



Glasgow FrontRunners

Committee Meeting, 9th February 2015, Citizen M (Glasgow)

Present:

Eric Baster (EB), Jason Bohan (JB), Kevin Boyle (KB), Gordon Howie (GH)
Claudia Fusaro (CF), Nicky Imrie (NI), Kevin Hanley (KH), James Watson (JW)
David Cherry (DC)

Apologies:

None.

		Action
1.0	No apologies.	
2.0	Minutes of last meeting agreed.	
3.0	Race / Events Calendar. KB Stated that we need to be selective in the content. Possibly ask generally what run events members are doing at warm-up circle, and/or post on social media to determine most popular. Things to be considered for inclusion would be: <ul style="list-style-type: none">• Rainbow Run• Women's 10k• MH10k• Hare & Tortoise Race (Easter)• Halloween.• Garscube Harriers 10k• LEAP Festival Fortnight. (June)• Possible GFR Sports Day <p>CF asked if it would be beneficial to include JogScotland based training programmes on the calendar for main runs? Allows those training to plan their running schedules. JB stated that he would speak to Jamie Stirling for some guidance as to how to achieve the calendar online, and whether it better to have a blog or a</p>	JB

	static calendar.	
4.0	<p>Rainbow Run. NI stated that circa 50 runners have signed up to the Rainbow Run. EB to request (online) for bakers, money raised to go to suitable charity (LGBTI Youth? – EB to check if charitable organisation). It was decided that the run should be split into:</p> <ul style="list-style-type: none"> • 5k walk. • 5k Run / C-2-5k. • 7.5k run. • 10k run. • Long run (training programme). <p>DC to arrange for bottled water for the day. DC stated that he will be filming for the Equality Network website and for the London FrontRunners 20 year anniversary, but will announce it at the start of the race to allow runners to exclude themselves if they wish.</p>	EB DC
5.0	<p>Hairy Haggis. 25+ requests so far for the run. Deadline for teams to be registered by 1st March 2015, and team members are to be finalised by 30th April 2015. JB received some head scarves from EHF, to be issued to each Team Captain.</p>	JB
6.0	<p>Couch to 5k. parkrun timed 5k in Victoria Park on 7th March for graduation. All GFR members to be invited.</p>	ALL
7.0	<p>Kit Restock. Need to get sample of women's long sleeve top. Stock to be ordered for shirts first then hoodies (at later date). EB to find out interest for orders prior to placing (using social media etc.). Leave long sleeves for next winter. GH has current stock and will email EB with numbers of each.</p>	EB GH
8.0	<p>Comms Policy & Duties. EB suggested Comms duties on a rota base. KB to draw up and email to committee. It was mentioned that the club social network policy states that the we need to be careful with member details and any emails that are sent out should be 'blind copied' so that personal email addresses are not visible to other members. It was also suggested that events etc. posted should not be overwhelming as this puts people off from reading them. Less is more! Possibly good idea for JB to give a brief masterclass on how to update the blog / fb etc? JB asked if photos on website to stay B&W or to make them a bit more colourful. It was agreed to keep them B&W for continuity. Photos on front page etc. to be kept more up-to-date with recent events etc. & try and post more pictures of female members.</p>	KB ALL ALL JB ALL

<p>9.0</p>	<p>LGBT History Month. (bullet points)</p> <ul style="list-style-type: none"> • Rainbow Run • History Run • Promotion of fb. • Mention events at talk • Pamphlets? • Leap 5k 	
<p>10.0</p>	<p>Scottish Athletics Accreditation. NI discussed the amount of information required and additional material required to achieve accreditation. These are available on the Drop-Box to peruse to see if this is achievable and worthwhile. Currently GFR is registered with Scottish Athletics. Feedback required.</p>	
<p>11.0</p>	<p>Women's Survey & Action Plan. KB tabled the results from the survey. Main points mentioned were the run pace. KB also suggested a sub-group for female members for social events, women's runs etc. CF suggested possible women's night out for new members? DC to update female emailing list. CF has now been appointed as Women's Champion for feedback and ideas on promoting more female members. May be an idea to have more female members doing announcements and/or warm-ups?</p>	
<p>12.0</p>	<p>LEAP 5k. A meeting is planned with Fraser and Hugh of LEAP on February 18th 6:30pm in the Baltic Chambers to discuss this and also a joint GFR & EFR Joint run in the summer.</p>	
<p>13.0</p>	<p>LEAP Bowling. Finals to be held in Camelon, 28th February 2015. 6:30 for 7:00pm.</p>	
<p>14.0</p>	<p>AOB:</p> <ul style="list-style-type: none"> • KB Asked if committee was in agreement that the club continues to bank with the Co-operative Bank. All Agreed. • KB Stated that the fees for International FrontRunners would be paid within the week. • CF Stated that it may be a helpful to new members for committee members to be made more noticeable using badges, contrasting coloured GFR tops, vests etc. EB to check viability. 	

It was generally asked that the Hula venue used by GFR was reviewed due to recent difficulties. It was thought that sometimes the small venue can be a bit overwhelmed by the GFR numbers recently. EB to visit the Café informally to have a chat to see what GFR could do to assist.

15.0

Next Meeting. Saturday 7th March 2015, 11am, KB Residence.