



OVERSEAL RUNNING CLUB

Committee Meeting 26th February 2020 Minutes

1. Attendees

Justin Kirkham (JK), Mat Davies (MD), Marie Kirkham (MK), Adie Kirkham (AK), Vickie Knight (VK), Melissa Howell (MH), Trood Howman (TH), Hannah Lines (HL), Laura Trigg (LT)

2. Apologies

Kirsty Martin (KM), Simon Locker (SL), Julie Chamberlain (JC), Stephen Turner (ST)

3. Minutes from previous meeting

4. Awards Evening Planning

- a. **Layout** - TH shared diagram of Conkers Discovery Centre Layout and JK indicated where stage will be for the band etc. Committee happy with this.
- b. **Social Committee Update** – Social committee will arrange site visit to establish what decorations/accessories etc required. Will organise table plan (members can request who they are seated with but not guaranteed). Food orders will need to be placed by 28th March. Need to add in tick box for gluten free as this will probably be needed to be pre-arranged.
- c. **Ticket Price** - Set at £14 for members and £28 for non-members. Adults only unless on special request/arrangement.
- d. **Entertainment** – Treble4's booked for the evening
- e. **Raffle** – Social committee to organise 3 “hampers” with donated prizes again. To be sold at club beforehand and on the night. Raffle to be drawn between courses.
- f. **C25k Graduation** - Certificates given out at awards night for graduates. Medals to be presented at graduation run and certificates for those not attending the awards night.
- g. **Awards** – JK to look into ordering “keepsake” medals for those who win awards to be handed out with the shield.

5. Running Club Sessions Update

- a. **C25k Debrief** – JK and HL discussed how everyone has done a great job at making this C25k happen and despite difficult circumstances everyone has pulled together and made it happen. JK wanted to thank all those who have put in time and effort to making a difference to people's health and wellbeing. Everyone has been exemplary.
 - i. **Amendments** - LT and VK discussed the position of the TAP at bottom of cheeky hill being too close to Stephen's Gate TAP. Suggested moving it to top of hill and if want to run around the triangle to keep moving whilst giving out jelly babies etc.
 - ii. **Perception** - MD to reformat the feedback form to gain insight from C25k and club members. Positive feedback received so far.
- b. **Jog leader rota** – SL to re-instate interim rota system for once C25k has finished. MD still working on availability calendar. HL offered to help with allocation if required.
- c. **Jog/Co leader meeting** – SL to organise date to hold next meeting to discuss current provision, additional requirements and policies and procedures.

6. **Online Membership** – JK advised this is set and ready to go. He will announce on FB.

7. **Gunby Gallop** – JK showed new flyers with amended pricing structure. All happy. Will have a separate meeting to discuss and finalise plans soon

8. AOB

- a. **ORC Bunny Hop 5K Virtual Run** – Social committee advised they are planning a virtual 5k to raise money for the ORC charity of the year "Combat Stress". Participants to sign up through the club shop £5 entry fee. Must complete a 5k run between 6th and 19th April to get medal. Medals given out at coffee and cake morning 19th April at Pavilion. HL to send details to JK to post on shop.
- b. **Fractured Marathon** - JK advised "COW" weekender in Calke Abbey are doing a fractured marathon on the Friday night (15th April) and have offered guaranteed places to the club.
- c. **E-Newsletter** - VK suggested a quarterly newsletter to advertise club events/achievements etc. JK to trial writing one and mailing out to all members
- d. **EA courses** – JK advised EA are offering top up courses for Jog Leaders for approx. £20 and if anyone interested to let him know
- e. **Commonwealth Games** – Jog leaders offered positions volunteering at 2022 Commonwealth Games in Birmingham

- f. **Plogging and Run to Plant** – HL to look into organising another plogging event as now affiliated with National Forest. JK/VK also discussed a run to plant event.
- g. **ORC Social BBQ** – Social committee proposed 27th Sept for family BBQ day. Details TBC.
- h. **ORC Social Remembrance Day Run** – Social committee looking to organise medals for event with same route as last year (visiting local memorials)
- i. **VE Day Run** – TH advised Wayne had been in touch regarding the organising of a run to the arboretum. JK to look into logistics of this. VK advised could be done cross-country on the national forest way but could be difficult terrain.

9. Date and time of next meetings

TBC