

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

Committee member	Initial	Attended	Apology
Alan Elders (Chair)	AE	x	
Richard Conder	RC		x
Vicki Halse (Treasurer)	VH		x
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	RC	March 2019

10.01.19	period requested. - still ongoing i this is going to be carried over to the next meeting		
	CM to organise 'make your number' form for members to fill in for watch - this is going to be carried over to the next meeting	CM	April 2019
	Begin to establish a route for the club races in order for it to be measured - RC to contact AE to organise measurement of course	RC	

New actions from this meeting:

<u>Reference</u>	<u>Action</u>	<u>Owner</u>	<u>Due Date</u>
1 AGM	CM to organise food for the event. CM to print order of evening.	CM	4/4/19
3 Physiotherapist developments	CM to contact The Performance Clinic to discuss further planning	CM	May 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 AE

<p>1.</p>	<p>AGM</p> <ul style="list-style-type: none"> ● Winners - CM showed the committee the table of winners. The committee agreed it was a good idea to display them like this. ● Awards to be voted for by the committee - CM shared the members votes with the committee. The committee voted on the winners of the most improved male and female. They also voted on a club recognition awards. These will be revealed at the AGM. ● Food - the idea of food was raised as it could tie the event together. The committee agreed this was a good idea and chose a menu from the options available at the cricket club. CM will contact Grant to organise the food. ● Order of the evening - CM shared the order of the evening. Committee agreed it was acceptable. CM will print and bring it along to the evening. 	<p>CM RC AE</p>
<p>2</p>	<p>Go Gateshead Corporate membership</p> <ul style="list-style-type: none"> ● Terms and conditions - CM shared the terms and conditions with the committee as were emailed by VH. There were no questions or queries and the committee agreed to go ahead with these terms and conditions. 	<p>CM</p>
<p>3</p>	<p>Physiotherapist developments:</p> <ul style="list-style-type: none"> ● Aims of the sessions - this was briefly mentioned by CM to the committee. CM shared the aims of the proposed sessions which have been discussed with The Performance Clinic and The Low Fell physio. The committee agreed that JS asked if we could research who would be available to take the sessions as he knows some of the personal trainers who work there. He also raised the possibility of contacting Sophie Marr to discuss our plans also. CM agreed to do this. CM will also further contact The Performance Clinic to discuss the options further. 	<p>CM</p>
<p>4</p>	<p>Club Run successful application:</p> <ul style="list-style-type: none"> ● logistics - CM showed the committee the successful bid for the club run scheme. She shared information about the timings of the scheme and informed the committee that we are not just waiting for England 	<p>CM</p>

	<p>Athletics to allocate us a coach for the programme. The committee discussed various coaches that could come to the club and JS mentioned some names with who he had worked with, in the past. cM will inform the committee of the progress at the next committee meeting.</p>	
<p>5</p>	<p>Track involvement</p> <p>This was carried over to the next committee meeting due to time constraints.</p>	
<p>6</p>	<p>Angel Race:</p> <ul style="list-style-type: none"> ● Charity - CM reminded the committee about the opportunity to work with Aquilla House (as discussed at previous meetings). CM updated the committee about the meeting which CM and VH had with Rachel from Gateshead Council, who have agreed to do the marketing for the race again. (At the separate meeting, Rachel mentioned there could be an opportunity to work with a charity which Gateshead Council are supporting, alongside The Great Elmer Hunt. Rachel suggested that if they agreed to work with us, they may not be positive about the club working with another charity too.) The committee discussed how one charity could support the angel race and one could support the Watergate 5k. JS noted that the Watergate 5k may be a better option for Aquilla House to support as it is the NEMAA race and will attract more of the running community and is a higher profile race. Furthermore, if supporting the charity was a stipulation of working with Gateshead Councils marketing team, this will leave limited choices for the club. The committee agreed with this option. Aside from this, VH is waiting for Rachel to confirm the option of working with the other charity at the angel race so this may change depending on that outcome. ● Sponsorship - CM shared an email From VH about sponsorship. Phil's business is going sponsor both races again. The committee agreed to investigate other sponsorship opportunities - similar to last year. 	

	<ul style="list-style-type: none"> ● Race signage - AE said the only signage we need now is some signs directing the runners to the start of the race as this is going to be different from last year. ● Children's activities - GP agreed that providing we have enough people to marshal the event, JS, himself David Wright will run some children's activities on the field next to the angel. ● Car parking - AE expressed extreme concern about the car parking for the event. He noted that the extra field used in the past is no longer suitable because of the entrance. He suggested we should ask Rachel if we can use the field next to the angel. CM agreed to contact her. (Further to this, AE contacted VH, CM, RC, GP to say he has agreed the use of this field and now has a key for it, for the event. We can now also use the area around the Blue star football field at Eighton banks as well. ● First Aid - AE has received a quote from ST Johns ambulance and it has risen from last year. He is now going to contact AED for a competitive quote. ● Chip Timing - the committee noted that the club is going to offer chip timing for all races this year. AE remarked that numbers and chips will be ordered. 	
.	<p>Any other business:</p> <ul style="list-style-type: none"> ● MS asked the committee to confirm that the club would still like the 'guess your own time 5k.' The committee agreed. This will take place the week after the Pier to Pier race in May. ● JS noted that the committee should look to enter teams into the 4 and 6 stage relays in the Autumn. ● Next meeting Thursday 9th May 2019 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"> ● 	

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