**Minutes for FODAC Committee Meeting**

**12th March 2019**

**Present:** Chris, Alan, Wendy, Cherry, Jo, Melissa, Vicky, Andrew C., Stef

**Apologies:** Dan, Lisa, Nick, Andrew B

1. **Minutes of last Meeting and Matters arising**

The minutes were found to be a true record of the meeting.

The AGM has been booked at the Rising Sun, Mosely Green for Friday, 10th May, 7.00pm. we have ordered Sandwiches and chips at £ 3.00 per person.

1. **Treasurer’s Report**

Wendy has started to balance the books for the Year End audit.

The only significant items of expenditure since the last meeting were First Aid Kits for run leaders at £ 181.92 and entries for the Gwent League at £ 139.00.

We received a grant towards travelling costs for Alan and Catherine to go to the coaching conference (£ 50.00)

The books are balanced up to the end of February 2019.

The Income in the period from 1st of April 2018 to 28th of February 2019 is £ 19,781.60.

The expenditure for the same period came to £ 21,322.44.

The current bank balance is £ 17,076.79.

Memberships are currently being renewed and Wendy has also submitted a Gift Aid Claim, so there should be some more income before the end of March.

Stef has made arrangements with Sharon Stratford to audit the Year End accounts.

1. **Membership Report**

We currently have 445 members (284 adults and 161 juniors).

Cherry has sent reminders for membership renewal out this week and she has already received renewal payments and also had a couple of resignations.

1. **Tuesday Night Junior Coaching**

Mark Williamson has started coaching the junior endurance runners on Tuesday evening. He is happy to coach as often as possible and followed Frank’s plan. Hopefully this group will be covered between Frank and Mark.

1. **Performance Groups**

Alan and Catherine have been at a coaching conference which inspired them to offer some training for Performance Groups. They would like to coach some athletes who are training to achieve a specific goal.

Dave will be advising on the coaching of these groups.

It was questioned how we can avoid athletes feeling left out if they are not selected for the performance groups. Alan stated that he would like to concentrate on athletes who have a specific goal in mind.

We decided that most clubs will have performance groups and therefore it should not be a problem to explain to members why certain athletes will be invited to the performance training.

Alan and Catherine should liaise with Harry Wood, because Harry is coaching some athletes as part of his Coach in Running Fitness training.

Alan will also offer analysis of running style and look at athletes’ alignment. This will be open to all athletes who are interested.

1. **New Throwing Facility**

We are currently in negotiation with Bream RFC. They have offered us the use of their land and Nick Lord has given us a quote of £ 5,000.00, which should be enough to turn the area into a suitable throwing facility. Bream RFC have also offered the use of their club house and we would need to add a container for storage, although there is some storage available too.

Chris will meet Jon from Bream RFC to secure access for the next 10 years and we need to draw up a contract for this. We will also have to negotiate the monthly rent.

The question was raised if we should spend this amount of money for only a small percentage of athletes, but we agreed that the young throwers have big potential and if we have the facility, we can also promote throwing to a bigger audience. We currently don’t have anywhere for the throwers to train as our throwing area had to be closed due to Health and Safety Issues.

We should try and apply for grants from England Athletics and also look at grants from the Coop, look at donations from local businesses and apply for the Tesco Blue Token Scheme.

Cherry will speak to an architect, to see if she could draw up some plans of the throwing area, which could be used to support any grant application.

Looking to the future there would be a possibility of a joint project with Bream RFC for a 4G pitch and track.

1. **Welfare Officer**

We are still considering different options.

1. **Safety of car parks**

We need to make sure that all parents and children are aware of the recent incident in one of the car parks when to ladies, who left the gym were harassed by a group of young men. The Incident was reported to the police.

We will remind everyone during the announcements next week to be aware and if anyone is uncomfortable going to their car on their own, we will ensure that they will be escorted to their car. We should also ensure that Junior athletes are not waiting alone in the car park to be collected. **Action: Stef**

1. **Upcoming Races**

The Spring Forest Mile will take place on Tuesday, 7th of May. Dan would like the entries set up online with payment on the day, but Cherry explained that Loveadmin have now changed their T&Cs and we can’t have entry on line but pay on the day, as they will claim a fee even if the payments do not go through them. So, it may be better and cheaper to get entries on facebook and pay on day.

Fountain 5: we have received the Run Britain Licence and are waiting for the Forestry Commission licence. Dan is happy to be RO, but would like others to take responsibility for course marking, volunteers, online entries and liaising with the Pub. Stef will deal with the pub. Chris will speak to Michael Marks to see if he would be able to help.

Once online entries are set up Dan will start advertising the race. **Action: Dan, Stef, Chris**

We decided that chip timing will be too expensive as we are paying for the pints in the pub and if we have to pay for the timing too, there won’t be any profit in the race.

Yorkley Gallop: Dan is going to make enquiries if we could have the Yorkley Gallop as an evening race, as evening races are very popular and September is a very busy month for Sunday races. **Action: Dan**

Blaisdon 10k is organised by Jools. He will open entries in May.

1. **Coaching Report**

Andrew has now almost finished the coaching plan for the junior summer training. Training sessions will commence outside in the next few weeks.

If the throwing area at Bream goes ahead Andrew suggests that throwing training will take place on Monday, Wednesday and Friday evenings from 6.00pm to 8.00pm, thus giving athletes the opportunity to attend track and jump sessions on a Tuesday, Thursday and Saturday and throwing training as well. We can then offer some athletes multi events training. We are still hoping to find some more volunteers to help with the junior training sessions on a Tuesday, as Andrew won’t be at the track sessions.

1. **Club Uniform**

Andrew requested that we look into getting some more kit from a new supplier, as there seem to be problems getting hold of T3 designs and the delivery times are very slow.

Cherry will make enquiries to see which suppliers Spirit of Monmouth and Chepstow Harriers are using and we will have a look at these suppliers, their prices and their lead times. **Action: Cherry**

This would be for hoodies, track suits, jackets, training t-shirts etc.

1. **Any Other Business**

Cherry, who is on the core team for the new parkrun at Mallards Pike, has asked if the club would be willing to make a contribution towards their defibrillator fund. The Forestry Commission is funding the parkrun set up costs, but each parkrun has to have a defibrillator now and the funds for this have to be found by the core team.

We agreed to make a donation as we donated towards the Lydney defibrillator too. Wendy will check how much we donated and we will contribute the same amount. **Action: Wendy**

Andrew mentioned that he will be organising a cake sale for the 30th of March, which will raise money for his charity walk.

The meeting ended at 9.00pm

The next meeting will take place on 9th of April