



# SEAFORD STRIDERS

RUNNING CLUB

Annual General Meeting

**Tuesday 28<sup>th</sup> February 2023**

Minutes of the Annual General Meeting of the Seaford Striders Running Club held on Tuesday 28<sup>th</sup> February 2023 at the Seaford Constitutional Club at 7.30pm.

1. Welcome & Members Present

Victoria Maleski welcomed everyone present.

Members present – Victoria Maleski, Steven Teale, Sandra Standen, Sharon Plank, Julie Taylor, Martin Crombie, Kay Crush, Darren Evans, Trevor Jones, Raymond Smith, Emily Danvers, Sue Curtis, Katherine Simmons, Tom Roper, Chris Le Beau, Josh Nisbett, Bronwyn Ryan, Ollie Sprague, Steve Sprague, Rowan Tully, Sarah Hoyle, Nick Farley, Adam Haverly, Leanne Litster, Hilary Humphreys, Dorinda Dodd, Ralph Jennings, Tracy Pragnell, Jeff Young, Richard Honeyman, Ron Van Heuvelen, Anneka Redley-Cook, Joel Eaton, Gareth Hutchinson.

2. Apologies for absence

Justine Ridgway, Fawzia Whittuck, Phil Baker, Lauren Morgan, Margaret Osborne, Simon Croucher.

### 3. 2022 Minutes

Unfortunately as a result of the change in secretary there were no minutes typed up for the 2022 AGM. The meeting was held on zoom but all records were wiped during the transition process.

Victoria Maleski said that there is no option but to move on to the current year.

### 4. Report from the Chair

From the Couch to the Chair

When I set out on 22<sup>nd</sup> March 2017 to do my first C25k session with Seaford Striders little did I know that it would lead to me to presenting the report from the Chair this evening. I am so honoured to be in this position today.

I am so proud of all your achievements this year. Whether you have graduated through C25k or have smashed your ultras and everything in between. They are all valid achievements and I know how much they mean to you individually. If anyone says running is easy then they are lying as the competitive side in each of us makes us want to keep improving. It is made so much easier if you know you have the support of other people who know what you are going through. We have that in Seaford Striders, we are all your running family.

This has been a challenging year for our committee.

I would like to thank the previous Chairman Rob Plant for his years of service to the Club and I was personally very sad when he announced he wanted to step aside as Chairman but totally understand that family has to come first.

There have been three Club Secretaries during the membership year. Thank you Graham Jones, Rick Garcia and Leanne Litster. As you are probably aware Rick sadly died at the end of last year. I invite you to join me in a few moments of applause to celebrate his life. The committee decided we would remember him by donating a PB bell to Seaford Beach parkrun.

I also want to thank Becky Souissi who stepped down as Women's Captain, Beverly Sheridan who stepped down as Track/Coach Coordinator and Simon Croucher who has decided not to continue as SGP Rep. Massive thanks also to Lorraine Quigley who continued to support the Club as Treasurer during the extended period of handover to Martin Crombie.

There is a lot of work that goes on in the background to keep our wonderful Club going and I have every confidence in our committee going forwards. Thank you to all of you who are on the committee, I am sure we all appreciate everything you do for the Club. I am delighted that new people have come forward to join the committee representing all running abilities.

We gave members the opportunity to give their views by having a questionnaire. Over 60 people participated, thank you to all of you who have responded. You will see the results of this come through in a number of different areas.

- We have run introductory Track sessions to encourage more members to try track out for the first time.
- We are broadening the type of social events being proposed to make them more inclusive.
- We invited all adult members to submit nominations for our various awards.
- We have provided more information on Club Grand Prix, Sussex Grand Prix and England Athletics affiliation to encourage wider participation.
- We will put on more coaches for events like the Great South Run.
- We are in the process of updating the information available on the website.

There is more to be done, but this is a start. We will do more questionnaires in the future. I want to encourage an ethos of openness and the sharing of responsibility. We are a Club and we should support and respect one another.

The Club has funded England Athletics training for both junior and adult run leaders. This is a really positive step for the Club and allows us to ensure that we comply with our Club England Athletics affiliation and insurance requirements. I would like to thank Beverly Sheridan who started off this process and both Darren Evans and Joel Eaton who have seen it through to completion. Thanks also to all of you who have put yourself forwards to be trained and for conquering the England Athletics website! I know they don't make it easy for you.

The Mince Pie 10 was a fantastic event. Thank you to Nick and his Mince Pie Committee and to all of you who volunteered. We always get such positive feedback from the runners and it has a wonderful vibe throughout.

Lots of you volunteer at other events including Beachy Head Marathon weekend, parkrun and Seaford Martello Half – thank you for the support you give to the running community.

The highlights of the membership year for me were the Solstice run seeing masses of both junior and adult Striders enjoying a lovely summer evening, the Striders coach trip to the Great South run, the Beachy Head marathon weekend and Brighton Half Marathon last weekend. In every case such brilliant support was shown for all abilities.

You will all have your favourites, whether they were icy cross country races, baking hot summer ultras or a Wednesday night hunt for Father Christmas. There are so many fantastic memories being created.

I look forward to celebrating with you at our Awards Evening but there are a few awards being presented this evening as some winners could not attend on Saturday.

#### 5. Treasurer's Report

Martin Crombie explained that there had been a lengthy handover period from the previous treasurer starting in August 2022 and finally completing in December 2022. This was mainly caused by obtaining access to bank accounts and changing signatories. Martin expressed his thanks to Lorraine Quiqley for all her efforts and for staying on until a new treasurer was in place.

All previous treasurer's access has now been removed.

There are currently 371 members of the club.

The Mince Pie race generated a profit of £8000. Just under £4000 will be donated to charity and £4000 will remain in the Striders account.

There have been approximately 60 tickets sold for the upcoming awards night.

Unfortunately the end of year accounts for 2021 have not been found but Martin will continue to investigate this. The end of year accounts for 2022 have been prepared and show a healthy profit of £9000 This is up to the 31<sup>st</sup> December 2022. This does not include the £4000 from the Mince Pie race as the income for this did not come in until January 2023.

All accounts and invoices are up to date.

Membership renewals will open on 1<sup>st</sup> March 2023.

Any correspondence to the treasurer should be sent to [Treasurer@seafordstriders.org.uk](mailto:Treasurer@seafordstriders.org.uk)

An Assistant Treasurer role has been created to support and ensure smooth transitions without delays.

Martin has proposed that a benefit to the club moving forward would be to purchase an accounting software package. This will need to be able to work alongside the accountant.

Martin thanked everyone for their support and patience during this transitional period and reassured everyone that everything is correct going forward. He wished everyone the very best for 2023.

Gareth Hutchinson asked how much was currently in the account and what money has been spent on in the previous year?

There is currently around £13000 which includes the profit from the Mince Pie race. There has been money spent on training of additional leaders including leaders for the junior section.

£1200 to be paid to The View as the venue for the awards night

£200 towards track.

A summary sheet will be provided showing income and expenditure.

Richard Honeyman asked is it less cheques and more debit card payments made now. Martin responded there is no debit card but mainly online payments apart from the cheques for charities.

Ron Van Heuvelen asked as a non profit organisation is there a limit to how much money can be held by the club. Victoria Maleski confirmed that during her involvement with the club there has always been approximately £10,000 balance at the end of the year and it could be used to subsidise activities if it can be justified.

Gareth Hutchinson asked if there was a club strategy going forwards.

Victoria Maleski responded that the club is looking to build a future strategy for the club. It has been a transitional year and so much has been achieved through training, it is now time for the committee to work on a strategy going forward. This will be discussed at the committee meeting in March.

Emily Danvers asked if there was a process to put yourself forward for the training and how it is decided.

Victoria confirmed it will be advertised in the newsletter and also group leaders can be involved in the process.

## 6. Election of Committee & other Voluntary Positions

The following posts were nominated, the election was agreed by all present as proposed by Darren Evans and seconded by Tom Roper.

<b>Position</b>	<b>Name</b>
Honorary Club Captain	Martin Bulger
Chair	Victoria Maleski
Treasurer/Assistant Treasurer	Martin Crombie/Ralph Jennings
Club Secretary	Kay Crush
Men's Captain/Vice Captain	Jeff Young/Steve Sprague
Women's Captain/Vice Captain	Sarah Hoyle/Anneka Redley-Cook
Mince Pie Race Director/Deputy	Nick Farley/Graham Jones
Junior Coach/Leader	Darren Evans
Social Reps	Tristan Daynes/Adam Haverly/Sam Alvarez/Dorinda Dodd
Press Officer/Newsletter Editor	Bronwyn Ryan
Membership Secretary	Leanne Pearce
Coach/Track Coordinator	Joel Eaton
Website Organiser	Lisa Parkinson-Bunce
Social Media Rep	Rowan Tully
Cross Country Rep	Josh Nisbett
Club Grand Prix & Sussex Grand Prix Rep	Ollie Sprague
Club Welfare Officers	Darren Evans/Katherine Simmons
C25k Organiser	Steven Teale

Victoria Maleski thanked all the committee members who are continuing their roles and welcomed the new members :- Ralph Jennings, Kay Crush, Ollie Sprague, Katherine Simmons and Steven Teale.

## 7. Club Rules and Regulations

The updated rules and regulations had been circulated. Victoria Maleski confirmed that the phrase in writing does now include emails.

Richard Honeyman asked whether Wave Leisure knew that they were the appointed Headquarters?

Victoria suggested that it is left at the moment as other than that it would have to be a personal address.

The agreement to the club rules and regulations were proposed by Sarah Hoyle and seconded by Steven Teale.

## 8. Juniors Report

Darren Evans gave an update on the Junior section:-

Update on the Fitness Activity Charges -Seaford Town Council email has been sent to Victoria.

Seaford Town Council were looking at the possibility of charging fitness groups to use green areas (including the seafront) for activities. Victoria Maleski attended the council meeting on behalf of Striders and it has been agreed that for now the charge will not happen. There is a possibility of an annual license for a minimal cost so that group insurance details etc can be checked by the council.

Last year we ceased Juniors as it was found that we weren't compliant.

Coaching Asst's - 3 passed 2 waiting and 1 ongoing. A huge thank you to Emily, Marie, Colin, Mike, Simon, Frances.

Winter Roadies has carried on since October - thanks to Phil (LiRF) (CiRF) and Billy for supporting the runners and to Julie for coordinating.

We are looking at Parent helper training next - Leading Athletics course £20 each which will need to be funded by the club once numbers have been agreed.

Returning Tuesday 28th March

Currently working on group sizes and waiting lists - which Emily Farley is coordinating. We are aiming to have 5 groups with 25 active members per group.

Fawzia will be taking over from Emily mid March as Junior Membership secretary.

Emily Danvers has agreed to train as Athletics Coach to make us fully compliant.

## 9. Club Grand Prix

Anneka Redley-Cook has begun the handover process to Ollie Sprague although there was not a lot to hand over.

There were a few suggestions that had come from the recent questionnaire that had been sent to members.

The Seaford Martello half marathon will now be added as an event.

#### 10. Membership Fees

The proposal is for Junior Membership fees will rise from £5 to £15 then £10 for each sibling.

Adult membership will remain the same, however for affiliated members the English athletics membership increases from £16 to £17.

There will be a change that social members will no longer receive a t shirt.

Richard Honeyman asked whether everyone is still a member as it is the end of the membership year?

Victoria Maleski confirmed that after the meeting as the fees had been agreed she will email Leanne Pearce the membership secretary so that the website can be updated and reminder emails sent out.

The membership is currently 371 which is exactly the same number as the same period last year.

The agreement of fees was proposed by Rowan Tully and seconded by Katherine Simmons.

#### 11. Club London Marathon Place

The criteria for the club London Marathon place had been circulated. It was agreed that if people attend track during the winter rather than WNS this should be included.

Anneka Redley-Cook felt that it felt a bit harsh and if people are paid up members they should have the opportunity to apply.

Victoria Maleski had received feedback that people who are put forward should be active Strider members.

Tracy Pragnell asked if extra places are available if more members are affiliated? Darren Evans confirmed if 150 members are affiliated then 2 places are offered to the club.

Leanne will be asked to explain the benefits for affiliation with the membership reminder email, this includes discounts at races.



Tom Roper advised that it is only a few people that apply for the place. Victoria Maleski confirmed that this year there were 15-20.

Gareth Hutchinson felt it was a bit complicated but understood why. It was agreed that people who attended Juniors as Volunteers should also be able to apply.

Victoria requested that this was trialled this year and this was agreed by all present.

## 12. Any Other Business

Gareth Hutchinson asked why there were five groups, how it had evolved and how the decision is made as to which group a new member should join.

Anneka Redley-Cook said that people contact her via Facebook and she asks about ability and she will suggest a group for them to join. The same applies to anyone who contacts via email.

The five groups had evolved due to the number of leaders but if somebody wanted there to be another group it could be considered by the committee.

There was a lot of discussion as to whether it would be best to meet in a central location rather than in different places around the town. Sarah Hoyle responded that people like the variety of different times and groups, the description of the runs is circulated weekly with the timetables. A vote had been taken previously and members voted that they preferred to meet in smaller groups. The committee will decide whether a further vote is required.

Gareth Hutchinson asked if there was progression from the groups. Victoria responded that a lot was down to personal choice and members had a choice as to the group they attend. All groups are well attended.

## 13. Date of Next AGM

The date of the next AGM will be **Tuesday 20<sup>th</sup> February 2024**