

Minutes of the meeting of the Low Fell Running Club Committee
(the "Committee")
@ Gateshead Fell Cricket Club on Thursday 28th February 2019

Committee member	Initial	Attended	Apology
Alan Elders (Chair)	AE	x	
Richard Conder	RC		x
Vicki Halse (Treasurer)	VH		
Lesley Johnson	LJ	x	
Neil Kavanagh	NK		x
Doug Long	DL		x
Clare Magrath (Secretary)	CM	x	
Neil Morris	NM	x	
Garry Patterson	GP	x	
Keith Pearson	KP	x	
Roger Sillito	RS	x	
Mike Stacey	MS	x	
Carl Watson	CW		x
Stan White	SW		x
John Stephens	JS	x	

Actions carried forward from previous meetings:

Reference	Action	Owner	Due Date
LFRC records on website	RC to complete research and definitive table of records and yearly bests of the club. 2 month time period requested. - still ongoing	RC	March 2019

10.01.19			
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New actions from this meeting:

<u>Reference</u>	<u>Action</u>	<u>Owner</u>	<u>Due Date</u>
2	Policy to be written for payment of races	VH ?	
8	CM to organise 'make your number' form for members to fill in for watch	CM	April 2019
11	Begin to establish a route for the club races in order for it to be measured	RC	
3	CM to email groups and businesses to discuss strength and conditioning plans	CM	March 2019

Items are minuted in the order in which they were discussed.

	Actions and Minutes	Owner
	Last months minutes were agreed and passed by the the chairman. CM informed the committee that these had been on the website since 3/2/19 and distributed to the committee a week previous to the meeting.	CM AE

<p>1.</p>	<p>Marathon place to be carried over</p> <p>CM explained the situation of one of our members and their club ballot London Marathon place. (Runner is now injured and is now unable to run, therefore would like their place offered to them for next year) The committee discussed how this has previously happened and other runners had missed out due to only one place been offered. The committee agreed that it would be unfair to the rest of the members if there was only one place available next year. CM explained that the rules were explained to the athletes when their names were drawn from the ballot. The committee voted unanimously that the places will be offered in the original ballow way and no places will be carried forward. CM will inform the member of this decision.</p>	
<p>2.</p>	<p>Payment for races</p> <p>VH discussed how it is becoming increasingly difficult to gather entry money for races. She acknowledged that CM/RC/VH could be more organised when they are informing people about races. The committee agreed there should be a policy written and members should be informed of this on the google forms, when entering a race. RS said he would research a way to allow members to pay for entry when they fill in the form using the 'Monso software'</p>	<p>VH</p>
<p>3.</p>	<p>Bid plans</p> <p><u>Track and Field opportunities:</u> - CM shared that she had been in touch with organisers of the Wednesday night athletics league. LFRC have been added to the mailing list and will be informed of the fixtures and expectations.</p> <p>MS shared the results from the last years meetings so we can compare the times and our club expectations - next steps to be planned for this</p> <p><u>Physiotherapist opportunities:</u> - The committee discussed a range of ideas and agreed that CM should email a range of physios to see if they can offer a block of strength and conditioning training for members in the summer months (Timings, venue, programme TBC) The committee discussed different groups and businesses to contact. CM will report back to the committee at the next meeting.</p>	<p>CM</p>
<p>4.</p>	<p>Charity fundraising</p> <p>CM read a message (discussing what the charity can offer) between RC and his contact at the Aquilla Housing charity. Committee agreed this was a great</p>	<p>VH RC CM</p>

	idea and are happy to move forward with them planning to attend the Angel View run with marshalls and 'stalls' in June.	
5.	Date of AGM RC/AE/CM have discussed and the AGM will be held on Thursday 4th April. CM/AE/RC are to meet on Monday 4th March to discuss plans to bring this together.	AE
6.	Safeguarding update NM informed the committee that himself and CM has attended safeguarding training. He mentioned the benefits of adhering to the England Athletics schedule if there was a safeguarding incident reported. The committee agreed this was the best way forward. CM will ask if they can use some of a noticeboard to display this along with important club information. AE mentioned that he has cards for the Juniors where they mention who the safeguarding officers are. NM will also discuss some visits to the Junior section to make himself familiar with the protocol.	CM NM
7.	Subs - AE said he thought members subscriptions will need to increase to £30. This is because of the increasing percentage EA are going to take this year (£18 of £25) and this will carry on increasing until 2020. This is also due to the club affiliating with England Athletics and the rent at the cricket club likely to increase too. The committee agreed and this will take effect in April 2019.	AE
8.	Raffle - LJ mentioned a watch which has been donated to the club by start fitness. Seh suggested doing a 'pick a number' style raffle with the players paying a pound to enter. The draw will be made at the AGM and the winner will get the watch. The committee agreed this was a good idea. CM will make the 'make your number' template and give to Lesley for sharing.	LJ

9.	<p>Blyth 10k on Grand Prix - The committee discussed that Blyth 10k is on the clubs Grand Prix and entries have already closed for the event, before it was advertised for members. MS said that it has been on the club Grand Prix for a number of years and there are lots of other races which are over subscribed also. He also added that there are some club members entered and therefore it will remain on the schedule.</p>	CM
10.	<p>Angel Race Planning meeting - VH shared that CM/VH have a meeting with Rachel from Gateshead Live on Sunday morning to begin discussing ideas for the Angle Race. AE added that Andrew Laidler has no objections for all races to start and finish at the Angel. AE has also applied for the licence and first aid certificates. VH asked for members of the committee to share their ideas at the future committee meeting.</p>	VH
11.	<p>Race licences for club races - CM shared the information which RC had passed on. The committee agreed that this was a good ideas are happy for the course to be measured and begin process of applying for the licence. AE offered support when filling out the licence application form.</p>	CM RC
12.	<p>Any other business:</p> <ul style="list-style-type: none"> ● Resignation of chairman - AE said that he would like to resign to give other people who are younger an opportunity to be chairman of the club. AE said he was still happy reducing his workload and being chairman but he did not want to stand in the way of anyone else who would like the opportunity. The committee enthusiastically agreed that AE should continue in his role and this can be discussed further when necessary. ● Next meeting Thursday 28th March at 6.15pm <p><u>No further business was raised and the meeting was closed.</u></p> <p>Items proposed for future discussion since meeting:</p> <ul style="list-style-type: none"> ● AGM awards and organisation, Track and field opportunities 	

