

PUBLIC MINUTES

NEWCASTLE FRONTRUNNERS COMMITTEE 2017-18

7pm Monday 11th January 2018
Northumbria University Library



MINUTES

Present: CB, PW, HW, PHop, SG, PO, TG

1. Minutes of from last meetings

- a) Minutes 13-11-17 were agreed as a correct record
- b) Minutes 29-11-17 needs to add 'PW expressed his thanks to TG'
- c) Minutes 9-12-17 were agreed as a correct record

2. Chair's welcome and opening remarks

a) Committee positions

PW informed the committee that he will be standing down from the committee at the EGM. CB thanked him for his hard work on behalf of the Club, done in such a sensitive, fair, and professional manner. The Club is indebted for his efforts

Action: TG to email members to invite applications to the open positions on the committee. Two positions to project management and lead LGBT5k (skills include: project management, team leadership), and a third non-portfolio. Deadline next Wednesday.

b) LGBT5k 2018 date

Advertised as 20th July, Wylam Brewery isn't available on that date. CB believes we should not agree a date just yet until explored options regarding venues.

d) Policy review

PW led the meeting through the work that the policies review group has done on amending the current Constitution. Various suggestions were made which PW will incorporate into the draft.

Action: TG to review membership form, along with new GDPR requirements.

Action: ALL to provide comments to PW on the constitution and CoC by the 18th January.

3. Secretary's Report

a) Running Awards

TG explained that the club has won 'NE 5k of the Year' award, however he proposed not to advertise this yet until a date for the LGBT5k 2018 is agreed.

b) Membership

Membership is 170. There has been a recent run of interest from LGBT identifying people.

4. Treasurer's update

a) Accounts to January 2018

PHop hasn't yet got access to the account due to a Barclays Bank hold up.

b) Aviva Fund 2018

PHop explained that the impact report was submitted. We can re-apply for next year with ideas for the funding train LiRFs/CiRFs, mental health first aid (~£300/person), physical first aid courses, and equipment for S&C.

Agreed: PHop to check the date for application to Aviva and coordinate a submission.

5. Training

a) New LiRFs and current LiRF update

Three members are all attending LiRF courses in the next 3 months. HW needs more volunteers to lead warm ups - could ask members to buddy with a LiRF to deliver.

b) Training meetings

PW had previously volunteered to chair this meeting.

Action: HW to advertise 29th January as the date, CB to check if Sports Central available.

HW circulated the proposed Q1 training plan and asked for any suggestions or amends.

Action: HW to take the proposed Q1 training plan to the LiRF meeting.

c) S&C training

Agreed: HW to look for another member to undertake a S&C training course.

d) Yoga for runners

PHop circulated his research into yoga for runners by email - an instructor costs £90 for 2 hours and can take a group of up to 28 members.

Action: PHop to investigate venues and the club would pay for a taster session as a trial.
Agreed: If popular to investigate a monthly session with a nominal charge for costs.

6. Grand prix

SG updated that has had positive feedback on the range of events. He had a query about the Blaydon Race but this wasn't proposed to be included as it is difficult to get entry.

Action: SG to make Facebook events for each event.

7. Socials

PO has had a good response for volunteers for the socials sub-group. PO will circulate ideas for the monthly socials, a date for walks (this will run parallel to the Sunday run).

Action: PO to organise a Sunday run in February from Cycle Hub with brunch after.

8. AOB

a) AKT - PW received an invite for a stakeholder event and will attend for NFR.

b) Ravens - we have been invited to put a team together for their monthly Thursday evening quiz.

Action: PO to add a trip to the Raven's quiz as a social

We have been asked to provide volunteers for the Hadrian's Cup in February eg time and score keepers.

Action: PW will advertise for, and coordinate, volunteers for the Hadrian's Cup.

c) Registration for track and field with UKA - CB has had email about this.

Action: TG to register the club for track and field events.

d) Port of Blyth 10k - CB has had a leaflet.

Action: SG will look into this to advertise.

e) Northumbria Foundation - CB explained that we need to extend the contract soon (£10/evening or /use) for Sports Central facilities.

Action: CB to renew contract with Sports Central for use of the facilities on a Monday.

f) Northumbria LGBT+ soc - SG has noted a booklet for students, we could be promoted.

Action: SG to contact the LGBT+ soc

g) Membership renews - PHop suggests we start this process soon.

Agreed: PHop and TG to liaise to arrange the process.

h) Funding group - PHop will consider starting one.

Next meeting: TBC