



## *Spirit of Monmouth Newsletter Autumn 2020.*

### *COVID-19*

Following the prolonged break in club activities, we are now back up and running every Tuesday evening and are successfully managing to have group runs whilst maintaining social distancing and ensuring that our members and the general public stay safe.

The current system of run booking and varied start locations looks as if it will continue for the foreseeable future. We have had confirmation that the boys' school will not reopen to us before the end of October.

Now we are settled into the new way of doing things, we will be starting to offer a speed/coached session each week along side the usual group runs. This will be limited to 6 runners (as with our group runs) and will be offered via the booking system on a first come first served basis.

### *Start times*

Following our return from lockdown several members have expressed a desire for club nights to start earlier than the current time of 7.30pm. We would like to understand how members feel about this. Please find attached a very brief survey (2 questions). We would be grateful if you would complete this by 15th September so we can review the responses in advance of the AGM on 24th. Please note that the survey includes an option for a start time at 6.30pm but we do not believe we can currently start at that time as we do not have sufficient leaders who can regularly lead at that time. However, it would be good to know what members' preferences are.

Please follow this link to complete the survey: <https://www.surveymonkey.co.uk/r/5FSJNRL>

### *AGM*

The club AGM will take place via Zoom on September 24<sup>th</sup> at 7pm. If you haven't already done so, please could you email [spiritofmonmouth@gmail.com](mailto:spiritofmonmouth@gmail.com) if you wish to attend. If you have any items you would like discussed at the AGM, again please let us know via email by September 17<sup>th</sup>.

Details for logging in to the AGM will be sent a few days prior to the meeting.

The entire committee will step down at the AGM, making all positions available should you want to put yourself forward. Currently, we have no one to take on the Social Secretary role from Emily, so if you are interested in this, or any of the other committee posts, please let us know with an email.

## *Club Championships*

As we have not been able to hold the planned club championships this year due to Covid-19 we have made some changes to allow members to compete for the championships as follows:

- There were three races before lockdown, and these will count as before.
- There will be a virtual King/Queen of the Hill race up to the Roundhouse (over a two-week period) in September or October.
- We will hold a short time trial on a club night (similar to the one this week but shorter).
- Steve McMenemy will arrange his ever-popular virtual Parkrun for a month and give everyone a chance to submit a time.
- Hold a virtual 7-mile race over a short period (probably two weeks) in November.
- Use the results from the September GLVL race.

Prizes:

This will make a total of 8 events and each runner's best 6 events will count towards the championship. If you have not run any championship races yet (not many runners have), don't worry as any points you accumulate will still count; up to your best 6 races. For each race going forward we will award points for each runner's finishing position and for their age-related score (which we will calculate).

There will be prizes for:

- 1st 3 males and females overall
- 1st male and female % age related outside the prizes above.
- Participation prize (based on number of races run but outside prize winners above)

One additional prize: as we were not able to hold the Kymin Dash this year, we will award the King and Queen of the Hill prizes to the fastest male and female to the top.

## *Run Leaders*

We are very lucky to have a dedicated team of qualified run leaders, without whom we wouldn't be able to hold group runs with club right now, so a huge THANK YOU to everyone who has lead a group over the weeks since lockdown restrictions were lifted.

We could always do with more though! So, if you are interested in taking a LiRF (Leader in Running Fitness) qualification, helping the club by increasing our pool of leaders and learning some interesting stuff about running, the club has the funds currently to pay for your course. Let anyone on the committee know, and we will provide more information.