

RNTS Communications – Committee “Newsletter” November 2022

The club committee meets every 6-8 weeks to monitor and manage the club infrastructure and to identify and pursue opportunities to further enrich the running experience for club members. Here is the latest update from the committee.

Membership

Club membership is now up to 130. A new benefit of membership is a discount of 40% for the individual when purchasing products directly from High5 Sports Nutrition. See recent Facebook post and email for details

Infrastructure

Future Committee Roles

As mentioned in the previous Newsletter, we need to start the process of identifying new Committee Members to take on a number of roles. The most pressing need is to aim to have a new Treasurer in place by the end of the year. In order to have a reasonable handover period for Claire to transfer responsibilities during December, we need to start the process now. Consequently, if you are interested or would like to nominate someone for the Treasurer role, please drop an email to clubsecretary@rnts.co.uk – thank you !

Events

Round Norfolk Relay

As recently posted, a number of club members are keen for RNTS to participate in this event. Feasibility is being assessed from both a running and logistics/support perspective, hopefully leading to a cunning plan to be firmed-up in December.

Beach Run

Planning for the RNTS-hosted Beach Run is now well advanced, with a specific WhatsApp group set up for communication with volunteers.

Christmas Quiz

Arrangements have now been finalised for our Christmas Quiz to be held on Sunday 11th December at 7 pm at Wells Community Hospital. Details have been circulated via email and Facebook. Team names & members to be sent to Cat Foley-Wray at events@rnts.co.uk and food orders (by Friday 2nd December) to Bob Humphries at clubsecretary@rnts.co.uk.

Welfare

First Aid/Defibrillators

The CPR training went well and could be arranged again for others wishing to take part. We continue to collect and collate current and accurate information on the location of AEDs in Fakenham and Wells, and will send a link out to this shortly. In addition to the specifics around CPR and use of AEDs a couple of basic points were highlighted in the training that could make a difference in the case of an emergency affecting yourself or others:

- Whenever you run, wherever you run, always take a mobile phone with you
- On your phone, download the What 3 Words App and familiarise yourself with it – using What 3 Words can pinpoint your location to a specific 3 metre square and is now widely used by the Emergency Services

Running At Night – Advice from the Club Welfare Officers for running at night in the winter

- Wear a head or body torch.
- Wearing reflective clothing. Think about reflective gear on your arms and legs, rather than just on your body - drivers are more likely to see the reflective features when they are moving.
- Run against the traffic. It's easier to avoid traffic if you can see it.
- Be prepared for temperature changes. At night, temperatures may drop suddenly and leave you feeling cold and the roads and pavements icy. Wear layers to keep yourself adequately warm.
- Don't wear headphones unless they are bone conduction headphones or, at least, use only one ear bud.
- Take your phone with you and have the what3words app on it so you can tell emergency services your location.
- Let someone know where you are planning to run.
- Slow down. Night running isn't the best opportunity for fast efforts unless you are on very quiet and even roads or on a track.