

Minutes 2015

HOWGILL HARRIERS

Committee Meeting 9th Nov 2015 Fat Lamb Ravenstonedale

Present; Eddie Close, Phil Cooper, Fraser Livesey, Adele Roche, Alan Jackson, Steve Moffat, Georgia Houghton, Terry Roche, Brian Pennington, Dee Mason, Jo Sedgwick

London Marathon; the club has been allocated one place for the VLM next year. This is based on the number of members we have that are registered with EA. Anyone who is England Athletics registered who also has a refusal entry to the marathon, can contact Adele to be entered into the draw. So far we have Katy Tyson, Jane Oakley and Phil Mason in the 'hat'.

Leadership in running/Beginners Programme;- Further to a meeting on the 23rd October, it was decided that the Beginners group would be called the 'Howgill Hobblers' . the idea being to tie the two locations together and still link with part of the harrier name (without sounding too scary). The Kirkby Stephen group will begin on Sunday 10th Jan at 9.00am at the Cricket Ground. The Sedbergh group plan to meet 2.00pm Saturdays, starting 9th Jan at the tennis courts on Busk lane. Terry has worked hard designing a link from the HH website to provide further information. Flyers have been designed and are almost ready for printing. Brian and Jo from the Sedbergh group suggested an alternative name and flyer design , however , it was felt that this should have been feedback to the Beginner Leader group much earlier in order for it to be considered. Adele is liaising with run England re registering both groups on the Run England website.

Christmas Cracker/Fancy dress Handicap Race;-; Will be 1.30pm on Sunday 3rd Jan. Meet outside the Black Swan at Ravenstonedale.

Christmas Social and AGM. Suggested venue is Kirkby Stephen Club. Steve Moff will enquire re dates and cost. Possible date Feb 6th 2016, to be confirmed. The plan is to have a 'Jacobs Join' type of supper with everyone bringing a selection of buffet type food.

Membership;- EA membership runs from April to April, whilst the Harrier membership is collated in January. On occasions, the club has to sub member's payment to EA, if they join us part way through the year. Georgia and Dee are dealing with this.

KS sports; Fraser has been liaising with the school. An alternative venue to the cricket ground (possibly the rugby club) has been suggested. The date will probably change to July 1st to avoid clashes with other events. A change of venue will affect the fell race, new routes will need to be considered.

Sedbergh Sports Saturday 9th July. The date change is to avoid clashing with the Snowdon Race.

Westmorland trail Race;- A letter has been received from the Crosby Garratt Village Hall committee thanking the HH for their £1000 donation.

Weasdale Fell race;- Will be August 20th next year.

Championship Races; Eddie will collect ideas from club members so that a good variety of races can be chosen . Terry will put this out on the Facebook page and request that everyone generate ideas for next year. It was decided to use the New Year's Day Fell (9 standards) as the first race for next year.

Ravenstonedale 10km Race 28th Nov :-So far , Frazer has 185 entries. With 30-40 more on the day, numbers should be similar to last year. Volunteers will be needed to help on race day. Andrew Pratt attended the meeting briefly to update the committee re arrangements.Registration will be at the high chapel Heritage Centre, and direction signs will be posted, refreshments will also be available here. There are limited toilet facilities, though the Black Swan and King Head should be available for use! Martin and Terry will be on timing duties, Fraser will organise the defibrillator for first aid requirements. We now have Noel Hakeman as adjudicator, giving us a full license, and the course measurement certificate has been renewed. Soup provision is still being looked at. Georgia will buy team and junior prizes. The junior race starts at 12.00, and volunteers will also be required to help with this. Signs for mile markers and car parking will be needed. Adele has the exact mile marker placements from the course measurement and will e mail them the Fraser.

Junior championships. Alan is beginning to organise a system for awarding Championship points to juniors . This will be based on **attendance** at races as well as circuits/ training. He will liaise with Angela at Kirkby and Georgia & George king at Sedbergh re the collation of points. This may need to be on a percentage basis to account for the different number of sessions available across the two sites. The plan is to use attendance at junior races to award points;

Bampton

Kirkby Stephen Sports

Sedbergh Sports

Killington

Crosby Garratt fell

Long Martin

This will start from the first of Jan 2016.

Satellite Club;- Settlebeck school were awarded £3000 to help support the development of juniors, helping them develop and progress through the club. The money will be spent on equipment.

Date and Time next meeting This will be the AGM on Feb 6th before the winter social the Club in Kirkby Stephen.

HOWGILL HARRIERS

Committee Meeting 5th Oct 2015 Fat Lamb Ravenstonedale

Present; Eddie Close, Phil Cooper, Frazer Livesey, Adele Roche, Alan Jackson, Steve Moffat, Georgia Houghton, Terry Roche, Martin Spooner, Paul Brittleton, Sharon Woodhouse

Apologies;- Dee

Clothing/Kit; Martin is looking at ordering custom designed HH cycling tops. Options were discussed and a decision made to order 10 each of the short sleeved (£43.20,) long sleeved (£50.40) and gillet with a mesh back (£44.40) with a mix of SML and male /female fit. Terry will put a link on the website, so we can gather numbers.

Leadership in running/Beginners Programme;- we had 13 HH attend the one day course at the Grammar school on the 27th Sept. We now need to recruit 65 complete beginners, Adele will organise a meeting on the next few weeks to start the ball rolling. The plan will be to start complete beginners sessions in early Jan 2016.

Howgill Series; Details need to be finalised before the end of October in order for the races to be advertised in the FRA handbook. The Cautley spout race is still to be sorted after there were issues with catering after the race last year. Frazer and Paul will visit the landlord of the Cross Keys to discuss how we move forward and resolve the problems

KS sports; the committee which is responsible for organising the Sports day has disbanded. The future of the event is therefore uncertain at this time.

Ian Hodgson Relay 4th Oct; Two teams were fielded by the club. Georgie and Paul reported some difficulty obtaining responses/expressions of interest which made organisation very difficult.

Westmorland trail Race;- the event went really well with over 100 entrants , many from the Chorlton Club. Sponsorship monies for the race have been received. £1000 will be donated to the Crosby Village Hall fund.

FRA Relays 17th October at Accrington; Two teams were pulled together by Georgia, again, there was some difficulty in organising things due to the poor response from club members generally. Georgia has also sorted a spare racing kit pack for anyone who is in need.

Ravenstonedale 10km Race 28th Nov :-So far , Frazer has aprox 50 entries. Volunteers will be needed to help on race day. Adele and Terry will help with registration, Martin and Terry will be on timing duties, Frazer will organise the defibrillator for first aid requirements and also liaise with Richard Staley re arrangements for after the race. Adele Will contact Brain Porter to update the course measurement certificate. The license is organised pending the confirmation of Noel Hakeman as adjudicator.

Junior championships. Alan has kindly donated two trophies for male/ female junior champions, points will be awarded for attendance at circuits, training session and at named HH races with junior races. Details will need to be firmed up as to how this information will be collated. It was suggested that Alan might want to organise a system.

KS mon eve training runs. Will be at 6.45pm from the grammar school car park through the winter months.

Pre Christmas social;- the suggestion was to head to the Indian in Sedbergh the week after the Ravenstonedale Race

Date and Time next meeting

Monday Nov 9th 8.00pm at the Fat Lamb Ravenstonedale;

HOWGILL HARRIERS

Committee Meeting 6th July 2015 kings Head Ravenstonedale

Present; Dee mason, Eddie Close, Phil Cooper, Frazer Livesey, Adele Roche, Alan Jackson, Steve Moffat, Georgia Houghton, Terry Roche

Clothing/Kit; Terry requested a list of prices for kit for posting onto the web site; Georgia agreed to do this. Buffs and vests should arrive in time for the Sedbergh sports evening. Jane Fisher is holding stock and is happy for her tel contact to be on the web site. Buffs will be sold at £6.00 ea.

Kirkby Stephen Sports; generally went well though numbers were limited. Some of the Sedbergh juniors were taken by bus organised by Lyndsay, though there seems to have been some lack of communication re this. The £1300 generated has to be split 3 ways and the school seems to regard this as a problem. Two of the Sports main organisers are set to stand down, which leaves only Debbie Barr. The possibility of reducing the prize money was discussed. The date did clash with the Soulby BBQ and there are plans to avoid this next time. A debrief was proposed to discuss future plans.

Sedbergh Sports Eve July 10th; Volunteers required for marshalling, registration, timing and car park duties. Georgia and Dee will help register and time, having been given the club pc by Terry. Mountain Rescue will help with the top marshalling.

Leadership in running/Beginners Programme England Athletics will fund 12 attendees to the sum of £130 per head which now means the Club will need to fund the remaining £20. There is a list of requirements for the room and Frazer will chase this up to see if Settlebeck School can fulfil these. Adele will email all interested parties again with the suggested dates and reconfirm the first 12 positive responses.

GWTR; 12 Sept; As yet, there are no pre- race entries. Advertising has been the same as last year. Fliers are available for club members to distribute at other races etc. It was proposed that the social follow on from the GWTR with members bringing food in the form of a Jacobs Join and BYO drinks.

Weasdale Fell Race; Terry and Adele are available to help with registration and timing. Steve Moff can help with putting out flags for the route. Volunteers will be needed to help marshal. Terry will send out a request on the web site and face book.

Ian Hodgson Relay 4th Oct; Applications must be in by the 1st of August. 8 are need for a team, Frazer is keen to try running 3 teams. Paul Brittleton will be asked to co-ordinate the teams. Information to encourage runners to participate will be put on the web site, using Paul as a contact.

FRA Relays 17th October at Accrington; Teams of 6 are needed. Paul Brittleton will be asked to co-ordinate and collect names of anyone interested.

AOB; Alan Jackson proposed that the juniors have a championship presentation. He has two cups which he has kindly offered to donate. The suggestion is to award a male and female junior champion each year using points from attending circuit training and entering local HH junior races. Alan will head this and co-ordinate. E mails and web site to provide everyone with information. This year points will start in September and be totalled by the winter social; ready to start a full year after that.

Date and Time next meeting



HOWGILL HARRIERS

Committee Meeting 15th June 2015 Dalesman Sedbergh

Present; Dee mason, Eddie Close, Phil Cooper, Frazer Livesey, Adele Roche, Alan Jackson, Steve Moffat, Jane Fisher, Georgia Houghton, Kev Kendall

Apologies; Terry Roche.

Feedback from Kirkby Stephen 10KM race; Generally a great success, good atmosphere, well marshalled. Thanks to everyone that helped out. We had 54 senior runners, exactly the same as last year, There was discussion re how might gain better publicity. Kev agreed to open a Facebook page for the race if we give him all the details.

Cautley fell race. There were approx. 50 runners, fewer than expected, the Landlord of the Cross Keys expressed disappointment with the discrepancy in the expected numbers and the actual numbers he was to cater for.

Kirkby Stephen Sports Day Fri 26th June at the cricket ground. Age categories for the juniors will be as specified on the FRA entry forms. Marshals are needed for the turnaround points and for the fell race. Race fee is the gate entry, a mini bus will ferry juniors from Sedbergh.

Sedbergh Sports July 10th Frazer reported that things are fairly organised. The fell prizes will be cash. Note that this race will probably be used a British Championship race next year. Considerations re the numbers and avoiding a bottle neck near the start of the race were discussed.

Website ; The fee for the server is now up for renewal. Terry is investigating various options and checking if the contract is for 3 years.

Beginners Programme England Athletics are running one day Leadership in Running courses. We need a minimum of 12 for a course to go ahead. We have had a really good response to the e mail sent out by Adele and, so far 9 were interested. Joanne Sedwick, and Jeanette Cooper are now added to the list. Georgia will ask Chloe if she is interested. The finer details re funding and expected numbers of new runners still need to be discussed. Adele will forward all the names to Richard Metcalf at EA.

Clothing HH buffs are set to cost £4.20 +vat if we purchase 100. There as been really positive feedback re the junior running T shirts and the number of junior members seems to have increased as consequence. It was proposed that it would be a good idea to sell kit (cash sales) from a car boot at the sports evening.. Jane fisher also suggested that her tel contact number is put on the web site to make ordering kit easier.

Summer Social; It was proposed that the social follow on from the GWTR in September; with members bringing food in the form of a Jacobs Join and BYO drinks.

Weekly Mon night training Meeting Venues;

June 22nd Nateby

June 29th Borrowdale (A6 south of Tebay)

July 7th Ravenstonedale

July 13th Weasdale

July 20th Crosby Garrat

July 27th Scordale/ Murton Fell

AOB Stuart Hurst has invited HH members to help celebrate his upcoming birthday on 27th June. Meet in the Orange Tree at 1.30 in Kirkby Lonsdale **Date and Time next meeting**

Monday July 7th 8.00pm at the Kings Head in Ravenstonedale; (after the run.)

Committee Meeting 18th May 2015 Fat Lamb Ravenstonedale

Present; Dee mason, Eddie Close, Phil Cooper, Frazer Livesey, Adele Roche, Terry Roche, Steve Moffat, Georgia Houghton, Paul Brittleton

Apologies; Kev Kendall, Alan Jackson,

Cautley Fell race Wed 20th May 7.00pm start time. Terry and Fraser to do registration, numbers have been organised by Dee. Mountain Rescue will use the event as a training session; Fraser will be responsible for first aid other than this. The lay by will be coned off and parking in a nearby field will be £2.00 per car. All runners will get a free bottle of beer at the end of the race. Paul will sort out flagging the route.

Kirkby Stephen 10 km race 31st May 2.00pm senior start. The school sports hall is available from 11.00am until 4.00pm. Tea and coffee will be organised by the Harriers, Phil will purchase tray bakes to sell. Junior start is 1.00pm, run off road towards Greenriggs, marshals will be needed at turn around points. Age categories will be as FRM form and be 'age on the day' <8, <10, <12, prizes will be sorted by Phil. Terry is away and thus unavailable to help with timing, Adele will register senior entrants and bring a spare pc to use for the juniors. The timer has new tape but one needs a new watch type battery.

Clothing; Georgia has organised Tee shirts for the juniors (black logo on yellow) The cost £7.00 and it was agreed that they could be advertised via the website and be sold at £10.00. Dee is still sorting out buffs, vests and hoodies are on order.

KS Sports 26th June 5.30 start time at the cricket club, Sarah has organised fliers to help publicise the event .Terry and Adele will help with registration and timing.

England Athletics; Frazer has made a successful bid (£2,400) for funding of a 'satellite' club, a wish list for equipment for use at Settlebeck school now needs to be organised. The aim of the satellite is to show progression of juniors through the running club.

The next meeting with England Athletics is on Monday June 1st at Penrith. This is primarily looking at ways to get complete beginners running. We need to encourage club members to take part in a 'Leadership in running fitness course' which is designed to teach necessary skills to set up a beginners programme. Eddie, Terry and Adele can attend the meeting on Monday and feedback.

Summer Social; It was suggested that this could take place after the Weasdale fell race on August 22nd. The marquee should still be available and a 'Jacobs join' with club members bringing food would seem the best option for refreshment.

Summer training start venues

June 8th Tailbridge top road

June 15th Cautley

AOB Possible option of the club supporting the gym in Sedbergh to the sum of £500 in return for discounts for running club members

Date and time of next meeting; Monday June 15th 8.00pm at the Bull in Sedbergh, after the run at Cautley.

HOWGILL HARRIERS

Committee Meeting 20th April 2015 Dalesman Sedbergh

Present; Dee mason, Eddie Close, Phil Cooper, Frazer Livesey, Adele Roche, Terry Roche, Steve Moffat, Georgia Houghton.

Apologies; Kev Kendal, Alan Jackson, Lyn May

KS 10 Km race 31st May ;- The Race License and course measurement certificate are now sorted. Noel Hakeman has agreed to adjudicate. The license fee has increased to £27.00. Flyers are available to drop at local races to help publicise the race. At present there are still only 3 pre-race entries. The possibility of publicising using Facebook was discussed. Adele, Terry and Phil will be at registration; Terry will supervise the race timing using the club PC. Paul Brit has £300 to purchase prize vouchers for the 10 km and the Howgill series races.

Phil will organise prizes for the juniors race (this will run off road as usual to Greenriggs and back). Lindsay is hoping to organise a mini bus to bring juniors from Sedbergh. Georgie will source and order plastic drinking cups (500) from EBay.

Howgill Series; Organised by Paul Britteton, it was decided that a £1.00 charge would be made for car parking and a bottle of beer will still be provided at the end of the race for each runner. The series has been advertised in the FRA magazine.

Clothing; Dee provided costings for HH buffs;

£6.50 for 50, £4.99 for 100, £3.35 for 250

It was agreed that a background with HH mini logos would be a good design. A possible deal for 150 was suggested, Dee will investigate. Junior Tee shirts ; yellow with a black HH logo can be provide at a cost of £6,00 each. Georgie and Lindsay need to liaise re size requirements. Terry will e mail the HH logo to both Dee and Georgie.

Get Eden running;- Frazer, Terry and Ed attended a meeting at Penrith last week, this provided a useful link to accessing local authority funding. Frazer was able to submit a last minute application/bid to hopefully secure a possible £2.500 grant which could be used to fund the junior sessions.

In addition, the possibility of organising a complete beginner's programme was discussed; this would involve club members attending a one day course in leadership to facilitate setting up such a facility. It would require commitment from members both in KS and Sedbergh, and would run like a couch to 5 km programme. Adele will investigate the possibility of arranging for the course to be run locally, specifically for the HH.

Everyone is encouraged to try and support this project; it will need to run as a separate entity to the club's normal training sessions.

Summer Starts; Monday night training sessions at KS will move to a 6.45 pm start to allow anyone helping with the juniors to get to the start of the run in a timely fashion, The different start venues will cater for both fell and road routes whilst providing a better variety of routes through the lighter evenings.

May 4th Pendragon

May 11th Crosby Garrett

May 18th Fell End Quarry , Sedbergh road south of the Fat Lamb

May 25th Weasdale

June 1st Warcop

KS Juniors Sessions will resume on Monday 27th April 6.00pm at the Grammar School and will run through term time only. Phil would appreciate any help to run the sessions, Terry and Ed agreed to attend this next week to lend a hand. Steve will commit when he can. It was felt that parents of the juniors should be encouraged to be proactive in helping out. The possibility of moving training to the cricket club was discussed and rejected for now. Parents should accompany juniors, and it would be useful for at least one person should have a coaching qualification.

Membership;-To date , there are 129 paid up members (37 juniors and 93 adults) England Athletics have increased their fees by £2.00 per head , in addition, using Paypal to register also costs the club, so, with this in mind it was agreed to increase club membership fees . There are still some e mail addresses which are not accurate.

£25.00 individual with EA, £10.00 individual without EA

Family £40.00 with EA, Family without EA £20.00

Students £12.00 with EA and £5.00 without

Date and Time next meeting

Monday 8.00pm at the Fat Lamb Sedbergh after run at Fell end Quarry.

HOWGILL HARRIERS

Committee Meeting 16th March 2015 Fat Lamb Sedbergh

Present; Lynsey Goodyear, Dee mason, Lynn May, Eddie Close, Phil Cooper, Frazer Livesey, Adele Roche, Terry Roche, Alan Jackson, Steve Moffat, Jane Fisher, Georgia Houghton

Apologies; Kev Kendall.

Sedbergh Sports Sessions; Since Christmas 2014, Lynsey Goodyear has been running a session at Settlebeck school on Fridays 3.30 until 4.30pm, for 4-11 year olds. The mix of HH and Settlebeck pupils is working really well, with attendance at about 25 each week. Ideas to link the club members were discussed; high viz HH tee shirts for eg. (Sizes and suppliers to be decided). to unite the group, plus encouraging membership of the Howgill Harriers. Terry will organise membership forms to be available at Sedbergh Gala as well as both sports days. Lynsey would welcome any help to run the club, particularly into summer when numbers might rise considerably. She is planning a 'mini Olympics' and the possibility of a fun run in the form of a Santa run in the town coinciding maybe with late night shopping. The possibility of linking with Dent was discussed, as was the idea of organising a Park run. This would need to be completely off road.

Kit and Clothing; Jane confirmed that stocks are low and need to be replenished.

Sedbergh Sports Day Meeting this thurs 8.30 at the Dalesman. Frazer reported that the FRA has suggested using it as a championship race next year. With up to 600 runners, further discussion will be required re finer details. (moving to the Saturday, and running separate male/female races)

Kirkby Stephen Sports Frazer reported issues re the junior school becoming reluctant to share proceeds with the Brownies. Apart from this, all agreed that the venue at the cricket club was ideal, and the new route for the fell race was much better.

Round the Howgills; Saturday 21st March , Eddie is collating names. The meeting point is the car park in Sedbergh at 12.30, ready for the race to start at 1.00pm. Jane and Georgia have kindly agreed to make soup , and Phil will order cakes for after the race. Eddie has booked the Methodist hall. Terry will E mail everyone to remind them to contact Eddie so we have a better idea of numbers. Phil has copies of the maps and will make copies available.

KS 10KM Race May 31st 2.00pm, At present there are only 3 on line entries, and no postal entries. Information re the race is on the website, and has been posted out on Runners World. Entry forms and fliers need to be distributed at all local races to help publicise the event. The entry form is missing detail re to whom cheques should be payable .

Website Terry has redesigned the club website, all being well this will be released on Wednesday this week. There is still work to do and feedback is appreciated. Terry has also bought a new lap top for the Club which can be used for timing etc. He is still loading soft wear onto it at present.

Membership; Dee reported a total of 90 members are paid up to date so far. The final date for payment is supposed to be the first of April. Terry will send another E mail to remind those who still need to pay.

Marquee A replacement for the damaged marquee at the FRAs has been delivered to Phil

KS Circuits Angela and Dave Jackson have taken over from John Chapman. They are doing a great job and numbers are growing. Some of the funds from the Wed sessions are to be used to purchase new equipment. Monies collected will either reach Georgia via Adele or Terry, or Angela can pay money straight into the Club account.

AOB; Steve suggested that members be aware that Jim Davis is willing to travel to KS if there is sufficient demand for his Sports Massages. The committee felt though that it was a little unfair that he be advertised for free on our website.

Date and Time next meeting

Monday 20th April 8.00pm at the Dalesman Sedbergh. All welcome Meet 7.00pm at the pub for a short run.

HOWGILL HARRIERS

Committee Meeting 23rd Feb 2015 Fat Lamb Sedbergh

Present; Dee mason, Lynn May, Eddie Close, Phil Cooper, Frazer Livesey, Adel Roche, Terry Roche, Alan Jackson

Apologies; Georgia Houghton, Kev Kendall.

Winter Social 2015 Thanks to all who helped to organise a really enjoyable evening at the Peoples Hall in Sedbergh; the band and the 'Jacobs join' spread were a great success.

Kit and Clothing; Stocks of club hoodies and vests are low and need to be replenished. Frazer suggested investing in HH club T shirts, similar to those purchased for the FRA relays and equipping the juniors with a matching set to encourage a better link with the Harriers. Phil and Dee are to investigate the cost involved. HH buffs were another suggestion, for purchase by members or as prizes at races.

Damaged Marquee; insurers have confirmed payment of £1296.00 to cover the cost of replacing the marquee damaged at the FRAs. It was agreed to go ahead with ordering a suitable replacement costing £999.00. The remainder will cover the £250 excess.

Advertising Races; The club needs to maximise publicity for all its events, presently races are advertised in Runners world, UK result, Book it, the KS 10 KM is on the 24/7 website. In Addition, Terry has a data base of runners from previous HH events, these will all be E mailed re this year's HH races. He will also sort a list of e mail address for all the local running clubs so a list of HH events can be circulated.

Posters were suggested to advertise to club, and the possibility of a promotional article in the Local newspaper was discussed.

Membership; Dee reported a total of 38 members are paid up to date so far. She will send an update to Terry so he can E mail another payment reminder to members. The club incurs a £1.33 charge each time a member uses Paypal to register membership. It was agreed that the club will continue to subsidise junior and family group memberships.

Website; Since taking over the website, Terry has started a redesign process to develop and improve the site, making it easier to use and more interactive. The committee then had a short presentation to give them a 'sample' of the new look site. The new package has cost £80.00.

Championship Races 2015; Confirmed as

1. High Cup Nick (fell) Sat 28th Feb
2. Keswick round the houses (road) Wed 22nd April
3. Long Marten (road) 10th May
4. Hutton Roof (fell) Sat 23rd May
5. Hawkshead 10Km (road) 17th June
6. Bampton sports (fell) 5th July
7. Ryedale Round (fell) 30th July
8. Round Lattrigg (fell) 19th Aug
9. Dufton Show (fell) 29th Aug
10. Orton (fell) 26th Sept
11. Dunnerdale (Fell) 14th Nov

The best 6 of these races will get championship points.

Ravenstonedale 10km ; the course re-measurer has refunded £30.00 to the club due to an error on the original invoice. The Parochial church council has sent a letter of thanks to the club for the cheque sent to them for helping with refreshments after the race

Round The Howgills; Will be Saturday 21st March, meeting in the car park at Sedbergh at 12.30 for a 1.00pm start. Anyone interested, please give names to Eddie who is co-ordinating the event. He will also book the Methodist Hall for presentations, hot drinks (and all to bring cakes to share) after the race

Westmoreland Trail race; Prices for race entry for last year were aimed rather unsuccessfully at encouraging pre-race entries. It was agreed that this year would be £8.00 for pre-race and £10.00 for entry on the day

Howgill computer; Terry agreed to price and source a pc for club use, this will be used for timing all HH races.

Sedbergh Juniors; sessions run by Lindsay Goodyear have started for HHarriers and Settlebeck school pupils, year 3 and above. It was felt that all encouragement should be made to link these sessions into the Club and T shirts with the HH logo could be provided to promote the Harriers and encourage the juniors to join. Lindsay will try and attend the next meeting to discuss how we might move forward with this.

AOB; New mats and weights are needed for circuits, this will be discussed at the next meeting.

Date and Time next meeting

Monday 16th March 8.00pm at the Fat Lamb. All welcome