



# SEAFORD STRIDERS

## RUNNING CLUB

### COMMITTEE MEETING MINUTES 8<sup>th</sup> July 2025

**Present:** Victoria Maleski (VM), Kay Crush (KC), Ralph Jennings (RJ), Jo Robinson (JR), Ray Smith (RS), Julie Taylor (JT), Adam Haverly (AH), Josh Nisbett (JN), James Marron (JM), Kathryn Warren (KW), Jeanette Wells (JW), Karen Feast (KF), Jeanette Wells (JW), Emily Danvers (ED)

#### **Present via Teams:**

Leanne Pearce (LP), Katherine Chamberlain (KCH), Katherine Simmons (KS), Ron Van Heuvelan (RVH), Anneka Redley-Cook (ARC), Amanda Feast (AF).

#### **1. Welcome**

VM welcomed the committee.

#### **2. Apologies for absence**

Lauren Stallard, Charlotte Lade, Nick Farley, Jeff Young, Gareth Hutchinson, Kate Parkinson.

#### **3. Vote to adopt minutes of last meeting- 13<sup>th</sup> May 2025.**

The adoption of the minutes was proposed by RJ and seconded by JR.

#### **4. Report Opportunities**

##### **Chair's Report**

VM expressed her thanks for the Summer Solstice run, especially the social committee who worked tirelessly to make it a success.

VM informed the committee that the Moyleman race have offered a free place to Seaford Striders. It is conditional that whoever wins the place will raise money for a charity. VM will draft some conditions as to which members will be eligible to apply.

VM and RJ shared the idea of a WhatsApp community. RJ advised that a concern could be that everyone will be able to see all mobile numbers. The committee agreed that it was a good idea to go ahead with this. RJ will proceed subject to further investigation and trials.

VM shared a list of non-renewed senior members.

VM congratulated the C25k graduates who completed the course despite some adverse weather conditions. She expressed her thanks to Charlotte Lade and all the volunteers.

##### **Treasurer**

\*Current bank balance (both HSBC and Paypal) as of 03-July-2025 is **£6,044**. This is made up of £-115 of current year loss, plus £6,159 of retained earnings (cash in bank) rolled over from prior years.

There has been approximately £2000 in advance costs for the Mince Pie event.

With further expenses for the rest of the year it is anticipated that the account will break even with a £6000 profit.

### **Club Welfare**

ED confirmed that there were no new issues that are being dealt with. The welfare team welcomed the creation of the new WhatsApp community.

### **Club Secretary/Health and Safety**

Nothing to report.

### **Men's Captain**

Nothing to report.

### **Women's Captain**

AF reported that the recent club relay event was a great success.

AF also reported that there are further relay events coming up but JY and herself are finding it difficult to fill the teams. JR suggested that it might be worth explaining the events to new members to encourage them to come forward. AF also suggested it might be worth thinking about different events.

### **Mince Pie Race Director**

NF was unable to attend the meeting but provided the following: -

All is going well; entries are coming in steadily. The medal design has been signed off.

Please continue to remind members about marshalling and supportive roles through our community channels.

## **Junior Leader**

ED reported that next week will be the last junior session before the summer break. This session will be a sports day followed by an ice cream for all the juniors.

## **Social Reps**

AH reported that recent events were the Summer Solstice and a Thirsty Friday at Abyss, both events were very well attended. AH had a conversation with the owner of Abyss and they are keen to collaborate on future events.

Future plans include a summer quiz, 13 half's for a half marathon. The scavenger hunt is planned for the 20<sup>th</sup> August and the coach booked for Bushy Park run on 13<sup>th</sup> September.

The awards night needs to be booked soon.

## **Membership**

There are currently 355 members.

## **Coach/Track Coordinator**

ARC reported that track nights have been extended until the end of the year. There are an average of 20 members who attend each week.

It would be helpful if there could be some extra volunteers to help especially females. This will be mentioned at the LiRF meeting.

## **LiRF's**

JW advised that a guidance document has been devised and will be shared with the LiRF's. There will be a further meeting for LiRF's in the next few weeks.

## **Social Media**

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

- We have increased interactions across Facebook/Instagram with new followers etc week on week
- We have increased our distribution audience 3 x on Facebook since I've taken over the socials
- I received an award for engaging content earlier this week on Facebook

Other notes:

- I am trying to do more Striders info along with runner shout outs and appreciate I've lapsed on committee member shout outs recently.
- Is there anything people want to see more of on our socials?

Future plans:

- Push on mince pie run
- Committee member shout outs
- Celebration of runs/achievements
- Pushing new membership/track nights
- Inspirational info/quotes for runners

### **Cross Country**

JN advised that he needs to apply to Seaford Town Council for us to host a Cross Country event. If approved this is likely to take place in January.

### **Club Grand Prix & Sussex Grand Prix**

JM advised that we are currently halfway way through the Sussex Grand Prix events, and we are currently sitting in 5<sup>th</sup> place.

The Club Grand Prix is going well with the next event being Malling Park run this coming Saturday.

JM suggested that he will be including Brighton half marathon next year and it was requested that the Brighton Marathon is included as well as the club is aiming for 40 runners to run this event in celebration of our 40<sup>th</sup> year. This was agreed.

### **C25K Organiser**

CL was unable to attend the meeting and advised her report will be shared at the next meeting.

### **Special Events Support**

Nothing to report.

### **Website**

KS advised that press releases for C25k and Mince Pie have been prepared.

The track program is up to date on the website. Everything is going well.

### **Newsletter**

JR advised the newsletter is going well and this month's edition is due to be released. The next edition will be the end of August.

### **5. Any Other Business**

JW advised that Joel Eaton had kindly agreed to give a talk on Marathon preparation for the group that have signed up for Brighton Marathon. This will be open for all members to attend so it was requested that the club pay for the venue. This was agreed.

RVH asked that non-paying members were sent a reminder email and if then they did not pay they be removed from all groups. This was agreed.

### **6. Date of Next Meeting**

Committee Meeting Tuesday 9<sup>th</sup> September at 7.30pm.

**The meeting concluded at 9.06pm**

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

**Victoria Maleski**

**Club Chair**

**Date Approved by the Club Committee 9<sup>th</sup> September 2025**