



SEAFORD STRIDERS

RUNNING CLUB

AGM 11th February 2025

Members Present : Victoria Maleski, Kay Crush, Lauren Stallard, Ray Smith, Jo Robinson, Jeanette Wells, Sandra Standen, Hayley Cole, Trevor Jones, Julie Taylor, Ralph Jennings, Richard Preece, Kathryn Warren, Gareth Hutchinson, Richard Honeyman, Josh Nisbett, Russ Hewlett, Chris Le Beau, Andy Gorrie, Adam Haverly, Emily Danvers, Ron Van Heuvelen, Dorinda Dodd, Jill New, Gary New, Bronwyn Clare, Charlotte Woodgate, Karen Feast, Graham Jones, Tom Roper, James Marron, Amanda Feast, Jenny Hunter, Sue Curtis, Matt Winton, Katherine Simmons, Martyn Craddock, Yvette Mannouch, Kate Parkinson.

Present via Teams: Leanne Pearce, Anneka Redley-Cook, Kevin Ives, Kathryn Chamberlain, Charlotte Lade.

1. Welcome

Victoria Maleski welcomed all members present and the members who had joined remotely.

2. Apologies for absence

Margaret Osborne

3. Vote to adopt minutes of last AGM- 20th February 2024

Richard Honeyman asked whether it had been investigated whether there was a need for insurance for the Mince Pie Race. Ralph Jennings responded that the committee had investigated. It had been decided that in considering the level of risk versus the likely premium payable it was not cost effective.

The adoption of the minutes was proposed by Jo Robinson and seconded by Jeanette Wells.

4. Report from the Chair by Victoria Maleski

I am so honoured and proud to be here in my role as Chair for my third year.

I joined the committee in 2018 having only started running in the first Striders C25k in 2017. I thought being part of the committee was a good way of giving something back to the club after it helped me achieve something that I had previously thought was impossible.

There are currently 392 members of Seaford Striders including our wonderful juniors. Thanks to each and every one of you for being part of our club.

We will shortly be voting in our committee roles for the new membership year but I want to take this opportunity to thank those who were on the committee for part of the current membership year but have now stood down. These include Joel Eaton, Steven Teale, Lisa John, Rowan Tully, Tristan Daynes, Ollie Sprague and Darren Evans.

There are many reasons why committee members and other club volunteers decide to stand down and there have been a few challenging ones this year. It is never easy dealing with differences of opinion but it is clear to me that we all love being part of Seaford Striders and want to do our best for the club.

There have been lots of highlights this year and the comments submitted as part of the awards nominations really emphasised the breadth of achievements.

The rebirth of the newsletter has been such a positive and has helped deliver so much information about what is going on in the club including updates on club records and personal achievements.

We have had record numbers taking on England Athletics training whether as group leaders, welfare training and /or junior leaders. Thank you to everyone who has given up their time to go through the training and to those of you who put their names forward for future training.

The track programme included in your membership continues to be popular with a highest ever average attendees of 20 participants per week in 2024 – a total of 1005 individual attendances. We provided 51 coached sessions including on track and off track.

Our Wednesday Night Striders groups continue to be popular – please join with me in thanking all the group leaders who ensure these group runs provide a friendly, safe but suitably challenging environment each week. It is very unusual for these sessions to be cancelled, when they have it is generally caused by ice. I do recall a C25k participant asking if we run in the rain! I know I'm not alone in looking forward to the return of trail running when the light permits.

When we put on events we really shine – the Mince Pie, Seaford Martello Half Marathon, Beachy Head Water Station and our varied social events were all so successful – they help bring the club together. Thank you everyone for playing your part.

We really excel in taking part in events including relays from Bates Green to the South Downs Way, immense personal achievements from completing C25k through to club records for Marathon distance and beyond. Not forgetting the growing participation in cross country in some very challenging weather conditions. You see the breadth of Strider participation detailed in the newsletter each month and we hope this will continue with lots of you joining in CGP events and representing Striders in SGP events in 2025.

I want to finish by thanking all who have helped in every aspect of running our wonderful club. Countless hours are put in behind the scenes to make Striders the successful club that we all love. So when you turn up at any Striders event please take a moment to say thank you to the people who have organised it – these things don't just happen and they can be very stressful. Let's make 2025 the year of appreciating the volunteers!

5. Treasurer's Report by Ralph Jennings

Firstly, thank you to Karen Feast for being an amazing Assistant Treasurer. We have a good system in place, and there will continue to be improvements.

Striders end of 2024 bank reconciliation:

The actual cash balance in our bank account on 31-Dec-2024 was £16k. There was £10k of expenditures in transit (items relating to 2024, but paid in 2025), making our book balance of £6k to carry forward to 2025.

In 2025 we have cleared all these in transit items, so our actual cash balance as of today (11-Feb-2025) is £6k.

Summary for 2024:

As you may recall the beginning balance of our bank account at the beginning of 2024 was a mere £708. Quite low. This was due to £7k of MP 2023 receipts not being received until January of 2024, so the funds had not hit our bank account yet. The process has changed in 2024, and we received all of income from MP10 2024 before the event even started. Huge success!

For 2024, our total net loss for the year was £1.7k. This was fine, as we knew we had an approximately £6k buffer to carry over to the future periods.

For comparison, in 2023 we actually broke even (made just £300 profit), and in 2024 we had a loss of £1.7k, but again we knew this was fine because we had the buffer from prior years. Comparing the individual expenses year-on-year, we paid £1.5k more in training costs in 2024 than the prior year - for LiRF and Wellness officer training. This is offset by £2k we saved in 2024 from the Junior floodlights that were purchased in 2023. All other costs were in line with the prior year.

Our net profit for the MP10 event was basically breakeven, and it was such a success that we were able to increase our charitable donations from £4k the prior year to £7.5k in 2024. We donated to the 2 main charities, but also increased donations to the Scouts, the SERV blood bank, and Saltdean Football Club. We made it clear this was a gesture due to a great success this year.

In 2025 we hope to see if we can sell the flood lights which we are no longer using. They cost just of £2k, and we are still hoping that maybe we can sell them for £1.5k. We will continue to try this. We also have a coach voucher of £750 that we received for the cancellation of the GSR last year. We hope to use this entice members to participate in a coach trip event in 2025.

Richard Honeyman asked whether the Mince Pie Race is self-funding and if any of the profits were needed to go back in to the club. Ralph Jennings confirmed this was the case and that this year it was not necessary to top up the clubs funds.

Richard Honeyman asked whether £6000 was too high a balance for the club to hold. Ralph Jennings responded that he was comfortable with that amount but it would be monitored throughout the year.

Chris Le Beau asked if all the profits from the Mince Pie were given to the charities and will this be the same for the future. Ralph Jennings responded that this year it was but each year will be treated individually and decided by the committee.

6. Juniors Report by Emily Danvers

We currently have 105 junior striders.

This represents 27% of our club members and it is fantastic to see so many young people enjoying running and being part of our amazing club.

Our junior numbers are based on offering 5 groups 20, with two volunteers leading each group – following UK Athletics Rules. We do have space and potential to grow, particularly for those aged 12+, but this is venue and volunteer dependent.

We have 14 fantastic coaches and volunteers who support – 7 of whom have EA coaching qualifications. I (Emily) recently achieved the Athletics Coach qualification – so now we are fully compliant to run sessions for under 12s, with Phill supporting the coaching of over 12s. Thank you to Darren Evans for beginning that process of getting us all trained. The coaches and volunteers current and those that came before me, all do an incredible job and should be praised for their time and dedication to Striders. Thank you.

Highlights from Juniors this year include:

- More representation from Junior Striders at our Solstice and Cross-Country events this year than ever before.
- Some incredible times in park runs by our older Juniors, supported by Phill's coaching.
- Our first Junior Awards' evening in November, with 60 attending – including a conga, balloons, Julie's chocolate raffle and 95 packets of crisps and 80 cupcakes consumed.
- The annual Sports Day
- Steve Whittmore offering gym sessions to 10 Juniors each Tuesday over the Winter.

It has been a challenge this year to find a suitable Winter venue with appropriate ground, lighting, toilets and access. This means we have operated our club on Tuesdays in the Salts

only from Apr-Sep. We will continue to seek local venues – any assistance from club members with contacts would be very welcome.

Coming up soon we have a Mini-Mince Pie run and a Track Session before we start meeting again on Tuesday 1st April.

Over the coming year, we are hoping to get more juniors involved in club events such as the local relays and cross country – and continue to keep juniors a fun and accessible way for young people to find the joy in running that we all have as Striders.

Ron Van Heuvelen commented that it was so nice to see more juniors taking part in Cross Country. He also asked whether there was a possibility of using the inner track at Lewes whilst the adults hold their session. ED responded that this could be a possibility depending on need.

Gareth Hutchinson asked if there could be a separate time at track for juniors. Ralph Jennings advised there would be an additional cost so it would be dependent on how many juniors wished to take part.

Richard Honeyman asked whether the floodlights should be held on to for the time being in case a venue is found. Emily Danvers responded that all venues in Seaford had been contacted. A response had not been received from the Mercread Centre as an indoor venue. Richard Honeyman will chase this and ask them to respond.

7. Election of Committee & other Voluntary Positions

The following posts were nominated, the election was agreed by all present as proposed by Richard Honeyman and seconded by Hayley Cole.

Honorary Club Captain	Martin Bulger
Chair	Victoria Maleski
Treasurer/Assistant Treasurer	Ralph Jennings/Karen Feast
Club Secretary	Kay Crush
Club Welfare Officers	Emily Danvers & Kate Parkinson
Men's Captain/Vice Captain	Jeff Young/ Gareth Hutchinson
Women's Captain/Vice-Captain	Amanda Feast/Kathryn Warren
Mince Pie Race Director/Deputy	Nick Farley/Graham Jones
Junior Coach/Leader	Emily Danvers
Social Reps	Adam Haverly, Jo Robinson, Ray Smith, Kathryn Chamberlain & Jeanette Wells
Newsletter Editor	Jo Robinson/Ray Smith
Membership Secretary	Leanne Pearce

Coach/Track Coordinator	Anneka Redley-Cook
Social Media Rep	Lauren Stallard
Cross Country Rep	Josh Nisbett
Club Grand Prix & Sussex Grand Prix Rep	James Marron
C25k Organiser	Charlotte Lade
Special Events Coordinator	Julie Taylor
LiRF Coordinator	Jeanette Wells
Website Organiser/Press Officer	Katherine Simmons

8. Membership Fees

Membership categories and costs

Membership type	2023	2024	2025
Adult	£20	£21	£21
Senior (60+)	£15	£16	£16
Junior	£15	£16	£16
Junior sibling	N/A	£11	£11
Student	£15	£16	£16
Unemployed	£10	£16	£16
Social	£15	£10	£10
EA Affiliation Fee	£16	£19	£20
Affiliated Adult	£36	£40	£41
Affiliated Senior (60+)	£31	£35	£36
Affiliated Junior	£31	£35	£36
Affiliated Student	£31	£35	£36
Affiliated Unemployed	£26	£35	£36

9. Any other Business

Richard Preece asked when the LiRF training is likely to commence? Victoria Maleski responded that she now has the list of members who are keen to be trained and from that the committee will decide where these members can fit in with the needs of the club.

Gareth Hutchinson asked about the cost of the training and questioned whether there was a need for members to pay back any of their training fees if they step down as a leader. Victoria Maleski responded that she personally felt that this should not happen as members circumstances in life change and they cannot always continue.

Richard Honeyman asked about the criteria for the London Marathon Place. Victoria Maleski confirmed that the criteria should remain the same as the previous year.

Tom Roper advised that Martin Bulger founder member is considering a return to running.

Martyn Craddock proposed a vote of thanks to the Chair, Treasurer and Secretary.

10. Date of Next AGM- Tuesday 10th February 2026

The meeting closed at 8.15pm.