Plymstock Road Runners - Committee Meeting No. 214 Minutes

Date: 16 Nov 2026 (via Zoom)

Present: Steve Rose (SR), Linda Worsfold (LW) and Sean Doogan (SD)

Apologies: Nil

Item	Discussion	Who
1.0	Minutes from the last meeting	
1.1	The minutes of the last meeting 213 were accepted.	All
	Matters arising**:**	
1.2	Steve Cooksley. Not chased. Item closed	
1.3	Children U16 must run with a parent. Information to that effect to be put on the club membership joining form. Constitution?	SR
2.0	Finances	
2.1	See Finance statement below	
2.2	Spond to be updated with those people that don't attend	LW
2.3	It was noted that membership numbers are lower than budgeted	
3.0	Social Update	
3.1	Quiz and Curry night. Louis has confirmed price of £20 pp at Ft Stamford Sat 23 Jan 27. Surplus funds can possibly be used for prizes (bottles etc). Arrival 1900, quiz/buffet from 1930 TBC. Google form to be sent to members to include allergies. Teams: 4-6 people	SD
3.2	Breakfast Run. Sat morning 21 Nov 26. Details on Spond and FB	SD
3.3	Oh My Obelisk. Post run meal at The Smugglers. Table booked	SD
4.0	Schools Cross-Country	
4.1	James Mann now has all the equipment. 3 dates in January 2027	
4.2	ARC has answered query about insurance and details sent to committee: all ages are covered by ARC insurance training or events	
4.3	Check that there is an up-to-date Risk Assessment for XC	SR
5.0	Armada Athletics Network	
5.1	The next meeting is also on 16 Nov 26. SR sent apologies and club report.	
5.2	Christmas Relays. SR to provide First Aid with other clubs. Event to be promoted on club nights	All
6.0	Any other business	
6.1	Need to promote the need for more Committee members	All
6.2	Tom Gurry is now fully qualified LIRF. SD and TG to seek feasibility of another C25K and promote for lighter evenings in 2027. Suggested days: Mon & Thu 1815 and Sat/Sun am	SD TG
	Date of next meeting	
	The meeting finished at 2053 Date of next meeting: 25 Jan 27 (via Zoom)	All

Plymstock Road Runners: Seniors as at 16 November 26

Description	26/27 Budget £	YTD Actual £	Remainder of year £	Total year £	Variance to Budget £	Comment - YTD	Comment - Budget
Income							
Memberships	1,430	1,298	132	1,430	-	63 members including 2 life and 1 gratis	65 members @ £22
EA athlete fees	345	299		299	(46)	13 @ £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**	**1,634**	**2,210**	**3,844**	**(41)**		
Expenditure							
Affiliations	349	349	-	349	-		EA £210, ARC £99, Armada £40
Rent	842	600	242	842	-	8 payments to date	13 payments @ £60 plus allowance for inflation
Refreshments	125	74	51	125	-	Saltram 5K - £18	tea, coffee, mulled wine etc
EA fees	345	299	-	299	46	to date 13 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	35	218	(18)	LiRF £176 - TG; £8 thank you; £35 - welfare training	
Domain renewal	-		-	-	-	Due in 27/28	
Defib pads	70		70	70	-		
Bank charges	51	38	13	51	-		
Sundry			-	-	-		
Total expenditure	**4,327**	**1,691**	**2,613**	**4,304**	**23**		
Net surplus/(deficit)	**(442)**	**(57)**	**(403)**	**(460)**	**(18)**		
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	(57)	2,089	1,686	Bank	4,213
Juniors	1,116	(83)	1,033	866	Cash	-
Muddy Duck	1,091	-	1,091	1,091		**4,213**
	4,354	**(140)**	**4,213**	**3,643**		