



SEAFORD STRIDERS

RUNNING CLUB

COMMITTEE MEETING MINUTES 9th July 2024

Present: Victoria Maleski (VM), Kay Crush (KC), Ralph Jennings (RJ), Gareth Hutchinson (GH), Jo Robinson (JR), Ray Smith (RS), Kate Parkinson (KP), Julie Taylor (JT), Adam Haverly (AH), Emily Danvers (ED), Karen Feast (KF).

Present via Teams: Leanne Pearce (LP)

1. Welcome

VM welcomed the committee.

2. Apologies for absence

Amanda Feast, Nick Farley, Steven Teale, Jeff Young, Ollie Sprague, Josh Nisbett.

3. Vote to adopt minutes of last meeting- 14th May 2024.

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

4. Report Opportunities

Chair's Report

Thank you for everything you all do to keep the club running. It really is appreciated by me and all the members.

A few updates on committee members...

Joel has asked to stand down from his LiRF supervision and training duties but he is remaining a committee member dealing with organising and delivering our very popular track programme. Thanks to Joel for all the hours he has put into ensuring we have adequate LiRF cover throughout our running groups. I'm pleased to tell you that Jeanette Wells and Lisa Johns have agreed to take over the LiRF duties.

As you will have seen Jo & Ray have taken on the Newsletter and what a fantastic first edition! I encourage all of you to consider writing an article about your involvement in Striders.

Katherine Simmons has agreed to take on responsibility for club PR. It is great to welcome her back onto the committee.

Thanks to Margaret Osborne, Katherine Simmons and Julie for the idea... we have now started a WNS walking group for Striders who are injured or recuperating or maybe just fancy a walk instead of a run. I'm joining them tomorrow.

One of our members, Tobias Bremer, who is a physio has offered to do a free talk. He has a special interest in sports medicine and lower limb injuries. He has a small physio clinic in Seaford but his talk won't be a hard sell for this. It was agreed to take up his offer of training.

Steve Whittmore of Whittfit has been in touch – he is offering discounted training sessions and has offered sponsorship (unspecified amount) in return for the Whittfit brand being put on our shirts. Shirt sponsorship is being discussed later in the meeting.

I will shortly be asking for London Marathon rejections. When do you think would be a good occasion for the draw to be held? The committee

agreed that a good time for the announcement to be made would be at the scavenger hunt on the 11th September.

Treasurer

Good news first:

-After several months of trying, our Bank mandate adding Karen Feast, Assistant Treasurer as a signatory, is finally finalised. Hope to complete by next week, the process of getting Business Internet Banking access for Karen.

Karen will manage payments for now and have training and access to everything. Ralph will handle reporting and everything else.

-First training session with Karen completed. Will have additional sessions in due course.

Bank balance from last meeting was **£9.5k** (May 13th)

Current bank balance (Jul 7th) is **£7.2k**

£2.3k spent on:

£0.50 Income from Subscriptions

-£1.50 MP10 Medals

-£0.30 Track hire

-£0.30 Solstice event

-£0.70 Other (IT, Room Hire, Kit Vouchers, Equip, First Aid, Bank charges)

Potential estimated costs for remainder of the year (£7.5k)

-£1.20 Track hire (Apr to Dec @ less than £200 per month)

-£0.50 Repairs/painting lock-up unit

-£0.50 Coach trips/Solstice events & Other

-£3.00 MP 2024 up-front costs (loo hire, photos, venue hire, goody bag & sundries)

Will leave about £2k in our bank at year end., BUT....

For the MP10 receipts, we are expecting Nice Works to implement Strip payment system, which will have registration fees go directly to us.

Event Cancellation insurance: still looking into this and getting quotes – working with Nick on this.

Club Welfare

KP reported that following the incident mentioned at the last meeting where a group came across a person at risk of harming themselves, she had investigated possibilities of training for Striders to help deal with situations such as this.

Beachy Head Chaplaincy advised a charity in Brighton called Grass Roots. Samaritans, no response.

RNLI were very helpful and recommended Grass Roots.

Coast Guard were very helpful, and a lady called Julia can offer bespoke training on Mental Health First Aid either in person or remotely. This can be tailored to our need.

The committee agreed that this training is a good idea and should be open to all members. KP will liaise with the Julia to arrange a date.

ED advised the committee that were some concerns among members about the WNS Group WhatsApp groups and that they can appear cliquey. There has been an incident where a member has been removed from a group without them having been consulted first.

The committee acknowledged that not all members were aware of these WhatsApp groups so it should be added to the weekly email that if members wish to be added to a group, they should speak to the group leader who will arrange for this to happen.

Club Secretary/Health and Safety

Following on from a discussion at the last meeting regarding members with medical conditions KC researched with other clubs how they dealt with this. Based on this KC recommended that we add the following statement to our Health and Safety policy when it is renewed in September.

All members of the club declare themselves fit to run at their own risk and shall not hold the club responsible for any incident occurring through a personal medical condition or injury.

As appropriate, members should request regular check-ups with their General Practitioner.

Members with any medical conditions agree where appropriate to carry with them the relevant details of the condition and their name, address, and emergency phone contact details. Where appropriate members should make run leaders aware of any medical conditions or injury.

Voluntary disclosure of medical conditions shall be the responsibility of the individual member or their carer in circumstances where they consider an individual risk assessment approach to their welfare may be appropriate.

The committee agreed to this proposal.

Men's Captain

Apologies received. Nothing to report.

Women's Captain

Apologies received. Nothing to report.

Mince Pie Race Director

Apologies received. Nothing to report.

Junior Leader

ED reported that juniors is going really well. Next week will be the sports day event.

There will then be the summer break and then continue up to when the clocks change at the end of October. Juniors will not continue during the winter months as due to the weather so many evenings had to be cancelled last year. However, there will be the possibility of a monthly event such as a park run just so members can get together.

Ed also requested that there is a Junior Awards night at the end of the season. This would include a disco, trophy's, certificates and goody bags. The cost of this would be approximately £470.

There was discussion as to whether there should be a charge for this. The committee agreed that they did not want the cost to prohibit junior members from attending. They agreed that the event should go ahead. VM and ED will investigate the possibility of sponsorship to recuperate some of the cost.

Social Reps

AH reported that the Summer Solstice had been very successful.

The next events that are planned are:-

18th July Thirsty Thursday at Ray's house

18th August Sports day although at the moment there is not a confirmed venue.

11th September Scavenger Hunt

There will shortly be an email sent regarding the coach for the Arundel 10K.

VM suggested that a friendly challenge should be set up between Seaford Striders and Hailsham Harriers. The committee agreed that this would be a good idea.

Membership

LP confirmed that there are currently 347 members. She also confirmed that she will contact ST to find out how many C25K graduates have joined Striders.

Coach/Track Coordinator

JE was unable to attend the meeting but sent the following update:-
There is an average of 19 members attending track night each week. This is slightly higher than last year.
VM confirmed that the track has now been booked until the end of December.

Social Media

RT did not attend the meeting. No report received.

Cross Country

JN was unable to attend the meeting but sent the following information after the meeting to be included in the minutes: -

The Sunday cross country season debrief was held last month, two main things to come out of it was that all the dates and venues next year have been agreed. The other is that the end of season race at Pett is probably going to change. This is due to the affect all the runners have on the village itself with regards to parking, the fields/course due to heavy rain this year and the hall requiring a lot of cleaning post event. Next seasons races are below;

2024/25	Cross	Country	Season	Race	Calendar
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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 - organise by Lewes AC

February 16th - Whitbread Hollow - organized by Run Wednesdays

March 9th or 16th - Pett or Bexhill - organised by Hastings Runners

The Saturday Sussex league hasn't announced its dates for next season yet. I'm keeping my eyes peeled.

Club Grand Prix & Sussex Grand Prix

OS sent apologies and had nothing to report.

C25K Organiser

ST sent apologies and had nothing to report.

Special Events Support

JT reported that the lock up had now been sorted and rubbish disposed of. The repairs and painting of the lock up should take place later this month.

There are currently 55 trophies that are taking up space on a shelf. The committee discussed what should happen to them all. RS felt that there are probably only about 5 that are important enough to keep he will liaise with JT over this. JT has made a record of all the trophies that are there.

JT has been in contact with Intersport and confirmed that if the club were to only want the core colours of black, blue and hi vis he would be able to stock every size so availability would be much better. The committee agreed to this. LP will change the paragraph in the new joiner's email to reflect this.

It was also agreed to remove sponsors from the shirt and just have the club name and possibly the logo. VM asked JT to arrange for a sample shirt to be made up.

5. Any Other Business

JR asked the committee to continue sending articles for the newsletter. She asked that juniors are involved also. LP will run a report to check if there are any juniors where permission for photos has been refused.

KS requested that JR shared the following for PR and Website updates:-

A press release has been sent to Seaford Scene regarding the C25K graduation. This is likely to be published in the August edition.

KS requested that she receives the information for the Mince Pie event as soon as possible, there is a need for long lead publications and website update. This will need to emphasise the new route for 2024.

The committee were requested to review their sections on the website and send amendments to expediate updates.

The current page status is:-

Committee minutes page up to date.

Newsletter page up to date.

Committee page needs updating with new committee members photos and write ups on why they love Striders.

Mince Pie page: Awaiting information from NF for website and PR.

KS requested that the website has its own agenda item. This will happen for the next meeting.

6. Date of Next Meeting

Tuesday 10th September 2024 at 7.30pm

The meeting concluded at 9.50pm

Produced by the Club Secretary on behalf of the Club Chair

Victoria Maleski

Club Chair

Date Approved by the Club Committee
Tuesday 10th September 2024