**1 Apologies for absence.**

Alun, Helen, Jack, Bernie, Mervyn

(Present: Rachel, Donna, Craig, Stuart, Richard, Ewan)

**2 Minutes of the last meeting held on 13/7/21**

All correct and agreed

Action points

Checking roles on EA - Mervyn,Craig - Done

EA Grants - Rachel - Rachel has chased this up and still waiting for a reply. Rachel to re-contact them. **Action - Rachel**

Paypal changes - Richard has this in hand and will continue to sort. **Action - Richard**

Support to YVAA Committee - Stuart -Stuart has spoken to Martin and nothing is happen with the YVAA at present, all races have been cancelled. Committee member situation now sorted. Stuart to speak with Cat B to encourage club to be more active.

**Action - Stuart**

Nuffield re meeting as a group - Rachel - Done

Email re meeting as a group - Stuart - done

encouraging run leaders - Craig - See training

UKA rules re group site - Alun - See Alun's email

email re club runs etc - Stuart - done

Donations re BMWR - Richard. Richard is still to sort but has this in hand **Action Richard**

Checking 2nd claimers have a first claim club - Mervyn - done (and see agenda)

restarting newsletter - Jack - Done

Possible away t**rip** - Ewan - Ewan will continue to have a look at organising an away trip next year - Dublin has been suggested. **Action - Ewan**

Cards and Gift - Donna - In hand **Action - Donna**

3 J**ohn Carr Series 2021**

Andy Brown could not attend the meeting. Donna reported that a meeting is to be arranged with the JC committee for a de-brief. No date as of yet. It is hoped that feedback and next years arrangements can be fed back to main committee in time for next meeting.

V70 situation - Email received from a V70 - Stainland Lions about why no prizes for this category. It was decided that prizes were to be awarded to first lady Elinor Newhouse and Rachel to sort this out and reply back to the email received. **Action Rachel**

**4 BMWR**

Report from Anthea attached - Anthea to arrange a follow up meeting to discuss outstanding actions. Rachel to look at sorting out a first aid kid **Action Rachel**

**5 Training - Feedback from members**

Feedback from one member - Facebook posts / updates are an excellent way to inform members of the runs and leaders and what type of shoes to wear. Good updates regards races and positive training runs. Also WhatsApp and the newsletter is a good way of keeping members updates.

Feedback from another member (Tim Gore) asking why no consistency amongst leaders for stretches / warms up at the beginning of runs.

Craig reported that as far as he knows groups 1 and 2 would normally do stretches. Craig unsure about groups 3 and 4. Stuart would like to incorporate “Strides” and /or dynamic warm ups at structured training on a Tuesday. Ewan stated that warm up are not being done correctly at club runs and should be more high knees and more dynamic rather than legs swings stretches etc. Craig reported that we have got out of the habit of group warm up / dynamic stretches at Nuffield. Stuart to reply back to Tim Gore **Action Stuart**

Discussion around recent complaints to Rachel about members being left behind at club runs and for leaders to lead from the back. Craig stated that it it difficult for leaders to lead from the back as some runners run at a much quicker pace than say slower runners at the back. Donna and Ewan both stated that they manage to lead from the back or move up and down from the back to the front and to the back. Richard queries that if parkrun cannot be done in 35mins then is a club run suitable for the runner/member. Discussion around whether we have a stipulation of speed of running for group runs. Stuart stated that when he leads group 3 he moves up and down the group. Rachel suggests that run leaders move up and down the group where possible.

Rachel reads from an email from Alun - EA recommends that 15 in a group and helpers do not needs to be Lirfs.

Rachel asks how the Rota is looking. Craig stated that its ok, but same run leaders every week and is finding it difficult to get run leaders to commit. Groups 3/4 sometimes difficult to cover. Discussion over helpers and how best to encourage helpers / run leaders to help at runs. Craig to arrange a run leaders meeting **Action Craig**

Agreed no club runs on September 16th when it is the No Watch Race at Baildon

**6 Future races**

NA 6/4 stage relays Redcar 18th Sept. (closing date for entry 10th Sept.)

Stuart has this in hand. Stated that he would like both ladies and mens team. He will send something out to members. Discussion around payment to NA - £2 per member. Richard stated that a big chunk of money is paid to NA. Either ask for £2 from each member or club to pay. Stuarts suggests we put it to members vote. The options are that members each pay £2 each, the club pays or the participants pay he full mount but shared between them. It was agreed that we should send an email out asking for members to vote. Stuart was concerned that people will ignore it. It was decided that if less than half the members vote then the committee will be the decision. 100 votes required.

Richard raised that would the money be best spent of LIRFS rather than pay NA. Stuart explained that NA structure and events.

Stuart to arrange doodle pool / or similar for club to vote on NA. **Action Stuart**

Calderdale Way Relay 26th Sept . (2 teams already booked) - Stuart had this in hand.

**7 Financial report**

Please see report circulated.

**8 Membership**

See Mervyns report and Alun’s report about 2nd claim rules and Alun's emails

**9 Social Events**

Ewan is to organise curry nights and parkrun tourist events. **Action Ewan**

Ewan suggests that due to his personal circumstances (new job) at present that maybe someone else might be in a better position to take on this role. Rachel suggests that Ewan speak with Bernie to ask if she could offer assistance.  **Action Ewan**

**10 Welfare issues**.

None

**11 Sustainability (req from Fran Guy)**

Rachel raises the need to use water bottles at our arranged events I.e John Carr. Can we us re-usable cups? We have quite a lots of bottles of water left from Jon Carr. Rachel suggests that once this has been used, we buy no more. As a club we say no more plastic bottles at our events. Stuart suggests that we buy plastic foldable cups. Richard - the cups cost £2 each and are too expensive.

Rachel Feedback to John Carr & BMW that we are going plastic free. **Action Rachel**

**12 Matters arising from the meeting on 13/7/21 not already discussed.**

None

**13 AOB if notified at the start of the meeting**

PECO Meeting - Stuart explains that we need a PECO rep to attend the meeting on the 6/9/21 in Otley. Stuart to speak with Helen or Will to attend. **Action Stuart**

Stuart asks if there is any runs on Bank Holiday - Runs as normal.

**14 Date of next meeting.**

6th October, Groove Pad Shipley