

CENTURION RUNNING CLUB

Minutes of the Committee Meeting held on Thursday 1 October at 8.00pm at Stechford Club, Fredrick Road.

Present: Alex Lukeman (Chair), G Wheeler, M Maidment, M Hollis, J Jennings, L Satterthwaite, N Prentice, A Rea, P Bingham (GP Sub Committee), P Cornock (member guest), J. Plant (member guest), K Morris (member guest) H Turner (Minute Secretary)

1. Apologies T Healey

2. Minutes of the Last Meeting - agreed

3. Matters Arising

- A review of outstanding actions was made (please see Actions Table below)

4. Correspondence

An invoice from Warwickshire County AA for the affiliation fees was received as well as information concerning the AGM scheduled for 25 November at Coventry Godiva. GW confirmed that club members were free to attend.

Various items of information have been received from UK Athletics including confirmation of Steve Backley's recommendation for the presidency.

There was also a letter from UK Athletics detailing new directives concerning working with children and vulnerable adults. It was suggested that the club already has a policy in place, however, extra information would always be welcome. UK Athletics will be reviewing a draft constitution.

5. Treasurers Report

Treasurer's report for October 2009

The club balances at 1st October 2009 are as follows:

Current Account HSBC	£4409.00
Deposit Account HSBC	£4272.95
Total Assets	8681.95

Paid out

- Race fees (September) relay teams (Men & Women) and Cross Country (October - Men)
- UKA affiliation fees.

Paid in – vests selling well.

Other points:

- Outstanding cheques for Acorns – cheque sent and 'thank you' letter received.
- Cheque for Brathay Trust – cheque sent - 'thank you' letter received.

Copies of both letters are on the notice board.

Action - MM and MH will organise the sundry funds for the Grand Prix as soon as possible since the first leg is on the calendar before the next meeting.

AL explained to the member guests that the club funds are more or less a contingency pot in anticipation of finding a new base and there is a 'standing order' for committee members to keep a look out for suitable alternative facilities.

6. Membership

The club now has 149 (paid) members. There are still 23 non-payers, 7 of which are still outstanding from 2008/2009.

Action NP will make a further attempt to contact the 7 members.

Ursula became a full member on 30 September.

There are 9 new members:

<u>July</u>	
Gillian Parkes	Senior Lady
Colin Eckloff	Senior Man
Vickie Spawton	Senior Lady
<u>August</u>	
Kate Spencer	Senior Lady
<u>September</u>	
Steve Murphey	Senior Man
Simon Parsons	Senior Man
Sarah Young	Senior Lady
Josh Fulford	Junior Man
Sarah Carter	Senior Lady

7. Coaching

Jake has unfortunately broken his wrist and will therefore not be competing in the Warwickshire Schools Cross Country championships. However he may be selected for the county based on former performances.

Josh won the Solihull festival run by a considerable distance. No one from John's group took part.

Josh will be representing Solihull Schools in the West Midlands cross country championships.

Lee continues to show an impressive level of commitment. Richard has not been down the club recently but has been training hard from home.

GW has been impressed with the Tuesday groups.

GW is happy to offer coaching advice to the various groups. It could include speed work, endurance training or just general advice.

Action The sports teacher at Kingshurst CTC has asked if we could produce a fly sheet advertising junior coaching sessions at the club. NP suggested that we confirm JW's continued commitment before proceed.

There are 2 coaching courses available

8. Promotions

The Grand Prix is all set to run with the following checklist:

- There may not be showers available for the first two months.
- Refreshments will be available in the main area.
- Car parking is available, however, signs need to be visible highlighting the one-way system.
- There may be problems enlisting the assistance of St John's ambulance, this is being monitored.
- MH has codes for all gates and additional barriers.
- Paul Bingham has submitted the Permit application.

Action GW, NP, MH and PB will give the course a final walk through before the season starts.

Action The bank alongside the river has eroded and could affect the runners. It will need to be signposted.

MH has still been unsuccessful in his attempts to contact Becci at Solihull BC.

9. Social

Jane Plant offered to help with future social gatherings.

A general discussion took place around a venue for this year's Christmas function. The Stechford Club was suggested and the general feeling was that a preferred day would be a Friday or Saturday. However, it was stressed that the club may have their own Christmas programme which could impact on the final venue decision.

It was suggested that the Pub Run should take place in 15 December leaving the 16, 17, and 18 open for the Christmas 'Do'. John Twamley is to be asked to confirm available dates at the Stechford Club.

Action Jane Plant is looking to organise a function in November and has invited suggestions.

10. Newsletter

The September newsletter is now on the website and hard copies will be posted next week.

LS highlighted the article entitled 'Function of the Soleus Muscle in Distance Runners' recommending it to all.

LS pointed out that he was running short of envelopes.

The next edition is due in December and all articles should be submitted before 25 November.

11. Runners of the Month

Runners of the Month September 2009

Female

Sharon Townley

Male

Wayne Muddiman

The levels of performance and commitment have continued to impress the selection panel and the following were extremely unlucky not to have been selected this month:

Grace Healy, Theresa Wooley, Jane Plant, Gillian Parkes, Paul Davies, Preston Eckloff, Gavin Davies and Kevin Morris

12. Any Other Business

We are still awaiting a response after sending a request for entries for the London Marathon. This will be followed up.

The results for the Nuneaton 10k have been published, but these are provisional.

Open Actions from October 2009

Agenda item number	ACTION	Assigned to	Completed by
Oct Item 5.0	MM and MH will organise the sundry funds for the Grand Prix as soon as possible since the first leg is on the calendar falls before the next meeting.	MM & MH	ASAP
Oct Item 6.0	There are still 23 non-payers, 7 of which are still outstanding from 2008/2009. NP will make a further attempt to contact the 7 members.	NP	ASAP
Oct Item 7.0	The sports teacher at Kingshurst CTC has asked if we could produce a fly sheet advertising junior coaching sessions at the club. NP suggested that we confirm JW's continued commitment before proceed.		ASAP
Oct Item 8.0	GW, NP, MH and PB will give the course a final walk through before the season starts.	GW, NP, MH and PB	ASAP
Oct Item 8.1	The bank has eroded resulting in a collapse which will need to be signposted.		ASAP

Oct Item 9.0	Jane Plant is looking to organise a function in November and has invited suggestions	Jane Plant	November
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13. Date Time and Location of the next Meeting

Thursday 5 November 2009 8:00pm at the Stechford Club,
Fredrick Road.