**1 Apologies for absence.**

Ewan

**2 Minutes of the last meeting held on 23/10/19**

Agreed Correct

Action points (unless covered later in agenda) (see minutes for detail)

first Aid at Vets - Alun still to do **Action - Alun**

VMLM ballot - Alun.

Jeremy had to pull out so redrawn and Robert Boughen got the place

Memorial donations - Will - done

Sports psychologist talk - Bernie - contact has moved away

**3 John Carr’s 2020** (Andy Brown in attendance)

Will and Bernie are supporting him and Andy feels the planning is going well. The Format as been discussed with Mark Hetherington. It will be a 5k, the Trig and a second 5k but possibly on a ‘beat the clock’ format. First 3 Wednesdays in May, Manual Timing

It would be preferable if all three races start and finish in the same place. We need to check the cost of using Roberts park

Agreed £10/12 per race or £24/30 for the series. 250 limit

No 19 of the survey replies was drawn and will therefore get a free Entry

Will is planning to Train for First Aid

**4 BMWR 2020** (Anthea Pickard in attendance)

Agreed to change to 14th June because of clashes with other events

Mike will get the permit **Action - Mike**

It was suggested we get reusable cups for the race and as a memento

**Action - Richard**

Anthea has been contacted by the first aid team and will confirm we want them again

Anthea will ask Jen for the documents she has and asked all members to let her know what they do towards it **Action - All**

Bradford and Bingley needs booking - Jack will pass the contact info on

**Action - Jack**

Info needs to go on the Website and social media **Action - Jack, Jen**

Anthea will get Alun to send out a ‘date for your diary’ e-mail **Action - Alun**

We need to contact Barney about the Laycock Community Centre

**5 Financial matters:**

Treasurer’s report.

Richard presented his report which was accepted

**6 Training**

Leaders

John Singh has booked on the course in addition to Donna and Craig. Cat Bruckner has also expressed an interest as has Steven Fowler - Stuart Will talk to Steve

Runs

There was a wide ranging discussion about training. It was suggested that a longer run, but at a slower pace than is usual for group 3 would be useful for some members, starting a bit earlier once a month on Thursdays - agreed to Trial this **Action - Helen**

We might have a short talk on a running related topic on Thursdays once a month starting earlier as well **Action - Stuart**

Ian Dickinson wants to do another beginners/return to running course - agreed yes, likely starting February **Action - Helen**

Other suggestions were a timed run on Thursdays or an out and back.

We agreed to meet once a week at Esholt in the summer months (Week 3) to get a variety of routes, and to continue with the away runs on week 1.

No changes were proposed for Mondays

**7 Membership:**

Mervyn presented his report, we are edging towards 250, but not all are registered with EA so we are still some way from getting a third VMLM place

**8 Future events:**

Club Dinner booked for 15th May 2020 at the Bankfield/Mercure

‘Home Trip’ - No progress reported, Lakeland Trails may be possible

12/6 stage relays - clashes with the Keighley 10k but we will send some teams

Endure 24 - a number of Striders are entered

**9 Welfare issues.**

Recent issues with one member appear to have settled

Gifts have been sent and donations made in memoriam

A member who had caused some concerns before moving away is back in the area, We will make sure run leaders are aware **Action - Donna**

**10 Club Championship**

Next year’s events are on the Website

It was agreed to trial the ‘Handicap Challenge’ as proposed by Alun as an additional competition alongside the normal Premier division

**11 Calendar review**

Sadly sales were not enough to cover costs, even with advertising and subsidised production costs. We felt the potential market was simply not big enough so agreed not to try again

**12 Matters arising from the meeting on 23/10/19 not already discussed.**

None

**13 AOB**

Shoe tags for renewing members - we need to ask Barney who had suggested this in the first place **Action ????**

Bradford 10k needs marshals, Helen has just sent out an appeal

Mervyn has had a request for a charitable donation - Agreed to consider it towards the end of the year depending on finances

Helen has identified an organisation that will collect race T shirts that are unwanted and put to good use. Alun is also trying to collect matching (or nearly so) sets for a refugee football team to use. We agreed this is a good idea and will arrange to collect stuff at some training nights and/or parkruns **Action - Helen**

**14 Date of next meeting.**

4th March 7pm Noble Comb (note earlier time)