

3M Gorseinon RRC Precis of meeting held on Wednesday 1st October 2025

Items discussed:

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](#)
Whilst the committee are concerned with members leaving to run with other clubs on a Wednesday the attendance at the first track session was healthy with 61 members attending. If more members attended Coaches might need to adapt their session to accommodate the numbers on the track.

Walk & Talk: dates to be investigated and shared with members.

Members Handbook: to be updated and distributed to members.

EventBrite refund: full refund has been received from Eventbrite.

ConnectMyClub: Email to be sent out to members explaining ICE on ConnectMyClub app and requesting members update their details.

Presentation Evening: for clarity, criteria for each presentation award to be typed up and shared with the committee at the next committee meeting. The process of selecting winners to be addressed once the written criteria is in place. The Chair requested he is omitted from all awards. Whilst the committee respects the Chairs decision, they agreed this decision is for each chairperson to make.
Venues and dates discussed and will be confirmed to members once both have been secured with a deposit.

Finances: the current balance on 04/09/25 was approximately £4,700 income was £1,481.30 and expenditure was £212.85. Income since the last statement included Swansea Ironman marshalling. Expected income next month is from Swansea 10k pacers.

Asset List of Club Equipment: to ensure accountability a list of equipment is to be made, and the document saved and maintained on ConnectMyClub. Members that look after club equipment to contact Manisha Rickards. As funds are available it was agreed a fold-up table is to be purchased for cross country, GPs and other club events.

Weekly Training Subs: in preparation of the next AGM the balance of accounts to be made ready for the next meeting to allow the committee to discuss the cost of the weekly subs.

Grand Prix dates: as the Presentation evening will stay in mid-May there is no requirement to bring forward the last GP in April. Dates for the 10 mile and Beach GPs to be confirmed and shared with members.

Coaches Update: Caroline Morgan has taken on the responsibility of organising coaches for each weekly session. This will be done month by month. Coaches meetings to take place approximately every 8-10 weeks. Paul Rees is the link between the Coaches Meetings and the committee.

Committee Meeting Precis: going forward the brief summary from the committee meetings will be uploaded to ConnectMyClub for members to view. An email will be sent out informing members of the change once the Precis has been uploaded.

C25K update: whilst numbers are low those attending have shown commitment and continue to attend the Sunday sessions with Alan Pritchard.

Committee Roles & Club Calendar: to be discussed at the next committee meeting.

Criteria Document for club to fund LiRFs and CiRFs: to be discussed in the next Coaches meeting.

Defib: the battery was replaced 01/10/2025 and should last for 2 years

Members with injury attending track sessions: if using the track to gently exercise members will need to pay subs, if attending only to support and encourage other runners they will not be charged.

Mentors for runners: this will be discussed in the next Sunday coaching session in December.

Date & Time of next scheduled committee meeting: 12/11/2025

Subject to the need to respond to developments earlier than scheduled