**ASHFORD AND DISTRICT ROAD RUNNING CLUB**

Committee meeting minutes 6/6/19 at 8.30PM

Committee Members:

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| Anthony Brown | Sue Reader | Robin Butler |
| Becks Macey | Ricky Hickman | Scott Lynch |
| Verity Dunbar | Rhian Shrimplin | Karine Reid |

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| Time | Item | Notes pre-meeting | Minutes and action (who/when) |
| 8.30 | JP - coaching  |  | See below |
| 8.40 | Last Month’s Minutes | BM | Proposed SR and 2nd RH |
| 8.40 | Treasurers report | **RB** | Treasurers report - £5463.37 balance (included money from sporting events for 10km race which has now been paid.)Paid deposit for HardelotRelays £500 approx for the clubKit order pending – amount unknown. |
| 8.45 | Social runs | All committee Dates for the annual summer runs; Lenham bbq and Chilham run. (last year they were on 12th July and 9th August) | Lenham confirmed for 11th JulyRB to organise BBQ SR to post event on FB pageBM to ask PM about marking out the courseChilham confirmed for 8th August – to be discussed at next meeting. |
| 8.55 | Club rules andMembership update | RH – email sent out to committee with updated rules/code of conduct etc. | Email to be sent out to members and date for SGM meeting. Meeting arranged for 27th June at 8.30pmMembership update : 112 members CB to renewNew members: Tom Preese Proposed RH 2nd SLMasa - RH proposed 2nd SR2 potential new members |
| 9.05 | A&D 10km / Sporting Events10 Miler sponsorship |  – update about deal with Barry at Sporting Events (AB will update further at next meeting.AB has had no luck with Sponsorship – update from SR and RH regarding sponsorship options. | Sporting events – secured for 2nd February 2020 for the club 10km (Girlings still to sponsor this event)Sponsorship for 5 and 10 miler - RH looking into possibilities for new sponsorship for this event. |
| 9.10 | Cross country | Registering approx. 45-50 runners. Each runner pays £6 for the 4 races.Club to pay champs feesNationals in Nottingham – look into travel options – maybe enter a team?Southerns at Parliament Hill. | Cross Country – club happy to pay for champs fees. Members to pay league race fees.  |
| 9.20 | Kit update | KR | KR – enquiries for kit. Not much stock leftEnquiries - for short sleeve high vis training t-shirtsLook into ordering more jackets.KR to contact company regarding stock orderLook into ordering longer club vests for ladies  |
| 9.30 | AOB |  |  |

**Apologies: AB and RS**

**JP coaching:**

* JP waiting for coaching licence to come through – could take up to 8 weeks
* JP gave committee overview (outline of sessions) of what he can do on training nights. Tuesday performance based training Thursday more of a fitness based session. Various locations
* JP wants to encourage groups 4/5/6 to give it a try and push themselves
* Post overview of session on club page the night before to allow club members to come along. To include proper warm up cool down and stretch.
* Register for every session – in case of emergencies.
* JP – needs new training cones. Club to pay for this.
* Look into winter training opportunities – session at the track?
* Discuss with Mollie about continuing her sessions – working alongside JP.

**DONM: 4/7/2019**