

Minutes

27th March 2018

8.00 – 11.00 pm

Rose and Crown

Persons attending:

Karen Martin: Chairman

Hayley Wilson: Captain

Jo Vickery: Treasurer

Stephen Reyes: Secretary

Claire Everitt

Sil Clay

Bill Banner

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| NO | | TITLE | MINUTES | ACTIONS |
| 1 | Apologies | | Neil Mustoe, Ross Arnold, Josh Irons |  |
| 2 | Minutes of last meeting | | Minutes of the 27th of February 2018 meeting were approved. |  |
| 3 | Matters arising from last meeting | | Suffolk GP needs to be promoted. The sports centre will allow us to put up a notice.  Trevor Bunch is available and willing to be race director for the Thurlow Races.  Cake sale at the XC raised £208.90 for ‘Reach’  Runner of the Month has yet to be launched.  Sturmer 5K has been set up, however only two entries so far. Promotion needed to let the club membership know the race is open.  TT is organised  London Marathon bus is open and booking are being made  Bill and Karen will meet with ‘Screenworks’ to finalise what is needed in respect of a women’s race vest |  |
| 4 | Tuesday Training Castle Manor School | | It is agreed that Castle Manor will be booked for the 6.30 session. The unresolved issue relating to providing to non-members who use the 7.30 group is such that it won’t be booked for the time being. In order for the sessions to be covered by EA they need to be ‘Coach Designed’. Yusuf’s desire to have an accessible running group open to all is of value and can be encouraged but it can’t be under the umbrella of HRC unless runners join the club after a maximum of a 4 weeks trial period. | KM |
| 5 | Juniors | | Sil has travelled to a number of different clubs to observe what they do. There is a lot of paperwork, days/sessions have to be decided. Age group has to be identified, coaching ratio is 1:12, venue should be identified. Castle Manor would be suitable but for all year-round flood lights can be bought. (for about £1000). Welfare Officer needs to be appointed. A demonstrator, codes of conduct need to be drawn up. There needs to be a separate administrator. There are sufficient numbers of volunteers and it may be possible to fill these roles, but there needs to be a long-term commitment. Jo will review the accounts and see what HRC can afford. There will need to be two coaches. Hayley will look and see if there are any grants available to help fund the set up costs of having a junior section. There is a Juniors Section Implimentation Team meeting on the 28th of March 2018. | KM/SC |
| 6 | Awards night | | Golf Club is booked for the 24th of November 2018. | KM |
| 7 | Ekiden | | Ross will take the lead. Hayley has already reserved 6 Adult Teams and 3-4 Youth Teams slots. Bill will liaise with Ross to arrange teams, there is an opportunity to field an fast team. The current club record holders should be the first port of call, those who fall within the top 10 of each club record. No spot until the £6.00 is paid. Payments can be made directly to Ross or Bill. | RA/KM |
| 8 | RNR | | SR will book HRC slots, we will run one team and Marshall Scole | SR |
| 9 | XC | | The event was a success, 216 runners took part, £888 in running fees were collected. Hannah from the Echo will write a story. Michael Gilbert of HRC won. Parking was ok but a few cars did have to go on the field. The Golf Club were a wonderful support, Craig Sissons especially. £150 will be donated to the First Aid volunteers. The Toilets cost £300. A tea urn might be a useful purchase. |  |
| 10 | Thursday Club Runs | | Most people say its going well, the 10&11 mm groups are big and need two leaders. However, the pacers should maintain their speed, faster runners will then meet and become part of the forward group and a slower runners will get picked up by the group behind. |  |
| 11 | EA Renewals April 2018 | | The current 2017/18 EA year ends on Saturday the 31st of March. Stephen will update the EA system with new members and complete the registrations for 2018/19.  Stephen and Jo will meet and complete the renewals together. When runner cease to be paid up members of the club they will also been removed from HRC Facebook page | SR/JV |
| 12 | Vests | | Bill has presented some samples of women’s vests. Karen and Bill will meet with Jake from ‘Screen works’ tomorrow. | BB/KM |
| 13 | Induction Evening | | 12th of April has been the set. Hayley will get it arranged. | HW |
| 14 | HRC Twilight Challenge | | This has come from Ross and Horace – once off endurance challenge, 1 mile loops for a certain time (3 hours). Committee agrees that it would be a great addition to the range of events offered. Why not do it on the 21st of June – longest day of the year | RA |
| 15 | AOB | | In light of the fact that Neil Mustoe resigned, the committee agreed that if the constitution permitted Tony Bacon should be co-opted. SR to check and if possible contact Tony. [This has been done and Tony has been co-opted for the balance of Neil Mustoe’s term of office]  Simon Wallis says he has two shoe companies that want to do another showcasing evening, as there has just be one, why not set a date in May 2018. His other suggestion was a “Bra’ evening, this was approved as long as a suitable venue can be found.  Notice board, if Mat can email the race reports to Bill he will put them up. There needs to be a ‘Whats coming up with HRC’ sheet. Induction poster  20th Anniversary Party, 16th of June, the Rovers would be approximately £1000, Ex-Servicemans was similar. Red Lion in Steeple Bumpstead would do it for free, the costs would be met from the sale of drinks and a hog roast. A Band would be appropriate – preferably a covers Band. Claire will look into using a local band from Kedington.  Kevin Henry Party – 2nd of August. Andrew Bell can’t attend but he will liaise with the owners.  Day time beginners group, we need to set a date, with the 5k challenge on the Saturday Parkrun – 19th of April 2018, at 9.30 to Saturday 10 weeks later.  Dave Greenham suggested for a social in the format of a ‘room 101’. | SR  BB  CE |
| 16 | Date of next meeting | | 24th of April 2018 – venue tbc. |  |