



**Garden City Runners Main Committee Meeting**

**Tuesday 1 October, from 8.30pm  
held at The Attimore, Ridgeway, WGC, AL7 2AD**

**MINUTES**

**Members: Brad Smith (Chair), Louise Smith (Vice Chair), Helen Paine (Secretary), Andy Newbury (Treasurer), Sue Fletcher (Membership), Richard Somerset, Sean Bowen, Tony Harden, Jane Molloy, Nigel Cavill, Karen Atkinson**

**Charlee Chapman, Thomas Wackett**

1	<p><b>Apologies</b></p> <ul style="list-style-type: none"> <li>• Apologies from Richard S, Richard Darley &amp; Andy, James Huish</li> </ul>	
2	<p><b>Herts Phoenix partnership - agenda item with Richard Bloom from Herts Phoenix</b></p> <ul style="list-style-type: none"> <li>• HP have struggled with participation in the MWL and are unsure as to whether they will affiliate in 2020. If they don't, runners will be encouraged to run for GCR as second claim, however this will be up to the individual athlete.</li> <li>• HP keen to let GCR members know that they have the option to compete as a distance track runner for HP. 2<sup>nd</sup> claim membership, including a vest would be required, along with completion of the necessary form. Any members taking up this opportunity would have access to HP coaching ahead of the Sat/Sun league fixtures.</li> </ul>	<p><b>Action:</b> Richard Bloom to advise on costs, fixture dates and deadline for signing competition form. Information then to be circulated to GCR members.</p>
3	<p><b>Minutes and Matters Arising</b></p> <ul style="list-style-type: none"> <li>• Minutes not reviewed</li> </ul>	
4	<p><b>EA membership updates</b></p> <ul style="list-style-type: none"> <li>• We have a 6 week window before 31/3/20 to change the year end. An EGM with 12 members will be required to vote on a change to the constitution.</li> <li>• Paypal requires a nominated individual to set up an account. Brad has agreed for his name to be used.</li> </ul>	<p><b>Action:</b> Karen and Jane to prepare 1<sup>st</sup> draft of comms by 31 Oct including info for the website on the benefits of EA membership. Committee to review.</p> <p>EGM to take place in January.</p>

5	<p><b>2020 centenary celebrations</b></p> <ul style="list-style-type: none"> <li>• Votes cast for a 20:20 Welwyn 10k event versus use of new 20.20 pathway as a self navigational challenge.</li> <li>• Committee in favour of piggybacking Welwyn 10k, but perhaps looking at extending the route to run towards town.</li> </ul>	<p><b>Action:</b> Helen to email Eric and advise him of the decision and date of the Welwyn 10k (Sunday 28<sup>th</sup> June 2020)</p>
6	<p><b>Race Committee Update</b></p> <ul style="list-style-type: none"> <li>• Avery points - currently only being posted on FB.</li> <li>• Possibility of an invitational event following our attendance at the Harpenden Arrows invitational - concern that we already organize a lot and it is often the same people involved in the organization.</li> <li>• RC discussed possibility of setting a club target. Main committee fed back about the 5 year plan and the need to build through this rather than setting targets at the moment. Discussion led to the decision to focus on a project entitled 'Be Race Ready' - promote focus races and tailor training in the run up to them, e.g. 10k road races next year. Look to employ a coach to assist with this.</li> <li>• Also discussed reasons for joining a club and how this vary and are not necessarily driven by the desire to win. Would be good to include case studies about different runners on our website to sell the benefits of membership, e.g. Hannah Bee (article already produced), Tom Wackett, Rob Cartwright, Charlee Chapman.</li> </ul>	<p><b>Action:</b> Ask Rich S to pass updates to Tony for the website as well as emailing to the results team for inclusion with the newsletter sent out via email.</p> <p><b>Action:</b> Jane and Karen to ask EA contacts about coaching, exploring 'drop in coaches'</p> <p><b>Action:</b> RC members to provide profiles for the web page.</p> <p><b>Action:</b> Who is to follow up on website case studies?</p> <p>Tony - could you do this please?</p>
7	<p><b>Festive 5 Prep</b></p> <ul style="list-style-type: none"> <li>• Sunday 15 Dec - Martha as RD</li> <li>• Link again with Isabel Hospice</li> </ul>	<p><b>Action:</b> Brad to contact Megan at Isabel Hospice.</p>
8	<p><b>Club welfare officer</b></p> <ul style="list-style-type: none"> <li>• Job description produced</li> </ul>	<p><b>Action:</b> Brad to email out to members to see if anyone is interested in taking on the role.</p>
9	<p><b>Marathon draw date</b></p> <ul style="list-style-type: none"> <li>• To take place on 4 December at The Attimore</li> </ul>	<p><b>Action:</b> Helen to organise and apply through EA for our marathon place.</p>
10	<p><b>Succession planning</b></p> <ul style="list-style-type: none"> <li>• Nigel has offered to caretake the treasurer's role if no one comes forward</li> </ul>	<p><b>Action:</b> Brad to approach x and y re: Chair's role.</p>

	<ul style="list-style-type: none"> <li>Committee roles from Striders circulated - could these be adapted for a GCR Treasurer job description?</li> </ul>	
11	<p><b>Reports</b></p> <p><b>Finance</b> - Andy absent  <b>Race Committee</b> - see above  <b>Membership</b> - 360 but 79 showing as expired on Membermojo</p>	<p><b>Action:</b> Sue to circulate list of 79 expired members to committee. Advise if anyone should be removed and give reminders to those yet to pay who are active club members.</p>
12	<p><b>Any Other Business</b></p> <ul style="list-style-type: none"> <li>Strength training</li> <li>Reminder to set date of Awards Night at next meeting</li> </ul>	<p><b>Action:</b> Helen to speak to Zoe.</p>
	<p><b>Date of Next Meeting</b></p> <p>Tuesday 12<sup>th</sup> November at the same venue.</p>	