



## **Caerleon Running Club Committee Meeting Minutes**

**8th March 2023, 7.00pm, The Factory**

### **In attendance**

Peter Rodger, Charlotte Moran, Dave Davies, Christian Ford, Liz Richards, Paul Adams, and Matt Turner.

### **1. Welcome and apologies**

Apologies received from Suzanne Mainwaring, Sam Howells, Kevin Howells, and Katie Kenward-Gibbs.

### **2. Minutes from last meeting.**

Agreed by all.

### **3. Membership & Treasurer Update**

Balance currently stands at £4600. This is not reflective of the current position.

- £660 has been received from Fabian4 due to advanced sales for the Caerleon 5 Miler.
- £690 has been sent as an entry fee for the Welsh Castles Relay. This will be returned either if the club is unsuccessful in its application or it is successful, and participants pay their entrance fee.
- £742 has been paid to cover the costs of the 20<sup>th</sup> anniversary standard t-shirts that will be given to new and renewing members. CM advised that these are on order and will be arriving by the end of March. These t-shirts are replacing the original idea of retro t-shirts / vests which were deemed too costly to provide for free. It is planned that these be purchased on an individual basis via a club bulk order. Awaiting a further information communication to members.
- £445 has been collected in donations for the Air Ambulance charity following the tragic death of Rob Bickel's wife, Lisa.
- £765 has been collected through renewed subscriptions.

The balance should be approximately £4200 once the account is corrected. DD will propose at the AGM that the club subscription be raised to £50 from 2024. The costs of the new website server, member mojo, and Heja app have increased IT overheads. Additional costs have come from GLCL fees, bibs, and club trophies. Welsh Athletics are also charging for modules of coaching and welfare training that has traditionally been borne by the club.

It was felt that this was still very good value for money, when compared to other clubs. There has been no increase in approximately 10 years.

It was noted that the link to the Welsh Athletics Code of Conduct was broken on member mojo. DD to resolve.

#### **4. Welfare Update**

No issues to report. Welsh Athletics to update their policies from April, with the links updated on the club website.

#### **5. Social Update**

No matters forwarded or raised. Feedback from awards night has been very positive. 75 people attended the event at the Holiday Inn, Coldra. It has been suggested that this venue be used for future awards nights, due to the location and the convenience of the hotel providing all facilities in-house. The Life Membership Awards were particularly well received.

#### **6. AGM**

This will take place on Thursday 20<sup>th</sup> April at the Church Room, at 7pm. Whilst Secretary and Treasurer positions are not due for re-election, all other committee roles are open for election. Several of the current committee are happy to continue in their roles. However, nominations for new committee members are welcomed and encouraged.

#### **7. Relays**

- Entries for the Welsh Castles Relay (10<sup>th</sup>/11<sup>th</sup> June) close on March 12<sup>th</sup>.
- We have been allocated two teams for the Rack Raid (4<sup>th</sup> June). As in previous years, one team will be composed of our faster runners, the second team will be an inclusive team.
- Wydean Relays will take place on 12<sup>th</sup> August this year. These have been popular in the past. MT suggested a fast team and then other inclusive teams.
- Cotswolds Relay (2<sup>nd</sup> July) – it was felt that this was logistically too far and quite difficult to support. A post will go out to gauge any interest.
- The club will look at participating in the Cosmeston Relays (August) and Rose Inn Relays (September) too.

#### **8. Caerleon 5 Miler**

Currently have 93 entrants. The club receives £12.60 per entrant from the £13.50 entrant fee. So far revenue stands at £1171.80. The route has now been confirmed and agreed with NCC and CADW and will finish in the Amphitheatre.

The following sponsorship has been secured:

- Hathaways £500 for T-Shirts, arranged by Syd.
- AR Digital £500 for T-Shirts, arranged by Syd & Anna.
- Ponthir House Inn £116 for race bibs, arranged by Alex Walden
- Tom Newman & Pete Rodger have offered sponsorship as well, details to be confirmed in due course.

Visibility to be increased in coming weeks by handing out flyers at parkrun. Griffithstown Harriers have included it as a championship race. We are hoping for 250 runners. KKG is exploring permissions from YOBI to host the after party in the car park. UK Athletics licence has been applied for. Mike Heare will be the adjudicator and Christine Vorres race referee. Phil Cummings has negotiated with the Deputy Head of Caerleon Comprehensive School for parking for the event.

CF raised the possibility of cake donations to raise funds for charity.

## 9. AOB

- MT will look to offer 3 sessions on a Thursday moving forward. A tougher session for G1 runners, a G2/G3 session and one for G4. These will all start and finish at the same location but will be differentiated by task. This will include, once a month, a session at the Riverfront. PR suggested incorporating slightly longer runs during the summer evenings, approximately 8 miles, utilising the country lanes eg. Reservoir Run extension. This would be to strengthen 10km race prep.
- MT raised the issue of what the club should offer on a Thursday following GLCL summer races. The club still needs to encourage as many members as possible to run GLCL summer races to bolster our numbers and improve overall ranking. This was highlighted in the Newport Half Marathon, an East Wales Club Road Race Championship, where Caerleon finished second overall out of every club in the East Wales Region. This was due to a very strong turnout.
- Away days – these will recommence once the clocks go forward. There was an appetite for trail runs to be included. Other routes suggested were Llanhennock Loop (both directions), Cefn Ila, Rogerstone, Sorbrook, Wentwood and Machen.
- It was agreed that following the very sad death of Helen Thomas, the club would use the Cardiff Half Marathon on October 1<sup>st</sup> as a memorial run to honour Helen.
- A conversation developed as concerns were raised that some committee roles are unfortunately not being fulfilled as expected. This then impacts on other committee members having to take on additional work. It was felt that committee members should only seek re-election if they can fully commit to the role. Several non-committee members have expressed an interest in being involved in the running of the club. This would potentially enhance the skill set of the committee as a whole and enable assistance to be available across all areas of the club. It was decided to propose at the AGM the election of 2 extra members of the committee to sit as elected members. These will go through the same nomination process as all other posts on the committee but will be subject to ratification at the AGM on 20<sup>th</sup> April.

Meeting closed at 8.32pm