



## **DH Runners Committee Meeting Minutes – January 25, 2019**

Carlisle, Cumbria – Friday 25 January 2019

Present: Kev Mulvey, Paul McKnespiey, Steve Claringbold, Helen Cupac, Gordon Beattie, Kathryn Holliday, Matthew Holliday, Mark Drummond, Michelle MacKay, Lindsay Graham, Brian Hazelwood, Julie Dodd.

Apologies: Anni Stumpf, Simon Dolman.

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

Treasurer's Report Year to date in the bank £11,979.09. Outgoings included the Run Leaders course, Christmas Party and room hire for after the Cumbrian Run. There was a £185 loss on the River Run due to the outlay on signage, prizes and buffet, and that it was a timed event. Action: Race Committee meeting to be arranged. There is also £309.56 in selling commission. It was agreed that the committee would review the kit costs and the entry fee for the River Run. Action: Paul to get costs from Carlisle Embroidery.

Memberships 2019 and Suggestions The suggestions from the members were discussed and the committee agreed to a discounted joining fee of £15.00 for those renewing their memberships in March/April. Other suggestions will be taken forward by the committee including kit promotions later in the year, more Magic Miles, guest speakers and a summer barbecue. Reduced travel costs are already in place for some events. Action: Matthew and Lindsay to arrange 'an introduction to cross country'. Action: Lindsay to invite all Run Leaders to the meeting on 3rd February with another date to be arranged for those unable to attend.

Save the date – event to be held on 29th June for Lindsay's birthday.

Date for the 24 Hour Relay & Christmas Party Kathryn and Matthew volunteered to arrange the 24-hour relay which will take place over the weekend of the 13th and 14th of July 2019. Christmas Party to be held on Saturday 7th December 2019.

Junior Membership Lindsay, Steve, Mark and Julie to be part of the task and finish group.  
Action: meeting to be arranged.

Monday Movers The committee agreed that the Monday Movers will become an official group who will self-manage the sessions. Action: Lindsay to speak with Ashley and Christine.

DH Beginners Facebook Chat Any future issues to be raised with Lindsay as Welfare Officer. Action: Lindsay will provide details of her role for Gordon to include in the newsletter.

AOB The 2019 Club Championship events will be: • 7th May – Lowca 10K • 5th June – Carlisle Tri 10K • 30th June – Lancaster 5K Series • 10th August – Gateshead Trail 10K • 6th October – Cumbrian Run • 16th November – Carlisle parkrun (followed by the AGM at 10.15) • 7th December – Langdale Pudding Run Best 5 results out of the 7 events will count towards the final points score.

Bethany Duffy has organised a bus to the Lancaster 5K (subsidised). A bus may be organised for the Gateshead Trail 10K (subsidised).

First aid kit / mobile phones etc. were discussed for Run Leaders. Action: Lindsay to purchase run belts and first aid kits.

A discussion took place around runners with medical conditions and it was agreed that DHR will ask other clubs what they do. A database for personal information was suggested and will be discussed at the next meeting. Action: Agenda item for next meeting.

Lindsay is putting together a handbook for Run Leaders. Action: Kev to set up email address for Lindsay (welfare@dhrunners.org).

The website needs updating and Steve will collate bios from the Run Leaders.

The committee agreed to do a Volunteer Day for Eden Valley Hospice.

Hi-vis clothing was discussed and Lindsay will include details in the Welcome Pack.

Anni finished as 2nd Lady in the County League Cross Country.