

FROME RUNNING CLUB COMMITTEE MEETING

held on Friday 13th January 2012

Present: Georgie Starkie (chair), Nicola Player (minutes), Kate Wareham, Lynne Grossett, Steve Carroll , Alan Berry, Mark Aston, Jo Fordham, Ali Smith, Ted Sprules , Karen Evans, Jacqui Betts, Sue Watts, Tom Stokes, Dave Lowes, Michelle Caines, Steve Cooper

Apologies: Nick Jones, Chris Steele

1.0 **Minutes** from the meeting held on 25th November 2011 were agreed.

2.0 i) **Membership**

The club now has 109 members of which 48 are new. The new members are not from the Tri-club. Tom suggested that the Tri-club be included on the membership form. From this year, they will need to join on an individual basis. Their fee will be £10 each to cover the UKA affiliation fee and social registration.

Action: Tom will send Georgie the form so she can pass it on to the Tri-club.

ii) **Members Packs**

Tom said he was sending out packs until 3 months ago. He said the information dated from 2006 and related to the rules of the club and information about the Grand Prix.

Action: The new membership secretary will revise the packs and include information on etiquette, the website calendar, an explanation of Wednesday night sessions and what a 'Paul Ryman session' is.

3.0 **Finance**

i) Lynne reported the current account stands at £2560.21. The amount available is £1800.71. Seven leaders are due reimbursement of their course fees. Monies from fundraising and juniors are included in this amount. The reserve account stands at £1188.27

Action: Georgie will keep a check on when leaders' 6 months reimbursement period is up.

ii) **Time Trial bibs**

Georgie said the club needs more. Sue wondered about sourcing these locally (previously they came from Tony Pryce, with whom Sue is negotiating adding reflective strips with TP's name onto the bibs). Steve said he has clip-on numbers that could be used in the meantime.

Action: Sue will email Karen with pricings; Karen will explore local reflective bib suppliers

iii) **Meet and Greet jackets**

It was agreed that 3 are needed.

Action: Georgie will order the jackets if they aren't too expensive

iv) **Waterproof clipboards**

Georgie has sourced these at £24 each.

Action: Georgie will buy 2 clipboards

4.0 **Somerset Athletics Network**

Money is available for club development/support. Other local clubs have received £72k but Frome is a smaller club. Georgie asked for ideas to take forward to the next SAN meeting on Wednesday 18th January. Ideas put forward were: **Help with running a training course to run a half marathon** (Karen), **gait analysis, a stop watch with print out** (Mark), **Coach training, workshops** (marathon, endurance running, strength and conditioning, injury prevention),

Action: Georgie will produce a bid to submit to the Network before the meeting on 18/01/12

5.0 i) Steve Cooper Sports Injury and Rehabilitation

Steve is working with the Frome Train Station Gym and wants to develop links with FRC. He is offering a 15% discount to members for sports massage as well as workshops/clinics on injury prevention and support at events such as the Mells Scenic 7 and Frome Half Marathon. Everyone agreed to him having advertising space on the FRC website. Steve also said he has a blog.

Action: Georgie will talk to Nick about putting Steve's information on the website.

ii) 2012

Michelle suggested that the club support/involve itself in a Fun Day/ Outdoor Activity in July coinciding with the 2012 Olympics and is happy to take the lead. Kate and Jacqui supported this. Kate suggested it could tie in with the Frome Half Marathon. Georgie said this can be put out to the club and a date agreed. Kate suggested involving Tim and Sarah Davis to include juniors.

6.0 Annual Awards Dinner – Saturday 17th March

Kate circulated sample menus from 3 alternative catering companies (self catering is not allowed at the rugby club). The price will be around £25. It was agreed that Kate will follow up and decide on caterers.

Anne Porter's husband, Tom, is providing music with his band and not charging for it. Everyone agreed that Kate could put money raised by past raffles behind the bar for them.

Mark suggested changing the GP prizes for this year. Only the 1st, 2nd and 3rd will receive a named finish trophy; other finishers will all get the same memento. Georgie asked for suggestions for other prizes: best newcomer, most improved runner, members' choice were made. The chair's award for outstanding contribution to the club will be included.

Action: Georgie and Mark will organise the prizes. Kate will decide on the caterers for the dinner

7.0 Frome Half Marathon

Georgie reported that things are moving quickly and entries will be open soon, organised through DBMax, who are also organising timing the event.

Georgie asked for additional input and help on the day. Jacqui, Sue, Ali and Ted put their names forward as did Lynne and Karen for marshalling on the day.

8.0 Mells Scenic 7

Georgie said that Matt is standing down as Race Director and a new one needs to be appointed. He is prepared to advise and help with the race. A sub-committee is needed; she will ask for volunteers. Jacqui, Karen, Sue, Ali, Nicola all offered to help. Mark offered help with stores and equipment.

Mark pointed out that the date of the 23rd September (potentially race day) is the same date as King Alfred's Torment and the day after the Uphill to Wells Relay. Georgie said that MS7 is part of the Somerset Series and any date will need to be checked, that it doesn't clash with any of the series events. She suggested the 30th September.

9.0 Sport Relief 2012

Nicola has been in touch with Pete from the Rugby Club. The Sports Relief packs are being sent out to promote the event on Thursday, 19th January. Pete has asked the running club to provide some marshalls for the day and suggestions for the 3 and 6 mile routes. It was confirmed that the Rugby Club will be responsible for providing medical cover and insurance for the roads being used.

**Action: Kate will email members asking for volunteers for marshalling
Georgie will provide Nicola with suggested routes for the 3 and 6 mile runs.**

10.00 2012 committee

Georgie has received some emails relating to these posts. Ali has expressed interest in becoming membership secretary and Georgie suggested a handover process which could start immediately. Jacqui is to stand for vice-chair. Lynne is happy to continue as treasurer.

The club needs a coach, particularly from an insurance point of view and Georgie has discovered that engaging a club coach is an involved, lengthy process. In light of this, she suggested that Steve and Tim (who are attending coach assistant training) could in the next 6 to 12 months offer mentoring and endurance training before the club goes for a coach.

11.00 Any Other Business

Tom asked for and received agreement that anyone joining the club in February and March, although paying for 12 months membership shall receive 14.

Jacqui thanked Mark for the work he had put into organising the off road night runs.

Kate asked for a bursary system to be set up to help people become leaders whatever their financial situation. Dan wants to become a leader and everyone agreed that the club cover the total cost of the course he wants to attend. The same six month leadership requirement to qualify for reimbursement will stand.

Karen and Kate said how helpful it was to have extra helpers with the SAS on Wednesday and how key it was that people looped back.

Alan said he had received a call from Frome Active (an organisation that encourages people to get involved in sports from underprivileged backgrounds) and is happy to continue being the contact from the club.

Steve Cooper offered a Sports Massage as a prize for the club.

Georgie wants to encourage members to take part in the Somerset Series and will send an email round to that effect. Participants need to run 8 out of a choice of 17 events.

12.00 Date of next meeting

Will be the AGM on Monday, 6th **February** at **7.30** pm at the Rugby club. Nicola gave her apologies in advance; Sue will take the notes of the meeting.