

PRR – minutes of 177th committee meeting

Date: 16th October 2019

Present: Kate Aspinall (KA), Stephen Leonard (SL), David Oliver (DO), Jill Rose (JR), Steve Rose (SR), Linda Worsfold (LW), Sarah Cross (SC) and Rachael Rees (RR).

Apologies: None

	Minutes	Action
1.	Minutes from the last meeting Following actions carried forward from previous committee meeting:	
	The minutes of the previous meeting were approved.	
	RR to add vest size to the bottom of membership application form then send it to SR	RR then SR
	- RR to produce a rota for committee members to cover the C25K period	RR
2	- Other	
2.1	Kit Stock Report: SL reported no significant change to stock since last committee meeting	
2.2	Club Events: Boxing Day Run agreed. Meet at Broadway carpark and go to costa afterwards Runners to bring an unwanted wrapped gift Coffee Run agreed: Coffee Run on 7 th March to support Park Run at the end of C25K Marshalling Park Run Encourage members to run the Park Run -	
2.3	London Marathon Club Place 5 members eligible RR to apply for club place on Monday 28 th October Rejection letters from ballot required Committee discussed the currently ambiguous wording in the club ballot rules. It was agreed a change should be made: <i>"subject to committee approval. Committee decision is final"</i> SR to change on website Change to club rule needs communicating – KA to read in notices. SR to pin on notice board.	RR SR KA / SR
2.4	Club Awards Club awards discussed. The following awards will be voted for at club this year: <ul style="list-style-type: none">- Best female newcomer- Best male newcomer- Club male	

	- Club female	
2.5	<p>Golden Trainer</p> <p>It was agreed by all committee members that the Golden Trainer should not be limited to best Strava performance. It will instead be used to reward PBs, goals achieved and club support.</p>	
2.6	<p>Club Suggestions</p> <p>Committee members were provided with a list of suggestions provided by club members.</p> <p>Monthly mile trial: Planned start date: December 5th, on pub night. Plan to do a mile trial every 3rd month Will include 0.5 mile warm up, the mile trial and 0.5 mile cool down. Planned location: Along the cycle track, to stay off roads. Staggered running to catch the person in front.</p> <p>Committee also discussed the following suggestions and have decided to postpone them until next summer:</p> <ul style="list-style-type: none"> - A mini PRR relay - A club relay along the lines of Ho to Hoe <p>Thursday night routes: It was discussed throwing this open to club members to “Bring a route”.</p> <p>Club race / meal: Club will communicate those runs that already have PRR members registered to drum up group entries. This is currently happening for ‘Oh My Obelisk’ in January 2020 where PRR members will run then have a meal afterwards.</p>	
2.7	<p>Couch to 5K Programme</p> <ul style="list-style-type: none"> - DO taking the lead on the C25K programme - Planned start date = 7th Jan (Tues) - Planned nights: Tuesday and Thursday - Sat – members encouraged to do their own run - Location – possibly Broadway carpark - DO – check what other clubs are charging - Anyone training with the club is covered by insurance - Membership form for the C25K required - Facebook page will be set up for runners - RR to create a rota to ensure there are PRR runners to help on Tuesday and Thursday nights - DO to trial the routes 	<p>DO</p> <p>DO</p> <p>RR</p> <p>DO</p>

2.8	<p>Christmas Party</p> <ul style="list-style-type: none"> - Faux Furs are booked - JR will start to collect remaining money and menu choices - Menu to be displayed on table at club night - KA to announce at club 	JR JR KA
3.	Finances	
	<p>Finance report</p> <ul style="list-style-type: none"> - No significant changes from last finance report - Predicted deficit of an extra £200 although this is based on several assumption by LW. 	
4.	AOB	
4.1	<p>Muddy Duck</p> <ul style="list-style-type: none"> - Suggested prize for next year is a PRR pen (instead of a medal) - £144 for 300 pens - Next years race will be the 30th PRR race - Option to buy a vest was discussed. This would require pre-ordering vests and a pre-order date. - SR to design an entry form with this included - SL will get a price for a training vest. Include cost of administration, delivery, VAT etc. 	SR SL
4.2	<p>Defibrillator Box</p> <ul style="list-style-type: none"> - 10yr warranty on the suggested box. - Recommended for coastal use. - Proposal to the club – agreed. (£630 inc. VAT) - Box runs off the mains – electrician required to go through the wall - Committee agreed that a quote for the work to get it up and running should be required before buying the defib box - SR to find out if the church have an electrician and if they would cover/contribute to these installation costs? - Does it cost extra to personalise it? Yes £20 + VAT! 	SR
	Date of next committee meeting: 29 th January 2020	
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