



SEAFORD STRIDERS

RUNNING CLUB

COMMITTEE MEETING MINUTES 12th September 2023

Present: Victoria Maleski (VM), Kay Crush (KC), Adam Haverly (AH), Josh Nisbett (JN), Katherine Simmons (KS), Bronwyn Ryan (BR), Nick Farley (NF), Jeff Young (JY), Tristan Daynes (TD), Steve Sprague (SS), Sarah May (SM), Darren Evans (DE), Leanne Pearce (LP), Ollie Sprague (OS), Ralph Jennings (RJ), Michelle Varndell (MV).

Guest Member(s): Gareth Hutchinson (GH).

1. Welcome

VM welcomed the committee and extended a welcome to Gareth Hutchinson.

2. Apologies for absence

Rowan Tully (RT), Joel Eaton (JE), Steven Teale (ST).

3. Vote to adopt minutes of last meeting- 11th July 2023

KS asked for a minor change to the minutes. The parent volunteer is undergoing training as a volunteer not as a leader. KC has amended the minutes to reflect this. The adoption of the minutes was proposed by LP and seconded by KS.

4. Report Opportunities

Chair's Report

Striders Committee Meeting 12/09/23

Treasurer Role

Martin Crombie resigned from his role of Treasurer on 23rd July. I would like to record my thanks to Martin for his contribution to Seaford Striders and wish him well for the future. Thank you also to Ralph Jennings who has agreed to step up from his Assistant Treasurer position to take on the Treasurer role. Ralph is already making good progress in taking over the position and I will let him update you on this later. We will now be seeking a new Assistant Treasurer.

This role was proposed by SM and seconded by TD.

Vice Chair / Women's Captain Roles

As I informed you yesterday I am delighted that Sarah May has agreed to be the new Vice Chair and Michelle Varndell has agreed to be the new Women's Captain.

These roles were proposed by LP and seconded by NF

Seaford Head School

I had a very positive and supportive meeting with the business manager at Seaford Head School (her husband is a Strider who started running on our C25k programme). They are keen to support the community wherever possible and are particularly interesting in supporting a wider variety of sports clubs.

Welfare

We have been dealing with a difficult welfare issue and I would like to thank the welfare team and our club Secretary for their input for this ongoing issue. This has resulted in the continuing suspension of a member. The decision was taken having regard of our code of conduct. There has been a subject access request which is being compiled, pending a possible grievance regarding the decision.

Wednesday Night Striders

We have agreed we should have at least one monthly night when we aim to start all the groups together. For this month it will be the Equinox Run on 20th September and we will have our special Tuesday Night Striders on 31st October (fancy dress encouraged). Ideas are invited for future month themes.

London Marathon club place

Congratulations to Debbie Priest who was drawn as the winner of the club London Marathon place.

Track Availability

Lewes Track is not currently available because of damage done by a fallen tree. We are awaiting further updates.

Treasurer

Thank you for your support as I take on the role of Treasurer. Hope my professional background in finance can be a help to the club and ensure finances are running smoothly.

Report today will be basic, but in the future, I will provide a bit more detail and amend to what the committee wants and needs. So today I will give a brief on the current financial position and let you know a few things you can expect in future committee meetings.

At beginning of the year, our actual balance in the bank was £4.5k. However, there was another £4.5k of receipts/payments from MP10 & Awards night that were in transit. So, our 'real' cash balance per books was nearly £9k at end of 2022.

In 2023 to present YTD, we have had £6.4k receipts (mostly member renewals and new subscriptions), and £7.8k of expenditure (mostly MP10 costs, track hire, and other administrative costs). This leaves us with a current cash balance of £7.2k as of today (11-Sep-2023).

Refer to "2023 YTD Statement of Income & Expenditure" for detail breakdown.

This is a safe balance to have to cover future costs up through the end of the year – these costs will include '23 MP10 costs, coach hire & social events like the Equinox run, as well as track hire and other administrative costs.

In future, I will liaise with various committee members to build an annual forecast so that we can identify the times where we may want to think about how to raise more funds, or the times we have a surplus we should think about where to spend the extra funds. I'd also like to report on variances between what we forecast and what we actually receive/spend – so that we can accommodate the changes and project better in the future.

I'm also looking at implementing a simple accounting software package (Xero) to help organise the treasury function and provide an easier way to train an assistant and/or future treasurer. Cost will probably be £20-£25 per month, but will run a month-long trial first to see if it fits our needs.

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Seaford Striders Running Club 2023 YTD Statement of Income and Expenditures



SEAFORD STRIDERS

As of 11-Sep-23

Opening Balance (per bank)	4,397
FY22 Receipts in transit	10,722
FY22 Payments in transit	6,360
Opening Balance (per books)	8,759
2023	
Income	
Subscriptions	5,293
Events - Other	1,050
	0
Total Income	6,343
Expenditure	
Events - MP10	3,661
Donations	2,000
Track hire	1,100
Kit Sales & Purchases	593
Training	305
Venue hire	27
Training equipment	59
Software	60
Bank fees	36
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Total Expenditure	7,841
Profit / Loss	1,498
Closing Balance (per books)	7,261

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Vice Chair

SM proposed that a survey be sent to members in November. The format will be similar to last year. The questions will be shared with the committee to check that they are relevant. The responses will help form the club strategy.

Club Secretary

Nothing to report.

Men's Captain

Nothing to report.

Women's Captain

Nothing to report.

Mince Pie Race Director

The charities selected for this year are Seahaven Storehouse and Sussex Heart Charity. NF has contacted Seahaven Storehouse who are delighted that we are supporting them.

Carolyn from the Sussex Heart Charity is keen to be involved with the event and has also offered any Strider who wants to run the Brighton Marathon the use of their official hut on the day. This includes bag drop, refreshments and sports massage.

Currently 368 runners have signed up for the race. There are 650 places available. NF is confident these places will be taken. BR will notify the local running clubs informing them of the event.

Junior Leader

DE and KS informed the committee that Juniors is going very well and are receiving numerous requests to join. Over the summer two coaches were lost but there is already a replacement come forward. There are four parent helpers taking the Leading Athletics course. This all ensures a legacy for the future.

At present there is still not a venue available for the winter as there is the need for floodlights. It was discussed whether sponsorship would be available for this along with fundraising. The committee agreed that it was important to fund the lights somehow.

There is an option of using the scout hut for some activities.

Social Reps

The social committee are meeting next week to plan future events mainly the awards night.

The Autumn Equinox run will be on Wednesday 20th September, further volunteers are needed to help this event run successfully.

The next Thirsty Thursdays will be on 28th September and the 26th October.

During the Autumn there is a plan for a walk to Alfriston plus a bowling evening.

DE advised that there will be a 10k race at Rathfinney on the 28th December.

Press Officer/Newsletter

There will be a newsletter later this week. It was discussed how to encourage people to submit reports for the newsletter. BR is happy to send out questions.

BR informed the committee that the recent relay events were really popular and requested the club paid the entry fee in future. This was agreed. It was agreed that these events should be encouraged and even the possibility of Striders running their own relay event.

Membership

LP advised there are currently 360 members. There is one payment pending for a new member.

Coach/Track Coordinator -Apolgies received from JE, report received in his absence.

General

- I had a good tidy of the website a while ago as it was getting really messy. This involved consolidating a lot of info spread across different places, removing a lot of out-of-date or broken content, tidying up the formatting of a lot of pages for consistency, and other bits.

Coaching and training

- Since the last meeting, we have had another member complete the LiRF course - Ron.

Track updates

- Average attendance throughout 2023 is over double what we were seeing last year at this time - which is excellent.
- We're running another Introduction to track night, led by Margaret.
- We now have a team of 3 with Anneka and Phill, with potentially another joining soon, so the plan to grow the team is starting to come together .

- To ensure we're all on the same page and adhering to our values and best practices, I produced a guide for track coaches for the team. This has been shared with the club and is on the website.
- Just for transparency, I also have built up quite a set of resources behind the scenes over the last couple of years to help prepare for sessions and to keep a holistic oversight of what we're all doing. This includes a detailed breakdown of all the session planning with group breakdowns, an entire session bank for the 4 themes we rotate, people's times from time trials, attendances and more.

Social Media

No report received.

Cross Country

JN informed the committee that the Sunday league AGM was held last week. The dates for events have been emailed out, however two dates still need to be confirmed. There are four clubs that includes Striders that are looking to run an event together. The fees for cross country remain the same. LP suggested that she sends a payment request through member mojo.

There are a few events that JN is not around, so it was requested that the club captains take responsibility for these events collecting numbers etc.

Some of the Saturday Cross Country dates have not been approved, however these are individual entry rather than club.

JN confirmed that last year was the best year for entries.

There was a discussion that more women would be encouraged to join the events if there were toilet facilities. It was agreed by the committee that this was a real issue. SM advised that she would be happy to discuss this point further with the organising committee.

Club Grand Prix & Sussex Grand Prix

OS thanked KS for updating the website with the Gran Prix information.

Club Welfare Officers

KS has finished her safeguarding training.

It was agreed that the Social Media policy needs tweaking slightly to ensure that we are doing what we say we are doing so further work is needed before adopting.

C25K Organiser

Nothing to report

5. Any Other Business

SM reminded Coaches/Lerfs that they need to confirm that they agree to the updated terms and conditions on the England Athletic site. An email has been sent with the link.

AH wanted to confirm that “moving up” would be a monthly event. This was confirmed by VM.

AH also mentioned that there are several female runners who are capable of running in the higher group but seem reluctant to do so. It was decided that this could be a question in the questionnaire to try and find out why?

BR asked whether it was sustainable to give flowers for members getting married/having babies etc. It is not always known who this affects. It was decided that this practice would not continue but RJ will be asked to design a card that can be used instead.

KS reminded members to submit their “what being a strider means to me” if they have not already done so.

6. Date of Next Meeting

Tuesday 14th November 2023

The meeting concluded at 9.15 pm

Produced by the Club Secretary on behalf of the Club Chair

Victoria Maleski

Club Chair

Date Approved by the Club Committee

14th November 2023

