

HUCCLECOTE HARRIERS MEETING MINUTES

Date: Saturday 24 February 2018

Time: 2:00pm

Venue: Pullon Room, Hucclecote Community Centre, Hucclecote Road, Hucclecote, Gloucester, GL3 3RT

Present: Kate Beevers (Chair), Nick Beevers (Chair), Adam Coates, Sarah Minchew, Paul Ravening, Dez Thompson, Sharon Davis, Gill Cameron, Steve Blackmore, Pauline Warrender, Claire Bryant, Fran Cole, Dave Jones, Kerri Green (minutes)

Apologies: Rhianna Love, Sophie Hope, Dan Port

No.	Item	Actions
1	<p>Welcome, introductions and apologies (Chair's report incorporated at this point).</p> <ul style="list-style-type: none">• Thanks to those who work behind the scenes. To Clare for the Christmas party. Adam for organising a successful C25k. Paul for organising the volunteer rota. Marathon 6 hr paced route at Gloucester.• Issued a reminder that Tuesday is officially the club run night; Thursday started about a year ago as an addition for people who want to run together. The route is 5.7miles and is a 'free' run. People can set up other runs if they would like to.• Sunday is also a free run day. Nigel Ellis is currently organising VLM training runs. The 'beginners' would be back on the 25 February (organised by Nick Beevers) and there is usually Dave's trail run.• One official club run but people can share ideas. Members' do not need committee approval for everything, for example, Kirsty Armstrong has been looking at Snoods. The Committee is there to facilitate the smooth running and sharing of information amongst members.	
2	<p>Matters arising from previous minutes</p> <ul style="list-style-type: none">• There were no matters arising that were not covered by the agenda.	
3	<p>Chairs report</p> <ul style="list-style-type: none">• See Welcome, introduction and apologies.	
4	<p>Financial report</p> <ul style="list-style-type: none">• Adam thanked Kate and Nick Beevers for donations they've made to the club, particularly the monthly challenge awards and the purchase of the website domain name.• Having researched grants it is apparent that we need to have a specific purpose if we're to seek a grant. Details of grants are supplied within the Finance Report – February 2018 (available upon request).• Options for using funds obtained via a grant were discussed including the run leaders course and first aid kits.<ul style="list-style-type: none">– If Hucclecote Harriers were an official 'Run England' club, insurance would require 1 run leader per 15	

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	<p>runners, however, as we're not a registered club this isn't a necessity. The course is £180 but those present who'd undertaken the course did not feel that it would provide specific benefit to the Harriers.</p> <ul style="list-style-type: none"> • A new bank account with bank card will enable the provision of improved support for expenditure related to future Christmas parties. • It was proposed, and agreed by all present, to write off £26.90 held in the Newman's name. • A question was raised around whether the club should publicise principles about how we support charities? It was felt that it would be easier if money came into the club and the contribution comes from the club so that a decision can be made by the committee. Any surplus funds from the Christmas party could go to the club. This year payments for Christmas can be made by bank transfer. As an example, the cost of a ticket could be £25.00 which would include an optional £1.00 that goes towards the club. 	
5	<p>Run leaders report</p> <ul style="list-style-type: none"> • Dave Jones has stepped away purposely to let others to step up. We did lose someone on a run but Dave picked her up on the way back from C25K. • A 5-week summer programme will run from 27 March and end on 18 September. <ul style="list-style-type: none"> – Week 1: 20/20 – Week 2: Stump Lane – Week 3: Off road – Week 4: Sprints – Week 5: 5k and 10k pace week at the same time. • On the sprint and pace nights (instead of sprints and pace) there will also be a 5-2-10k group for people wanting to increase their distance from 5k to 10k. <ul style="list-style-type: none"> – When we start the 5k to 10k – we need to make sure that people understand that they are responsible for themselves as there could be a small number participating in these groups. • Instead of a mystery week on the final week of the winter programme Dave will run a poll and see which week of the programme people would like to repeat. • The volunteer rota has been successful but we need people to get involved. There is a perception that, as run leader, you must be fast and able to cover the distance between the front and back of the group, checking that everyone is okay. <ul style="list-style-type: none"> – Following discussion around the role of Run Leader, it was agreed that 'Run Coordinator' sounded less intimidating. The role is to make sure that people know where the run backs are and the route. – Each event is set up with a map – people need to know their routes. 	Dave Jones

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	<ul style="list-style-type: none"> - We should remind participants of the importance of listening to the briefing. 	
6	<p>Parkrun reports</p> <ul style="list-style-type: none"> • GNPR has been quiet over the winter as the ground softens at Plock Court. • Harrier numbers are spreading more evenly between GNPR and Kingsway. • The committee congratulated those Harriers who've helped launch Gloucester City Parkrun. • Thanks were given to Harriers members who volunteer, particularly Caroline Marshall and Karen Bennett who rarely have opportunity to run with the club. • A Harrier migration to another parkrun was discussed and Chipping Sodbury was suggested. Steve Blackmore will set and communicate a date (June time). Evesham was suggested as an alternative. • Steve will organise a HH pacer week at Gloucester North during May. • Steve will book a stand at the Hucclecote Show (16 June) and we'll see if we can arrange an arena display with tyre pulling and parachutes. • Adam Coates is liaising with Sophie Hope to arrange a C25K graduation at Kingsway Parkrun on 17 March (Glos North requires trail shoes at the moment and Gloucester City isn't yet well established). A Facebook event will be set up. • Kingsway Parkrun report can be found in Appendix A: Report to Hucclecote Harriers committee meeting: 23/09/17. • Thanks were passed on to Steve, and Sophie in her absence, for their support. 	<p>Steve Blackmore</p> <p>Steve Blackmore</p> <p>Steve Blackmore</p> <p>Adam Coates</p>
7	<p>Volunteer rota</p> <ul style="list-style-type: none"> • The rota is working out well; a variety of people have been leading groups and stretching sessions and it has been good to see involvement from new members. • The provision of the rota has prompted a volunteer coordinator role which Paul Ravening is happy to take on with some support to promote and fill roles roughly two weeks in advance. Fran Cole will provide support to Paul and will also promote via twitter. • The rota has had a positive impact upon Dave who has been able to step back when he wishes. 	
8	<p>Gloucester Sports liaison report</p> <ul style="list-style-type: none"> • Gloucester Sports have submitted an order for more stock and will communicate delivery dates to Rhianna Love in due course. • They have also offered to run another Harriers evening and will provide some dates; we can choose the date that best suits the club. 	

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	<ul style="list-style-type: none"> • At the last Harriers evening they offered a free gait analysis, even if trainers were not purchased, and provided advice on buying trainers. • Bearing in mind the number of club members and the shop's capacity, a query was raised over whether this should be a ticketed event. Paul Ravening will check this with Rhianna. 	Paul Ravening
9	<p>BURN equipment proposal</p> <ul style="list-style-type: none"> • Ben Newman has submitted a proposal to the committee for the sale of the BURN equipment to the Harriers. • Nick talked through each of the four options Ben has proposed. • During discussion the following points were raised: <ul style="list-style-type: none"> – Aside from the lack of funds to purchase the equipment we don't have a need for much of the inventory. – First aid kits have a limited life span and are already a year old – If Hucclecote Harriers were to run events in future, as an unaffiliated club the event would need to be on private land. Insurance would be more than £200 and time is an issue for many members. • The committee were unanimous in deciding that the proposal should be declined. • Nick will communicate the committee's decision to Ben. 	Nick Beevers
10	<p>Inclusivity</p> <ul style="list-style-type: none"> • A member had suggested there was space for a 'diversity and inclusion role' within the club to encourage diversity of members. • The member had been asked to submit a proposal outlining the role and suggestions for how diversity and inclusivity could be embedded within the culture of the club for discussion at a special meeting of the committee. • The points raised were discussed amongst the group and would be fed back to the member for them to consider in preparing their proposal. • In response to some of the points raised, the following was agreed: Facebook <ul style="list-style-type: none"> • The committee would develop a code of conduct around the use of Facebook. Post should be running related, demonstrate a positive attitude towards events, not feature swear words and should not bring HH into disrepute. • Social posts that are not related to the club as a whole should appear on members' own FB feeds. • Posts about events should appear on the event pages rather than the broader feed to reduce the volume of 	

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	<p>traffic and ensure that members do not miss important information.</p> <ul style="list-style-type: none"> • The introduction of a moderator was discussed but it was felt that given the time involved, this should be a last resort if members do not abide by the code of conduct. • The committee will start by posting the code of conduct and will remind individuals whose posts do not adhere to the code. <p>Catering for differing abilities</p> <ul style="list-style-type: none"> • The committee wishes to remind members that the Thursday run is not a club run. It is a fixed distance although a mixture of paces can be catered for. • Members are welcome to set up another regular run on any day or night of the week for a shorter distance. • Gill Cameron will run a poll to see if people are interested in taking part. • The new programme caters for all abilities. • If any member is concerned that they are not being catered for, the committee would be very pleased to hear from them. 	<p>Nick and Kate Beevers</p> <p>Gill Cameron</p>
11	<p>Health and safety</p> <p>Having received questions around the club's approach to the management of health and safety on runs, the following points were made:</p> <ul style="list-style-type: none"> • While Kingsway Runners are officially registered and therefore insured in the event of an incident during a run, Hucclecote Harriers are not an official club and members run at their own risk. • As the club is unofficial we do not have a mechanism for members to register medical conditions and for the club to manage such data. • Members are encouraged: <ul style="list-style-type: none"> ○ to store ICE (in case of emergency) details and any medical information on their phone or carry their Parkrun ID card. ○ to tell someone within the group they are running with if they have a medical condition. • The run coordinator will remind members at the pre-run briefing to tell someone they are running with of any medical conditions. Adam Coates to add to the guidance for run coordinators. • King George V would be investigated as a meeting point for the summer. Nick Beevers will check whether we have a key to access the car parking area. • When running from the war memorial, the groups would be split to start (half on one side of the road and half on the other) or the start will be staggered. Adam to add to the guidance. 	<p>Adam Coates</p> <p>Nick Beevers</p> <p>Adam Coates</p>

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	<p>Health advice</p> <ul style="list-style-type: none"> • Claire Bryant will republish the ‘professionals’ document as a reminder to members so that they don’t have to add posts seeking recommendations. 	<p>Claire Bryant</p>
<p>12</p>	<p>T-shirt sponsorship</p> <ul style="list-style-type: none"> • The committee have received a t-shirt sponsorship proposal from a member. <ul style="list-style-type: none"> – The cost to them would be £2.50 per shirt. – Due to the uniqueness of the member’s business it is unlikely that featuring the business logo on the shirts would generate much income. The proposal should therefore be seen more as an offer of support to members. • Receipt of the proposal has raised the issue of sponsorship principles. <ul style="list-style-type: none"> – Following discussion of the complexities and potential for other members to come forward with similar proposals which it would be difficult to decline a vote was taken on whether to allow sponsorship of shirts. – The vote found in favour of shirts remaining free of sponsor logos. • Kerri Green and Nick Beevers will agree official wording which Kerri will feedback to the member. 	<p>Kerri Green/Nick Beevers</p>
<p>13</p>	<p>AOB</p> <ul style="list-style-type: none"> • It was agreed by all present that Harriers will support the Pied Piper event on 9 September 2018. • Paul Ravening will research usage of the website. • Kerri Green will support Paul with the website and uploading of event results. • The committee wished good luck to those competing in Bourton 10k. 	
<p>14</p>	<p>Date of next meeting</p> <ul style="list-style-type: none"> • Saturday, 23 June 2018 14:00 – 16:00. • It was proposed that the AGM would be followed by a summer party. Claire Bryant to begin planning. • Venue: Hucclecote Community Association • Anyone wishing to step down from the committee should communicate this to the Chairs in advance of the meeting so that roles can be advertised. 	<p>Claire Bryant</p>

Hucclecote Harriers at Kingsway Parkrun

Report to Hucclecote Harriers committee meeting: 23/09/17

Prepared by Sophie Hope

Although Gloucester North seems to be parkrun base for most Harriers, Kingsway often has a good show of faces week on week, which is great to see. The Harriers often come away with fantastic times and placings, and more importantly are just as willing to volunteer as they are to run.



A couple of notable Harrier events at Kingsway have taken place this year. Firstly, there was Joanne Vickers' 100th run in July, which she managed in full cricket whites ... no mean feat! There were cupcakes a plenty afterwards. Secondly, we had a Harrier migration to Kingsway in August. In total, 22 Harriers, 2 mini Harriers and one canine companion; with people both running and volunteering. Many hadn't visited KW before and we hope to have a few back soon. The morning was rounded off with cake and Steve's orange chocolate raffle!

51 Harriers, who have registered as such on the parkrun website, have run at KW since its inception and approximately 35 people having run it this year. Andy Gardiner is the fastest male Harrier round the course so far in 2017 and all time in 17:07, followed by Dan Port in 18:07 and Freddy Ward in 18:47.

Nicki White is the fastest female so far with some fantastic sub 19 times, followed by Sophie Hope in 22:23, Joanne Vickers in 22:58 (amazing run... it's all that cricket white training) closely trailed by Cat Lane in 22:59 (yes, she sneaked that sub 23!)

Harriers have also done their fair share of travelling and in 2017 I believe 38 Parkruns, other than Kingsway and Gloucester North, were visited. Kingsway's highest number of runners hit 427 for the 100th run in May vs GN's 187. 345 was the next highest and was also the week with the highest number of volunteers at 40. But GN pips KW to the post with 46 volunteers at its best. Average number of runners per week in 2017 so far is 264.



We have a few other events in the pipeline at Kingsway including volunteer takeover and pacing weeks. Watch the Harriers Facebook page for information.