



Committee Meeting, 7th March 2015, KB Residence.

**1.00 Present:**

Eric Baster (EB), Jason Bohan (JB), Kevin Boyle (KB), James Watson (JW),  
David Cherry (DC)

**Apologies:** Gordon Howie (GH), Claudia Fusaro (CF), Nicky Imrie (NI), Kevin Hanley (KH)

Item	Description	Action
2.00	<b>Agree Minutes of Last meeting:</b> KB pointed out that the minutes of last meeting had two AOB action points (as his initials as opposed to KH. Minutes corrected.	DC
3.00	<b>Accreditation: Scottish Athletics.</b> It was pointed out that NI had looked into what was involved and passed on that she thought this would be a good thing for the Club making us more structured and more professional. Although there is a lot of paperwork involved a lot of it would be irrelevant to the Club as it is geared to keep young people (under 18) safe and would not apply to GFR.	
3.01	JW stated that even going through the process would help the club to be more structured.	
4.00	<b>Rainbow run:</b> A huge success with over 80 runners. The run was well covered in the press; JW sent out numerous press releases including national news & Scottish running guide to name but a few.	
5.00	<b>Events for calander:</b> Garscube Run 15th March? Local Runs. Manchester Piece of Cake 10K (JB looking into coach hire, DC looking into accomodation. Notices to be posted on fb for participants to get those interested.	JB/DC

<b>6.00</b>	<b>C2-5k:</b> was a great success with circa 20 graduating. JW stated that this might make a good story opportunity along with the recent Barcelona Marathon presence the Club had. KB stated that it would be a good idea to start advertising the C2-5k, but that we must ensure we emphasise that beginners are welcome at any time into the Club.	
<b>7.00</b>	<b>New Kit.</b> DC to take ownership of the new kit as well as take payment and distribution. Hoodies to be left until later in year, but DC to ask who would be interested in one.	DC
<b>8.00</b>	<b>Comms Rota:</b> JB requested that he would prefer to be on the rota later in the year to concentrate on invites and events. KB to alter.	KB
<b>8.01</b>	EB stated that he could look after the twitter tweets.	EB
<b>8.02</b>	Comms secretary to be co-ordinator for other activities.	All
<b>9.00</b>	<b>Female Members:</b> Membership growing ongoing - DC stated that 15 full members have joined and 20 occasional non-members are coming to our runs. CF has already set up female social webpage already.	
<b>9.01</b>	Trans. KB noted that the Club is lacking in trans members. JB to have an informal chat with trans friend see if they can provide assistance as to what we could do to rectify this.	JB
<b>10.00</b>	<b>Leap 5k:</b> Date still TBC, but LEAP fortnight will run from 1st to 14th June. JB suggested a 5 & 10k run to make it more inclusive. Location still in abeyance, but JB stated that Glasgow University staff and students are keen to support.	
<b>10.01</b>	GFR Could host some runs, or tours for the LEAP Fortnight some to be considered: Commonwealth Tour, Necropolis Tour, Cinema Tour, Mackintosh Tour. GFR to invite non-members through own and LEAP websites / social media sites.	
<b>10.02</b>	JB still in conversation with LEAP regarding Sports Day, but it is assumed that LEAP to arrange and GFR to be a key attendee.	JB
<b>11.00</b>	<b>Membership Update:</b> DC stated that GFR currently have 91 full members and 41 p/t members (p/t members numbers may reduce - DC to check frequency of visits). DC asked for all to colour code the emailed spreadsheet. Green = full members. Amber = p/t member. Red = No longer with club. DC to collate information into one up-to-date membership list.	DC All

12.00	<b>Jog Leader Coaching:</b> To be in spring / summer. Refresher course on stretching, warmup, Keeping group together would benefit all JL's. All keen. KB asked if GFR getting a coach, what would be involved. KB to check what the coaching certificate course training actually involves & feedback with the possibility to offer this to JLs.	KB
13.00	<b>AOB:</b> JB asked if there was a possibility to draw up some kind of rota for the "in Charge" member, i.e. Meet & Greet, announcements, allocating warm-up. EB to Facebook message committee members prior (to: JB EB DC KB)	
13.01	It was stated that it would be a good idea to get a financial update & [cant read my own writing] item as a matter of course.	KH?
13.02	KB Stated that next month we should look at appointing another female jog leader(s). Jog Leaders course June 7th.	All
13.03	Increase the promotion of the Club promotion in Scotland.	All
13.04	JB: Would be a good idea to introduce a 5-10k training programme leading up to the womens 10k (21st May) and Dumbarton 10k the week after. Promote.	All
13.05	Paul Traynor expressed an interest in starting a 1/2 marathon training programme. Promote.	All
14.00	<b>Next Meeting:</b> Mid-April (tbc)	All