



Oxford University Cross Country Club
Annual General Meeting

Minutes by Carys Bill (on behalf of Lucy Thompson)

Date: Sunday 6th March 2022

Time: 18:00

Location: The New Seminar Room, St John's College

Chair: Dan Bundred

Attendees: Daniel Bundred (DB); Belinda Dow (BD), Carys Bill (CB), Thomas Renshaw (TR), Tom Wood (TW), Oliver Paulin (OP), Max Buckley (MB), Charlotte Buckley (CBuck), Tom Barrett (TB), Tilly Woods (Tilly), Beatrice Munro (BM), Rhiannon Paton (RP), Rebecca Walker (RW), Matt Fuller (MF), Matt Harris (MH), Josh Pearson (JP), Jared Martin (JM), Lewis Marsh (LM), Oscar Jones (OJ), Bradley Burke (BB), Antoine Levie (AL), Ellen Williams (EW), John Hible, Matt Kunov, Anika Schwarze-Chintapatla (ASC), Eilidh Roberts (ER), Grace Molloy (GM).....

1. Call to order

DB: welcome etc

2. Apologies

Esther Jones, Lucy Thompson, Lachlan, Sarah Short, Catherine Spencer, Joe Morrow, Jackson Hartigan, Aidan Smith, Joe Edwards

3. Reports

a. Compliance report – Lucy Thompson (read out by Belinda)

This is to report on whether the club has met the compliance criteria in the constitution and that everything is running as it should. In short, we have, as far as I am aware.

We are properly registered as a University club, and follow the rules and regulations associated with this, and the code of conduct. We are registered with England Athletics, and are covered by their insurance. In addition, all trips are registered with SportsFed in good time, including providing a relevant risk assessment on top of the annual club risk assessment. We have maintained an up to date register of all club members, which is available for inspection by the Proctors on request. Finally, we have a club website that the University Proctors have the details of, with a designated committee member to keep the website up to date and in compliance with the IT services rules and regulations.

b. Treasurer's report – Carys Bill

This year membership fees increased by £20 from £30 to £50. For reference, in 2020-21 we received £2460 in membership fees. Income for this academic year so far is £7300 of which £6695 is membership fees. Increasing subs has paid off. With a few more payments, a coaching grant and incomes from events (THR/IFM) to come, I expect a total income of ~£10,000 this year (depending on the success of our events). In comparison we have spent £6900 up to this point this year. With some relatively large outgoings yet to come, including BUCS entries and Trinity Term coaching, I estimate that our expenditure for the year will be ~£9800-10,000.

Therefore, for the first time in a few years we should hopefully break even this year, proving that increasing membership fees and carefully reconsidering the club's budget in terms of what can and cannot be subsidised has been successful. This is excellent news because since losing our sponsors in 2019 we had been making large losses due to not addressing the consequent gap in our budget until this year. The increase in membership fees also allowed us to pay for MK completely (unlike previous years where we have charged people for transport). We successfully covered all essential costs to keep the club running (quite literally!) and managed to offer members free race entry and transport to five big club events this year (Cuppers, MK, Varsity, BUCS and Nationals (transport subsidised)).

For the future, it would be really good to get sponsorship (echoing Will's words from last year). We almost succeeded in getting sponsorship for THR this year so although difficult, it is possible. This would allow us subsidise things that are not so essential like training camp, Hyde Park relays, kit etc – ie extra things which would be very nice to have subsidised! Otherwise, following this year's budget again and keeping fees at £50 will hopefully keep us stable for a few more years to come, and still offers excellent value to members to be a part of one of Oxford University's best sports clubs by far.

c. Women's team (including awards of half and full 'Blues') – Belinda Dow

In summary, it has been a pretty brilliant year for the women's side. We were inundated with fresh new talent alongside the speed queens we already had. Early races gave a tantalising glimpse of what was to come with Lucy producing a 1:24 at her first ½, Katelyn a 2:42 at her first marathon, and her, Grace, Flo, and Ella all producing impressive performances at Cardiff Cross Challenge.

At Cuppers, the Freshers impressed with a convincing win for Alice Garner and top 10 finishes for Katelyn and Charlotte. Other stand out performances came from Alex Brown in 2nd and Emily Carrol in 7th. Though my highlight of the day had to be the excellent numbers we saw in the women's race.

A few weeks later at Milton Keynes, there were some brilliant performances once again. Grace led us home, earning herself a Blues spot, whilst the packing of the soon to be Turtles made it almost impossible to distinguish them. The depth and breadth of the team was hard to miss at this stage and our Varsity hopes were high.

At 2nds-4ths, the Turtles got OUCCC off to the best possible start with an incredible win, taking 7 of the top 10. Lauren earned herself a Blues vest as news of Alice's brilliant run at European selections came in and me and Bea, who is not only a fresher but is also relatively new to running, earned reserves spots. Up next were the Mob girls and oh my goodness did they perform, permitting the Tabs a mere 4 of the top 20. A brilliant run from Anika saw her take the top spot with Klara not far behind in 3rd.

The following week the Blues were up. Alex put in a brilliant run to make it onto the podium and Grace vastly outperformed her last Varsity appearance just behind her. Emily, Charlotte, Lauren and Flo completed the team with Katelyn and Ella shoeing some Tabs for good measure. These brilliant runs lead us to victory with the final team scores standing at 36-43.

Meanwhile Alice, having been disappointed to miss the event, more than made up for it with an appearance for the U20 GB team at Euro cross, finishing a brilliant 51st.

The form of 2021 was carried into the New Year by the women's side as they demonstrated at BUCS. The B team was made up of Alex Brown, Lauren and Anika who all ran brilliantly to finish 14th, 27th and 42nd. The packing just behind them was intense and all our girls completed in the top 200/400. The A team of Alice, Grace, Emily and Flo all put in gritty performances finishing 14th, 24th, 42nd and 64th around a brutal course.

In the final races of the season, 5km PBs tumbled at Hyde Park Relays, showing we are well placed to dominate on the track. Some of us also braved the mud and turmoil of Parliament Hill, with Alex Bettez and Lucy finishing almost hand in hand inside the top 75 and Alice narrowly missing out on a medal, whilst some of us were just happy to make it round.

I could not have asked for a more brilliant group of girls to captain this year. You all mean an immense amount to me, and I will look back on this year incredibly fondly. I would like to finish by awarding the Blues for the year.

It is a huge privilege to award full blues to: Alex Brown, Grace Molloy, Emily Carrol, Charlotte Buckley, Flo Scrafton, Katelyn Ridgeway and Ella Sharrock, as well as an Extraordinary Full Blue to Alice Garner.

GM: Thanks to Belinda for her work as Women's Captain this year

d. Men's team (including awards of half and full 'Blues') – Dan Bundred

Fantastic summer track/road performances including 14:43 for Tom Wood at Podium & lots of PB's in the 5000 and 1500 at Athletics Cuppers. In MT we had 51 men compete at Cuppers, with fantastic runs from many of the freshers. Joe Morrow ran well to take the win. At MK we had 44 men take part, with 23 inside the top 100 and 8 inside the top 50. Oliver Paulin recovered well from injury to take 25th coming in first for OUCCC. At II-IVs we won all 3 matches, absolutely dominating the II's and III's matches with a fantastic run from Jared to place 2nd in the snails race and a great team performance from the tortoises, with all 6 scorers getting in before Cambridge's first man. In the mob we took 7 of the top 10 spots, with great runs from Jiri Kucera (2nd) and Oscar Jones (4th).

Blues varsity saw great performances from reserve Aidan Smith (6th) and Joe Morrow (3rd). Overall, Oxford won the varsity matches convincingly (6-1). We had 4 men inside the top 50 in the BUCS A race, with great runs from Milan Campion and Charlie McMillan. We also saw some fantastic 5k PBs with Joe Edwards and Jared Martin breaking 16:00 for the first time and Matthew Kunov breaking 17:00 at Hyde Park Relays. At the Battersea Under the Lights 5k we had 9 men take part, with 7 PBs, 7 athletics half blue performances and 4 full blue performances.

I am pleased to award full blues to : Joe Morrow, Aidan Smith, Milan Campion, Thomas Wood and Thomas Renshaw. I am pleased to award half blues to: Bradley Burke and Matt D'Aquila.

Finally, I am pleased to award Club Colours to Belinda Dow, for her service to the club over the past 2 years as Secretary and then Captain.

4. Motions

a. Motion to add a Welfare rep

DB: becoming a sportsfed requirement next year

Motion passes with big majority

b. Motion to add a rep for IFM

DB: organise it for the Trinity term following their year on committee

Motion passes with big majority

c. Motion to elect Dan Bundred and Belinda Dow to Life Membership of OUCCC

(proposer: Lucy Thompson, seconder: Carys Bill)

Motion passes with big majority

d. Approval of minutes from last meeting

Approved by all

5. Elections

a. (Maximum of 5 minutes for husting)

i. Club Captain

A: Tom Wood

Thanks to Belinda and Dan. Went for captain last year. Summer 2019 TC – people, involvement, had friends before arriving in Oxford, looked up to Tim (wanted to be like him one day). Why? Has had a haircut. Last year - serious hust. Enjoys being a part of the club, want others to feel the same.

Enjoyed vice-captain this year. OUCCC forefront of uni career. Wants to give back. Stash rep admin experience. Tedtalk – would be good at presenting ideas to Blues committee. Lads lunches brought people together – want to strengthen this. Joint CUHH training camp. Thanks

GM: What other ideas do you have other than CUHH TC?

TW: Cambridge as friends vs Varsity battle. Split into teams to train before Varsity – clear team aspect.

OP: Would you sacrifice your own running interests to lead the club?

TW: Went to Italy in MT. Would put own international experience opportunities aside (lots more opportunities in future) to focus on OUCCC captancy.

GM: Role with Matt as coach and integrating with club

TW: Matt calls me Woody. Communicate a lot already. Improve training.

BB: How would you include alumni in ongoing success?

TW: Chris's story at annual dinner (alumni). Alumni on TC. Make cuppers an open event + social.

OP: Varsity team selections

TW: Vice-captains incorporated in discussion. Favour MK. Make selection more transparent.

CB: Vincent's club committee – a conflict of interest or good for making links with other clubs?

TW: Would go for small role. OUCCC captain more important. Involvement with Vinnies good too (outreach, funding etc).

DB: How to make club inclusive - how would you get freshers involved and retain them?

TW: focus on getting freshers involved. Freshers fair stall outdated/overwhelming/ should think of something different. More outreach in the summer – social media, Vincents Club

B: Thomas Renshaw

Cares about this club and wants to give back. Welcoming club - haven't looked back. Mob match → seconds → Blues. Perspective of the whole club. Decisions to benefit everyone. Mob most important race. Winning mob in his second year a proud moment. Continue working closely with OUAC, relaying track. Has taken the lead on Iffley Festival of Miles. Matt – learning experience for both him and the club. New Monday night drills. Small Wednesday afternoon meetings with Matt for whole club. Long runs to Abingdon & Blenheim Palace. Performance: 7-0 next year, top 3 at BUCS. Alumni – needs to be more than just Thames. Alumni dinner/expand annual dinner. Alumni give more money if better connected. Need sponsor next year either way. Injury support scheme. Club recovered well from Covid. Sessions and long runs a highlight of his week. Would give everything to this club.

TB: Will you be able to balance your PhD, Blues training and being captain of the club?

TR: I do work quite hard on my PhD. Don't see it as a problem

OP: You trained alone in your first and second years. How would you get freshers involved?

TR: The club has moved on. Blues runners need to come across approachable and friendly. Had an off-putting experience himself as a fresher

BB: How are you going to get us to a top 3 at BUCS?

TR: Men were 5th this year. No reason we can't be up there. Promote/bigger focus on BUCS after Varsity. No reason we can't get there

OP: Varsity team selections

TR: Lots of dropouts this year. Strong top of seconds. Big quick improvement from people in MT. Need a clear selection policy. 3 weeks between selections and Blues is a long time. MK a better view. Ideally people run both.

DB: How to make the club inclusive – how would you get freshers involved and retain them?

TR: Get in contact with freshers once they've been to one session. Blues/seconds runners contact them or chat to them – feel included and wanted. Did send some emails this year. Show that you know they exist.

RESULT: Thomas Renshaw elected as Club Captain

b. (Maximum of 3 minutes for husting)

i. Alternate Gender Captain

A: Charlotte Buckley

Is a fresher, September TC – felt very included, excited. Inclusivity of cross country a v good thing. Women's team – packing well, strength in depth. Lots of leavers this year – look v different next year. Integration with year groups. Working with Matt – captain a point of communication. Organised, good with names and faces, more contactable than her brother, would really enjoy and would be a privilege to lead next year

BB: How similar/different would you like to be to Belinda?

CBuck: Belinda a v hard act to follow. Would be happy if she was even half as good. Help from Belinda in TT to get into the role.

RW: How would you make sure everyone feels an important part of club, from mob to blues runners?

CBuck: Meeting up outside of running. Freshers' dinners. Club runs – have someone there to stop if someone falls off the back/injured.

BD: You're involved in athletics as well. Conflict of interest in indoors and XC in HT. How would you balance your commitments between both?

CBuck: Attending TC switched her mindset. Lovely club. Do indoors when it doesn't clash with OUCCC.

RESULT: Charlotte Buckley elected as Alternate Gender Captain.

ii. Treasurer

A: Indy Barnes

Part of club for 1 and a half years. Joined as fresher during Covid. Shown dedication when not injured/hospitalised. Tried to show up to Varsity. Love a chance to be a part of committee. Club finances are backbone of the club. Work closely with sponsorship rep to get sponsorship. Good to build on breaking even. Reliable, chasing up people. attention, staying on top of things.

BB: Methods to extract subs?

IB: Physical

DB: Maths ability as an engineer?

IB: Hope that the engineering dept teaches people properly

CB: What has been my weakest point as treasurer?

IB: Getting Barrett to pay his subs

RESULT: Indy Barnes elected as Treasurer

iii. Secretary

A: Tom Barrett

Wants to further involve in the club after a few months away. First year: actually did running, social sec. Injured. Now back. OUCCC makes his life better. Organisation/communication: experiences as social sec and St Anne's Geology Society (STAGS) President. Lots of free time doing his degree. Happy to spend time away from doing degree. Exec committee – could do more to improve performance in non-Blues teams. Strength and conditioning to non-Blues. College gyms. Get the whole club doing S&C. Lack support during time injured – do something to build a relationship with a local physio.

CB: Can you reliably organise things on time given that it took you 6 months to pay your subs this year? No point booking a bus to an event 6 months late...

TB: Can organise events/do things on time (as shown by organising STAGS dinner last Friday)

JM: How would S&C scheme work?

TB: Hold a session for whole club teaching the basics. There's an S&C gap for majority of club

BB: Arrived at MK very early before race this year. Would you change this for next year?

TB: No point making people be cold. Look at people with access to cars. Might have to suck it up – can't afford to send multiple buses

RESULT: Tom Barrett elected as Secretary

c. (Maximum of 1 minute for husting)

i. Women's Vice-Captain

A: Lucy Thompson (husting read out by Belinda)

Hi everyone, My name is Lucy, I hope most of you know me but hi to those who don't. I am a second year Grad Med at Somerville and I would love to be your women's vice captain for the upcoming year. Here are some reasons why I don't think I would be too terrible a vice captain!

I am an approachable member of the club and would always be on hand to support [insert new captain name here] throughout the year. I have seen first hand how much time, energy and

enthusiasm Belinda and Grace (and everyone else) have put into the club this year, and I would love to support make more great things happen under [] in the year to come as her vice captain.

As last years' Secretary, I now have a pretty good idea of how the club operates from the inside, and think I could be of valuable support on committee when it comes to the organisational side of things. I think that (or rather hope that) after 5 years of cross country seasons at uni I have a vague idea of how they work and so what I can offer is some experience to the women's side of the club, whether that be in sessions, in planning BUCS or in selection and committee meetings. [L]
[SEP]

I LOVE BUCS, and that's what women's vice is all about at the end of the day, right? Jokes aside, I absolutely love OUCCC and while I may not be the most frequent session attender (something I am very willing to admit, thanks medicine), I do have experience on my side, a kind and supportive heart and a hell of a lot of enthusiasm for running through the mud and screaming at everyone to run faster (sorry to the victims of my screams this year).

Plus, what an honour it would be to follow in the footsteps of THE Grace Molloy. Thanks!

RESULT: Lucy elected as Women's Vice-Captain

ii. Men's Vice-Captain

A: Jared Martin

Abergavenny Training Camp – realised OUCCC is a truly special club. Inclusivity, healthy competition, fun. Electric orange t-shirts. Good experience from kit rep. Loves the club and loves cross country

BB: How did you race at Nationals XC when you're not English?

JM: I can be English when I want to be (*or something like that*)

RESULT: Jared Martin elected as Men's Vice-Captain.

iii. Women's Social Secretary

A: Catherine Spencer (husting read out by Belinda)

Drinking and non-drinking events. Term cards and good advertising. 3 crew dates a term with different themes. New social: zip-tie pairs together who don't know each other that well for first half of night out.

RESULT: Catherine Spencer elected as Women's Social Secretary

iv. Men's Social Secretary

A: Charlie McMillan

An Earth Scientist not called Tom. Struggled to meet new people because of Covid in first year. We're runners but at the end of the day we're all people. Blind dates. Drinking socials. Make socials inclusive. Variety. Time of day.

Tilly: Specific ideas for non-drinking socials that don't involve running?

CM: come dine with me. Porridge after a long run.

BB: Will you organise a parkrun social?

CM: You won't be here next year - who would I be organising it for?

RESULT: Charlie McMillan elected as Men's Social Secretary

v. Women's Mob Match Captain

A: Eilidh Roberts

Mob match made her feel part of the club. Big hype by Rebecca. Cake afternoon again, meal, pub quiz. Fun, beat the tabs again!

RW: How would you get people involved?

ER: Do video, ask athletics/triathlon

DB: Ideas for mob match video?

ER: really good song to tie it together

DB: Varsity at home this year. Will have to help organise the event on the day – have you got experience in running events?

ER: Not experienced but really organised. Will work with committee to sort out the event.

B: Esther Jones (husting read out by Belinda)

Hi everyone, I'm so sorry I am unable to attend the hustings this evening. I'm Esther, a second year immunology DPhil student for those of you who don't know me (yes I'm old!).... and I'm fairly new to running - having picked it up during lockdown. If there's one thing that sums up this club, it's that it really is for everyone, and Mob Match is true testament to that. The Mob match varsity race in November was actually the first and only race I'd ever done....and I'm going to be honest I was really nervous about it. But the mob match captain, team and support was truly brilliant for both seasoned and newbie runners like me. I would love to carry that encouragement and excitement through as captain next year, it was so great to see everyone take part... with individuals representing all year-groups and running experience. I understand we should be hosting next year and believe I'm committed and organised enough to help with all the required planning and running of the event. be able to work alongside the committee to sort the race. I thought Rebecca's pre-race socials were great and that's something I would intend to continue next year -> especially to get Fresher's excited and interested in the race. Plus of-course the hype video which I would like to get recorded possibly at Shotover to give an insight into the race. And let's be honest, it's all worth it to "shoe the tabs!" I hope you will consider me as Mob Match captain next year.

RESULT: Esther Jones elected as Women's Mob Captain

vi. Men's Mob Match Captain

A: Josh Pearson

A chopper, studies engineering, has a huge amount of mob match hype. It's an event which forms us, lets us grow as individuals. Would cultivate mob hype. Build it to dizzying heights. Big pre mob social. Imagine where you could be next November – you could be mobbing.

RW: There's no doubt about your mob hype but what are you actually going to do to get people to run?

JP: Engaging with people at club runs. Once at a training session they are already yours

DB: Mob is at home next year. Have you got any organisational skills?

JP: Ran a rowing club with 3 boats for a year - horrendous experience. Looking forward to short sharp burst of organisation for mob match.

GM: What level of tonk will you bring to the Mob?

JP: Go 110% on the tonk

BB: What does tonk mean?

JP: Grab life by the balls

BD: Or just Grace Molloy is the other definition

RESULT: Joshua Pearson elected as Men's Mob Captain

vii. Teddy Hall Relays/Cuppers Organisers (2 positions)

A: Matt Harris

Willing to do organising, admin. Will make sure people go the right way. Did similar role at Cambridge when he was there – probably a negative point...

BB: Have you ever gone the wrong way?

MH: Yes

BB: And how did you improve?

MH: Didn't go the wrong way the next time

EW: Alumni race in cuppers?

OP: Problematic

DB: Need a UKA referee, expensive

TR: You need to submit stuff to sportsfed, sometimes long time in advance

MH: Has been on triathlon committee this last year, has vague idea of how it works and how it can be problematic/things take longer than expected

RESULT: Matt Harris elected as THR/Cuppers Organiser

Second THR/Cuppers Organiser position remains vacant

viii. Marathon Rep

A: Bea Munro

Enjoy running, got into competitive running through club. Likes longer stuff. Cross country too short and muddy. Wants to promote longer distance in the club. Wants to learn from Dave, organise London Marathon.

Tilly: How do you get people involved (without injuring loads of people)?

BM: Work with Matt, training sensibly

OP: How do you keep marathoning running group involved with the club?

BM: Keep the group together. Likes high mileage. So maybe tell marathon group to meet 30-45mins ahead of club run to then latch onto club run.

B: Lewis Marsh

Dphil in Maths. Enjoyed OUCCC over past year. Took his running to the next level. Mainly focused on HM+ distance. Would organise info sessions. Trip to a 20-mile race – invaluable experience for marathon runners. Michaelmas Term: organise long runs.

JM: Any particular 20-mile race in mind?

LM: Gloucester 20mile race in April/March. Dorney Lake, Milton Keynes. See what schedule is next year

Tilly: What are your thoughts on road/off road marathons?

LM: Training on trails/offroad. Vary surface for strength

C: Sarah Short (husting read out by Belinda Dow)

I'm a first year DPhil student at St Johns for those that don't know me. Apologies I'm not able to make it in person but its for a good reason (Running Paris Half Mara)! Why I want to apply for this position: · OUCCC has been great this year and I'd love to get more involved with the club in my second year. · My background is in endurance racing – half marathons, half ironman's and trail racing so would love to build up some endurance hype for the OUCCC members that do the longer stuff!

What I plan to offer: · Organise marathon specific Sunday runs (in conjunction with Matt) to complement the weekly training plan for those building to London Marathon. · Organise an OUCCC trip to a half marathon pre or post London Marathon. · Endurance hype for the OUCCC members that do the longer stuff including trail racing! · Organise some nutrition advice for inexperienced endurance runners · Experienced enough in endurance events to offer endurance training advice to those members that would like it.

D: Lachlan Arthur (husting red out by Daniel Bundred)

I am keen to be the OUCCC Marathon rep for 2022/23 because I live for the marathon distance. Having run 14 marathons myself, as well as many ultras and halves, I will use that experience to be a focal point for those in the club looking to run longer events alongside their cross country and track events. Working closely with Coach Matt, I will look to support club members in their long-distance running goals, whether that be finishing their first half or full marathon, to earning a place on the Varsity marathon team or qualifying for good for age or elite positions at big races. The choice of

races accessible from Oxford is huge compared to my homeland in Australia, and I would also be keen to arrange some trips to other races across the UK and abroad for those interested, especially during the Autumn and Spring marathon seasons. Overall, I hope to contribute to the club culture of running longer distance road and trail events with the primary objective of building a strong team to smash the tabs in the London Marathon!

RESULT: Bea Munro elected as Marathon Rep

ix. Sponsorship Rep

A: Daniel Bundred

One of key areas club can improve is attaining a sponsor. Stepping down as captain – but this is one key thing to continue/improve. Secondary part of role – outreach (do with Vincent's Club)

TB: Outreach - English Schools stand. Oxford has bad rep for sport. How to reach out to year 12/13s before they get to Oxford?

DB: Likes the idea of going to ES but won't commit now

EW: Getting sponsorship is very hard

DB: Worked closely with Iffley Road Sportswear. Almost negotiated £1000 for THR this year. Wants to build on that.

JP: What's your DPhil in?

DB: Sponsorship & Outreach.... No ammonia combustion

RESULT: Daniel Bundred elected as Sponsorship Rep

x. Kit Rep

A: Matt Fuller

Would like something similar to Twood's Patagonia fleeces

CBuck: can you get pegs for the tent?

JM: Sorted it

JP: What is your favourite item of stash?

MF: Patagonia fleeces

BD: The orange t-shirt are my personal favourites

MF: Jared's vests...

JP: What colour would the training camp t-shirts be?

MF: I would put out a poll

BD: Very diplomatic

RESULT: Matt Fuller elected as Kit Rep

xi. Publications and Website Rep

A: Anika Schwarze-Chintapatla

Insta needs more regular posting, get more feel of club before you come – good for outreach. Get tiktok.

TR: Current website is a bit old and outdated. Would you be up for spending the time to redo the website completely?

ASC: Don't have experience but would ask athletics/get help from Ella

BD: Do you have experience of Instagram takeovers?

ASC: Yes....also should do committee introduction posts on insta

RESULT: Anika S-C elected as Publications and Website Rep

xii. Social Running Rep

A: Oscar Jones

Wasn't part of a club back home before coming to Oxford. Do social running with college already. Friendly face.

RESULT: Oscar Jones elected as Social Running Rep

xiii. Welfare Rep

A: Antoine Levie

Wears trackies in training. Inclusive nice club – loves that. Has done peer support training. Make a meeting every 2 weeks available for 2 hours. Can respond to messages as always on his phone

BD: How would you balance knowing when to refer people on or if you're the right person to help?

AL: Peer-support training helps with that. Speak about situation with professional psychologists

B: Rhiannon Paton

Drop-out in sport for teenage women. Would act as intermediate between coach and those being coached. Respectfully reach out. Injury support. Being available for anyone concerned about friends.

BD: How might you help injured athletes?

RP: Organise cross training sessions, check up on people

EW: Have you got any experience of welfare training?

RP: No, but has seen drop-outs/signs to look out for

MH: Clarification for Welfare Rep?

DB: One role. Bi-election at the start of last year (first committee meeting) to add welfare reps to committee.

Motion to have two welfare reps: passes

RESULT: Rhiannon Paton & Antoine Levie both elected as Welfare Reps

xiv. Iffley Festival of Miles Rep

A: Tom Wood

Working on it with Renshaw this year. Move away from BMC, make it its own thing. Set up OpenTrack system this year. Got the system up and running. Good event this year and next year. Would like to keep it going.

OP: How do you make it appeal to slower runners?

TW: Publicity at the moment focused on elites. Want to get sub fours. Entries open tomorrow then focus on getting non-elites to run. Setting out elites separately – maybe improve to get continuum of ability next year

TB: Can you reveal names?

TW: Big names. Outreach more difficult for women – need to improve.

MH: The track goes out of condition within a year?

TW: Looking at working with Iffley on that as won't be eligible for licence to hold the race.

MH: Have you considered alternatives?

TW: Get money to relay track. Should stay at this track – heritage of race (Roger Bannister's sub four)

MB: It (*ie the relaying of the track*) will get done

RESULT: Tom Wood elected as IFM Rep

xv. Recent Alumni Rep (Leaving Legend)

A: Belinda Dow

Important we improve alumni connections. Not just about getting free alcohol at end of season dinners. Build network. Get them to annual dinner (the one thing OUAC do better than us), socials etc

EW: Is Thames H&H an Oxbridge alumni club?

BD: There are lots of other people who aren't Thames.

EW: Maybe encourage another focus club in Birmingham

BD: will talk about that later

DB: What makes you a legend?

BD: I can't really answer that question

DB: Why are you leaving?

BD: The more I sit here the more I don't want to

RESULT: Belinda Dow elected as Recent Alumni Rep

6. Any other business

DB: Clarify welfare rep

Motion passes for permanently having two Welfare Reps on committee.

TW/BD: present thank you gifts to Daniel Bundred.

He has done an excellent job this year tbj

OP: Teddy Hall Relays needs more marshals – please sign up and say which legs you are doing (ideally 1 or 4)

Meeting ends: 20.38