



CLC STRIDERS RUNNING CLUB COMMITTEE MEETING

Tuesday 28 March 2023 at 2000
The Tivoli, Cheltenham

AGENDA

1. Minutes of the Last Meeting
2. Actions from the previous meeting (see table below)
3. Treasurer's update - Eoin
4. Membership update – Gavin
5. Training – Amelia
6. Captains update – Will / Rachel
7. Club awards – Sophie
8. Committee tenures and vacancies - Matt
9. Social events update – Ryan (by exception)
10. Events update – Rachel (by exception)
11. Kit update – Laura (by exception)
12. Any other business
13. Date and location of next meeting



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Tuesday 28 March 2023 at 2000
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MINUTES

In attendance

Amelia Mullins
Gavin Jerman
Joel Freeland
Jon Howes (Chair)
Matt Ashman
Rachel Vines
Ryan O'Donnell
Sophie Longmore

Apologies

Eoin McQuone
Laura Daubney
Will Pearce

1. Minutes of the last meeting

The minutes of the last meeting were agreed and accepted as an accurate record. There were no further comments.

2. Actions from the previous meeting

See table at the end of the minutes for all completed and outstanding actions.

3. Treasurer's update - Eoin

No update at this meeting.

4. Membership update – Gavin

Membership statistics

- 103 first claim members.
- 6 second claim members.

Changes since Committee Meeting 8 Nov 2022

- 3 new members

Membership is up on the previous few years which is a good sign for the club.

Affiliation fee will be paid to EA in April, initial emails have gone to members re membership renewal with membership forms and payment requests being sent early April.

Website membership page has been setup ready for release when membership requests go live.

5. **Training – Amelia**

Monday club runs have been well attended, with some new runners who we hope will join in April. The routes changed in February and aiming to switch to the summer routes soon.

On Wednesdays, the coaches are delivering the planned March/April mesocycle, which has involved one group on the Honeybourne at the normal time of 1830, and another on the track from 2000. This has been very successful and the track training is planned to culminate in a more sociable running event on Wednesday 3 May (no Honeybourne group that evening?). We might move the Honeybourne group to Pittville Park in a couple of weeks' time, and at some point we should be able to hold interval training on the sports centre grass track.

The list of LiRFs has been reviewed and updated on the club website. There is a new EA requirement for all Leaders and Coaches to have first aid training. However, it appears that this will be part of the licence renewal process going forward so there is no need for any immediate action on our part.

Action: Find out when we can use the sports centre grass track on Wednesdays. (Matt)

6. **Captains update – Will / Rachel**

Since last met, the XC has completed with the ladies team promoted to division 1 of the Birmingham League and winning the Vets team award. In the Gloucester league the ladies team again won the Vets team award

Road relays taking place on Saturday 1 April, the ladies have a team of 6. Rachel looking at some local races to promote to the ladies.

Mens league were promoted to division 1 of the Birmingham League, moving forward the aim is to get a team out for the Birmingham league and also ensure we have a full team for the Gloucester league. As a club we must ensure we have a team for the Gloucester league and are a visible presence as a local club.

The men aren't putting forward a team for the Road Relays on 1 April due to other priorities with marathon training.

7. **Club awards - Sophie**

Nominations were agreed by the committee and will be presented to members in the April newsletter.

8. **Committee tenures and vacancies – Matt**

4 committee members are stepping down at the AGM and replacements are being sought. Nominations will be taken at the AGM.

9. **Social events update – Ryan**

Post XC curry social went well and was well attended.

AGM booked for 19 May at the United Services Club.

10. **Events update – Rachel / Will**

All of the upcoming events are on the club website.

11. **Kit update – Laura**

There has been discussion about introducing alternative vests for members. Saur will replicate the clubs design but the cost of them are high for the majority of members.

There are rules for some of the XC and Road Relay events where the kit has to be identical.

Action: look into options for replacement vests. Matt

12. **Any other business**

a. **Staverton 10**

If is highly unlikely the race will be run this year, with the recent changes to the road layout on the existing route, consideration is being given to an alternate route.

b. **Training session**

Consideration to be given to the competitive and improver groups and movements between them. Need to also consider the naming convention of the groups.

13. **Date and location of next meeting**

Friday 19 May 2023 (AGM)
Thursday 7 September 2023
Thursday 9 November 2023

ACTIONS

Date raised	Action	Assigned to	Updates
2022-04-07	Organise Pittville parkrun takeover – proposed as June	Matt	
2022-11-08	Look at options for running an ‘open’ 5k time-trial event for non-members – advertise at parkrun takeover	Joel	
2022-11-08	Update the kit photos on the website. Take photos at training when back on CLC field.	Joel / Matt	
2022-11-08	Arrange some first aid training for coaches and potentially LiRF’s	Amelia / Matt	Closed
2023-01-24	Draft some comms to members re membership increase	Matt	Closed
2023-01-24	Draft new Forms for membership renewal this year	Gavin	Closed
2023-01-24	Jamie to be added to list of CiRFs on website and noticeboard	Matt	Closed
2023-01-24	Review LiRFs	Amelia	Closed
2023-01-24	Purchase both Mailchimp and OneDrive accounts	Matt	Closed
2023-01-24	Add a section in the next newsletter to update on kit	Matt / Laura	Closed
2023-01-24	Setup a Microsoft Form for awards	Matt	Closed
2023-01-24	Review nominations for awards at committee meeting on 28 March	All	Closed
2023-01-24	Setup a standalone strategy meeting	Matt	
2023-01-24	Engage with Chair of Cheltenham Tri Club to discuss interactions between the clubs	Matt	
2023-01-24	Identify suitable venue for AGM	Ryan	Closed
2023-01-24	Let Club Secretary know if anyone wishes to step down from the committee	All	Closed
2023-03-28	Find out when we can use the sports centre grass track on Wednesdays.	Matt	

2023-03-28	Identify options for new vest designs / manufacturer	Matt	

