

**Plymstock Road Runners**  
**163<sup>rd</sup> Committee Meeting Wednesday 1<sup>st</sup> July 2015**  
**Minutes**

Apologies: James Blewett and Bridgette Henry.

Present: Sandy Williams, Steve Leonard, Kate Aspinall, Becky Graham, Jill Rose, Steve Rose, Steve Whitney, Laura Allen and David Oliver

**Finance:**

Steve W reported we now have 73 and suggested that realistically the predicted figure for the year might be 90. 40 marshalls are booked for meals after the Muddy Duck. The tea rota will be renewed for next week to only include this year's paid up members.

It was agreed that Steve W should proceed with his niece designing a new logos for the club with a fee limit of £100. He will come back to the committee to choose the design. Proposed new shirts were viewed by the committee which met with their approval. New shirts when printed should cost in the region of £13-14. Jill inquired if there were 'ladies fit' vests, this is to be confirmed. It was agreed that 50% of costs relating to juniors such as EA membership should be paid out of the juniors account.

Next Finance meeting 16<sup>th</sup> July.

**Muddy Duck:**

Steve R confirmed that organisation was well in hand. Race will be 9.2k. 35 entries so far, but would expect around 100 entries on the night. It was confirmed that prizes would be given out before the race on collection of numbers. All fun runners will receive a medal. Jill is going to confirm marshalls and non marshalls who require meals. Steve R will produce new marshalling instructions. He asked for volunteers to clear route on Sunday 5<sup>th</sup> July, meeting at 2:00pm at Radford dip. Plymouth City Council had charged £50 for use of Duckponds. Six members of Dartmoor Rescue will provide 1<sup>st</sup> aid cover which will include a position at the water crossing. We have been given a case of water bottles but will need to supply cups of water at mid way point and at end to supplement water bottles. Steve Leonard will buy the 'Go Outdoors' vouchers for category winners which will cost £120. A slip informing locals of the race will be distributed to them. Becky will send the Forum a link for Muddy Duck which will be put on their site.

**External Committee:**

Becky has been exploring packages for upgrading the website. One package used by her school would cost £50 for a single user. Steve Rose said who would do some research as we would need a package that allowed multiple users. Becky requested more information to put onto Facebook, it was agreed that she was already doing a sterling job and thanked for her efforts. Steve Leonard did ask though if she could put details of races which might attract group entries and would make it easier to apply for discounts and organise minibus if required.

Steve Leonard would like to produce a rota for committee members to attend Forum meetings so they are better informed of its' activities. Agreed that it is still beneficial overall for us to continue to be members of the Forum. Becky will post on Facebook the need for us to help marshal Forum races.

There is a new 10k run in Saltram Park on the 3<sup>rd</sup> Sunday of the month. It was suggested we might volunteer to help marshal this to promote the profile of the club. It was also suggested that the club may try and attend one of the park runs at Plymbridge in numbers again to boost our profile and unite members, this has worked well for the Musketeers. A prospective member who already belong to a club wished it to be confirmed that he would not have to pay EA subscriptions again if he joined our club as his second club. It was confirmed he would not have to, Dave will inform him.

Next External Committee Meeting 13<sup>th</sup> August.

**Internal Committee:**

Sandy explained the desperate need for more level 2 coaches if Juniors is to be able to continue. Both her and Aiden are likely to stand down in the near future. She suggested at least four level 2 coaches are needed but explained volunteers were short on the ground. This is made worse by the level 2 course being more onerous than previously taking three days. It was agreed Aiden Mepstead would produce a letter inviting parents to attend the Juniors' BBQ as a chance to inform them of the shortage of coaches and to look for potential volunteers who made not have previously considered taking on such a role.

Junior coaching meeting 14<sup>th</sup> July.

It was agreed that club will buy disposable BBQ's for the suggested Summer Club Evenings. These are intended to be informal evenings possibly on a Friday at Bovisand beach, club providing the BBQ's and individuals bringing their own food.

Jill had nothing to report on Winter Club Meal at this time. The possibility of a coach as provided last year was discussed with funding possibly by the club with perhaps some payment from those using the coach.

The suggestion was made that membership renewal should include an early bird incentive with those not paying within the first month paying an additional fee. Also the introduction of a joining fee. All agreed that this should be discussed in detail at the next internal committee meeting and to be presented to the next full committee meeting for approval

Dave is to produce a Personal Best Board which hopefully will be mounted along side the existing notice board.

Saturday runs are to remain as one single route.

Next internal meeting 10<sup>th</sup> September.

**AOB:**

Becky raised the concern that members taking on the coordination of group bookings for Races were being put in a position where they were possibly having to pay for the group and then collect monies. It was agreed this should be the clubs responsibility to pay and those listed to pay their entry fees to club.

The meeting ended at 9:30pm.