



CLC STRIDERS RUNNING CLUB COMMITTEE MEETING

Tuesday 24 January 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
 - a. Club fees for 2023/24
5. Training – Amelia / Captains
6. Staverton 10 – Eoin
7. Club communications - Matt
8. Social events update – Ryan (by exception)
9. Events update – Rachel (by exception)
10. Kit update – Laura (by exception)
11. Any other business
 - a. Club awards (Rachel)
 - b. Club strategy and recruitment (Matt)
12. Date and location of next meeting



CLC STRIDERS RUNNING CLUB COMMITTEE MEETING

Tuesday 24 January 2023 at 2000
The Tivoli, Cheltenham

MINUTES

In attendance

Amelia Mullins
Eoin McQuone
Gavin Jerman
Jon Howes (Chair)
Laura Daubney
Matt Ashman
Rachel Vines
Ryan O'Donnell
Sophie Longmore
Will Pearce

Apologies

Joel Freeland

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

Bank Balances

	Balance	Previous balance	Movement
Main account	£9,348.26	£6,262.46	+£3,085.80
Social account	£0.00	£0.00	£0.00

Notable transactions since last meeting (8 November)

Date	Description	Payment	Receipt
23 Jan	Cheltenham Trust (stadium hire)	£302.50	
12 Dec	Reimbursing Ryan for Christmas party	£446.00	
12 Dec	Receipt from members for Christmas party		£446.00
28 Nov	Payment for Staverton 10 toilets (AndyLoos)	£630.00	
21 Nov	Staverton 10 entries		£3,974.00

Thanks to Ryan for collecting all of the payments for last social event.

4. **Membership update – Gavin**

Membership statistics @ 22 Jan 2023

- 100 first claim members.
- 6 second claim members.
- All 22/23 membership fees have been collected.

Changes since Committee Meeting 8 Nov 2022

- 4 new members (1 transfer, 1 first claim re-joiner).

England Athletics fees to 2023/24

- club affiliation fee will remain at £150.
- athlete registration fee will increase from £16 to £17.

We need to incorporate this £1 increase into our 2023/24 club membership fees.

It was agreed to charge:

- Full year - £35
- Half year - £25
- Second claim - £20

The increase in membership fee will cover the EA increase and also track sessions.

Action: draft some comms to members re membership increase – Matt

Action: draft new Forms for membership renewal this year - Matt

5. **Training – Amelia**

Monday club runs have continued as usual, with good attendance, and we changed to the 'Winter Lights' route in December. We'll look to change the route again in February.

On Wednesdays a new two month 'mesocycle' was planned and is being followed for the Improvers and Competitive groups on the Honeybourne, taken by our four coaches. These sessions have been well attended in both groups despite some very cold and wet weather.

Jamie is now a qualified England Athletics Coach in Running Fitness (CiRF), having recently completed and passed – congratulations Jamie.

We had a useful meeting with Jo Wilkinson in November and she gave us some useful tips and some food for thought. She had lots of praise for our club and for the coached sessions, which was great to hear.

We are intending to book the track again on Wednesday evenings in March and April. The usual 6.30pm sessions on the Honeybourne will run as an alternative to this. A social running event is being planned for Weds 3 May to round this off.

Action: Jamie to be added to list of CiRFs on website and noticeboard (Matt)

Action: review LiRFs - Amelia

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

Mens - good attendance at XC and promotion potential is close. Lots of PBs in recent races and really good efforts all round.

Ladies – again, good attendance at XC and potential for promotion.

7. **Staverton 10 - Eoin**

An initial communication has been sent to club members and attendees advising them of a potential issue with the race.

As it stands it doesn't look like it's possible to safely run the race due to roadworks along the route. Whilst contractors were contacted to ascertain if it was possible to move the barriers around the roadworks, unfortunately it was not something they were able to accommodate.

The committee took the decision to cancel the race on 29 January 2023. A full refund will be offered to all entrants.

Action: considered a new route for the event – Eoin

Action; identify a potential new date for 2023 - Eoin

8. **Club communications – Matt**

Following discussion at a previous meeting a core group consisting of Paul Northup, Joel Freeland, Will Pearce and Matt Ashman was set up to manage and coordinate race reports, social media and club communications.

A rota has been drafted to share the race reports between us, with Joel taking the lead on social media and Matt looking after the website. Paul is coordinating submission of race reports to the Gloucestershire Echo and **finally** we have started to see reports published after a long absence.

In December we launched a new Club (e)Newsletter which has been really well received by members.

We intend to release a newsletter each month (around the 15th) and want it to be one of our main tools of communication with members, alongside our social media presence (bar WhatsApp for race attendance etc.). Anything club-related can go into the (e)newsletter. The main sections will generally be:

- Looking forward
- Looking back at the previous month
- Race reports
- Training updates
- Strider of the month
- Key dates for the diary

We welcome any club-related content from both the committee and members.

The Committee were asked to approve the purchase of a Mailchimp Essentials Package and Microsoft OneDrive storage to support the (e)Newsletter and to bring all club documentation and photos into one location.

Action: purchase both Mailchimp and OneDrive accounts - Matt

9. **Social events update – Ryan**

In lieu of cancelling Staverton it was proposed to do a social club event this Sunday over Leckhampton Hill, finishing in a coffee shop.

Next social event is post XC on 11 February from 1930. The Ballroom has been booked for 25-30 people, £21 a head which includes starter, main and rice/naan. It was agreed for the club to subsidise the cost by £6 a head.

10. **Events update – Rachel/Will**

The races are now on the website – thanks to Gavin. After XC season we will look to track & field and road relays.

11. **Kit update – Laura**

Ordered placed for more men's race vests. Some hoodies in stock which are for sale.

Action: add a section in the next newsletter to update on kit – Matt / Laura

12. **Any other business**

a. **Club awards (Rachel)**

Need to commence process for club awards.

It was agreed to setup a Microsoft Forms for the awards, the committee will nominate 4-5 people per award and supply to the club members to vote.

Action: setup a Microsoft Form for awards – Matt

Action: review nominations for awards at committee meeting on 6 April

b. **Club strategy and recruitment (Matt)**

It was proposed to have a session to discuss and define a Club strategy or aims and goals which can be shared with members.

Action: setup a standalone strategy meeting – Matt

Membership is currently 70% men and 30% women, it was noted by the Committee that there is a need to rebalance this and look to recruit more female members. It was noted that all local clubs are struggling to recruit female members for various reasons.

It was agreed to engage with Cheltenham Tri Club about the potential to further interactions between the clubs

Action: engage with Chair of Cheltenham Tri Club - Matt

c. **AGM**

It was agreed to look at a venue which can be both AGM and a social event.

Action: identify suitable venue for AGM – Ryan

d. **Committee membership**

All committee member positions are due for nomination at the AGM. If anyone wishes to step down from the committee please let the Club Secretary know.

Action: let Club Secretary know if anyone wishes to step down from the committee - all

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

Thursday 6 April 2023

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	Matt	
2022-11-08	Agreed to set the 2023/24 membership at £30	Gavin	Closed
2022-11-08	Setup boosted posts on Facebook and Instagram	Joel	Closed
2022-11-08	Look at options for running an 'open' 5k time-trial event for non-members	Joel	
2022-11-08	Update the kit photos on the website. Take photos at training when back on CLC field.	Laura	
2022-11-08	Speak to Cheltenham tri club re sharing 1900 track session	Matt	Closed
2022-11-08	Identify date for the national XC event and potential options for attendance	Joel	Closed
2022-11-08	Email to be sent out re Bourton 10k, entries potentially open on 1 December.	Rachel	Closed
2022-11-08	Arrange some first aid training for coaches and potentially LiRF	Amelia/Matt	
2022-11-08	Email members re hi-viz, not leaving without telling a LiRF and etc.	Matt	Closed
2023-01-24	Draft some comms to members re membership increase	Matt	
2023-01-24	Draft new Forms for membership renewal this year	Matt	
2023-01-24	Jamie to be added to list of CiRFs on website and noticeboard	Matt	
2023-01-24	Review LiRFs	Amelia	
2023-01-24	Purchase both Mailchimp and OneDrive accounts	Matt	
2023-01-24	Add a section in the next newsletter to update on kit	Matt / Laura	
2023-01-24	Setup a Microsoft Form for awards	Matt	

2023-01-24	Review nominations for awards at committee meeting on 6 April	All	
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	
2023-01-24	Let Club Secretary know if anyone wishes to step down from the committee	All	

