



## Meeting Minutes

Date	Wed 21 Apr 2021 19:00
Type	Committee Meeting
Location	Lyndsey's House

### Attendees

Binskin, Jon	Grech, Sally	Kinsman, Lyndsey
Philp, Laura	Snow, Gary	

### Apologies

Goodwin, Rachael	Morris, Clarissa
------------------	------------------

## Meeting items

### Item #1. Presidents Report (raised by Jon Binskin)

Highlights of the month include:

- Our coaches completed their ANSW courses and assessments, and are now Level 2 certified. Well done!
- With so many people in training for UTA, GC marathon and South West Rocks Running Festival, we've introduced an afternoon intervals session on Tuesdays. If you haven't already, check it out.
  - Our plyometrics training on Wednesday is going well, and at this stage will continue until further notice.
  - There was a few running events in the previous month, New Run, Canberra, Gold Coast Running Festival, St Albans Inaugural Pioneer Trail Race, and the Athletics Australia National Championships. Congratulations to all those that competed.
  - Special mention to Christie Cristoforo, who finally got to complete her 70.3 after what seems an eternity of trying. In a cracking time too!
  - On the parkrun front, congratulations to Paul Gagliardi on his 50th parkrun, secured with a comfortable win in the rain, and to James Stevenson completing his 200th. Also to Julie Best completing her 25th parkrun volunteer. Make sure you get to Port Macquarie parkrun this weekend to cheer on Amanda Loriger as she runs her 100th and me - 200th.
  - Finally, congratulations to Andy James and his wife Catrina, welcoming baby Claudia into the world this month. Will we ever see him running again? We can remain hopeful.

Training for South West Rocks and the Gold Coast is in full swing. If you haven't entered yet, make sure you do. We're hoping to retain our 'largest club' shield at South West Rocks. Also if you're coming along to South West Rocks, make sure you book yourself enough time to have lunch as a club at the hotel in town.

And, while I have your attention, but no one listens anyway, here's a link with all the important stuff you should do to maximise your time in the club <https://www.portpacersrunningclub.com/new-member-checklist/>

## Item #2. Treasurers Report (raised by Lyndsey Kinsman)

Visor purchase by Sue Waddell

Registrations - Michelle Kaddatz, Grace Adlington and Melyse Foster

### Associated files

1. APRIL 2021.xlsx

Download: <https://cdn.revolutionise.com.au/meetings/rkrwu24nnblezvsa.xlsx>

## Item #3. Secretary's Report (raised by Laura Philp)

In the last four weeks we welcomed 5 new members! Welcome:

- Grace Adlington
- Melyse Foster
- Michelle Kaddatz
- Tahlia Power
- Mark Worthing

So now we have 118 members in our beautiful running club.

## Item #4. Run Director Report (raised by Laura Philp)

25/04 - Super Series (5.50am - 21km; 7am - 10km)

01/05 - Pacers parkrun championships

04/05 - Speed week Mile

16/05 - Pacer Pursuit

Our Sunday runs remain Free Range. Shout out your run and see how many runners you can get on board.

## Item #5. Grant for junior singlets (raised by Jon Binskin)

Jon started looking at a few grants that may be available to the club. Still in progress...

## Item #6. Club Champions/ update on end of year medals (raised by Sally Grech)

At the meeting Sally brought in 3 medal examples for our Super Series Champions. We all touched it, agreed and disagreed. Tough decision to make: design, writing, ribbon. More to follow, still a work in progress.

## Item #7. RAV 2021 (raised by Laura Philp)

RAV - Run Against Violence virtual run.

This year's RAV challenge runs from Monday 30th August to Friday 17th September with registrations opening on 28th June 2021.

So we will need to start getting our teams together. Teams of 10 OR 20 to run or walk 1300kms in 19 days.

There will be the Gold Class (200kms), Silver Class (130kms) and Standard Class (any) distances available.

#### Item #8. Merchandise (raised by Jon Binskin)

Our new 2XU singlets arrived! They look and feel amazing! So exciting!

#### Item #9. South West Rocks Running Festival (raised by Jon Binskin)

South West Rocks Running Festival has now entered stage 2 Early bird registration period ( until 14th May) and if you enter the Marathon, Half Marathon or 10km during this period you will receive an event Tshirt in the price, so select your distance and enter now.

We are hoping to see most of our club runners there. Let's win biggest club trophy again!

More info: [www.southwestrocksrnfest.com.au](http://www.southwestrocksrnfest.com.au)

#### Item #10. First Aid course (raised by Laura Philp)

Late last year we asked you all who had First Aid Certificate, who was willing to jump on board and get one. Well...We applied for a grant for our First Aid course and still waiting for it to be approved. So, be patient, and stay tuned.

#### Item #11. Public Defib locations (raised by Rachael Goodwin)

There are only three locations that I found have 24/7 access.

- **Breakwall Caravan Park** (1 Munster Street) - they have two defibrillators. One is located outside the Reception at Munster Street, and one is located at their amenities closest to the skate park. Please look at the pictures below to familiarise yourself with the locations.
- **Port Macquarie Police Station** (2 Hay Street)
- **Sails Resort at front reception** (opposite McDonalds) (20 Park Street)

9am onwards you could consider the following

- **Port Panthers**
- **West Port Club**
- **Lifeguard Tower Town Beach** (manned all year around)
- **Marine Rescue** - suggested if required knock on their door as they often have people at the station odd hours.

The following establishments have NO defibrilators at this stage but may in the future. If you notice in future this changes please let us know so we can update our maps.

Rydges, McDonald's Settlement City, Waters Edge, Salty Crew, Little Shack

We also did a familiarisation post of our defibrilator and we encourage everyone if you haven't already to please watch the short clips.

We have a fantastic club and it's important we continue to look out for each other. Please if you see any changes to the above information let us know.

#### Item #12. Bare Foot Bowls (raised by Jon Binskin)

Runners get ready to kick off your shoes and get into barefoot bowls.

Westport Club will be happy to host us. We are looking into 19th June for a game and early dinner. So, save the date. We will post more info closer to the date.

#### Item #13. New ANSW events and fees (raised by Jon Binskin)

ANSW have released their winter calendar. If you're interested, it's \$90 to upgrade your membership - you can do so here <https://www.revolutionise.com.au/portmacquarie/registration/>

The club receives no funds for this, all proceeds go to ANSW.

See the attached picture for full event list

2021 Winter Membership for the RunNSW season (Sydney10, Sydney Half, Fernleigh 15 + more), and the Athletics NSW Waratah Championship Season (XC Events, XC Relays, Road Relays)

#### Associated files

1. stya0ntxysy5gwoy.jpg

Download: <https://cdn.revolutionise.com.au/meetings/gsrztzcp3icn2tg.jpg>

#### Item #14. Tuesday arvo runs (raised by Jon Binskin)

At the moment we have 3 scheduled Tuesday arvo runs:

- Cruisy Tuesday at 5pm;
- Back of the Pack at 5.30pm and
- Speed session at 5.30pm.

We are thinking to cancel Cruisy Tuesday and Back of the Pack. Unfortunately they haven't been very popular.

Make sure you comment under the run post if you are coming to our scheduled runs, makes so much easier for everyone and nobody is left behind.

Good to see pacers posting there own runs and getting others to join in. Kudos to you all!

#### Item #15. Gold Coast after event dinner (raised by Lyndsey Kinsman)

We have about 40 pacers running Gold Coast Marathon event in July. We need to start looking into our after event dinner options. Lyndsey will make few calls to see who could accommodate us.