

Extra running

Now that people are organising the occasional speed work and other sessions on Wednesdays, I discussed with the club the possibility of making use of our facilities. We open our bar around 7.30pm on Wednesdays, and so if people wanted to base an occasional session there and then change/use toilets etc and use our bar afterwards, this is possible – they just have to sign in as guest members. Probably best to do this the first time when I am around, or at least contact me in advance so I can warn someone to be down there who is expecting some runners. Come the summer, alternate Wednesdays will have the tide in, and all being well, we will be rowing the gigs, and it would provide an opportunity for people to have a go at that (at least 4 of our rowers are runners or have come through that route).

The club house and bar can also be booked for events at very reasonable rates.

Tuesday runs

The 6pm run has become very popular, but we have a big range of abilities. I understand that to split it into two groups, so one can go at a slower pace, we need to have a qualified leader in order to be covered by insurance. When I am back from skiing in April, I am happy to get myself qualified and happy to lead a slower group some of the time (mostly because I am not always around) as I often do the 7pm run and/or run down/back and so not bothered by running slower, and possibly slightly shorter, for a second group at the 6pm run.

Parkrun

I mooted the idea at the sailing club that we should issue parkrun with a key fob to be able to get into our compound. This would

1. Allow you to use a cable lock to lock the parkrun cones to the railings in an agreed spot inside the compound, protecting them from theft and vandalism. We should probably label them as Parkrun to be clear.
2. It means that in an emergency, the marshal can get a runner into shelter as our toilets under the back of the club house are not locked, and there is somewhere you can sit them down (if someone has had a fall, they can clean up there too); in the winter they are heated a little to prevent freezing so it is also vaguely warm.
3. It also provides the marshal with access to a toilet

I suggested that maybe we could think about a first aid kit. This led to a discussion about what Parkrun do about medical cover, and so I explained about the defibrillator at Apex; someone pointed out that there is one down at the RNLI. Someone else then said “hey, we have a lot of old people round here, why don’t we get one”.

So if you can let me have some information about how to get a defibrillator, how they are organised for access etc, and cost. I assume that it would be fitted externally so it was accessible 24/7. My initial thoughts on funding would be for the sailing club to put forward some of the cost and run a public appeal (we probably have members who would provide donations anyway) – my idea behind the appeal would be to publicise it to the community and in doing so, inhibit also the possibility of vandalism. It is also a good way of getting publicity for both the club and Parkrun; also, if the “public” have contributed to it, they will be keener to keep an eye on it re vandalism.

To proceed with the key fob for access, I need to go back to the club with how it will be handled securely by Parkrun – my initial assumption would be that it would be on the radio lanyard for that marshal point and locked away except during Parkrun. Once I know how Parkrun will keep it, I then need to run it past our insurers. Please note in your response that there is a record of who is the marshal on each occasion (which will allay a lot of concern on the club side). We should probably state who the primary and secondary parkrun contact is, and we will do the same from the club side.

The defib will take longer, but I think it could be a gain for us all – the club, Parkrun and the community.

Chip Timing

Brian had a discussion with colleagues from Split Second Timing at this year's Stoke Stampede on the possibility of chip timing for our half marathon in October. I have been in touch with the company following the initial contact and unfortunately, they have come back to advise that they are facilitating another race on that day. However, there are websites and companies that provide this service. We have discussed previously the merits of chip timing for our races, do members have any thoughts for this year's race?

BASC Sportsground as Headquarters