



# ILKLEY HARRIERS

# Committee Meeting Minutes

Date: October 11th 2011

**Present :** Paul Wood, Emma O’Looney, Malcolm Pickering , Eddie Winslow, Clare Smith, Jann Smith, Abigail Bailey, Paul Sugden, Paul Stephens. (Alison Weston, Alison Bennett)

**Apologies:** Matthew Rutter, Diane Haggar

Item		Action
1	<b>Minutes of Meeting September 6th.</b> Agreed	
2	<p><b>Matters Arising</b></p> <p>i) licences obtained for both races 12/13 Nov.</p> <p>ii) Paul W still to clarify situation re. Sport Relief mile.</p> <p>iii) Abigail offered to organise Annual Awards event Jan 2012.</p> <p>iv) Actions arising from AGM to be agenda item at November meeting.</p>	<p>PW</p> <p>AB</p> <p>PSt</p>
3	<p><b>Running the Club</b></p> <p><b>1. Harrier of the Month - September.</b> 6 Nominations received:</p> <ul style="list-style-type: none"> <li>• Pete Shields and Nick Pearce for their 3 peaks fell races (Scafell, Snowdon and Ben Nevis) and Lands End to John O’Groats cycle ride, wearing the Ilkley Harriers vest to advertise the club .</li> <li>• Tom Adams tremendous achievements in breaking 2 course records this month at Kirkstall 7 and Bradley Fell Race and also coming first in Rombalds Romp and Ilkley Incline.</li> <li>• Christine Cox. Her time in the Great North Run was almost 4 minutes faster than 2010.</li> <li>• Georgia Malir deserves a nomination for all her hard work and excellent results. (agreed Georgia too young to be awarded HoM)</li> <li>• Helene Whitaker First Lady in the Petzl Lake District Mountain Trial [they are all in the UK].</li> <li>• Tracey Greenway, winner of the F45 class at the World Masters Mountain Running Championships - Paluzza, Italy.</li> </ul> <p>The <b>HoM</b> awards went to Pete Shields/Nick Pearce and Tracey Greenway.</p>	

	<p><b>3. HoM organiser.</b> Abigail agreed to take over this role.</p>	AB
4	<p><b>Developing the Club.</b></p> <p>i) a full discussion was held regarding the priorities for the forthcoming year, and it was suggested that the Committee should set itself a limited number. These were agreed as:</p> <p>a) Communications – in particular how to best use multi-channels whilst minimising the administration required. Matthew Rutter to be asked to look at this.</p> <p>b) Coaching – this was still a priority, but it was agreed to review following the outcome of November’s Assistant Coaching course at Keighley</p> <p>c) Olympic year activities. (see report on Wharfedale Activity Group below).</p> <p>This would in effect become the club development plan for 2012.</p> <p>ii) Wharfedale Activity Group. Alison Bennett reported on the recent meeting which had focussed on the opportunity of the 2012 Olympics. Ideas discussed included a possible relay from Addingham to Burley involving different clubs. The Committee agreed in principle to participate and Alison agreed to continue to feedback.</p>	AB
AOB	<p>i) Thursday training lighting. Paul Su. Raised the issue of inadequate lighting for the Thursday sessions. Alison B to monitor and report back. Abigail to investigate possibility of occasional use of Ilkley Cricket Club.</p> <p>ii) Relays: The Committee agreed to continue the policy of funding club relay teams, to enter 3+ teams in the GWF relays, and to make a contribution - £5per head – to the Thunder Relays.</p> <p>iii) 5 Club places received for London Marathon. Information on web-site and in newsletter. Draw to be made at next Committee meeting.</p>	AB
TDP	November 1st 8.40pm ILTSC	

## **REPORTS**

### **Chairman**

Since the last meeting we have had a successful AGM, with 30+ people there and a keen new Committee duly elected (we still need to appoint a ladies' road Captain); the XC season has started with a bang; and we have had one of our 'big' fell relays, the Ian Hodgson, and have another this weekend, the FRA Relays. A new informal relay on December 10th has attracted a lot of interest.

We have made a further contribution to the Ilkley Pool Group, and publicised this on the Forums.

Alison Bennett has attended a WAG meeting: I will circulate notes from that.

We have the basis for a social calendar for the winter months, but new ideas are welcome.

In the next month or so we will need to finalise details of all *fell* races we organise, to submit to the FRA Calendar, and we will need to start thinking about the Presentation evening in December.

I want to make Committee meetings as interesting and involving as possible: Paul Stephens and I have shared some ideas and I'd like to discuss this at the meeting.

## **Men's Fell**

Since the last committee meeting, attention has been largely focused on getting the relay teams together. Last weekend we had the Ian Hodgson Relays in the Lake District, and while the final position of 37th was disappointing (due to a combination of injury & navigational mishaps), it was very positive that the team was put together with reasonable ease, and there were no drop outs at any stage of the organisation. Next up are the FRA's in Kettlewell next weekend. We currently have 2 men's teams entered, fully resourced as we speak and with only 1 withdrawal to date, so already a far better relay season than last year.

The last big Lakeland race of the year took place at Langdale this past weekend, and there was a very good turnout of Harriers which bodes well for next season. Of 16 initial entrants, I counted at least 10 Harriers on the day, there may be more I didn't recognise when the results are out. They weren't all racing snakes, but they were all pushing their own boundaries which is what it's all about, and everyone had a smile on their face at the end, even poor Mark Mon-Williams who had selflessly sacrificed his own race to stay with a badly injured runner on the hill until help arrived.

## **Ladies Fell Report**

Since the last meeting, we have had several ladies taking part in a variety of fell events. The Yorkshireman off road marathon and half marathon were well attended. Helene Whittaker, Outi Kamarainen, Sarah and Chloe Haines performed well at the Lake District Mountain Trial, where the ladies won 2nd team prize in the medium course. We had Ilkley ladies at the Three Shires, Rombald's Romp fell run, Thievely Pike, Whernside and Embsay but it would be nice to see more participants and we hope to drum up more interest within the club. There was one ladies team and one mixed team in the Rab mountain marathon. We could encourage more ladies to take part in mountain marathons in 2012. There has been a suggestion for a ladies fell weekend away, incorporating some navigation exercises. We will raise this at our informal gathering tomorrow night. Alison will be able to comment on the Ian Hodgson Mountain Relays which took place on the 2nd Oct. I am delighted to report that Ilkley were 2nd ladies team at the Langdale Fell race this weekend. The conditions were challenging and there were a few navigational issues in the low cloud but thankfully none of us fell foul of 'Bad Step' off the Crinkle Craggs, unlike some other competitors. It would be great if Ilkley always had enough runners to make up a team. We hope to encourage more participation in the coming year. We'll be discussing forthcoming races and next year's relays at our gathering tomorrow. We plan to stick to the published Relays Policy in 2012 and will need to make prospective runners aware of this in advance.

## **Mens x/c report**

A great start to the season with the first Complete runner race at Nunroyd park. Again Tom Adams led the team home in 5th place.

A total of 14 men ran, with 8 in the first hundred which gave us 6th place in the team result beating local clubs such as Otley, Harrogate and K and C. The next fixture is at York on a Saturday and some clubs may be low on numbers so it could be the chance to pull some more points back, if we can get such a strong team out again.

## **LADIES CROSS COUNTRY REPORT**

The Cross Country season started with the first West Yorks (Complete Runner) league at Guiseley on Sun 9th Oct. A great turn out with 12 of the 16 ladies entered running. The ladies took 5th team led in by Sally Morley in 9th place, followed by Emma Barclay, Diane Haggard & Sally Malir. Although we ran well for good placings we were down on last season's team placing as it appears that rival clubs such as Bingley and Skyrac just managed to push in more ladies ahead of us.

The men and Juniors also had very good turnouts and the Junior tent was perhaps a bit small for us all, particularly when Tom Adams decided to stash his bike in there!! I forgot my camera but perhaps will bring it to the last race this year to record who is still plugging away for the club then.

I distributed XC fixtures lists to most ladies present and have sent it electronically via Google group. There was a generally enthusiastic discussion re making a trip to the Nationals at Parliament Hill and I have started a thread on the forum. Please could the PECO league be promoted at Tues sessions particularly by run leaders as I struggle to get there regularly on Tues these days.

Our juniors put on an outstanding show: Georgia Malir (U17 girls), Sarah Pickering (U13 girls) and Francis Westhead (U11 boys) won their races. The U11 boys won their team event, the U13 girls were 2nd team and the U15 girls 4th. Ilkley scored teams in 5 of the 8 age groups events.

### **Junior committee report**

Since the beginning of September we have been very busy. Several children have changed groups, 15-20 new children have come into the athletics programme and two new sessions have started up (Malcolm's speed endurance for 11 years and older and Rachel's junior circuits for Year 10 and older and parents). Our 'season' started with the Sprint fell Relays which attracted 18 teams and some excellent racing in very wet conditions. At the tail end of the Track & Field season we had juniors competing in both the Pendle open and York open. Autumn is really all about cross-country and this weekend we had the first of the Wharfedale Primary Schools races at Ghyll Royd School attracting 629 children from Reception to Year 6. The following day some of these children were racing again at the first Complete Runner XC event at Nunroyd. We have never had so many juniors compete - 37 (25 was our best before); we have never had so many complete team placings (U11 girls and boys, U13 girls and boys and U15 girls) and we have never had an outright winner before - on Sunday we had 3 (Francis Westhead U11 boys, Sarah Pickering U13 girls and Georgia Malir U17 girls). I was absolutely blown away by the performance from each and every individual junior. Our emphasis is to try to have complete teams for the remainder of the series.

Finally 13 of our junior leaders did a complete weekend of training to do all the necessary theory with Katherine (an outside tutor) before embarking on their final stretch of voluntary hours to achieve their award in December. Ros, Rachel, Alison, Katherine and I are meeting this week to put in place an all year round programme for both Sports and the Community Leadership awards.