



MINUTES OF SHREWTON RUNNING CLUB COMMITTEE MEETING HELD AT THE PLUME OF FEATHERS ON 18 JUL 17

Present	Nick Sage Rich Keyzor Karen Mills Kevin Ford Roxanne Foster Lawrence Kaile Ian Hammond	Chairman Treasurer C25K Leader Committee Member Committee Member Committee Member Secretary
Apologies	Francesca Gay Caroline Whitehorn	Coaching Coordinator Committee Member

<p>Item 1 - Introduction</p> <p>1. Nick welcomed everyone to the meeting and acknowledged everyone's effort in the great turnout for the races. Nick confirmed that he had been to the parish council meeting and provided them with an overview of Shrewton Running Club, including thanking them for initial grant. The council were pleased with the clubs progress. For future reference, any applications for grants are to be made to Amesbury Area Board. Rich announced that the club currently have £336.81 surplus, that there are now three qualified instructors and money available for others to complete the instructors course. Karen mentioned that five people had already signed up for the next C25K thus increasing funds by an extra £100.</p>	Nick
<p>Item 2 - Minutes of last meeting</p> <p>2. The minutes of the last meeting were accepted, with no matters arising.</p>	All
<p>Item 3 – Focussed Discussion</p> <p>3. Banner/Flag – Rich explained that a banner had been purchased of an approximate length of 2.5m. A discussion was held on the design of the flag with the general consensus being green and white stripes with a running bustard. Rich volunteered to create the design. The flag would cost £45 + VAT for a single sided.</p> <p>4. Shrewton Tour – Kevin suggested the club complete a half marathon/marathon that would require an overnight stay and be a good social event for the club. It was proposed for either spring or autumn of next year, options will be looked at.</p>	All Rich/Lawrence Kevin/Ian

<p>5. Local Charity Run – Kevin advocated the idea of linking up with a local charity to raise money and profile of the club. Two ways were suggested.</p> <ol style="list-style-type: none"> a. Complete the South Downs relay then continue onto Salisbury. Minimum people required would be 10-12. Leave Eastbourne at approximately 5am with the aim to be at Salisbury Cathedral by 8pm. Spire FM could be notified. b. Run on a running track as a relay team for 24 hours continuous. Run half an hour at a time in the hope to complete 150 miles minimum. 	Kevin
<p>6. End of Season Awards – February was put forward as the month to have end of season awards, in line with the clubs anniversary. Awards suggested were most improved, club man/woman and most amusing photo. It was suggested to have 3 to 5 awards, decided and voted upon by the committee.</p>	Ian
<p>7. Running Great Bustard – Rich described how a group ran the shape of a dragon in Wales and thought the running club could replicate it with an outline of a bustard. Rich provided a map and an outline of a bustard, though it proved difficult exactly where to place it. Kevin thought it could be used as a club run to entice others, if it proved possible.</p>	Rich
<p>8. Social Event – A social event is to be held at Nick’s business venue during September. The plan is to have someone talking possibly on running or nutrition as part of the event.</p>	Nick
<p>9. Wiltshire Athletic Meeting – Nick was pleased to announce that the Wiltshire Athletic Association was thrilled to see the club growing and making its mark. They are keen for the club to hold a race and would help to set this up. They confirmed that new race venues generally improve attendances.</p>	Nick
<p>10. Club Family Run Day - Nick put forward an idea to involve families and children in a club family run day to be held in the summer of next year. It was also suggested to hold the Boxing Day club run again.</p>	Nick
<p>11. 5k to 10k Training – Karen mentioned that Caroline proposed that people were generating injuries following C25K training because they were doing too much too soon. Karen volunteered to lead 5k to 10k training following the next C25K which will be starting in September.</p>	Karen
<p>12. Regular Events Section – Roxy asked if the minutes or website could detail what events were due next, whether they be races or social. Ian suggested using slack as an option with a channel created for the upcoming event and deleted once passed. Or possibly a read only channel that had all dates of events detailed.</p>	Roxy
<p>13. Flower Show – It was confirmed that Nick’s gazebo will be used with a screen in one half, promoting the club, and the other half being used by Bill to promote his personal fitness coach business. The show is on the 29th July at 13:30 with the stall costing approximately £20. Roxy spoke of the smelly socks game, where there would be 10 socks hiding different smells. It would cost £1 per go with the winner receiving a £20 voucher. It was asked if the members of the committee could take it in turns to man the stall and it was suggested to wear the club running vest or hoodie.</p>	Roxy

<p>14. Training for injured – Lawrence asked if the club could maybe do walking for those that were currently injured. It was thought that the appropriate course of action would be to have a channel on Slack where people could contact each other and arrange walking routes if desired.</p>	<p>Lawrence</p>
<p>Item 4 – Areas of Other Business</p> <p>15. A place is available to run next years London marathon. Those that would like to put their name forward are to provide Rich with their name before the 1st September. A name will be drawn from a hat.</p>	<p>All</p>
<p>Item 5 – Next Meeting</p> <p>16. The next committee meeting will held at The Plume of Feathers on September 5th.</p>	<p>All</p>
<p>Item 6 – Co-operative Bank Agreement</p> <p>17. It was resolved that:</p> <p>The Co-operative Bank p.l.c. (“the Bank”) shall continue as our bankers in accordance with our original application.</p> <p>The Bank shall be authorised to accept instructions (including written instructions sent by facsimile and electronic instructions through the use of digital signatures and/or identification numbers or passwords) from us in connection with the account(s) and the service, provided that the instructions are given and/or signed in accordance with the signing authority listed in the account signatories Section 4b. Instructions shall mean: cheques, bills of exchange, promissory notes or other orders for payment drawn, made or accepted on our behalf (even if the payments cause the account(s) to be overdrawn) and requests or instructions in writing concerning the account(s), our affairs or property (including the opening of the new account(s), the arranging of facilities and creation of security).</p> <p>The Bank shall be authorised to honour all cheques and all other documents made or accepted on our behalf even if such payment causes any accounts to be overdrawn or increase any existing overdraft, provided that such documents are signed in accordance with the specimen signatures shown in the account signatories Section 4b.</p> <p>The Bank shall act on all specimen signatures in accordance with instruction, notice, request or other document in writing concerning our account (including the opening of new accounts), affairs or property, as shown in the account signatories Section 4b.</p> <p>The Bank shall be sent a copy of any future resolutions which affect the terms of these resolutions.</p> <p>The Bank shall be sent a copy of any changes in our Memorandum and Articles of Association/Regulations, constitution, rule book or byelaws.</p> <p>The Bank shall be notified in writing of any change of Directors, Trustees, Members or Officials, where applicable some charities are also registered as Ltd, so will need to include full list.</p> <p>The Bank shall be notified in writing of any change of official authorised to sign on our behalf.</p>	<p>All</p>

<p>The Bank shall otherwise continue to operate our account(s) in accordance with the business account mandate.</p> <p>The Bank shall be notified in writing of any overall change of control in the organisation all signatories to the account are aged 18 or over in the case of joint account holders, we agree that on application by one of us for an overdraft on the account the Bank may provide oral pre-contractual information to one of us only prior to the overdraft being agreed. In this case any overdraft terms will be sent to multiple account holders after the overdraft is agreed and available to use.</p>	
---	--

Approval on Behalf of the Committee

Chairman

Print Name:

Sign:

Date:

Secretary

Print Name:

Sign:

Date:

Distribution:

- Nick Sage
- Rich Keyzor
- Karen Mills
- Kevin Ford
- Roxanne Foster
- Lawrence Kaile
- Francesca Gay
- Caroline Whitehorn
- Ian Hammond