

Boxted Runners Coaches' Meeting 13 September 2023

Present:

Graham Clark

Vanessa Dolling Edwards

Karl Graves

Jane Irvin

Chris McGlade

Ian Raymant

Jan Wilcox Blake

Main Points Discussed

Autumn Timetable

The number of sessions remains the same, however, the 10 mile group on a Sunday will now be an 8 mile group to help aid members with the transition up from 10k.

Session Offering

Boxted Sunday routes are well trodden paths, especially for the 5k groups. It was decided that on the first Sunday in each month the Club should meet elsewhere. An idea for the first Sunday in October is Clacton. There will be no alternative Club run in Boxted on Sundays when this happens.

Action: Vanessa to research routes, parking and publicise.

It was discussed that the Tuesday night social runs are getting rather stale always starting from Tesco's Highwoods. It was decided that these sessions will start in different locations each week on a monthly rotational basis eg 1st Tuesday of the month - Highwoods, 2nd Tuesday - Hythe etc. **Action:**

Graham/Chris to research route, parking and publicise.

The Saturday 3-5k runs are well attended, however, these sessions can be difficult to manage when there is a vast range of ability within the group (and looping is not always appropriate). More coaches are needed on this session if we are to accommodate all speeds of runners. **Action: Vanessa to speak to Haley and organise more support if appropriate.**

Intervals

Intervals in Boxted will in theory remain until the end of September on a Thursday night, however, a decision as to whether it is safe to continue to do so depends on how dark it is getting. Possibly we could use Balkerne Hill until the end of the month as an alternative. **Action: Graham to evaluate after next session.**

Intervals start with JME on 5 October at Northern Gateway; JME will have a coach present too. Karl has created templates of interval sessions that coaches can use, however, they will not be published to members in advance of a session. **Action: Karl will put on structured interval session plans on the website for coaches to download**

Half Marathon Progression

Training to progress from 11k to half marathon distance will start in January. It was felt that an introductory talk to those interested members would be useful to emphasise what training other than the long Sunday run is required. **Action: Vanessa and Karl to organise introductory talk**

Cross Country

There has been little interest so far from members, possibly due to participation taking up a full day. It was raised that not all members want to compete as we are primarily a social running club, and too much promotion may turn people away. Sarah and Adam are away for the 28 October fixture. It was discussed whether we need to have a full team at every fixture. The Club's participation in this event will continue currently.

Absolute Beginners

Beginner courses start w/c 5 October – one on the Thursday and the other on Sunday. 7 beginners have signed up so far.

Interclub Competition

The possibility of hosting a half-ekiden was discussed that we could host on Boxted's playing fields with other clubs such as JME and Capel Cheetahs in October. **Action: Vanessa to research**

Accidents and injuries

Coaches need to check at the beginning of a session if participants are fit to run, however, the decision to proceed does depend on being supplied with accurate information from members. There was discussion about how to manage an accident in a session where a member is unable to continue, but insistent on not disrupting anyone else's run for assistance. It was decided that if there was the possibility of a member having concussion, or a lone female in an isolated area then they should not be left alone.

Action: Please can all coaches refamiliarise themselves with the guidance on

<https://boxtedrunners.co.uk/members/running-safety/>

Also attached for coaches to read are the England Athletics Code of Conduct for Coaches and Club Safeguarding Code of Conduct