1 **Present and apologies for absence**.

Apologies from Claire and Donna

2 **Minutes of the last meeting** held on 30/11/22

Agree as a correct record and thanks to Donna for doing them

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

Membership Cards - Ewan - there are some but may be out of date. Ewan will look into updating/reprinting **Action - Ewan**

Parkrun takeover - Ewan - **Done**

Contacting 1 in a Million - Stuart - not been able to do yet **Action Stuart**

Vice captains discussion - We agreed that ad-hoc delegation to appropriate people rather than formal vice captains was the best way forward

Membership Survey - Ewan - Stilll to do **Action - Ewan**

Website Update - David - **mostly done** heasked all members to draw his attention to any outstanding issues

3 **Financial**

Tim presented the monthly report and budget update which were noted.

He pointed out that track was making a loss at present. Agreed to raise the fee to £3 from the first Wednesday in April

4 **Training**

Louise had previously circulated a report from the coaches meeting. She highlighted some of the suggestions in it.

There was support for the idea of a handicap event so she will go ahead with this

We should be promoting runs in good time.

It had been suggested that some of the faster runners could run with slow groups from time to time to make all runners feel included

There are monthly time trials at track and we could have a most improved award.

There will be some specific coaching aimed at particular races or distances eg the planned Marathon Workshop, perhaps using the Grimsby 10 as a step up 5 to 10k run, with training, followed by a club trip, Cross Country training before the next PECO season and an introduction to Ultras

The coaches are happy to offer one to one coaching

Two dates for run leaders meetings have been agreed where some of this, and other ,information will be shared and feedback taken.

Louise wondered if we should try and get club and member achievements covered in the local press. We agreed this was a good idea

A C25K/Beginners group had been planned - we need to check with Donna if this is to go ahead as she had been involved in the planning - Louise will contact her

Louise is exploring the possibility of using the rowing club as a base - this was felt to be a good idea as we suffered from not having a social space for before and after runs

5 **Membership**

We continue to attract new members. Currently we have 239: 199 Full, 14 second claim, 20 non competitive and 6 honorary.

6 **BMWR**

Anthea reported that she had been liaising with Richard Smith, and thanks to his offer to open up the club and showers etc the cost will now be £300. Food would have been in addition to this so we agreed to accept this but to seek to provide our own food.

Now we have agreed that, Anthea will confirm with the club **Action - Anthea**

We now need to go hard on publicity - Anthea has emails of previous entrants, Jen has the twitter account.

Suggested we cap entries at 50 to encourage early take up (even if we add more later)

She will send out a save the date email for potential runners and volunteers and bring an update to the next meeting **Action - Anthea**

**John Carr Series**

Rachel Parker is no longer able to do this so we need someone to take it on. Alun will put out an appeal - it was noted that Will had offered to help already. **Action - Alun**

7 **Club Championship**

There was discussion on the updated list and other suggestions made by members. Stuart will circulate a further update in the light of the discussion with a view to sending it out to the members as soon as possible **Actiion - Stuart**

8 **Upcoming club events and races:**

PECO Relays 26th March

Agreed to field teams for this - promote at PECOs and by run leaders

NA 12/6 stage relays

1st April in Redcar. We aim to have 2 male and 2 female teams and would hope to run a coach there. Alun suggested that it should be promoted not as a long day for a short race but as a social event with families invited if wanted. Run leaders will be asked to promote this.

CWR - 21st May

This is the next relay. Louise raised the risk of athletes over racing and the importance of preparing properly

Uppsala Trip - 18-21 August

This is pretty much full now. Stewart was thanked for organising it

Spicy Striders

Alun will discuss a take over of Masala in Thornton on a Friday soon

10 **Welfare issues**.

Anthea was not aware of any.

Martin pointed out that the relevant courses still needed to be completed but that there had been issues with their availability

11 **AOB**

Stuart had discussed joining the Baildon Runners parkrun challenge - a head to head contest based on age grades between pairs of runners drawn at random from the pool of entrants from both clubs - we agreed to join this and Stuart will email out about it **Action - Stuart**

12 **Date of next meeting**

Wednesday 1st March 7.30 at the Groove Pad if available