

<p>Members in attendance: -</p> <table><tr><td>Nigel Hemsted</td><td>Romsey Road Runners – Chairman</td></tr><tr><td>Josh Murray</td><td>Hamwic - Secretary</td></tr><tr><td>Dave Arnott</td><td>Halterworth Harriers - Treasurer</td></tr><tr><td>Alan Tulip</td><td>WRC - Webmaster & Results Processor</td></tr><tr><td>Ellie Swire, Sam Parkinson</td><td>WRC</td></tr><tr><td>Rachel Dryden</td><td>Hamwic</td></tr><tr><td>Malcolm Price, Antonia Mintoff</td><td>Lordshill</td></tr><tr><td>Mick Anglim, Tamsin Roberts</td><td>Hardley Runners</td></tr><tr><td>Dan Latham</td><td>Hardley Runners</td></tr><tr><td>Jack Crook</td><td>Netley</td></tr><tr><td>Emleigh Clifford, Simon Bittlestone</td><td>CF Swifts</td></tr><tr><td>Jon Osman</td><td>Eastleigh Running Club</td></tr><tr><td>Paul Garland</td><td>Halterworth Harriers</td></tr><tr><td>Rob Jones, Kym Crosswell</td><td>Hedge End</td></tr><tr><td>Jamie Foster, Sarah Green</td><td>Itchen Spitfires</td></tr><tr><td>Elizabeth Prinsep</td><td>Romsey RR</td></tr><tr><td>Danielle Friedman-Brown</td><td>Solent Running Sisters</td></tr><tr><td>Jon Ward</td><td>Southampton AC</td></tr><tr><td>Nicky Beal, Grace Thompson</td><td>Stubbington Green</td></tr><tr><td>Rob Barlow, Peter Ellis</td><td>Totton RC</td></tr><tr><td>Emma Carter, James Mann</td><td>WADAC</td></tr><tr><td>Nigel Smyth, Richard Waddop</td><td>Wessex Road Runners</td></tr><tr><td>N/A</td><td>New Forest Runners</td></tr></table>	Nigel Hemsted	Romsey Road Runners – Chairman	Josh Murray	Hamwic - Secretary	Dave Arnott	Halterworth Harriers - Treasurer	Alan Tulip	WRC - Webmaster & Results Processor	Ellie Swire, Sam Parkinson	WRC	Rachel Dryden	Hamwic	Malcolm Price, Antonia Mintoff	Lordshill	Mick Anglim, Tamsin Roberts	Hardley Runners	Dan Latham	Hardley Runners	Jack Crook	Netley	Emleigh Clifford, Simon Bittlestone	CF Swifts	Jon Osman	Eastleigh Running Club	Paul Garland	Halterworth Harriers	Rob Jones, Kym Crosswell	Hedge End	Jamie Foster, Sarah Green	Itchen Spitfires	Elizabeth Prinsep	Romsey RR	Danielle Friedman-Brown	Solent Running Sisters	Jon Ward	Southampton AC	Nicky Beal, Grace Thompson	Stubbington Green	Rob Barlow, Peter Ellis	Totton RC	Emma Carter, James Mann	WADAC	Nigel Smyth, Richard Waddop	Wessex Road Runners	N/A	New Forest Runners	
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<p>Review of 2023 Season</p> <p>Alan Tulip provided an update on numbers for the season, which saw a record average number of men and women per race, and over 1000 participants in total. The average number of runners completing the race was a record at 435.</p> <p>There were no reported capacity issues at any venues, or significant issues reported.</p> <p>It was agreed by all the new results processing using the parkrun ID system has been highly successful, and thanks to Alan, Nigel, and everyone involved in putting this in place.</p>																																															
<p>Accounts (and Fees for 2024?)</p> <p>Dave Arnott's report highlighted we did well last year, completing the season with a surplus of just over £400.</p> <p>ARC fees had been reduced against expectation.</p> <p>Medical costs as anticipated went up from £1100 to £1700, but this was covered by last year's increase in fees. A 2 year deal was agreed with Collingwood which is being honoured, so no anticipated increase in medical costs this season.</p>																																															

Review of CF Swifts

CF Swifts contributed positively to the RR10 in their first season, kept under the 20 runner threshold as set out in the trial, and anticipate this season an expected average of 20-25 runners. It was unanimously agreed to grant them full member status in the league.

New Members / Proposed entry in to league – Winchester Running Club

Effectively the situation in Winchester is that one club has split in to 2, so there is no anticipated increase in numbers, the runners will just be split across WADAC and WRC.

Unanimously carried to accept Winchester Running club in to the league.

Review and Update Constitution

Several clauses in the constitution needed updating and were reviewed, amended, and agreed.

There was a discussion on the use of headphones/music being played by runners. With the nature of the courses which often require marshall instructions to be communicated, in-race communication between runners on terrain/ponies, other users of the venues, and narrow sections where being able to hear runners coming up behind, it was agreed that the league should ban the use of all headphones/music devices. Failure to comply will result in exclusion from the results, and hosting clubs to monitor this in the funnel.

It was also agreed that club colours for racing should not just be 'encouraged', but mandatory, again with exclusion from the results for failing to comply. The relevant clause has been amended.

New clauses were added to reflect this discussion, and the updated constitution can be viewed separately.

Proposed Schedule for 2024

Some revisions were made to the schedule, and the below timetable was agreed by the respective hosting clubs:

Fixture List

Race	Date	Time	Venue	Organisers
1	Apr 24	1900	Fleming Park	Totton, Soton AC
2	May 8	1900	Itchen Valley Country Park	Lordshill
3	May 22	1900	River Hamble Country Park	Stubbington
4	June 5	1930	Badger Farm	WRC to lead, WADAC
5	June 12	1930	Ampfield Woods	Wessex, Running Sisters, Halterworth
6	June 26	1930	Marwell	Eastleigh
7	July 10	1900	River Hamble Country Park	Hedge End, Netley
8	July 24	1930	University Playing Fields Wide Lane	Itchen, Hamwic
9	Aug 7	1900	Cadland Estate	Hardley, New Forest
10	Aug 21	1900	IBM Hursley	Romsey, Chandlers Ford

Organising clubs will need to

- Contact landowner and ensure permission is in place and course agreed
- Issue race instructions 10-14 days prior to event
- Display license / course map / risk assessment at the event

Proposed fees for 2024

With no anticipated increase in venue costs this season as it stands, and with CF Swifts now moving to full fee status, and the addition of WRC increasing the membership, it was agreed fees will remain at the same level - £230 full fee, £115 smaller clubs.

Mile of miles – Host, Venue and Date. Stubbington won the 2023 event so will have the honour of hosting 2024

Stubbington are happy to host but are still looking for a venue. It has been proposed they could still consider Mountbatten, Stubbington to review and confirm asap once a potential venue and date has been secured. Late season seems preferable.

Changes to age grading –

A proposal was put forward for the addition of further age categories to cover over 80's, and above. Further, it was proposed we change to 5 year veteran age categories.

Alan agreed this is possible, will still enable use of the parkrun data, and the motion was passed.

AOB

- 1) A reminder that there is race kit available for member clubs in a lock up in Eastleigh, including hundreds of stakes for marking out courses. Contact Malcolm or Jon Osman for information on this.
- 2) Following an incident at a recent CC6, it was made clear that under no circumstances if there is an injured runner on the course should marshals give them any medication/pain killers... this must be done so by the event medical team. They should do everything to make the runner comfortable and warm, but must not give medication. RDs to communicate this to their marshals at events.
- 3) We are potentially tight on options for courses, so ideas are welcomed for any potential proposed courses/venues. Satellite parking would be fine dependent on the location.
- 4) A reminder that clubs are supposed to advise Collingwood / provide a list of all their club runners who have medical conditions or any information that would typically be written on the back of a number in a race. This must be done before the first race of the season.
- 5) Lakeside 5 series to be advised of our schedule, to try and avoid fixture clashes.
- 6) Hedge End – hugely positive and appreciative feedback from the food bank donations organized at the event hosted in 2023. They have proposed to do the same again this season, which was warmly agreed.
- 7) The Run Company Sponsorship – it was generally felt this had been positively handled, and would be welcomed again this season if they are keen to do so.
- 8) There have been no new formal applications from prospective clubs this season.
- 9) Loudhailer – it was proposed that the league purchase a loudhailer (rechargeable) to form part of the handover kit between races with the results tokens so hosting clubs can use this / make sure race instructions are as clear as possible. Motion passed.

Meeting closed – 8.15pm.