

OVERSEAL RUNNING CLUB



Jog Leaders & Co Leaders Meeting - 3rd December 2019 - The Robin Hood 19:30

1. Attendees
2. Apologies
3. Opening address from Chairman
4. C25k Dates and preparation
 - a. Numbers of Jog Leaders & Co Leaders per session, availability and Rota prep
 - i. Rota system to be reinstated/introduced
 - ii. Fair offering and spread of Jog Leaders/Co-Leaders with notice
 - iii. Jog leaders availability
 - b. Agreed routes
 - c. Group size and contingency for large numbers
 - d. Dates
 - i. Meet and greet (village hall) = Sunday 5th Jan
 - ii. Start date c25k = Sun 12th January 2020
 - iii. Finish date (last run) = Sun 15th March 2020
 - iv. Celebratory Parkrun = Sat 21st March 2020 (ORC TAKEOVER)
 - v. Optional Parkrun = Sun 22nd March 2020
 - vi. Awards night (including giving of c25k medals) Sat 11th April 2020...TBC
5. Simon Locker – Jog leaders/Co-Leaders Review
 - a. Revision/Review roles & responsibilities of Jog leaders/Co-Leaders
 - b. Session Guidance for Jog Leaders and Co Leaders
 - c. Actions to be taken in an emergency
6. Continuation of Club Sessions during C25K
 - a. Club Sessions to be offered going forward
 - i. Tuesday
 - ii. Thursday
 - iii. Sunday
 - iv. Unofficial Runs
7. Any other Business