



Plymstock Road Runners - Committee Meeting No. 200 Minutes

Date: Tuesday 14th May 2024

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

Apologies: Helen Metherell (HM)

Item	Discussion	Action
1.0	Finance/Membership Update (LW)	
	<p>Brief comments on finance handout to date: Lloyds Bank signatories are now updated. ARC payment £99 sent – ARC covers our Public Liability insurance; split 50/50 between Muddy Duck and Seniors. Erme Valley Relays forecast is £64. Cross Country forecast is £70; suggested £3 per person per race (as Armada 5k) and club pay the rest as appropriate. Club has 64 members currently of which 24 are EA registrations. Muddy Duck race donations are to be made following the race in July. Additional Church Hall rent to paid for additional time of use on the Fish & Chip evening.</p>	
2.0	Armada Forum (SD/GB)	
3.1	Saltram 5k dates are 12/6, 17/7, 14/8, 11/9. £3.00 entry fee. PRR are marshalling the event on the 12 th June; to publish on Sponds and Facebook.	ZA/SD
3.2	The Armada AGM is next Monday 20 th May (revised date). Question to ask; 'is EA membership required to enter the Forum Races?' Also verify the fees payable by the clubs.	SD
3.3	ZA is happy to house/store the PRR items held in the container at Brickfields.	ZA
3.0	Club Standards (LW) (<i>Health and Safety</i>)	
3.1	Updating of the H&S template from the EA is ongoing.	LW
3.2	ZA is doing additional safeguarding course to cover under 18's at cost around £25.	ZA
3.3	Further discussion on streamlining the checking in and out of club members from Thursday's runs. Encourage members to run in at least groups of two.	
3.4	The missing Chair is still a non-compliance on the Club Standards.	
3.5	Bill Christie is still listed as our coach which is okay as long as he is happy. Maybe a question for the Armada Forum to ask if anyone is available to act as our coach and be named in the Club Standards. A coach can be member of more than one club.	
4.0	Leaders in Running Fitness (LiRF) Training (GB/LW)	
	Tom Boulden expressed an interest in LiRF; he is already an EA member, cost about £160. SD to find out from Tim about potential future club coaching.	SD
5.0	Club Kit Update (ZA)	
	A meeting is arranged to discuss club kit on Thursday with 'Kit World'. The club now have received the current kit design template.	ZA
6.0	Website (ZA)	
	Display on the 'Events' page is not correct; outdated events are being displayed. Contact Chris Smith on this one. HM will look at the login process.	ZA, HM



7.0	Social Events (SD)	
7.1	Wine and cheese night with quiz at Plymouth Oaks, near club anniversary date around first Friday in July agreed; £12 per head.	SD
7.2	Breakfast run is organised by SD for the 19 th May 2024 at Bovisand's Car Park.	SD
7.3	Pub Nights – Next one for June is a Fish & Chip evening in the Church Hall. Back at Fort Stamford for July. SD to feedback to Fort Stamford the club members comments concerning meals.	SD
8.0	Potential Club Target Races (JM, HM)	
8.1	A member suggested to GB on placing a up and coming race list on the website. We are in effect already partly doing this on Sponds; so, it was considered unnecessary. Number of races could be increased on Sponds.	All
8.2	The following races are listed for information: <ul style="list-style-type: none"> • Race the Tide; Saturday 25th May 2024. • Exeter Great West Run; Sunday 26th May 2024. • Buckland Bounder; Saturday 8th June 2024. • Erme Valley Relays; Friday 28th June 2024 (PRR teams to arrange). • Magnificent 7; Sunday 7th July 2024. • Cornwood 10k; Saturday 27th July 2024. • Storm race not yet advertised but taking place on 15th September. • Torbay Half Marathon; Sunday 29th September 2024. • Plymouth Harriers Autumn 5; Sunday 13th October 2024. • Eden Full and Half Marathon; Sunday 20th October 2024. • Plymouth Harriers Autumn 5; Sunday 20th October 2024. • Tavy 7; Sunday 27th October 2024. • Armada 5k Summer Series races generally on the 2nd Wednesday of the month (July is a week later). 	
9.0	Muddy Duck Race 2024 (All)	
	<p>The date is 20th 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.</p> <p>Preparation of advertising fliers for handing out at the 12th June Armada 5k race.</p> <p>A link to the entry system has been sent to HM by Steve Rose.</p> <p>The toilets and first aid cover have been arranged/confirmed.</p> <p>ZA to make up packs of mini ducks to hand out to participants on completing race; 100no.</p> <p>All other paperwork is in place.</p>	
10.0	Any other business (All)	
	Discussion about a membership satisfaction survey?	?
12.0	Date of next meeting No.201 (GB)	
	Tuesday 23 rd July 2024 at Linda & Paul's agreed.	ALL