

8th November 2023 Snails committee and run leader meeting.

Attendees: Dave, Anthea, Sheila, Emma, Jonathan, Jenna, Rick, Martin, Jodie, Nat, Ella, Charlotte, Chris, Dianne, Nic, Lucie.

Agenda:

- C25k
- Social night: November -
December n/a
January – Ella and Jenna
- Flat caps
- Naked race
- 5 – 10k race
- Kids Christmas party
- Treasurer's report
- Membership report
- Other business

C25k:

Sorted.

No action needed.

Social night:

24th November – Richard Gales
December – n/a
26th January 2024 – Ella and Jenna

Flat caps:

Suggested date 9th June.
Suggested money raised for MND - My Name's 5 Doddie Foundation.
Also suggested that we look into doing the timings ourselves.

Action: further discussion needed.

Naked race:

A run with no watch or phone!

To be done as a social run on Wednesday 14th February, suggested run was the knob run.
You guess your time before the start of the run, closest to their guessed time wins a prize.

Fab idea Charlotte!

5 – 10k Running course:

This was suggested to encourage people to move up to running longer distances.

It would be one group (so focusing on distance not speed) run over a 6/8 week period.
3 runs a week, including track session.

It was suggested that you would sign up to a 10k race before starting the running course, the 10k race would be a champs race.

Suggested for end of June.

Action – Charlotte to firm up ideas.

Kids Christmas party:

45 children coming.

Present wrapping all sorted.

Andy Mellor as Santa.

Food for party : hot dogs, chips and cake.

Action – helpers needed on the day, a post to be done on Facebook.

Treasurer's report:

1st September - 31st October 2023

Income £2,342.19

Expenditure £1,578.44

Balance as of 8th November 2023 £12,637.11

Two invoices outstanding in respect to flat caps sponsorship.

Membership report:

New members:

8 x adult

1 x child

Total members:

222 adults

33 concessions

12 children

Other business:

Going forward our committee and run leader meetings will now be held at 7pm. A run for all will be put on the rota for the nights we meet.

The next meeting will be Wednesday 10th January.

Presentation evening on the 24th February: 30 tickets sold so far, deadline for ticket sales is 13th January.

We are planning a summer C25k.

We have also signed up for vets races for 2024.

Just a note regarding the distance of steady steadies. It has been commented that steady steadies do not do a 5k run on most club nights. The distance for steady steadies will not alter, this distance is to encourage people who have never run before.

If you have progressed from C25k and want to do a 5k run on club nights you would be looking at running with steadies.