to advertised pace and keep there. If the group is comfortable then there may be an opportunity to increase, but this should not be the norm.

- RL Essential Equipment, and role, questions to ask runners

Discussions were held as to how we brief at the beginning of the run, and standard kit to carry i.e phone. To standardize, Road running managers will prepare a prompt, which will be placed at the top of the signing in sheet. Briefing at beginning of run.

Run leaders highlighted that runners are still not wearing correct running wear for night time running. Linda stated that we need to emphasize runners to wear reflective items.

Suggestion was we as a club could purchase cosarc reflective vest to buy in the shop

Action: DvR to send brief to Craig to place on fb and club page, with possible links to highlight requirement.

Action Stuart/ Dvr to discuss with a view to placing on the shop

Action: Road run managers to prepare register along with pace sheet.

Action: All run leaders should have torches that they feel comfortable with, run leaders vest.

Action: All run leaders to carry phone if leading group.

- New Runners area, help to greet.

Ruth highlighted to all the run leaders that there was now a new runners area. She asked if RL could congregate to help in the area. The idea was to meet and greet, introduce to run leader of their chosen group, and hand out the business cards telling them where to go if they want to pursue joining the club.

3. Try a new Group Week

Colin suggested that we should make it easier for people who want to try higher group, higher pace, but same distance, Robin suggested 'a novelty group' to try new distances/speed. Discussions and various ideas were chatted around.

Action: Road Leader managers to discuss and come up with a workable plan

4. H&S – Runner on duty in 5 Rivers

Colin asked who we would contact if there was an emergency, it would be helpful to have 1 quick number to ring. Obviously emergencies it would be a 999 call. Again this was discussed widely, it was felt that the run leaders should assess the situation as it happens, and organize the group accordingly, whether this be asking another member of the group to get the group back to 5 rivers, and the run leader/sweep stay with injured person or walk back if able at a slower pace.

Action: When run leaders weekly groups are placed on fb, duty RL number also to be placed on.

5. AOB and close – next meeting December time, to include drinks?

Stuart, reminded RL's that the age for age for running on a Wednesday night, was over 18's.

Craig raised the point some runners have stated they want a structure. Warm up, etc run, less experienced runners i.e 1 and 2 spend time warming up. After much discussion it was decided that the higher groups tend to use the 1st mile to warm up. RL's taking group 1 and 2 should ensure a small warm up is carried out, and be mindful to use the 1st mile to warm up to suggested pace. All RL's are reminded to emphasize the important of stretching after the run. RL coaches are available for any help the RL. S may need

Date of next meeting 8th Jan, in a pub DvR to organize.