



SEAFORD STRIDERS

RUNNING CLUB

AGM 20th February 2024

Members Present : Victoria Maleski, Kay Crush, Lauren Stallard, Lance Maleski, Sharon Plank, Sandra Standen, Richard Preece, Ralph Jennings, Julie Taylor, Adam Haverly, Karen Feast, Nick Farley, Sue Curtis, Tanya Tullett, Trevor Jones, Leanne Litster, Steven Teale, Hayley Bennett, Raymond Smith, Jo Robinson, James Dopson, Jeff Young, Michelle Varndell, Ollie Sprague, Rowan Tully, Margaret Osborne, Hayley Cole, Richard Honeyman, Dorinda Dodd, Ron Van heuvelen, Lindsay Stirton, Tony Humphreys, Chris Lebeau, Gareth Hutchinson, Josh Nisbett, Steve Sprague, Darren Evans, Phil Baker, Alison Househam, Kate Parkinson, Tristan Daynes, Kat Chamberlain, Tom Roper.

Present via Teams: Leanne Pearce (LP), Anneka Redley -Cook, Graham Jones, Emily Danvers.

1. Welcome

Victoria Maleski welcomed all members present and also the members who had joined remotely.

2. Apologies for absence

Fawzia Whittuck, Joel Eaton

3. Vote to adopt minutes of last AGM- 28th February 2023

The adoption of the minutes was proposed by Tristan Daynes and seconded by Steven Teale.

4. Report from the Chair

I am so proud to be delivering this report at the end of another year when Seaford Striders been so successful. We currently have 394 members which I believe is a record, our Wednesday night groups continue to expand, our juniors sessions are over-subscribed, our track sessions are growing, we have more qualified run leaders and coaches and our survey shows that most of you just love being part of Striders. Add to that the brilliant events including Mince Pie 10, our Awards Evening, coach trips, quiz nights, solstice run, the list can go on and on... we have a fantastic club! We do pretty well in races too...

This hasn't just happened, it's down to all of you for providing such a welcoming, encouraging and supportive environment in all of our activities.

Committee

Your committee has met every couple of months to conduct the administration of the club and to provide updates on their areas of responsibility. The minutes of these meetings are available in the documents section of the website. So much additional work goes on behind the scenes to ensure the club runs smoothly – thank you to all our committee members.

We have reviewed our documentation and as an expansion to the club Code of Conduct we introduced new online safety and social media policy including a WhatsApp policy. These documents are available on the website.

We have a working group looking at our club kit and identity. There are some new logo ideas which have been produced by a Strider who is a graphic designer.

A number of people have stood down from the committee during the course of the year or decided that they did not want to remain on the committee for the new year. I would like to record my thanks on behalf of the whole club to all of them for their massive contribution to our club – Sarah May, Martin Crombie, Steve Sprague, Sam Alvarez, Bronwyn Ryan, Katherine Simmons & Michelle Varndell

We will welcome in our new committee shortly.

Track & Training

VM read a report that had been submitted by Joel Eaton Coach/Track Coordinator:-

Overview

2023 saw our highest attendance numbers since records began! An average of 17 per session. It's always a joy to see new Striders come along and participate in sessions alongside our regulars, even more so when they become regulars themselves!

Speaking of attendance, we're seeing even higher numbers in 2024 than we were compared to the same period last year.

In response to the club survey, we moved the starting time forward by ½ an hour. There has been an overall positive response to this.

I know that track isn't for everyone, but there's no greater feeling than welcoming someone who turns up for the first time looking nervous and feeling out of place, then seeing the beam on their face when they leave having challenged themselves and achieved more than they thought possible.

Cost benefit

We had a total of 540 individual participations throughout the year, across 49 separate sessions.

With 39 sessions occurring at Lewes track, and the remaining ones in Seaford, the cost to the club for 2023 was approximately **£3.50** per individual, per session. Hopefully the club and membership feel that there is value in this.

Programme and oversight

In addition, a lot of time and dedication goes into designing, monitoring, adjusting and delivering a holistic programme across the year that is applicable to runners of all abilities.

Our main focus is to provide an inclusive and supportive session in a welcoming and safe environment. I share high-level details of the programme on the club website for people to plan their training around.

To hold ourselves accountable to high-standards, last year I published the [Best Practices and Standards for Track Coaches](#) on the club website. This includes guidance on the language and communication we use around track, our behaviours, and our approach to coaching and delivering sessions. This is for members as well as session leaders to access.

Team

In 2023, we welcomed Anneka and Margaret to the team. They have been delivering amazing sessions and are a great addition (we now have gender parity too - can we now tip it in favour of the women?!).

This year, I hope to add more depth to the team so that participants learn from a range of perspectives, that we have a wider representation of leaders, and that others get the opportunity to experience the joy of coaching sessions.

2. Training

Last year

In 2023, the club sponsored **10 members** to undertake the England Athletics Leadership in Running Fitness course. This was to implement a baseline of leadership across running groups and initiatives, to adhere to EA guidance, and to embed positive skills and practices across the club.

Much like track, there is a significant financial cost to the club involved. But instead of considering the financial outlay as mere expenditure, it's worth viewing this in terms of the investment the club is making in its future. This can be seen in developing individual talent and the confidence and sense of achievement this provides, embedding good practices around training and injury prevention, and the wider implications of safeguarding and health and safety in our club and in our sport.

I'm delighted to say that all 10 passed and are active in the club, leading runs, sessions, and contributing to initiatives that demonstrate their leadership skills.

Looking ahead

For 2024, the club are sponsoring a further **9 members** towards this achievement. This is to further widen the skill-set across the club, and to provide depth of leadership within the WNS groups.

It's so great to see such a range of runners and personalities nominated for this, and I'm confident that they will all have a positive impact on the club.

One area of the club I am keen to see grow is in the transition of junior members to join senior groups and training. We have such a healthy junior's cohort, but sadly we have not needed a dedicated individual to lead such an initiative. If anyone in the club is interested in getting involved in this, please get in touch with either myself or Darren and we can help support.

As always, if anyone has any feedback, suggestions, or ideas of how we can improve, please contact me directly.

seen any runners convert to senior members over the last number of years. I believe this needs a dedicated individual to lead such an initiative. If anyone in the club is

interested in getting involved in this, please get in touch with either myself or Darren and we can help support.

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Juniors

Coach Leader - Darren Evans

Coach Leader support - Julie Taylor

Juniors Member Coordinator - Fawzia Whittuck

Current Juniors number - 83

Current Coaches - 8 (4 Coaching Assts/4 Lirf)

(2 x stepped down - Frances King/Mike Neeson)

Parent Helpers - 6 (Online Course)

Currently operating at Cradle Hill School.

Looking to return to Salts in Spring.

Flood Lights purchased 2023 to enable winter sessions.

Training for 2024

1 x Lirf to train - (Billy Moakes)

1 x Coach Asst - (Matt Winton)

2 x Coach Asst - TBC

4 x Parent Helpers - TBC

Actions for 2024

1. Recruit new Coach Leader before September.
2. Ensure training completed by June 2024.
3. Review juniors list and open up spaces to incorporate 25 juniors per group from Spring 2024.
4. Fundraiser Spring/Summer to purchase 2 more floodlights for Winter 24/25.
5. Create more adhoc timed races for Juniors.

Sustainable running clubs

We are now signed up to this EA pilot which is being progressed in partnership with The Green Runners. As part of this we are asked to consider how we eat & drink, how we move, how we kit up and how we speak up.

Striders Survey

Here's a summary of some of the feedback and some of the things we are implementing as a result:

- On the whole, most people were happy with the current set up of Wednesday Night Striders. Whilst members can step up to the next group on any Wednesday, it seems designated step-up weeks are popular, and these will continue monthly in 2024.
- When members join part way through the year, it appears it can be confusing to get to grips with everything that goes on at the club. We have reviewed the welcome email and the club captains will be notified when a new member joins so that they can make contact to ensure they are settling in well and have all the information they need.
- Our Social Committee have a range of events planned for 2024, however based on your feedback, they will aim to let you know the dates a bit further in advance. They will also try to include different types of events.
- We received lots of feedback about the start time of our track night and as a result, track is now starting at the earlier time of 7pm.
- Ollie has sent out the Club Grand Prix fixtures for 2024 including more local races and lower cost options.
- We have set up a small working group to review the current kit and look at ways to improve both the quality and the way we order it in the future.

Thank you again to everyone who took the time to complete the survey. We really do appreciate it.

5. Treasurer's Report

Ralph Jennings shared the statement of Income and Expenditure prior to the AGM. In response to questions RJ explained that at the funds were looking low at the end of 2023 as payment from Nice Work for the Mince Pie Run had not been received until January 2024.

He explained also that there had been some one-off payments this year for example the floodlights that were purchased to allow juniors to continue training throughout the winter season.

RJ confirmed that he is confident that the club is in a sound financial position going forward in 2024.

The adoption of the accounts was proposed by Ron Van heuvelen and seconded by Nick Farley.

6. Election of Committee & other Voluntary Positions

The following posts were nominated, the election was agreed by all present as proposed by Adam Haverly and seconded by Sue Curtis.

Honorary Club Captain	Martin Bulger
Chair	Victoria Maleski
Treasurer/Assistant Treasurer	Ralph Jennings/Karen Feast
Club Secretary	Kay Crush
Club Welfare Officers	Emily Danvers, Tristan Daynes & Kate Parkinson
Men's Captain/Vice Captain	Jeff Young/ Gareth Hutchinson
Women's Captain/Vice-Captain	Amanda Feast/Anneka Redley -Cook
Mince Pie Race Director/Deputy	Nick Farley/Graham Jones
Junior Coach/Leader	Darren Evans
Social Reps	Adam Haverly, Dorinda Dodd, Jo Robinson, Ray Smith, Kathryn Chamberlain & Fabian Eason
Communications Officer	Vacant
Membership Secretary	Leanne Pearce
Coach/Track Coordinator	Joel Eaton
Social Media Rep	Rowan Tully
Cross Country Rep	Josh Nisbett

Club Grand Prix & Sussex Grand Prix Rep	Ollie Sprague
C25k Organiser	Steven Teale
Seaford Martello HM Rep	Julie Taylor

7. Membership Fees

VM had circulated the proposed changes to the membership fees prior to the AGM.

Membership categories and costs

Membership type	2022	2023	2024
Adult	£20	£20	£21
Senior (60+)	£15	£15	£16
Junior	£15	£15	£16
Junior sibling	N/A	£10	£11
Student	£15	£15	£16
Unemployed	£10	£15	£16
Social	£15	£10	£10
EA Affiliation Fee	£16	£17	£19
Affiliated Adult	£36	£37	£40
Affiliated Senior (60+)	£31	£32	£35
Affiliated Junior	£31	£32	£35
Affiliated Student	£31	£32	£35
Affiliated Unemployed	£26	£32	£35

The adoption of these new membership fees was proposed by Michelle Varndell and seconded by Julie Taylor.

8. Club London Marathon Place

VM shared the new criteria for the London Marathon Place ballot. She was aware that the previous criteria were restrictive and had caused friction amongst members. The new criteria suggested is:

- England Athletics affiliated member.
- Paid up member of Seaford Striders as at 30th April in the previous year and at the time of entering the ballot.
- Seaford Striders must be your first claim club.
- You must have applied for a place in the London Marathon for the relevant year and received a rejection.
- If you are sick or injured and cannot take part Seaford Striders will follow the procedure specified by London Marathon for these circumstances.
- If you subsequently get your own place after the draw, you must give your club place back to the club.

After discussions with the members, it was decided to add that if you were successful in the ballot, you would not be eligible to apply the following year.

9. Any other Business

Steven Teale advised the members that ESCC publishes a regular newsletter called Fundraising news where clubs and societies can apply for funding. He will give the details to Darren Evans and Victoria Maleski.

VM reminded everyone that if someone is experiencing financial difficulties regarding membership, they should speak to her or a member of the welfare team.

10. Date of Next AGM- Tuesday 11th February 2025

The meeting closed at 8.10pm.

