



Garden City Runners Main Committee Meeting

13 August, from 8.30pm
The Attimore pub, Ridgeway, WGC

In attendance: Brad Smith (Chair), Helen Paine (Secretary), Andy Newbury (Treasurer), Rich Somerset, Sean Bowen, Tony Harden, Jane Malloy, Nigel Cavill

Apologies: Louise Smith, Sue Fletcher

Invited: new captains (James, Tom, Richard Darley) and Charlee Chapman as Race Committee link

1	<p>Apologies</p> <p>Received from Louise and Sue</p>	
2	<p>Minutes and Matters Arising</p> <p>Not reviewed</p>	
3	<p>AGM follow up</p> <ul style="list-style-type: none"> • EA membership – document circulated by Jane and Karen reviewed and following decisions made: <ul style="list-style-type: none"> - From April 2020 we will offer 2 levels of membership – with or without EA membership – to all members. Vote of 8 for and 1 against. - Cost of general club membership will remain unchanged however club to absorb PayPal fees for 2 years as we offer members a more streamlined approach to renewing and paying for membership in one place. Members will still have the option to pay by bank transfer etc. - Club membership and EA membership will need to be brought in line, so an April start. Club will offer existing members a choice of having £5 (or pro rata payment) returned to them as membership year will be 3 months short or £5 will be donated to a charity of the club's choice. 	<p>Action: Karen and Jane to continue process of introducing EA membership. Karen and Jane to draft comms explaining the benefits of EA membership so members can make an informed decision.</p>

	<ul style="list-style-type: none"> • Planning the next 18 months and five years - positive discussions at the AGM. Clear focus on GCR being both inclusive and competitive. Feeling is that we are getting the 'inclusive' aspect right, but how can we deliver the desire to make the club a more competitive force, e.g. at MWL. Ideas to investigate: <ul style="list-style-type: none"> - Coaching – would be good to offer structured programmes with a qualified coach, e.g. improving your 10K time. - Website – address possible misconception that you can't be a member if you don't train with the club. There may be runners we could attract to race for us who are not necessarily able to train with us. - Partnerships – e.g. with Herts Phoenix. - Developing our runners beyond training sessions – could we offer more talks, e.g. focus on nutrition or strength and conditioning to help develop club members. Herts Sports Partnership offered a good range of relevant talks during coaching week and may be able to share contacts with us. - Nurturing existing members – awareness that sometimes runners get stuck in their comfort zone when they have potential to develop further. There is often a reluctance to move up a group for reasons such as runners being comfortable within a social group they know or perception that next group up is too big a jump. Idea to periodically offer 'budge up weeks' where runners are encouraged to move groups. Budge up weeks need to be identified and offered for at least 2-3 weeks, giving them a chance to feel comfortable and confident running at a slightly faster pace/covering a greater distance. 	<p>Action: Jane and Brad to speak to John at EA about a suitable coach.</p> <p>Action: Tony to look at wording on website.</p> <p>Action: Brad to invite Richard Bloom of Herts Phoenix to a future meeting.</p> <p>Action: Helen to approach Herts Sports Partnership for relevant contacts.</p> <p>Action: Jane and Helen to co-ordinate first budge up sessions for first 3 weeks in September. Helen will need to organize leaders for a faster group (8-8.5 min miles) to allow opportunity for those faster runners currently running with Andy/Helen to have an option to move to. Comms to be sent out to the club.</p>
4	<p>2020 centenary celebrations/ initiatives</p> <p>Jane showed everyone the new 2020 path around WGC and suggested this might be a more appropriate choice for a centenary event rather than doubling the Welwyn 10K which would be</p>	<p>Action: Jane to talk to a representative from the path committee about feasibility.</p>

	tricky especially with regards road closures. Jane and Karen and Rich have agreed to run the route and assess suitability for an event, not a race, which also has possibilities for a relay event. Would need to find a date when ground likely to be drier and look for a race/event director to take on the task.	
5	<p>Succession planning</p> <p>Brad advised that Andy will be stepping down next year having completed 5 years on the committee as treasurer. Additionally, Brad will also be stepping down for the role of Chair. Committee asked to consider possible replacements and, in the first instance, if any committee members would be willing to take on the role of Chair.</p>	<p>Action: Brad to advise Louise of his decision in light of her role as Vice Chair.</p> <p>All to consider if they wish to be chair.</p> <p>Karen to review member list to identify any other potential accountants.</p>
6	Award nominations: Hertfordshire services to sport (beginners courses?)	Item not discussed
7	<p>Reports:</p> <ul style="list-style-type: none"> • Finance • Membership • Race committee 	Reports not heard.
8	<p>AOB</p> <ul style="list-style-type: none"> • Race directors – Steve and Asa Grout and Daniel Pudner have come forward for this and have been invited them to attend an appropriate EA course. • Need for a club safeguarding policy and code of conduct for members. Code of conduct could be based on model provided by UK Athletics. • Reminder that Richard Sidlin is a Facebook administrator for GCR. • Need for more run leaders. 	<p>Action: Jane to look into safeguarding and code of conduct.</p> <p>Action: Helen to advise Richard of process for approving requests to join Facebook.</p> <p>Action: Brad to communicate need for more run leaders via FB and newsletter, identifying when the next LiRF course is being offered. Brad to speak to Helen Harrison about leading a group.</p>

9	Date of next meeting	Tuesday 1 st October – same time and venue
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