



	<p>Recent order of club kit delivered, all accounted for.</p> <p>SL to look into cost of club vests for summer. Also to ask about sample vests so we can trial sizes before ordering. It was requested that SL also ask if there is an option to purchase both mens and ladies fit.</p>	SL
4.2	<p>Club Events</p> <p>Date decided for next coffee run: Saturday 21<sup>st</sup> September, The Mess Room.</p>	
4.3	<p>Christmas Party</p> <p>The committee discussed advantages / disadvantages of venue options; Staddon Heights v Boringdon.</p> <p>Committee decided to try Staddon Heights  Advantages: Closer, opportunity to sit away from the noise which may encourage members to stay longer, cheaper ticket prices may encourage more members to attend.  Date: 30<sup>th</sup> November  Option of 2 or 3 courses  JR to confirm with Staddon Heights and ascertain their deposit requirements</p> <p>Entertainment discusses with the following possibilities:</p> <ul style="list-style-type: none"> <li>- Possibility of a comedian – SL to ask his friend</li> <li>- RR to ask The Faux Furs for their availability / costs</li> <li>- Use juniors money to fund a disco</li> </ul>	<p>JR</p> <p>SL</p> <p>RR</p>
4.4	<p>Couch to 5K (C25K) Programme</p> <p>Agreed a start date of Jan 9<sup>th</sup></p> <p>DO to get a C25K plan</p> <p>Which night to conduct C25K was discussed. Committee agreed on Thursday club nights (encourage integration of runners into club, opportunity to promote other club activities to runners)</p> <p>DO to lead the C25K programme with agreed support by committee members. It was suggested that we have a rota for who will run with the programme on a Thursday night – RR to produce a rota</p> <p>Communication of C25K Programme:  Advertise in Dec on Facebook, website.  Advertise in school newsletters:  Oreston – SL  Goosewell – IO  Dunstone – SC  Wembury – RB  Elburton – Laura Wills</p>	<p>DO</p> <p>RR</p>

	<p>SL to find out dates for Dave Dane to go to schools to talk about Cross Country – he could promote this programme then too?</p> <p>The following format was discussed: 10 wk course - £1 a run then pay full membership in time for new club year</p> <p>PRR members to go/marshal to race and congratulate runners – Park Run (around 21<sup>st</sup> March). KA to find out about marshalling.</p>	<p>SL</p> <p>KA</p>
4.5	<p>Encouragement of club members to participate in local / Armada events</p> <p>It was stated that we also promote Armada events in the notices each week.</p> <p>It was suggested that we have a list of Armada events on the table on club nights for members to see which races are upcoming.</p>	<p>SR</p>
4.6	<p>Committee members at Armada Athletics Network Meetings</p> <p>It was highlighted that these meetings are an opportunity to network with other club officials.</p> <p>It was suggested that we double our attendance so that those members who haven't previously attended can go with someone who is familiar with the format. RR to email out a rota for this.</p> <p>Report content to be submitted to Armada Network Meetings: Our thanks for network support Membership numbers Activities Muddy duck number of racers Information which makes other clubs aware of what we are doing RR to produce report and email to Network prior to meeting.</p> <p>Committee agreed that everyone on committee should go to another meeting over next 12 months. Committee will then discuss our attendance at these meetings.</p>	<p>RR</p> <p>RR</p>
5	Muddy Duck	
5.1	<p>General Update</p> <p>SR fed back to the committee that the event well received. Positive feedback from runners 1 comment that timing was wrong – sorted by SR on the day Timing system worked well</p>	
5.2	<p>Muddy Duck 2020 – 30<sup>th</sup> club race</p> <p>LOCATION Propose for next year: Not to use school Use Oreston field without using the schools facilities Hire the toilets again – do Forum have a supplier? Ask at next forum meeting.</p>	

	<p>Get forum generator All bring water or approach forum for water containers Borrow tables from church hall</p> <p>DISTANCE / ROUTE Distance: Keep to 10K Route change: Proposed change to route by SR would reduce number of marshals required by approx. 10</p> <p>COST Cost: Keep £5 / increased price for memento top Option to pay extra for a vest at the end of the run was discussed – this option could be added to the bottom of the entry form (if entered by a certain date to allow time for ordering) SL to confirm cut off date required for kit ordering - vests</p> <p>TIMINGS Timings for age category would require a presentation and timings on the day SR to ask what costs for timings system Special memento for 30<sup>th</sup> race: Discussed possibility of memento medals</p> <p>FUN RUN Kids to go through water in fun run</p> <p>OTHER How to use the income from Muddy Duck was discussed. SR suggested a box for the defibrillator so that it could be relocated outside on the wall as a resource for whole community SR to get prices for a box and speak to church</p> <p>Advertise on next years flyer that PRR race subsidised defibrillator</p> <p>It was suggested that SR conduct a defibrillator demonstration to club members before running on a club 'out&amp;back' night</p>	<p>SL</p> <p>SR</p> <p>SR</p> <p>SR</p> <p>SR</p>
6.	Any other business	
	<p>LETS DO THIS EMAIL RR discussed an email from 'Lets Do This' suggesting we put a widget on our website that can be used to link users to local events page. RR to forward email to committee members.</p> <p>HONOURING CLUB MEMBERS RR suggested that we honour those club members that go the extra mile for the club (non-committee members). This was discussed and decided that we can use the Golder Trainer as an award as and when we feel members should be rewarded. Committee members not eligible for this. Committee members to email when they feel this should be awarded.</p> <p>CONTACTING ABSENT MEMBERS It was highlighted that we do not contact club members who haven't shown up for extended periods of time. Following plan agreed: - LW to produce a list of people who haven't turned up at club for 3</p>	<p>RR</p> <p>ALL</p> <p>LW</p> <p>LW</p>

	<p>months</p> <ul style="list-style-type: none"> <li>- LW to email committee members in case these members are running on other nights. Committee members to reply if they are aware of absent members whereabouts</li> <li>- RR to email/message those members highlighted above that no-one has seen for more than 3 months.</li> </ul>	<p>ALL</p> <p>RR</p>
7.	<p>Date of next meeting</p> <p>PLEASE NOTE THE CHANGE SINCE THE MEETING</p>	
	<p><b>Tuesday 8<sup>th</sup> October</b> has now been suggested by Kate who cannot make the 15<sup>th</sup> as discussed in the meeting.</p>	