



SEAFORD STRIDERS

RUNNING CLUB

COMMITTEE MEETING MINUTES 9th September 2025

Present: Victoria Maleski (VM), Kay Crush (KC), Ralph Jennings (RJ), Jo Robinson (JR), Ray Smith (RS), Julie Taylor (JT), Josh Nisbett (JN), James Marron (JM), Jeanette Wells (JW), Karen Feast (KF), Jeanette Wells (JW), Emily Danvers (ED), Lauren Stallard (LS), Jeff Young (JY), Gareth Hutchinson (GH),

Present via Teams:

Leanne Pearce (LP), Katherine Chamberlain (KCH), Ron Van Heuvelen (RVH), Amanda Feast (AF).

1. Welcome

VM welcomed the committee.

2. Apologies for absence

Charlotte Lade, Nick Farley, Kate Parkinson, Adam Haverly, Katherine Simmons, Kathryn Warren.

3. Vote to adopt minutes of last meeting- 8th July 2025.

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

4. Report Opportunities

Chair's Report

VM informed the committee that she is about to email members to ask them for proof of rejection of the London Marathon if they are wanting to be considered for the club place.

VM advised that cheques had been presented to the Youth Counselling Project and East Sussex Vision Support of £1200 each (also the same amount to Seaford Martello Rotary grant giving arm).

The committee was asked if there were any further suggestions for awards or should this remain the same as last year. It is hoped to have all nominations in by early December so that awards can be prepared in good time for the awards evening in January.

VM advised that the C25K program had been successful but Charlotte Lade had asked that going forward a LiRF could assist with the organisation and help to answer questions.

40th Anniversary Celebrations

There are now over 40 Striders signed up for the Brighton Marathon. VM suggested that it would be good for all Striders to set a target for the anniversary, not just those that are braving the marathon.

VM also suggested that it would be good to focus on Striders in the community - who we are, how long in the area, businesses/charities we work with and previous Striders.

LS agreed to work on a design for the 40th anniversary t shirt.

Treasurer

We have £6k reserves carried over from prior years.

So far in 2025, we have £7k net profit.

The £7k profit is made up of £6.5k new memberships and renewals (total of 375 members so far this year), £5.5k net MP10 receipts from 315 registered runners

(excludes charity allocations), and £4k normal operating costs (including track hire, LiRF training, SoCo events, IT, bank fees & sundries).

Total cash in bank as of today (Sep 9th) is £13k.

Forecasted income and costs for remainder of year include £2.5k MP10 net receipts, £400 for Beachy Head marshalling, and £3k of other normal operating costs (track hire, events, IT & bank fees).

This will leave us with a bank balance of £13k at the end of the year.

Would be good to keep a £5-£6k buffer to carry forward to 2026, so this leaves us with £7-£8k to distribute to charities and re-invest into the club.

Overall, we are in a good financial position.

Club Welfare

ED confirmed that there were no new issues that are being dealt with.

Club Secretary/Health and Safety

KC advised that the risk assessments have been updated. KC will send to KS to upload to the website and to JW to share with leaders.

Men's Captain

Nothing to report.

Women's Captain

AF advised that the Bates Green relays were a great success, however it would be useful to have more people signing up.

AF also asked the committee if there would be an interest to join the Brighton last leg relay. The committee agreed that it would be better to stick to the 3 relay events that we currently attend.

AF is also asking for volunteers for the Beachy Head Water Station. This brings in an income of £400 for the club plus there will be a donation of a hoodie for the awards night raffle.

Mince Pie Race Director

NF was unable to attend the meeting but advised that preparations are as expected for this time of year.

Junior Leader

ED reported that the Juniors are back after the summer break. The juniors awards evening will be the 4th of November at Downs Leisure Centre. ED requested a £300 budget for the event. This was agreed.

Simon Homer has been a Junior Coach for 5 years but due to work commitments can no longer continue. ED asked that this achievement could be recognised in some way. The committee agreed a special award should be given at awards night.

There is also a need for a further coach to be trained up to assist with juniors.

VM asked if there was any transition from Juniors to Seniors.

ED felt that it would be possible if there were to be a Striders Youth team as opposed to the Striders Juniors. However, this would need a group of helpers to take this forward.

GH asked if under 18's can run with the Wednesday night groups. It was agreed they can if accompanied by an appropriate adult.

Social Reps

AH will send out an email detailing final details for the Bushy Coach trip. The Equinox run will take place on the 24th of September, this will be a handicap run so members will be asked to submit their best 5k run time of this year.

Other plans include a Halloween Quiz, a Christmas Quiz, a 10k run to Abyss for a pint and pizza on the 26th of September and also plans for 13 halves run to Lewes.

Membership

There are currently 375 members. A few members have recently asked to be EA registered to enable them to join in Cross Country.

The fees have now been halved for the second half of the year.

Coach/Track Coordinator

ARC was unable to attend the meeting but provided the following: - Josh and Amanda have been welcomed to the coaching team.

ARC thanked KS for always adding details to the website promptly.

ARC also asked if there would be interest for a further time trial session either before Christmas or after. RS and GH felt that this would be good before Christmas so will liaise with ARC.

LiRF's

JW advised that everything is going well, and Friston Group is now much more settled. JW has been coordinating on the LiRF group when there is a for a leader to cover a group.

Social Media

LS advised she will continue to highlight on the volunteers. There has also been a focus on previous events and will begin to do some branding around the 40-year anniversary. There has been a gain in followers and badges for engagement have been received.

Cross Country

JN advised that he attended the AGM for the Cross-Country league and there is a new President, Vice President, and Secretary. JN is now the back-up results coordinator.

The Cross-Country league have approved Seaford Striders to hold an event this season. They will give £340 for expenses and at the end of the season any profits will be shared as 50% to the league and 50% with the clubs.

JN advised it may be necessary to have a separate person to oversee the juniors on the day.

There are currently 28 Striders who have registered for this season. Members have until 21st September to register.

The Cross-Country relay is on Saturday 27th September and more runners are needed for this.

Club Grand Prix & Sussex Grand Prix

Nothing to report.

C25K Organiser

CL was unable to attend the meeting.

Special Events Support

Nothing to report.

Website

KS was unable to attend the meeting but has provided the following:-

I already sent over an image of the Emergency Response lanyard used at Seaford Beachparkrun - I think a laminated card like this would be a really useful part of the leader's kit, along with the foil blankets and mini first aid kit. Sure we could adapt it from something we already have such as Mince Pie instructions.

Certainly helped me to know what the right steps were and ensured they were followed while I was RD at Seaford Beach parkrun - our runner was taken to Eastbourne DGH by ambulance and discharged later that

evening. It was especially useful as I was able to refer to it while also being on phone/walkie talkie to marshals. It could also be handed quickly to someone else in a group to follow too.

PR

Would just ask groups to take care which images they share/post on WhatsApp chat groups - there have been a couple of images lately of finger gestures which also include runners in Striders shirts. These have made their way onto different Strava feeds and a wider audience than just club members. They don't reflect our image as a friendly, welcoming club.

Our Online Policy is frequently repeated in the weekly emails - this asks people to think about their image/club image and be mindful of different audiences to posts.

Mince Pie -

I will contact Nick direct re numbers and any need for more publicity.

Website

- XC - This is the next priority so will do this week. I need to update this page but it does look like Josh has already provided all of the necessary info to update this within his communications to the club, I will contact him direct if not

- Track - up to date - many thanks Anneka :)

- Coaching page - I will try to add the new Lirfs if the duplicate function will let me... I think most new Lirfs are committee members so I can reuse images from that page. Any updates for pictures, please send to me.

VM and KC will work on an emergency card.

VM advised that if it is personal strava that images are shared there is not a lot the club can do but she has spoken to both the person in the photo and the person who shared it to WhatsApp.

Newsletter

JR and RS thanked everyone for their contributions. The next newsletter will be the end of October.

5. Any Other Business

RJ is working with Austin Warren who has experience in WhatsApp communities to take this idea further.

6. Date of Next Meeting

Committee Meeting 11th November at 7.30pm.

The meeting concluded at 8.45pm

Produced by the Club Secretary on behalf of the Club Chair

Victoria Maleski

Club Chair

Date Approved by the Club Committee 11th November 2025