

3M Gorseinon RRC Precis of meeting held on Wednesday 2nd September 2026

Items discussed:

Mentoring System: an email to be composed and sent to members reminding them coaches are available if they require a mentor.

Social Walk & Talk meet ups: due to busy calendars members to be invited to social meet up after training sessions. Social meet up invitation to be included in the email for Wednesday 9th September training session.

3Ms Welcome Pack: club Welcome Pack to be revised and uploaded to the website.

Presentation Evening: proposed date of 22/05/2027 will be confirmed to all members once the venue has provided an invoice or receipt for deposit already paid.

Sponsorship: discussions are underway with a local company to explore sponsorship options. Once agreed details will be shared with club members.

Committee: Manisha Rickards has stepped down from the 3Ms committee but will continue to monitor and refresh First Aid equipment. The committee expressed thanks to Manisha for all her work.

Be Active Wales Grant: after discussing options of payment and the grant it was decided to continue with members paying for LiRF and CiRF courses upfront and once trained up and after they have taken an active role in 4 session the club will reimburse. Members to retain receipts for the reimbursement which will then be used in the grant application.

Club Bus to Cardiff: due to a lack of interest the club will not be providing a coach to Cardiff Half Marathon this year.

A Club Base: after discussing if having one base to store club equipment would be beneficial, the committee decided to continue as they are with members storing club equipment at their own homes.

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

Finances: the balance on 10/07/26 was £7473.01. This includes income of £400 for volunteering at the Swansea Ironman. Thank you to those who volunteered. The committee had a lengthy discussion on the bank balance, income, expenditure and weekly costs. A more in-depth discussion to take place at the next committee meeting on 14/10/2026.

Grand Prix: a total of 5 out of 8 GPs are required to qualify and 4 out of 8 for prizes at the end of the season.

The proposed GPs for the season are below:

Date	Distance	Venue	Organiser
27/05/26	4 miles	Parc Le Breos	Fran Newman / Alison Heard
26/06 01/07	5K	Ynystawe Loop	Katie and Nathan Williams
24/07	5K	Singleton Park	Lee Morris / Mark Jenkins
26/08	10K	Sandy Water Swiss Valley	Kevin Watson and Anna Wake
30/09	3K	Gorseinon cycle path	Fay Sharpe
28/10	3K	Uni Track	Coaches
25/11	1mile	Uni Tack	Coaches
Jan/Feb/March*	10 miles	Bynea	Paul Rees
April*	5 miles	Beach and Prom	John Holohan /Paul Rees

**Dates TBC as dependent on Cross Country and tides*

Coaches meeting: due to commitments, the post phoned coaches meeting will now be re-arranged to September. Concerns over the bank balance, income, expenditure etc to be shared in the coaches meeting.

C25K Update: posters advertising the next course have been shared on social media sites. The new course begins on 24/09/2026 for the duration of 6 weeks. Bev & Steve Jones will be running the course.

Outstanding Performances: some names added to the monthly list are reoccurring. Fast, or funny, improving or consistently perservering, the committee are watching and monitoring members performances ready for presentation evening.

Request for reimbursement of Guided Running course: due to other coaches already funding themselves on the same course, a decision was taken not to reimburse on this occasion.

Date & Time of next scheduled committee meeting: **14/10/2026**

Subject to the need to respond to developments earlier than scheduled