

Middleton Harriers Committee Meeting Minutes, 22nd July 2025

Crowshaw Drive

Present: Ge Kirk (took the Chair), Louise Butterworth, Jen Laptew, Debbie Sheen, Steve Bassam, Craig Sutherland, Mandy Cregg, John Hall, Janine Jordan, Cathie Murphy.

Apologies: Peter Gilligan.

Minutes: Debbie asked why there had been no mention in the minutes of the points she had made regarding EA's permission of the use of Bone Conductor Headphone in competition, and that EA would not allow this unless Health & Safety and insurance had been had been looked into. It was agreed that these points be included in the May minutes and that the issue could be included in a questionnaire.

Matters Arising: None

Correspondence: None

Chairman's Report: None available.

Finance: Steve reported that the finances were looking good, Eddie's Revenge had had a small turnout but there had been a good amount raised in the raffle and from the kitchen. Money to Charity was £180.70. In the past the money raised from the kitchen used to go to the club funds. The club is now financially much stronger and the money could now be directed to charity. The total including the kitchen money was £629.15 against this there were deductions for the Timers and race/raffle prizes.

The meeting agreed that the Kitchen money be included in the charity money that the money be donated in the following ratio – 50% Deafblind UK, 25% OMRT, 25% St Saviours Church. There was a discussion on alternative charities and it was agreed that this be added to the AGM Agenda.

The rest of the finances were pretty normal for this time of year.

Welfare: Craig reported that there was nothing to report.

Membership: Ge reported that we had increased the membership - the new joiners were Warren Goldie, Michael Aarons, Toni Wilson, Michael wild and a re-join from Paul Collinge. Men stood at 67 and ladies at 52.

Social Media: Jen reported the race reports were getting regular updates. Jen has done some research and the Facebook page is owned by Jo Bishop and access rights may need updating to allow other members to contribute. Jen is also investigating our Twitter page to see if we can utilise it better. John H asked if the number of information feeds could be reduced, at the moment we use WhatsApp, Facebook, E-mails and our Web Page. Jen said that different people use prefer different technologies and that some are more immediate but are not as persistent eg WhatsApp. But we can improve our service by using the best technology for the job eg the Web page software allows for connectivity/links to multiple platforms. It was agreed that Jen take on the FB Page management.

Couch to 5K Report: Mandy reported that there is interest in starting another C25K group and that she will begin on Monday, 4th August with a 7:00pm start time.

Road Championship: Craig reported that the road Championship was going well with a high level of participation. He proposed that the Trafford 10K be confirmed as a club race for next year to

allow members to sign up at the earliest opportunity with the Race Committee to include another 10K and have the “best of 2.” No further races would be added to this years Championship to replace the Trafford 10K as there were already enough races and the logistics or slotting in another race would be difficult. There was a discussion on how many 5K races to have in the 5K Series next season and it was agreed that only the races in the Cowm or or Sale Sizzler be used.

Fell Championship:

Relays: There were Northern Road Relays coming up in the autumn and the Cross Keys Relay in September and they will be promoted.

Cross Country Update: The dates for both MACC & SELCC have been published and the combined race and the web site will be updated. As printed in the attached report MACC Affiliation fees (£50) and SELCC (£40) will be dealt with by Cathie (SELCC) and Craig (MACC). Individual costs (Club Entries) are MACC £7.50 and SELCC £10. It was agreed that the club charge £12.50 to our members for participation in all races of both leagues.

Club Event Reports: Eddie’s Revenge - amendment to the course was well received although there were some issues at a couple of the marshalling points towards the end which can be reviewed before the next event. Ge pointed out that spectators were obscuring the runners view of the Marshals as they approached the climb up to the quarry. John thought that the fast descent into the finish was too loose/rocky.

Hopwood Trot – Transport needed to purchase prizes and Couchers from Up & Running. Ge to arrange water (172 bottles) Max entries - 200. Chip Timing confirmed.

Club Handicap – Craig to contact Gina (Pavilion) tomorrow. 7:00pm start, £2 entry plus £5 value gift.

Training Updates: All training sessions were going well. There was a discussion in the Training course proposed by John Cox and it was felt that we could not draw on the Community funding for such a small group of people.

Janine referred to her report and would like to reduce her commitment and noted that at present she has no LiRF or EA fell, hill, off road and trail running certification. Until we can guarantee a regular qualified leader or coach we should emphasise that the Thursday session in a social run and that participants should have equipment and experience and be aware that they take part at their own risk. See below report.

The committee agreed to the recommendation and Janine would do LiRF course at the earliest opportunity.

Craig noted that Monday session was getting getting large numbers and wondered if we may have to split the session into two groups when training returns to the Arena.

Club Venue: Mandy reported that she had looked at the New Inn as a base and as there was insufficient space on the pavement and no function room.

Christmas Social: The social will cost £15 per head, 20th Dec Manchester golf club (Slattocks). Possible discount (see Fiona.) Catering in-house and quite expensive at £25 per head. DJ included.

Club 50 Draw: June – Teresa Hollins. July – Fiona Bolton

AOB: trophy selection – 1 trophy for each cat winner and larger one for M&F Champions (to keep) 1 Man club & 1 Lady Club on agenda for next meeting.

Small portable speaker (pa) for use at start/finish and Handicap awards. Steve B to follow up.

Next Meeting: 9th Sept 19:30 Crowcroft Drive.

Fell Training Report:

Thursday night fell session report: Janine Jordan

Background Information:

Previous set up: Small group of experienced runners from Middleton/Tod Harriers/Saddleworth would meet for a social run on Thursday nights with venues posted on Harriers website. Very occasionally, new runners would come and be supported by the group. This was my own introduction to fell running. When Michelle and Dave (who ran the sessions) left to go travelling in May 2024, I took over posting the dates and leading the sessions. By this point, most of the 'regulars' had stopped running but one or two still attended and went for a walk.

Current setup: Group basically fizzled out due to injury. We would sometimes meet for a walk but I was the only regular attendee still running. John Cox and I discussed various ideas to boost participation including orienteering sessions and Sunday recces which worked well. In recent months we have started to have more interest and attendance both from experienced fell runners and from people new to the fells. I have felt quite pressured to be available every Thursday night just in case somebody decides to come at the last minute. I also have concerns from a health and safety/insurance point of view as I do not hold LIFR status. Ideally, someone leading these sessions should also have the EA fell, hill, off road and trail running module too.

Proposed changes

People are keen for the group to continue and through conversations and feedback via the WhatsApp group I am going to make a few changes to take the pressure off me and also to encourage participation.

1. Continue to include some Sunday morning sessions.
2. Update the website to include more comprehensive information/tips about fell running and kit.
3. Attendees to fill in a simple google form with health/next of kin and an acknowledgement that they are responsible for their own safety. They only need to do this once.
4. Include some trail runs with less demanding terrain for beginners and note this clearly on the venue list.
5. People to confirm by Weds lunchtime if they plan to attend to support me with planning my week.
6. Include some special one-off sessions such as orienteering and navigation training.

For consideration by the committee:

1. Would I (or other suitable experienced club member) be OK to continue to lead fell sessions on Thurs evening with the above changes in place?
2. Would the committee approve my taking the LIRF qualification over the summer? (Please note that I cannot commit to leading any of the Monday/Wednesday sessions due to my work/family commitments.)
3. Do we have any qualified coach capacity within the club for some coached/led sessions? These could be scheduled one-off sessions on the calendar, they don't need to be every week. Martha Urwin has expressed interest in some one-off sessions.
- 4.

Appendix: Guidance from athletics bodies regarding 'social runs'.

FRA guidance: (from FAQ page)

"Q: What is the difference between a Training Run and a Social Run?"

Fell Training Session

The EA/UKA qualified coach (leader) is responsible for planning and developing an appropriate session beforehand, then delivers it safely according to the capabilities within the group, the chosen environment and weather conditions. The coach (leader) will provide guidance on required clothing and safety equipment to be carried.

Social (informal) Run in the Fells

Although a competent leader may be assigned, each runner is expected to be self-sufficient and able to look after themselves in the fells in all weather conditions on sometimes rough terrain. It is expected that attendees can self-navigate their way back to the start point on the chosen route. It is recommended that everyone carries minimum FRA clothing and safety kit”

EA Guidance (from page 11 of [Club Training Practices - England Athletics Club Hub %](#))

“Social runs may be organised by the club or initiated by a group of club runners. These runs occur without the formal oversight of a run leader or coach, with all participants taking full responsibility for their own safety and well-being. All participants must acknowledge that they are running at their own risk and are personally responsible for their actions and decisions during the run.”

Agreed that Janine do a LiRF course and other courses be promoted and expressions of interest be followed up. Request for assistance from existing LiRFs to be sought.