

TRENT PARK RUNNING CLUB COMMITTEE MEETING HELD ON WEDNESDAY 30 JANUARY 2019 AT 20 MYDDLETON PARK, WHETSTONE N20 0JG

Persons present: Brian Bowie, Christine Hawker, James Joy, Robert Pick, Anthony Plewes, Kath Sinnott, Chas Taylor, Paul Ward.

Apologies: Adam Bowman, Jason Maloney.

The meeting commenced at 7.40pm

Chas Taylor (chairman)

- Berkley Homes. Chas has been in contact with Berkley Homes (BH) regarding the state of the concrete road. BH are working on their project plans covering the next 6 months. Chas is meeting with the project director on 6 February 2019 to discuss BH plans and implications for races. It looked as though we will be OK for Triffic Trail and Midweek League but the monthly handicap may be affected. Chas will try to establish what BH long term plans are for the concrete road and also whether they will again sponsor the Triffic Trail.
- Midweek League. Chas attended the AGM. Various minor rule changes were agreed. Due to the uncertainty regarding the concrete road, TPRC will not be hosting a race this year. Race dates were agreed. The only potential issue is that the Orion race will be held on the Thursday before the Triffic Trail which may affect numbers.
- Southgate Hockey Centre. The hockey club indicated that they would look for a new deal with TPRC at a higher cost. Chas has not yet met with Liz. It was likely that BH or the development management company will look to recoup more funds from Southgate Hockey Club which is likely to have a knock on effect on TPRC.
- Membership. There were currently 357 members. This was broken down as follows: full (315), beginners (15), social (12), students (12) and honorary (3). James needed to add the membership categories of swimming and honorary to the system. Initial discussions had taken place regarding subscription renewals.
- Triffic Trail. Entries have been open for a week. 60 online entries to date. A good start. A new company Eventrac are dealing with the entries. James reported that there will be chip timing for the juniors' race this year at a cost of £1.35 per chip.
- Security issues. Recent incidents include keys and loose change stolen from the changing rooms and 2 cars being broken into last Thursday. Chas will discuss with BH whether the security guard could be more helpful in these car park situations.
- Bodylogics. An agreement is now in place and included in the partner section of the TPRC website. Jason Dodd has offered conditioning sessions on a Saturday morning. Suggested two sessions a month on the first and third Saturdays from 9am to 9.30am. Start time needs to be communicated to members. Jason has also offered seminars. Topics suggested include injury avoidance and better understanding of technical watches.
- Club cross country championship. Malcolm Allen will maintain the spreadsheet for the final races. James Joy will take over from Malcolm. We are struggling to find winners in all age groups who have met the minimum criteria. The position will need to be evaluated following the final race in the series.
- Website. The new website is now live. The committee thanked James for all his efforts. The website has a section on training routes. James confirmed that it was easier to download routes from Garmin rather than Strava. The general news section would benefit from more up to date news. Paul to meet with James to discuss sections relating to training.

- London marathon / mini marathon. Mini marathon qualification races, to be confirmed, were likely to be Grovelands (Enfield Borough) and Oakhill (Barnet Borough) parkruns. The Club will organise a coach for runners and volunteers. James needs 16 more volunteers for London Marathon and 9 more volunteers for the Big Half. In total the Club provides 41 volunteers for London Marathon and 20 volunteers for the Big Half. Post marathon celebrations were discussed. Suggestions were either SHC or upstairs room at the Winchmore PH.

James Joy (communications, handicap and kit)

- Triffic Trail was now being promoted. The Club was using a Stripes bank account rather than Paypal for entries as it was cheaper.
- Beginners' course. There have been 11 electronic entries plus direct entries.
- The Club website has now been transferred to a new server.
- For new photos to get on to website either email news@trentparkrc.com or trentparkrc on Instagram.
- January handicap had 71 runners. A good turnout considering the winter weather and the Southern Cross Country championships in the afternoon. 236 runners are now registered. There was a potential incident with a lorry on the concrete road on Saturday which Chas will discuss with BH. It was agreed that if the same route was used then the race would need to be run anti clockwise in order to minimise the time runners were on the concrete road. If an alternative course was used more marshals would be required. In February the senior and junior handicaps will be run on the same day although different courses and times will be used. A new scanner will be used for the results.
- There was currently plenty of kit. Again payment was being made through a Stripes account.

Anthony Plewes (triathlon)

- Entries to the mince pies duathlon had sold out early. There were plenty of volunteers.
- The aquathlon was not yet agreed. Discussions had taken place with Queenswood School and Furzefield but a date has not yet been agreed with either. Anthony considers Furzefield would work well with a 1.2 mile loop though fields and woods at the back. The preferred date is either 1 or 2 June. Alternatively we may be looking at September. We would use chip timing at a fixed cost of £850 for the first 200 entries and £1.35 per entry for all additional entries. The aim would be to break even based on 100 entries. There would be a limit on numbers at Queenswood but no limit at Furzefield. 25 – 30 volunteers would be required.

Christine Hawker (membership)

- Nothing further to report.

Kath Sinnott (social)

- The xmas party had gone down well. Food was well received but karaoke was not to everyone's taste.
- Reggae/Caribbean evening. Enfield Golf Club had been booked for 23 March 2019. The DJ was working on the playlist. The chef had suggested a suitable menu with vegetarian and vegan options. Tickets were on order and were expected to go on sale on Saturday. Kath is working on something special in the middle of the evening – possibly traditional Caribbean music. The cost is £20 per person and 100 guests are expected. Invitations would be open to friends of Club members.

- Quiz evening. Sally Minks was organising this for Friday 10 May at Enfield Golf Club.
- BBQ. This would be held close to the last race in the Midweek League after 7 July.
- Dinner Dance. The provisional date for the Club's 35th anniversary was 23 November. Discussion took place regarding venue – Enfield Golf Club, Allianz, Hadley Wood Golf Club, North London business park. It was suggested that we could ask members what they would like via an online survey.

Paul Ward (coaching)

- The training programme for the cross country season was on the website to the end of the cross country season. Paul will prepare a training programme for the Midweek League.
- Paul will continue to provide training advice on an individual basis or via the newsletter.
- Paul will liaise with Carl Redondo regarding training and leadership.
- We need to encourage more leaders to keep running groups at a manageable size.
- There are now more Sunday morning runs being organised between different groups and with a range of start times.
- England Athletics had arranged a number of road running presentations but the nearest one for us was at Gatwick Airport which was not convenient.
- England Athletics were again offering club runs to member running clubs. TPRC had already benefitted from 3 sessions delivered last year. Paul will speak to England Athletics to see whether an application from TPRC was likely to be accepted before we decided whether to complete an application.
- The details of TPRC coaches on the England Athletics website did not appear to be correct. Robert Pick agreed to prepare a spreadsheet of TPRC coaches based on the information on the England Athletics website. This could then be reviewed and request England Athletics to make changes where appropriate.

Brian Bowie (general)

- Brian has met with Charlie Bruce and produced an information pack for future race directors. This is currently with Charlie for review. Once completed this will enable better delegation in future races hosted by TPRC.
- Brian has met with Chas to identify how Chas can delegate some of his Club duties. Brian was of the view that we should be working more in teams and pass responsibilities in bite size chunks where possible.
- Whilst committee meetings worked well Brian thought that they would benefit from Robert Pick providing in advance an agenda and a general update from Chas. The business of the meetings would be managed by subject area. Brian to discuss a suitable agenda with Robert.

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- James reported that the Club could potentially receive up to £750 from the Trail Running Association in respect of the Triffic Trail. It was agreed that these funds could be used by the Club to purchase a club branded gazebo and flags.
- The next meeting will be held at 8 Chase Side Avenue, EN2 6JU on Wednesday 27 March 2019 commencing 7.30pm.
- The meeting closed at 9.40pm

