

3M Gorseinon RRC Precis of meeting held on Wednesday 12th November 2025

Items discussed:

Committee Roles & Club Calendar – documents to be re-issued and shared with committee ready for discussion at next committee meeting in January.

Asset List – almost complete but kit bag equipment to be itemised and swim belt location to be added.

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 – due to a busy time of year no date in November was convenient. Next Walk & Talk will be held on 21st December and New Year's Eve at Penllergaer Woods.

Finances – current balance is just over £5700 but track payment just over £1000 due imminently. (Track payments are every 10wks). Expenditure for last month was £604.97 for side wall of gazebo, flask, coaches' courses and WA membership. Expected income is £200 for Swansea 10k pacers. Expected expenditure is deposit for DJ at Presentation Evening.

Grant for courses – due to clash of dates grant for Trail course to be re-directed to allow member to attend LiRF course.

Presentation Evening 16th May 2026 – save the date

Venue – Gorseinon Rugby Club – no charge if alcohol is purchased!

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 go on sale in January.**

Presentation Awards and Categories - the process for selecting winners and categories for each award to be discussed in the next committee meeting.

Cost of weekly subs – after reviewing income and expenditure the committee agreed to propose a reduction of weekly subs to £3.50 per session in February AGM.

AGM Venue – options were discussed and will be confirmed with members once secured.

GP Dates –

- Nov 26th – 1 mile on track, funds available for after session social drink
- Feb 15th – 10 mile from Bynea coastal path with a buffet and AGM to follow
- April 8th – 5 mile beach and prom run

Coaches Update – next meeting 19th November, a reminder to be sent.

Friday sessions going well. Alternative venues discussed as gypsies moved onto DPD site.

C25K Update – four members in total, 1 new to running others returning to running. Some ready for 5K run, others will benefit from improvers class. Next time a course is organised it will take place in the springtime to utilise Swansea Council grant and flyers to advertise to be issues well in advance of the course.

Gina Southam - has stepped down from the committee. The committee expressed their thanks to Gina for all her valuable work and hope that as work commitments lessen Gina will re-join the committee.

Cross Country – tea/coffee expenditure approx. £5 per event will be funded by the club.

Club Kit – dry robes are now available from Pictons Sports.

Date & Time of next scheduled committee meeting: 07/01/2026

Subject to the need to respond to developments earlier than scheduled