



Plymstock Road Runners - Committee Meeting No. 199 Minutes

Date: Tuesday 19th March 2024

Present: Linda Worsfold (LW), Graham Bale (GB), Sean Doogan (SD), Zoe Anning, Helen Metherell (HM), James Mann (JM)

Apologies: All present

Item	Discussion	Action
1.0	Finance/Membership Update (LW)	
1.1	<p>General comments</p> <p>Encourage members to complete membership form on renewal.</p> <p>Not many members have renewed to date.</p> <p>Muddy duck toilets deposit to pay; agreed to go with same contractor as previous year (hire 2no wc's).</p> <p>Council grant for training is no longer available, PRR put zero in the budget.</p> <p>Tim Boulden has expressed interest in LiRF; he is already an EA member, cost about £160. This is not in budget however not an issue regarding expenditure.</p>	<p>LW</p> <p>LW, ZA</p>
1.2	<p>Ian Lamerton's EA Affiliation Transfer (LW, GB)</p> <p>Ian needs to take first step; LW will send Ian an email providing guidance.</p>	LW
2.0	Armada Forum Meeting Update (SD)	
3.1	<p>The Armada network has produced minutes.</p> <p>Plymouth Argyle is taking over the Brickfields site. Some concern over availability of track if not well used by COPAC; low numbers currently attending the Armada track sessions.</p> <p>Tamar Trotters are still without a Chair.</p> <p>Information on the SPONDS app was shared at the meeting with interest generated.</p> <p>Muddy Duck date 20th July reiterated with entries opening soon; race permit received from the council.</p> <p>The Armada Network storage container is to be relocated from adjacent to the former COPAC building to a location adjacent to the track.</p> <p>Saltram 5k is going ahead, dates are 10/4, 8/5, 12/6, 10/7, 14/8, 11/9. £3.00 entry fee. PRR to marshal on the 12/6 tbc.</p> <p>The Armada AGM is Monday 13th May.</p>	SD
3.0	Club Standards (LW) (<i>Health and Safety</i>)	
3.1	<p>Updating of the H&S template from the EA is ongoing.</p> <p>PRR is non-compliant regarding missing chairperson.</p> <p>Need to clarify if we accept under 18 age members. The Schools Cross Country comes under this category. ZA is doing additional safeguarding course to cover under 18's at cost around £10-£20.</p> <p>Consider adding requirement for members to carry ICE data with them on runs. A list of First Aid Officers should be displaced on the notice board.</p> <p>Consider streamlining the checking of members in and out as means of accountability for members returning from run/training activity.</p>	LW
4.0	Club Kit Update (ZA)	
4.1	<p>Update from 'Kit World'.</p> <p>Looking for current kit design template; try emailing Jackie Faulkner or possibly Carla Tunnicliffe.</p>	ZA



5.0	Website (ZA)	
5.1	Gmail addresses for PRR correspondence and links on the website. LW will request an update to the website of Gmail addresses associated with the 'info@plymstockroadrunners.co.uk' website link. SD, HM and JM Gmail addresses to add.	LW, SD, HM, JM
6.0	Social Events (SD)	
6.1	Wine and cheese night perhaps at Plymouth Oaks, at/near club anniversary date around first Friday in July. Potential quiz 'Wine & Wisdom'. Fish & chip evening was a success, LW to offer John Parkinson additional monies for extended hire time of hall.	SD LW
6.2	A March Breakfast run is organised by SD for the 24 th March.	SD
6.3	Pub Nights – Next one for May is at Fort Stamford. Try 'The Kings Arms', Oreston for June's pub night. SD will arrange meal following the Plymouth Running Festival races on the 28 th April.	SD
7.0	Potential Club Target Races (JM, HM)	
7.1	The following races are listed for information: <ul style="list-style-type: none"> • Plymouth Half, 10k and 5k; Sunday 28th April 2024. • Saltash Half and 5k; Sunday 5th May 2024. • Ivybridge 10k; Saturday 11th May 2024. • Muskies Madness; Saturday 18th May 2024 <i>cancelled.</i> • Race the Tide; Saturday 25th May 2024. • Buckland Bounder; Saturday 8th June 2024. • Erme Valley Relays; Friday 28th June 2024. • Magnificent 7; Sunday 7th July 2024. • Cornwood 10k; Saturday 27th July 2024. • Torbay Half Marathon; Sunday 29th September 2024. • Plymouth Harriers Autumn 5; Sunday 13th October 2024. • Eden Full and Half Marathon; Sunday 20th October 2024 • Tavy 7; Sunday 27th October 2024. • Storm race not yet advertised but taking place on 15th September. • Armada 5k Summer Series races on the 2nd Wednesday of the month. 	All
8.0	Schools Cross Country (All)	
8.1	Years 4, 5 and 6 at Plymouth Oaks on Fridays. The last one for the season will be after Easter during April. Date to be confirmed by Steve Rose and ZA will add it to Sponds. Positive feedback has been received.	ZA
9.0	Muddy Duck Race 2024 (All)	
9.1	The date is 20 th July 2024 and as per previous years, much help is required by club members. The winning charities, Dartmoor Search & Rescue Plymouth Team and Jeremiah's Journey, was announced at the AGM and will be publicised prior to the race. Helen Metherell is preparing the promotion materials. Race notification submitted on police website. Race permit received. Toilets now can be booked. Entries will open soon. Suggest preparing advertising fliers for handing out at the Armada 5k races	HM HM HM



	and Parkrun's. Previous years feedback was that race was not 10k as advertised.	
10.0	Any other business (All)	
10.1	Many committee minutes are not on website; some potential sensitive data on the Life Membership was briefly discussed. This will be removed if published on website. Suggest only keep last 12 months minutes on website.	GB
10.2	AGM minutes - Committee happy with the following amendments: Issue with Appendices regarding paging/formatting to be checked. Club kit and Armada Grand Prix sections should be ZA, not LW. GB to correct the above and issue minutes formally.	GB
10.3	Church Hall keyholders - GB has Jackie's key which is available. Post minutes note; JM now has this key. For information, current key holders are Alan, Steve, Zoe, Sean, Linda, James, Graham.	
14.0	Date of next meeting No.200 (GB)	
14.1	Tuesday 14 th May 2024.	ALL