



SEAFORD STRIDERS

RUNNING CLUB

COMMITTEE MEETING MINUTES 14th March 2023

Present: Victoria Maleski (VM), Kay Crush (KC), Jeff Young (JY), Sarah Hoyle (SH), Adam Haverly (AH), Joel Eaton (JH), Rowan Tully (RT), Josh Nisbett (JN), Ollie Sprague (OS), Darren Evans (DH) part meeting, Katherine Simmons (KS), Steven Teale (ST), Ralph Jennings (RJ), Tristan Daynes (TD)

Present via Zoom: Nick Farley (NF), Leanne Pearce (LP)

Guest Member: Gareth Hutchinson (GH)

1. Welcome

VM welcomed everyone, with a particular welcome to the new members Kay Crush, Steven Teale, Katherine Simmons, Ralph Jennings, Ollie Sprague and Rowan Tully. VM also expressed her thanks to Simon Croucher who has now left the committee. VM welcomed Gareth Hutchinson who was attending the meeting as an observer but he will be assisting VM formulate the Striders Strategic Plan, this will be done outside of the normal committee meetings.

2. Apologies for absence

Bronwyn Ryan, Martin Crombie, Steve Sprague, Darren Evans (attended part of the meeting).

3. Vote to adopt minutes of last meeting- 17th January 2023

VM had received a suggestion that the section regarding Monday Night Striders should read :-

Leanne has since spoken with the group to feed this back. No Striders running tops are worn and it isn't as a Striders official run, just a gentle 3 mile plod/leg stretch after weekend runs.

The committee agreed to this amendment. KC will amend the minutes accordingly.

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

4. Review of AGM minutes -28th February 2023

The committee reviewed the minutes from the AGM and were happy for them to be shared to the website. The minutes will be formally approved at the next AGM on the 20th February 2024.

5. Matters Arising

There were no matters arising.

6. Report Opportunities

Chairs Report

I am honoured to be running my first committee meeting as your Chair and thank you for all your kind words in the lead up to the AGM and afterwards. I hope I can make you all proud and do the position justice.

I was very pleased with how the AGM went and delighted that you are here representing all facets of the club. We will move the club forwards in a spirit of openness and respect both on the committee and

throughout the club as a whole. The venue worked well and I propose we book the same venue for next year on 20th February 2024.

The Awards Evening was a great success. I am indebted to our social team for their work in organising it and must give special thanks to the MC for the evening – Tristan – who helped the evening to run smoothly. I will leave the feedback on the evening to the social team but am pleased that this was mainly positive.

We need to consider the arrangements for WNS. The results from the previous questionnaire strongly supported maintaining the current arrangements and I'm conscious that we need to avoid questionnaire fatigue. I'm aware of a few difficulties in what was Michelle & Simon's group relating to distance, pace and a number of lapsed members taking part on a regular basis. We need to formalise a new leader for this group – this will probably happen once the LiRF qualifications are through.

I'm also aware that some people are moving up a group and struggling to maintain the advertised pace, this can be a bit disappointing for the existing group members as they may not be able to get the run experience they expected. It may work best to have a fixed moving up day – that way runners will know that a compromised run is a possibility.

As mentioned earlier I would like to put in place a Striders Strategy Plan. This will involve all of you looking at the way the club is run both for your committee areas of responsibility and thinking outside of this. It could be something big – my favourite item here would be to get a running track in Seaford or something small, but let's get our thoughts down and give ourselves some targets to aim for. I appreciate a number of you are new to the committee and need to get settled in first but please have a think about what you would like to see included. It would be good to have a few quick wins to start us off. The strategy will include an environmental statement showing our intentions and aspirations for green initiatives.

I will make it my responsibility to contact our current sponsors and suggest a sponsorship strategy going forwards. I'm aware that this has not been focussed on in recent years. Whilst the club is in a sound position financially sponsors can help the visibility of the club as well as supporting financially and we should be looking to promote our wonderful club more widely.

I will also be contacting the other Seaford sports clubs. I accept that theoretically we might be in competition with them but there will be areas where we can work together to make Seaford a fitter and healthier place. Attending the Seaford Town Council meeting to speak against their proposal to charge for fitness/exercise groups use of Council owned green / open space is an example of where Striders can be promoting fitness in general. Your ideas are welcome on how else we can promote the club.

In response to the report a discussion was held regarding the issues being experienced at some of the Wednesday night groups. It was suggested that it may be useful to coincide all groups meeting together with a moving up group night where members can try different groups. This will allow existing group members to be aware that the pace may be slower on these nights.

It was acknowledged that there were a number of lapsed members were running in one group as a group of friends rather than Striders. It was suggested that a discussion was needed amongst group leaders.

Treasurer

Apologies have been received from MB so there is no treasurer report. However, MB has been working on the new membership subscriptions. MB Treasurer and RJ Assistant Treasurer will be meeting soon.

Club Secretary

KC thanked the committee for their warm welcome since taking on the role of Secretary.

Men's Captain

Nothing to report.

Women's Captain

Nothing to report.

Mince Pie Race Director

NF confirmed that planning had begun on the 2023 event. It is hoped that registration will be able to open sooner. Advertising will be in place to assist with this. As the event is becoming increasingly popular it is hoped that there will be more anticipation to sign up.

The members will be asked for charity nominations soon.

NF felt that although it is early days the planning is on track.

Junior Leader

KS spoke on behalf of DE and confirmed that Juniors will commence again on the 28th March. There is already significant interest.

GH asked whether juniors are encouraged to join adult Striders and at what age.

There was uncertainty as to the age they should become a senior. JE confirmed that for track it is age 18.

Encouraging juniors to join the Seniors could form part of the strategic plan.

Social Reps

AH confirmed that following the questionnaire sent out regarding feedback on the recent awards night there had been 43 responses.

The results identified that:-

36% felt it was good value for money and 36% felt it was fairly priced and less than 5% felt the event should be free.

93% felt that there had been sufficient information circulated.

10% would like a different venue whilst 46% would like different food.

80% were happy with the range of awards and 88% agreed that nominations should be open to all members.

TD said that the social committee will meet soon to reflect on the awards night survey in order to prepare for next years event.

There are a number of other social events being planned throughout the year including East Dean run, summer picnic and rounders, board games nights.

AH asked whether there would be a possibility of subsidising coaches for events further afield such as Barns Green Half and The Great South Run. VM confirmed that the club would be in a position to support this and the committee agreed.

Press Officer/Newsletter Editor

BR was unable to attend the meeting but requested that the Club Grand Prix events and dates were sent to her so that they can be published in newsletter next month.

BR also asked for a committee member to volunteer for the next "Meet the Committee" article for the newsletter. Leanne Pearce agreed to do this.

Membership Secretary

LP confirmed that there are currently 234 active members. There are 153 people who have yet to renew. 7 people have confirmed that they will not be renewing their membership. The deadline for renewals is the end of the month.

VM thanked LP for sending out an email explaining the benefits of a member being EA affiliated.

Coach/Track Coordinator

JE confirmed that the track at Lewes has been booked until the end of July so far. There are two nights in the summer that are unavailable due to the Sussex Masters, JE has contacted the organisers of this event to request that Seaford Striders take part in the event. There has not yet been a response. GH suggested that if the club was not allowed to join individuals are allowed to register themselves to take part.

VM thanked JE for supporting members through their training.

Website Organiser

There is a need for the website to be updated. VM had booked a meeting with LP but unfortunately this had to be postponed. VM hopes this will be rearranged very soon.

Social Media

RT confirmed that he is happy to share on social media any different events that members have taken part in.

SH suggested that on the weekly reminder details that are sent out for Wednesday night runs that a sentence is included informing new people that they can come along and try their first run out for free.

Cross Country Rep

JN confirmed that the last cross country event had been held last week. The season had all gone well.

Club Grand Prix & Sussex Grand Prix

OS will email the committee the list of events and dates. He is looking to include two events per month. He plans to have a scoring system that allows for bonus points and loyalty points to give more members a chance of winning.

Club Welfare Officers

KS confirmed that she has nearly completed her training and that she and DE are writing an article for the newsletter.

C25K Organiser

ST reported that there has already been a good amount of interest in the upcoming C25K following the facebook posts.

He has a spreadsheet set up with details of all who have signed up.

There will be a need for helpers to assist with this course an VM suggested not to turn any volunteers away as there are always occasions that someone is unable to attend.

ST asked whether it would be a good idea to set up a WhatsApp group for the group. It was felt this would be a good idea and encouraging to each other but it would be beneficial to do this once the course commenced.

7. Any Other Business

SH informed the committee that Hayley from Positive Touch has volunteered to host an evening where members can ask questions/get advice on injuries, keeping injury free etc. The committee felt that this would be really helpful. VM will contact Hayley to confirm details.

8. Induction for Committee Members

Please see separate sheet. From this it was agreed that all the committee members would provide their "What does being a Strider mean to me" paragraphs and photograph to LP for the website by the end of March.

9. Date of Next Meeting

Tuesday 16th May 2023.

The meeting concluded at 9.10pm

Produced by the Club Secretary on behalf of the Club Chair

Victoria Maleski

Club Chair

Date Approved by the Club Committee