**Committee Meeting Minutes**: **Thursday 14th August 2025 at 21:00 The Swan**

**Present:** Arthur, Nigel, Nick L, Jo, Carol, Moray, Jon, Pete  
**Apologies:** Nick W, Mel, Nathan, Matt, Jim

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|  | | **Action** |
| 2. | **Previous Meeting Minutes (3rd july 2025)** – minutes were approved. **Matters arising:** -  **2.2 –** **Club Championship race 11th Sept**. It was noted that a **Google Form** needs to be sent out to members to indicate if they will be taking part. Moray volunteered to do this. Martin Green of the Sailing Club has offered to provide sandwiches at £1 per head. It was agreed to provide food for 80.  **2.10 Recognition and Reward**. It was agreed that there are currently no nominations.  **2.5 – WhatsApp groups**. It was agreed that the groups set up by Nathan are working well.  **2.11 – Severn Bridge 10K.** This race has been sold out for some time so cannot be included in the challenge events. It was suggested that we find a winter race to replace it. | Moray |
| 3.  3.1 | **Race Medals:**   * The Committee had already approved Jim’s proposal to **design and order a set of metal race medals**. Order quantities would be 90% of the race limit (i.e Rollick 430, 10K 400, Oldbury 10 mile 375) | Jim |
| 4.  4.1 | **New Member recruitment:**   * Moray suggested **promoting the club at ParkRun**. He will check with Jim Constable that we can do this. This topic to be discussed further with Jim (who raised this item) at the next meeting. Nigel to **add to agenda.** | Moray  Nigel |
| 5.  5.1 | **Cross Country kit bags:**   * Jo proposed **buying 20 waterproof duffel bags** with “Thornbury Running Club” printed on them, at a cost of £30 each. Members taking part in 3+ cross country events in a season will be given a bag and those who do one or two events allowed to purchase at a discount. This was agreed by the committee. | Jo |
| 6.  6.1 | **Welcome letters and information:**   * Carol reported that she has been sending out “About TRC” fact sheets to prospective members and a welcome letter to new members. She has been using documents that we have been sending out for a while with some updates of her own. It was agreed that we need to make the Tuesday evening training session information more generic – i.e. time and location as given on WhatsApp group. It was also agreed that the Sunday morning and Tuesday daytime groups should be clearly described as non-TRC events on the website and in letters, and as informal groups open to anyone who wishes to join. When modified, Carol will **send the new welcome letter** to all. * Moray volunteered to send out a new run leaders guide | Carol |
| 7.  7.1  7.2 | **Age group records:**   * Matt has proposed that members’ results should include age group positions and rankings. It was agreed in principal but noted that it needs someone to organise and may involve a lot of work. It was suggested that doing it for future results (i.e. not historically) would be more practical. It will be discussed further with Matt at the next meeting. Nigel to **add to the agenda** | Nigel |
| 8 | * **Recognition and Reward:** None. |  |
| 9  9.1 | **AOB:**   * Nick L commented on the need for more support in organising Cross Country. It was also agreed that we need to promote Cross Country more to the members, possibly doing a run which is typical of a cross-country event route. Nick L offered to **add it to the bulletin**. * Arthur asked about the take up on the Great Westers Air Ambulance Google form. Moray said that he had submitted his application for a visit. * Arthur reported that the race equipment in the store has been checked over and sorted. Some **new signs will need to be ordered**. In response to comments received about the red flags we use as trip hazard markers it was agreed to keep them as they are. * Arthur mentioned the England Athletics Regional meeting in Exeter. It was not felt to be worth anyone attending, particularly as the emphasis is usually on track events. * Nathan has proposed a Sunday run for the 7, 8, and 9 minute groups going from Chepstow to Tintern and back. Jo suggested it should also be opened to10 minute group members who would be happy with the distance but may want to run at a slower pace. It was agreed to let Nathan go ahead and **organise it on this basis**. | Nick L  Arthur  Nathan |
| 10 | **Date of next meeting:** Thursday 25th September. 9pm in The Swan |  |

Meeting closed 21:49