

Plymstock Road Runners - Committee Meeting No. 212 Minutes

Date: 3 Aug 2026 (via Zoom)

Present: Steve Rose (SR), Linda Worsfold (LW), Helen Methereil (HM)

Apologies: Sean Doogan (SD)

Item	Discussion	Action
1.0	Minutes from the last meeting	
1.1	Acceptance: The minutes of the last meeting were accepted.	
1.2	Matters arising:	Closed
1.3	Membership Fees. Some members who had not renewed their membership have now done so, and there were a number that did not. Welfare Officer. Francis Thompson needs to complete the Safeguarding in Athletics e-module. Cost is £10 to be covered by PRR.	
		LW
2.0	Finances	
2.1	HM to be added as a Bank Signatory. It was agreed to remove GB	LW
2.2	Website domain invoice received. To be paid	LW
2.3	The club will pay the Armada Athletics Network subs, despite having not receiving an invoice.	LW
2.4	We have not seen some recent potential members return. SR to draft a follow up email to ask those people for some feedback as to why they have not joined, do they want us to keep their details? How can we improve etc.	SR
3.0	Inclusions Policy	
3.1	HM has received the latest Inclusion Policy from EA. This will be published on the website	HM
4.0	Under 18's running with the club	
4.1	PRR is an adult only club, and this has been stipulated with EA. Members who bring along a child are responsible for them and (in all likelihood) will run with them. LW to check if EA insurance covers us for a parent running with their child	LW
5.0	Any other business	
5.1	Two notifications received on Facebook to join the club FB. Both accepted. HM to monitor and review after two weeks	HM
5.2	Marshalls for Armada Athletics Network Saltram 5k. 15 on Spond and all likely to attend.	All
5.3	LIRF trained members. How do we want to use Tom and Sean? Perhaps suggest that they (or any other club member) come up with some new routes. If we have some volunteers, perhaps give them ten weeks of routes that they can review and amend as necessary. The shortest route needs to be at least 3m, and this needs amending for all weeks.	SR
5.4	Agenda item for next meeting: Should PRR be a member of both EA and ARC?	All
6.0	Date of next meeting	
	The meeting finished at 2140 Date of next meeting: Wednesday 16 Sep 2026 via Zoom. If this is not acceptable to all, a new date will be suggested	ALL

Plymstock Road Runners: Seniors as at 3 August 26

Description	26/27 Budget £	YTD Actual £	Remainder of year £	Total year £	Variance to Budget £	Comment - YTD	Comment - Budget
Income							
Memberships	1,430	1,262	168	1,430	-	61 members including 2 life and 1 gratis	65 members @ £22
EA athlete fees	345	276		276	(69)	12 @ £23	15 athletes @ £23
Club kit		5		5	5		
Party	2,000	-	2,000	2,000	-		
Races	75	32	43	75	-	Erme Valley relays	Relays - Erme Valley & Christmas
Defib battery	35	-	35	35	-	Church contribution - defib pads	
				-	-		
Total income	3,885	1,575	2,246	3,821	(64)		
Expenditure							
Affiliations	349	309	40	349	-	Armada £40 still to pay	EA £210, ARC £99, Armada £40
Rent	842	360	482	842	-	4 payments to date	13 payments @ £60 plus allowance for inflation
Refreshments	125	27	98	125	-		tea, coffee, mulled wine etc
EA fees	345	276	-	276	69	to date 12 athletes @ £23	matched by income
Prizes - relays	20		20	20	-		
Charity and gratuities	50		50	50	-		
Miscellaneous	25		25	25	-		
Party	2,000	10	1,990	2,000	-	£10 thank you re Jan party	
Replacement kit	-	-	-	-	-		
Website maintenance	75	-	75	75	-	£50 amends, domain renewal 2 years £31	
Website hosting	100	-	105	105	(5)		
Races	75	32	43	75	-	Erme Valley relays	
Training	200	183	17	200	-	LiRF £176 - TG; £8 thank you	
Domain renewal	-		-	-	-	Due in 27/28	
Defib pads	70		70	70	-		
Bank charges	51	21	30	51	-		
Sundry			-	-	-		
Total expenditure	4,327	1,218	3,045	4,263	64		
Net surplus/(deficit)	(442)	357	(799)	(442)	-		
Allocated to Juniors							
Schools cross country	250	83	167	250	-	To date - engraving	
Total expenditure	250	83	167	250	-		
Net surplus/(deficit)	(250)	(83)	(167)	(250)	-		
Muddy Duck							
Net surplus/(deficit)	-	-	-	-	-		

	£ b/fwd	£ YTD	£ c/fwd	£ forecast		
Seniors	2,146	357	2,503	1,704	Bank	4,627
Juniors	1,116	(83)	1,033	866	Cash	-
Muddy Duck	1,091	-	1,091	1,091		4,627
	4,354	274	4,627	3,662		-