



SEAFORD STRIDERS

RUNNING CLUB

COMMITTEE MEETING MINUTES

7.30 PM TUESDAY 17th January 2023

Present: Victoria Maleski, Leanne Litster, Tristan Daynes, Adam Haverly, Josh Nisbett, Nick Farley, Darren Evans, Steve Sprague, Martin Crombie, Jeff Young, Bronwyn Ryan.

Present via Zoom: Leanne Pearce, Sarah Hoyle, Anneka Redley-Cook

Apologies for absence: none

Previous minutes held: 15th November 2022 - Jeff and Darren voted to adopt the previous minutes, with addition to London Marathon place **You must not have completed the London Marathon in the last 5 years.**

Victoria Maleski - Interim Chairman

Following Rob Plant's standing aside in November 2022, Victoria took on the role of interim chairman and continues to do so.

Tribute to Rick Garcia who sadly passed away on 23rd December 2022 after his battle with cancer. Rick put in a lot of effort to the club, ensuring that Seaford Striders met all of the expectations set by EA.

We are extremely grateful for all of his hard work whilst in position of club secretary.

A PB bell will be donated to Seaford beach parkrun in his memory.

A minutes silence will be held at the AGM where we can remember Rick.

AGM has been booked at the Seaford Constitutional Club on Tuesday 28th February 7pm-9pm.

It was asked if there are any issues that might be raised at the AGM that anyone might be aware of.

It is proposed that there will be no change to the membership fees for adults. This will be ratified at the AGM. EA fees will be increasing from £16 to £17.

Committee roles Victoria wished thanks to everyone who replied to their committee positions and whether they wish to continue in their current role into the new membership year.

Simon Croucher is currently unable to run so is looking to relinquish his role.

Rob Plant is permanently stepping down as Chairman with immediate effect. Thanks given to him for all of his efforts and work building the club whilst in this position.

Leanne will also stepping down as club secretary after the AGM. Jane Waterman also volunteered to be club secretary, she will be approached to see if she would like to take on the club secretary role.

Anneka is amenable to passing on any of her roles if there is someone else keen to takeover.

Sarah Hoyle and Victoria have a list of people who were interested in becoming a committee member which came out of the recent members survey.

Victoria will send an email out detailing vacant positions asking for a response within 2 weeks.

Questionnaire results Lots of varying opinions. Social events, committee changes going forward, more openness and detailing of committee roles and duties.

Darren thinks the survey in itself is a great starter and good for building confidence within the club going forward.

Monday night striders - it was mentioned that Simon's group that runs from Martello tower appears on Strava as MNS. This is not an official seaford striders run and shouldn't be discussed as one. People feel that because it isn't advertised as a club run it is not inclusive. Leanne has since spoken with the group to feed this back. No Striders running tops are worn and it isn't run as a Striders official run, just a gentle 3 mile plod/leg stretch after weekend runs.

Seaford Martello half marathon is now open for entry. Bronwyn will enter this into the newsletter, race is suitable for all abilities. Victoria is tail runner. Members are encouraged to run.

Medal design has been chosen and is being printed.

Help needed with signs around the course, course walking. Seaford Martello Rotary club doing most of the organising.

Induction process for new committee members. Dealing with potential conflicts of interest. How to communicate via email etc.

Sarah Hoyle - womens captain

Clarification of eligibility of London Marathon place needed sooner rather than later to avoid disappointment for the next event. Victoria to draft something to have additional elements including specifics around volunteering within the club. Also to specify what active member of the club actually means, needs to be really specific.

Striders away day - survey results had the Great South Run suggested a few times. Barns Green now offers multi distance on 24th Sept. People finishing towards the back of the Great South Run felt rushed and felt they didn't get the same experience as others.

Social committee had a meeting last Thursday. Either or both Great South Run or Barns Green have been agreed on for this year. Social team to ensure the away day is cost effective.

Website - Lisa Parkinson-Bunce has been messaged to find out what is happening with the website. C25K and committee pages are the first focus for updating. Please check your own area's page and provide updated information to Lisa.

Joel Eaton - coaching lead and track rep

Club training programmes. We now have 11 new people LIRF training. Joel has a day set aside for video recording day next month as part of the training.

Joel took some time to explain his role - he oversees the track programme, acts as liaison between track and club. He offers support to anyone wanting to become qualified in the club. Phil Stevenson going through coaching qualification, and is helping at track too, Billy Moakes is being LIRF trained also.

The beginners track session saw 5 new to track people and 1 brand new to club.

The cost of track sessions are increasing. One hour session is going up from £30 to £50. Increase to Junior membership may help to cover the increase. Track has currently been booked until the end of January. This will extend to the end of the year.

Bronwyn Ryan - press officer

Newsletter - committee ideas are welcomed for what should be included in the newsletter.

Suggested that one committee member per newsletter explaining their role and why they enjoy being a part of striders.

Bronwyn has compiled a list of dates of races, she just needs CGP dates from Anneka. This will be uploaded to the website, the current race list is 2 years out of date.

Social committee

10 events have been decided on taking place throughout the year. There is awards night, the venue and DJ booked have been booked. It is thought there is a cap of 100 tickets. Tristan to confirm timings and total number of attendees.

Bronwyn happy to create tickets and poster for awards night.

Nick Farley - Mince Pie Co-Ordinator

Mince pie race was a huge success. There ended up being more marshals than needed. Donations for cakes amazing. Plenty of spot prizes.

Post race meeting has been held to analyse and prepare for the next mince pie which will be 10th December 2023, Wave has already been booked.

Nick has been approached by another company as possible replacement for Nice Work. Currently being looked into.

Mince Pie was selected to be a CGP race, do we want the race to be part of this. Agreed that we do not feel the need to be on the Sussex Grand Prix calendar.

Victoria thanked Nick and the Mince Pie team for their great work. It was a brilliant event.

Martello museum are going to take old trophies as part of Seaford history.

Darren Evans - club welfare officer

Juniors update - we now have 6 assistant coaches. 4 have been through observations. 2 are planned for this Saturday. DBS checks are starting to come through. Junior sessions are looking to restart around end of March when we start to have the lighter evenings back. Athletics coach needed for the start back.

Joining fee for Juniors is currently £5 a year. Proposal £15 for first child £10 for any siblings. 80% of the Junior committee agreed with this proposal. Committee agreed that this is agreeable. To be ratified at the AGM.

Female welfare officer required to complete all of club standards with EA. Darren is in contact with Kat who has expressed keen interest.

Martin Crombie - treasurer

Everything has been handed over from Lorraine. Bank account went down to £3,500. A cheque is expected for £9,500 within the next few days from the mince pie. Then summary of mince pie can be produced before charity donations are made.

A lot of expenditure this year due to LiRF CiRF training has left cashflow tight.

Club sponsors to be contacted. Perhaps have one of them at the awards evening.

Simon Croucher advised that the price for us to remain in the SGP is increasing from £60 to £70.

Seaford alliance is used by juniors - free - Darren to check availability for our Striders committee meetings.

Anneka Redley Cook - CGP and ladies vice captain

Total points to be used to confirm the winner not based on minimum number of races run.

Rathfinny and Martello Half are to be included on CGP.

Any Other Business

Nothing raised.

Future meeting dates

14th March 2023
16th May 2023
11th July 2023

12th September 2023

14th November 2023

Location to be confirmed.

The meeting concluded at 9.20pm

The next meeting is Tuesday 14th March 2023

Produced by the Club Secretary on behalf of the Interim Club Chairman

Victoria Maleski

Interim Club Chairman

Date Approved by the Club Committee : 14th March 2023