

# Notes from Splash and Dash AGM Monday 1<sup>st</sup> September 2008

Topic	Comment/Details	Action/Decision
Apologies Present	<p>Barry Copeland, Mandy Ryan, Ann Tough, Iain Shanks, Ruth Gordon, Neil Anderson            Keith Anderson, Margaret Anderson, Peter Anderson, Alex Crossland, Craig Donoghue,            Jim Masson, Laura Mowatt, Sam Norris, George Reid, Frances Richards, Neil            Robertson, John Robson, Victoria Shanks, Abigail Silk, John Steel, Pat Stewart, Helen            Titley, Melanie Torrance, Torcuill Torrance, Kevin Watson, Andrinne Craig, Neil Easton,            Nina Cavan</p>	
Chairman's Report	<ul style="list-style-type: none"> <li>• Since the initial meeting in early September there have been 5 meetings of the committee.</li> <li>• From initial meeting it was clear that the council was not meeting the requirements of the SplashnDash Members</li> <li>• Agree New Club Name/Constitution/Club Kit</li> <li>• Members having more of a say in training etc</li> <li>• Increase coaches and structure training around running objectives ie 10k, half marathon etc</li> <li>• Encourage new members and retain existing members</li> <li>• Put in place constitution</li> <li>• Improve communications through Club Website, at training, notice board and Yahoo groups</li> <li>• Social events Xmas Night out ongoing discussions for</li> <li>• Extra Training – Saturday Hill Reps, Sunday Long Runs, Moonlight Runs, Mount Keen Trail Run</li> <li>• Participation/Identification in races as club in colours Balmoral 10, London Marathon, Highland Fling</li> <li>• Extra Training Events – Long Slow Runs, Moonlight Runs, Saturday Hill Reps</li> </ul> <p>Going Forward</p> <ul style="list-style-type: none"> <li>• Proposed programme (see later)</li> <li>• Club Championship (Barry Copeland) starts 24/5/09 Baker Hughes</li> </ul>	

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	<ul style="list-style-type: none"> <li>• Improvers Cup (starts 30/4/09)</li> <li>• Social Race Night in September with Stonehaven Lions – Race Night</li> </ul> <p>Finally</p> <p>Thank you – Frances Richards</p> <p>Club and Council Coaches especially John who turns up week in week out and George for the extra sessions.</p> <p>Jim Masson – for organising the club kit</p> <p>“the Committee is here to facilitate the activities of the members of the club, we are keen to support any get behind anyone who is prepared to organise social run or has an idea for an event/training”</p>	
Treasurer’s Report	Refer to separate file.	
Office Bearers	<p>The following office bearers were unanimously re-elected to continue for the next year (proposed by Jim Masson and seconded by George Reid):</p> <p><b>Chair</b> Craig Donaghue  <b>Vice Chair</b> Barry Copeland  <b>Secretary</b> Frances Richards  <b>Treasurer</b> John Robson  <b>Social Secretary</b> Andrinne Craig  <b>Ordinary Members</b> Neil Easton, Abigail Silk, Laura Mowatt, Margaret Anderson</p> <p>Keith Anderson was also elected as an ordinary member of the committee (proposed by Craig Donoghue and seconded by Frances Richards).</p>	
Membership Statistics	<p>This last weekend saw 21 members from the club run as Stonehaven Running Club in various events including Balmoral 10K, London Marathon, Highland Fling and National championships (where Peter Anderson came 6<sup>th</sup>). All competitors did extremely well with a number of PBs. This is a great start to a new year for the club. So far 48 runners</p>	

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Club Values/Vision	<p>have become members of SRC for the forthcoming year. A separate file provides runner profiles and statistics.</p> <p>Refer to separate file regarding proposed programme for the 2009/2010 season and where this integrates with the Splash and Dash classes.</p> <p>Members were happy with the proposed programme but would like to be given a choice of session on a Tuesday at the Splash and Dash class.</p> <p>Suggested that Mel Edwards could be approached to provide a talk on motivation.</p> <p>George Reid is in the process of organising a session at Mackie Academy where everyone is videoed and an analysis is made of each runner to assist with better running techniques and injury prevention.</p> <p>It was felt that the current sessions cater for all abilities of runner so it would not be necessary to split into different streams.</p> <p>The lower age limit for club members is 16. It was decided to keep this as an adult club, anyone younger than 16 would be signposted to the Stonehaven and Banchory Athletic Club.</p>	FR to approach these 2 clubs.
New Members	<p>We need to continue to canvas for new members. Jogscotland in Stonehaven will soon be due the next influx of members.</p> <p>Approach the Banchory and Stonehaven Athletics Club for new members as well.</p> <p>Currently Carol McLaren and John Robson are honorary members.</p>	
Honorary Members Social Events	<p>The Lions Club are willing to organise a Race Night on behalf of SRC and Fleet Feet. This is likely to be September/October time.</p> <p>We believe that the Stoney Stomp will not take place this year. It was suggested that SRC could do their own social event around the same race.</p> <p>A weekend away would be more appropriate around a race where a number of runners (and possibly family) would be attending e.g. The Highland Fling. The Inverclyde Sports</p>	

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	<p>Centre at Largs has excellent facilities. Running the Highlands is an organisation willing to organise such events.</p> <p>Knockburn and the outdoor pool were also suggested as possible venues for social activities.</p>	
Money for Charity	<p>Members gave the committee authority to nominate club funds to runners for completing races for charity. Connor Reid (for special Olympics) and Peter Anderson (for national championships) were also suggested as people who may need additional assistance with their training costs.</p>	
Improvers Cup and Club Championships	<p>The details of these were explained to members. Details can be obtained from the website <a href="http://www.stonehavenrunningclub.co.uk">www.stonehavenrunningclub.co.uk</a> and also in a separate file. The first Improvers cup is this Thursday 30<sup>th</sup> April.</p>	
Club Kit	<p>Jim Masson was thanked for providing the club kit and confirmed that he was willing to continue to organise this.</p>	
Stonehaven Half Marathon	<p>Due to permit and insurance requirements in actual fact this will now be under the SRC umbrella and we can market it as such in forthcoming years. The route will be the same as in previous years and other details virtually the same although we are trying to organise additional attractions in the park and the Lions have confirmed they will have a burger stand. Any charities will also be able to have stalls. More sponsorship is required. Suggestion was to ask Deeside brewery for free beer and also to have a bouncy castle for the children.</p>	