



SEAFORD STRIDERS

RUNNING CLUB

COMMITTEE MEETING MINUTES 13th May 2025

Present: Victoria Maleski (VM), Kay Crush (KC), Ralph Jennings (RJ), Gareth Hutchinson (GH), Jo Robinson (JR), Ray Smith (RS), Julie Taylor (JT), Adam Haverly (AH), Katherine Simmons (KS), Jeff Young (JY), James Marron (JM), Kathryn Warren (KW), Jeanette Wells (JW), Kate Parkinson (KP), Amanda Feast (AF), Karen Feast (KF), Lauren Stallard (LS), Charlotte Lade (CL), Ron Van Heuvelen (RVH)

Present via Teams:

Leanne Pearce (LP), Katherine Chamberlain (KCH) Emily Danvers (ED).

1. Welcome

VM welcomed the committee.

2. Apologies for absence

Anneka Redley-Cook, Josh Nisbett, Nick Farley.

3. Vote to adopt minutes of last meeting- 11th March 2025.

The adoption of the minutes was proposed by JW and seconded by JY .

4. Report Opportunities

Chair's Report

VM explained to the committee that for the second year running there had been issues with the Seaford 10k including plastic bottles and the plastic medal coverings being left along the course route after the event. Darren Evans has already complained to the council regarding this. VM will also contact the council and the organisers although an email was sent last year outlining the concerns but there was not a response from the organiser. There is a concern that Seaford Striders could be linked with this event. It is suggested that Striders are advised not to participate in this event in the future.

VM asked KC to explain an idea for the 40th anniversary. KC explained that it was called a Snowball run that could start at 40k then members can join at whatever point they wanted to 30k, 20k, 10k, 5k and then the juniors could join at 2.5k. It would be an inclusive race that everyone could be involved with.

VM had shared the results of the recent questionnaire. She advised that there had been 116 replies that were broadly positive. There were a few niggles with Splash Point and Beachy Head. It was felt that the problem with Splash Point could be solved with the new timings for the groups. There will be a further meeting with the LiRF's in 2 months' time. If anyone wants to add any comments, then let VM know.

Treasurer

You will note that the format for the presentation has been amended, and is different from prior presentations. This will be used going forward, as it is much easier to present and is the more standard way of presenting the finances (I only used the previous method because that was used in the past). Any questions/concerns with this, please let me know.

Balance Sheet : This gives you a snapshot and visibility of the current club's financial position (what we own, and what we owe). For the most part, this will often just be our current bank balance, which is made up of our current year profit/loss plus any reserves left over from prior years.

Profit & Loss : This gives you visibility on how much the club has earned/lost over the current year to date (starting on Jan 1st). There is a brief description of what makes up the various income and expense items.

*Current bank balance (both HSBC and Paypal) as of 09-May-2025 is **£8,881**. This is made up of £2,722 of current year profit, plus £6,159 of retained earnings (cash in bank) rolled over from prior years.

Club Welfare

KP is working on an article for the newsletter on wellbeing in running.

Club Secretary/Health and Safety

Nothing to report.

Men's Captain

JY advised that he and AF have planned the relay race for members on Monday 19th May. The teams have all been selected and should be a fun evening.

The Eastbourne relay is coming up. Striders can enter 5 teams and for it to be inclusive it was suggested that an A team for men and women was chosen then for the other 3 teams names were put in a hat.

Following on from the previous meeting GH advised that he had been in contact with the master's league to ask if there was a possibility of Striders entering a team. It appears that it is a very closed shop now as there is a limited number of lanes for so many clubs available. However, this could change in the future. There may be guest spots available. There are some open track events along with the Eastbourne mile.

GH also suggested that the WhatsApp group can be transitioned to WhatsApp Community so we have admin only messaging on upcoming events that members can choose to join. RJ advised that PRC use this system and he will ask how this is done and liaise with VM.

Women's Captain

AF thanked members who are helping with the relay race.

Mince Pie Race Director

As always two charities will receive a donation from the Mince Pie profits, one had already been chosen , The Rocking Horse Appeal

<https://www.rockinghorse.org.uk>

and the other was drawn from the hat and this will be St Wilfrid's Hospice

<https://www.stwhospice.org>

NF had given his apologies but sent the following report :-

Here is a brief update of the Mince Pie for 2025:

- Race entries will go live on Monday 2nd June

Please could we get this advertised on the SS socials and wider audience via Press?

- 1st draft for this years medal has been received. Some adjustments but its looking like another great medal for the event.
- Entry price has been kept the same £23 A & £25 UA.
- Event is where it needs to be at this stage of the year.

- This years chosen charities, 1 of which will be The rocking Horse appeal and the second to be drawn out the hat this evening by Victoria please.
- Could I request we can offer 2 free places into the Martello Half 2026 as part of the spot prizes? The Committee agreed to this.
- We will as ever, start to call for save the dates in terms of marshals.

JT will confirm with NF that the Mince Pie race is added to the Sussex races list.

Junior Leader

ED reported that there are 88 juniors currently signed up with 12 coaches. Primary age groups are full but there are vacancies for year 7 and above. 17 juniors have signed up for the relay on Monday.

ED also advised the committee that the official license to use the Salts from the town council has been approved.

Social Reps

The Social Committee will be organising a meeting soon.

The Easter Egg hunt was well received by members.

The next events planned are :-

13 half's for half marathon

Bedraggled Band 31st May at The Boot

Bushy Park run September 13th

Scavenger Hunt date to be confirmed

Summer Solstice

KCH will check the possibility of a larger coach for the Bushy parkrun.

Membership

The juniors asked whether a tick box could be included on the registration form about allergies. It was agreed that adults as with any health condition should let the run leader know. Juniors can ask parents then keep a list.

Coach/Track Coordinator

ARC gave apologies but sent the following report :-

- We could really do with 1 x CIRF on board. Currently having to use Joel to oversee sessions are suitable as per EA rules. Most leaders are LIRFs or there are LIRFs in attendance but could offer out to Austin if he wanted to qualify. We currently have Gareth (LIRF) Russ (LIRF) Austin and Stephen on the team. Would any of those be interested in a CIRF or LIRF course? Anybody on our current LIRF courses interested in joining the team? GH will think about doing this.
- Margaret stepping down- would be great to get another couple of females on the coaching team. I myself will be out of action - accelerated due to imminent induction of labour this weekend. Happy to continue with admin side but won't be able to lead for a while.
- Bank holidays to discuss- where track is closed can we take it to a vote whether we continue off track sessions or treat this as a day off. Lots of people tend to run in the daytime and attendance is lower on these nights. We will continue to lead the off track sessions for nights the track has other events on, but let's get a consensus on bank holidays. Gareth is due to lead an off road session next Monday (BH) do we go ahead with this one and seize all future bank hols ? The committee discussed this and agreed not to run sessions on Bank Holidays
- Other than that, the dream mile event was a great success and generally we are getting great attendance each week- expected to rise over summer months. Only time attendance is lower is Bank Holidays as mentioned.

LiRF's

JW advised that 7 members had commenced their training and the qualifications are coming through.

JW had also received the timings that will be advertised for each group for Wednesday Night Striders based on 5k times

Poverty Bottom 22

Splash Point 24

Beachy Head 27

Seafront 30

Bo Peep 33

High and Over 35 plus

KCH advised that there is now a shortlist of 2 for the new name for Beachy Head. The names are Friston or Hope Gap. VM asked if a decision could be made before the next weeks email.

JW reported that KCH felt that the time for Beachy Head group was a bit quick for her so would be happy if other LiRFs wanted to lead that group. KW and AF both said that they would be happy to lead.

Social Media

LS reported that she is trying to resolve a technical issue with Instagram but until it is resolved she will continue to post on Facebook. The committee agreed that Social Media is really good at the moment.

Cross Country

JN was unable to attend the meeting but sent the following report :-

XC notes for committee meeting 13/5/25

Saturday XC

In March I attended the Saturday league XC season debrief for the first time. Although it went on for 2 hours not that much got covered. It seemed to be that because of the locations they use and all the national junior events on the calendar the dates and locations are pretty much set in stone. So it'll be the same four races at the same time next year. Which is good as Glyndebourne and Stamner Park are very accessible for us as a club.

Sunday XC

- Last Wednesday night was the Sunday XC committee meeting which I attended. A lot was discussed here. The secretary for the league is stepping down so they have asked if we can circulate interest within the clubs for the role. Possibly via the next newsletter or email a separate email out to members?
- Although Eridge was a huge success in respects of location, parking, toilets, route. It cannot be put back on because it cost double what every other course did to just and the landowners demands were a bit too much, e.g. as well as getting paid, professionally planting x3 oak trees on the land. Likewise, Newplace Farm cannot be used anymore due to the farmer wanting to use the edge of the fields used in the race for crops now the grant he used to get has run out. Which brings the number of events that can be used down to 4, which isn't enough.
- So it's looking like we may have to host an event next Season and previously there was a race many years ago over Seaford Head. I'm going to recce some routes as we need junior courses plus a 5miler route too, but provisionally I was thinking of starting in Martello field for the space, parking should be an issue as there's loads long the seafront and people won't mind walking far because they have to for

Wadhurst (over a mile). We've also got toilets by the Martello. If we then go up over Seaford Head straight away, people are fresh and it will separate the field quickly (much like Beachy Head Marathon). These is a 4mile loop down to the cottages which I'm sure I can extend somewhere, then ideally I'd like the finish to be up the top so people aren't running down Seaford Head at speed on a shorter race distance, unlike in the old Seaford Half Marathon route.

- The races for next season will be published soon once confirmed, but it'll be Lewes as the first race in October, then Snape Wood in November
- AGM date is August 27th

XC relays

Just a heads up in September there will be XC relays which forms part of the Saturday league, so I'll be looking to put hopefully a female and male team in for this with the help of our captains and vices.

Club Grand Prix & Sussex Grand Prix

JM advised that Sussex Grand Prix is well underway with Striders positioned 4th out of 24 teams at the moment.

Likewise the Club Grand Prix is going smoothly but the scoring method for the Beachy Head races will need looking at.

C25K Organiser

CL advised the committee that we have reached week 3 of the C25k and all is going well. 59 people registered with 51 turning up for the first

week. The social pages and the website have been updated and the intention is to include further C25k stories in the newsletter. VM thanked CL for her hard work with this.

Special Events Support

JT asked whether there could be another method for the awards night. She felt that people who had achieved things at the start of the year were forgotten and it was only events near the end of the year that were remembered. VM advised that she does keep notes throughout the year. It was suggested that there should be a long list shared with the achievements with members so that they can vote for winners. The committee agreed that this was a good idea.

JT also asked if there could be a memento for members for the 40th anniversary such as a glass/tankard. The committee felt that this was a good idea.

Website

KS advised that she is continuing to keep the website updated. She would like to include a C25K dedicated page but it is tricky with the current website. VM suggested it may be time to replace the current website with one that is easier to update and maintain.

Newsletter

RS and JR advised the newsletter is going well. The deadline for this month will be the 24th May. RS had ideas to make the newsletter even more exciting.

5. Any Other Business

No further business.

6. Date of Next Meeting

Committee Meeting Tuesday 8th July at 7.30pm.

The meeting concluded at 9.38pm

Produced by the Club Secretary on behalf of the Club Chair

Victoria Maleski

Club Chair

Date Approved by the Club Committee 8th July 2025