



SEAFORD STRIDERS

RUNNING CLUB

COMMITTEE MEETING MINUTES 14th November 2023

Present: Victoria Maleski (VM), Kay Crush (KC), Josh Nisbett (JN), Katherine Simmons (KS), Nick Farley (NF), Tristan Daynes (TD), Steve Sprague (SS), Sarah May (SM), Darren Evans (DE), Ralph Jennings (RJ), Michelle Varndell (MV), Joel Eaton (JE), Steven Teale (ST), Karen Feast (KF).

Zoom : Leanne Pearce (LP)

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

1. Welcome

VM welcomed all present and extended a special welcome to Karen Feast.

2. Apologies for absence

Bronwyn Ryan, Jeff Young, Ollie Sprague, Adam Haverly, Rowan Tully.

3. Vote to adopt minutes of last meeting- 12th September 2023

The minutes of the last meeting were approved by the committee. Proposed by NF and seconded by TD.

4. Report Opportunities

Chair's Report

VM advised the committee that the reason for introducing the Assistant Treasurer role was that if a treasurer resigns /not available the transition is very involved for accessing bank accounts etc. Therefore, it is better to have an additional person to act as back up if required.

The treasurer now has full access to the bank and PayPal accounts.

Division of Roles Chair and Vice Chair

VM advised the committee that the Chair and Vice Chair will divide the current roles with the chair having overall responsibility for the general admin, finance, committee etc and the vice chair being responsible for the practical running related side. The Chair will continue to have an overview of everything happening within the club.

The division of the roles are :-

VM

Treasurer, Assistant Treasurer

Secretary

Mince Pie Race Director

Junior Coach Leader

Social Reps

Membership Secretary

Club Welfare Officers

C25k Organiser

SM

Men's Captain

Women's Captain

Coach/Track coordinator (except for track booking)

Press Officer/Newsletter

Social Media Rep

Cross Country Rep

Club Grand Prix & Sussex Grand Prix

Sponsorship

VM suggested that for future sponsorship there will be different levels of sponsorship :-

Entry level sponsorship which includes advertising on the website.

Categories for specific items eg lighting or specific events.

Major Sponsorship eg upgrading juniors to an internal location, track in Seaford.

ST asked whether it would be one sponsor per event or several. VM responded that it would be considered on an individual basis. Due diligence would also be necessary before accepting sponsorship. Sponsors will no longer be included on shirts.

Awards

VM informed the committee that the awards for this year are the wooden type. The awards will remain largely the same as last year, but VM suggested the addition of a triathlon award. With regards to the Club Grand Prix VM suggested that there should be awards for the top 3 places rather than just first place. The committee agreed. It was also agreed that anyone who had completed ten events would receive a certificate. As last year all senior members will be invited to submit their reasoned nominations. SM kindly agreed to prepare a form to simplify the administration for the nominations.

Website

JE and KS have been working at updating the website. It is not particularly user friendly. As part of the survey VM is hoping that there may be a volunteer who would be willing to help.

JE will look at the possibility of simplifying the current website. SM suggested that this may be an area for sponsorship, there may be a local company that may be happy to assist in return for advertising.

Welfare Officer

VM thanked DE for the work he has done as Welfare Officer. This post will need to be filled in the future.

Vice Chair

SM informed the committee that there had been 82 responses to the survey, this is higher than last year. From this there are some quick fixes that can be implemented straight away.

The club will come away from naming the groups after the group leaders but instead will be named after local landmarks: _

Victoria's group will be High and Over

Julie's group will be Bo Peep

Jill's group will be Seafont.

Sarah's group will be Beachy Head

Russ's group will be Splash Point

Jeff's group will be Poverty Bottom.

Each group will also include a short description on how the group will run, not just the pace for example you have completed 5k and want to work up to 10k. It will also include the responsible leader and LiRF for the run.

Following on from the survey responses step up week will be scheduled for every quarter although members will be reminded that they can step up at any time.

SM advised the committee she is working on a run leaders guide to ensure consistency between the groups.

The current welcome email will be reviewed so that it includes details about the club grand prix as some members were unsure how it works.

LP will inform the club captains when a new member joins. The club captains can then make contact to welcome the new member. MV is intending to run with each group over a period so that she is a visible presence for new members.

NF suggested that in the newsletter a "you said, we did" was included to prove that we have listened. VM will respond directly to any specific questions that had been received.

There are three main issues with the current Striders shirt, the quality, the time they take to arrive and no availability to order online.

SM has been investigating options, there is a company called Scimitar but unfortunately, they needed a minimum order of 200 so that will not work.

Intersport are investigating different options where they can supply better quality shirts and if the club were to reduce the colour options to two plus the hi vis then more could be held in stock. There will also be the opportunity to order online. SM is currently waiting for a sample. The cost for the shirts would increase to £19. It was suggested that there should be a working committee to proceed with this. This group will be SM, JE, TD, MV and KC. It was agreed that the current logo needs updating so this could be looked at at the same time.

Treasurer

The Assistant Treasurer role was approved and agreed that Karen Feast take on the role. This was proposed by KC and seconded by JE.

RJ had provided the committee with the statement of Income prior to the meeting and followed this with a verbal report at the meeting.

RJ welcomed Karen personally and thanked for her accepting assistant treasurer role - will schedule training and access for Karen in the next few weeks.

Will continue to email the Statement of Income and Expenditures to the committee a few days before committee meetings to give members a chance to look through the numbers and formulate queries before the meetings.

YTD thus far, we started with £4.5k bank balance, have had receipts of £19.5k (mostly MP10 entries and new memberships and renewals), and made payments of £19k (MP10 donations, costs, track hire, and other sundries). This leaves our bank balance at £5k.

Short term cash flow: we have approx £2.5k of costs relating to MP10, coaching and track hire coming up in next month, and £2.5k cost for floodlights for juniors. This will leave us with a very low bank balance - so would like to ensure the release of MP10 funds from Nice Work to occur as soon as possible after the race - which will help our cash flow at end of the year.

TD asked where the coach trip costs are identified on the Statement I sent. These are included in "Other Events". This year we spent £525 total for the three subsidised coach trips.

Club Welfare

There have been no new welfare issues reported. There has been one Health and Safety incident. It was requested that Sue Curtis and Elaine French received a special recognition award at the awards night for the support they provided on the night of the incident.

All run leaders will be required to complete an Outdoor First Aid course as part of their CiRF and LiRF training.

There was discussion regarding the adoption of the EA Social Media Policy. VM suggested that the Striders WhatsApp groups should be just running related and if still required there could be an unofficial group for 'chat'.

It was acknowledged that a social media policy needs to be implemented by the club, especially around the use of WhatsApp.

It was agreed to adopt the policy and look at the conditions relating to this which will apply for new members and membership renewals.

Club Secretary

KC advised of the meeting dates for the next year. All meetings will be held at Seaford Rugby Club.

Tuesday 9th January 2024 Committee Meeting

Tuesday 20th February 2024 AGM

Tuesday 12th March 2024 Committee Meeting

Tuesday 14th May 2024 Committee Meeting

Tuesday 9th July 2024 Committee Meeting

Tuesday 10th September 2024 Committee Meeting

Tuesday 12th November 2024 Committee Meeting

Men's Captain/Vice Captain

Nothing to report.

Women's Captain

MV confirmed she will be visiting each group to get to know members.

Mince Pie Race Director

NF advised that at the Mince Pie race there will be ladies only toilets and these toilets will contain an emergency bag. SM thanked NF for this initiative, it will be very much appreciated by female runners.

There has been a good uptake on Marshall's volunteering. Martin Bulger will be asked to start the race as it is the 30th anniversary.

To comply with the green credentials reusable ties will be used and there will be a tail clean up team following the tail runner to pick up any rubbish.

DE will be providing a running shoe repair service. There will also be a kit swap area. Karen and Amanda Feast have been crocheting scrunchies and badges.

Junior Leader

DE advised that two juniors have taken part in the East Sussex Cross Country league. Cradle Hill School is available for juniors to use over the winter period at a cost of £17.00 an hour. The committee approved this cost.

Social Reps

TD advised the committee that Sam Alvarez has decided to step down. TD thanked her for her work on behalf of the committee.

The next event is the Christmas Quiz on the 7th December 7pm at The Old Boot.

The awards night has been booked for the 3rd February 2024 at Seaford rugby club.

From the survey results it was recognised that dates need to be shared earlier

Press Officer/Newsletter

Nothing to report.

Membership

LP advised that England Athletic club fees are going up to £200 and individuals will be going up from £17 to £19.

VM and LP will put together a proposal for next year's fees to be discussed at January's meeting.

Coach/Track Coordinator

JE reported that there has been a slight dip in attendance during the current quarter, this is likely to be due to the weather. There was a period when the track was unavailable. Overall, there has been a 70% increase in uptake compared to last year. In response to the survey 30% of responses requested that track should be earlier in the evening. In response to this track will start at the earlier time of 7.00pm starting from December.

JE thanked RJ for noticing that the invoice showed that there had been charges for a couple of sessions that had been cancelled.

JE advised that a request had been received from another running club to share the track sessions. After a discussion with VM it had been decided that this was not a route that Striders wanted to take.

JE reported that seven members have been put forward for LiRF training.

Social Media

No report received.

Cross Country

JN reported to the committee that the situation regarding ladies' toilets at cross country events. It was acknowledged that this is a priority but, in some cases, it would be difficult as there are some events governed by others such as Ashdown Forest. However, it is certainly in the forefront of people's minds and it is certainly going in the right direction. SM thanked JN for taking a lead on this.

Club Grand Prix & Sussex Grand Prix

Apologies were received from OS but the following report was provided:

Initial thoughts from the survey is that it doesn't seem too positive, but I suppose the questions wasn't really looking for positive comments. The main points seem to be:

Wider range of events

There seemed to be a lot of comments about needing a wider range of events. It feels a bit difficult to balance, as a lot of comments said that it favours shorter distance runners, but lots of others said the distances were too long! It is mainly Parkrun and 10k races as that's what the popular events are, but I do feel there is a

fairly good range of events. I would have preferred to have done more races that weren't based on fastest time or age grading, but at the time I didn't have time to think 'creatively' about events but hopefully for next year it will be a lot better.

Events in advance

A lot of people also said they wanted the events further in advance. I think I did get them out fairly early by May, and I only took over in April/end of March. I did try to get them out early but as said above, I was very busy at this time so they were then a bit rushed! I find it hard planning so far in advance, but I see why people want it. I should have time over Christmas to work out next year though. Also people said they forget which events are involved, however this is on the website and I always mention the next one. Admittedly, I do always forget to send a reminder email.

Transport and cost

More comments were about the cost of races and getting there. It would be good to have had a virtual option instead of doing the race, but it's quite hard to work out how to do this fairly, as obviously someone who ran Arundel 10k would be at a massive disadvantage to someone who did it virtually on the flat! Also, I feel like more than the actual race aspect in the CGP is the getting together so having them all virtual would take away from that. Also with transport, I think there's always car sharing promoted in the WhatsApp group.

They were my main takeaway points and feelings from the survey.

Also, a few things I just wanted to mention:

I just wanted to mention that I am thinking of getting chocolate or something for people who have done the most events in the CGP as I think that should really be promoted to give out at the awards evening.

Also, I am aware I am currently winning the CGP which I did not plan, but I think it should work out that James beats me.

Having said all of the above, I appreciate I probably can't put the time into the events that someone else could. So if there was interest by anyone to take over then I am fine with that!

VM acknowledged that OS had shared all the race information as soon as possible from when he had taken on the role. The committee agreed that OS had been doing a great job and felt that he was the right person to carry on with the role.

C25K Organiser

ST reported that it is a quiet time of year. He explained that he had not been able to follow up with members as much as he had hoped to this year.

The date for next year's C25K course to commence is Tuesday 9th April.

5. Any Other Business

SM advised the committee that one of the adjudicators at Barns Green had asked if any Striders would be interested in being volunteers as adjudicators. They are very keen for Strider involvement. SM will circulate relevant information.

DE reminded the committee of the Rathfinny run being held on the 28th December.

JN advised not to put link for the WhatsApp group on the website as it brings up unwanted images. To safeguard the WhatsApp group, it should be by invitation only.

6. Date of Next Meeting

Tuesday 9th January 2024

The meeting concluded at 9.40 pm

Produced by the Club Secretary on behalf of the Club Chair

Victoria Maleski

Club Chair

Date Approved by the Club Committee Tuesday 9th January 2024