

HELP Executive Committee Meeting – 21 April 2008

Present: Sandy Wallace, Henry Muchamore, George Armstrong, Frank McPartland, Joe Forte, Eddie Balfour, Julie Oswald.

Apologies: Paddy McDonald, Brian Carr.

1) Reviewed minutes of previous meeting:

a) Club Treasurer - Frank has now received the Club accounts and they have been audited by Dickson and Co. Frank will bring copies of the audited accounts to the next Executive Committee meeting.

b) Club Subscriptions by Direct Debit – No further discussion re this in Brian's absence.

c) Social events: Ceilidh - this will be held on the 31st of May in Tynninghame Village Hall. Band to be confirmed. Training Weekend - Henry agreed to be the contact for this event which has been postponed until Autumn 2008. Hill-walking – no developments so far.

d) World Cross Country Championships – It was agreed that this had been a very successful event in itself and also for the Club. Henry expressed his thanks to all of the volunteers from the Club who helped with marshalling and chaperoning.

e) Club Publicity – Henry requested that any member with news of race results should pass these on to him.

f) Junior News – The recent “Run, Jump, Throw” training session at Ross High School was well-attended with twelve adults and two senior pupils taking part.

g) HELP Cross Country Championship – Brian still to report on the results of this.

h) East District Cross Country Relays October 2008 – Brian to report on this at a future meeting.

i) East Lothian Coastal Run – The proposed date of 14 September 2008 has now been confirmed. It was agreed that for its first year this should be held as a run for members of the local running clubs only. Eddie to plan a route of about 13 or 14 miles, possibly starting from Gullane.

j) Vests for Overseas Runs – Joe has been in touch with two companies about this. No progress so far due to high costs and also minimum orders which are in excess of the Club's requirements. Discussion to be continued.

k) Club Road Races – Paddy not present to report on progress. Sandy will contact Paddy and Brian re race organisation and hire of equipment for the 5 Mile Race. He will also download and photocopy entry forms and take them to running shops. Henry will also negotiate with Sue Broadway re photocopying entry forms. Club members

are to be encouraged to take entry forms to any races that they are taking part in prior to the 5 Mile Race.

l) Edinburgh Marathon 25 May 2008 – Eddie has been in touch with Chris who is designing the banner to be used in the HELP section of the marathon. Chris will produce sample banners for the Committee to choose from. Sandy will contact Brian re requirements for volunteers. It was agreed that a proportion of the proceeds given to the Club for marshalling at the marathon could go towards the Badaguish Centre for Outdoor Education.

m) Health Checks for Club Members – It was agreed that the recent talk on cardiac health had been very useful and informative. Eddie will write a letter to thanks to the speaker and also find out if it would be possible to post his presentation on the Club website. It was suggested, in the light of information gained from the talk, that offering “off the shelf” private ECG and echocardiograms to Club members may not be the best way to support members who have any queries or concerns about their cardiac health in the first instance. The talk also raised other concerns about first aid and emergency health situations during Club races. It was suggested that a more formal communication system be put in place for race marshals i.e. all marshals to carry mobile phones and have a contact number to ring if there any incidents.

n) Synthetic Running Track in East Lothian – Henry has drafted a letter in support of the proposal for a synthetic track which will be put on the Clubwebsite. Club members are encouraged to download this and send it to their local councillors.

o) Fast Track Grant - Henry reported that the Fast Track £1000 grant for the ELADG has not been received yet.

p) Bill Gardner’s Retirement - The Committee was informed that, although Bill Gardner is due to retire from the Council, he will continue to organise the Edinburgh to North Berwick Road Race for the time being. It was agreed that the Club will make a donation towards a gift on his retirement when he stands down from his role as organiser for the Edinburgh to North Berwick race.

q) Resolution Asset Management Women’s 10k - Julie reported that she may have a HELP women’s team in place for this event, injuries allowing! An article re this event was posted on the Club website some weeks ago and Julie has also emailed information to all HELP women members. This email also invited HELP women members to get in touch if they would like a bit of support to come along to training sessions or just to get out running at all.

r) Publicity Leaflet - Julie has begun work on the publicity leaflet for the Club. She would like to put some photos on it and invited members to send photos of HELP runners to her. She would also like to include some photos of HELP social events.

2) AOB

Edinburgh to North Berwick Road Race – Frank reported that a volunteer is required for one of the water stations at this race and also that there has been a lack of publicity so far.

Alternative Venues for Wednesday Night Training Runs – Sandy suggested that the Club could meet for Wednesday night training runs in other parts of East Lothian during the summer months to provide variety for Club members and also to attract interest from potential new members. It was suggested that these runs could be publicised in the local press. It was agreed that arrangements would need to be put in place in case any existing or new members turned up at the Aubigny Centre when the run was taking place elsewhere.

Northumberland Coastal Run, 20 July 2008 – Julie passed on a request from a Club member that we hire a minibus for this race which was very popular with members last year. Frank will research costs.

The British Vets Marathon Championship 2008 – George reported that this will take place in Anglesey on 21 September.

More Junior News – Henry reported that Keith Szymoszkowskyj has formally resigned from his coaching role with the Juniors. His hard work and dedication over the past five years was acknowledged by Committee members. It was agreed that Henry would draft a letter of thanks, to be sent by Sandy. It was also agreed that £100 of Club funds should be set aside to buy him a leaving gift. Keith's son Adam, who completed the coaching training session last week, will take Keith's place. One Level One schools coach has also been found but more helpers are required and also someone to act as Child Welfare Officer. Henry requested that the Juniors have their own budget to buy in specialised coaching and to pay travel expenses for volunteer coaches. He said that he hoped that the Fast Track grant could be used for this. Sandy agreed in principle to providing a budget from HELP funds and requested a breakdown of projected costs from Henry.

Date of Next Meeting – Monday 26 May 2008 at 7.30pm, The Aubigny Centre.