



Plymstock Road Runners - Committee Meeting No. 187 Minutes

Date: 20th October 2021

Present: Steve Rose (SR), Linda Worsfold (LW), Graham Bale (GB), Jackie Falkner (JF),
Carla Tunncliffe (CT), Brett Tunncliffe (BT)

Apologies:

Item	Discussion	Action
1.0	Minutes from the last meeting (GB)	
1.1	Acceptance: The minutes of the previous meeting are accepted by all.	
1.2	Matters arising:	
a)	Item 2.1 - Armada Network Treasurer still required. As feedback, LW suggested that tasks/responsibilities of the position are stated including any liabilities.	GB
b)	Item 6.1 - The social feed on the website is not working, SR to ask Matt Slight. The membership form is being used as an enquiry form as well; suggest creating a 'General Enquiry Form' to go with an amended 'Membership Application Form' which contains the bank BACs information.	SR
c)	Item 7.1 - Update of PRRs Welfare Policy. This action is to be carried forward.	SR LW/SR
2.0	Finance (LW)	
2.1	Year to date credit £184 with currently 86 no. paid up members. Finance forecast estimated with reduced hall rent; there are allowances for future social events and website costs.	
3.0	Club Kit (CT)	
3.1	Due to issues, it was agreed not to use Fitness for Sport for the supply of the club racing tops. Discussions are ongoing with Run Venture who purchases supplies from Scimitar Sports Wear. There is a design set up fee of £50, then £25 for delivery. They also provide hoodies as well as other various tops. A fee of £26 for a racing top is proposed. JF to email club members with a website link to Scimitar Sports Wear asking for orders; only vests at present. It was also stressed by the committee that once the issues over kit are resolved, it will be enforcing the rule that exists that race participants are to wear the official blue club top bearing the PRR logo at official races. CT to ask Run Venture whether names can be added to the racing tops. Post meeting note: yes, they can for an extra fee of £1.	JF ALL CT
4.0	CIRF/LIRF Training Courses (JF)	
4.1	Bill Christie has expressed a desire to undertake the CIRF course early next year; cost believed to be around the £360 mark. Bill is happy to travel to the venue. This was agreed positively by the committee. JF is to forward an invite to club members to volunteer to undertake a LIRF course; then assist Bill in the various training opportunities that arise within the club.	JF
5.0	Christmas Party (JF)	
5.1	Original idea of 'Post Pandemic Event' now rolled into one at Christmas which is slightly scaled down due to some future uncertainties relating to Covid. The plan is to hold this at Fort Stansfort on Saturday 27 th November and to include a disco on the theme 'Music through the ages; 50's to the current day' along with either a sit down meal or buffet. Advice concerning Covid is to be	



	sought from Fort Stamford on how best to arrange food.	
6.0	Mousehole Christmas Run (JF)	
6.1	Steve Leonard is organising a PRR social event planned for Saturday 11 th December; taking train down to Mousehole to do an evening run to see the lights; then returning back late to Plymouth. Potential fancy dress for those who wish to.	JF
7.0	Couch to 5k (JF)	
7.1	Bill Christie wishes to run another C25K course, suggesting a January 2022 start and culminating with a graduation at a parkrun event in April. JF to ask Dave Dane to publicise the PRR C25K course at the Schools Cross Country events and through any associated connections. JF also to ask Bill Christie to confirm whether it is a 10 or 12 week duration and to provide some dates. SR to create a new page on the website to advertise this.	JF JF SR
8.0	First Aid Training (JF)	
8.1	JF suggested providing club members with some first aid training. SR agreed to do this; duration 1 to 2 hours during a weekday evening. They will have a running focus; possibly in the church hall with potential free invite to the church membership as well. Two Wednesday sessions suggested at a fee of £5 per person and will include some basic CPR.	SR
9.0	Strength Training Workshop (JF)	
9.1	Some of the Improvers were injured following the Plymouth Half Marathon; the club would like to assist in their recovery and future prevention measures. CT agreed to put together a taster session of strength exercises that could be used at home; say 10 top exercises that strengthen muscles (joints and core). This will be offered to all members and it is planned to have one such session before Christmas; possibly held in the church hall. CT to confirm some dates on weekday evenings.	CT
10.0	Church Hall Use (LW)	
10.1	A potential opportunity to return back to the hall exists for Thursday evenings. Covid precautions need to be taken and specific requirements are to be discussed with John Parkinson with a planned start date of Thursday 4 th November 2021. LW to ask John about any church Risk Assessments and SR will review the PRR Risk Assessment. The intention is to make drinks available after the run.	LW/SR
11.0	Schools Cross Country (JF)	
11.1	Email received from Dave Dane; four races thought to be held at the Staddiscombe Playing Fields (JF to verify location). For age 5 children, route is twice around football pitch; age 6, three times around. SR agreed to assist with marking out the course.	JF SR
12.0	Any other business (All)	
12.1	Monthly club meals at Fort Stamford commenced this month (October) with positive feedback.	
12.2	JF provided feedback from the Improvers Group expressing their interest in undertaking some trail running sessions. SR agreed to assist and JF to add SR to the Improvers Messenger Chat Group for him to liaise directly with them (the chat was set up originally by Bill Christie).	SR/JF
12.3	The three main house builders at Sherford reacted positively to PRRs request to display a PRR banner (good PR as community project!). We only have one banner which is currently at the Oaks pub (<i>is that connected to Plymstock</i>	



12.4	<p><i>Albion?</i>). As we wish to retain the banner at Oaks, the committee agreed the expenditure to purchase another banner for Sherford (or perhaps two subject to cost). SR to obtain some costs and feed this back to the committee. Following from discussion on banners, subject to PRR flags was raised. PRR have two flags which are stored at Dave Dane's along with the start banner, posts etc that are used for PRRs Muddy Duck races. It was suggested these should be made available for the use of club member who support runners at race meets. It will provide much better publicity for PRR. JF to ask Dave Dane.</p>	SR JF
13.0	Date of next meeting (GB)	
	Next committee meeting Wednesday 12 th January 2022 at 7:30pm held at Paul and Linda Worsfold's home.	ALL