



GFR Glasgow FrontRunners

Committee Meeting, 16th May 2015, Citizen M, 3pm.

1.00 Present:

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

Apologies: Claudia Fusaro (CF), Kevin Boyle (KB)

Item	Description	Action
2.00	Agree Minutes of Last meeting: NI had Query on wording of point 8.02. DC to re-word.	DC
3.00	Race Calendar. Training for Great Scottish ½ marathon & 10K ongoing. (See 6.01)	
3.01	NI stated that the structured training is a good thing and has had positive feedback.	
3.02	Northern Frontrunners 5K Birthday/Pride Run. 17th July 2015.	
4.00	Comms Rota: To be copied onto DropBox.	GH
5.00	GFR Kit: JW selling new stock well, and another new batch due in next week.	JW
5.01	JW arranging a locker at The ARC at £25 per year as soon as one becomes available. This will be for all GFR kit, attendance sheets, pop-ups etc. All agreed this would be an excellent solution to keep GFR items centrally.	All
5.02	JW also stated that the new prices for the kit has actually dropped: Vest & T-Shirts down from £12.50 to £10 and Hoodies down from £15 to £12.	
6.00	Womens 10k: Need to take photos for online content. Warm-up talk to gain support for run. Those not taking part will run down from The ARC and cheer on GFR members in the race at various locations throughout the race.	All
6.01	Paul Traynor will be starting the Great Scottish ½ marathon training from the finish line, or if not doing this then a run back to The ARC.	All
6.02	NI Has arranged for a Women's 10k post-run lunch organised at the 13th Note, Glasgow. Get blog testimonials from runners. All invited.	All

7.00	Run4it JB has managed to get a 10% discount for GFR members through correspondence with Run4it. JB stated that it might be a good idea to see if GFR can get further discounts with other suppliers, with the promise of affiliating them on our websites / blogs etc.	JB
8.00	Hairy Haggis: NI pointed out that there are track engineering works that may disrupt members travelling through from Glasgow by train. May be an idea to post something on facebook.	All
8.01	JW tabled Hairy Haggis fact sheets detailing busses, pick-up points, changeover, maps etc. DC to email this electronically to all of the Hairy Haggis Teams.	DC
8.02	JB stated that there will be competitions for the Hairy Haggis teams for best team name, guess-your-time, fastest team etc. Prizes to be BawBag Scarves and Stonewall rainbow laces.	JB
9.00	OutRun: 22nd August 2015. JB stated that GCC has sanctioned using Kelvingrove Park. 5 mile route has been agreed. Scottish Athletics fee for insurance purposes is c£50, and an additional fee of £2 for each non-SA member runner will be charged to run, however SA have stated that GFR can keep this fee. SA will also advertise the run on their social media sites.	
9.01	Chip timing: JB has already received three quotes for this, and it was agreed that the best value quote from StuWeb is the preferred one at £631+VAT which includes all necessary equipment and staff, finish time print-out for all runners, bib numbers, etc. for up to 200 runners.	JB
9.02	Glasgow Pride will be advertising the run, as well as Scottish Athletics and Glasgow District Council. Glasgow University have kindly allowed the runners to use their changing facilities in the Stewart Building, and some GU staff have also kindly offered to help out on the day also.	
9.03	Sponsors: DC to see if Cameron Water will be willing to sponsor the race, possibly by paying for the T-Shirts and we could get the company name printed as main sponsor.	DC
9.04	Promotion: As well as getting promotion through Glasgow Pride, GCC, GU, SA, GFR will be promoting the run through the normal means (online & announcements) Also DC to get in touch with BBC to see if they would like to do a similar feature as they did for Get Inspired.	DC
9.05	JB needs some assistance to have a trial run around the course, NI & DC to carry out risk assessment of route also.	DC/NI
9.06	GH is currently finalising the graphics for the OUtrun graphics & will trickle feed this by end of May.	GH

9.07	Prizes: It was agreed to stick with Male, Female & GFR fastest runners. Categorized into age brackets. 12 Medals in total. DC to check out possibility of 3D Printing medals.	DC
9.08	KH suggested speaking to George Taylor, to see if he would speak to Brian Burnett about possible involvement at the run M.C.?	KH
9.09	It needs to be made clear to sponsors that no personal data of members or runners can be used for any promotional or targeted advertising purposes.	All
9.10	Social Event after the run has been mentioned, but no details of this as yet and needs to be confirmed.	?
9.11	JB tabled detailed breakdown of costs for the run. This cost to be divided into 200 to work out what the entry fee will be. TBC.	All
10.00	Leap Festival Fourtnight: Date still TBC, but LEAP fourtnight will run from 1st to 14th June. LEAP Run to be September 7th in Stirling. LEAP still being unclear as to the level of involvement GFR has in the run. GFR assuming that they are not organising, but just taking part in the run.	
11.00	Coaching Sports Role Models: This was deemed unsuitable for GFR, as it is more geared toward elite athletes and less for social & amateur runners. May be an idea to simply mention this to members to see if there is any interest.	All
11.01	JS are starting a new "Coaching in running fitness" Qualification which is a 6-8 month course, involving keeping a diary and being mentored by a coach. The final goal is to become a Jog Leaders Jog Leader. Would be helpful to get info to present to the JL's.	JB/DC
12.00	C25K (Summer): It was generally agreed that this should be left out, and just to concentrate on the New Year C25K, as this has proven very successful and summertime proves difficult to keep consistent Jog Leaders for the programme due to holiday period. JB expressed that he would prefer to have just the January C25k.	
12.01	Having two jog leaders on the 5k run is planned, this is to help beginners.	JB
13.00	Treasurer Report: KH tabled finance report (attached) – Current balance £2569.15 after payments made the previous Thursday (14th May) to Scottish Athletics (Aug 2014 – Aug 2015 in arrears) – 2015 – 2016 still to pay.	KH
13.01	KH stated that the club has two accounts, one with approx. £500 'float' as well as the main account.	
13.02	KH stated that the account signatories is still a work in progress.	KH
13.03	International FrontRunner payment still outstanding – needs firmed up member numbers.	DC/KH

13.04	KH stated that membership forms must not be filled in unless payment has been made to help prevent confusion.	DC
13.05	KH does not have access to DropBox account and therefore needs hard copy of Feb minutes. (Attached).	DC
13.06	KH does not have access to DropBox account and therefore needs hard copy of Feb minutes. (Attached).	DC
14.00	Membership Report: DC to update membership, membership forms and list to reflect actual members. (See 13.03 & 13.04)	DC
14.01	DC tabled new members: <ul style="list-style-type: none"> • From Aug. 2014 – Sept. 2014 New members: 6 • From Oct. 2014 – Present New members: 33 	
14.02	Need to formulate a bullet point list of how a new members attained. Need to formalise welcome pack and make sure these are issued to each new member.	DC
15.00	AOB: Could we have a beginner's group link on the website? Also have a register of interest for beginners to gauge how many to expect.	
15.01	Twitter: Ni stated that the Twitter account is not being utilised enough. GH stated that he would be happy to retweeting links, images, notifications etc.	GH
15.02	Blog: NI stated that it would be beneficial if the blog was updated with images and blogs at least once a month to keep it fresh and up to date. NI to look after blog pages and has some ideas for blogs: Noticeboard style blogs, 'Day in the Life of...', cartoons, sketches etc..	NI
15.03	Jog Leaders: It was expressed that the club could benefit from an increase in female Jog Leaders and this should be addressed in the next JL meeting possibly in August. (JB)	
15.04	Accreditation: Bellahouston Road Runners who are accredited have fed back that the actual process of accreditation was a helpful tool in getting their club more organised and structured. Also they found that anyone outside the club can find information about the club. Also they found that after accreditation it is more straightforward to get funding. KH asked if it was feasible to get accreditation before the next AGM?	
15.05	Minutes: DC to ensure that the minutes are being issued quicker than of late.	DC
16.00	Next Meeting: 14th June 1pm Café Hula post-run.	All