



SEAFORD STRIDERS

RUNNING CLUB

COMMITTEE MEETING MINUTES 9th January 2024

Present: Victoria Maleski (VM), Kay Crush (KC), Katherine Simmons (KS), Nick Farley (NF), Tristan Daynes (TD), Darren Evans (DE), Ralph Jennings (RJ), Joel Eaton (JE), Ollie Sprague (OS), Rowan Tully (RT), Adam Haverly (AH), Jeff Young (JY), Gareth Hutchinson (GH), Julie Taylor (JT).

Teams: Leanne Pearce (LP), Michelle Varndell (MV)

1. Welcome

VM welcomed all present and extended a special welcome to Julie Taylor who will be helping with the organising of the Martello Half Marathon. This role will be formerly voted in at the AGM.

2. Apologies for absence

Sarah May, Josh Nisbett, Karen Feast, Steve Sprague, Steven Teale.

3. Vote to adopt minutes of last meeting- 14th November 2023

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

4. Report Opportunities

Chair's Report

VM advised the committee that Bronwyn Ryan has resigned from her role as Press Officer/Newsletter editor. This resignation is with immediate effect. Members will be

asked if there is anyone who is willing to take on this role. JE has offered to create a webpage where articles can be submitted until someone is found to take on the role.

The following changes will be taking effect from the AGM...

- Sarah May will be stepping down from the position of Vice Chair as her business is taking up a lot of her time. Sarah will remain as a run leader and will still be available to help. The role of Vice Chair will remain vacant for the meantime.
- Katherine Simmons will be stepping down as Welfare Officer but is keen to help when needed. The Welfare position will need to be filled.
- Steve Sprague is stepping down as Vice-Captain. Gareth Hutchinson will now take up this position.

Thanks to Bronwyn, Sarah, Katherine and Steve for everything they have done, it really is appreciated by all the members. Thanks will also be recorded at the AGM.

Welfare Issue

GH and JT left the room for this section.

The committee was reminded that a member had been permanently excluded. A representative of that excluded member is continuing to challenge that decision. The representative has now referred the matter to England Athletics. Further communication is expected.

GH and JT returned to the meeting.

Online Safety and Social Media Policy

The online safety and social media policy will be adopted and put on the website. This will be circulated to the committee. RT asked whether a second person will be available to access the social media accounts as stated in the policy. VM agreed that a second person will be sought to support with this.

Martello Half Marathon

The Martello Half Marathon entries are now live. Volunteers will be needed to support with this.

AGM

The AGM is on the 20th February 2024. VM will invite Hayley from Positive Touch therapy to come along and give a talk on preventing injury.

London Marathon

VM suggested that for next year's race that there are limited restrictions for members apart from only affiliated members can apply plus Striders must be their first club and they must have been a member for at least one full membership year. The committee agreed to recommend this is adopted at the AGM.

Awards

VM informed the committee that 79 different members had been nominated for awards. This excludes the Club Captains awards and the C25K award. VM suggested that an email was sent to all members listing all members who had been nominated for any award. This may encourage them to attend the awards evening. The committee agreed this was a good idea.

Vice Chair

SM provided a report for the meeting:-

The welcome email for new members has been updated, this will be shared with LP.

Club Kit

SM had tried to progress with this but has been held up by Intersport not providing the sample shirt. As SM will no longer be able to lead this JT has agreed to lead supported by JE, TD, MV and KC.

Run Leaders Guide

SM is hoping to continue working on this and will share with the club captains for input.

Treasurer

For the 2023 year, we spent £4k more than the income we received for the year. This meant that the bank balance went from £4.5k at the beginning of the year to just £700 by Dec 31st. Quite a low balance.

The main reasons for the low balance were the up-front costs for Mince Pie 10, and the £2.5k we paid for floodlights for junior's winter sessions. We have not been paid by Nice Work Management for the Mince Pie 10 entries - which they owe us £11.5k. For the Mince Pie Event, we have made a total profit of £7k.

We have received £1k for awards night ticket sales in 2024 thus far, so our bank balance has increased to £1.7k as of today. We have training costs and other bills equating to £2k, which we will pay once we receive the Mince Pie 10 receipts. Overall, we are in an OK position to last us until we start to receive subscription renewal fees in early March.

Club Welfare

Nothing to report.

Club Secretary

Nothing to report.

Men's Captain/Vice Captain

Nothing to report

Women's Captain

Nothing to report.

Mince Pie Race Director

NF thanked the Mince Pie committee Graham Jones, Leanne Pearce, Josh Nisbett, Joel Eaton, Andy Farley, Julie Taylor, and Sue Curtis for all their help to organise the event. He also thanked all the Striders who volunteered on the day including the tidy footprint workers who walked at the rear of the race to clear the rubbish.

The Mince pie committee have met for post analysis and for initial brainstorming for next year's event.

NF asked the committee whether the two charities should receive the same amount or whether it should be different amounts. The committee agreed that both charities should receive the same amount.

Next year the entries will be increased to 700 participants. The course is going to be reviewed so that the crossroads by the farm can be avoided making the route safer. It was also agreed that the Orpington runners will not be allowed to start earlier next year.

Juniors

The first session with the new floodlights has taken place with great success. Eighteen young people attended. DE shared a video with the committee. He also thanked the committee for agreeing to fund the floodlights.

New coaches are coming through. There will be a need for someone to replace DE when he is travelling from September.

Social Committee

AH updated the committee that 50 tickets have been sold so far for the awards evening. It is hoping to get the number up to 100. The event is being held at the rugby club with Beth's kitchen providing the catering.

The next Thirsty Thursday will be on the 25th January.

The coach trips being planned for this year are Bacchus half marathon/10k, the Great South Run and Arundel 10K.

The Spring Equinox run will take place and a venue is being sought to meet afterwards for drinks.

Other events planned include bowling on 22nd March and it is hoped to run Striders got Talent.

Jo Robinson and Ray Smith will be joining the social committee. Members will also be asked at the AGM if they would like to help with organising social events.

Membership

England Athletics fees will be going up from £17.00 to £19.00. It is suggested that all membership fees should go up by £1.00. The committee agreed to recommend this increase at the AGM.

MemberMojo costs £95.00 for up to 500 members, there are currently 382 members. It is advisable to check on any expired members.

The club fee for being affiliated to England Athletics is rising from £150 to £200.

Coach/Track

JE provided an update on track attendance, there has been an average of 17 members each week. He is aware of ensuring the cost effectiveness, it currently costs £2.30 per person per session.

There is a program for track sessions including a coach's guide. There are now four dedicated track coaches Margaret, Anneka, Phil and Joel.

It is hoped that juniors could be involved in track by holding dedicated track sessions. DE and JE will liaise on this.

VM informed the committee that the track has been booked until the end of July.

A new round of LiRF training is due to take place. A number of members volunteered for this VM and JE have chosen 8 members for the training. Any member undertaking the training must be an affiliated member, thanks were expressed to LP and RJ for sorting this.

Social Media

RT requested that a second person is sought to have access to the social media accounts. Members need to be reminded to send items to RT to appear on the club's social media. It was suggested that "New Year, new you" posts should be added to local facebook groups to encourage new members.

Cross Country

JN was unable to attend the meeting but provided the following report: -

Striders along with three other clubs in our team have moved up one place to third overall with two races to go.

Because January's race has been cancelled the committee have agreed to reduce the number of required races to score individually for age groups this season. So instead of a minimum and your best 4 races it is only 3 now.

JN has messaged all who are in the XC WhatsApp group about this, and on Sunday the league will officially post this on their website and Facebook page.

Club Grand Prix & Sussex Grand Prix

OS has started the process of planning the club grand prix for this year, this started with the survey process that provided varying views from members. OS will try to mix events up to try and please members. This year will include Brighton half and the Beachy Head series of races. VM requested that Martello half was included. It was also suggested a cross country event should be included. Sussex GP have sent out their races.

OS asked the committee whether the number of events to score should be reduced to 6 rather than 10. The committee agreed it should remain at 10 to encourage members to take part in more events.

The 2023 results will be announced at the awards night. There will be the top three winners plus all members who completed ten events will be mentioned. VM thanked OS for his hard work with this.

C25K Organiser

ST was unable to attend the meeting, but he advised that an email had been sent to all graduates inviting them to the awards evening. ST has had a conversation with JE

discussing whether to hold an introductory track session in the summer for C25K graduates. This along with JT's WNS group would be a great 'next step'.

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

5. Any Other Business

DE shared information on the England Athletics Greener Clubs Trial. DE is one of the co-founders of Green Runners. England Athletics have asked to partner on sustainability greener clubs. Clubs can sign up to the scheme. All Green clubs will need to appoint a green champion and there is a self-assessment form that includes: -

How we eat and drink

How we move

How we kit up

How we speak out

If any member is interested, they are asked to contact DE.

6. Date of Next Meeting

AGM Tuesday 20th February 2024

Next Meeting Tuesday 12th March 2024

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. 12th March 2024