

3M Gorseinon RRC Precis of meeting held on Wednesday 18th March 2026

Items discussed:

Committee Roles & Club Calendar: Coaches profiles all now on ConnectMyClub. The committee welcomed Nathan Williams to the committee

Asset List: to be published on ConnectMyClub with read write access for committee members.

Welfare & Safeguarding: members are reminded the welfare officers are Fran Newman and Mark Jenkins, link to welfare (club and WA), can also be found on the 3Ms website - [Contacts](#)

Social Walk & Talk – Walk held on March 1st – 9 members attended

LM to suggest date for next event (date of Sunday April 26th has since been suggested but LM to confirm and inform members)

Finances: Currently £5918.71 in the account Expenditure for the last month was £115.84 Income last month was £1023.65. Money out was for buffet, Gwent XC and coaching course for Chris Snary Presentation evening will reduce the balance over next few months.

ConnectMyClub will be ready to handle reduced weekly subs to £3.50 w.e.f. 1st April 2026

Charity Quiz night: Postponed until later in the year

Presentation Evening Saturday 16th May 2026

Venue – Gorseinon Rugby Club

DJ booked, Lucy's Best Bites cold buffet (gluten, dairy, vegi and vegan options are available), bar open until midnight, raffle prizes and hampers to be won. **Don't miss out - tickets only on sale for a few more weeks**

GP Dates:

- April 8th – 5 mile beach and prom run.

Discussion held on previous GP held at Bynea and runners not starting in correct group. We will plan to have just one start next year.

Brisco 10K: MJ/LM to man gazebo if required. Couch to 5K leaflets to be available to hand out.

Any members not running, who are able to help to man gazebo please contact Lee Morris ASAP

3Ms Flyer/Leaflet:

We have chosen 3. the barcode needs connection to club website and ConnectMyClub. We have created a batch without QR code initially to get them out quickly while link for QR code is set up.

Communication:

Not all members on Whatsapp group. Facebook not used much these days. Instagram – members need to be made aware that if you don't tag 3M in post, it cannot be linked to our page. A note has now gone out to members via whatsapp group and Facebook.

Coaches:

Coaches meeting held 11/3/2026.

Fri sessions put on hold until after clocks change.

Our club colours are no longer clear . Committee agreed to address this and look at new kit for our 40th anniversary in 3 years time (our vests are currently similar to other clubs and not our original colour.

C25K and Beyond:

New course starting April. A flyer has been produced and shared on Instagram.

ConnectMyClub:

Meet the committee members – the committee will produce a document and put it on ConnectMyClub and then put it on Instagram.

GVFC Yearly Cost :

Agreed that we will hold off on this year's payment of GVFC subs (£1.50 per member a year).

AGM Evaluation:

Positive feedback, good venue, nice buffet, more controlled, good use of timer. Excellent questions from members.

Freedom Leisure Reward Scheme:

The scheme is called Flair and is available to people who represent Wales. Applications for this year opened on 1st April and members are encouraged to apply if they think they are eligible.

Items raised at AGM:

Due to the current high volume of matters to be discussed in March meeting, items raised rolled over to next meeting after presentation night.

GP Dates and Organisers for 2026/27:

- May 27th Parc Le Breos – Manisha/Fran/Alyson
- June 24th Ynystawe – Nathan/Katie
- July 29th Swansea Beach – Lee
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Website Overhaul:

Our website is currently undergoing an refresh and the new look site will be available soon. Thank you to Megan Chick who has come on board to help with the refresh.

Date & Time of next scheduled committee meeting: 28/04/2026

Subject to the need to respond to developments earlier than scheduled