



# ILKLEY HARRIERS

## Committee Meeting Minutes

Date: December 7th 2010

**Present :** Paul Wood, Eddie Winslow, Neil Chapman, Henry Heavisides, Jacqui Weston, Jane Bryant, Malcolm Pickering, Diane Haggar, Emma O'Looney, Paul Stephens

**Apologies:** Christine Matthews

Item		Action
1	<b>Minutes of Meeting November 2nd.</b> Agreed	
2	<p><b>Matters Arising</b></p> <p>i) Ladies Vests. Jacqui W. Reported that there was no clear favourite regarding vests for women, but that the Fastrax was felt to be slightly better (available from Complete Runner). Agreed not to progress further at present.</p> <p>ii) Coaching Courses. PW and SW to meet Lucy Birkenshaw of English Athletics Thursday 4<sup>th</sup>. (postponed to Jan 2011) Likely to pursue Running Fitness course in association with BAN.</p> <p>iii) Harriers Coaches. PS to compile list from information on Junior site and from UKA records.</p>	<p>PW JW</p> <p>PS</p>
3	<p><b>Running the Club</b></p> <p><b>1. Harrier of the Month.</b> 10 Nominations received:</p> <ul style="list-style-type: none"> <li>• Henry Heavisides. Abbey Dash results and other races</li> <li>• Sally Morley. 8<sup>th</sup> place West Yorks XC and 1<sup>st</sup> F Ben's Run</li> <li>• Steve Weston. 20 mins off Tour of Pendle time</li> <li>• Brit Tate. 1<sup>st</sup> IH lady in Abbey Dash</li> <li>• Chris Matthews. 10 mile record</li> <li>• Julian Carter. Abbey Dash time</li> <li>• Neil Chapman. Organising Ben's Race</li> <li>• Martin Archer. Burley Fell Race result</li> <li>• Rob Cunningham. 5k and Abbey Dash time</li> <li>• Tom Adams. 3<sup>rd</sup> place West Yorks XC and Harriers v cyclists result</li> </ul> <p>And the HoMs were Brit and Rob.</p> <p><b>2. Matters arising from Officers and Captains reports.</b></p> <p>The XC captains raised the issue of members paying back race fees paid by the club when they had not run. The issue seemed mainly with the West Yorkshire XCs. Some people had offered to repay, others had simply not turned up or communicated. It was agreed that people need to be reminded of their commitment and that from next year, people would be asked to reimburse the club if they were entered but did not take part.</p> <p><b>3. IH Race League 2011.</b></p> <ul style="list-style-type: none"> <li>• Neil C tabled a draft for discussion. Factors taken into account included the popularity of previous league fixtures and the need in</li> </ul>	

	<p>each category for mix of long, medium and short races spread across the year. Following lengthy discussion and suggestions, Neil was to check dates, consult further with Fell captains, and circulate a revised schedule.</p> <p><b>4. Annual Awards Evening.</b> Request for nominations needed to go out asap for consideration at January's Committee meeting. Preferred venue was ILTSC, with a disco and a curry. JW volunteered to sort. Di H. to chase Trophies in time to get engraved prior to Awards evening</p> <p><b>5. 25<sup>th</sup> Anniversary.</b> It was agreed this would focus around a 25 mile (relay) race with a social afterwards. Date still to be determined? Merchandise was discussed, and a design competition suggested. Jacqui agreed to organise this.</p>	<p>NC</p> <p>JW DH</p> <p>JW</p>
4	<p><b>Developing the Club.</b></p> <p>i) <b>Development Plan.</b> Paul W had previously circulated this. It was suggested that social media also be considered as a promotional tool/method of communication. The Plan was agreed. PW to post on web-site</p> <p>iii) <b>Relays Policy.</b> This had been the subject of some debate, but after discussion was agreed. The issue was around responsibility for the "trail" relays – the Pennine Way, Bradford Millennium Way and Leeds Country Way. It was agreed to start getting lists of interested people at the awards evening.</p>	<p>PW</p>
AOB	<p>i) A club calendar of key dates would be useful – eg deadlines for relay entries, London Marathon place etc. PS/PW to organise</p>	<p>PS/PW</p>
TDP	<p>January 11th 8.40pm ILTSC</p>	

## REPORTS

### Chairman

Since the last committee meeting we have staged another race, enjoyed the second of the winter monthly social 'Gatherings', and received another well-put-together newsletter.

A big vote of thanks to Neil Chapman for organising the Ben's Wish To Walk 5 mile road race. This raised over £1800 for a worthy cause and the day went smoothly thanks to lots of helpers. The race was well supported by Harriers, club athletes, and local non-affiliated runners alike. It is a shame that the Ilkley Gazette did not give the Club better exposure, despite our efforts, but I think the Ilkley community appreciates the work we have done.

The 'Gathering' in November returned to the original 'speakeasy' style, chaired by Ewan, with everyone sharing experiences and ideas. This went well, with some 25 people there.

A splash of colour in the newsletter was well-received by members, and seems a good investment (an extra 18p/newsletter for 2 A5 pages) if quality photographs are available.

I have not had much feedback yet on 'ideas for the 25<sup>th</sup>' but we do need to make progress on that one.

Quite separately, we have been approached by Sue Ryder Manorlands Hospice for our views on *them* organising a race in Ilkley next year. IH would be associated with this race, but SR would do all the organising. This can only be good for running in Ilkley, and that can only be good for the Club.

Lucy Birkenshaw from England Athletics is able to come and see us on Thursday 9th at 1pm - this is the only time she could offer - is anyone else interested in coming along? The discussion will be on Club development and working with EA. Shirley and I will be there so if you can't make it but have succinct questions then pass them on to us, please.

The January meeting will be taken up with determining the winners of the Annual Awards, so we need to complete as much business as possible this month.

### Mens Road

Ilkley Harriers were well represented at the Ben's 5 race & at the Abbey Dash 10k. We would have had a good participation at the Thirsk 10, had the race not been cancelled due to the ice.

At Ben's race, the main emphasis was obviously on the fundraising, but in terms of results, we did have a lot of success with 8 runners in the first 13 places. It's not a fast course, but Dave Wilby was the fastest Ilkley Harrier finishing in under 30 minutes.

At the Abbey Dash we had a large number of people taking part, although we didn't have as many runners under 38 minutes as we did last year. In the age category results, 3 Ilkley Harriers were in 1st or 2nd place (depending on gun or chip times).

Thirsk would have been a counter in the IH league, but this has now been replaced by the Bradford parkrun 5k.

### Mens XC

Well the Complete Runner cross country league has now finished for another season and overall results have greatly improved. The mens team managed to finish a team in all four races and after the 'epic' ay Wakefield we have finished joint 7th overall with Halifax. This is outstanding as only 9 teams in the whole league managed to complete all the races. What club spirit !!!

On the individual side Tom Adams has shown his class again by finishing 3rd overall in the mens open age range. While Malcolm Pickering was 2nd and Nick Pearce 3rd in the V/55 and always present Jim Towers 2nd V/60

Some 22 men ASKED to be entered for this league, £8.00 per head, 2 harriers managed all 4, 5 managed 3, four got to four, and 5 managed 1. I leave you with the sums but I just wonder sometimes if this is 'value for money', ...sorry it's my upbringing !

As for the championship races in the New Year there is very little interest, so here's hoping for more glory in the coming Peco races although a lot of the dates this season just don't fit right.

PS From my own point of view I found the underfoot conditions at Wakefield some of the hardest I have run on in all my 48 years of taking part in this wonder sport of ours. So well done to all who raced last Sunday especially our juniors.

### **Ladies XC**

The Complete Runner League concluded on Sunday.

We completed a team in all 4 meetings and achieved a very solid 4th Team place overall having taken 6th, 7th, 4th and 6th team in the individual meetings, so clearly some clubs didn't manage to complete teams in all 4 races. I did start the season with hopes of 3rd place which was definitely achievable given the array of talented ladies who signed up for the league. In the end we held off Wharfedale but were beaten by Keighley & Craven who took 3rd behind the might of Holfirth and Leeds City. A commendable result but one we can improve on next year.

Sally Morley shone with an excellent 8th place at Bramley and Emma Barclay was a valuable scorer in all 4 races. Our individual league trophy winners were, as ever, from the veteran ranks: Emma Barclay 3rd V40, Diane Haggart 3rd V45, Sue Morley 2nd V55, Lyn Eden 1st V65 & 1st V60.

Altogether 18 ladies were entered in the league @ £8 each, and one lady in the final race @£4. Just 2\* ran in all 4 races, 3 ran 3 races, 4 ran 2 races, 3 ran only 1 race, and 6 did not run at all. Family commitments, which I fully understand, are often the reason for ladies not turning out but I do feel strongly that entry fees should be repaid by those who were unable to do at least 2 races.

The Yorkshire, Northern and National Championships in the New Year will provide continuing high standards of competition for those who want it. We (Ladies, Mens and Junior XC sections) have set a deadline of 14th Dec for people to ask to be entered in any of these Championships. This is the date necessary to meet the Yorkshire entry deadline. So far I have not registered any interest but will continue to publicise on forums until the 14th.

The second PECO league meeting is almost upon us on Dec 19th, with a further 3 dates after Christmas (9th Jan, 30th Jan & 6th March). Malcolm and I will continue to advertise these as a gentler introduction to XC. Date clashes are somewhat unhelpful (The Stoop 19th Dec, The Yorkshires 9th Jan, The Northerns 29th Jan).

### **Mens Fell**

A pretty quiet month on the fell front this time around. We had a few runners out at the usual favourites of Shepherds Skyline, Harriers vs Cyclists & Rivoock Edge, but probably not as many as in recent years. Entries are beginning to open for 1 or 2 of the 2011 Championship races, so I'll be nudging people towards those over the next few weeks, and I'll also be asking for an organiser for the Pennine Bridleway Relay men's team.

## **Junior Report**

We have had just over 200 juniors renew or join JIH since September.

The juniors have taken part in 5 Cross-Country events since the last report. We have had two Wharfedale Primary School League events in November - the first at the Ilkley Rugby Club and organised by Westville House School attracted 460 runners and the second at a snowy Ben Rhydding attracted 275 runners. The Complete Runner League has now concluded with probably our best season to date. 24 juniors raced at Bramley Park and 18 at a very snowy Wakefield. Every senior who I have spoken to from the Wakefield event could not praise the juniors enough for their effort, commitment and determination in such harsh conditions. The outcome of all this has been that 32 juniors from U11 to U15 were entered for the races and 20 competed in 3 or more races giving them an overall individual placing (11 had top 20 places- 4 of these in the top ten, Phoebe Ogden (4th U11 girl), Georgia Malir (7th U15 girl), Sarah Pickering (8th U13 girl) and Francis Westhead (10th U11 boy)). Only one junior did not do any of the races. Our U11 and U13 girls teams came away with 3rd placings but some of the results were incredibly close. We were unlucky not to have team placings in some of the other age categories and often found ourselves 1 junior short of a team. 13 juniors travelled to far flung Pontefract to compete in the first of the Peco League events with some excellent individual results and I am sure that we will get greater numbers to the other events.

In amongst all this wintry weather we had our first sprinting session at UAK (old Greenhead). It was - 6 and we had to sweep the snow off the track first but 14 invited juniors turned up and did a fantastic session led by Joan and Mael Matthews who are two of our junior coaches. Joan is an ex GB international 100/200m sprinter and Mael an ex Welsh 400m sprinter. A number of parents also attended joining in the warm up, helped to clear snow and for next week are organising their own session led by Dave Westhead. We are looking to use UAK a lot more for our sprint/hurdling group training sessions in 2011. And finally we have now got lighting at our jumps pit at Ghyll Royd School which we will get the benefit from when the weather improves!

We are taking a break during December so there will be no junior report at the next committee meeting.