



# **DH Runners**

## **Committee Meeting Minutes**

Saturday 15 April 2017

Carlisle, Cumbria

# DH Runners - Meeting Minutes

April 15th 2017

**Present:** Kev Mulvey, Paul McKnespiey, Sarah Hamilton, Michelle Mackay, Andy Baker, Steve Claringbold, Anni Stumpf

**Apologies:** Andrew Graham, Lindsay Graham

The minutes of the previous meeting were accepted as a true record.

## Treasurer Update

The club remains in a healthy financial position. The committee discussed ideas for using funds to benefit members; further discussion will take place at the next meeting. Committee members are encouraged to bring suggestions.

## Membership Renewals

Online renewals and new memberships have been successful. A glitch with the England Athletics site caused around 20 renewals to be lost, which Sarah Hamilton is addressing. Paper forms remain available for members without internet access.

Lapsed members will be emailed reminders that they are not eligible for the Club Championship if they have not renewed by May 13th, and will not receive further club communications. ACTION: Sarah Hamilton.

## Sub Committee Updates

**10k Race:** No update yet. Kev Mulvey to arrange a meeting within the next few weeks.

**24-Hour Relay:** Only 14 slots (1 night) remain. Estimated leg time revised to 30 minutes. Currently 21 runners for the first lap and 25 for the last. Funds raised stand at £961.64.

## Beginners Group / You Can Run

The January You Can Run course had the best retention rate to date, possibly due to the £10 fee or regular encouraging emails. The next course begins in May, led by Nina, Brian, and Mark, with 16 participants signed up.

ACTION: Lindsay Graham to work with Sarah Hamilton on a post-course survey via SurveyMonkey. Nina, Brian, and Mark to continue regular participant communications.

## Thursday Group

Attendance remains strong with new runners joining regularly. Some feedback from recent You Can Run graduates indicated the group pace was faster than 10-minute miles. Reminders now include a note about maintaining a maximum 10-minute pace for runbacks. A rota system for run leaders, including route planning, is under consideration.

ACTION: Sarah Hamilton to liaise with Lindsay regarding a feedback survey.

## **Welfare**

No adult or child safeguarding issues raised this quarter.

## **Mental Health Awareness Week**

Mental Health Awareness Week will run 8–14 May. Steve Claringbold suggested fundraising ideas such as bucket collections or bake sales. ACTION: Sarah Hamilton to email members for volunteers.

## **Any Other Business**

1) **Lakesman Feed Station:** Following last year's success, Lindsay has arranged for DH Runners to man the same station. 16 volunteers already confirmed. ACTION: Committee members to confirm availability.

2) **Lancaster 5k:** Coach trip arranged for May 20th so Thursday group runners can experience a DH trip. 37 names so far, with capacity for 50. ACTION: Lindsay Graham to collect payments.

3) **Christmas Party:** Langdale Christmas Pudding Run on Dec 2nd. Committee voted unanimously to book Denton Holme Club. ACTION: Andrew Graham.

4) **DH Calendar:** Lindsay proposed a 2018 DH Runners Calendar. Positive feedback received. ACTION: Steve Claringbold to consult graphic designers for costings; Lindsay Graham to recruit models and photographer.

5) **Gazebo:** ACTION: Michelle Mackay to obtain quotes.

Future meeting dates: July 15th and October 15th.

Meeting closed after discussion of all agenda items.

Minutes source: DH Runners website - April 2017 Committee Meeting.