



Hart Road Runners Committee Meeting Minutes

Friday 18 October 2019, 7.30pm @ the Community Room, Morrison's,

Elvetham Heath

1. Attendees/apologies

Apologies were received from Jon Cross.

2. Agreement of July Committee Meeting Minutes and review of action points:

- Grahame to finalise the history of the club and pass to Kate for publication on the website. Spin is adding to the original text with photos. Action: Grahame to finalise.
- Grahame to create events for HRRL races and to publicise opening dates for entries. Update: HRRL races are getting more publicity and posts in the newsletter; work would continue to raise the profile of these races. Ongoing - to be pursued throughout the season.
- Grahame to update rules for membership of Facebook and monitor membership. Action: Gill to pass a list of current members to Grahame - complete. Action: Grahame to align FB membership with current club membership, allowing for circumstances where there would be a legitimate reason for previous members to remain on the FB group. The committee agreed that this should be done at his discretion.
- The Committee discussed the allocation of MRC points for cross-country races; it was agreed that this should be re-communicated to members as per the minutes of the last meeting (3 points for each race) to ensure parity. Action: Grahame/Ged to provide wording as appropriate to Rhea.
- Kate to ask Tom Burr if he has the permission to delete the alternative Facebook group. Update: Tom was not able to help with this; action: Kate to ask Andy Croft.
- Ged to consider a communications campaign to attract members. Hannah to draft a message for Facebook. Update - this has been published on Fleet Parents and Fleet People. It was agreed that this should be done periodically. Action: Ged to post HRR advert on FB every quarter.

- Members who have allocated club email addresses should speak to Dave to understand their preference on how to do this - ongoing.
- Dave to clarify the email account to be used for the newsletter; update: the email account will remain the same - complete.
- Committee members who can access the club calendar to confirm this with Dave - complete.
- Ged to speak to Spin to understand what would be needed to provide more support with the handicap. Update: Spin felt that no further support was required at this stage - complete.
- Hannah to take soundings from members regarding a date for a children's athletics event. Update: event organised for 17 November - complete.
- John to take back to the Hart 4 Committee the committee's feeling that paper cups (not spare water bottles) would be the best option for use at the Hart 4 - complete.

3. Kit - update from Charlie

Long sleeved T shirts have started to sell; now the weather is getting colder the intention is to push sales of hoodies. The kit is now on a Google Docs form so that stock can be monitored.

4. Review of Financial Position - update from John

John L presented the accounts for 1 March 2019 to 29 February 2020. Income less expenditure for the period is £570.79 and the club's bank balance currently stands at £3,674.66. The Hart 4 made a loss this year of £173.90; race fees will go up to £88 per team next year. The club is currently holding stock at a value of £2,002. Cash has gone down over the period and it was agreed that the committee needed to keep a close eye on this. Grahame asked John L to present a projected cash flow for the club to which John L agreed. Action - John L to produce projected club cash flow.

5. Review of Membership - update from Gill

We currently have 208 members up from 196 at the last meeting in July. 195 of our members are first claim. EA have notified the club that athlete registration fees will increase by £1 to £16 per person for 2020-21. The committee discussed whether the club would increase its own fees. Action: John L to investigate what other clubs charge. It was agreed that this should be discussed further at the next meeting.

6. Social Events - update from Kate

The Christmas event this year is likely to run at a loss. There was discussion around what events might be viable for next year. It was agreed that the priority for next year was for the club not to be spending too much money on social events. A more low key event for the May awards might be more suitable. Hannah proposed a social Hash run at a weekend for a summer event. Committee members were asked to come to the next committee meeting with any other ideas for next year's social events.

7. Running Activities - update from Ged

Hampshire League Cross Country has started with a reasonably good result for the first race. Men are in Division 2 and so need a minimum of 5 to compete. Ladies are in Division 3 and need a minimum team of 3. All results are published on the Hampshire League website and appear in Athletics Weekly. The Southern Cross Country League starts next Sunday.

We are now into the winter runs with the schedule published until December. The schedule for January to May is being put together and will be issued during December. Ged asked that Kevin's FB article on fartlek training on Thursday runs be published in the weekly newsletter.

The Monthly Handicap still has steady numbers but we need to encourage more people to do it. This is a monthly time trial and is great for providing all runners with a good snapshot of their current fitness levels.

The guest run planned for next week is not happening but may be rescheduled in the New Year.

We should get 2 places for the Virgin London Marathon club ballot which is planned for after the November handicap. A message will go out to members in this week's newsletter and then on FB. Hannah will apply for the places on behalf of the club.

We will need to ascertain how many VLM runners we have to then plan an appropriate size coach.

We are looking to enter an HRR team for the Hampshire Cross Country Championships and should receive further information soon.

It was agreed that the Mike Cloke Memorial Run should be moved to the summer to encourage more participation and a more social element.

The alternative summer runs (on Handicap nights) attracted a good numbers of runners. The last summer Thursday run can sometimes get a little dark, but this is difficult to predict as it is largely dependent on the weather conditions.

Rhea enquired as to whether track sessions could be purchased online. Action: Dave to investigate purchase of track sessions via the website shop.

8. Coaching - update from Ged

Track sessions on Monday appear to be going well. Turnout varies considerably depending on Sunday's races. Tuesday evening sessions are very popular with a high turnout. Looking at members' race results and the number of PBs being achieved, the training we are providing is clearly effective and producing great results. The training schedule from January to May is being put together and will be issued during December. Ged requested authorisation for purchase of two items - a tent for cross-country (£25 from Millets) and an all weather clipboard (£35). The committee agreed to both.

9. Website and Social Media - update from Kate and Dave

The website has been updated with new content. Photos have been updated onto the development site and are pending publication. Action: Kate to send these to Grahame.

10. Open Issues Discussion

- Safeguarding: Heather attended an EA safeguarding course alongside the club's welfare officers, Howard Robinson and Helen Hart. Heather felt that most members were not aware who the welfare officers were or what they could help with. EA had recommended that the welfare officers should have their names and photos on the club website. The Committee agreed that this should be actioned alongside some communications to club members about who the welfare officers are and their responsibilities. Action: Heather to provide wording regarding welfare officers for website and newsletter.

12. AOB and date of next meeting

- Heather asked about the achievement awards which it was agreed would be handed out after the next Handicap.
- Heather asked about charity fundraising and it was agreed that some should be done at the Christmas social event.
- John explained that Paypal have raised their fees. Stripe is considerably cheaper with the same functionality so it was agreed that we switch to Stripe.
- Charlie raised an example of recently supporting a slower runner on a Thursday evening and how he felt that this was an important aspect of the club's ethos - to ensure that everyone, regardless of pace, has someone to run with.

DONM: Wednesday 4 December 2019