



SEAFORD STRIDERS

RUNNING CLUB

COMMITTEE MEETING MINUTES 7th January 2025

Present: Victoria Maleski (VM), Kay Crush (KC), Ralph Jennings (RJ), Gareth Hutchinson (GH), Jo Robinson (JR), Ray Smith (RS), Julie Taylor (JT), Adam Haverly (AH), Katherine Simmons (KS), Amanda Feast (AF), Josh Nisbett (JN), Karen Feast (KF), Josh Nisbett (JN), Jeff Young (JY), James Marron (JM), Lauren Stallard (LS), Charlotte Lade (CL).

Present via Teams:

Leanne Pearce (LP), Kate Parkinson (KP), Emily Danvers (ED), Anneka Redley - Cook (ARC), Katherine Chamberlain (KC), Ron Van Heuvelen (RVH).

1. Welcome

VM welcomed the committee and extended a welcome to Charlotte Lade who will be taking on the role of C25k coordinator.

2. Apologies for absence

Joel Eaton, Jeanette Wells.

3. Vote to adopt minutes of last meeting- 12th November 2024.

The adoption of the minutes was proposed by KS and seconded by JR.

4. Report Opportunities

Chair's Report

VM informed the committee that she will be collecting the awards on Thursday in time for the awards evening this coming Saturday.

She asked for a volunteer to meet and greet the representatives from the two charities who will be attending. NF agreed to this.

VM thanked the social committee for their hard work on organising this event.

VM extended her thanks to Aneka for agreeing to take on the role of track admin and to Charlotte Lade for taking on the role of C25k coordinator.

VM also extended thanks to Joel Eaton for his hard work on track and to Lisa John who has stepped down as joint LiRF coordinator.

VM advised that although there is not an external speaker after the official proceedings at the AGM the bar will be open to enable members to socialise.

The only current committee vacancies are Ladies Vice Captain and a male Welfare Officer. AF will speak to some potential candidates for the Ladies Vice Captain.

It was proposed that the criteria for the London Marathon place remains the same as the current year so therefore will not need to be discussed at the AGM.

It was agreed by the committee that due to the strong financial situation of the club that membership fees remain the same as the current year apart from England Athletics part that will increase by £1.

VM informed the committee that GH had been investigating online suppliers for the kit and has recommended Viga.co.uk. VM suggested that committee look on the site for Kimberworth Striders for examples of the design type. It was suggested that Intersport continue to supply the juniors to start with then gradually move to online.

Treasurer

RJ advised the committee that at the time of the last meeting in November the bank balance stood at £18500. The current balance is a healthy £16000. The majority of costs and income for the Mince Pie 10 have been dealt with.

RJ advised that there is a profit of £7000 to be shared with the nominated charities and suggested that the two main charities receive £3000 each with the remaining £1000 to be shared with the groups that assist on the day, the scouts, and the blood bank. The committee were happy to agree to this.

KF confirmed that the payments side of the role is going well.

Club Welfare

ED and KP confirmed that there were no new issues that are being dealt with.

Club Secretary/Health and Safety

Nothing to report

Men's Captain

JY advised that he was keen to look at new relay events that the whole club can be involved in and suggested that Striders hold their own event that could tie in with a Thirsty Thursday. JY and AF will liaise on this.

GH asked whether the weekly email detailing group descriptions could be simplified and shared examples. VM suggested that this be shared with Group leaders for their input.

Women's Captain

As above AF will liaise with JY regarding a club relay event. AF will also talk to a few members regarding the ladies Vice Captain role.

Mince Pie Race Director

VM congratulated NF on the success of the recent event. NF reported that 700 places had been sold and there were 508 finishers which is a record number.

NF asked the committee how going forward the nominated charity selection take place. It was agreed it should be member led and suggested that initially a google form is sent to members asking for suggestions of local charities. Once this has been received another form will be sent to members to vote for the top two.

RVH asked for clarification of local charities. It was decided within East Sussex.

NF also advised that there are 75 medals left that will be given to the juniors to be used as desired.

KC asked whether there were any further developments regarding cancellation insurance for the event. NF confirmed that it was not deemed necessary.

Junior Leader

ED reported that the Juniors Awards night was a success with 63 juniors attending. The cost to the club was £150.

The junior sessions will recommence on Tuesday 1st April.

VM mentioned that Seaford Town Council are looking to charge groups for using places such as the Salts. The club will await to hear this and if necessary will challenge this charge.

Social Reps

The social committee reported ideas that they have for the upcoming year. They include:

Quiz night – Spring /Summer

Scavenger Hunt-Easter egg hunt

Gig night

Bowling

Walk to Alfriston

Architectural run in Brighton

Other suggestions from the committee was a Strider fest and a sports day.

Away days- Coach trips

The past year had not been particularly successful with one race cancelled, one trip only one person was interested and the last one the coach was unavailable.

There is currently a credit from the coach company for £780 so suggestions of how to use this were welcomed.

AH suggested the Re 10k or 10 miles.

Membership

LP confirmed that membership fees will remain the same apart from England Athletic membership that increases by £1.

Coach/Track Coordinator

JE sent his final report advising that the year finished with an average 20 participants a week – the highest ever.

There were 51 coached sessions in 2024. These included 45 at Lewes track, 6 off track including Seaford prom and Seaford Head, and 2 alternative nights at Whitfitt Gym (these happened simultaneously on off-track nights).

In fact not one single Monday was cancelled or missed in 2024!

For 2024 there was a total number of 1005 participants. The total cost of Lewes track and Whitfitt came to £2350. This equates to a cost of £2.34 per person, per session. This incredibly good value.

ARM has agreed to the role of track admin. Currently Gareth Hutchinson and Margaret Osborne currently assist with sessions. Offers of help have been received from Steven Marsden, Austin and Ron.

Social Media

LS advised the committee that she had received a message asking if there is a Junior Striders Facebook group. ED advised that she respond directing the request to the website or give the juniors email address.

There had also been a request about the purchasing of the flood lights, VM will give LS the details.

There was also a request from a Strider that there are not photographs of themselves on Striders Social Media or the Newsletter. LS asked for clarification on this if the member was wearing a Strider shirt at a running event whether this was Striders responsibility. It was agreed that it was not.

It was also agreed that VM will respond to the member asking them to either be the person taking the group photograph, remove themselves when the photograph is being taken or stand at the edge of the group so that they can be cropped out.

LiRF's

Apologies received. JW has advised that she has been approached by one member to be considered as a LiRF.

Cross Country

JN advised that Striders came 3rd in the last event at New Place Farm.
The next event is Sunday 12th January at Black Cap.

| 2024/25 | Cross | Country | Season | Race | Calendar |
|---------------|-------|------------------|--------|--------------|---------------------|
| October 13th | - | Eridge Park | - | organised by | Crowborough Runners |
| November 24th | - | Snape Wood | - | organised by | Wadhurst Runners |
| December 15th | - | New Place Farm | - | organised by | Uckfield Runners |
| January 12th | - | Blackcap | - | organised by | Lewes AC |
| February 16th | - | Whitbread Hollow | - | organised by | Run Wednesdays |

Club Grand Prix & Sussex Grand Prix

JM is finalising the results for the year. Sussex Grand Prix have confirmed that Ollie Sprague is joint winner of the Sussex Grand Prix with a runner from Crawley.

JM is preparing the club grand prix for the coming year combining this with Sussex Grand Prix events and local park runs that are free to attend.

C25K Organiser

CL will be meeting with VM and KS regarding the organisation and promotion of C25K. It was suggested that a C25K graduate provides a quote on how they found C25K helped them.

Special Events Support

JT advised there are many trophy's being stored in the lock up. She asked if it would be sensible to contact the last winners and arrange a day for collection of them. VM suggested that one day may not be enough but will ask Hilary Humphreys for advice on contact details for winners that are no longer members.

Website

KS asked if a list of LiRF's could be provided for the website. JW will provide this.

The committee were asked to send a photo and information about themselves to KS.

The committee email addresses are up to date.

The new track program has been added.

Newsletter

RS and JR asked that members continue to send their reports and they have new ideas for the format.

JR asked if the committee contact details be included every month. VM agreed it should.

5. Any Other Business

RVH mentioned there was a need for a daytime running group for members who do not like running in the dark during the winter months. This would need a LiRF to be able to commit to this once a week and there could be an issue with mixed abilities.

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6. Date of Next Meeting

AGM Tuesday 11th February 7.00pm

Committee Meeting Tuesday 11th March 7.30pm.

The meeting concluded at 9.02pm

Produced by the Club Secretary on behalf of the Club Chair

Victoria Maleski

Club Chair

Date Approved by the Club Committee 11th March 2025