



Plymstock Road Runners - Committee Meeting No. 201 Minutes

Date: Tuesday 23rd July 2024

Present: Linda Worsfold (LW), Graham Bale (GB), Sean Doogan (SD), James Mann (JM), Helen Metherell (HM), Zoe Anning (ZA)(from 21:00hrs)

Apologies: All present

Item	Discussion	Action
1.0	Finance/Membership Update (LW)	
	Brief comments on finance handout to date: Club has 66 plus 2 life members. Muddy Duck race donations are now to be made following last week's race. The quiz raised £91; agreed that a thank you card be sent to Plymouth Oaks. Muddy Duck profit currently stands at £391 with Fun Run medal, printing and safety pins costs still to be claimed. Payment to the church for additional length of hall hire from the last Fish & Chip evening to pay.	LW SD LW
2.0	Armada Forum (SD)	
2.1	Saltram 5k future dates are 14/8, 11/9. £3.00 entry fee. PRR marshalled the event on the 12 th June; Storm doing August, Tamar Trotters doing September.	
2.2	EA membership of participants is not required to enter the Forum Races; however, Keith Reed will require a list of any members not EA registered.	SD
2.3	Next Armada Meeting is on the 9 th September.	SD
2.4	There are Coaching and Officiating face to face courses being arranged.	
2.5	Keith Reed still requires a list of the PRR members who marshalled the Muddy Duck for the Grand Prix points.	SD
2.6	Armada Christmas Relay's is to be held on 15 th December.	
3.0	Club Standards (LW) <i>(Health and Safety)</i>	
	The Health & Safety policy template is in working progress. Once complete, it will need ratifying at the AGM during February 2025. HM volunteered to assist LW with this; an expression of thanks was expressed.	LW, HM
4.0	Leaders in Running Fitness (LiRF) Training (GB/LW)	
	Tim Boulden's expression of interest in LiRF with a cost around £160. SD agreed to message Tom.	SD
5.0	Club Kit Update (ZA)	
	A set of club kit gear from 'Kit World' will be available for members to purchase in September.	ZA
6.0	Website (ZA)	
	None.	
7.0	Social Events (SD)	
7.1	Wine and cheese night with quiz at Plymouth Oaks feedback was positive.	
7.2	Trail run is organised for Wednesday evening 24 th July 2024 at Noss Mayo.	SD
7.3	Pub Nights – Next one for August is back at Fort Stamford. Jill Rose forwarded negative feedback on recent Fort Stamford meals; this was discussed. SD to provide feedback to Fort Stamford the club members comments.	SD
7.4	Feedback from meal following Muddy Duck at the Plymstock Inn was generally okay except the BBQ Chicken Melt was poor.	
7.5	Christmas party date agreed for mid-January 2025 with selection of venues discussed. SD to ask club members and obtain sample menus.	SD



7.6	A breakfast run is arranged, finishing at the Chaddlewood Inn on Sunday 11 th August.	SD
8.0	Potential Club Target Races (JM, HM)	
8.1	<p>The following races are listed for information:</p> <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 due to take place on 15th September is cancelled. • Torbay Half Marathon & 10k; 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. • Cornish Marathon; Sunday 3rd November 2024. • Armada Christmas Relay's; Sunday 15th December 2024. • Armada 5k Summer Series races; Wednesdays 14th August and 11th September 2024. 	All
9.0	Muddy Duck Race 2024 feedback (All)	
9.1	Took place on the 20 th July 2024 and gift to charities 'Dartmoor Search & Rescue Plymouth Team' and 'Jeremiah's Journey', will be made as agreed at the AGM.	LW
9.2	Date of 2025 race needs setting much more in advance.	
9.3	What went well: good turnout; good marshalling.	
9.4	Improvement considerations: Couple of marshals were unsure of position; bookings were quite low, booking system was too late going on line; a 'no medal?' comment was received; distance under 10k complaint (a repeat of last year); position 4 marshal required extra person; a back runner was missing.	
9.5	A child tripped on the Fun Run, apart from that, no incidents.	
9.6	Received a request for a refund/rollover place to next year. Our policy is not clear, so needs amending.	
9.7	Agreed that next year, a specific Race Committee should be created. LW will approach Steve Rose about this. A chronological timeline needs to be set for all tasks. ZA, HM, JM and LW happy to be on this Race Committee.	LW, ZA, JM, HM
9.8	Sports System Login: HM to be added.	ZA
10.0	Any other business (All)	
	HM pointed out from EA newsletter that a Club Improvers Fund is available to clubs. HM will come up with an application proposal.	HM
11.0	Date of next meeting No.202 (GB)	
	Tuesday 15 th October 2024 at Linda & Paul's agreed at 19:30hrs.	ALL