

## Birmingham Swifts LGBT Runners

### Committee Meeting Minutes, Tuesday 29<sup>th</sup> March 2022, 18:30 – 20:00.

- Ian (IB) – Chair
- Alexander (AB) – Club Secretary
- Dean (DW) – Treasurer (Absent)
- Kristian (KG) – Race Secretary
- TP (TP) – Inclusion & Welfare Officer
- Darren (DT) – Media Secretary

## AGENDA

1. Welcome and apologies.
2. Review last committee meeting minutes. (AB)
3. Coaching and Runleading
  - Upcoming C25K (DT)
  - Coaching sessions (TP)
  - New Run Leaders (IB)
4. Wellbeing
  - Wellbeing events (feedback and planning) (TP)
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5. Races & Events
  - Pride Run (AB & IB)
  - London Marathon Ballot (AB)
  - Sturgess League (KG)
  - Birmingham Pride Parade (AB)
6. AOBs
  - Survey for new members (DT & TP)
  - Punctuality on Thursday runs
  - Socials
7. Date of next meeting.

1. Welcome and apologies.

DW sends apologies.

2. Review last committee meeting minutes. (AB)

Minutes accepted.

3. Coaching and Runleading

- Upcoming C25K (DT)

There is some interest already on the upcoming Couch-2-5k. Will incorporate flatter routes than the previous program following feedback. “Beyond C25k” to become officially incorporated on Thursdays following the completion of this.

**[DT to continue pushing on social media, AB to include in newsletter]**

- Coaching sessions (TP)

Coaching sessions to begin in the next few weeks. These are planned at two levels, some for all members and additional bespoke coaching for the affiliated members. Initially these will occur every two weeks, alternating on a Thursday and a Saturday.

**[TP & DT to continue as planned]**

Worth considering walking events in future planning.

- New Run Leaders (IB)

Ready to use the funding to train 2 female Run Leaders. We have one volunteer ready, and need to keep on top of searching for a second.

**[All to ask around, AB to include in newsletter]**

#### 4. Wellbeing

- Wellbeing events (feedback and planning) (TP)

First session at The Loft was well attended and had good feedback. There are a range of events planned to continue this and provide variety. Next one has been arranged and can start to be promoted.

**[AB to include next event in newsletter, DT to include on social media]**

There has been one complaint since the current committee was formed. The action taken by committee in response to this was met with a positive response.

#### 5. Races & Events

- Pride Run (AB & IB)

IB still waiting for responses, no current pressing matters noted by any committee beyond the feedback document provided by IB

**[All committee to review document referenced above prior to next meeting]**

- London Marathon Ballot (AB)

KG: Suggestion that we add a stipulation that we don't accept ballot entries from members that have had a club place for the 3 previous London Marathons. This is to help ensure it rotates around different people.

IB: Reminder that we traditionally limited it to EA affiliated members who entered the general ballot and lost out.

AB: Confirmed unanimous agreement that the three stipulations to the ballot noted above will be in effect for this ballot place.

**[AB to include in newsletter the option for people to put forward their name for ballot, with a deadline of end of April 2022]**

- Sturgess League (KG)

Sturgess League proposed by KG in collaboration with a member which will recognise a beloved member of the community. This will be based on Strava and focus on encouraging members to attend Swift runs and look at distance

across the year. Will begin on 4<sup>th</sup> April and last roughly a year. There will be a shield for the member with the greatest distance.

**[KG to send materials/specific info to DT & AB]**

**[DT to publicise, AB to include in newsletter]**

**[IB/DW to purchase shield]**

- Birmingham Pride Parade (AB)

Confirmation that Swifts are booked into the Birmingham 2022 Pride Parade as a walking float.

#### 6. AOBs

- Survey for new members (DT & TP)

Survey is being produced by DT and TP to collect feedback from new runners after their first session with us. This is to see what we are doing well and what can be improved.

**[DT to liaise with AB in creating a digital survey using this preparatory work]**

- Punctuality on Thursday runs

General notes from across the committee that lots of Swifts are turning up just after the 7pm start time and this makes it hard to register them in and conduct a proper warm up.

**[All committee to encourage people to move to the start point in good time]**

**[AB to include this in the newsletter]**

**[Committee members who are also Run Leaders to trial basing someone near the entrance during warm ups to assist with registering attendees]**

- Socials

Socials to be kept separate from wellbeing events, to encourage a range of activities and intensities.

**[IB to arrange bowling social]**

#### 7. Date of next meeting

Approx one month.

**[AB to send out doodle poll]**

**Close of meeting**