



**Ackworth Road Runners**  
**Committee Meeting Summary**  
4<sup>th</sup> September 2024

The Mason's Arms, Ackworth

**Present:**

Chris Taylor	Chair	CT	
Stewart Haigh	Treasurer	SH	
Dawn Sketchley	Secretary	DS	
Dave Hughes		DH	left 21:15
Vicky Burch		VB	
Joe Worthington		JW	
Mel Owen		MO	
Cate Allan		CA	
Steve Berry		SB	
Mark Leadbeater		ML	
Ruth Walker		RW	
Dave Allison		DA	arrived 20:10

**1. Apologies for absence**

Adam Callow, Emma Flanagan, Nicola Thompson, Helen Wainwright

**2. Previous Minutes and matters arising**

The minutes of the meeting held on August 8th were accepted as a true record. Updates:

**Training**

- a) AC has briefed existing run unqualified/qualified leaders and coaches about best practice for training runs with support from JW and RW. Those run leaders who haven't come forward will be removed from the Coaches' FB page.
- b) Members' attention to the insurance implications of running with an unqualified leader i.e. that they are running at their own risk. This will be posted on the website and members will be directed to read it via a FB post.  
*Action: SB has agreed to adapt and post a best practice document on the website and to post people to it from the members' FB page.*
- c) Approved routes which can be used by unqualified leaders will be produced and shared.  
*Action: SH ongoing.*

- d) A survey of members seeking their thoughts around training and any improvements that could be considered has been shared with members. Around 140 members have responded and SH has begun to analyse the feedback – see Training below.

### **3. Chairman's Slot**

CT reflected on events in August. The Ken Bingley 10k was a success with 111 finishers. We used prizes from previous races which went down well with runners as it was a sustainable and cost effective move which meant we donated more funds to Ken's preferred charities – YAA and the MS society. Dave Wallace was thanked for all his support and Louise Bailey was thanked for the supply of water and chocolate.

ARR supported the Ackworth Pram Race and much fun was had by all. There was a good turnout at Fountains Abbey parkrun – see Captain's report.

He also shared his intention to stand down as Chair at the AGM and invited anyone who is interested in succeeding him to get in touch.

### **4. Treasurer's Slot**

We now have 335 members, 43 new ones this year. The bank account is healthy and funds have been issued for Monsall entries, the coach deposit for Yorkshire Coast 10k and a few incidental expenses. The donation to the NT following Priors 10k is still held in the account.

It was agreed, given the age profile of our membership, that we will replace the sending of flowers following illness and bereavement with cards due to cost constraints.

*Action: DS will also post on the committee FB page when cards are sent so that no committee member is embarrassed by not knowing what has been sent.*

The Committee supported the purchase of equipment for technical sessions and investing in the training of new LiRFs and CiRFs.

### **5. Secretary/Correspondence**

None this month.

## 6. Captains' Slot

### Men

DH reported:

- Graham Beardsley -: Olympic photographer! Got national coverage on BBC. Congratulations!
- Ben Tanguay - LiRF completed. Congratulations!

Pram race

- 2 teams. 1 ARR, 1 CC

UTMB

- Simon Bennett second M65.

Ring of Fire

- Joe Worthington 70+miles over two days.

CYBI Coastal Marathon in Anglesey

- Four men started
- DH first home!

Ken Bingley 10k

- first ARR male Sam Lockett

Fountains Abbey GP parkrun

- Richard Ward first ARR male home in 18:42

Howden 10k - lots of prizes!

- Joe Middleton 3rd u20
- Maksim Palkics 2nd senior
- Rich Ward 3rd v35
- Bill Winder 2nd V50
- Rich Burke 3rd V50
- Mark Leadbeater 1st v55
- Kev Gutteridge 3rd v55

Spencer's Dash overall series

- Rich Burke 2nd V50
- Dave Hughes 2nd v45
- Steve Roberts 3rd v45
- Nev Marshall 2nd v60

Parkruns

- Course best for Rowan Winks Frickley

- Course best Liam Saddler, Rob Newsome, Andy Smith, Ryan Smith Nostell
- Course best Callum Smith Pontefract

#### 10k PBS

- Simon Speight Ken Bingley
- Maksims Palciks York and then Howden
- Liam Saddler and Stephen Batty Howden.

#### **Women**

VB reported:

#### Howden 10k

- Joanne Burke 1<sup>st</sup> FV50
- Helen Morgan 1<sup>st</sup> FV55
- Sue Francis 1<sup>st</sup> FV60
- Gail Tombs 1<sup>st</sup> FV70
- Fiona Marcantonio-Jones PB 49:41

#### Ken Bingley 10k

- 1<sup>st</sup> Gail Wrangles 55:01
- 2<sup>nd</sup> Helen Ramsbottom 57:25
- 3<sup>rd</sup> Victoria Peckover 57:28

#### Denby Dash

- Tammy Phillips 50:09
- Catherine Warren 59:24
- Charlotte Smith 57:46

#### Parkrun pbs

- Victoria Peckover Pontefract
- Jessica Hall, Sally Webber, Victoria Peckover Nostell
- Fiona Marcantonio-Jones Frickley

LCW at the beginning of September with two teams entered. Consider a fun team next year. JW suggested we consider recces of the route over summer 2025. RW and CT offered to support the organisation of the competitive/fun teams.

## 7. ARR Juniors

Pat Wood has confirmed that she will be standing down in September to avoid unnecessary travel in inclement weather which leaves them without a Level 2 coach. This will compound the difficulties around ratios. Awards night planned for late September. Still closed to new members. Two members have approached RW to support the coaching.

## 8. Races and events

- Autumn Handicap Sept 8<sup>th</sup> still needs marshals.  
*Action: CT to appeal again.*
- Yorkshire Coast 10k 80+ people travelling by coach. Places still available.
- PECO we intend to host on December 1<sup>st</sup> at Pontefract Park. Council approached. Course designed. Licence to be applied for.  
*Action: CT to document the process for future years.*
- Yorkshire Vets October 6<sup>th</sup> at Ackworth. Hot drinks and biscuits required.  
*Action: MO, VB and CA.*

## 9. Training

SH had issued the survey with support from SB and 140 members had responded. The most popular start time is 18:30 which sits well with a request from the nursery as our parking is causing issues for their customers picking up children at the end of the day. Research shows that amongst other local clubs the most common start time is 19:00.

After much debate and scrutiny of the first cut of the data, the committee decided:

- **Training nights will be Tuesdays and Thursdays with a gathering time of 18:15 for a start at 18:30 with effect from Tuesday 17<sup>th</sup> September.**
- JW will contact AC to arrange a coaches' meeting (current run leaders/LiRFs/CiRFs/coaches) to organise a programme for a month and allocate leaders to it. This will then be shared via FB and the website.  
*Action: JW/AC*
- Those who have expressed an interest in becoming a run leader will be contacted by DS to thank them for their interest, asked whether their interest is as a new run leader/LiRF/CiRF and to explain that training is being reviewed and we will prioritise the support of new LiRFs and CiRFs based on identified gaps.  
*Action: SH names/DS contact*

- C25k the consensus of the meeting was that we need to focus on our current training offering to existing members and that we don't have capacity to run an autumn c25k group but we hope to run one in early 2025.

#### **10. Any other business**

- Equipment for technical sessions to be purchased and stored at the CC.
- Track sessions to be organised over the winter at Dorothy Hyman Stadium  
*Action: JW*
- Run Leader tabards/vests to be purchased from Tuff.  
*Action: CA*

#### **Date of Next Meeting**

The next meeting is on Wednesday 2<sup>nd</sup> October at The Mason's Arms.

There being no other business, the meeting closed at 21:45.