

## Evesham Vale Running Club Committee

A meeting of the Evesham Vale Running Club committee was held at the Trumpet, Evesham on 19<sup>th</sup> August 2019.

### Attendees

Present

Aly Grout, David Mitchell, Elaine Clarke, Fliss Read, Jill Moore, Lynn Frost, Sam Townsend, Shawn Townsend, Tom Doggett

Apologies

None - all present

### Items of discussion

Approval of previous minutes

Approved.

Review of minor actions

*Club flag - Shawn*

The new flags have been ordered and delivered, Shawn has them. Aly may take them to the Pershore 10k. We need to make sure we keep track of where they are.

*Book the football club now for Christmas 2020 – Jill*

Jill to action.

*Constitution / paperwork – Shawn / Tom*

Shawn has found the current constitution and passed to Tom along with some other paperwork of interest. Tom to scan and share.

*Evesham junior parkrun email – Tom*

Done – although junior parkrun had already posted a request for a ‘takeover’ in the Facebook group, but we’ll continue to informally support and allow them to post volunteer requests in the EVRC group.

*Website updates / profiles – Tom*

Tom still to do.

*Fliss taking over bank account authorisation – Fliss / Aly*

All done, both now have control of the online account.

Efforts rota / organisers

There is a shortage of people to organise efforts. Elaine is taking a break until October which leaves Marcus.

Lyndsey Lewis-Painter, Lynn and Jill have offered to do the LIRF course, and others may be interested, but if the club are paying then we need to insist on a commitment to run a minimum of eight sessions over twelve months, or we will ask for the fee to be repaid.

Kurt has structured workout / efforts plans available if people need help planning.

LIRF costs £125 for a one-day course.

Criteria – you must run-lead sometimes on a Monday; commit to organising eight efforts sessions a year minimum

Shawn to check the date of the next LIRF courses.

### 2019 Christmas Party Planning

Ecgwins club is booked for 7<sup>th</sup> December.

Food – we need to decide and various options were discussed: none; same as last year; ask people to 'bring a bowl'; simple nibbles – we need to check what the venue allows, Jill to do.

Tom to announce the date. We cannot decide on ticket prices until the food is confirmed.

Club run nights, efforts, parkrun tourism; Jeffing & pre-announced speeds/distances  
Discussed trying to have more organised groups on Monday nights – with pre-announced speeds / distances, but it has been tried before and it's hard to get people to commit. Perhaps try once a month – and we also want to encourage people to try different groups rather than always staying in their comfort zone – especially runners who have come through C25k or similar.

Council 'parish grants' (£100-£500) & suggested uses – advanced level coaching training; self-defence training; other ideas?

This is worth trying for LIRF – Tom to send in the grant application.

Spar are also running a competition for local groups; Sam to find out more.

### Future club events / promotions

#### *Endure 2020*

Three people have said they are saving for entry. Offer people to commit to a place with a £25 non-refundable deposit, then two payments of £25. Tom to mention in the next email.

#### *Cotswold Way Relay*

We need to check the dates – there is a potential Evesham 10k clash here.

*Talks / social events – e.g. Anna McNuff running barefoot across the UK, she is staying with Marcus & Kirsty as she passes through Evesham in October*

Marcus will confirm / organise something if appropriate nearer the time.

#### *Other ideas?*

The Stand-Up Paddleboarding was popular, there might be other non-running things we could do – skittles, yoga etc., and also encourage non-running partners to some events. Tom to ask what people want in the next email.

### Finance

#### *Bank balances*

Treasurers Account £799.77

Holding account £4,963.99

We currently lose £1.50 when a new member joins, although profit if they renew. Should we increase prices? To discuss at next meeting.

Almost Athletes charge £28; Pershore Plodders £21, or £6 for unaffiliated membership.

Current membership level

158 members, although 4 are second claim. London Marathon places will be confirmed at the end of October.

Next meeting – 9<sup>th</sup> September

*Items for next meeting*

- Review actions
- Christmas Party planning
- Ideas for social events
- Membership price review
- Could we access local clubs' running tracks?