

**Minutes of the Mounts Bay Harriers**  
**Annual General Meeting Held on**  
**Monday 29<sup>th</sup> January, 2018 - Astropark, Penzance**

**Present:** Ian Matthews, Sue Matthews, Yvonne Turner, Sarah Tregear, Phil McNevin, Paul Angove, Geoff Letchford, Natalie Gibbs, Mark Omori, John Gorton, Dee McLean, Ruth Glover, Michael Rooney, Richard Alford, Sandra Treleven, Julie Bolitho, Iva McNevin, Simon Jones, Damian Cook, Liz Prady, Stuart Backhouse, Claire Backhouse, Jonathan Jose, Jeremy Marston, Rob Burrows, Ronnie James

IM opened the meeting by thanking everyone for attending.

1. **Apologies Received From:** Stuart Thomson, Rachel Thomson, Matthew Cook, Amanda Prosser, Thomas Prosser.
2. **Minutes of the AGM Held on 30<sup>th</sup> January, 2017**  
The minutes of the previous AGM held on 30<sup>th</sup> January, 2017 were agreed as a true record.
3. **Re-Appointment of Committee Members**

The following were agreed for re-election and new members appointed as follows:

Chairman / Club Captain – Ian Matthews  
Vice Chairman – Yvonne Turner  
Secretary / Treasurer – Sue Matthews  
Junior Section Secretary – Natalie Gibbs  
Club Welfare Officers – Rachel Thomson (Female) Simon Jones (Male)  
Junior Welfare Officers - Jeremy Marston, Dee McLean  
Junior Section – Ruth Glover, Mark Omori, Ronnie James,  
Jeremy Marston, Damian Cook, Sarah Tregear,  
Events & Volunteer Co-ordinator – Yvonne Turner  
Sub Events Committee – Geoff Letchford, Natalie Gibbs, Damian Cook,  
Luke McLean, Dee McLean, Liz Prady  
Coach Development Officer – Ian Matthews  
Website Team – Damian Cook, Yvonne Turner, Ian Matthews,  
Rachel Thomson  
Social Secretaries – Sue Matthews  
Chief Publicity Officer – Paul Angove  
Publicity Press Officers – Rachel Thomson, Yvonne Turner,  
Ian Matthews, Geoff Letchford  
Triathlon Publicity Officers – Dee McLean, Ruth Glover  
Funding Co-ordinator – Sue Matthews, Ian Matthews  
Grand Prix Representative – Rob Burrows

With the removal / appointment / replacement of Junior Secretary, Junior Female Welfare Officer, Sub Events Committee members, Junior Section members, Publicity & Press Officers and the new positions of Grand Prix Representative, Triathlon Publicity Officers and Chief Publicity Officer.

All the above amendments were proposed and seconded.

#### **4. Club Constitution**

##### **GDPR**

IM referred to section 3 of the Club Constitution which, due to the new GDPR (General Data Protection Regulation) needs revising.

As all MBH adults are required to have an EA affiliation, it was agreed that the following statement, as advised by England Athletics, will be added to the Club's membership forms for Adults with immediate effect:

“When you become a member of or renew your membership with Mounts Bay Harriers you will automatically be registered as a member of England Athletics. We will provide England Athletics with your personal data which they will use to enable access to an online portal for you (called myAthletics). England Athletics will contact you to invite you to sign into and update your MyAthletics portal (which, amongst other things, allows you to set and amend your privacy settings). If you have any questions about the continuing privacy of your personal data when it is shared with England Athletics, please contact [dataprotection@englandathletics.org](mailto:dataprotection@englandathletics.org).”

However, as some juniors (non county competing) are not required to have an England Athletics affiliation a different membership form will be required in future for family and junior memberships. This membership form will have the following wording:

“When you become a member of or renew your membership with Mounts Bay Harriers, you can also choose to be registered as a member of England Athletics (you will have to register with England Athletics if you ever compete for the Club under the UKA rulebook). **If you tick the box below we will provide England Athletics with your personal data** which they will use to enable access to an online portal for you (called myAthletics). England Athletics will contact you to invite you to sign into and update your MyAthletics portal (which, amongst other things, allows you to set and amend your privacy settings). If you have any questions about the continuing privacy

of your personal data when it is share with England Athletics, please contact [dataprotection@englandathletics.org](mailto:dataprotection@englandathletics.org).

**If you do not tick the box below and then decide to compete for the Club we will need to register you with England Athletics and we will inform you at that time.”**

Details of the above would be included in the MBH Club Constitution.

It was decided to include these paragraphs in the Membership Renewal letter to cover any members who had joined the Club using the previous membership form. SM to ensure that all Family / Junior Members forms where ticked as appropriate otherwise their details would not be given to England Athletics

### **Coach Membership**

IM referred to the following proposal put forward and seconded:

An amendment to the membership categories to include a rate for active and or qualified coaches. This would not include volunteers who whilst are very appreciated and freely give up their time do not carry the responsibility of coaches nor have they taken time to qualify and DBS clearance.

IM stated that this would mean that Members of the Club who are active Coaches would only pay £15 per annum (for the England Athletics affiliation)

This issue was discussed in full with reference to the legality of it, whether Honorary Membership should be considered and the question was raised why some coaches received payment when some do not.

IM stated that Coaches who receive money from the club use this money to pay for equipment, trophies, social evenings, race rewards, etc. and not for personal gain

The vote was put to those present whether we should consider a new type of membership for coaches.

On a show of hands, it was a unanimous decision that this should not take place at present.

## 5. Accounts

SM stated that the Club was financially stable and once the accounts have been independently assessed these will be presented at the next Committee Meeting in May 2017.

The Club had 300 adult and Junior members for 2017/2018.

SM reported the financial position as a 29.01.18

B/F 31.01.17	£13,054.34
Balance as at 29.01.18	£16,404.99

SM reported on profits from races held:

Aquathlon 21.06.17	Profit £160.00
Aquathlon 19.07.17	Profit £426.00
Aquathlon 16.08.17	Profit £259.00
Aquathlon 13.09.17	Loss £45
St Levan 10K	Profit £500
Remembrance Run	Profit £4,118.75
Race for Wildlife	Profit £2,471.26

SM reported on profits from weekly sessions:

Circuits	Profit £88.80
3G Sessions	Loss £889.70
Swimming	Loss £252.35
Monday 3G Pitch	Expenditure £441.00
Junior Club	Profit 515.03

SM noted that Swimming Lanes had been paid for up until the end of March 2018 at £27.70 per week.

3G Sessions were considered to be valued training for club members and it was noted that these also incorporated hill sessions, grass track sessions and regular time trials.

It was queried whether we should reduce the cost of the Junior Session to encourage new members but coaches felt there were enough attending at present.

**THIS BROUGHT THE ITEMS FOR THE AGM TO AN END AND THE FOLLOWING ITEMS WERE FOR A GENERAL COMMITTEE MEETING**

**6. 2018 Events**

**Sport Relief 2018**

SM stated that Sport Relief are not organising the 1,3 and 6 miles as in previous years but are asking people to arrange their own fund raising event.

SM thought it would be a good idea to organise a 5K race from Penlee Park during the weekend on Saturday 24<sup>th</sup> March, 2018. Perhaps in the afternoon, so it did not clash with parkruns. SM to look into and report details back.

**Aquathlons**

YT to look into when the Jubilee Pool was re-opening in 2018 in order to sort out dates for Aquathlons - on the day only entries.

**St Levan 10k**

YT confirmed this is to be held on 17<sup>th</sup> August, 2018

**Remembrance Run**

YT confirmed this as Sunday 11<sup>th</sup> November, with on-line entries only. Plymouth running Club have again expressed an interest to bring around 100 athletes to this event

**Race for Wildlife**

YT confirmed this as Sunday 2<sup>nd</sup> December

**Junior Event**

IM stated that he would definitely be organising the Junior / Adult Marathon event this year.

**7. Athletics Issues**

RB stated that the GP Series Committee were looking towards Cornwall Athletes to be allowed to enter races first.

He stated that Timing Chips were to be used at Newquay 10K next week on a trial basis with start and finish mats. If all goes well the Committee will consider using at all GP races next season.

RB confirmed that £1 per athlete had been added to race entry fees to enable the provision of timing chips.

The GP was hopeful that with the new chips timed sessions could be run at Carn Brea.

IM thanked RB for attending the Grand Prix Committee Meetings on behalf of MBH.

#### **8. Swimming Issues**

PMcN asked whether there was any additional coach interest. DMcL agreed to look into any courses that might be available.

#### **9. Triathlon Issues**

RG and DMcL in their new roles as Triathlon Publicity Officers to provide regular updates on triathlons.

#### **10. Children's Section Issues**

NG thought it would be a good idea to have a planner / rota available to establish when Junior Coaches were available on Friday.

IM to look into providing a planner.

#### **11. Kit Issues**

JM stated that the small tri suits were sent back, are currently being resized and hopefully be returned to us (with free socks) soon.

IM thanked JM for continually chasing this up.

SM stated that black tops are now available at £12 each.

JM asked SM to order more MBH Small and Medium Hoodies

#### **12. Website / Facebook Issues**

IM stated we would be doing a cull of all Facebook non-members on 1<sup>st</sup> March.

RG asked what we were allowed to post in the MBH Facebook section.

IM stated that we did not allow any charity / sales items but social event advertising was permissible.

#### **12. Social Events**

##### **MBH Litter Pick - Easter**

Due to the disgusting state of our Running Routes, SM was eager to arrange a litter pick and was looking to hold on Easter Sunday 1<sup>st</sup> April (April Fool's Day)

**13. Majorca Cycling April 2018**

IM confirmed that 27 people are attending

**14. Cyprus 4 Day Challenge – 22<sup>nd</sup> – 25<sup>th</sup> November 2018**

IM stated that so far 8 members are planning to attend but would welcome more to come along.

**15. Junior Party 2018**

It was agreed that this would be held at the Astropark on Friday 7<sup>th</sup> December and SM agreed to book Party On Pete for the Disco if possible.

**16. Adult Presentation**

SM stated that as some members were unhappy with The Union Hotel that suggestions should be put forward for an alternative venue for 2019.

ST and PMcN stated that had contacted Carbis Bay Hotel in St Ives with the idea of putting on coach transport from Penzance. After discussion it was thought that it would be preferable hold the event in Penzance.

SM asked for any ideas to be brought to the next Committee Meeting.

**Any Other Business**

**Monday Junior Session**

RJ stated that he was looking to introduce an invitation only training session for MBH juniors on Monday evenings. Details of any interested Junior to be sent to Ronnie.

**The Next Committee Meeting would be held on Monday 14<sup>th</sup> May, 2018 and SM to look into returning to the Sportsman’s Arms, Heamoor**

There being no further business the meeting closed at 10.30 pm

Signed: ..... I. Matthews, Chairman

Date: .....

IM/SJM  
30.01.18





**MOUNTS BAY HARRIERS**  
**ANNUAL GENERAL MEETING**  
**TO BE HELD AT THE ASTROPARK PENZANCE**  
**MONDAY 29TH JANUARY 2018**

**A G E N D A**

1. Apologies – S&R Thomson
2. Minutes of the last AGM held on 30<sup>th</sup> January, 2017
3. Appointment/Re-appointment of Committee Members  
Currently:  
Chairman/ Club Captain – Ian Matthews  
Vice Chairman – Yvonne Turner  
Secretary/Treasurer – Sue Matthews  
Junior Section Secretary – Jackie Morse  
Club Welfare Officers Male/Female – S Jones & R Thomson  
Junior Club Welfare Officers – Jackie Morse, Jeremy Marston  
Junior Section – Ruth Glover, Matthew Cook, Mark Omori,  
Chris Trehwella, Jeremy Marston, Damian cook  
Sarah Tregear, Jackie Morse  
Events & Volunteer Co-Ordinator – Yvonne Turner  
Sub Events Committee – R Thomson, S Thomson, R Burrows  
Coach Development Officer – Ian Matthews  
Website Team – D Cook, Y Turner, I Matthews, R Thomson  
Social Secretaries – S Matthews  
Publicity/Press Officers – R Thomson, J Morse, S Tregear  
Ian Matthews, Nicky Morse, Nigel Sims  
Geoff Letchford  
Funding Co-ordinator – Sue Matthews, Ian Matthews –  
Assistant H Swaby
4. Club Constitution
  - Coach membership
  - GDPR-Data Protection EA – tick box for those taking EA affiliation
5. Accounts – to be presented at next Committee Meeting in May

- 6.** Events 2018
  - Sport Relief – 5K ? 25<sup>th</sup> March 2018
  - Aquathlons – Summer
  - St Levan 10k – Friday 17<sup>th</sup> August
  - Remembrance Run – Sunday 11<sup>th</sup> November
  - Race for Wildlife- Sun 2<sup>nd</sup> December
  - Junior Event
  
- 7.** Athletics Issues
  - Update on timing system Cornwall RR Grand Prix
  
- 8.** Swimming Issues
  
- 9.** Triathlon Issues - Website PBs
  
- 10.** Children’s Section Issues
  
- 11.** Kit Issues
  
- 12.** Website / Facebook
  
- 13.** Social Events
  - Litter Pick Easter 2018
  - Majorca Cycling April 2018
  - Cyprus Marathon 22<sup>nd</sup>-25<sup>th</sup> November 2018
  - Junior Party December 2018
  - Adult Party January 2019
  
- 14.** Any Other Business
  - GDPR-Data Protection EA – tick box for those taking EA affiliation
  - Litter Pick – Easter
  - Coaches Membership



**Minutes of the Mounts Bay Harriers**  
**Annual General Meeting Held on**  
**Monday 30<sup>th</sup> January 2017**

**Present:** Ian Matthews, Sue Matthews, Nigel Sims, Yvonne Turner, Liz Prady, Sarah Tregear, Heidi Swaby, Matthew Cook, Chris Trehwella, Phi McNevin, Iva McNevin, Susan Dodds, Nicky Morse, Jackie Morse, Stuart Thomson, Rachel Thomson, Rob Burrows, Damian Cook, Mark Omori, Ronnie James, Adam Oliver, Goeff Letchford, Stuart Backhouse, Claire Backhouse, Ruth Glover, Mike Rooney, Marie Kay, Jan Wolf, Chris Oakes, Tom Prosser, Amanda Prosser, Natalie Gibbs,

IM opened the meeting by thanking everyone for attending.

1. **Apologies Rcvd From:** J Marston, S Jones & L Easterbrook
2. **Minutes of the AGM Held on 1<sup>st</sup> February, 2016**  
The minutes of the previous AGM held on 1<sup>st</sup> February, 2016 were agreed as a true record.

**17. Re-Appointment of Committee Members**

The following were agreed for re-election and new members appointed as follows:

Chairman / Club Captain – Ian Matthews  
Vice Chairman – Yvonne Turner  
Secretary / Treasurer – Sue Matthews  
Junior Section Secretary - Jackie Morse  
Club Welfare Officers – Rachel Thomson (Female) Simon Jones (Male)  
Junior Welfare Officers - Jackie Morse, Jeremy Marston  
Junior Section – Ruth Glover, Matthew Cook, M Omori, Chris Trehwella,  
Jeremy Marston, Damian Cook, Sarah Tregear, Jackie Morse  
Events & Volunteer Co-ordinator – Yvonne Turner  
Sub Events Committee – Rachel Thomson, Stuart Thomson, Rob Burrows  
Coach Development Officer – Ian Matthews  
Website Team – D Cook Y Turner, I Matthews, R Thomson  
Social Secretaries – S Matthews  
Publicity Press Officers – R Thomson, J Morse, S Tregear, Y Turner, I  
Matthews, N Morse N Sims & G Letchford  
Funding Co-ordinator – Sue Matthews, Ian Matthews –  
Assistant Heidi Swaby

With the appointment of a new position of Vice Chairman the above were proposed and seconded as agreed in their positions.

## 18. Club Constitution

SM agreed to amend the Constitution to include a Vice Chairman and state that the accounts are independently assessed.

## 19. Accounts

SM stated that once the accounts have been independently assessed these will be presented at the next Committee Meeting in May 2017.

SM reported the financial position as a 30.01.17 as follows:

B/F 31.01.16	£11,747.03
Balance as at 30.01.17	£12,839.92

SM reported on profits from races held

Adult Duathlon	Profit £1,296.50
Aquathlon 22.04.16	Profit £974.00
Aquahtlon 13.07.16	Profit £667.80
Aquathlon 03.08.16	Loss £15.34
Remembrance Run	Profit £1,964.39
Race for Wildlife	Profit £674.02

SM stated that the last aquathlon on 03.08.16 had incurred the expenses of series T Shirts. Profits from the Remembrance Run and Race for Wildlife were after donations had been made to the Poppy Appeal and the Cornwall Wildlife Trust.

IM stated that the club was financially stable and confirmed that the sum of £2,355.34 had already been spent on medals for forthcoming Aquathlons in 2017.

## 20. 2017 Events

**Duathlon – 9<sup>th</sup> April** – YT said that entries will open on 1<sup>st</sup> February when she will forward emails. This year we will be using the BT on line entry system. The race will be a 5k run, 7K bike and 2 ½ k Run and will be limited to approximately 120 entrants.

**Aquathlons** – Date for the aquathlons have been provisionally booked on 24<sup>th</sup> May, 21<sup>st</sup> June, 19<sup>th</sup> July and 16<sup>th</sup> August – these are all Wednesdays and entries will solely be on the day.

IM stated as the last medal includes a bottle opener he was endeavouring to get Rattler to supply cider for the last race.

**St Levan 10K – Friday 11<sup>th</sup> August** – YT stated that following the death of Steve Chapple a MBH member who founded this event – MBH provides registration and finish line marshals for the St Levan Committee for which they donate £1 per person entry to the club. On Line entries for this event.

**Remembrance Run – Sunday 12<sup>th</sup> November** – YT confirmed this is a beach run and competitors are encouraged to wear something red. £1 per entry is donated to the Poppy Appeal

**Race for Wildlife – Sunday 3<sup>rd</sup> December** – YT thanked GL for his help in obtaining Penwith College free of charge to host this event. £1 per entry is donated to the Cornwall Wildlife Trust.

**Junior Event** – NG thought that the club should host a junior event. IM asked for ideas to be discussed at the next Committee Meeting.

ST thought it may be beneficial for MBHs to provide food & refreshments at our events with profits towards a Charity or Junior Club funds.

## **21. Athletics Issues**

RB confirmed he still regularly attends the Grand Prix Committee Meetings and reported back as follows:

- London Marathon are getting strict about number swapping and have imposed life bans.
- The Committee were happy with the organisation of the Remembrance Run and the provision of the marque was a great help. Thanks given to ST & RT.
- There was an issue raised that the Race for Wildlife did not accommodate an over 70 lady or under 20 category. YT stated that she followed the off road series categories for such events.
- There was also an issued raised that the trophies issued were the same style.
- Introduction of Chip Timing system was no further forward but there is currently £10k in the Grand Prix Committee Funds available towards this.

RB confirmed he was happy to continue attending the Grand Prix Meetings.

## **22. Triathlon Issues**

RB confirmed that he had spoken to Greenwich Leisure who are a charitable enterprise and have a sports development department to approach – someone is keen to engage with us re: triathlon events.

IM stated that Tempus Leisure had put out a tender for their events.

### **23. Coaching**

IM stated that details of coaching courses are available on the EA website and anyone wishing to participate in a course should liaise with him.

### **24. Swimming**

IM stated that PMcN sessions are proving popular with 3 lanes on Thursday night for a max of 18 people. These are fully booked up until the end of February.

IM asked Phil to ensure no one is paying for an MBH session and doing their own swimming. PMcN confirmed they are not.

PMcN would give details of additional kit required to Ian and stated an extra person on poolside would be welcome if anyone wanted to help out.

YT said the Jubilee Pool sessions weren't popular and would not be run again.

As PMcN will not be available to run sessions in the summer the number of lanes may be reduced to one and he may leave a work sheet for these weeks. To be discussed further at the next Committee Meeting.

### **25. Triathlon Issues**

DC had asked for Triathlon PBs but had to date only received details from one member. DC asked for Personal best times for Marathons and 70.3 and Ironman Events (with split times) so these could be added to the website.

ARC events are not in the power of 10 and no international times are listed

### **26. Website**

DC confirmed the website was up to date and that he was happy to continue with this - IM thanked him for his help.

### **27. Children's Issues**

IM circulated a report from JM and thanked her for her input on Friday evenings. JM stated that 4 juniors had been selected to represent the County last year and 3 this year. Looking to build a Cross Country Team for 2017.

Juniors sessions are running smoother now there are no under 7's. IM stressed the need for coaches to keep discipline going on Fridays and expressed thanks to all who helped out.

IM stated that all Friday night Junior Volunteers need to have DBS check undertaken as soon as possible and he would look into this.

#### **28. Kit Issues**

IM stated that there were on-going kit issues which are being dealt with by Jeremy Marston.

#### **29. Website / Facebook**

IM thanked all for keeping the website up to date and confirmed he will undertake another cull of non members from facebook at the end of February.

Details of our Social Media Policy are listed on the files page.

#### **30. Social Events 2017**

**Majorca Cycling Trip – April** – Only 3 members are going and this has all been booked.

**Lisbon Marathon – October** – DC confirmed he is organising this trip to Lisbon and prices etc would be posted on our facebook page.

**Disney Marathon – January 2018** – IM stated this is not cheap but a once in a lifetime event of a 5k, 10k, ½ Marathon and Marathon Run – It is anticipated we will fly out before new year for the first race on 3<sup>rd</sup> January 2018.

**Junior Party 2017** – all happy that this should remain at the Astropark in December. SM to book room and DJ

**Adult Presentation Meal – January 2018** – IM confirmed the event had gone extremely well last weekend and at the next committee meeting we would agree a venue suitable for 70 people for 2018.

#### **31. Any Other Business**

**Off Road Awards** – JM and NM were keen for Off Road Running yearly awards to be presented. After discussion it was agreed an additional 4 categories would be added to our annual awards list.

**Presentation Night** – YT felt that Ronnie & Adams Awards should be presented before the main awards at the end of the evening



**Raffle Prize** – YT stated there were a lot of raffle prizes left from the Presentation Night. It was agreed these would be raffled off at the aquathlons.

**Leo Gwynn** – 10% off – St Erth Industrial Estate – coastlinesports.co.uk – quote for discount MBH17

**Park Runs** – YT stated that as Penrose is becoming so popular she is looking to hold a park\*\*\* run from Geevor to Botallock – she agreed to report back in due course.

The Next Committee Meeting would be held in the Sportsmans Arms, Heamoor after social run on Monday 8<sup>th</sup> May, 2017.

There being no further business the meeting closed at 10.15 pm

Signed: ..... I. Matthews, Chairman

Date: .....

IM/SJM  
01.02.17

**Minutes of the Mounts Bay Harriers**  
**Annual General Meeting Held on**  
**Monday 1<sup>st</sup> February, 2016**

**Present:** Ian Matthews, Sue Matthews, Nigel Sims, Yvonne Turner, Liz Prady, Sarah Tregear, Heidi Swaby, Matthew Cook, Chris Trehwella, Jennifer Powell, Phi McNevin, Iva McNevin, Dee Holland, Liz Easterbrook, Susan Dodds, Nicky Morse, Jackie Morse, Stuart Thomson, Rachel Thomson, Rob Burrows, Damian Cook, Jeremy Marston, Mark Omori, Simon Jones, Terry Bromfield, Mark Omori, Ronnie James, Adam Oliver, Geoff Letchford,

IM opened the meeting by thanking everyone for attending.

1. **Apologies Rcvd From:** A Prosser, T Prosser, C Backhouse
2. **Minutes of the AGM Held on 2<sup>nd</sup> February 2015**  
The minutes of the previous AGM held on 2<sup>nd</sup> February, 2015 were agreed as a true record.

**32. Re-Appointment of Committee Members**

The following were agreed for re-election and new members appointed as follows:

Chairman / Club Captain – Ian Matthews  
Secretary / Treasurer – Sue Matthews – Assistant Heidi Swaby  
Junior Section Secretary - Jackie Morse  
Club Welfare Officers – Rachel Thomson (Female) Simon Jones (Male)  
Junior Welfare Officers - Jackie Morse, Jeremy Marston  
Junior Section – Geoff Letchford, M Omori, Chris Trehwella,  
Jeremy Marston, Damian Cook, Sarah Tregear, Jackie Morse  
Events & Volunteer Co-ordinator – Yvonne Turner  
Sub Events Committee – Rachel Thomson, Stuart Thomson, Rob Burrows  
Coach Development Officer – Ian Matthews  
Website Team – D Cook Y Turner, I Matthews  
Social Secretaries – S Matthews  
Publicity Press Officers – R Thomson, S Tregear, N Morse, Y Turner, I Matthews and N Sims  
Funding Co-ordinator – Sue Matthews, Ian Matthews –  
Assistant Heidi Swaby

Proposed and second that above are agreed in their positions.

SM stated that it may be a good idea to have a Club Junior Secretary to help with issuing Consent forms, codes of conduct, health forms etc. Jackie Morse asked if she could be considered for this position. This was proposed and seconded.

Junior section need a plan for 1<sup>st</sup> group - 12 week plan  
1<sup>st</sup> group - range of ages need 2 sets of plans - co-opt decision to split and need a coaches meeting in February.

### **33. Club Constitution**

The Club Constitution was reviewed.

Need to update the constitution available on line.

Redraft Constitution to discuss at next committee meeting / EGM in May

### **Accounts**

SM presented the accounts as follows:

Balance as at 31.01.15                      £12,906.84

Including:

Income 01.02.15-31.01.16                      £45,561.71

Expenditure 01.02.15 – 31.01.16                      £33,814.68

**CLOSING BALANCE**                                      **£11,747.03**

Junior Club Income £3,534.60, expenditure £2,785.18 = £749.42

Circuits Income 2,217.00, expenditure £1,814.25 = £402.75

Swimming Income £1,948.00, expenditure £2,274.00 = -£326 (NB pool paid up until end March 2016)

G3 Sessions Income £923.50, expenditure £2,614.20 = -£1,690.70

G3 Mondays Beginners = -£466.64

Adult Triathlon April 2015 Income £5387.00, expenditure £3,990.65 = £1,396.35

Remembrance Run Nov 2015 Income £2,661, expenditure £1,625.77 = £1,035.23

Wildlife Run December 2015 Income £2,274.50, expenditure £1,216.10 = £1,058.40

Duathlon 2016 - Income to date £2,541.00

After discussion it was felt we need to encourage more members to attend G3 sessions. Ronnie / Adam / Graham to talk to beginners and Terrys Group about attending at G3. Suggest that one Monday night Ronnie & Adam take beginners on G3 session.

Consider having an open day on Thursday 31<sup>st</sup> March.

Voucher for a free trial session to be tried again and coaches need to promote G3 sessions

G3 to be reviewed in 3 months.

It was agreed that future accounts would be given an independent examination which may cost in the region of £250.00 (details of this to be written into the Constitution)

It was discussed whether to put details of members who have not paid their race entry fees on website to encourage them to pay.

### **Events 2016**

**Sport Relief - 20<sup>th</sup> March** - band required Emily Walker to be asked.

Marshals required

**Duathlon 10<sup>th</sup> April** - 80 entries to date - 5k run 25 k cycle, 5k run from Penwith college £33 to enter with goody bags. - 120 places available.

**Aquathlons** - 4 booked in at Jubilee Pool

### **St Levan 10k**

Part of grand prix series

**Remembrance run-** In future years this will incur additional costs as need to provide a marquee. S Thomson to find out details of hire for Yvonne.

**Race for Wildlife** - YT thanked Geoff Letchford for helping to organise.

**Junior Sportshall Challenge** - Pensans v Mount Bay Harriers to be organised by Geoff in the summer.

### **Athletics Issues**

IM stated the club is now CAA affiliated re: sportshall events at Carn Brea.

Grand Prix meeting - IM confirmed that Rob Burrows attends on a regular basis and that both the Wildlife Run and Remembrance Run have received positive feed back

Timing Chips - a provisional quote has been received and progressing - clubs in Cornwall will be asked to donate to grand prix

IM thanked Rob for attending these meetings.

### **Swimming Issues**

IM stated that St Marys School have asked if we wish to hire their 15 m pool at a cost of £30 per hour + lifeguard, etc. Currently pay £11 per lane at Leisure centre.

They do not want to hold aquaspin classes as they fear this may damage the pool. After discussion it was thought that this would be too expensive to hire

Queried whether in future to pay in advance for Thursday swimming nights - i.e block of 10 tickets or collect on the night for the following week.

Yvonne and Phil to decide how to fill lanes every week and encourage beginners to attend.

### **Triathlon Issues**

It has been suggested that we have Triathlon PB times listed on our website. Damian to speak to Martin Post to see what is required.

Paul Hooper needs to know if anyone has a new PB - let Paul know if your marathon or other times are incorrect.

### **Children's Issues**

A Need was highlighted for a junior coaches meeting to be arranged as soon as possible.

### **Kit**

Stock at present in the region of £2,200 - let Jeremy Marston know if anything needed. New for 2016 - Rucksacks £25 and Caps £54.

### **WEBSITE**

MBH calendar needs updating and is being looked at by DC. YT to continue updating MBH events.

Facebook - MBH beginners group Run in Cornwall - needs to be updated previously done by Dan Lugg

**Facebook** - IM to look at deleting non- members on the MBH closed group site. IM to give 5 days' notice.

**Amsterdam Marathon/Half Marathon and 10k**- JM arranging - 14 going - 16<sup>th</sup> October for 3 days.

**London marathon** - can't swap A Prosser name from Pete Uren  
SM advised to purchase rail tickets around 04.02.16 to get best deal

**Malta Marathon Challenge** over 3 days - 24<sup>th</sup> November at Dolman Hotel, Bugibba.  
IM arranging.

**Junior Party** - TBA - committee to decide where. To be decided at junior coaches meeting.

**Adults Party** - look at Branwells Mill / Renaissance - Let Sue know by end of Feb

### **Emergency Contact numbers**

IM thanked RT and ST for their help with Pete Uren at the Storm Force event.

Needs to be stressed to all members that they need to complete the emergency contact details on the back of their race day numbers.

Cram Tags - offer for sale (IM to arrange for further supplies to be purchased)

YT stated that parkrun wristbands have emergency details on.

### **Good Samaritan Award**

ST asked whether a Good Samaritan could be nominated by the club yearly. IM agreed for this to be included within the annual awards list

### **Coaches**

JM asked if details of all coaches could be listed on MBH website. IM to give details to DC to do this.

IM asked coaches to ensure their DBS checks have not expired.

### **First Aiders**

List of qualified first Aiders to be provided on the Website - IM to give details to Damian

### **Car Sharing**

It was asked if individuals could be encouraged to car share when attending Grand Prix races.

### **Cycling Sessions**

Future dates for session will be arranged by Liz Prady.

### **Ronnie's & Graham's New Grand Prix Series**

Details of all dates to be placed on the website and in Cornishman.

**Geoff Letchford Retirement / Farewell**

JM and MO agreed to arrange a Junior v Adults competition night.

**Plank Off 2016**

Ronnie & Adam to arrange to raise money for the Air Ambulance who recently supported Pete Uren.

**Next Meeting:**

Committee Meeting would be held in the Sportsmans Arms, Heamoor after social run in May, 2016

There being no further business the meeting closed at 10.30 pm

Signed: ..... I. Matthews, Chairman

Date: .....

IM/SJM  
08.02.16

Minutes of the Mounts Bay Harriers

**Annual General Meeting Held on  
Monday 2<sup>nd</sup> February, 2015**

**Present:** Ian Matthews, Sue Matthews, Amanda Prosser, Thomas Prosser, Cat Knowles, Liz Prady, Rachel Thomson, Rob Burrows, Chris Trehwella, Dan Lugg, Iva McNevin, Phil McNevin, Nigel Sims, Damian Cook, Geoff Letchford, Paul Riggs, Stuart Thomson, Yvonne Turner, Sarah Tregear, Heidi Swaby, Nicky Morse, Jackie Morse, Terry Bromfield, Keith Stockham, Simon Jones, Mark Omori, Ronnie James, Graham Storer, Adam Oliver, Jeremy Marston

IM opened the meeting by thanking everyone for attending.

1. **Apologies Rcvd From:** K McClay
2. **Minutes of the AGM Held on 27<sup>th</sup> January, 2014 and Extraordinary AGM held on 3<sup>rd</sup> November, 2014**  
The minutes of the previous AGM held on 27<sup>th</sup> January, 2014 and Extraordinary AGM held on 3<sup>rd</sup> November, 2014 were agreed as a true record.

**34. Re-Appointment of Committee Members**

The following were agreed for re-election and new members appointed as follows:

Chairman / Club Captain – Ian Matthews  
Secretary / Treasurer – Sue Matthews – Assistant Heidi Swaby  
Club Welfare Officers – Rachel Thomson (Female) Simon Jones (Male)  
Junior Section – Geoff Letchford, M Omori, Chris Trehwella,  
Jeremy Marston  
Events & Volunteer Co-ordinator – Yvonne Turner  
Sub Events Committee – Rachel Thomson, Stuart Thomson, Rob Burrows  
Coach Development Officer – Ian Matthews  
Website Team – Don Hutchison, Y Turner, I Matthews  
Social Secretaries – J Corbett, S Matthews  
Publicity Press Officers – G Letchford, Y Turner, I Matthews, S Tregear,  
A Oliver  
Funding Co-ordinator – Sue Matthews, Ian Matthews –  
Assistant Heidi Swaby

IM stated that he would be looking to develop members on England Athletics and Triathlon Courses.

Any help available for Publicity would be greatly appreciated ie writing race reports, etc. – Adam Oliver said he would be prepared to give it a go.

**35. Club Constitution**



The Club Constitution was reviewed and no amendments were required.

### **36. Accounts**

SM referred to the accounts as follows:

Balance as at 01.02.14	£13,003.78
Income 02.02.14 – 31.01.15	£34,612.43
	£47,616.21
Expenditure 01.02.14-31.01.15	£34,709.47
<b><u>CLOSING BALANCE</u></b>	<b><u>£12,906.74</u></b>

SM circulate a summary of session / races and kit summarised as follows

Junior Club Income £2,174.10 expenditure £2,287.13 = -£113.01  
Club Kit Sales £1,425.14 Purchased £2,015.71 = -£590.57 Stock £2,045  
Swimming Sessions Income £1,940.50 Expenditure £2,475.45 = - £534.95  
G3 Pitch Income £1,801.50 Expenditure £2,119.00 = -£317.50  
Circuits Income £1,903.20 expenditure £1393.25 = £590.95  
Adult Triathlon Income £5,182.00 Expenditure £2,359.45 = £2,822.55  
St Levan 10k income = £400.00  
Junior Aquathlon Income £926.00 expenditure £801.88 = £124.12  
Open Water Aquathlon Income £731.00 expenditure £1,282.60 = -£551.60  
Remembrance Run income £2,172.00 expenditure £1,313.19 = £858.81  
Wildlife Run Income £1,586.90 expenditure £1,550.27 = £36.63  
Adult Triathlon 2015 income £4,840.00 to date

SM commented as follows:

Junior room at Humphry Davy paid up until end March  
Swimming Pool Lanes paid up until end March  
Circuits at Humphry Davy paid up until end March  
£600 donation to Jubilee Pool fund from Open Water Aquathlon  
Donation to Poppy Appeal from Remembrance Run  
Donation of £150 to Wildlife from Wildlife Run

### **37. Events 2015**

**Adult Triathlon – Sunday 5<sup>th</sup> April** – YT, ST and RT agreed to order trophies/ numbers / medals etc. IM stated that this could be the last year we host this event due to the sale and redevelopment of Penzance Council Offices.

YT stated that marshals are required for the Triathlon

**Junior Aquathlon – July** – YT unsure whether we will be able to run the Junior Aquathlon this year due to the sale and redevelopment of the Bolitho School estate. Details will be circulated when news is available.

**St Levan 10k** – YT confirmed this is due to go ahead on Friday 14<sup>th</sup> August. RB stated it would be part of the Cornwall Road Running Grand Prix and Mini Grand Prix.

**Remembrance Run** – This will be held on Sunday 8<sup>th</sup> November, 2015

**Race for Wildlife** – This will be run from Penwith College on Sunday 6<sup>th</sup> December, 2015.

**Jubilee Pool Aquathlons**– IM stated that due to damage sustained to the Jubilee Pool we would not be able to hold these events again this year but we may arrange an open water sea swim event – details to be released.

### **38. Athletics Issues**

IM thanked Rob Burrows for attending the Cornwall Road Running Meeting on behalf of the club once a month.

RB referred to a proposal to change the timing system. For the past 20 years the results have been done by the same people and no one else wants to take it on. Therefore they are looking to have a one off portal computer system where payments and entries can be made on line. The Grand Prix will take money for races and order race numbers which would include a disposable timing chip. It was envisaged that gun starts would remain but a timing mat will be location at the finish of each race.

All clubs have been asked in principle if they would like to go ahead – the cost should be in the region of £12 - £18K and an increased levy would be paid by each participant instead of the current 50p. Anticipated to start new system at Storm Force 2016.

DC asked whether on the day entries would still be available with the new system.

RR agreed to feed back on any updates.

RR also stated that some running clubs have moved to ARC as a cheaper alternative to England Athletics. It was agreed we would not move along these lines as we would lose the benefits provided by EA.

IM stated that although the club is no longer a member of DAN they do still organise a 5K track series at Carn Brea and Newquay Par in the summer which all running clubs are welcome to attend.

### **Swimming**

PMcN and YT stated that they are happy to continue with Thursday Night Swim Sessions. The new booking system and payment to be monitored. IM thanked PMcN and YT for their continued support with this.

### **39. Triathlon Issues**

Ian agreed to arrange a Novice Triathlon Taster Day for the Adult Tri Competitors before the race in April costing £5 per person at the Leisure Centre.

IM thanked PMcN for putting on cycle training over the past year.

Cycle Sessions – KS agreed to sort out regular cycle session when the weather improves.

IM agreed to arrange bikeability sessions for adult novices if required.

Details of dates and times for Cycle Sessions soon to be made available on club nights.

### **40. Children's Issues**

**Red Nose Day** – IM stated that the Club will be donating the proceeds from Junior Session Night on Friday 13<sup>th</sup> March to the Red Nose Day Appeal – children will be asked to attend “Make Your Face Funny for Money” and adult members will also be invited to attend.

**Dome** – the dome is now due to be demolished during the February Half Term Week and it is likely that we will remain at Humphry Davy School for Junior Friday Night Sessions until the end of the year.

IM to look into possibility of using the 300 metre track at Humphry Davy for the juniors in the summer.

**Container** – IM stated that Mounts bay Academy want to move all the storage containers to one area and he asked for volunteers to help empty, replenish and re-paint our container in the near future. Nicky stated that he can provide cheaper paint if this is required.

**Attendee Ages on Friday Evenings** – Concern was raised whether the club was insured to have children as young as 5 years present at the Junior sessions. IM agreed to check with EA if the club is insured - if not parents would be advised accordingly.

IM further confirmed that ages for attending circuits and G3 Sessions are 14 + and beginners groups 16 +.

#### **41. Kit Issues**

Jeremy stated there were no problems with running kit and the long sleeve running tops had been well received. He thought we might like to look at another supplier for tri kit.

Stuart Thomson agreed to speak with Cycle Logic re: their supplier, prices and minimum order quantities.

#### **42. Website / Facebook**

It was discussed whether we should make the MBH Facebook group available to members only. It was proposed that from the end of March the Group would become members only and IM agreed to post a warning on the site for feedback. Those attending the beginners group would be allowed access to the facebook group only until the end of the 10 week course if they did not become a member.

The website was discussed as this is not updated as often as it used to be. It was agreed to keep the website running as it was a valuable advertising and contact tool.

#### **43. Social Events**

##### **MBH 10<sup>th</sup> Anniversary Party 2015**

IM confirmed that this is being held on Saturday 2<sup>nd</sup> May at the Lugger Inn, Penzance. Free Buffet and Disco. Invites to be sent out with membership letters – over 14 years only.

##### **Budapest Marathon**

RT confirmed that 17 members will be travelling to Budapest for the Marathon in October. Only need to organise 4 cars for airport transport

**ANY OTHER BUSINESS**

**44. SEA BUOYS**

Ian had been asked whether the club would be willing to contribution approx. £200 towards the cost of replacing the sea buoy. Those present agreed to this and Nicky stated he could help out with supplies if necessary. The question was asked whether the club would be liable if someone was injured by the buoys. It was thought that this would not be the case

**45. Swim For Login**

IM had been asked whether the club would be willing to sponsor 60 swim hats for this event at a cost of approx. £80. Those present agreed as this was a good cause.

**46. St Marys School Pool**

IM stated that the opportunity for the club to hire the pool at this school may arise in the summer. IM to report back

**47. Coaching**

All coaches were willing to carry on in their roles and Graham and Ronnie stated they planned to a running time trial on 21<sup>st</sup> May. IM thanked all coaches for their continued support.

**48. First Aid Course**

SM asked coaches whether they wished to have first aid refresher training. Those present thought this a good idea and SM to look into providing in the near future.

**Next Meeting:**

Committee Meeting would be held in the Sportsmans Arms, Heamoor after social run in May, 2015

There being no further business the meeting closed at 10.05 pm

Signed: ..... I. Matthews, Chairman

Date: .....

IM/SJM  
03.02.15



**Minutes of the Mounts Bay Harriers**  
**Annual General Meeting Held on**  
**Monday 27<sup>th</sup> January, 2014**

**Present:** Robert Burrows, Andrew Hickson, Simon Jones, Geoff Letchford, Dan Lugg, Jeremy Marston, Ian Matthews, Sue Matthews, Mark Omori, Liz Prady, Amanda Prosser, Anita Richards, Paul Riggs, Heidi Swaby, Chris Trehwella, Rachel Thomson, Stuart Thomson, Sarah Tregear, Yvonne Turner, Penny Uren, Amanda Uren

IM opened the meeting by thanking everyone for attending.

1. **Apologies Rcvd From:** Viv Matthews, K McClay, E Lay, E Wiseman
2. **Minutes of the AGM Held on 4<sup>th</sup> February 2013 and Extraordinary AGM held on 4<sup>th</sup> March, 2013**  
The minutes of the previous AGM held on 4<sup>th</sup> February, 2013 and Extraordinary AGM held on 4<sup>th</sup> March, 2013 were agreed as a true record.

**49. Re-Appointment of Committee Members**

The following were agreed for re-election and new members appointed as follows:

Chairman / Club Captain – Ian Matthews  
Secretary / Treasurer – Sue Matthews – Assistant Heidi Swaby  
Club Welfare Officers – Rachel Thomson (Female) Simon Jones (Male)  
Junior Section – Geoff Letchford, M Omori, Chris Trehwella,  
Jeremy Marston  
Events & Volunteer Co-ordinator – Yvonne Turner  
Sub Events Committee – Rachel Thomson, Stuart Thomson Claire Sharp,  
Rob Burrows  
Coach Development Officer – Viv Matthews  
Website Team – Don Hutchison, Y Turner, I Matthews  
Social Secretaries – J Corbett, A Hickson, S Matthews  
Publicity Press Officers – G Letchford, Y Turner, I Matthews, S Tregear  
Funding Co-ordinator – Sue Matthews, Ian Matthews –  
Assistant Heidi Swaby

**50. Club Constitution**

The Club Constitution was reviewed with the following amendment:

**Memberships** – IM proposed that from 1<sup>st</sup> February 2015 all adult membership should be set at £30 to include the £10 EA fee. By a show of hands from those present this was approved.

## **51. Accounts**

SM referred to the accounts as follows:

Opening Balance 31.01.13	£8,118.74
Balance as at 27.01.14	£12,618.30

Profits / Losses from races were itemised as follows:

Penzance Triathlon April 2013	+ £1,925.74
Jubilee Pool Aquathlon Race 1 2013	+ £169.73
Jubilee Pool Aquathlon Race 2 2013	+ £267.00
Jubilee Pool Aquathlon Race 3 2013	+ 902.62
Jubilee Pool Aquathlon Race 4 2013	- £243.40
Junior Aquathlon July 2013	+ £171.27
Remembrance Run November 2013	+661.48
St Levan 10K	+£200.00

### Club Kit

Purchases	£2,810.94
Items Sold	£2,011.58
In Stock	£ 799.36

### Weekly Session Profit / Loss

Circuits Wednesdays	+ £1,317.75
Swimming Thursdays	+ £426.20
G3 Pitch Thursdays	+ £822.00
Juniors Section Fridays	+ £642.69

## **52. Events 2014**

**Sport Relief** - IM stated that Sue is organising this event on Sunday 23<sup>rd</sup> March in Penlee Park. The Council will be renovating the toilets and Heidi agreed to source obtaining Portaloos.

The Council have not agreed for the Orangery Tea Room to be open – Sue agreed to contact Little Wonder Tea Caravan to see whether they would be interested.

Sue confirmed that a DJ would be present playing music, there would be a fancy dress competition, the mayor would start the race at 10am, a warm up would be provided and BBC radio Cornwall had been invited to do an outside broadcast.



**Adult Triathlon – Sunday 6<sup>th</sup> April** – Yvonne confirmed that this event is full and there are 30 names on the waiting list. A sub-committee had been set up which had completed the Risk Assessment and Chris Sedgemen had agreed to provide scaffolding, cones and barriers. Geoff to speak to the college re: car parking.

**Jubilee Pool Aquathlons** – Yvonne had received confirmation that the Jubilee Pool would remain open again this year and it was agreed the aquathlons will take place on 25<sup>th</sup> May, 25<sup>th</sup> June, 30<sup>th</sup> July and 27<sup>th</sup> August.

**Junior Aquathlon – July** – Yvonne stated that this was provisionally booked for Sunday 13<sup>th</sup> July which may clash with other events. Around 30 marshals will be required and Ian to look into obtaining bespoke medals.

**Race for Wildlife** – Yvonne stated it had been agreed that in future years the Race for Wildlife would hold a sponsored walk fancy dress event in one of their parks and the 10k race would be run by MBH. All proceeds from the race will go to the club but competitors have an option to raise money for the Wildlife Trust. Provisionally looking at 7<sup>th</sup> December to hold this event this year again from Penwith College.

**Remembrance Run** – Sunday 9<sup>th</sup> November, 2014

**Yacht Inn Swim** – Friday 29<sup>th</sup> August – Ian stated that he had been approached by Nicky Brooks for MBH to take on this event due to insurance problems. This was unfortunately not something which would be viable for the club to do

**St Levan 10K – 15<sup>th</sup> August** – Yvonne confirmed that the children's race would start at 6.30 pm followed by the adults race at 7pm as this year it is a guest race in the GP series.

**Lands End Park Runs** – Yvonne stated that she was keen to arrange Park Runs at Lands end. These are 5k runs held at 9am every Saturday which are free to competitors. The initial set up would be £6K which the Cornwall Sports Partnership had agreed to pay £1.5K and Lands End may pay £1.5k. Yvonne confirmed she is awaiting feedback from Lands End.

### **53. Athletics Issues**

Ian stated that unfortunately Pete LeGrice has moved first claim to Bristol and West as he will be doing the road relay series but he will still run for MBH second claim in races within the County.

#### **54. Triathlon Issues**

Ian agreed to arrange a Triathlon Taster Day for the Adult Tri Competitors before the race in April.

#### **55. Children's Issues**

It was felt that more women coaches were needed on Friday nights. Sarah Tregear and Amanda Prosser agreed to help out on Fridays and they may along with Stacey Nicholas consider going on a Children in Athletics Coaching Course in the Spring,

Geoff referred to some equipment requirements and Ian agreed to look into this.

Ian confirmed that he would shortly be replacing the padlock on the equipment shed for security reasons.

Geoff agreed that he was happy to continue to devise sessions for the second group but stated that other coaches may wish to do this occasionally.

Geoff agreed he would be looking at a Winter Competition with Pensans School.

#### **56. Kit Issues**

Jeremy stated that he currently has a stock of kit available for members and thought it would be beneficial if pictures of items and prices were available on our website.

Ian agreed to look at obtaining more Mile Tops similar to those provided at Newquay 10k. Stuart to look at cycling kit supplied to Tri Logic.

#### **57. Website / Facebook**

Ian stated that we may in future look at on line payments for membership and kit but that it is not something the club will be doing at present.

Ian referred to problems when the website was hacked recently which meant a lot of information had been lost.

#### **58. Social Events**

**Adult Presentation Night Lugger Hotel** – it was felt that the venue was good but some of the food was not up to standard and there was a few serving staff issues.

Sue agreed to look at the Tremenhare Gardens in Gulval as a possible venue for 2015.

### **MBH 10<sup>th</sup> Anniversary Party 2015**

Ian confirmed that Party On Disco had provisionally been booked for Saturday 25<sup>th</sup> April, 2015 for the Clubs 10<sup>th</sup> Anniversary party. All those who turned up on the clubs first night would be invited plus all other members. Venue to be advised.

### **Go Ape Trip**

Ian stated that he thought the club may be able to put on a subsidised a trip to Go Ape in Exeter. This is a zip wire tree course challenge. The trip would only be open to Adult Members

### **Malta Marathon**

Ian confirmed that the club would be arranging a trip to Malta in November this year. This is a marathon run over three days – 11.2 k on 1<sup>st</sup> day, 6k on second day and 25k on the 3<sup>rd</sup> day. Prices and details to be available once flights have been released.

### **Skiing 2015**

Ian stated that the Club would again be looking to go Les Arcs for a skiing trip in January 2015 which would run along side the one arrange by Duncan Kane at Hucksters.

### **London Marathon 2014**

Ian asked for all those who wish to travel by train to the London Marathon to let Sue know as soon as possible.

### **Minack / Hall For Cornwall Trip**

Details of performances to be looked into

### **59. London Marathon – Club Places**

Ian had been asked to look at the criteria for obtaining a club place. After discussion it was agreed that this would remain as:

- Need to be a member for at least one year
- Need to raise £250 for the Junior Section
- Need to attend and bring rejection slip to the drawer night
- Need to have done one race in club colours over the past 12 months

### **60. Multi Terrain Series**

Rob asked about the organisation of the Multi Terrain Series. Ian stated that Doug Alsop holds quarterly meetings to discuss this. Rob agreed to go to future meetings to represent MBH. Yvonne agreed to email Doug to let him know.

**Next Meeting:**

Committee Meeting would be held in the Sportsmans Arms, Heamoor after social run on Monday 12<sup>th</sup> May

There being no further business the meeting closed at 10.35 pm

Signed: ..... I. Matthews, Chairman

Date: .....

IM/SJM  
28.01.14

\*

Minutes of Extraordinary General Meeting  
**Held on Monday 4<sup>th</sup> March, 2013**  
**Elliott Hut, Mounts Bay Academy**

**Present:** Eve lay, Viv Matthews, M Omori, Ian Matthews, Sue Matthews, Yvonne Turner, Sue James, Simon Jones, Michelle Collinson, Jackie Stone, Sue Johns, Yvonne Watkins, Eileen Milsom, Phil McNevin, Iva McNevin, Robert Bainbridge, Rachel Thomson, Ges Wallace, Kurt Hartless, Gary Richards, Joyce James, Roger Rule, Helen Dobson, Amy Pascoe, Talwyn Drew, Anita Richards, Jo Leiworthy, Pippa Davies, Catherine Knowles, Maria Miles, Wendy Empson, Lin Rees, Stuart Thomson, Steven Howis, Stacey Nicholas, Lynsey Chappell, Julie Ford, Martin Post, Keith Stockham, Mike Johns, Rob Burrows, Paul Hooper, Jo Clarke, Hayley Morgan, Olivia Barnes, Daniel Tildesley, Steph Elloway, Gary Rich.

Ian Matthews (IM) commenced by stating that the meeting had been called purely to make changes to the Club Constitution which had been highlighted at the AGM on 4<sup>th</sup> February.

Robert Bainbridge (RB) felt strongly that all members had not been given 21 days notice of this EGM.

IM stated that for the past month details have been announced on club nights, are on the club notice board and also listed on the Mounts Bay Harriers Website and Facebook forum for all members to see. IM therefore felt that sufficient notice had been given to members and he would discuss this further with RB following the meeting.

**Changes to the Constitution**

**1. Membership**

IM proposed that the categories for members would be change from Full, Associate, Junior and Life to Adult, Junior, Family, EA affiliated and EA non-affiliated.

By a show of hands from those present this was approved.

**2. Officers of the club**

IM proposed that officers of the club should read:

Chair / Club Captain

Secretary / Treasurer

Club Welfare Officers – Male and Female

Any other post deemed necessary at the AGM

By a show of hands from those present this was approved.

**3. Committee**

IM proposed that wording should read:

The Club will be managed through the Committee. (with no specific names given)

By a show of hands from those present this was approved.

**4. Finance**

IM proposed that the “audited” description of accounts should be dropped as this is not required.

RB was opposed to this but by a show of hands from those present this was approved.

IM proposed that cheques and electronic transactions made / drawn against Club funds should hold the signature of the Treasurer and the Chairman.

By a show of hands from those present this was approved.

**5. Annual General Meeting**

IM proposed that the quorum for future AGMs will be reduced from 25% of membership to 5%.

By a show of hands from those present this was approved.

There being no further amendments the meeting closed.

Signed: .....

I R Matthews  
Chairman



**Minutes of the Mounts Bay Harriers**  
**Annual General Meeting Held on**  
**Monday 4<sup>th</sup> February, 2013**

**Present:** Robert Burrows, Andrew Hickson, Nancy Hill, Ian James, Simon Jones, Geoff Letchford, Dan Lugg, Jeremy Marston, Ian Matthews, Sue Matthews, Viv Matthews, Mark Omori, Liz Prady, Peter Scriven, Chris Trehwella, Rachel Thomson, Stuart Thomson, Yvonne Turner.

IM opened the meeting by thanking everyone for attending.

1. **Apologies Rcvd From:** Janet Corbett, Charlie Holden, Karen McClay, Phil McNevin, H. Swaby.
2. **Minutes of the AGM Held on Monday 30<sup>th</sup> January, 2012**  
The minutes of the previous AGM held on 31<sup>st</sup> January, 2012 were agreed as a true record.
3. **Appointment of Committee Members**

After discussion it was proposed and agreed that Committee Members would be:

Ian Matthews – Chairman, School Liaison Officer  
Sue Matthews – Secretary / Treasurer  
Welfare Officers – Nancy Hill, Mark Omori  
Junior Section – Geoff Letchford, Mark Omori, Chris Trehwella, Jeremy Marston  
Events and Volunteer Co-ordinator – Yvonne Turner  
Coach Development Officer – Viv Matthews  
Website Team - Don Hutchison, Ian Matthews, Yvonne Turner,  
Social Secretaries – Jan Corbett, Andrew Hickson, Sue Matthews  
Publicity / Press Officers – Geoff Letchford, Yvonne Turner, Ian Matthews  
Funding Co-ordinators – Sue Matthews, Ian Matthews

It was agreed that as necessary members could be co-opted onto the Committee as required.

4. **Accounts**

SM referred to the accounts for the year ended 31<sup>st</sup> January, 2012. The Club had an opening balance of £4707.43 and a closing balance of £8118.74. The closing balance included all entries to the Adult Triathlon due to take place in April and monies received for members attending the Queens Hotel Presentation Night on 16<sup>th</sup> February.



SM stated that she has broken down the profit from training nights as follows:

Wednesdays Circuit Sessions

Room Hire £407.28 – Attendees £1028.50 £621.22

Thursday G3 Sessions

Pitch Hire £1339.75 – Attendees £2028.00 £688.25

Thursday Swim Sessions

Lane Hire £1445.50 – Attendees £711.60 -£733.90

Friday Junior Section

Dome Hire £1173.50 – Attendees £1975.90 £802.40

SM stated that as swimming numbers had significantly increased during the last few months, it was hope that this would show a profit next year.

YT asked whether a breakdown cost of events could be done and SM agreed.

SM stated that as many entries for events are going on-line only it would benefit the club to have an on-line banking account.

It was agreed by those present that the Clubs bank account could be moved to an on-line account.

YT thought it may also be useful for our races to offer on-line entries. It was suggested that a standard form could be obtained via Race Ahead, Runners World, Event Bright or Entry Central. IM agreed to look at the process required.

## **5. Private Sponsorship**

IM said that he needed to speak with Martin Tucker at Penwith College and would endeavour to do this as soon as possible.

Regent Court Vets had agreed to sponsor part of the Adult Triathlon and Blue Seas Guest house would be sponsoring one of the Aquathlons.

IM thought there was not much money available for sponsorship currently but asked if anyone had any leads to let him know.

## **6. Advertising**

It was confirmed that the Poster had been produced by MO and IM to arrange for this to be forwarded to local schools.

## 7. Events

YT referred to the following forthcoming events:

**Adult Triathlon – Sunday 14<sup>th</sup> April** – This is now full in terms of competitors but 15 more marshals are required. Permission has been obtained from Highways, the Council and the Risk Assessment has been done.

After last years event feedback was given to Police that marshals were stopping the traffic with red flags but Jeremy Kewn had spoken to them confirming this was not the case.

Scaffolding and Cones need to be sought – cones may need to be paid for.

YT confirmed there was a new Council Officer and IM agreed to attend a meeting with him and YT to discuss arrangements.

YT asked IM to order the necessary trophies and obtain carpet and asked for any ideas for items to put in the goody bag. MO wondered whether a healthier option could be sourced for the goody bags but overall it was considered that hot cross buns were generally well received.

**Jubilee Pool Aquathlons** – YT stated the first one was due to be held on 26<sup>th</sup> May and SM asked whether this could be moved to Wed 29<sup>th</sup> May. YT stated if it was the British Triathlon website would need to be changed. The further aquathlons will take place on 26<sup>th</sup> June, 31<sup>st</sup> July and 28<sup>th</sup> August.

**Children's Aquathlon – Sunday 21<sup>st</sup> July** – the date had been changed due to clashes with the Big Swim Event.

**St Levan 10k – Friday 16<sup>th</sup> August** - YT / GL had agreed to organise this event with the St Levan Committee.

**Race for Wildlife – Sunday 13<sup>th</sup> October** – IM asked whether there had been any feedback concerning the horse incident. YT stated that no claim had been made to the Wildlife Trust.

YT confirmed that she is trying to improve registration and is looking with GL at a better course taking away the problem of the Joseph Lane Crossing. Ideas were to run the existing course the other way around or start the race at Penwith College.

GL stated that he is also looking at the parking issue.

YT said that she is hopeful the club would get more out of this race this year.

**Remembrance Run – Sunday 10<sup>th</sup> November** – YT confirmed with this race being part of the multi terrain series more entries had been received last year.

Overall it was felt that last years themed medals had been well received.

**Dan 5K** – IM stated that the Dan 5K series may be changed with all the events at Carn Brea and Stithians Showground.

**Festival of Sport** – YT stated that this is no longer taking place but confirmed that Carrick Leisure, Visit Cornwall and Francis Clarke are willing to put on a series of events at Marazion on 5<sup>th</sup> and 6<sup>th</sup> October. They asked our club if we would like to be involved with organising a junior event.

It was felt that we could host a junior event on the beach on 5<sup>th</sup> October. YT stated that the club would get all the proceeds from this event.

YT to check dates with Carrick Leisure and asked for any ideas to be sent to her.

**Andy Jukes (Hayle Runners) – Cornwall Coastal Path Marathons** - NH confirmed she had been approached by Andy Jukes asking whether our members could support him and run along side him during this in September. He is to run 10 marathons in 10 days on the complete Cornish coastal path. IM to organise and put details on website for members.

**Red Nose Day 15<sup>th</sup> March** – SM thought it would be nice if the Junior section could help raise money for Red Nose Day. It was agreed to hold another Relay Marathon Event in the Dome that evening between 6-9pm for junior and adult members, 104 x 400 metre laps, charging £2 entry with proceeds to Red Nose Day. GL agreed for the Olympic Torch to be available for members to hold.

## **8. DAN Membership**

IM stated that it had been difficult for MBH to attend the DAN meetings as these had always been held on Mondays which is our club night. DAN are now looking to change these to fluctuate on different days of the week.

VM stated that Rob Cocking is leaving on 31<sup>st</sup> March after which time DAN will be self funded.

IM asked whether it was felt beneficial for Mounts Bay Harriers to remain as members of DAN. VM said the network initiative worked well in some areas but this does not seem to be the case in Cornwall.

After discussion it was agreed that MBH would not renew with DAN at the present time.

## **9. Triathlon Issues**

IM asked YT whether there were many first time triathletes entered into our Adult Triathlon in April. She confirmed there was and IM agreed to arrange another Beginners Triathlon Workshop on a spare Saturday afternoon at Penzance Leisure Centre.

## **10. Children's Section**

It was felt that the junior section is going well at present with GL organising the 6-7pm group and using the cards supplied by VM for the 7-8pm group.

## **11. Website / Facebook**

RB asked whether we could follow the example used at Falmouth Road Runners and create a car sharing scheme.

IM to set this up on website/facebook.

## **12. Social Events**

**Queens Presentation Evening – Saturday 16<sup>th</sup> February** – SM confirmed that we currently have 50 members on the list to attend. Next year to look at an alternative venue, providing entertainment. SR suggested looking at Renaissance Café.

**Children's Summer Presentation – It's a Knockout** – after discussion it was agreed to keep the Children's Annual Presentation at Christmas and to look into organising a BBQ or similar in the summer.

**Minack Trip** – SM confirmed that she would arrange a trip to the Minack Theatre in July or August.

**Skiing Trip 2014** – Janet Corbett is organising this to Les Arcs, France during the first week in January 2014. Approximate costs are £500 for flight and self catering accommodation – on top of this ski passes and equipment will be required. SM to draw up a list of interested members.

**Evening Meal After Events** – SM agreed to book the Little Indian for the evening following the Adult Triathlon in April.

**London Marathon April 2013** – IM confirmed that some members were undertaking a weekend trip to London for the marathon.

**Edinburgh Marathon May 2013** – IM confirmed that some members were undertaking a weekend trip to Edinburgh for the marathon and half marathon.

**Commonwealth Games 2014** – SR referred to the Commonwealth Games in Scotland during 2014. IM thought the club may be interested in doing something towards this.

### **13. Membership Fees**

IM stated that as EA had increased the price of the affiliation from £5 to £10 this had been reflected in the 2013/2014 membership forms.

Discussion was held on whether we should charge members extra on Monday evenings so the club could afford to hire an alternative room. It was generally felt that we did not wish to go down these lines.

SM/IM to look at alternate accommodation for Mondays particularly as we will be starting a new beginners group in April. SM to liaise with Mounts Bay Academy re: Club House.

### **14. Ordering New Kit**

IM stated that as part of the rules all affiliated MBH runners need to be in club colours on race days.

JM stated that kit is available and orders are shortly to be placed for additional vests and hoodies. JM / SM to look into provision of a Hi Vis Top.

The Triathlon kit is quite expensive but is a good quality and a new order should be placed shortly if anyone has any requirements.

JM confirmed that club kit is now being sold as break even cost and not at a loss.

### **15. Swimming Fees**

IM asked whether, due to increasing numbers, we should increase the cost of swimming on Thursdays. As those attending were obtaining Yvonne's expertise it was felt that this should be increased to £2 for members and £3 for non members. SM agreed to do a flyer to hand out on Thursdays for the new price to commence at the beginning March.

**16. Free Membership for Coaches**

As a thank you to coaches who give up their time for the club IM suggested that their £20 membership to MBH is free leaving them to pay only the £10 EA affiliation fee if required.

IM asked everyone present to email him following the meeting with their thoughts on this and the majority vote would prevail.

**17. Coaches / Leaders required for Mondays**

As a new beginners Group will be starting in April, it was felt that new coaches/leaders would be required. IM asked for any names of interested members to be given to him.

**18. Circuits**

VM thought it would be a good idea to continue circuits throughout the summer this year, only breaking for the six weeks school holidays. This was agreed and VM to arrange.

**19. Club Constitution**

YT was concerned that the Club's existing Constitution needed some amendments.

IM agreed to call an Extraordinary General Meeting in a few weeks time after Monday night social run to get any amendments which may be necessary passed.

There being no further business the meeting closed at 10.35 pm

Signed: ..... I. Matthews, Chairman

Date: .....



**MOUNTS BAY HARRIERS**  
**ANNUAL GENERAL MEETING**  
**TO BE HELD AT THE SPORTSMANS ARMS**  
**MONDAY 30<sup>th</sup> JANUARY 2017**

**A G E N D A**

15. Apologies
16. Minutes of the last AGM held on 1<sup>st</sup> February 2016.
17. Appointment/Re-appointment of Committee Members  
Currently:  
Chairman/ Club Captain – Ian Matthews  
Secretary/Treasurer – S Matthews – Ass H. Swaby  
Club Welfare Officers Male/Female – S Jones & R Thomson  
Junior Club Welfare Officers – Jackie Morse, Jeremy Marston  
Junior Section – G. Letchford, M Omori, C Trehwella,  
J Marston, D. Cook, S Tregear, J Morse  
Events & Volunteer Co-Ordinator – Yvonne Turner  
Sub Events Committee – R Thomson, S Thomson, R Burrows  
Coach Development Officer – Ian Matthews  
Website Team – D Cook, Y Turner, I Matthews  
Social Secretaries – S Matthews  
Publicity/Press Officers – R Thomson, S Tregear, N Morse  
Y Turner, I Matthews & N Sims  
Funding Co-ordinator – Sue Matthews, Ian Matthews –  
Assistant H Swaby
18. Club Constitution
19. Accounts – to be presented at next Committee Meeting in May
20. Events 2016  
Duathlon 9<sup>th</sup> April  
Aquathlons – 24<sup>th</sup> May, 21<sup>st</sup> June, 19<sup>th</sup> July & 16<sup>th</sup> August  
St Levan 10k – Friday 11<sup>th</sup> August  
Remembrance Run – Sunday 12<sup>th</sup> November  
Race for Wildlife- Sun 3<sup>rd</sup> December



- 21.** Athletics Issues
  - Update on timing system Cornwall RR Grand Prix
- 22.** Swimming Issues
- 23.** Triathlon Issues - Website PBs
- 24.** Childrens Section Issues
- 25.** Kit Issues
- 26.** Website / Facebook
- 27.** Social Events
  - Majorca Cycling April 2017
  - Lisbon Marathon October 2017
  - Disney Marathon Challenge January 2018
  - Junior Party December 2017
  - Adult Party January 2018
- 28.** Any Other Business
  - Yearly Awards for Off Road Running.

**Minutes of the Mounts Bay Harriers**  
**Annual General Meeting Held on**  
**Monday 30<sup>th</sup> January, 2012**

**Present:** Paul Angove, Robert Bainbridge, Andrew Hickson, Nancy Hill, Charlie Holden, Geoff Letchford, Jeremy Marston, Ian Matthews, Sue Matthews, Mark Omori, Liz Prady, Tammy Rosewall, Chris Trehwella, Yvonne Turner.

1. **Apologies Rcvd From:** Janet Corbett, Ronnie James, Mike Johns, Viv Matthews, Karen McClay
2. **Minutes of the AGM Held on Monday 31<sup>st</sup> January, 2011**  
The minutes of the previous AGM held on 31<sup>st</sup> January, 2011 were agreed as a true record.

**20. Appointment of Committee Members**

After discussion it was proposed and agreed that Committee Members would be:

Ian Matthews – Chairman, School Liaison Officer  
Sue Matthews – Secretary / Treasurer  
Welfare Officers – Nancy Hill, Mark Omori  
Junior Section – Geoff Letchford, Mark Omori, Chris Trehwella, Jeremy Marston  
Events and Volunteer Co-ordinator – Yvonne Turner  
Coach Development Officer – Viv Matthews  
Website Team - Don Hutchison, Ian Matthews, Yvonne Turner,  
Social Secretaries – Sue Matthews, Tammy Rosewall, Janet Corbett, A Hickson  
Publicity / Press Officers – Geoff Letchford, Yvonne Turner, Ian Matthews  
Funding Co-Ordinator – Robert Bainbridge

The Press Officers asked that members be requested to send in photographs for submission to the Local Newspaper. It was wondered whether someone (maybe a partner of a member) could be asked to take Photos at races.

MO thought it would be a good idea to issue name badges to the Committee Members – SM agreed to look into this.

**21. Accounts and Stock take**

SM referred to the accounts for the year from 1<sup>st</sup> February 2011 to 31<sup>st</sup> January 2012. The club had an opening balance of £6547.27 and a closing balance of £4707.43. The closing balance included the entries to the Adult Triathlon in April and reflected the Clubs payment of in excess of £1000 towards entries for the Marazion 10k in February.

## **22. Private Sponsorship**

CT stated that Martin Tucker at Penwith College is currently looking to sponsor a race. Martin to be approached re: the Summer Aquathlon Series. IM to report back.

## **23. Advertising**

JM agreed to forward MO the MBH poster he previously produced.

## **24. Events 2012**

**Sport Relief – Sunday 25<sup>th</sup> March, 2012** – SM confirmed that organisation is going well for this event this year being held from Penlee Park. BBC Radio Cornwall will again be doing an outside broadcast, a band, outside caterers and bouncy castle have been booked. There will be a prize for the best fancy dress.

Leaflets and posters had been received which would be distributed around Penzance in the next few days.

SM required additional Marshalls if anyone was willing to help.

### **Adult Triathlon – Sunday 8<sup>th</sup> April, 2012**

YT confirmed that this event is full with 30 names on the waiting list. 77 marshals have come forward but another 13 are required.

Penzance Leisure Centre are this year providing the pool free of charge so this will help with the costs. YT to complete a risk assessment. Cones should be available from Ceri Harvey and Racking to be scaffolding from Brandon Hire.

YT asked IM to look into providing a special bespoke medal for competitors.

YT stated that David Hooper – SW Triathlon Co-ordinator stated that we now need to obtain a Club Mark for events and YT looking into this.

### **Jubilee Pool Aquathlons**

YT stated that this year each of the Aquathlons would have the following theme:

**2<sup>nd</sup> June – Queens Diamond Jubilee**

**27<sup>th</sup> June – Golowan Festival**

**25<sup>th</sup> July – Olympics**

**29<sup>th</sup> August – Yvonne's 50<sup>th</sup> Birthday**

Around 120 special medals would be required for each event.

A special series prize for competitors completing all 4 would need to be obtained.

### **Children's Aquathlon – Sunday 8<sup>th</sup> July**

YT confirmed that this will commence at 8am to allow any competitors time to also do the Big Swim which is taking place on the same day.

### **Race for Wildlife – Sunday 14<sup>th</sup> October**

This is now part of the Cornwall Grand Prix multi terrain series and there may be slight alterations to the running course this year.

### **Remembrance Run – Sunday 11<sup>th</sup> November**

As this falls on 11.11 YT thought a special poppy medal would be suitable. SM to look into this.

### **5k Race – St Just**

This was run in conjunction with the DAN Group last year from Cape Cornwall Golf club. We have £200 available with DAN from this to use towards coach funding.

Hosting event again this year to be looked at re: marshalling, course, etc.

## **25. Athletics Issues – DAN involvement**

After discussion it was thought that we should again pay £100 to be members of DAN for 2012 .

## **26. Triathlon Issues**

David Hooper had asked whether we would be interesting in hosting a Triathlon Training Day for novices. Ian to look into organising this before the Helston Triathlon in May.

YT stated there is a Referee Course on 11<sup>th</sup> Feb which YT, CH, NH and maybe Shay Bowen will be attending.

There is also a free Events Organisers Course in Exeter on 17<sup>th</sup> / 18<sup>th</sup> March is anyone wishes to attend – YT attending.

YT referred to the Cornwall Triathlon Series of 10 events – 6 events to be completed for a special presentation to be held on 10<sup>th</sup> November possibly in Newquay.

Cycle Training – Phil McNevin and Rob Burrows have agreed to start regular cycle sessions commencing every week from Sunday 12<sup>th</sup> February at 10.30 am Mounts Bay School. Details posted on facebook.

Spinning Sessions – IM agreed to arrange Spinning sessions on either a Saturday or Sunday at Penzance Leisure Centre.

Festival of Sport – details on line - Cornwall Postcode gets 20% discount

10. **Children's Section Issues**

IM stated that there is sometimes a need for 1-1 coaching for three of the 6-7 pm group junior members – Tammy and Nancy were happy to continue to provide help in this area when needed.

IM expressed his disappointment that parents were not willing to enter their children into events despite information being given to them by the club.

IM stated that we may soon be losing Liz who takes the money on Fridays but it was hopeful that Mel Ringwood would agree to take on this task.

IM confirmed that he is now a qualified Bike Ability Coach which will enable him to take juniors out on to the road. He will incorporate this in the next Junior Tri Group commencing with the lighter nights, but will need 3 adults to help who will be fully briefed on procedures.

NH stated there is some disruption to the 6-7 Group when the older children arrive early and start to mess around. It was agreed that any of the 7-8 group who arrive early would be told to sit down on a bench and await the start of their session.

IM stated that Tom Wood has asked if he could help as part of his school studies and he would be allowed to help out with the earlier group.

GL stated that he always has the 7-8 group planned out but as he is not able to get there until 7pm he asked if this was ok with the rest of the Coaches. The other coaches stated they felt Geoff's sessions were valuable and were happy for him to proceed.

IM thought that more planning was required for the earlier Group and it may be beneficial to organise a regular coaches meeting.

IM referred to ideas suggested by V Matthews that we should look into getting funding to help and encourage our endurance group juniors to participate in competitions further afield.

It was suggested that a charge of £1 be made to the Wednesday night sessions taken by MO. This money could then be used towards travel costs, etc. and the club would match the price amounts.

As there are only a few attendees on Wednesday nights, invites would be sent out to juniors stating they have been chosen for extra training on Wednesdays should they wish to attend. MO to decide names for invites and to inform Sue / Ian.

Viv also thought there may be parents willing to help out with coaching and we may be able to place these people on coaching courses offered by DAN.

NH, CH and IM expressed an interest in attending the Coach in Running Fitness Awards Training (equivalent to a Level 3 Coach) – a 5 day course organised by DAN – IM / SM to find out dates and costs involved.

#### 11. Website

As we have been experiencing problems Don Hutchison is currently looking into changing our Domain name supplier.

Thanks were expressed to Jo Lawless for updating the club standing results

MO asked whether a separate Junior Facebook area could be set up. It was felt that it is of benefit for our juniors to be able to join the existing MBH Facebook group.

#### 12. Social Events

##### Olympic Flame

SM stated that the Olympic Flame is due to start from Lands End on Sat 19<sup>th</sup> May, 2012 and we are looking as a club to be involved on the day – either helping out at Lands End or running behind the flame – she is currently chasing Anna Druce the Cornwall Co-ordinating Office and Sennen Town Council. SM thought it may be beneficial to purchase club flags.

SM to report back when further details are available.

##### Adults Presentation 2012

Due to the success of the Party last weekend it was felt the Adults Presentation Evening could again be held at the Queens Hotel, Penzance in January 2013.

IM thought it may be an idea to look at alternative entertainment and suggested a Horse Racing Evening as an example.

Bummer of the Year – CH stated that the recipient of the Bummer of the Year award this year had not been very happy and he questioned the viability of this award. Those present thought this was a light hearted award which it was agreed would remain in the future.

### **Children's Summer Presentation**

It has been decided that the Children's Presentation will take place at the end of the summer term in future instead of at Christmas. We hope to organise an It's a Knockout Competition at Mounts Bay School at the beginning of July and hire the G3 Pitch – SM to liaise with the School.

### **Minack Trip**

This is usually well supported and would be organised again during 2012.

### **Olympic 100m Metre Final Party**

IM stated that we were considering hosting a 100m final party locally. This or something similar would be looked into if the interest seemed sufficient.

### **Disney Marathon Trip 2013**

A trip to the Disney Marathon and ½ Marathon is to go ahead in January 2013. Interested parties so far are, Sue & Ian Matthews, Jeremy Marston, Janet Corbett, Phil McNevin, Paul Angove, Richard Savage, Sue Taylor, Charlie Holden and Graham Storer.

JM agreed to take on responsibility for organising this trip.

### **Christmas Meal**

YT thought it would be a good idea for a Christmas meal to be organised for members. PA agreed to organise a Quiz and SM to look into possible venues.

## **13. Membership Fees**

These to remain as they are with the cost of family membership for more than 2 adults and 2 children to be looked at at the discretion of the Chairman.

## **14 Ordering New Kit**

IM to ask Jeremy Kewn whether he wished to become the Kit Ordering Co-ordinator for the Club.

**ANY OTHER BUSINESS**

**15. Registers**

YT stated that we need registers on training evenings for H&S purposes and to ensure those present pay on the night. SM agreed to produce a register for each night.

**16. Yacht Inn Swim**

Nicky Brooks had confirmed that the Yacht Inn Swim would take place on 17<sup>th</sup> August this year.

IM stated that Nicky may be able to use the Timing Chips which are to be purchased by the Cornwall GP Series.

Ian thanked all of those present for attending.

There being no further business the meeting closed at 10.30 p.m.

Signed: ..... I. Matthews, Chairman

Date: .....

IM/SJM  
31.01.12





**MOUNTS BAY HARRIERS**  
**ANNUAL GENERAL MEETING**  
**TO BE HELD AT THE SPORTSMANS ARMS**  
**MONDAY 30<sup>th</sup> JANUARY, 2012**

**A G E N D A**

29. Apologies
30. Minutes of the last AGM – 31<sup>st</sup> January, 2011
31. Appointment/Re-appointment of Committee Members  
Currently:  
Chairman/ School Liaison Officer – Ian Matthews  
Secretary/Treasurer – Sue Matthews  
Welfare Officers – Mark Omori and Nancy Hill  
Junior Section – G. Letchford, M Omori, C Trehwella,  
J Marston  
Events Co-Ordinator – Yvonne Turner  
Coach Development Officer – Viv Matthews  
Website Team – D Hutchison, I Matthews, Y Turner  
Social Secretaries – T Rosewall, N Walker, J Corbett, A Hickson  
Publicity – T Turner, S Perkin  
Press Officers – G Letchford, I Matthews, Y Turner
32. Accounts and Stocktake
33. Private Sponsorship
34. Advertising

- 35.** Events 2012  
Sport Relief – Sunday 25<sup>th</sup> March, 2012  
Adult Triathlon – Sunday 8<sup>th</sup> April, 2012  
Jubilee Pool Aquathlons x 2<sup>nd</sup> June, 27<sup>th</sup> June, 25<sup>th</sup> July & 29<sup>th</sup>  
August 2012  
Childrens Aquathlon - Sunday 8<sup>th</sup> July, 2012 – am/pm  
Race for Wildlife – Sunday 14<sup>th</sup> October, 2012  
Remembrance Run – Sunday 11<sup>th</sup> November, 2012  
5k Race – St Just ?
- 36.** Athletics Issues – DAN involvement
- 37.** Triathlon Issues
- 38.** Childrens Section Issues
- 39.** Website  
Junior Website
- 40.** Social Events  
Olympic Flame – Lands End Sat 19<sup>th</sup> May, 2012  
Adults Presentation 2012  
Childrens Summer 2012  
Minack Trip  
Olympic 100 Metre Final Party - August  
Disney Marathon 2013
41. Membership Fees
42. Ordering New Kit
43. Any Other Business



**Minutes of the Mounts Bay Harriers**  
**Annual General Meeting Held on**  
**Monday 31<sup>st</sup> January, 2011**

**Present:** Robert Bainbridge, Rob Burrows, Charlie Holden, Mike Johns, Geoff Letchford, Jeremy Marston, Zoe Mason, Ian Matthews, Sue Matthews, Judith Mooney, Mark Omori, Liz Prady, Tammy Rosewall, Chris Trehwella Yvonne Turner.

1. **Apologies Rcvd From:** Janet Corbett, Andrew Hickson, Nancy Hill, Gill Johns, Viv Matthews
2. **Minutes of the AGM Held on Monday 25<sup>th</sup> January, 2010**  
The minutes of the previous AGM held on 25<sup>th</sup> January, 2010 were agreed as a true record.

**27. Appointment of Committee Members**

After discussion it was proposed and agreed that Committee Members would be:

Ian Matthews – Chairman, School Liaison Officer  
Sue Matthews – Secretary / Treasurer  
Welfare Officers – Nancy Hill, Mark Omori  
Junior Section – Geoff Letchford, Mark Omori, Chris Trehwella, Jeremy Marston  
Events and Volunteer Co-ordinator – Yvonne Turner  
Coach Development Officer – Viv Matthews  
Website Team - Don Hutchison, Ian Matthews, Yvonne Turner,  
Social Secretaries – Sue Matthews, Tammy Rosewall, Janet Corbett, A Hickson  
Publicity – Yvonne Turner, Sam Perkin  
Press Officers – Geoff Letchford Yvonne Turner, Ian Matthews

**28. Accounts and Stock take**

Sue referred to the accounts for the year 1<sup>st</sup> February 2010 to 31<sup>st</sup> January, 2011. The Club had an opening balance of £4044.70 and a closing Balance of £6512.27. The closing balance included some membership renewals already received for this year and approximately £3,000 for the forthcoming April Adults Triathlon. The Accounts and Summary were circulated for all to see.

Sue stated that takings from the children's section sessions on Friday had Accumulated an amount of £2523 against the cost of hiring Mounts Bay School £2027, leaving a profit purely on Friday nights income and not children's membership of £495.

Sue referred to existing Stock of MBH kit to the value of £943.

### **29. Private Sponsorship**

In the current climate it would be difficult to obtain a sponsor but Ian asked for any contacts or leads to be passed on to him.

### **30. Advertising**

Mark confirmed that he was in the process of putting together a poster to encourage 15-19 years old into running in conjunction with EA.

He further agreed to produce a general poster to target schools for youngsters and asked for a letter to be done to the Junior Section to turn up in club kit one Friday so photographs could be taken.

It was felt it would be beneficial to produce a welcome pack/poster – to include details of walk/run sessions – Ian and Jeremy agreed to look into this.

R Burrows offered the use of his A1 printer for these projects.

Ian agreed for details of walk/run/1 mile sessions to be added to the website.

### **31. 2011 Planned Events**

Yvonne referred to a recent Road Traffic Management Course she had attended which looked at the Road Traffic Management Act 2004 which will be imposed in April of this year. This will cover any events on Highways/byways, etc . and includes a lot of additional paperwork such as:-  
3 Months Notice of Events, Traffic Plans, Risk Assessments, Signage Requirements for Motorists, pedestrians and participants. Stipulation where signs can be placed and by who, Motor Vehicles used to put out signs, Marshalls actions and attire, etc.

This Act will be governed by the Council as the Police will no longer be involved as a Club problems would be experienced if we did not follow guidelines and there was an accident.

**Adult Triathlon Sunday April 3<sup>rd</sup> 2011**– 120 entries and organisation progressing steadily. Yvonne has submitted the details to the Council and is awaiting a reply.

Yvonne asked Ian to sort out Triathlon insurance.

**Jubilee Pool Aquathlons** – last year we received a bill for £600 to cover the cost of 3 lifeguards provided at our 5 events. We had appealed against this and the price had been reduced to £300 which we will now pay. We have asked the

Cornwall Council for a hire quote this year and asked whether we would be allowed to use our own lifeguards. Due to the opening and closing times of the pool we would probably only be hosting 4 Aquathlons this year on the last Wednesdays in May, June, July and August – dates to be confirmed.

**Children's Aquathlon** – a date was agreed for Sunday 10<sup>th</sup> July, 2011

**Remembrance Run** – this would be held on Sunday 13<sup>th</sup> November, 2011.

**10k Race for Wildlife and Fun Run – 16<sup>th</sup> October** – Ian confirmed we had been approached by the Wildlife Fund to help them organise this race. It would begin a Trengwainton Gardens and Mounts Bay School would be used as the meeting place.

### **32. Duchy Athletics Network (DAN)**

5K Race – Ian stated that the Duchy Athletics Network were trying to put on a series of 5K races the profit from which would go to DAN. Cornwall AC, St Austell, Newquay/Par and Hayle Runners had already agreed and DAN have asked Mounts Bay Harriers to be involved as well. Existing races would be held on 4<sup>th</sup> May, 27<sup>th</sup> July and 10<sup>th</sup> August.

DAN had been set up a year ago with £70k funding (for 3 years) to help local clubs to share resources, courses and with coach development. Rob Cocking had been appointed the Co-Coordinator of DAN for which he received a £26K salary and Mark and Chris regularly attend the Meetings as MBH representatives.

Ian confirmed that it costs £100 per annum to be a member of Dan and to date MBH's had yet to see any benefit. Funding we had applied for courses having been refused.

Ian agreed to email other local clubs not yet members of DAN in an endeavour to find out why they had not joined.

After a long discussion it was agreed by those present that we would remain as members of Dan for the next year but would regrettably be unable to organise a 5k road race for them due to our existing commitments.

### **33. Triathlon Issues**

Rob Burrows asked whether there could be a Triathlon Grand Prix series for Devon/Cornwall. Need to co-ordinate with other Clubs and Triathlon England.

### **34. Children's Section Issues**

Charlie stated that the recent manual issued to all Friday night coaches had proved extremely useful.

Ian was concerned that we are losing talented children to Cornwall AC. It was agreed that when next years Sportshall Dates are known – we would invite MBH members to participate and put on a minibus/coach to the event.

Mark asked for another coach to be provided with him on the second session 7pm-8pm – Ian agreed to look into this.

Chris asked if a standing long jump could be obtained and Sue agreed to order this.

### **35. Website**

It was felt that the Website was running extremely well, was updated regularly thanks to Yvonne and Don Hutchison and very informative.

At this stage a Junior Website was not considered a good idea.

Charlie asked whether a merchandise page could be included in the website and Ian agreed to look into this.

### **36. Social Events**

**Adult Presentation January 2012** – it was felt that we would look at alternative accommodation for next years Adult presentation and Sue/Tammy to look into this.

**Children's Christmas Presentation** – Ian suggested that we look at taking the children by coach to Country Skittles – Sue agreed to look into this.

**Minack Trip** – Janet Corbett had agreed to look into organising this in the summer and would liaise with Janet Chapple.

**Overseas Marathon** – Charlie and Tammy agreed to look at ideas for an overseas Marathon Trip in October/November.

**Ski Trip January 2012** – due to the success of this years trip Janet Corbett had agreed to organise a return to Les Arc in 2012.



### **37. Membership Fees**

Ian stated that having the £5 EA payment separate to the membership payment was causing problems and suggested the following:

All Children's under 12 years – membership to be £12 – no EA required

Children 12 – 18 years – membership to be £17.00 – including EA

Adults Membership to be £25.00 – including EA

Family Membership to be £60.00 including 2 x adult EA and up to 2 x children's EA

This was passed by those present and would be introduced with immediate effect.

**Social Membership** – This was discussed and it was agreed that a Social Membership would be offered free to any none runners who wished to join the club.

### **38. Ordering New Kit**

Ian referred to a new logos which had been developed for MBH running vests.

He agreed to bring the logos to the club on Monday 7<sup>th</sup> February for a vote on which logo to proceed with.

### **39. Warm Up Sessions**

Rob asked if the warm up sessions on the Track and on Thursdays could be longer. Ian agreed to liaise with Ronnie and Viv.

### **40. Spin Sessions at the Leisure Centre**

Ian agreed to look into providing Spin Sessions at the Leisure Centre possibly on Saturday afternoons and agreed to speak with Steve Trow.

### **41. Committee Meetings**

More meetings were requested and it was agreed to hold bi-monthly, meet, greet and chat meetings at the Sportsmans Arms on Mondays after social runs. Sue agreed to organise.

Committee Meetings would still remain 3 monthly.

There being no further business the meeting closed at 10.30 p.m.

Signed: ..... I. Matthews, Chairman

Date: .....

IM/SJM  
1.01.11







## **Annual General Meeting Held on Monday 25<sup>th</sup> January 2010**

**Present:** Robert Bainbridge, Andrew Hickson, Nancy Hill, Sam Hill, Charlie Holden, G. Letchford, J Marston, I Matthews, S Matthews, M Omori, T Omori, L Prady, T Rosewall, A Ruetsch, C Trehwella Y Turner, J Walker,

**Apologies Rcvd From:** Janet Corbett, Viv Matthews

1. **Minutes of the AGM Held on Monday 26<sup>th</sup> January, 2009**

The minutes of the previous meeting held on 26<sup>th</sup> January, 2009 were agreed as a true record.

**42. Appointment of Committee Members**

After discussion it was agreed that Mark Omori should now be appointed as the Male Welfare Officer, Chris Trehwella additional to the Junior Section and Natalie Walker & Janet Corbett additional Social Secretaries.

The new Committee Members were confirmed as:

Ian Matthews – Chairman, School Liaison Officer  
Sue Matthews – Secretary / Treasurer  
Welfare Officers – Nancy Hill, Mark Omori  
Junior Section – G. Letchford, K Carley, M Omori, C. Trehwella  
Events co-ordinator – Y Turner  
Coach Development Officer – Viv Matthews  
Website Team, D Hutchison, I Matthews, Y Turner,  
Social Secretaries – Sue Matthews, T Rosewall, N Walker, J Corbett  
Press Officers – Goeff Letchford Yvonne Turner, I Matthews

**43. Appointment of Executive**

It was felt that Mounts Bay Harriers do not require an Executive and this item can be removed from future AGM agendas.

#### **44. Accounts**

A summary of accounts from 1<sup>st</sup> February 2009 to date was circulated by Sue Matthews.

Sue confirmed that we had an opening balance of £7855.01 (which included the Awards for all money) and a closing balance of £3,296.70.

A total of £7,811.20 was spent in the year on equipment with the Awards for all money.

It was felt that the club is in a good position financially and this would be helped by the increase in the membership to £20 for Adults and £45 for families.

#### **45. Private Sponsorship**

The club is always actively looking to obtain a sponsor and anyone with any possible leads in this area should contact Sue or Ian.

#### **46. Advertising**

Mark Omori felt that the club would benefit by producing a quality A4 poster which could be distributed to local schools. Mark agreed to look into production of this.

#### **47. Events 2010**

##### **Sport Relief – Sunday 21<sup>st</sup> March, 2010**

Ian confirmed that the Club would again be hosting this event promoted by the BBC. It will take place from the Station House Inn Car Park at Marazion and this year will be along the roads – route to be confirmed.

There will be a live outside broadcast from the BBC – Tim Hubbard Programme 9-12 noon on the day.

Sue confirmed that we anticipate 500 taking part and that the Council, Police and Highways had been informed of the event.

As many marshals as possible will be required on the day and Ian to look into producing a MBH Top to issue to all those helping out on the day.

##### **Adult Triathlon – Sunday 4<sup>th</sup> April, 2010**

Yvonne confirmed that entries are already being received for this event which would have a maximum of 100 participants.

Ian stated that as Yvonne will be taking a back seat and will be taking part in the event herself more help would be required with organisation on the day.

Chris Trehwella and Robert Bainbridge agreed to be the co-ordinators briefing the marshals on the day

Shay Bowen to be asked to undertake the Swim start.

Yvonne agreed to go off first and would still produce the results

Ian to obtain details of Maps for marshals, gifts, Trophies and T Shirts.

### **Jubilee Pool Aquathlons**

The events will be held on possibly Mon 31<sup>st</sup> May (possible Jubilee Pool opening day), Wed 30<sup>th</sup> June, Wed 28<sup>th</sup> July, Wed 25<sup>th</sup> August and the closing day of Pool (possibly near the end of September)

Again as Yvonne will be entering the race on the day Ian agreed to take over on-the-day organisation.

It was agreed entry would remain at £7.00

Mark agreed to produce a poster to distribute locally advertising this event.

Marshalls will be required on the day.

### **Childrens Aquathlon – Sunday 11<sup>th</sup> July, 2010**

It was agreed that the limit for entries would be 130. Taiyo agreed to look into designing another T Shirt for this event. It was suggested that a leaflet be placed in the goody bags inviting children to enter a competition to design next years T Shirt.

Hewdon Hire had been contacted for hire of scaffolding and barriers

Kerry Drew would be asked to loan the steel pins.

### **Remembrance Run – Sunday 14<sup>th</sup> November, 2010**

On day marshals will be required, timers and someone to start race  
Organisation to be looked at nearer the time.

### **5K Race**

It was suggested that we hold a 5k race just for MBH members with the possibility of expanding this. Mark and Geoff agreed to look at possible courses.



### **Trerife Childrens Duathlon**

Yvonne confirmed that she is interested in holding a Childrens Duathlon – run/bike/run on the Trerife Estate and would liaise with Peter LeGrice.

### **Club Cross Country Event**

K Carley stated that he would like to organise a Childrens Cross Country Race on Mounts Bay School field before the Trannack race this year. Mark confirmed that he has medals available to be used for this event. This would replace a Friday evening session – Kevin to confirm date asap so letters and entry forms can be given out – only open to MBH Juniors.

## **48. Childrens Section**

Ian confirmed that he would like all the childrens section money to come through the central Mounts Bay Harriers account in future with us taking responsibility for bookings of the dome/gym. Viv had agreed for this to take place and no objections were raised at the meeting.

The junior section is going well since Chris Trehwella had taken on the organisation and it is good to see new coaches coming on board. Chris confirmed he is happy to continue with this.

If anyone would like to go on a coaching course the club can help pay towards the cost of this or if anyone has any issues please raise them with Sue or Ian.

### **Endurance Group**

K Carley confirmed that the endurance group still meets on Wednesday evenings and Saturday mornings. It was felt it may be worth making a charge to the parents for this facility.

### **Tri Group**

Ian stated that Children are not that committed and we may look at charging in advance for these specialist groups. Ian hoped more interest would be shown in the tri group when the lighter evenings arrive.

Ian stated that he would like to produce a weekly plan for the Tri group and agreed to draw something up with Jeremy Marston. Since the meeting Jeremy Marston has already put together a programme.

Mark stated that the School did not realise that MBH had an endurance group and again he agreed to produce a poster advertising what we do during our Childrens Sections.

It was agreed that parents should have written instructions regarding the collection and dropping off of children on Fridays with regard to our responsibility only covering them whilst with coaches and to ensure they are not late arriving or late to collect their children, who to contact in adverse weather conditions. Ian agreed to include this in the membership acceptance letter and also to place details in the next newsletter.

G Letchford asked for more structure for the 7-8 group on Friday nights and it was agreed that a plan would have to be drawn up for which a coaches meeting would be necessary.

#### **49. Triathlon Issues**

Ian stated that he would like to hold a Triathlon Training day at Penzance Leisure Centre which would include a 1 to 2 hour spin session, lunch, hire of 2 lanes of the swimming pool aided by either Shaun Hickman or James Ryan and a Circuit training session in the sportshall. The cost of this event would be in the region of £18-£20. It was thought this a good idea and Ian agreed to organise in the near future. Since the meeting Ian has emailed Steve Trow at the Leisure centre

Ian confirmed that the New BT Yearbooks are out and MBH have listing for MBH Triathlon events in the book. He confirmed that MBH members are entitled to a £10 discount off BT annual membership.

The new tri kit from Kallas Sportswear had been designed and we will initially be placing a small order to see if quality and sizing of kit is acceptable.

#### **50. Website**

It was reported that the website is going well and is popular thanks to Yvonne for a lot of hard work updating the events.

Ian confirmed that MBH now have a group on Facebook and Don Hutchison to be asked to place a link from the Website. Since this meeting this has been completed.

Kevin Carley agreed to send Yvonne the junior events for listing on the website.

It was agreed that a Junior MBH Group would be formed on facebook details of which would be given in the next newsletter.

## 51. Social Events.

**Adult Presentation** – A great night was held at the union hotel on Sat 23<sup>rd</sup> Jan with excellent food and it was agreed that our annual adult presentation would be held there again in 2011.

**Childrens Xmas Presentation** – It was reported that the roller disco had been well received and we are now looking to arrange something different for the children at the end of this year. Any ideas to Sue/ Ian.

**Minack Trip** – another trip to the minack may be considered this year.

**Birmingham 1/2 Marathon** – Ian confirmed that a club trip will be organised in October

**Dublin Marathon** – Ian confirmed that a club trip has been arranged to Dublin in October

**Lanzarote** – A trip to lanzarote in November is being planned by Nancy and Charlie.

**Ski Trip – Mont Blanc – Jan 2011** – a club ski trip will be organised in January 2011 to coincide with the Hucksters trip. Janet Corbett had kindly agreed to organise and details of prices, etc would be available soon with a view to a deposit being placed asap.

## 52. Any Other Business

### **Long / Short Sleeve MBH High Vis Tops**

Ian agreed to for these to be produced and purchased from St Austell Trophies.

### **21<sup>st</sup> July 2010 – Thunder Event**

Mike Robinson had asked whether MBH would like to enter a team in this event at Staffordshire in July. Teams of 2, 5 or 8 male/female numerous 10k laps. Names of anyone interested to Ian.

### **Blind Runners**

Arnaud asked whether the club would consider helping blind people to run – Sue agreed to contact a society.

### **Defibrillator Training**

Mark stated that defibrillator training was overdue and Ian agreed to speak with Viv.

**Thursday Night Run Sessions**

Charlie asked if the Thursday night sessions could be revamped to make more challenging. It was agreed that Ronnie should be approached to see whether he would be interested in organising sessions for 2 groups, with the better group being identified by a qualification time.

**Timed Sessions for 200m/800m etc**

Charlie asked if the club could organise a session so athletes could record their times for shorter distances. Ian to arranged one Saturday morning at Carn Brae.

There being no further business the meeting closed at 10.10 p.m.

Signed: ..... I. Matthews, Chairman

Date: .....



**MOUNTS BAY HARRIERS**  
**ANNUAL GENERAL MEETING**  
**TO BE HELD AT THE SPORTSMANS ARMS**  
**MONDAY 31<sup>st</sup> JANUARY, 2011**

**A G E N D A**

44. Apologies
45. Minutes of the last AGM – 25<sup>th</sup> January, 2010
46. Appointment/Re-appointment of Committee Members  
Currently:  
Chairman/ School Liaison Officer – Ian Matthews  
Secretary/Treasurer – Sue Matthews  
Welfare Officers – Mark Omori and Nancy Hill  
Junior Section – G. Letchford, K Carley, M Omori  
Events Co-Ordinator – Yvonne Turner  
Coach Development Officer – Viv Matthews  
Website Team – D Hutchison, I Matthews, Y Turner  
Social Secretaries – T Rosewall, N Walker, J Corbert  
Publicity – M. Omori  
Press Officers – G Letchford, I Matthews, Y Turner
47. Accounts and Stocktake
48. Private Sponsorship
49. Advertising

- 50.** Events 2011
  - Adult Triathlon – Sunday 3<sup>rd</sup> April, 2011
  - Jubilee Pool Aquathlons x 4 May, June, July, August
  - Childrens Aquathlon - July 2011
  - Remembrance Run – Sunday 13<sup>th</sup> November, 2011
  - 5k Race
  
- 51.** Athletics Issues – DAN involvement
  
- 52.** Triathlon Issues
  
- 53.** Childrens Section Issues
  
- 54.** Website
  - Junior Website
  
- 55.** Social Events
  - Adults Presentation 2011
  - Childrens Christmas Presentation
  - Minack Trip
  - Overseas Marathon 2011
  - Ski Trip January 2012
  
- 56.** Membership Fees
  
- 57.** Ordering New Kit
  
- 58.** Any Other Business





**Minutes of the Mounts Bay Harriers**  
**Annual General Meeting Held on**  
**Monday 26<sup>th</sup> January 2009**

**Present:** Jeremy Marston, Ian Matthews, Sue Matthews, Arnaud Ruetsch, Yvonne Turner, Delia Treseder, Mark Omori, Ges Wallace, Chris Wood

**Apologies Rcvd From:** Chris Trehwella, Janet Corbett

1. **Minutes of the AGM Held on Monday 4<sup>th</sup> February, 2008**

The minutes of the previous meeting held on 4<sup>th</sup> February 2008 were read and agreed as a true record.

**53. Appointment of Committee Members**

After discussion the following Committee Members were reappointed:

Ian Matthews – Chairman

Sue Matthews – Secretary / Treasurer

Welfare Office – Geoff Cole

Social Secretaries – Yvonne Turner, Sue Matthews

Press Officer – Geoff Letchford (website), Yvonne Turner (media), I Matthews

It was decided that for a trial year we would not have running captains or triathlon captains.

It was thought there was a need for a Female Welfare Officer to be appointed and the Committee agreed to ask Nancy Hill if she would take on the position.  
(following the meeting Nancy agreed to take on the position)

There was also a need identified for an additional Social Secretary and the Committee agreed to ask Tammy Rosewall if she would take on the position  
(Following the meeting Tammy agreed to take on position)

YT stated that John Saville had offered to assist on the Press Officer side and Ian agreed to speak to him regarding this.

#### **54. Appointment of Executive**

At present there was no one put forward to become Executive of the Club.

#### **55. Accounts 1<sup>st</sup> February 2008 to 31<sup>st</sup> January 2009.**

SM circulated copies detailing the closing balance of this years accounts as £7555.01 of which £7602.00 was money allocated to the Club from Awards for All which needed to be spent by August 2009.

Although the Club was nearly at a break even situation it was felt it would be necessary to increase club membership for 2010 as follows:

**Adults £20.00**

**Children £12.00 – to remain unchanged**

**Family Membership £45.00**

The £5.00 payable to England Athletics for a race licence would be in addition to the above.

Costs of the Astropark Thursday Sessions were discussed and although we share the use of the all weather facility on Thursdays with a Football team £23.00 was still thought to be quite expensive. It was agreed to look at hiring Mounts Bay or Humphry Davy Schools on completion of their all weather facilities.

The possibility of increasing the amount paid at the swimming sessions on a Thursday was also discussed and Ian would bring this up with Thursday members re: the increase to £1.50 or £2.00 per week.

#### **56. Awards for all Equipment Storage**

IM confirmed there had been a delay purchasing the equipment with the Awards for All money as no where was available to store the 10 turbo trainers or the athletics equipment.

IM asked if anyone knew of any storage facilities which may be available to contact him at the earliest opportunity.

SM agreed to approach Mrs. Davey or Dave Tremaine at Mounts Bay School to ascertain whether any space was available.

### 57. **Private Sponsorship.**

We are always looking for Private Sponsorship from a large organisation but in the present climate it was felt that this was probably not going to happen this year.

However if anyone has any leads of a Company who may be interested to contact Ian or Sue.

### 58. **Advertising**

As a Club we are always looking for ways of advertising and any ideas should be given to Ian.

IM felt that we should look at ways of encouraging more ladies to attend the Club. In this respect in the Summer we may introduce a walking / Running section and SM to look into this.

IM suggested that badges or key rings with the clubs details could be handed out to any joggers passed who were not members of the club. SM to look into this.

### 59. **Events**

The Club is hosting the following events during 2009

**Adult Triathlon** – Sunday 12<sup>th</sup> April – Yvonne and Ian to liaise regarding goody bag gifts, etc. This year there will be a limit of 100 to the number of entries.

**Jubilee Pool Aquathlons** – 23<sup>rd</sup> May, 24<sup>th</sup> June, 29<sup>th</sup> July, 26<sup>th</sup> August and 14<sup>th</sup> September – YT would like something given to competitors other than medals for the five events perhaps of different colouring. SM to look into cost of key rings, sweat bands, shoe laces, etc.

**Children's Aquathlon** - 12<sup>th</sup> July

**Remembrance Run** – 8<sup>th</sup> November

**5k Road Race** – Geoff Letchford and Mark Omori are looking at the feasibility of holding this race at Lands End. Ian suggested costing the event fully and report back.

### 60. **Athletics Issues**

Other than YT stating she has never received a race licence there were no other items.

## **61. Triathlon Issues**

IM and YT referred to their disappointment with the Triathlon Year Book produced by British Triathlon – all our events are not listed individually and some books have blocks of pages missing.

## **62. Children's Section**

It had recently been agreed that as coaches are often thin on the ground on Fridays the following would now take place

- 6-7 pm Junior School children would deal with all aspects of indoor athletes
- 7-8pm group would solely concentrate on running.
- The endurance group training may be moved to Thursdays
- 14/15 year olds would be encouraged to attend Monday night social run sessions.

## **63. Website**

Our existing website obtains a large number of hits and it was agreed that it is very well received.

Ian to place specific details in the next Newsletter for Junior Members with step by step instructions on how to access the Junior Section Forum.

## **64. Social Events.**

**Riverboat Shuffle** – SM would like to host this again in the Summer and this was agreed.

**Childrens Presentation** – December 2009 – it was agreed that this would again be held at the Astropark.

**Adults Presentation Evening** – January 2010 – it was agreed that this would again be held at the Union Hotel perhaps with an earlier sit down time of 7.30 p.m.

**St Levan 10k Handicap** – YT to supply details of holding a BBQ after this event as the Prady's had offered the use of their property.

**Club Trip to either the Malta or Cyprus Marathons** – IM to produce costings.

**New York Marathon 2010** – following the meeting this was suggested - details of arranging this trip would be looked into.

**Minack Theatre Trip** - following the meeting this trip was again suggested.

**Maize Maze Trip** – following the meeting this trip was again suggested.

There being no further business the meeting closed at 10.20 p.m.

Signed: ..... I. Matthews, Chairman

Date: .....

IRM/SJM

**30.01.09**



**Minutes of the Mounts Bay Harriers**  
**Annual General Meeting Held on**  
**Monday 4<sup>th</sup> February, 2008**

**Present:** Janet Corbett, Jeremy Marston, Robert Bainbridge, Robert Burroughs, Chris Trehwella, Geoff Letchford, Geoff Cole, Ian Matthews, Sue Matthews, Yvonne Turner, Delia Treseder, Nancy Hill, Mark Omori,

**Apologies Rcvd From:** Viv Matthews, Don Hutchison, Matt Foley and Janet Chapple.

1. **Minutes of the AGM Held on Monday 2007**

The minutes of the previous meeting held on 29<sup>th</sup> January, 2007 were agreed as a true record.

2. **Appointment of Committee Members**

The list of existing committee members were reviewed and agreed with the following amendments:

Nancy Hill – voted as Ladies Running Captain

Delia Treseder – voted as Ladies Triathlon Captain

Jeremy Marston – voted as Mens Running Captain

Chris Trehwella – voted as Mens Triathlon Captain (assisted by Don Hutchison)

Shay Bowen – no longer on Website Committee

Yvonne Tuner – add to Website Committee

Press Officer – Geoff Letchford agreed to take on this role for any races he participates in and it was felt that this position could be open to all to give reports if Geoff was unavailable.

3. **Appointment of Executive**

At present there was no one to put forward to become Executive of the Club.

4. **Changes to Constitution**

In order for us to be able to claim back VAT we need to alter the constitution to read “non profit making organisation”.

Following on from the Clubmark it was agreed for the Constitution to be altered to state that the club adopts and fully complies with our governing bodies Child Protection Policies.

It was agreed by those present that changes could be made as necessary

## **5. Accounts**

Sue Matthews distributed a summary of the accounts for year ended 31<sup>st</sup> January 2008.

Ian thanked Yvonne Turner for her £1,206.55 contribution to the club during the year from fees given to her by Hayle Triathlon Club. This was seconded by the meeting.

Ian referred to the funding received during the year and confirmed we received a grant from Penwith District Council for assistance towards obtaining more qualified athletics coaches. He also stated that we have an existing funding claim outstanding with Awards for All for £10,000 for additional athletics equipment, turbo trainers, etc. which we hoped to hear from within the next month.

Sue confirmed that a Lottery Fund Grant had been applied for requesting an all weather athletics track at Mounts Bay School to link in with their construction of an all weather football arena. Unfortunately the deadline for 2007 was missed and Sue asked for assistance compiling the application for 2008.

## **6. Private Sponsorship**

Ian stated that as a Club we are always on the look out for private sponsorship and he asked that anyone with leads in this area let him or Sue know.

## **7. Advertising**

It was felt that we need some advertising to encourage new female members to the club. It was felt that when the three new female level 2 coaches have qualified details would be sent to the Cornishman for a feature.

## **8. Events 2008**

### **Sport Relief – 16<sup>th</sup> March 2008**

Sue confirmed that arrangements are well in hand and this year it would consist of either 1, 3 or 6 miles, starting at 9.30, 10.00 and 10.30. We will be starting and finishing the race at the Station House Inn in Marazion with free car parking available and registration from 8am. A steel band, stalls and a warm up session would be held at the start. Sue asked for as many volunteers as possible to help out on the day.



Yvonne mentioned that 3 and 6 miles may need timing and Sue would look into this.

**Adult Try a Triathlon Penzance Leisure Centre 6<sup>th</sup> April 2008**

Yvonne confirmed that 30 entries had been received, with an upper limit of 150 and the Penzance Leisure Centre pool had been booked.

There may be a problem with parking on the day as Penzance Hockey Club also have a match scheduled for 6<sup>th</sup> April and Chris Trewhella to find out details. Alternative parking at Penzance College to be looked into by Geoff Letchford.

**Junior Aquathlon – Penzance Leisure Centre 13<sup>th</sup> July**

Yvonne confirmed that the entry limit for this race would be 150 and that the pool had been booked for 2 hours.

**Penzance Jubilee Aquathlon Series**  
**Weds 28<sup>th</sup> June, 30<sup>th</sup> July and 27<sup>th</sup> August**

Yvonne stated that this would be a 200m swim in the Jubilee Pool followed by a two mile run to the Tolcarne Inn and back with all proceeds towards the Jubilee Pool fund.

Sean Hickman had volunteered to lifeguard at all three events free of charge and a few marshals and lane counter volunteers would be required as it was aimed to keep costs to a minimum

Yvonne stated that copies of our insurance certificate and risk assessment details are required by the Council.

The event would be aimed at holiday makers and those aged over 14 years

The event to cost £5.00 for BTA members and £7 for non BTA members with a medal for finishers.

**Remembrance Run – Sunday 9<sup>th</sup> November 2008**

This would again be a beach run from Marazion with an earlier start of 10am.

The Royal British Legion have agreed to supply Large Poppies for all runners and as it was agreed that runners would be wearing something red we are looking at the possibility of supplying MBH Sweat bands.

## **9. Athletics Issues**

Chris stated that Louise is keen to organise an Indoor Athletics Event for Children during the summer holidays. It was felt this was a good idea and Ian asked Louise to ask for any assistance required with the organisation.

Mark Omori asked whether it would be possible for coaches to give an hour of their time to organise specific training sessions at St Just, Goldsithney etc. Ian agreed to put the details in the next newsletter to seek interest.

### **Cross Country Saturday March 8<sup>th</sup>**

Kevin confirmed that the Annual Trannack School Cross Country is on Saturday 8<sup>th</sup> March and that MBH would use this as their Junior Cross Country Championships. He would like the mini bus booked for this event and as many coaches as possible to be available on the day.

### **Junior Sessions in the Dome – Notice Board**

It was felt that a Notice Board in the dome on Friday nights with photos of each coach and their particular area of expertise together with event and general information, would be beneficial to make parents more aware of events etc.

### **Junior Sessions – Numbers**

There was concern raised on the numbers of children participating on Friday evenings and there may be a need to separate the more social participants from the more serious competing athletes.

This to be reviewed for the lighter evenings.

## **10. Triathlon Issues**

Ian confirmed that the new triathlon kit had finally been received and apart from a small printing error and sizing problems (which are in the process of being amended) were looking good.

## **11. Website**

Ian stated that Don had recently spent a lot of time changing the image of the website and this had been well received.

It was thought that it may be benefit for a coaches page to be introduced where particular reference could be made to the female coaches available with a picture and coaches Christian names to be added.

- details of Viv's training sessions are still not available on the website, but this has since been rectified.

- if anyone has a camera at events please forward photographs to Don for downloading on the site.

Ian to inform Don of the changes required

## **12. Social Events**

**Chinese Meal** – planned for the evening of the Sport Relief Mile on Sunday 16<sup>th</sup> March

**September** – Jeff Wayne’s War of the Worlds production at Minack Theatre and Janet Chapple looking to obtain a block booking.

**Wind Surfing** – Sam Lawley and Phil Sanger have offered to do taster windsurfing days at Stithians for anyone interested. Ian to put in next newsletter.

**Summer BBQ** – a barbeque may be arranged in the summer.

**Malta Marathon** – The Malta Marathon to be over 3 days is due to take place in November and we have a number of people interested in attending. Janet Corbett agreed to find cheap flight deals and would report back.

## **13. Any Other Business**

**Holiday Cover** – Geoff Cole and Yvonne agreed to look after the Club Kit, etc while Sue & Ian were on Holiday in February.

**New Shed** – Viv has requested that a new shed be put up to house the athletics equipment. Ian stated that his company EDF Energy may be able to assist with manpower to put up the shed and this would be looked at during the Easter Holidays.

**Tresco Marathon Money Raising.** Those entering Tresco Marathon need to raise £300 each from the Cystic Fibrosis Fund. Jeremy Marston has obtained licences for 3 collection buckets and will asked about arranging a bag packing session at Morrisons.

It was also felt that either a treadmill, spin bike or rowing machine could be placed in the Wharfside centre on a Saturday where money could be collected. Ian to look into this.

There be no further business the meeting closed at 9.30 a.m.

Signed: ..... I. Matthews, Chairman

