



# SEAFORD STRIDERS

RUNNING CLUB

COMMITTEE MEETING MINUTES 14<sup>th</sup> May 2024

**Present:** Victoria Maleski (VM), Kay Crush (KC), Jeff Young (JY), Tristan Daynes (TD), Ralph Jennings (RJ), Gareth Hutchinson (GH), Jo Robinson (JR), Ray Smith (RS), Kate Parkinson (KP), Julie Taylor (JT), Adam Haverly (AH), Josh Nisbett (JN), Steven Teale (ST).

**Present via Teams:** Leanne Pearce (LP), Emily Danvers (ED)

## 1. Welcome

VM welcomed the committee.

## 2. Apologies for absence

Joel Eaton, Karen Feast, Amanda Feast, Nick Farley, Fabian Eason.

## 3. Vote to adopt minutes of last meeting- 12<sup>th</sup> March 2024.

The adoption of the minutes was proposed by JY and seconded by RJ.

## 4. Report Opportunities

### Chair's Report

Darren resignation

Thanks for all he has done for Striders. Welfare, juniors, EA liaison on areas such as training and standards and green initiatives. I'm planning an annual Jogon preloved trainer collection (£2 postage for up to 40 pairs of trainers). Need to find someone to take on green initiatives for Striders.

Striders Lock up

In Bishopstone, provided free of charge by Terry Ward. Julie has taken on the task of getting it sorted. We have had a quote from Gary New to repair and paint the door frame which is rotten in places and to rub down and repaint the garage door. Discussed with Treasurer who is happy that we don't need to get other quotes. Approval required for £580. The Committee approved this expense.

Communications

In the absence of a Newsletter editor our main communication format is the WNS email and other emails from track, SoCo etc. I've seen comments on the WhatsApp group saying people weren't aware of things because "they don't keep up to date with their personal emails – why don't we put everything on WhatsApp?"

Previously discussed the purpose of the main WhatsApp group – there can be useful discussions like on the Seaford 10k organisation yesterday evening, but it can also be overrun with trivial things. Should we have a Strider's news WhatsApp group where news and general updates are posted by key people, but replies are not permitted? The committee decided that a new WhatsApp group was not necessary.

Seaford Martello HM

We've not had a feedback meeting with Martello Rotary yet, but generally positive feedback. Expecting about £2k to be split between the two charities. Two issues

- Last person long way back from penultimate finisher, will be suggesting having a cut off time at the first water station; and
- a few complaints about inappropriate comments by the finish line announcer.

### Mental Health issues

My WNS group was involved in helping a person who was right at the edge of the cliff on the Seaford side of Hope Gap. Luckily one of our group was a mental health nurse and successfully manage to talk him down. This was a stressful situation for all involved but it did make me wonder whether we should have some training for group leaders for what to do in these circumstances – who to contact etc. The Welfare team will investigate as to who could deliver this training.

### Seaford 10k

The committee discussed a number of issues regarding the Seaford 10K race. VM will email MCC Promotions to raise the following points :-

- number of marshals required for route pinch points.
- Difficult to find the location to pick up numbers. Maybe use w3w
- Additional toilets were needed as the main toilet block was being refurbished
- More marshals needed – at least two runners went off course
- A tail runner / cyclist needed. Marshals didn't know who the last runner was so had no way of knowing when to stand down.
- There needs to be rubbish clearance from the water point litter. Striders went out litter clearing after the event as we didn't want to be associated with all the bottles/cups left.
- Disappointing to have plastic cups and bottles and no evidence of recycling.
- All runners to be treated equally, it is not right to pack away before the last person is through.
- Couldn't see the finish line as there were so many people on the seafront.
- A big issue with the results, seems to be gradually being resolved.

- Events are listed as an “England Athletics Affiliated Event” but they do not appear in the list of EA “Run Events”
- Needs a course check in (at least) the week prior. Shingle, availability of toilets,

## **Treasurer**

RJ informed the committee that at the last meeting in March the bank balance was £12300 it is currently standing at £9500. Some of the expenses during this period included EA fees of £2000 and £500 training for Welfare Officers.

There is expected expenditure of £1500 track hire, £500 for the garage repairs and £1000 towards coach travel.

Last year the upfront payments for the Mince Pie race were £5000 but may be nearer £4000 this year. This will leave approximately £2500. This is fairly comfortable but if there is any unexpected expenditure the club may need to organise a fund raising event.

RJ has started to investigate cancellation insurance for the Mince Pie event but needs to supply further details to generate a quote. RJ will liaise with NF regarding this.

The training for the Assistant Treasurer should take place within the next month. The bank mandate to add KF to the account has finally been put in place by the bank.

## **Club Welfare**

The Welfare team have been liaising with each other and ensuring their training is up to date. The team also wanted club members to know that they were available to talk to. VM will set up a welfare@seafordstriders email address. The team will decide if this will be directed to all of them or just one member of the team.

## **Club Secretary/Health and Safety**

KC mentioned that there are several members who have significant health issues and asked how this should be communicated to group leaders especially if members change groups. It was agreed that leaders should

make themselves available away from the main group if new members join their group to enable them to discuss any health issues in private. There is also the problem of emergency contact details if a problem should arise. KC will contact other running clubs to ask if they have procedures for this.

### **Men's Captain**

JY reported that he and AF have been discussing the Tempo relay teams. As so many members have expressed an interest they have requested to the organisers that we enter two extra teams. As soon as JY hears whether this is possible the captains will let the participants know so that payment of £5 each can be made to the club.

GH asked why so many of the Wednesday Night Strider runs are held either in Newhaven or Peacehaven. VM responded that this is due to group leaders wanting their groups to experience different routes. However this can be included as a question on the next survey to find out what members feel about this.

### **Women's Captain**

Apologies were received and AF confirmed that she had nothing to report.

### **Mince Pie Race Director**

Apologies were received. Nothing to report.

### **Junior Leader**

ED has commenced her training to become the Junior Leader. JT requested that the Junior season ended in October and commenced again in March. The reason for this was that so many evenings had to be cancelled at the last minute due to bad weather. VM suggested that this was discussed with all the junior leaders and if this was the general consensus the committee were happy to support this.

### **Social Reps**

AH updated the committee on the planned events.

Bowling -Friday 17<sup>th</sup> May, currently 7 members have signed up for this.

Striders got talent-there has not been as many members sign up as previously indicated interest. It has been decided to postpone this until autumn.

Striders bike ride on Sunday 19<sup>th</sup> May.

The next Thirsty Thursday will be 13<sup>th</sup> June at the Cuckmere.

Other events planned in the summer are a walk to Alfriston, Sports Day, the Equinox run and barbecue, possible hire of the Pells Pool. There was interest in the Lewes to Newhaven raft race but this will depend on availability of members to support the making of the raft before hand.

VM will share the google form created for the Summer Solstice with JR and RS.

### **Membership**

LP reported that membership is going well, there were a few issues with some of the juniors completing their payments but this appears to be sorted now. The membership currently stands at 315 members.

### **Coach/Track Coordinator**

JE was unable to attend the meeting but sent the following report :-

Track

Track (and off-track!) training is going from strength to strength this year, with more club leaders contributing to delivering sessions and the expansion of our normal offerings to include things such as strength training (thank you Victoria for approving paying for gym hire), and our upcoming timed events night across a range of distances. It's been great having club members offer to help out with timekeeping (thanks Julie and Tracy), and it was so nice to have people come and support runners during the Dream Mile.

The summer track programme is published on the website for all to see what's happening.

In 2024 Q1 (Jan-Mar), the average weekly attendance was 20 (this is the same as 2023).

So far in 2024 Q2, our average weekly attendance is 19 (+2 compared to Q2 last year).

## Training

This year, the club have had 9 members going through the England Athletics Leadership in Running Fitness (LiRF) training course.

I'm delighted to report that 7 members have passed the course, and are awaiting the issuing of their licenses. A huge well done to them. One person is still due to do their video assessment, and one person is taking the course later in the year due to personal reasons.

What I have loved seeing is that 4 of this year's cohort have already stepped up to offer delivering Monday training sessions (both at track and off-track), as well as all others leading across other club initiatives (WNS and C25K).

As always, any feedback of what I can do better, or ideas from what the club would like to see more (or less!) of at track, please let me know.

## **Social Media**

RT was not at the meeting and no report has been received.

## **Cross Country**

Nothing to report.

## **Club Grand Prix & Sussex Grand Prix**

OS was unable to attend and although no report had been received VM will be asking OS to remove an event from the CGP that falls on the same day as the C25K graduation run at Seaford Park run.

### **C25K Organiser**

ST reported that the C25K is proving to be very positive. 80 people signed up and at least 35 Striders supporting. The drop off rate this year appears to be a lot less.

VM thanked ST for his hard work organising this.

### **Special Events Support**

VM informed the committee that JT had been given a new role title. JT has been sorting the garage and creating an inventory of equipment owned by Striders including the newly purchased solar lights.

### **5. Any Other Business**

JT asked if the committee wished her to continue looking at club t shirts and if there was going to be a new logo.

VM confirmed that she would like JT to continue with this. With regards to the logo it was suggested that members might like to come up with some ideas that can be included. This could then be sent to Lauren Stallard who is a member of Seaford Striders and also a graphic designer to create the new logo.

### **6. Date of Next Meeting**

Tuesday 9<sup>th</sup> July 2024 at 7.30pm

**The meeting concluded at 9.25pm**

**Produced by the Club Secretary on behalf of the Club Chair**

**Victoria Maleski**

**Club Chair**

**Date Approved by the Club Committee**

**9<sup>th</sup> July 2024**



