



Caerleon Running Club Committee Meeting Minutes

**10th January 2024, 7.00pm,
White Hart, 1 High St, Caerleon**

In attendance

Peter Rodger, Charlotte Moran, David Davies, Liz Richards, Chris Ford, Paul Adams, Avisia Talemi, Matt Turner, Jane Derrick, Gareth Burkitt & Daniel Symmonds.

1. Welcome and apologies

Apologies received from Pauline Beckett and Gareth Purkis

2. Minutes of last meeting – Wednesday 8th August 2024.

- The Glebelands XC was a success. The lack of junior runners was disappointing considering the efforts the club went to, to host the event. The change of course was well received, with many runners preferring it as it was more technical.
- The Couch to 5K programme has started with 54 registered participants. Currently approximately 40 are attending. Ian Price is very pleased, and he has considerable volunteer support from club members.
- The lunch time runs organised by DS have gone down well. Regular attendance of between 4-10 runners is typical. It has been well used by runners returning to running, or coming back from injury. There has been no noticeable impact on attendance at club nights.
- Kevin Howells secured the club place at the London Marathon.

3. Membership & Treasurer Update

Currently there is approximately £5100 in the account. The deposit has been paid for the awards night. There was £5300 in the account at the end of year. DD does not anticipate there will be a need to increase fees for 2024/25. There has been one new member. Accounts will be finalised in the next week in readiness to be reviewed prior to publication before the AGM. It was suggested that Mark Hislop would be suitable to complete the review.

4. Welfare Update

- No new issues.
- PB is dealing with an inclusivity issue at the moment, but this is all in hand.
- Tail runners are still running on a Thursday despite the rota having ended.
- The First Aid Kit needs to be carried by a runner on every run.

5. Social Update

- The Christmas party was a success, with good feedback received.
- The awards night raffle has so far raised £58 which will go to Kevin Howells' nominated charity – RNLI
- Arrangements for the Awards Night are all in hand. Currently, 43 people are attending. This needs to reach 50 in order that the club does not need to subsidise the event. It will be further promoted to encourage more people to attend.
- The Club Tour will be promoted again. DS & AT to discuss further and a group chat set up.

6. Kit update

- Pricing for Scimitar items has been received – cotton hoody £39, sublimated hoody £51 – minimum order 10 units with 5/6-week lead time.
- Tom Newman has approached JD about redesigning the club kit with a friend that is a designer. JD to look at the proposed designs and bring to the committee for further consideration.

7. AGM and Election of Officers

- AGM to take place at 7pm on February 8th, 2024, at Caerleon Town Hall.
- CM explained the timeline of the lead up to the AGM and the procedure for the nomination of officers.
- The current committee were invited to state their intentions, that will be communicated to members in the notice to call the AGM, on January 11th, 2024.

8. Caerleon 5 Miler

- A number of people have expressed an interest in the Caerleon 5 Miler taking place again.
- CF to propose a sub-committee be set up to organise and run the event. PA to send out a communication to the membership asking for interested parties.
- It is essential that keen people are involved who will push this all the way.
- DS's father-in-law will sponsor the event again.
- A suggested date of 12/6/24 was raised.

9. AOB

- More keyholders are needed now that groups are split on a Thursday evening.
- Tuesday night sessions are going well with individuals bringing their own session from plans.
- DS to continue with the LSRs on Sundays – one away day and home run every month.
- A review will be carried out in March regarding club night timings and the decision to swap Tuesday and Thursday evening activities. Currently it is too early to make an informed decision. One member is being quite vocal with their complaints at the moment.

Meeting ended 8.05pm.

