



Motherwell Athletics Club

Minutes of MAC 2011-2012 Committee Meeting 001

17 November 2011 8:15pm

Attendees:

Peter Blackmore
John Hughes
John McCluskey
Richard Leach
Jill Logan
William Martin

Apologies:

Allan Ferguson, Stephen Irwin

Actions Arising from Previous Meetings

Number	Description	Actionee	Status
001.4 Old	Contact supermarkets re bag packing.	WM	Ongoing. Full until Xmas
009.1 Old	Speak to NLL about options for winter training, including Ravenscraig.	RL	Ongoing
011.1 Old	Send letter to outstanding SO for T&F.	JL/JMcC	Complete
011.2 Old	Advise sub committee of committee's opinion of rules for marathon ballot.	PB	Complete
011.3 Old	Look at the recruitment of more coaches and raise at next coaches' meeting.	RL	Ongoing
011.4 Old	Update website, Facebook and message board with details of Kit Refuge.	JL	Complete
001.5 Old	Update website, Facebook and message board with details of prizegiving.	JL	Complete

Minutes from Previous Meeting

Approved by JMcC, seconded by PB.

Matters Arising

None.

Secretary's Report

Prizegiving

The Motherwell Time sent a photographer to the prizegiving and they have been provided with the full list of winners. If they have space they will print, with preference given to the 1st place and the T&F athletes.

Treasurer's Report

Current bank balance is £3,068.57 and all expenditure from the prizegiving has been taken.

The books have been finalised and are to be passed to Jim Tracey to be ratified.

Action 001.1 – JMcC



RRs' Report

Road Runners Representative

- **New Member Buddy:** Welcome new members and support their first few weeks, to make them included.
- **Liaison between Committee and Sub-committee:** Feed requirements from the Committee to the Sub-committee. Feed output from the Sub-committee to the Committee;
- **Committee Interface Interface:** for Road Runners to input into the Committee.

Road Runners Sub-committee

- **Road Runners Championship:** Define a series of road races to encourage maximum participation in the championship;
- **Road Runners Leagues:** Set the optimum competitive leagues to inspire runners to participate in the Road Runners Championship;
- **Time Trial Championship:** Set the rules for the Time Trial Championship, to keep the championship competitive;
- **Cross Country League:** Encourage participation in cross Country events, through a competitive league;
- **London Marathon Ballot:** Define any prerequisites for entering the London Marathon Club place ballot.

Current Suggestions for the 2012/13 season

Road Runners Championship:

- A greater number of races;
- Publicise car share to races;
- Social races – races that end in a social event;
- Cost conscious races.

Road Runners Leagues

- Promotion/Relegation;
- Need to pay membership by end of February 2012 to be included;
- Adjust league size to entice maximum competition.

Time Trial Championship

- Choose random races to count towards 3K track championship;
- Make it more difficult to fiddle 3K championship;
- Make it more difficult to fiddle Time Trial championship;
- Minimum of three races for a marker;
- 3K handicap based on previous 12 month's Time-Trial results.

London Marathon Ballot

- Places only available to those with a Marathon rejection letter;
- Places only available to active Road Runners.

Guest Run

Arrange a guest run of between 6 and 10 miles long, somewhere where the club can shower and go for something to eat afterwards.



The committee agreed the role of the RR rep and RR sub committee. However, it was agreed that the committee has to rubber stamp all rules set out by the sub committee as the committee are ultimately responsible for the running of the club and ensuring that the constitution etc. is upheld.

T&F Report

First SAIL meet at the Kelvin Hall was a big success with some fantastic runs.

First cross country event is the LAAA on Saturday 19th November.

The tennis court is still taking up half of the Athletics Hall at Ravenscraig and there is no sign of it moving. RL is continuing to chase.

Coaches' Report

T&F

Need new coaches and options are being looked at.

Craig MacKenzie and Johnathan Barrie are attending the Athletics Leader course on 3rd December.

RRs'

Training Schedules

November and December schedules have been issued. The aerobic phase is completed and we are now in the strength session – hills/fartlek/intervals.

The Turkey Trot was missed off the December schedule. JL agreed to update this.

Action 001.2 – JL

The Hamilton run was used for a fartlek session but unfortunately a number of members fell/injured themselves. It has been agreed that this run will not be used for a fartlek session again.

Christmas Handicap

The Christmas Handicap is on Sunday 11th December at 11:00.

The committee agreed in principal to cover the cost of hiring of the Electric Bar and a buffet for after this event. JH and PB to look in to the costs.

Action 001.3 – JH/PB

The committee agreed to cover the cost of a bottle of whiskey to present to Joe Hoolaghan.

Coaches

Joe Hoolaghan has agreed to return to coaching and his Disclosure has been sent away. His input is still to be discussed.

PB has attended his jogleaders course.

RL advised that Benny Hands has still to formally apply to the club to become a coach and has been provided with the information on a number of occasions.

Circuit Session

The committee agreed to cover the cost of Kenny Muir taking a circuit session for the RRs.

Welfare Officer's Report

Nothing to report.

Club Kit

Kit Refuge is up and running and we have some items in it.



AOB

Ceilidh

The committee agreed to the request by Elaine Jamieson to organise a Ceilidh but stated that it has to be self funding. WM to advise Elaine of this.

Action 001.4 – WM

Boathouse Gym

It has been noted that the Club are blocking the entrance to the Boathouse Gym when using it as a meeting point. JH/RL to advise at next session to keep entrance clear.

Action 001.5 – JH/RL

Grant McLulich

RL advised that Grant McLulich is now working full time and would like to offer the club discounted prices if we agree to promote him as a sports therapist. Prices are £20 for adults and £16 for children (U16). The committee agreed to this and RL agreed to advise him of this. Grant stated that he had flyers etc. that can be handed out.

Action 001.6 – RL

Date of next meeting

Thursday 15th December 2011, Holiday Inn Express Strathclyde Park, 8:15pm

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