

## Lingfield Running Club Committee minutes

Date: 4<sup>th</sup> August, 2021

Location: Victoria S&SC, Lingfield

Present: Scott McDonald (SM), Kath Garrido (KG), Clare Evans (CE), Fiona Champness (FC), Gary Spring (GS), Terri Scott (TS), Dave Watkins(DW)

1. Minutes of meeting on 16<sup>th</sup> June 2021 Action  
Approved
  
  2. Matters arising
    - a) Coaching video to be recorded by JW.-to be completed FC
  
    - b) Website training - further discussion with GB. SM
  
    - c) \*Recruitment of run leaders – 7 members have expressed an interest via the club survey. New member has video to complete. Members to contact FC/TS if interested. Provide with EA course details. TS  
\* Suggestion of C25K in September. Approach LC. GS  
\*A bank of 14 club runs collated. Proposal to use Facebook/newsletter to advertise particular runs to suit distance /pace of club members; Request members who are happy to, to advertise their running schedules and open up to others. Recruit 7 members as pace leaders. GS/SM
  
    - d) Surrey XC Update – Men and Women will merge, although not all events will.
  
    - e) Lingfield 10's – will take place on Sunday 5<sup>th</sup> September @ 10a.m. Suggestion that this event encourages members to bring their own picnic. Put note in newsletter/Facebook. GS
  
    - f) Grand Prix – Best 8 of 10 will count towards total points: 2020 EG Parkrun and Tunbridge Wells Half 2/20 to be included along with:  
Lingfield 10k 5/9/21  
EG 10k 26/9/21  
Worthing 10k 10/10/21  
Surrey XC League 16/10/21  
Brighton 10k 21/11/21  
Turners Hill Boxing Day Run (4.5m)  
EG Parkrun Jan '22  
Tunbridge Wells Half '22
- If any races are cancelled another race will be proposed.  
Possibly Mel's Milers 10k in Spring '22. Contact Graeme B TS/FC

g) Offer from Kirsty to do Pilates. Possibly after club runs in October. Check availability/facilities. **SM**

3. **Survey Feedback** – 56 responses were received out of 170 members. 40 responses used as over 40 incurs costs. The highlights are as follows:  
75% of members run with LRC for health and fitness  
30% run competitively  
Preferred times remain a Tues/Thurs eve @ 7p.m./ 9a.m. on a Saturday  
2 definitely and 7 maybe interested in becoming a Run Leader.  
Members are interested in exploring sessions in stretch, strength, diet and nutrition.  
Main reason people don't attend is due to work commitments/injury/being slowest.  
30% are also EA members.  
73% would recommend LRC

Results to be advertised **FC**

Plan to recruit Run Leaders. **TS/FC/GS**

Expand run group to include an option of time/distance /pace over next few months.

4. **Club transfer:** Keith Chambers and Andy Statham to LRC

5. **AOCB.**

- a) To check with new runners, who are not members yet that they have checked with their G.P. that they are fit to run. Check application form/C25K/ pre-form. **TS**
- b) Dennis Crowhurst Memorial Race 5 miles -set date before end of March '22 avoiding XC. Speak to Trevor. **GS**
- c) Club blurb for Community Newsletter. **SM**
- d) LRC business cards – see Simon M. **TS**

### **Subsequent communication by email:**

1. FC suggested we offer the marathon runners an opportunity of a practice 20 mile run with other members who are willing to be pace setters for 5 or 10 miles. Contact those competing. **FC**

2. Club quiz night - Victoria club and make it available to members' friends and family, end of November or early 2022. **SM**

3. Proposal by GS to address likes/dislikes of 'May 'Races handicapped/mass start. To pilot in next race.

GS

**Date of Next Meeting:**

**Wednesday 6th October suit for a 7pm zoom meeting**

**Wednesday 1st December, 7pm - VS&SC.**