

## BRJ Committee Meeting

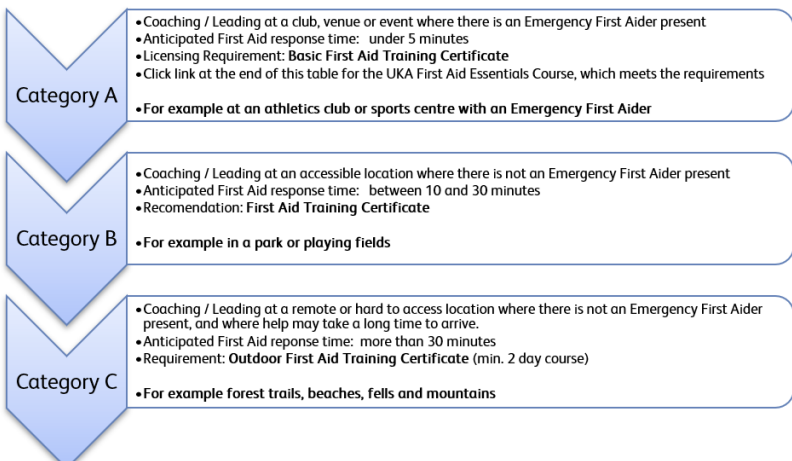
Thursday 29<sup>th</sup> April 2023

Present: Sam Ahern, Claire Ashton, Felicity Baillie, Anna Best, Clive Best, Sophie Etheridge, Heledd Marshall-Roberts, Paul Mitton, Annette Newton, Tim Phillips, Kate Ruddock

Apologies: Nicki McMahon, Ian Shipley, Lisa Shacklock Emma Stevens,

1.Welcome	<p>Claire welcomed the new committee, and invited everyone to introduce themselves and suggest ideas for the club that they would like to achieve over the year.;</p> <p>Felicity; Club Captain Women</p> <ul style="list-style-type: none"><li>• Focus on female runners</li><li>• Male vs female events, friendly competition</li><li>• Longest day sunrise/ sunset runs</li></ul> <p>Paul; Club Captain Men/ Coaching Coordinator (running)</p> <ul style="list-style-type: none"><li>• Encourage participation</li><li>• Recruit more coaches and run leaders</li></ul> <p>Sophie: Communications Officer and Inclusion</p> <ul style="list-style-type: none"><li>• Focus on swimming</li><li>• Swim teacher and open water swimming coach</li><li>• Start river swimming sessions</li><li>• Organise open water swimming for juniors</li><li>• Cross channel swim</li></ul> <p>Kate: Fundraising</p> <ul style="list-style-type: none"><li>• Promoting fundraising for charity Get Kids Going</li><li>• Planning more social fundraising events.</li></ul> <p>Heledd: Welfare Officer</p> <ul style="list-style-type: none"><li>• Focus on welfare issues for juniors</li><li>• Assistant coach with juniors, encourage participation in frostbite</li><li>• Pentathlon competition</li></ul> <p>Tim: Triathlon coordinator with Sam</p> <ul style="list-style-type: none"><li>• Cycling coach, organise cycling sessions</li><li>• Organise tri coaching</li><li>• Support and help the club</li></ul> <p>Annette: Club Secretary</p> <ul style="list-style-type: none"><li>• Club admin</li><li>• Plan and coordinate Monday club runs, encourage participation</li><li>• Volunteer to support club events</li><li>• Sustainability of core club activities</li></ul> <p>Clive: Website Officer</p> <ul style="list-style-type: none"><li>• Maintain and update website</li><li>• Email communications across the committee</li><li>• Unify the website and Clubpal site</li></ul> <p>Anna: Kit Officer</p> <ul style="list-style-type: none"><li>• Order and manage the club kit, storage and distribution</li><li>• Liaise with suppliers and identify new supplies</li><li>• New items, eg medals, badges</li></ul>	
-----------	---	--

	<p>Sam: Triathlon coordinator with Tim</p> <ul style="list-style-type: none"> <li>• Lake swimming and cycling</li> <li>• Social events for non-running</li> <li>• Coach and on the committee o the canoe club</li> </ul> <p>Claire: Chair</p> <ul style="list-style-type: none"> <li>• Deal with club issues on Fridays, including weekly email to members</li> <li>• Promote tri activities</li> </ul>	
2. Committee update	<p>Claire explained the working of the committee. Meetings are approximately 6 weekly, in person and the option of joining online. Officers have specific roles, and can submit reports prior to the meeting to allow time for discussion. Subgroups are used for more detailed work, eg, Ouse Valley Way Marathon, or focus on a section of the club, eg Juniors. The committee WhatsApp group is used for communication and decisions.</p> <p>Minutes are circulated within a week of the committee meeting.</p>	
3..Minutes	Minutes of the committee meeting 9 <sup>th</sup> February were approved	
4. Action Points	<p><b>EA Club Standards</b></p> <ul style="list-style-type: none"> <li>• The EA club affiliation process requires clubs to monitor compliance with 7 standards. These relate to governance, including club structures and policies. We have worked on this over the past year and BRJ is compliant with the 7 standards.</li> <li>• Sophie confirmed Living Sport can provide training on promoting inclusion, (inclusive activity programme), for coaches and run leaders. Need to agree numbers and dates.</li> </ul>	
5.	<p><b>BRJ 35<sup>th</sup> Anniversary</b></p> <ul style="list-style-type: none"> <li>• Social Event Ideas Claire suggested a summer party, afternoon and evening for all members. Games, food, bar, music. Possible venues were discussed</li> <li>• Kit memorabilia ideas T shirt, hat, buff. Kate and Claire to contact people who may be able to design a logo.</li> </ul>	<p>CA</p> <p>CA/KR/ AB</p>
6. Officers Reports	<p><b>MEMBERSHIP</b></p> <p>Nicki reported that there are 129 seniors, 16 life members, 34 juniors and 2 associate members. 47 members have not rejoined to date.</p> <p><b>MULTISPORT</b></p> <p><b>Swimming</b></p> <p>Sophie highlighted some of the issues to resolve before restarting lake swimming;</p> <ul style="list-style-type: none"> <li>• Insurance; BRJ is insured as part of the club affiliation to British Triathlon. Sophie requested clarification of the BTF requirements/ standards for open water swimming. Claire will</li> </ul>	

	<p>contact BTF. Sophie is a qualified open water swimming coach and has coach insurance through her work with the Cambridge Swim Company.</p> <ul style="list-style-type: none"> <li>• Hinchingsbrooke Park; Sam will contact Judith Arnold to clarify the requirements from Hinchingsbrooke Park for lake swimming. The risk assessment should be reviewed and updated.</li> <li>• Operational; Sam will contact Rachel Miller to get the lake swimming equipment. Sam will check the water temperature and condition of the lake access. This area may be too soft for wheelchair access. Sam will coordinate and clarify the rota required for safe swimming.</li> </ul> <p>The pool swimming sessions are going well with 23 people attending a recent session. Tim said there was very positive feedback from people attending.</p> <p><b>Cycling</b> St Ives Cycling Club has not continued the discount membership for BRJ members, and this has therefore been taken off the membership options. Tim will discuss with SICC. Tim can provide cycling sessions and tri skills, eg, transition sessions, brick sessions, chain gang, try a tri, time trials. Sessions could involve juniors. Tim to provide dates.</p> <p><b>COACHING</b> <b>Coach Training</b> EA has provided further guidance on the requirements for first aid training for coaches and run leaders.</p>  <p>It is likely that BRJ coaches/ run leaders will require category B training, ( as a minimum they will require Category A training to maintain their EA coach/run leader registration) Paul will identify local training providers. Coaches who are already qualified with a First Aid Training Certificate (or higher qualification) can have this validated by EA and will not need to repeat training.</p>	<p>CA</p> <p>SA</p> <p>SA</p> <p>TP</p> <p>TP</p> <p>PM</p>
--	---	---

	<p><b>Track</b> Need to increase numbers attending. Invite other clubs that may be interested in joining the session.</p> <p><b>Juniors</b> Heledd will meet with Emma to discuss her welfare role.</p> <p>David has planned the proposed badges with the Juniors coach team and Anna has quotations to cost the options.</p> <p>The juniors are meeting in Hinchingsbrooke Park</p> <p><b>Fundraising Report</b> Kate is planning fundraising events, and suggests these could link with the '35' theme as part of the 35<sup>th</sup> anniversary celebrations. Events could include;</p> <ul style="list-style-type: none"> <li>• Guestimate- will fix a date, Wednesday evening to link with juniors and avoid Peterborough Grand Prix series.</li> <li>• Longest day sunrise/sunset event (21<sup>st</sup> June)</li> <li>• Quiz night</li> <li>• Bacon butty run</li> <li>• Pentathlon</li> <li>• Anniversary games</li> </ul> <p><b>Communications</b> Instagram has been set up. Promote 'Medal Monday' asking members to send photos from weekend events, or tag BRJ on Instagram.</p> <p><b>Welfare</b> Nothing to report.</p> <p><b>Kit</b> There is a problem with ordering tri/cycle kit as the supplier will no longer provide single orders, and requires a minimum of 5.</p> <p><b>Finance</b> Ian circulated a report; There is £16, 683 in the bank account.</p>	<p>PM</p> <p>KR</p> <p>SE</p>
7.BRJ Events	<p><b>Ouse Valley Way Marathon</b></p> <ul style="list-style-type: none"> <li>• Gerry circulated a report. 10 people have registered for the marathon and the team will focus on publicity and promoting the event.</li> <li>• Felicity is planning the requirement for marshals and will start recruiting</li> </ul>	
8. AOB	<ul style="list-style-type: none"> <li>• Night of 10K Pbs Paul mentioned this event for spectators to see elite 10K runners.</li> </ul>	

	<p>20<sup>th</sup> May, Highgate Harriers Parliament Hill Track  <a href="https://www.nightofthe10kpbs.com/">https://www.nightofthe10kpbs.com/</a></p> <ul style="list-style-type: none"> <li>• Yaxley Invitation Run 11<sup>th</sup> May BRJ has previously organised a club invitation run too</li> <li>• Member handbook/benefits The members handbook on the website is out of date. Claire will add a page to Clubpal with the suppliers offering discounts to BRJ members.</li> <li>• BRJ Schedule/ Sunday Run/Swim Tim suggested having a fixed weekly schedule of club events that are routine. He suggested a Sunday run could be a regular event with the same route, to include a long run and shorter route. Starting at Houghton Mill would enable a swim option, and coffee at the National Trust Café. Felicity and Tim to organise.</li> </ul>	<p>CA</p> <p>TP/FB</p>
<p>Date of Next Meeting</p>	<p><b>7.00 Thursday 15<sup>th</sup> June 2023</b></p>	