



GFR Glasgow FrontRunners

Committee Meeting, 12th July 2015, Café Hula. 1pm.

1.00 Present:

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

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

Item	Description	Action
2.00	Agree Minutes of Last meeting: Agreed.	DC
3.00	Treasurer Report. : IFR membership have been paid (\$50). Based on 94 members.	
3.01	Jamie Stirling has changed signatories of bank account to EB & KH.	
3.02	StuWeb not payed OUTrun money into account due to busy period, however payment is imminent.	
3.03	Payments due to be payed: SAL fees. Awards Night. JL Training.	
3.04	Membership fees agreed to be same as last year. £28 / £18	
3.05	QHA Sponsorship of £500 has been received.	
3.06	Possibly remove Go Cardless payment option for membership renewal to make tracking members easier.	
4.00	Membership Report: As of 17.07.15 GFR has 96 members. Membership list up to date with exception of 10 members. DC to chase up.	DC
4.01	DC to ensure that any member details that has changed should be updated.	DC
4.02	DC to email members to add details and re-join by 1st August, all details need to be in by end August.	DC
5.00	Run Update: Marathon Training – Sunday Long Run. ½ Marathon Training. Great Scottish Run. All to be covered in the next JL meeting.	JL's/All
5.01	JB Needs those requiring training to let him know what their target is so he can advise. Training to be self-governing.	JB/All

5.02	Eamonn Butler's Interval training plan has been going well and keen to keep going, as this would be good for Paisley 10K training.	
5.03	Possibly have an extra training run during the week a 'turn up and run' or a fast 10k?	
5.04	Ask JL's if they would prefer to get rid of fast 10k or to provide two Jog leaders (one for slower runners & one for fast).	
5.05	Due to JL numbers dwindling (Debbie Hill, Kenny Macbeth, Scott Shedden) any new JL's would be welcome. Stefan Galander has expressed an interest in training up.	
5.06	All need to ask potential JL's directly. JB to email C-2-5k & general email to target female JL's.	JB/All
5.07	Eamonn Butler has expressed interest the new coaching course. Currently course is on a special rate of £250 per person (usually £400), so may be benefit to get 2 people on course.	
6.00	Upcoming Events: Northern FrontRunners 5k. DC to do a blog.	DC
6.01	New Events Diary would be beneficial.	KB?
6.02	"Why I Run" Blog.	
6.03	Marathon Training.	
7.00	Social Events: JW asked if Hula Social be changed to Tiso? Has spoken to them already and are keen to strengthen the relationship between GFR & Tiso. Can provide Gait Analysis, Run4it deals. It was generally agreed that this is a good idea, but to have it as a separate evening to have, and include after-dinner drinks social event. Dates/days to be checked.	JW
8.00	Trans member's issues: NI asked if we could have a non-gender specific category for the OUTrun, general feeling that it was too late at this stage but keen to incorporate this in future organised runs. GH currently in contact with Transgender Scotland, who are very open to discuss any issues we are having and how to address them. GFR need to add trans information on our website: Accessible WC, locker-only access. NI & GH to meet regarding issues like trans changing, posts, club constitution, possible Equalities Officer?	NI/GH
9.00	Award Nomination: Equality Network: Sports, and Community nominations. Also Herald's Inspiring City Awards. (KB)	(KB)
9.01	DC to facebook to encourage nomination.	DC
10.00	Feather Flags: 2.5m High Flags - DC to check his sources to see if we can get these cheaper.	DC
10.01	DC to do graphics for flags.	DC
11.00	OUTrun: GH has updated map, will brighten it up.	GH
11.01	135 currently signed up.	
11.02	Closing date for sign-up is 31st July.	

11.03	JW can't make next meeting on 22nd July, final numbers for T shirts to be passed to JW for ordering.	All
11.04	Costs to pay: Timing, T-Shirts, Prizes, PA Hire(?).	KB
11.05	Still to address: Raffle Prizes, Recruitment, tea & coffee, volunteers, evening social, charity cake sale, (for THT – JB Has contact details)	?
12.00	AOB: 'Free Pride' stall possible but no times available yet, but this may be an issue as Free Pride is now seen as a rival to the official Pride Glasgow.	
12.01	Facebook/Social events emails to be sent: Survey. Marshals. OUNrun. Complaints have been made about number of posts about OUNrun, maybe ease off a little. Notification about being mindful of the amount of posts?	All
12.02	Away Run: Went well and was very popular. Possible next one at Kelpies on 2nd Aug?	
13.00	Next Meeting: Sunday 10th August 2015 - Citizen M 6:30pm. DC to book table.	DC/All