



## **CLC STRIDERS RUNNING CLUB COMMITTEE MEETING**

**Tuesday 7 November 2023 at 2000**  
**The Tivoli, Cheltenham**

### **AGENDA**

1. Staverton 10 update – Eoin
2. Minutes of the Last Meeting
3. Actions from the previous meeting (see table below)
4. Club governance:
  - a. Safeguarding concerns
  - b. DBS status checks
  - c. Accidents or incidents reported
  - d. Policies and updates
5. Treasurer's update - Tom
6. Membership update – Gavin
7. Training – Amelia
8. Captains update – Will / Rachel
9. Cross club collaboration - Matt
10. Social events update – Ryan (by exception)
11. Events update – Rachel (by exception)
12. Kit update – Rob (by exception)
13. Any other business
  - a. EA improvement fund application
14. Date and location of next meeting



## CLC STRIDERS RUNNING CLUB COMMITTEE MEETING

Tuesday 7 November 2023 at 2000  
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### MINUTES

#### In attendance

Amelia Mullins  
Gavin Jerman  
Joel Freeland (online)  
Matt Ashman (Chair)  
Nick Ledwold  
Rachel Vines  
Sophie Longmore  
Tom Burgess  
Will Pearce

#### Apologies

Rob Barnett  
Ryan O'Donnell

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#### 1. Staverton 10 update – Eoin

Eoin McQuone joined the meeting in his capacity as Race Director for Staverton/Boddington 10. A full update was provided on the process to date and the committee were asked:

- a. Are we happy to run the race?  
The committee agreed to proceed with the race.
- b. What price do we want to charge and do we want to provide mementos or medals?  
It was agreed to charge £18 for affiliated and £20 for non-affiliated entries.
- c. As fewer marshals are required this year, do we want to reserve some places for club members? If so how do we decide who runs?  
It was agreed not to reserve spaces for club runners and allow members to enter if they wish.

**Action:** Ask other running clubs if we can borrow signage for the race. **Matt**

The committee agreed to rename the race as Boddington 10 to create a new brand for the race and not confuse with the previous race.

The committee agreed to offer finishers a bottle of beer as a memento.

Consideration to be given to the water station and if we need to seek permission from the MOD to use the grass outside their venue.

**Action:** Produce some save the date comms to go out on social media. **Joel**

## 2. **Minutes of the last meeting**

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

## 3. **Actions from the previous meeting**

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

## 4. **Club governance**

### a. **Safeguarding concerns**

None were identified/raised.

### b. **DBS status checks**

None

### c. **Accidents or incidents reported**

None

### d. **Policies and updates**

In line with the EA Club Standards there is a need for the club to introduce additional policies and procedures. Some of these have already been ratified by the Committee, however some are new and required ratification:

- Anti-bullying – new policy for review
- Grievance and disciplinary – new policy for review
- Health and safety – already ratified
- Inclusion – already ratified
- Privacy – already ratified
- Social media – new policy for review
- Welfare – already ratified

The new policies were reviewed by the committee and formally ratified, they will now be published on the club website and made available to members.

## 5. **Treasurer's update - Tom**

There were no notable transactions to report. There have been some new members in recent months which has generated some income.

Tom is investigating options for virtual cards / sharing card details with the committee.

Nick asked why the club paid for the Birmingham League and not the Gloucestershire League. It was noted that this is because individuals cannot enter the Birmingham League.

**Action:** communicate to members why Birmingham League XC is paid for by the club through the membership form and website so they are aware. **Gavin/Matt**

## 6. **Membership update – Gavin**

Membership statistics:

- 111 first claim members (was 96 @ November 2022).
- 5 second claim members (was 6 @ November 2022).

Changes since Committee Meeting 5 September 2023

- 11 new members

- 1 resignation

### **England Athletics fees for 2024/25**

- Club affiliation fee will increase to £200 from £150
- Athlete registration fee will increase from £17 to £19

We will likely need to incorporate these increases into our 2024/25 club membership fees – suggest a comprehensive discussion on our fees is tabled for a future Committee Meeting.

**Action:** Add discussion re fees for 2024/25 at the next meeting. **Matt**

### **2024 TCS London Marathon EA affiliated club entry**

TCS have changed the allocation of club places for 2024 but our 100+ members still entitle us to 1 place (clubs with between 40-189 members will be allocated one guaranteed entry each). TCS will email all affiliated clubs at the end of November with their allocation of places, registration will then open and should be completed by 1600 on Thursday 25 January.

**Action:** Add a paragraph to the December newsletter re the ballot then do the draw. **Matt/Will**

## **7. Training – Amelia**

On Mondays, we switched from the summer to winter routes at the end of September. Attendance has been good, with several new runners coming along. We will probably change to the 'Christmas Lights' route at the beginning of December.

Earlier in September, we started another 10-week booking slot for interval training at 8pm at the Prince of Wales stadium, in addition to the 6.30pm sessions which moved from the sports field to the Honeybourne. The coaches have been leading these sessions according to the current training mesocycle and there has been very good attendance at both sessions, which is great to see. The track booking ends with the 'social relays' evening on 8 November – thank you to Matt for organising this event.

From 15 November we will continue with 2 groups on the Honeybourne, following the training mesocycle for November and December. Increasing numbers of runners on Wednesday nights mean that we will have to keep an eye on the safety and practicality of having 2 potentially large groups on the Honeybourne at the same time, even if starting at opposite ends.

**Action:** consider track sessions for the spring. **Coaches**

## **8. Captains update – Will / Rachel**

Will - Very good turnout for the first Gloucestershire League XC race. 21 confirmed for the Birmingham League XC at Pittville park on Saturday. Internal road series is being progressed by the captains and will be communicated in due course.

Rachel – good result at the road relays again. Similarly good start to the Gloucestershire League XC season on Saturday and good attendance planned for the Birmingham League XC on Saturday.

## **9. Cross club collaboration – Matt**

Discussion has taken place with the chairs of other Cheltenham running clubs re some cross club collaboration. These have been very positive to date, it has been agreed for the 4 chairs to meet with the organisers of Cheltenham Half Marathon to discuss some of the challenges faced in 2023.

The chairs have also proposed the creation of a 'cross-club social event' to bring members together. This will likely take place at POW stadium and consist of relays, night of the 5k's and etc. An

approach will also be made to Deya Brewery and some food providers to see if they may be willing to attend.

2 volunteers were requested to progress this with reps from other clubs. Will and Joel kindly agreed to be nominated and Matt will contact the chairs to arrange an initial meeting.

10. **Social events update – Ryan**

Christmas party arranged for 15 December, Ryan has had some attendees pay already and is anticipating some more in due course.

11. **Events update – Rachel / Will**

XC in Pittville is being co-hosted by Glos Harriers.

**Action:** events to be updated on the website for 2024. **Rachel**

**Action:** review the way the events are published on the website. **Nick**

12. **Kit update – Rob**

Rob has done a review of the kit and there is a lot of old kit which is no longer required. At the AGM there was a report of £1700 of stock, having reviewed there is around £900 worth. There are a number of Staverton 10 momentos, old style hoodies and buffs – it was agreed that old kit could be donated to charity.

It was agreed not to hold any stock other than vests as this is now handled by Gloucester Sports.

Consideration to be given to a new larger tent, or 2 tents, for the mens team and new flags.

**Action:** investigate options for a new tent. **Will**

**Action:** investigate options for new flags. **Matt**

13. **Any other business**

a. **EA improvement fund application - Matt**

The committee agreed to progress the application.

b. **LiRF**

Rob Hyams would like to train to become a LiRF, it was agreed to offer this in the new financial year when the budget and forecasts are set.

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

Tuesday 15 January 2024

Tuesday 25 March 2024

Friday 17 May 2024 - AGM

## ACTIONS

Date raised	Action	Assigned to	Updates
2022-04-07	Organise Pittville parkrun takeover	Matt	Closed
2022-11-08	Look at options for running an 'open' 5k time-trial event for non-members – advertise at parkrun takeover	Joel / Matt	Closed
2023-01-24	Setup a standalone strategy meeting	Matt	
2023-01-24	Identify options for new vest designs / manufacturer	Rob	
2023-09-05	Ascertain if first aid kits are required for Monday or Wednesday runs	Matt	
2023-09-05	Coaches to consider some options for running Wednesday sessions / provision of coaches and report back at the next meeting	Coaches	
2023-09-05	Undertake a deep dive into budget / expenditure at the next meeting.	All	Closed
2023-09-05	Tom to calculate a year of costs to support the development of a reserves policy.	Tom	
2023-09-05	Captains to liaise with Joel to look at options for running an internal road or track competition	Captains / Joel	Closed
2023-09-05	Coaches to look at options for tailoring training to support specific events.	Coaches	
2023-09-05	Captains to consider how to promote the Glos XC league to members.	Captains	Closed
2023-09-05	Promote the National XC championships within the club.	Captains	
2023-09-05	Provide an update on club kit stock at the next meeting	Rob	
2023-09-05	Consider offering kit at training sessions so members know what is available	Rob	
2023-09-05	Consider alternative events in lieu of Staverton 10	All	Closed
2023-09-05	Share a communication with LiRFs re ongoing support	Matt	
2023-09-05	Produce a form for members to propose a SOTM and add to the next newsletter.	Matt	Closed
2023-09-05	Consider improvements to the website.	Nick	
2023-09-05	Add some text to the next newsletter encouraging members to contribute to it	Matt	Closed
2023-09-05	Update the new member email detailing the communication methods for the mens and ladies teams.	Matt	Closed
2023-09-05	Identify a method of enabling members to share which races they are attending.	Matt / Nick	

