

Minutes of the Mounts Bay Harriers
Committee Meeting
Held on Monday 6th November, 2017
At The Astropark, Penzance

<u>Present:</u>	Matthew Cook	Nicky Morse	Mike Rooney
	Yvonne Turner	Mark Omori	L McLean
	Sarah Tregear	Jeremy Marston	D McLean
	D Cook	Ronnie James	T Prosser
	Iva McNevin	Ian Matthews	H Cook
	Jackie Morse	Sue Matthews	N Gibbs
	Stuart Thomson	Tristan Sellors	T Nicholls
	Rachel Thomson	Ruth Glover	G Holt
	J Stone	A Prosser	R Boucher
	C Backhouse	S Backhouse	P McNevin
	L Prady	J Gorton	R Burrows
	M Cann	R James	G Letchford

Apologies No apologies were received. However Ian did apologise that we were in the changing rooms at the Astropark as the upstairs room had been double booked with a party.

1. Minutes of the Committee Meeting held on 7th August, 2017

The minutes of the Committee Meetings held on the 7th August, 2017 were approved as a correct record. SJM stated that minutes would in future be distributed by email and a copy would be placed on the MBH website.

2. Beginners Group

Numbers at the last beginners group had been low and IMcN stated that holding sessions in the Dome had not been good due to noise.

It was agreed that another beginners group would commence in January 2018 when IM would try and obtain the 3G for January, February and March. RT to let IM know date when next group would commence

3. Coaches

IM stated that we are continually looking for additional coaches. Tom Berryman is currently looking to obtain qualification to become a Junior Coach. DMcL was hoping to undertake coach training and would look at Training dates on EA website.

JM was keen for more coaches / helpers at Friday nights Junior Sessions.

DBS Checks – SM confirmed that she has an up to date list of coaches with DBS expiry dates but asked coaches to keep her updated when they renew.

4. Athletics Issues

IM confirmed that the Club block booking of 57 athletes has been placed for Newquay 10k and paid for. He stressed if anyone was unable to attend they must find their own replacement. Enters for Newquay 10k are still available to individuals but there is a race limit of 850 athletes.

IM stated that due to issues of block bookings by some other Running clubs, in future we would not be undertaking club block bookings for races, so would be up to individuals to enter for themselves. If anyone does not have access to the internet IM agreed to enter details on their behalf.

YT confirmed that MBH are adopting on line entries through Run Britain for the Race for Wildlife and Remembrance Run. Run Britain charge a fee for this service but in the long run it makes it easier for organisers.

SJM stated there will be a calendar listing forthcoming races in the forthcoming December Newsletter.

RB stated that the Grand Prix will be purchasing chip timing equipment and adopting on line entries probably via Run Britain. They will be trialling this system during 2018. There will also be an option for athletes to purchase their own chip to keep probably costing between £4 and £5. MBH would purchase a quantity of these to sell to their members.

RB stated that unfortunately he was not at the Grand Prix Committee Meeting when St Levan 10k received a yellow card, but he would contest this as unfair at the next meeting. He stated any race receiving 2 yellow cards followed by a red card is removed from the Grand Prix.

YT stated that MBH receive only £1 per entry for St Levan and she confirmed that this race will still be held in 2018.

5. Junior Issues

JM confirmed that all is going well with the Junior Section, awards have been voted for and these would be presented at the Junior Party on 8th December

RJ thought it would be beneficial for a few of the older juniors to attend on Monday evenings, and he agreed to take these in the bottom field at Mounts Bay School in the Summer. RJ would appreciate any help with this.

6. Kit

JM confirmed that at last an order had been placed and received for Tri kit. However all of the 5 tri suits received had been too small and he is in the process of complaining to Endura to find a way forward.

7. Swimming

PMcN stated he has an issue with lanes as enough people are registered to warrant 4 lanes on a Thursday evening. He will be adopting a 5-week cycle system in future where one lane would be issued with work cards.

It would be beneficial if a second coach was available for Thursdays. DMcL and RG were keen to help out on this coaching level. IM agreed to find details of a Tri Level 1 Course for DMcL and RG

8. Website

DC stated that all PB's have been updated on the website and asked anyone who's information is incorrect to let him know. IM stated that proof of your PB would also be required.

RT was happy to continue with the press reports for the website but members need to let her know if they have done anything. SJM stated she would place a note to this effect in the December Newsletter.

9. Events

Rem Run – 400 medals had been ordered and to date we have 450 entrants. YT stated that the first 400 entries (ie those with numbers 1-400) would receive this year's medal, following which last year's remaining medals would be distributed. IM stated that registration is at the Sailing Club and once registered athletes must go back downstairs as there is a safety issue for the number of people allowed on the Sailing Club's Top Floor.

IM thanked ST and RT for obtaining the Marque. 4 x portaloos are being provided and there are awards for all age groups. Athletes will be able to enter on the day if the maximum 500 limit is not reached.

Race for Wildlife – YT confirmed that on line entries are being placed. 300 medals have been ordered and at present there are 138 entries. Thank you to GL for organising the use of Penwith College.

Junior Event – JM and RJ are to establish a date to hold this event against Hayle Runners in 2018.

Time Trails – IM confirmed these are very successful and thanks were given to Ronnie, Graham and Adam. There are 2-time trials left this year.

parkrun – YT stated there are additional parkruns on Christmas Day and New Year's Day at Penrose. YT thought the New Years Day parkrun would appeal to children.

Although the New Years Day parkrun will clash with GL's moors run it was felt this would still be popular. GL agreed to organised for 11am but asked for helpers.

Christmas Eve Swim – 12 noon off Battery Rocks or Harbour in Penzance

Xmas Lights Run – Monday 18th December – 7pm from Yacht Inn Car Park

10. Social Events

Children's Presentation – 8th December at Astropark Penzance. Gifts obtained, Trophies order and disco reserved.

Adult Presentation – Union Hotel Saturday 17th January 2018 – 70 people £18.95 per person.

Majorca Cycling – IM confirmed 27 people going - all flights paid for and rooms booked. 50% deposit to be sent to Hotel to reserve rooms.

Budapest Marathon – Trip being organised by JM and NM 8th October 2018

Cyprus Marathon – 22-25 November 2018 – Trip being organised by SJM and IM.

Skiing Trip – Les Arcs – January 2019 – Fly or coach on New Years Day – early days but if interested details to IM. DMcL and RG may organise a ski trip later in the year.

11. Cycling Sessions

IM confirmed that to date 2 cycling sessions have been held on Tuesdays at the School. He would endeavour to organise another one in due course. He also confirmed there is a Majorca 312 training plan available if anyone is interested.

12. Triathlons

RG and DMcL were concerned that Tri Events aren't praised enough. IM stressed that members should let him know if they have completed events or send a press report to RT.

RG to let SJM have a list of next years IntoTri series of Triathlons to put details in the December Newsletter in order to drum up more interest for Triathlons.

13. Park runs

YT sated that Lands End have again turned down hosting a park run but she would pursue.

14. London Marathon Draw

The draw was undertaken of the clubs 2 London Marathon Places and the successful members were Thomas Prosser and Mickey Ringwood.

IM stated that TP only turns 18 just before the Marathon so he will be one of the youngest competitors.

15. Yacht Inn Swim

IM confirmed that MBH would be looking at the possibility of hosting this event with Nicky Brooks next year.

16. Route Clean Up

SJM stated that she was upset by the amount of rubbish on our roads and routes we use for our running club and that she was hopeful to arrange various Route Clean Up Sessions with the help of other members.

She agreed to look into this further with the Council and the Beach Clean Up Team – Marine Conservation.

18 **ANY OTHER BUSINESS**

Duathlons / Triathlons – It was queried why we do not host these events as a Triathlon Club. IM & YT stated that this takes a lot of organisation and time.

First Aid / CPR Training – RB asked whether the club could organise training for members. YT stated that CPR training is available free through park run. St Johns Ambulance put on courses for anyone wishing to take part. SJM confirmed that the club would be re-arranging First Aid Training for coaches again when the current certificates expire.

Presentation Night – MBH may look at holding a nutrition, etc. presentation night at Penwith College in the New Year.

Liz's Cake Run – this was confirmed as 27th December at 10.30 am from St Levan 10k car park followed by cake back at Liz and Johns.

Sport Relief 2018 – SJM confirmed that the Club would again be hosting an event in Penlee Park in March 2018.

IM closed the meeting by thanking all those members who helped out at the Club.

Next Meeting: AGM – Monday 29th January, 2018 – Astropark Penzance

There being no further business IM thanked everyone for attending.

Signed

Ian Matthews
Chairman

SJ/IM
07.11.17

