****

****

**RUNNING CLUB**

**COMMITTEE MEETING MINUTES 16th May 2023**

**Present**: Victoria Maleski (VM), Kay Crush (KC), Sarah Hoyle (SH), Adam Haverly (AH), Joel Eaton (JE), Josh Nisbett (JN), Ollie Sprague (OS), Darren Evans (DE), Katherine Simmons (KS), Steven Teale (ST), Ralph Jennings (RJ), Steve Sprague (SS), Bronwyn Ryan (BR)

**Present via Teams**: Nick Farley (NF), Martin Crombie (MC)

**Guest Member(s):** Gareth Hutchinson (GH), Tracy Pragnell (TP)

1. **Welcome**

VM welcomed everyone and introduced Tracy Pragnell who is a Strider who is currently unable to run but would still like to be involved in the club.

1. **Apologies for absence**

Leanne Pearce, Rowan Tully, Jeff Young, Tristan Daynes, Anneka Redley-Cook.

1. **Vote to adopt minutes of last meeting- 14th March 2023**

The adoption of the minutes was proposed by SH and seconded by ST.

1. **Matters Arising**

There were no matters arising.

1. **Report Opportunities**

**Chair’s Report**

Seaford Martello HM

VM asked the committee whether Striders should continue with the shared responsibility of organising the half marathon next year along with the Seaford Rotary club. The committee agreed that it was a great event to be involved with.

The benefits were that any surplus profits were split between Striders and the Rotary club to be donated to their chosen charities. So far Striders have been given £1000 as a major part of our share.

It would be good to have additional Strider representation on the organising committee. The committee agreed that this could happen.

Strategy Document

 The rationale behind the document is that it is a way of determining direction and checking progress for key areas. In the past the committee has been reactive rather than progressive. The strategy is a way of creating a decision flow with strategic goals in mind. VM asked the committee if there are questions missing and if the document was setting the right tone. JE asked what we were hoping to gain and VM explained that it would be helpful for the club to know the direction it was going and avoiding the need to be so reactive.

The committee agreed to give it a go. VM requested that committee members let her know in the next two weeks the sections that they would be happy to take ownership of.

Moving Up day for WNS

The first WNS after the C25K graduation is the solstice run on the 21st June. VM suggested the following Wednesday 28th June should be used as the moving up day. It was decided that all groups should meet in the same place and leaders should stay with their normal group.

Sponsorship

VM asked the committee to consider whether it is right to have all sponsors on Striders’ shirts. VM has been contacted by Eightfold Properties (formerly Brighton Accommodation Agency) who would like a public facing opportunity in exchange for £1000 a year.

The committee discussed this and felt that the club needed to decide what they wanted to be known for in respect of advertising. It was felt that advertising on shirts should not be used but maybe for specific things such as track fees or sponsorship of the junior section.

The committee need to decide what is wanted from a sponsor and what the club can offer in return.

Positive Touch Therapy

VM informed the committee that Hayley from Positive Touch Therapy has offered a workshop for Striders. This could be interactive or how to prevent injury. The committee felt that after WNS was not the best time so VM will organise a date on a different evening.

Seaford Town Council

Striders have been asked to attend a workshop on future community strategy. This is due to take place in June.

**Treasurer**

MC informed the committee that most membership renewals had have taken place bringing in approximately £6000. After paying for affiliations this left approximately £4000 from this year’s membership.

There is currently £11600 in the account which is extremely healthy. This includes £1000 that has been received from the Martello half marathon that needs to be split between the two charities. There is also further profit from the awards night that again needs to be split between the charities. The amount would be approximately £750 per charity. MC suggested that this should be rounded up to £1000 to each charity as the account is looking so healthy. The committee agreed to this.

SH asked if there were still any pending payments for membership. MC confirmed there are nine. He will send the details to LP who will look in to each one.

**Club Secretary**

Nothing to report.

**Men’s Captain**

Nothing to report. SS showed the Team award from the Newhaven 10k to the committee, it was agreed he could retain this on behalf of Striders.

**Women’s Captain**

Nothing to report.

**Mince Pie Race Director**

NF informed the committee that all plans are going well. Entries open early July. The organising committee will meet in June.

NF asked if the minibus cost to the South Downs relay on 3rd June 2023 could be covered by the club again this year. The cost is £420, this is an increase from £187 last year. The committee agreed to cover the cost.

NF informed the committee that Jodie from Chaseley Trust has extended an invitation for some members to visit the Trust for tea and cake and to see how the trust works. This could work in well with presenting the extra £1000 cheque.

**Junior Leader**

DE thanked Striders and especially JN for allowing the use of signs for the Rathfinny run.

DE confirmed that the junior sessions had restarted and is going well. There are now six coaching assistants trained and there are other parents keen to attend the Parents leading athletics course. DE is hoping that another six coaching assistants will be trained in September. This will help to build the junior section of the club.

**Social Reps**

AH advised that the next Thirsty Thursday will be 25th May.

Coach prices had been obtained for the Great South Run and Arundel 10k. All of these have come in at approximately £500. As agreed at a previous meeting the club will subsidise these coaches so that members will pay £15. The next step will be to reserve the coaches for the dates and then ask for payment from members as a commitment to take the place. The committee agreed that no refunds will be given, if people decide not to come and wish to sell their place that should be a private arrangement.

The East Dean run will be held on Wednesday 19th July followed by a drink in the pub. Group leaders are asked to plan a route for the evening. All groups will aim to finish at the same time. AH was asked to make sure the pub was notified of the date and to see whether they could offer food later this time.

The summer solstice run will take place on 21st June. This will be the park run route followed by a barbecue. MC has agreed to sort out a method for collecting times. The social team will coordinate volunteers.

The awards night date has been set for 10th February 2024. It has been decided not to use the same venue as last year. The options being considered are Florence House but unfortunately this is not available on the date required, Deans Place Hotel which would cost £30 per head and Denton Island Bowls Club which costs £300 for the room only.

VM suggested that Deans Place was tricky to get to as there is no public transport and asked if the social committee could investigate the possibility of using the Seaford Constitutional Club. AH will investigate this.

There is a walk to Alfriston being planned in August. The date is to be confirmed.

**Press Officer/Newsletter**

VM thanked BR for another great newsletter. AH agreed to be the next committee member for ‘meet the committee member.’

ST will ask if any of the C25K runners would like to be involved in an article on their experience.

**Membership**

LP had given her apologies however VM confirmed that there are now 300 members which should increase after the C25K graduation.

**Coach/Track Coordinator**

JE advised the committee that the number of LiRFs will be looked at and trained on an annual basis unless there is an urgent need when it will be considered on an adhoc basis.

JE also requested that the committee considered a transition group between Juniors to Seniors. This would provide a step up or progress at a critical age. The committee agreed that this was an important move.

JE also advised that there are currently two 14-year-olds who are doing their coaching assistant training.

KS is in negotiations with Seaford Head School regarding the possibility of using their track for the juniors.

JE would like to encourage more Striders to attend track. It is open to all abilities so may be worth encouraging C25K graduates. SH suggested that it may be less intimidating to try the off-track session that are being held in Seaford when track is unavailable.

**Website Organiser**

No report received.

**Social Media**

 No report received.

**Cross Country**

JN advised that the confirmed dates for next year’s XC races at the moment are: -

Whitbread Hollow-October 29th organised by Run Wednesdays

Snape Wood-November 26th organised by Wadhurst Runners

February Ashdown Forest date TBA organised by Crowborough Runners

Pett-March 10th organised by Hastings Runners.

The end of season de brief AGM is in September to confirm all races.

JN will be doing recce runs throughout the summer.

JN requested funding for extra signage for the Mince Pie Run especially for the hall. This was agreed by the committee.

**Club Grand Prix & Sussex Grand Prix**

All events for the club grand prix have been booked apart from two. OS confirmed the Summer Solstice run will now be added leaving one available.

The committee thanked OS on updating the results tables so quickly and recognised the amount of work involved.

**Club Welfare Officers**

DE advised that the club should be aware that there are guidelines coming in as to whether LiRF’s and CiRF’s should have the advanced First Aid qualification especially when trail running due to the time delay that could occur for the emergency services to arrive on the scene. DE will investigate further clarification regarding this. It is also worth leaders knowing where defibrillators can be located.

KS has finished her initial safeguarding training and is booked on to the next course in July.

**C25K Organiser**

ST reported that 83 people had signed up with an average of 30 attending each week. There is a need to encourage some people to move up to Anneka’s group as Victoria and Sarah’s groups are busy but Anneka’s not so much.

There are an incredible 45 volunteers some have been assigned to specific roles such as assisting a visually impaired person.

There has been a new sign printed for this year. Runners had been reminded not to use headphones whilst in the group.

There has been positive feedback from both participants and volunteers.

ST sends out a briefing on a Sunday in preparation for the next session. This Sunday he will include a copy of the newsletter.

The WhatsApp group is being well used.

The C25K is a good example of outreach in the community.

1. **Any Other Business**

VM asked TP for input on how to involve Strider’s members if they are unable to run whether it is injury or illness. TP felt it was important to still see everyone and suggested walking events and being able to attend social events. She felt it also would be useful to be able to volunteer in other roles in the club.

The committee discussed bringing in guidelines for the use of the WhatsApp group to be part of the club strategy.

1. **Date of Next Meeting**

Tuesday 11th July 2023.

**The meeting concluded at 10.02pm**

**Produced by the Club Secretary on behalf of the Club Chair**

**Victoria Maleski**

**Club Chair**

**Date Approved by the Club Committee**