



Nottingham Vegan Runners

Proposal to host the Vegan Runners UK AGM Weekend – 21st-23rd April 2023, aka:

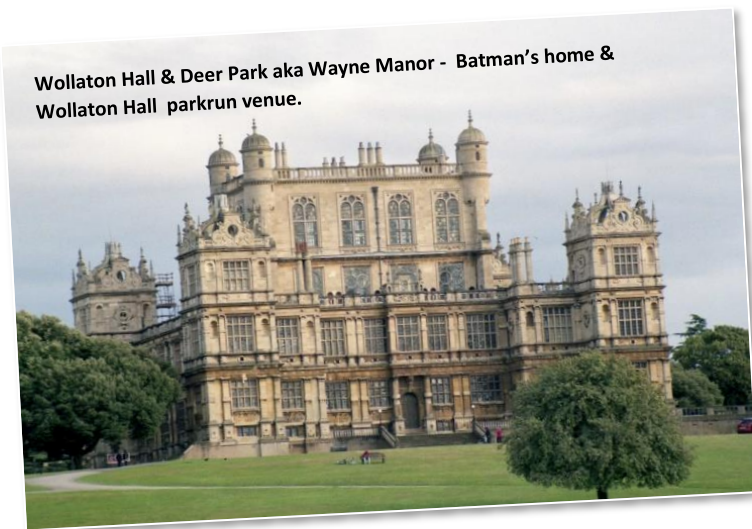
“The BIG Nottingham Weekend 2023”

1. Introduction

Nottingham Vegan Runners is proud to present “The BIG Nottingham Weekend 2023”! We are excited to put forward our plan to host the 2023 Vegan Runners AGM weekend. In the past 3 years, Nottingham Vegan Runners has hosted some of the most well-attended parkrun meet-ups of all the local VR groups, and can boast that we regularly receive the acclaimed and much sought after *Mike Harper Shout Out (MHSO)* for our highest VR parkrun attendances.



Wollaton Hall & Deer Park aka Wayne Manor - Batman's home & Wollaton Hall parkrun venue.



OK that major brag out of the way, what's great about Nottingham?! Not only are we home to Sherwood Forest, Robin Hood, Maid Marian and their band of merry folks, but we also have Batman's residence *Wollaton Hall* aka Wayne Manor, some pretty cool caves, plenty of vegan-friendly eateries and drinking establishments, lots of Cultural Stuff (museums, an art gallery, public parks, independent craft shops and breweries, etc.), plus no less than 9 (!) parkruns to choose from close to Nottingham itself.

One of our proposed parkrun venues is Wollaton Park, which hosts the English National Cross Country race every 3 years. Nottingham Vegan Runners is proud to have the highest turn-out of VR members running recent Cross Country races, and we are keen to encourage more participation this coming season.

We have picked some really nice venues for the AGM weekend, which, all bar the Sunday race, are located in or very close to Nottingham City Centre. We want to put on a really exciting,



friendly and fun weekend that people are going to want to come to and say “I was there!!!!” for years to come!

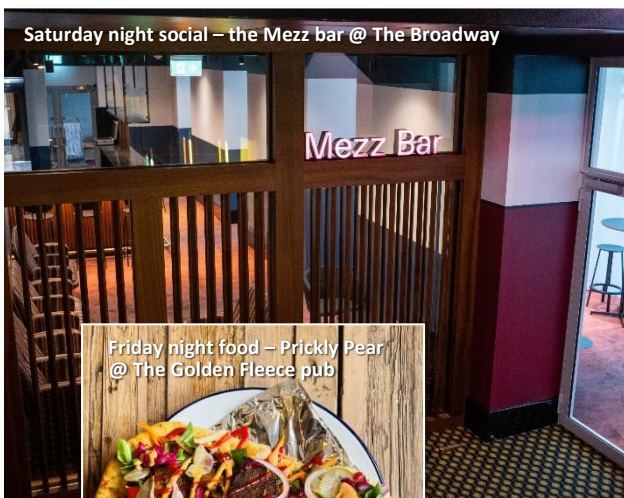
From a logistical perspective, Nottingham is slap bang in the middle of the UK with excellent public transport links and loads of options for reasonably-priced accommodation. We also have our friends at **Derby Vegan Runners** and **Sheffield Vegan Runners** not too far away, and many of them and Notts-based VRs have expressed support for holding the AGM in Nottingham (see APPENDIX 1).

Nottingham has never hosted the AGM before, so it’s a fantastic opportunity to showcase the city of Nottingham to our members, as well as showcasing Vegan Runners en-mass to Nottingham and raise awareness of our amazing club and veganism in general!

We should probably point out upfront that our AGM weekend is the same weekend as the 2023 London Marathon on Sunday 23rd April. We anticipate, however, that only a tiny percentage of the club’s 3000+ members actually being lucky enough to have a place running in London, so what better alternative could there be than to run an amazing and beautiful non-technical trail race with dozens of Vegan Runners that day?



Images of venues:



2. Provisional Plan

Friday 21st April 2023

7:00pm Evening Social at **The Golden Fleece pub**, 105 Mansfield Road, Nottingham, NG1 3FN. Featuring in-house catering from Prickly Pear (formerly a separate café but now permanent residence within The Golden Fleece pub; fully vegan and delicious!). We can hire out the top floor
<https://www.happycow.net/reviews/the-golden-fleece-nottingham-52297>
<https://www.facebook.com/thegoldenfleecenotts/>
<http://www.pricklypearcafe.co.uk/>

ACCOMMODATION - We will offer suggestions of accommodation in Nottingham City Centre. We have lots!

Saturday 22nd April 2023

8.40am Meet-up and group photo at EITHER

Forest Rec parkrun, The Forest Recreation Ground, Gregory Boulevard, Nottingham NG7 6LB.
<https://www.parkrun.org.uk/forestrec/>
<https://www.facebook.com/forestrecparkrun>

OR

Wollaton Hall parkrun, Wollaton Rd, Wollaton, Nottingham NG8 2AD. The home of Batman, deer park and the English National Cross Country race!
<https://www.parkrun.org.uk/wollatonhall/>
<https://www.facebook.com/profile.php?id=100067652635982>

9:00am **parkrun starts**

10:15am Post-parkrun breakfast at either

If Forest Rec parkrun - **Homemade Cafe (at The Pavilion)**, The Forest Recreation Ground, Gregory Boulevard, Nottingham (1 min walk from parkrun finish line)
<https://www.homemadecafe.com/>
<https://www.facebook.com/Homemadecafe>

OR

If Wollaton Hall parkrun - **Veggies Catering** food trailer to be located in Wollaton park
<https://www.veggies.org.uk/>
<https://www.facebook.com/Veggiescatering>

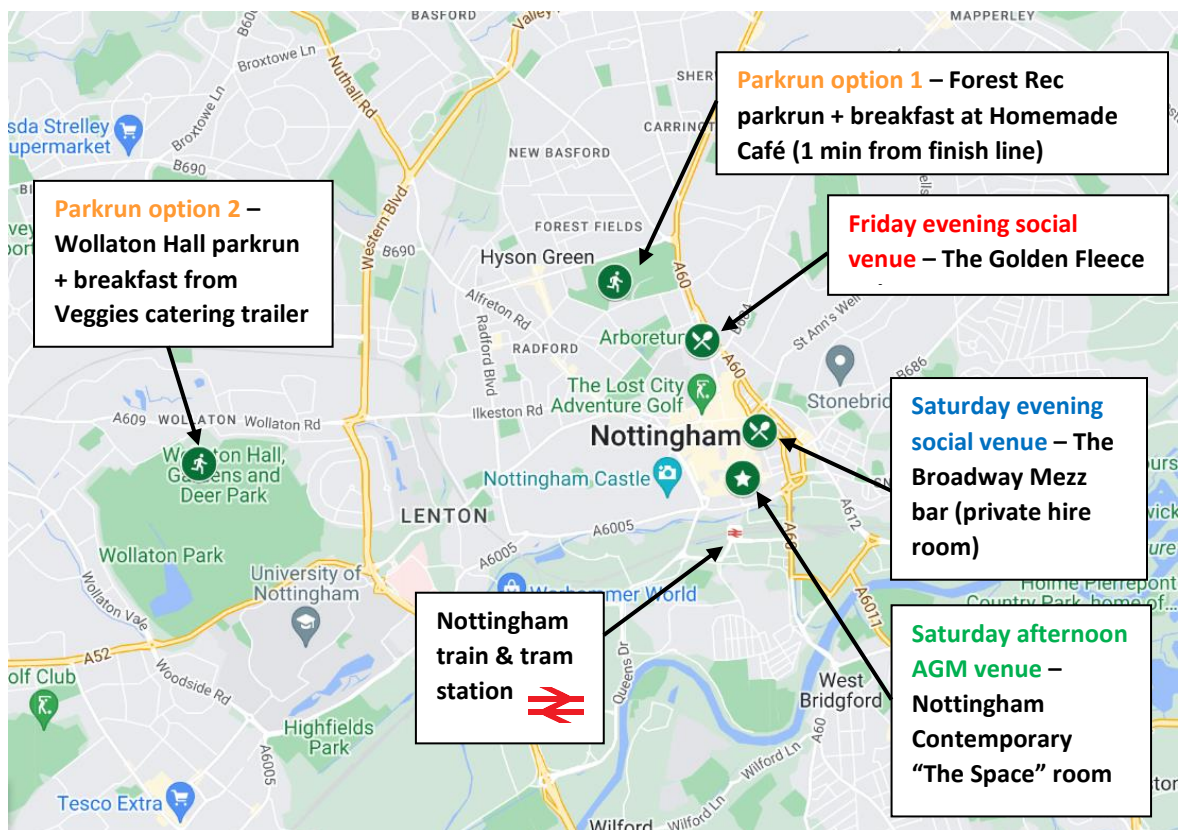
11-3pm People free to go and explore Nottingham. Attractions include (we would provide more info on each if selected to host the AGM):

- Wollaton Hall & Deer Park
- The Arboretum (lovely city centre park)
- Nottingham Castle
- The Robin Hood Experience
- National Justice Museum
- Nottingham Caves
- Old Market Square & city centre shops
- Nottingham Industrial Museum
- Warhammer World
- National Ice Centre (home of Torvill & Dean!)
- Nottingham Contemporary art gallery (AGM venue!)
- The Ye Olde Trip To Jerusalem and The Ye Olde Salutation Inn (two of the oldest pub in England!)
- Sneinton Market Avenues (creative/arty shops, microbrewery etc.)
- Plus loads more!



- 3pm AGM committee set up at **AGM venue: Nottingham Contemporary art gallery**. AGM to be held in “The Space” which can accommodate 120 people on tiered theatre style seating, or be made smaller for fewer numbers/a more cosy feel.
 AGM room - <https://www.nottinghamcontemporary.org/about/hire-our-spaces/>
 Art Gallery - <https://www.nottinghamcontemporary.org/>
 Cost to hire room between 3-7pm = **£816 inc. VAT** (charity rate; price includes a 20% discount).
- 3.30pm Attendees arrive at AGM Venue, teas & coffees
- 4.00pm AGM starts promptly.** Presentations and discussions will be **filmed and broadcast live over the internet** and **recorded** for people to watch later. 15 min tea & coffee break around half way through.
- 6:30pm AGM finishes; round up people and walk over to evening social venue (6 min walk). AGM committee take-down flags, banners, IT equipment etc.
- 7:00pm Evening social at The Broadway ‘Mezz bar’** (private hire bar, maximum capacity = 80 people) - <https://www.broadway.org.uk/food-drink/mezz-bar> Cost to hire room between 7-10pm = £90 + VAT per hour = **£324 inc. VAT**. Features a private, staffed bar. They can also do a fully-vegan hot food buffet for **£10.50 per person** (attendees pre-order and pay themselves). See **APPENDIX 2** for menu.
- 10:00pm Evening social ends

ACCOMMODATION - We will offer suggestions of accommodation in Nottingham City Centre. Also options for people if they prefer to stay near Thoresby (North Nottinghamshire), where the Sunday race will be.

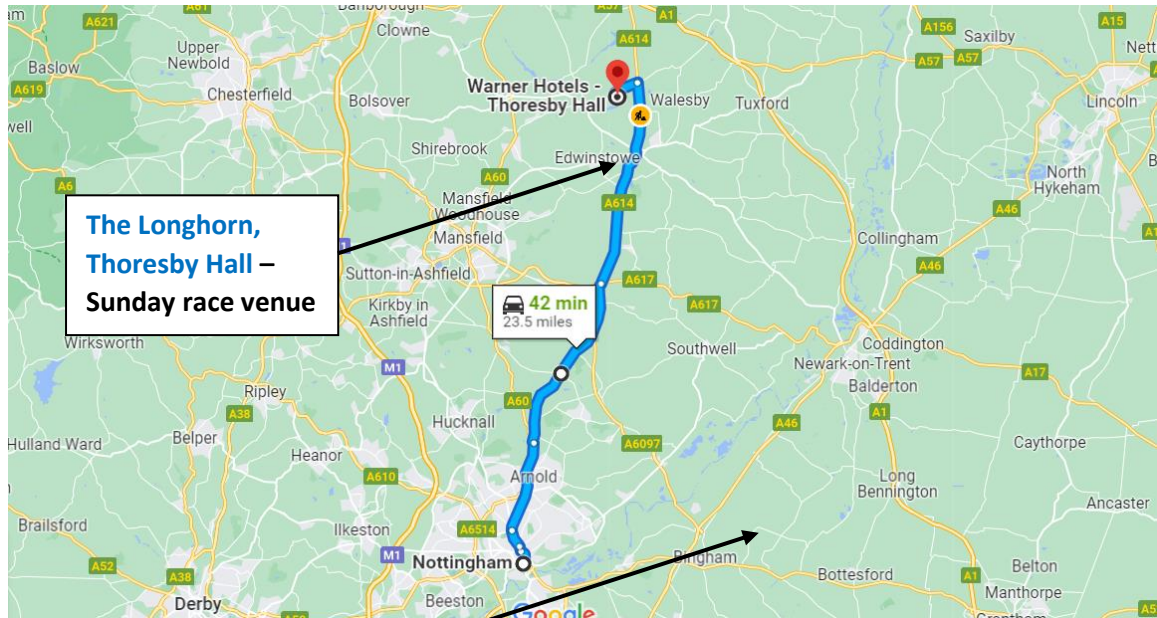


Sunday 23rd April 2023

- 8.00am People catching coach **assemble** at TBC, Nottingham City Centre
- 8.30am **Coach departs** promptly from Nottingham City Centre and heads to **Thoresby Hall, Thoresby, nr Ollerton, Nottinghamshire, NG22 9WH. Return coach ride will be approx. £5-15 per person** dependent on numbers and how much (if anything) the club is willing to subsidise the coach (50

person coach = £465 without subsidy). NOTE: COACH WILL ARRIVE WELL IN TIME FOR the 10km race (11am start time). Journey time = 45mins.

OR People welcome to **make their own way** to Thoresby Hall (we will encourage car sharing & offering lifts). Plenty of car parking available at the venue for **£3 per car**. People opting to do any of the race distances other than the 10km race (e.g. ultramarathon or marathon) will need to make their own way there.



10:30am Pre-10km race Vegan Runners photo

11:00am **THE LONGHORN RACE 2023** - <https://www.sbevents.co.uk/events/the-longhorn-2023>

Option to run either **5km, 10km, Half Marathon, 30km, Marathon, 50km Ultra or 60km Ultra (!)**, plus they also run **canicross and Nordic walking races**. The Longhorn is laps of about 10km, but it is a beautiful scenic trail route and the laps go by very fast with plenty of wildlife and Longhorn cows to be seen enroute! We anticipate most Vegan Runners will opt to run the 10km distance. The Race Director is happy to offer a discount to Vegan Runners attending the Big Nottingham AGM Weekend 2023 (% or amount £ TBC).

Nice **video** of the 2019 event: <https://www.youtube.com/watch?v=0FsvijMTZ5o>

Video of the 2016 event: <https://www.youtube.com/watch?v=R6bcKQcVtyk>

RACE START TIMES:

8.30am - 50km & 60km Ultra

9.00am - Canicross 10km, Canicross half marathon & Canicross 30k

9.30am - 30km & Marathon

11.00am - 10km race 1 set off in waves (we will promote this as the one most VRs will do!)

11.15am - Nordic Walkers Half Marathon

11.55am - Half marathon

12.45pm - 5km Canicross

1.30pm - 5km

2.00pm - 10km race 2 (extra 10km race put on due to popularity of the event)

12:30pm Last runners finish 10km; gather for a **post-race picnic at the Race HQ** (there will be on-site catering trailers with lots of vegan options plus people are welcome to bring their own!). Option to cheer on Vegan Runners doing the other distances as they run laps past the picnic area 😊

2:00pm **Coach departs** Thoresby Hall back to Nottingham City Centre. People in their own cars depart.

4.00pm Any VRs doing any of the other race distances will be finished by now; depart.

END OF BIG NOTTINGHAM AGM WEEKEND, thanks for coming!

3. Cost to Vegan Runners UK

- AGM room hire (Nottingham Contemporary) = £816 inc. VAT
- Evening social bar & room hire (The Broadway Mezz bar) = £324 inc. VAT
- Small pot to pay for teas, coffees, plant-based milks, orange juice, biscuits etc. for AGM = £100 inc. VAT
- Suggested 50% club subsidy of return coach trip to Sunday race venue = £233 inc. VAT

TOTAL = £1,473 INC VAT

4. Contact

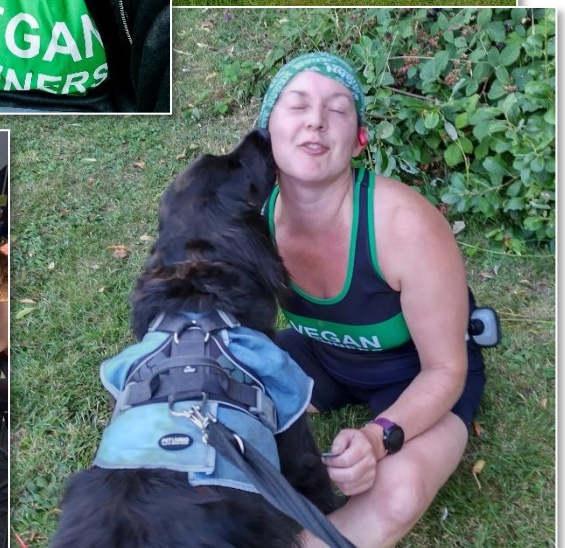
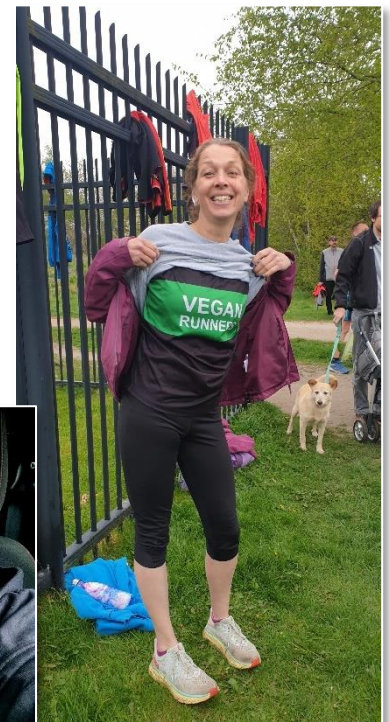
- Clare Burdell, Midlands Vegan Runners Rep
- Holly McCain, Nottingham Vegan Runners member
- Nottingham Vegan Runners Facebook group - <https://www.facebook.com/groups/120641158609522>



**VEGAN
RUNNERS
NOTTINGHAM**



Nottingham Vegan Runners & friends





Wollaton Hall aka Wayne Manor!





**VEGAN
RUNNERS
NOTTINGHAM**



The Longhorn race by SBR events @ Thoresby Hall, Ollerton, Nottinghamshire

<https://www.sbrevents.co.uk/events/the-longhorn-2023>

Returning **Sunday April 23rd 2023!**

Thoresby Hall – venue for The Longhorn race on the Sunday!



APPENDIX 1

Support to hold the AGM in Nottingham from local VR members

13:48

Nottingham Vegan...

Clare Burdell
Admin · 1 d · 🌐

Hi Notts VRs! **Holly McCain** and I just wanted to let you know that we are currently in the process of putting in a bid for next year's AGM. We think Nottingham would be a great place to hold it, with so many amazing Vegan Runners here! We have been calling around venues, race companies, coach companies, etc and we have a rough plan of what the AGM weekend would entail (we have to get the bid in by tomorrow!)

The weekend we have in mind is 21st-23rd April 2023

We are thinking...

Friday evening social at The Golden Fleece

Saturday morning parkrun (either Forest Rec or Wollaton Park-obviously FR is more city centre, so may be easier to get to but there are perhaps more selling points to Wollaton-as a visitor attraction). Which do you think would be best?

Post parkrun breakfast possibly ask Homemade cafe if they could do bulk vegan sausage cobs if we were at Forest Rec or otherwise maybe we could all muck in and bring cakes/sausage rolls, etc? What do you think?

AGM itself would be at Notts Contemporary 3.30pm onwards. This would give people a chance to have an explore around Nottingham beforehand.

13:48

Nottingham Vegan...

7pm-10pm Broadway bar evening meal and social. If anyone can think of anything particularly entertaining to do during the social-let us know! In the past, AGMs have had quizzes or speakers doing a talk, etc. If you are a quizmaster extraordinaire or you have a great idea for something entertaining that could happen at the Broadway bar, let us know!

Sunday-Longhorn Race. There are a mixture of different distances that can be entered (5km, 10km, HM, 26.2 miles, 50km Ultra, 60km Ultra) and we would put on a coach from Notts to the race venue around the times for the 10k, which has always been the most popular distance to run at previous AGMs. Holly is negotiating a discount with the race organiser too!

Please let us know your thoughts before we submit the bid later today/tomorrow! We would love to have as many of you involved as possible and would really appreciate your input.

After the bid goes in, all of the different bids from different regions will be put to a vote and the most popular choice will put on the AGM, so obviously make sure you vote for Nottingham! 😊

You, Chris Dixon and 27 others · 27 comments

Like Comment Send

You, Chris Dixon and 27 others >

All comments

Olivia Deacon
Sounds brilliant! You've both done a great job planning, thank you for all your effort 🥰
1 d Like Reply 4

Sonja Bredgaard
Sounds good 😊
1 d Like Reply 2

Ruth Elisabeth
Sounds fab!
1 d Like Reply 3

Katie Bonner
Sounds amazing!
I'm happy to pull a quiz together with some help/input from others. Perhaps 3-4 rounds including some famous Nottingham questions, guess who's vegan, and some Mike Harper Shout outs? Happy to host it too!
1 d Love Reply 3

Clare Burdell
Katie Bonner that would be fabulous!
Thank you Katie xx
1 d Like Reply 1

Write a reply...

Write a comment...

You, Chris Dixon and 27 others >

Chris Dixon
Good work guys! Sounds great.
1 d Like Reply 2

Emma Ulyatt
Love this!
1 d Like Reply 2

Jo Yarg
Sounds brilliant! Count me in to volunteer and help if I'm fit!
1 d Love Reply 5

Rebecca Keating
Jo Yarg ditto! Xx
16 h Love Reply 2

Jo Yarg
Rebecca Keating car share sorted already 🙌
6 h Like Reply 1

Rebecca Keating
Jo Yarg perfect planning! Xx
5 h Like Reply 1

Holly McCain
Thank you both!! Xx
5 h Like Reply 1

Write a reply...

You, Chris Dixon and 27 others >

Sarah Gretton
Sounds great- wonder if Veggies catering could help with breakfast if we went with Wollaton
1 d Like Reply 5

Holly McCain
Sarah Gretton oooh good shout!
1 d Like Reply 1

Sonia Lord
Sarah Gretton Great idea!
1 d Like Reply 1

Write a reply...

Catherine Charlton
That's London Marathon weekend.
1 d Like Reply 2

Clare Burdell Catherine Charlton yes we realised...

Sonia Lord
Brilliant planning and ideas!! 🍀
1 d Love Reply 3

CM Tal
Sounds like a great plan. Happy to help out with things. Clare C.
1 d Like Reply 3

You, Chris Dixon and 27 others >

James Lampert
Sounds great. I'd vote Wollaton Hall parkrun as a venue - might get more people voting for us as an attractive place to go. Maybe capitalise on it being Batman's home, Wayne Manor, in the Dark Knight Rises. And of course there's deer for the animal lovers
1 d Like Reply 5

Clare Burdell
James Lampert yes good shout-that's what we were thinking!
1 d Reply

Sonia Lord
James Lampert I second Wollaton Park too
1 d Reply

Write a reply...

Kelly Slade
Karaoke went down well at the Saturday night social when the AGM was in Sheffield 🍷
1 d Like Reply 4

Kerstine Herbert
Sounds like a good plan. Xx
1 d Like Reply 3

Karen Brown
Sounds great! 🍀
21 h Love Reply 2

Angela Jane
Ow I hope so xx
16 h Love Reply 2

Write a comment...

APPENDIX 2

Saturday night hot food buffet menu @ **The Broadway Mezz Bar**

Hot Dish Buffet

£10.50 per person

(minimum of 15 people)

15 – 30 people please select 2 options

31 – 45 people please select 3 options

50 people or over please select up to 4 options

Aubergine and Spinach Curry [ve] [GF]

Aubergine, chickpeas and spinach in a medium hot tomato curry sauce,
served with basmati rice, poppadoms & chutney

Vegetable Tagine [ve] [GF]

Aubergines, courgettes, peppers, sweet potatoes and tomatoes slow cooked
with a blend of Moroccan spices, served with savoury couscous

Sweet Potato Dahl [ve] [GF]

Roasted sweet potato, and baby spinach and red lentils slowly cooked with a blend of Indian
spices, serves with basmati rice, poppadoms & chutney

Mac and 'NOT' Cheese [ve]

Our vegan take on the classic comfort food

Three Bean Chilli [ve]

served with basmati rice, tortilla chips and chunky salsa

Thai Green Tofu Curry [ve] [GF]

Tofu, peppers and baby corn cooked with coconut, fresh chillies, coriander and Thai spices,
served with basmati rice

Vegan Lasagne [ve]

cooked with wine tomatoes, basil and mushrooms, baked between
layers of pasta and cheese sauce and topped with mozzarella, served with garlic bread and
dressed mixed leaf salad