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| Present: Mike Moss (Chairman), Jack Verity, Will Kerr, Jen Willingham, Dairine Nethercott, Sarah Bruckshaw, Lindsey Pearson, Jeremy Wright & Helen Pennington. | | |
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|  | **Discussions** | **Actions** |
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| 1 | ***Apologies***  Apologies were received from Rachel Parker. |  |
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| 2 | ***Minutes of the last meeting***  The minutes of the last meeting were approved. Rachel had pointed out by email that she was present at the meeting and that she had secured the date of 07/03/2015 for the club to host the Park Run. This had not been mentioned in the minutes. |  |
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| 3 | ***Matters arising***   * New business cards had been produced and these had been distributed when the club hosted the park run in November. * Helen & Mike were sorting out the John Carr races (see later point). * The AGM had gone well and everyone though the food was excellent. It was agreed that we should use the Caroline Street facility for some social events in the future & try to build a relationship with them. * The beginners groups were discussed and it was agreed that we should get them (and any other new members) to sign health declarations when they first run with us. A spreadsheet showing details of the beginners is to be developed so that the leaders can review this & see information about the people they are leading. | Mike to look into how this can best be done. |
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| 4 | ***Matters arising from the AGM***   * Pete Hopson had been approached about doing a core stability training session with club members and had agreed that he could do a one off session and possibly design a programme for members to follow. It was agreed that this would best be done in Roberts Park on a summer evening. * A potential injury prevention course and Simon Frazer’s recent email about guidance for new runners were discussed. It was agreed that guidance could be produced giving advice to new members on things like what shoes to wear, how to do stretches, how to build up mileage and speed and how to avoid injuries. * New members’ fees were discussed at length. It was agreed that new members’ subscriptions must be at least £12, as that amount has to be paid over to England Athletics. After various suggestions it was agreed that from 01/01/2015 to 30/06/2015 new members would pay a subscription of £22 for 2015 (the same as existing members). However new members would receive a voucher allowing them to purchase a club vest for £10 (a £8 discount), as long as they purchased the vest before 31/12/2015. New members joining after 01/07/2015 will pay £12 to cover them up to the end of 2015 but will not receive a vest voucher. | Will to liaise with Pete in due course  Jack & Jen to produce guidance for the website  Jeremy to inform Rachel what had been agreed.  Rachel to produce “£8 vest discount vouchers” |
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| 5 | ***Treasurer’s report***  Sarah talked us through the club’s current financial position. Since the last meeting the major payments had been for the Xmas dinner, the AGM, the beginners t-shirts and new vest stock. The major income has been receipts for the cub dinner and subscriptions.  Currently the club has £2,814 in the current account, £1,635 in the deposit account & £111 in the paypal account. This was a slightly false position as some of the income received would have to be paid over to third parties e.g. for the club dinner. Will asked how much spare cash the club currently had after paying over any expenses that are due. Sarah estimated this to be around £2,000. |  |
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| 6 | ***Membership***  Rachel had provided membership statistics by email. Currently the club has 147 members, although 100 of these had yet to pay their 2015 subscriptions, so there could be further resignations. So far 5 2014 member have resigned for 2015. There are 5 potential new members who are expected to join once the 2015 subscription rates for new members have been confirmed (see above). |  |
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| 7 | ***Club hosted races***   * It was agreed that entries for the John Carr races should open in February. * Mike said he would apply for a race licence. * Members would be encouraged to volunteer to marshall the events rather than to enter the races. It was agreed that club members who marshall at two of the races would get free entry into the other race and that club members should be encouraged not to enter the races until we have enough volunteers, unless they have agreed to provide a family member to marshall on their behalf. * It was suggested that we approach Eccleshill & Baildon to see if any of their members were prepared to help with the marshalling. * Car parking could be an issue on the football pitch this year due to the condition of the pitch * The BMW relay was discussed briefly and it was agreed that the sub-committee needed to meet soon to discuss plans for this event. * Everybody agreed that the Dutch were welcome to enter the race but if they wanted to come over for the weekend they would have to look after themselves as club members cannot spare the time needed to entertain them for the whole weekend. No Friday reccies were to be offered to them this year. * The dates for the John Carr races & the BMW relay need to go on the website. | Helen to arrange for entries to open  Mike to apply for race licence  Helen to email club members with new rules about entering & volunteering  Will to approach both clubs in April to see if they can help  Helen to ensure the pitch will be available  Jen to organise sub-committee meeting  Jack to inform the Dutch when they make contact  Jack to put these dates on the club website |
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| 8 | ***Coaching***  Simon Frazer’s email to all the run leaders about mentoring new runners was discussed. It was agreed that Simon had some very good points to raise and should be asked to develop this idea further and put a plan together. One suggestion that was made was that a group of leaders could make themselves available one evening a month before training to answer new runners’ questions & help them with their training plans. This could possibly be done on the first Thursday of each month from say 6:30 pm. | Jeremy to update Simon & ask him to develop his idea further |
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| 9 | ***Club championship events for 2015***   * Jen produced the list of proposed races to include in the 2015 club championship, which she had prepared with the help of Jack & Will. * For the first time in 2015 there would be two separate club championships – one for running races and one for all the bonus points, including volunteering & SOTM. * The running championship would still consist of each members’ best 8 races in the year. There would no longer be any bonus points on offer for doing a marathon. * The list of races and the changes to the structure of the championship were approved. * Jeremy asked if the rules could be changed on the website & if it could be ensured that these were consistent with the way the points are awarded on the spreadsheet. * Will said that he would be giving out 4 trophies at the club dinner – to the first three in the 2014 club championship and to the person who had been nominated most for SOTM in 2014 without winning it. The most improved peco runner award would have to be presented at the Burnsall trip in July as the last peco race isn’t until after the club dinner this year. * It was agreed that we should hold a series of time trial races at Esholt in the summer. | Jack/Jen to publish the list of races on the website  Jack/Jen to explain the new rules on the website  Jack to buy trophies to be given out at the club dinner & the 2015 SOTM trophies  Will to organise time trials in due course |
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| 10 | ***Social events & cub trips***   * Dairine informed us that so far 48 people had signed up for the club dinner (80 people attended last year). She is going to look into potential alternative venues for next year. * Raffle prizes were discussed at length. It was agreed that the budget for this should be increased to £100. A suggestion was made that we should approach local businesses to ask them to donate prizes. * So far 30 club members had entered the Liverpool ½ marathon. Based on this number the coach would cost £15 per person. If there are spaces on the coach it was suggested that we invite Eccleshill and/or Baildon club members to join the trip. * Stewart Spink has organised the Iceland trip for August and 19 club members are going. * A proposed visit to the Brewery on 30/01 was not going to go ahead due to the Dewsbury 10k on the Sunday following but it was agreed that drinks should be organised for after the Dewsbury 10k. * No date has yet been agreed for the Burnsall trip. It was agreed that we would try to book this for either Friday 3rd July or Friday 10th July. * It was agreed that we would try to do the 3 Peaks again this year. Various dates were discussed & ruled out due to clashes with races and it was eventual agreed that 20th September would be the best date for this trip. | Lindsey to ask the kit suppliers  Mike/Barney to ask Saltaire Brewery  Dairine to monitor numbers & invite Eccleshill & Baildon if necessary  Dairine/Jeremy to email club members about drinks on 01/02  Dairine to book trip for 03/07 or 10/07.  Jeremy to organise in due course |
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| 11 | ***Any other business***   * Rachel had asked if future meetings could be held on Thursdays as she struggled to get childcare on Tuesday evenings. Everyone was happy with this suggestion. * Jeremy asked about a wine budget for the 2015 SOTM prizes. It was agreed that between £60 & £80 per year could be spent on this. * Lindsey suggested that run leaders should have bibs to show who is leading, possibly with their names on the bibs. It was pointed out that with the number of leaders we currently have this could prove to be expensive. However the general consensus was that this would be a good investment. * T-shirts were needed for the beginners to give out at park run. There were some left from last time but more would be needed for the current beginners group. * The large number of people in the current beginners group was discussed as it meant there were now a lot of people at Nuffield on Thursdays. It was agreed that we must meet in the bar area. Jeremy wondered whether the Thursday beginners’ sessions should be from Caroline Street. It was decided that this shouldn’t be changed for the current beginners’ group but should be looked at before the next group started. | Jeremy to buy wine for 2015 SOTM prizes  Lindsey to look into the cost of bibs and to contact all leaders to see who needed them  Mike check stock & Mike/Lindsay to buy additional T-shirts  Further discussion needed in due course about where the next beginners’ course should be based |
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| 12 | ***Date of next meeting***  The next meeting will be held on Thursday 19 February. |  |
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