



CLC STRIDERS RUNNING CLUB AGM 2023

Friday 19 May 2023 at 1930
United Services Club, Cheltenham

AGENDA

Notice is hereby given that the Annual General Meeting of CLC Striders running club will be held at 1930 on Friday 20 May 2022 to discuss the following:

1. Minutes of the last meeting
2. Committee annual reports
 - a. Membership report – Gavin Jerman Paper 1
 - b. Treasurers report – Eoin McQuone Paper 2
 - c. Women's Captain report – Rachel Vines Paper 3
 - d. Men's Captain report – Will Pearce Paper 4
 - e. Training update – Amelia Mullins Paper 5
 - f. Social Secretary update – Ryan O'Donnell Paper 6
 - g. Kit update – Laura Daubney Paper 7
 - h. Media update – Paul Northup Paper 8
 - i. Elections to the Committee Paper 9
3. Staverton 10 – Eoin Paper 10
4. London Marathon ballot update
5. Any other business
6. Date and location of next meeting

The meeting included the Club Annual Awards



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MINUTES

In attendance

Adam Greenwood
Amelia Mullins
Brendan Ward
Chris Thomas
Eoin McQuone
Fiona Brady-Miller
Gary Farquharson
Gavin Jerman
Helen Howes
Helen Knight
Jamie Hartnoll
Joe Willgoss
Joel Freeland
Jon Howes (Chair)
JJ Wilson
Kate Telford
Matt Ashman
Nicola Weager
Paul Northup
Rachel Carey
Rachel Vines
Rob Barnett
Rob Green
Ryan O'Donnell
Sophie Longmore
Tim Brock
Tom Burgess
Will Pearce

Apologies

Andy Brookes
Claire Taylor
Emma Abbey
David James
Nick Ledwold

Minutes of the meeting

The Chair welcomed everyone to the meeting.

It was noted that there are 5 vacancies on the Committee, Chair, Treasurer, Men's Captain, Kit coordinator and Webmaster which will be discussed under item 2i. Members were asked to consider if they wished to put themselves forward for one of these roles.

1. Minutes of the last AGM

The minutes were agreed and accepted as an accurate record of the previous meeting.

The minutes of the committee meeting on Tuesday 28 March were also accepted.

2. Committee's annual reports

The Chair passed thanks to all of the committee members for their hard work and commitment to the club over the past year.

a. Membership report – Gavin Jerman

Paper 1

There are currently 104 members compared to 106 at the last AGM and 6 second claim members.

To date, 85 have paid their membership for 2022/23, those that have yet to do so are reminded that membership fees are due within 28 days of receipt of the payment link.

The Male to female member ratio is approximately 70/30 which has changed in the last year.

With regards to club records, Helen Knight has the most female with 22 and JJ has the most male. Congratulations to both.

b. Treasurer's report – Eoin McQuone

Paper 2

Club income has increased by £800. There has however been a lot more expenditure, around £6,500, mainly due to Staverton 10 being cancelled.

Overall, there is currently a surplus of £3,973, this is a respectable position but the lack of Staverton 10 income has lowered the cash balance.

Membership fees are covering EA membership and race fees.

The accounts are in good shape and there were no issues to report.

c. Ladies Captain report – Rachel Vines

Paper 3

A synopsis of the previous year was provided to Members highlighting some fantastic achievements from the ladies team both on and off the track.

d. Men's Captain report – Will Pearce

Paper 4

A synopsis of the previous year was provided to Members highlighting some fantastic achievements from the men's team both on and off the track.

e. Training report – Amelia Mullins

Paper 5

Training continues to take place on Monday and Wednesday evenings with attendance at both sessions increasing.

2 blocks of track training have taken place at the POW stadium, all well attended. Interval training has now moved back to the CLC sports field with the improvers and competitive groups coming together.

A mesocycle process has been implemented by the coaches. Over the summer the coaches will rotate on a weekly basis.

The track relays were well attended and the coaches will plan more social based events over the year.

Thanks were passed on to the CiRFs and LiRFs who either coach or run training sessions on a regular basis.

f. Social Secretary update – Ryan O'Donnell

Paper 6

There have been a number of social events over the past year and all have been really well attended. More will be planned over the forthcoming year including some social Sunday runs.

g. Kit update – Laura Daubney

Paper 7

Training kit is now available for ordering from Gloucester Sports.

h. Media update – Paul Northup

Paper 8

A comms sub-group has been formed to ensure timely communications can be released on Facebook, Instagram, Club website and via email, namely Paul Northup, Joel Freeland, Will Pearce and Matt Ashman.

The monthly newsletter provides a synopsis of the previous month and upcoming events for members. This has been well received and the team will continue to release each month.

If anyone wishes to do a report for the website please send to Matt Ashman (secretary@clcstriders-runningclub.co.uk). Similarly, if anyone has photos of a race to share please send to Joel Freeland who will post on Instagram.

i. Elections to the Committee – Jon Howes

Paper 9

There are currently 5 vacancies on the committee namely:

- Chair
- Treasurer
- Men's Captain
- Kit coordinator
- Webmaster

There were also a number of committee members standing for re-election - as detailed below in red:

Honorary Officers

Chair
Club Secretary
Membership Secretary

Name

Jon Howes
Matt Ashman
Gavin Jerman

Tenure

Becoming vacant at AGM 2023
To AGM 2023
To AGM 2023

Treasurer	Eoin McQuone	Becoming vacant at AGM 2023
Men's Captain	Will Pearce	Becoming vacant at AGM 2023
Women's Captain	Rachel Vines	To AGM 2024
Club Coach	Amelia Mullins	To AGM 2023

Ordinary Members

Deputy Men's Captain	Joel Freeland	To AGM 2023
Deputy Ladies' Captain	Sophie Longmore	To AGM 2023
Social coordinator	Ryan O'Donnell	To AGM 2024
Kit coordinator	Laura Daubney	Becoming vacant at AGM 2023
Web developer	Mat Benfield	Becoming vacant at AGM 2023
Press coordinator	Paul Northrup	To AGM 2023
Events coordinator	Rachel Vines	To AGM 2024

The following were formally nominated and duly elected to the committee:

Honorary Officers	Name	Tenure
Chair	Matt Ashman	To AGM 2025
Club Secretary	Matt Ashman	To AGM 2025
Membership Secretary	Gavin Jerman	To AGM 2025
Treasurer	Tom Burgess	To AGM 2025
Men's Captain	Will Pearce	To AGM 2025
Women's Captain	Rachel Vines	To AGM 2024
Club Coach	Amelia Mullins	To AGM 2025

Ordinary Members

Deputy Men's Captain	Joel Freeland	To AGM 2025
Deputy Ladies' Captain	Sophie Longmore	To AGM 2025
Social coordinator	Ryan O'Donnell	To AGM 2024
Kit coordinator	Rob Barnett	To AGM 2025
Web developer	Nick Ledwold	To AGM 2025
Press coordinator	Paul Northrup	To AGM 2025
Events coordinator	Rachel Vines	To AGM 2024

It was agreed that the committee would discuss the Chair and Club Secretary roles being either amalgamated or to look at support to the Club Secretary role.

3. Staverton 10

Paper 10

The 2023 race had to be cancelled due to road works and it is now likely a new route for the race will now need to be found.

Eoin has kindly offered to continue as Race Director and requested support from others to look for a new location/route and the event itself.

4. London Marathon ballot

There is 1 2024 London Marathon place available for the club to ballot to members who met the criteria. This will likely happen in June.

5. Any Other Business

Helen Howes offered huge thanks to the committee for their commitment to the club.

6. Date and location of next meeting

Thursday 8 September

Thursday 10 November

ACTIONS

Outstanding

Date raised	Action	Assigned to	Updates
2022-04-07	Organise Pittville parkrun takeover	Matt	In progress
2022-11-08	Look at options for running an 'open' 5k time-trial event for non-members – advertise at parkrun takeover	Joel / Matt	In progress
2023-01-24	Setup a standalone strategy meeting	Matt	
2023-01-24	Find out when we can use the sports centre grass track on Wednesdays.	Matt	Closed
2023-01-24	Identify options for new vest designs / manufacturer	Rob	



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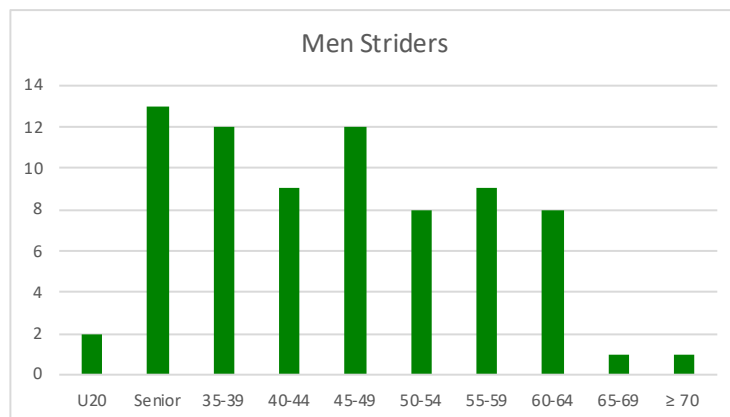
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Paper 1

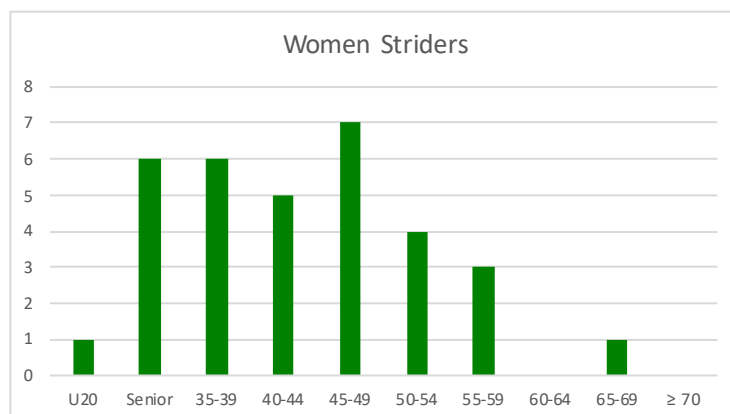
MEMBERSHIP UPDATE

Membership statistics @ 12 May 2023

- **104** first claim and **6** second claim members. This compares to 106 first claim and 4 second claim members at the last AGM on 20 May 2022.
- 82 members have paid their 23/24 membership fee and are registered with EA until 31 March 2024.
- The members who have yet to renew their membership are reminded that their membership fees are now overdue and earliest payment is appreciated.



Men Total: 75 69%
 Average age: 45
 Min age 19
 Max age: 73



Women Total: 33 31%
 Average age: 43
 Min age 18
 Max age: 65

Total 108
Average age 44

@ 12 May '23

Gavin Jerman
Membership Secretary



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Paper 2

TREASURERS REPORT

This report covers the following: Accounts & commentary for the year ended 31 March 2023.

1. Income and expenditure summary

	2022/23	
Income	£	£
Race fees	4,420.00	<i>Note 4</i>
Membership	1,424.12	
Sponsorship / donation	30.00	
Training fees	0.00	
Social	985.00	
Merchandising	332.00	
Total income		7,191.12

2021/22	
£	£
3,707.12	
1,367.16	
0.00	
360.00	
753.00	
125.00	
	6,312.28

	2022/23	
Expenditure	£	£
England Athletics fees	150.00	
Race & affiliation fees	1,927.00	<i>Note 4</i>
Race organization	5,217.28	<i>Note 1</i>
Kit costs	450.20	
Training	1,789.48	<i>Note 2</i>
Administration costs	1,629.64	<i>Note 3</i>
Total expenditure		11,163.60

2021/22	
£	£
150.00	
1,006.45	
1,910.39	
0.00	
1,325.00	
522.72	
	4,914.56

Surplus/deficit for year	-3,972.48
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	1,397.72
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Notes:

1. Includes £4,274 refund of Staverton 10 entries and £630 pre-payment on 2024 WCs
2. Includes coaching qualifications for Matt Ashman and Jamie Hartnoll
3. 3 socials vs 1 for 2022, Birmingham League trophies
4. Includes £600 for discounted Gloucester League XC entries

2. Balance sheet

	2022/23	
Assets/liabilities	£	£
Cash	3,938.46	
Debtor	0.00	
Liabilities	0.00	
Stock	1,687.50	
Net assets/liabilities		5,625.96

	2022/23	
Represented by:	£	£
Opening balance (31/03/22)	9,598.44	
Surplus / (deficit) for the year	-3,972.48	
Reserves		5,625.96

2021/22	
£	£
7,910.94	
0.00	
0.00	
1,687.50	
	9,598.44

2021/22	
£	£
8,200.72	
1,397.72	
	9,598.44

Eoin McQuone
Treasurer



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Paper 3

LADIES CAPTAIN REPORT

It has been a complete pleasure to be captain of such a fab squad of ladies this year.

My report focuses on the highlights of the year, especially in respect of team events. It is great to see so many striders ladies racing week in and week out and to anyone who hasn't yet competed for the club, please consider it as it really is so much fun, despite the brief pain!

We started the year in the summer of 2022 during the track and field season. During the course of the season the following club records were claimed:

- Amelia – 600m, 3,000m, 5,000 LV50
- Helen – 10,000m 5,000m, 3,000 LV40,

Whilst on the roads in the Bugatti 10km in August – Kate Telford was 1st Lady.

In September, as usual a squad of ladies attended the Midland Road Relays. On this occasion, there was a masters team option which we competed in and came away with 2nd Midlands Masters team (Amelia, Helen, Fiona and Liza).

Cheltenham half marathon is always a popular race in the striders calendar. Amelia Mullins flew the flag for the ladies whilst Julia Rose ran her debut as a strider in the 10km.

Cross country season took us from November to March. In the Gloucester league we saw lots of individual season medals:

- Kate Telford – 3rd V35
- Helen Knight – 2nd LV40
- Amelia – 1st LV50

Plus we were 1st Masters team overall. It was great to see so many ladies commit to these fixtures helping contribute to our success.

Whilst in the Midland League, after being relegated to division 2 last season, we fought for and achieved promotion to division 1. We also came away with 1st Masters Team. Both Helen and Liza won individual medals.

The season concluded with 4 of us representing Gloucestershire at the Intercounties cross country championships in Loughborough.

Meanwhile Amelia turned her focus to the trails and ran most trail races going, achieving 1st LV50 in:

- Eastnor castle 8

- Standish Woodland Chase

Finally, as spring sprung we saw some fabulous performances at the London and Manchester marathons:

- Liza 3:03 at Manchester, 3:06 at London
- Helen 3:07
- Fiona 3.43
- Nikki 3.33

A busy year with some great performances and I am looking forward to see what the next year holds for us all.

Rachel Vines
Ladies Captain



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Paper 4

MENS CAPTAIN REPORT

WHAT...A...YEAR...!

Having narrowly avoided relegation last season from Division 2 of the Birmingham League Cross Country, the prospect of being promoted to Division 1 this year was really a dream. However, after an incredible season, the dream became reality as we secured promotion for the first time ever at the final race of the season over the challenging Burton Dassett hills.

It really was a huge squad effort from everyone involved to finish 3rd in the league, with only 860 points. The team spirit was amazing throughout the season, we fought for every place and deserved this achievement!

At all four fixtures we had at least two scoring teams of 6, with 27 Striders racing across the season and everyone made a real difference (Will Ferguson ran most of race 3 with just one spike on, having lost the sole of one after the first lap!). We had new members in Joe Willgoss, Alex Johnston and Rob Finch strengthening the squad and scoring for the A team and Rob Green winning the Masters competition and finishing 8th overall. I can't list everyone who ran, but you know who you are and a BIG thank you for your efforts and commitment. Bring on Division 1 in 6 months' time!

In the Gloucestershire League XC, David James won Bronze medal in his MV70 age category for the season and was also County Champion at the County championships. Rob Finch and Alex Johnston made their Striders XC debuts at Cirencester Park and showed their strength across the terrain. Rob Green was crowned cross country County Champion with an excellent run at the Cotswold Farm Park course along with Tom Burgess, who finished in a very strong 8th position. As a result, both were selected to run for the County and went on to race at the Inter Counties Championships in Loughborough in March. Not bad for two Triathletes!

Last summer on the track saw some strong performances and club records. John Willson had a great season running 5:35 for 1500, 5:49 Mile and 11:36 3000 setting three MV60 club records. It's been great to see JJ back at training recently after a prolonged time away.

Paul Northup set new MV55 records with 11:08 in the 3000 and 19:03 5000. Paul Lockyer ran a fast 13.3 100 and 27.7 for 200 to set new MV45 club records. Sam Baylis again had a good track season, running a strong 4:50:39 at the Iffley Festival of Miles in Oxford.

The popular Bugatti 10k took place in very hot conditions in August, with John Comer and Jamie Hartnoll finishing in the top 10. Alex Monro, Adam Greenwood, Hedley Phillips and Matt Ashman all competed well to help the men win the team prize on the day.

In September we had the usual strong showing at the Cheltenham Half Marathon with Rob Green finishing 6th overall in an excellent 1:12:19. Rob Barnett broke the 80min barrier for the first time with 1:19:21. There were also big PBs for John Comer, Jamie Hartnoll, Adam Greenwood and Matt Ashman & Rich Tilson both in their first ever halves. Sheng Peng, Tom Fletcher, Nigel Bailey, Gavin

Jerman & Eoin McQuone all ran well. Domenico Geracitano smashed his previous best by 15mins in a PB of 1:52:57 as a reward for his hard work in training.

In October, we had the London Marathon (reverting back to April in 2023) where Gavin Jerman, the 2022 club place recipient ran an excellent time of 3:35:57. Oli Watkins, having smashed the V40 club record in Manchester last year, ran 3:05:09. On the same day, Ryan O'Donnell ran the Jersey Marathon, a tough course on a windy day to finish in a strong PB time of 3:16:03 for 19th overall. October also saw Iain Porter, the mountain goat, run a strong 1:24:08 for 5th on the hilly course at the Eden Project half marathon.

In the 6 stage Road Relays at Sutton Park the men had an excellent showing at the Midlands event, with the A team qualifying for the National finals for only the third time in the club's history! At the Nationals, in perfect conditions in early October the team of Dan Bazzard, Rob Green, Rob Barnett, Tom Burgess, John Comer and Javid Norat all ran brilliantly to finish in a cumulative time of 2:02:47 and 71st overall. It was the best placing we have ever achieved and an outstanding achievement for the relatively small club we are.

In November, David James represented England at the British & Irish Masters International XC in Dublin finishing 16th in his category. An outstanding achievement and worthy recognition for the club legend.

Broadway Trail Marathon and Half Marathon saw club stalwart Gavin Jerman finish in a strong 4:47:52 for 43rd place and claim the MV55 multi-terrain marathon record. Rob Bircher finished the marathon in 5:21:39 for 84th. Simon Thomson completed the half in 2:50:37 for 100th.

Ultra machine Rob Bircher had another strong year, completing numerous long distance challenges (too many to mention!) including the Lakeland 50 and the Fire & Ice Ultra in Iceland 'Iceland's toughest foot race' in August – a brutal 255km over 6 days, carrying all of his gear and finishing in the top 10. Brilliant!

January saw the ever popular Linda Franks 5 mile race where PB's were again smashed on this cold morning. Joe Willgoss, in his debut road race in the black & green vest, finished 4th in 26:52 with Alex Johnston 27:31 and Rob Barnett 27:33 closely behind in 5th & 6th with blistering PB times. There were also excellent PBs for Nick Ledwold, Sheng Peng, Adam Greenwood, Joel Freeland and Matt Ashman. Tim Brock returning from injury ran well with Nigel Bailey closely behind and Mike Speke has a strong race. Ed Collier broke the MV65 club record with 37:46.

Bourton 10k in February was well attended as ever, with scorching PBs being run by Tom Burgess and Rob Barnett to finish 12th & 17th respectively, in 33:36 & 34:09. There were also big PBs for John Comer, Adam Greenwood, Matt Ashman and Nigel Bailey, running closely alongside Tim Brock returning from injury. On the same day and perhaps one of the performances of the year was a brilliant PB for Nick Ledwold at the Wokingham Half, finishing in 1:19:56 knocking over 6 minutes off his previous best. Alex Johnston travelled to Barcelona to race in the half marathon, running a superb and very well deserved PB time of 1:15:49 in a perfectly paced race.

March saw a strong Striders contingent at the Fission 20 & Half, which many were using as a race to test form & fitness for their upcoming marathons. Joe Willgoss & Rob Green crossed the finish line together in the 20 mile race, running PBs in a club record time of 1:59:16. Matt Ashman ran an excellent PB in the half of 1:34:20 and Paul Northup broke the 90min mark to win his age category in a time of 1:29:52.

Ryan O'Donnell travelled to Omagh at the end of March to compete in the half marathon and ran a perfectly paced race for a PB time of 1:24:47.

The big city marathons of Manchester and London took place in April with many outstanding performances and PB's. In Manchester, we saw a big PB and sub 2:40 run from Joe Willgoss,

finishing in a superb 2:39:07. Next home, all running well in their debut marathon were Rob Barnett in a very strong 2:47:22, Rob Green 2:48:47 and Tom Burgess 2:50:05. Alex Johnston, having struggled with a serious knee injury which hampered his last few weeks of training ran an excellent, gutsy debut of 2:52:01. Nick Ledwold absolutely smashed his PB with a superb 2:54:16 as did Jamie Hartnoll with a 3:13:57 closely followed by the ever improving Adam Greenwood, with a brilliant debut marathon of 3:15:48. Tom Fletcher, a late entrant, ran 3:27:18.

The Boddington Sunday sessions had come good and thanks go to coach Matt Ashman for regularly coming along on his bike to support & provide refreshments!

In London, we saw Juan Moreno set a simply incredible new club record time & PB of 2:29:28, coming 1st in his MV45 age category! Javid Norat, the recipient of the club place had a tough race, suffering with severe cramp in the wet conditions but battled through to finish in 4:16:18, showing real strength of character.

Just recently at the Bourton Mile, Joel Freeland set a new MV40 club record with a quick 5:15, closely followed by Rusty Hemsley in a PB of 5:17. Paul Lockyer ran a seasons best of 5:26 followed home by Paul Northup in 5:41.

Training has been well attended throughout the year with real progress being by so many like Domenico, Colin Upton and recent new members Aled Leaver & Kai Hamer, with Kai recently setting the club U20 parkrun record at Pittville in a strong 18:29.

It really has been a superb year for the men and thanks to all of you for playing such a big part. It's been a lot of fun, there is great camaraderie amongst the squad and I'm really excited for the year ahead.

Huge thanks as always go to all our coaches Joel, Amelia, Matt, Jamie and Brendan for their ongoing encouragement and support. These records and achievements would not be possible without you.

Will Pearce
Men's Captain



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Paper 5

TRAINING UPDATE

Over the past twelve months our Monday training runs, on the road or round Pittville and the Racecourse, have been consistently well attended by both existing members and new faces. We have introduced a short warm-up before the run, which helps reduce the likelihood of injury. Our group leaders do a great job in leading groups, so thank you to all of them. If anyone has any ideas for new winter or summer routes, please let Amelia or Matt know.

On Wednesdays over the past year, we have trained on the CLC sports centre field, Pittville Park, the Honeybourne Line and the Prince of Wales track. The club's dedicated team of coaches (Amelia, Jamie, Joel and Matt) have shared coaching duties and have taken it in turns to plan a two-monthly mesocycle of sessions for the 'Improvers' and 'Competitive' groups. This means the coaches know what they're doing in advance, and the session can be emailed to members beforehand, so they also know what to expect.

Following the popularity of previous sessions, we've held a couple more blocks of interval training on the track, in Sept/Oct 22 and April/May 23, in addition to sessions on the Honeybourne Line. The track sessions have been well attended and we're pleased that we could make these free for members, with the club paying the cost of track hire. As part of this, there were very successful 5k time trials in October and March, and a sociable track relays session in early May.

Matt qualified as an EA Coach in Running Fitness last year, as did Jamie this year - congratulations to both of them. Martin Bick stepped back from coaching due to other commitments and we would like to thank him for his dedication over the past few years. Brendan remains our Head Coach, and his support and guidance is much appreciated. If anyone would like to do a run leader or coaching course, please speak to one of the coaches.

The Training page of the website has been updated, and Matt has also done a great job of improving the Striders' noticeboard at the sports centre, which is where a lot of people find out about us. There is a new requirement by England Athletics for all Leaders and Coaches to have some first aid training. This will be part of the license renewal process going forward so there is no need for any immediate action on our part.

The CLC Striders coaching team would like to thank our members for their continued enthusiasm and commitment at training, it makes our job fun and worthwhile!

Amelia Mullins
Coach



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Paper 6

SOCIAL UPDATE

We have had a reasonably busy and successful year of social events.

We started my tenure as social coordinator with a game of rounders in Pittville Park. It was a lovely evening in glorious summer sunshine (hopefully it will be sunny again soon). We even managed to tag along to a free rave in the park for some unplanned music entertainment.

In October, we had a good group of Striders attend the Railway Pub for some food and drinks. Unfortunately, the men's Captain decided shots were necessary and unsurprisingly the night descended into chaos and the less said the better.

We had our annual Christmas event at the Tivoli with a large number of striders attending for food and a few more attending for drinks and a catch up. I didn't expect to be singing 'It's Coming Home' at 3am but it was a Christmas World Cup....

In late January, in lieu of Staverton having to be cancelled, we organised a social Sunday jaunt up Leckhampton followed by coffee, cake and bacon sandwiches. This was a great event and we will plan more over the summer months.

In February we held a celebration curry to mark the amazing cross county performances which earned both men's and ladies teams promotion. Again, this was very well attended (32 in total). Many thanks to the Committee for agreeing to provide a contribution which I know was much appreciated by the members.

Finally, (organised by our wonderful secretary) we signed off our track booking with a social relay event which went down a storm. This will surely become an annual event especially as there are biscuits to be won.

Ryan O'Donnell
Social Coordinator



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Paper 7

KIT UPDATE

Training t-shirts and vests remain available on the Gloucester sports website so members can purchase directly from them.

A new hoodie design is also available to purchase directly from the Gloucester sports website.

All other kit remains available through the Kit Coordinator.

Laura Daubney
Kit Coordinator



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Paper 8

MEDIA UPDATE

Looking back ...

- This year has seen a real turnaround in the club's press and media profile – thanks largely to Joel's work on socials and Matt's work on instigating the new monthly e-newsletter and updating the website.
- On a rota basis, we covered off the cross-country season reports between us – that's Joel, Matt, Will and Paul.
- Since then, we have reverted to Paul writing the final reports for press submission and wider circulation, with the rest of the 'team' gathering the raw data together.
- All reports get posted to our website, so we build a record of our achievements there, and they also then get used on our socials and FB pages.
- In addition, we have finally tracked down the right contact at the Echo after much calling and emailing – who, when we spoke to him, admitted to finding two years' worth of our race reports in his JUNK folder.
- Now when we submit our reports, we text to check they have been received. As a result, we have been enjoying pretty regular coverage in the printed Echo across the autumn and winter – a major breakthrough after a few year's of no coverage.
- We even managed to get a press release placement and feature on the RunABC website for our promotion back to Division One in our respective ladies and men's regional cross country leagues (<https://runabc.co.uk/double-cross-country-honours-for-clc-striders-rc>)
- Gavin continues to do an amazing job of keeping all the records up to date on the website and notifying club members whenever Helen sets a new one (pretty much weekly).

Looking forward ...

- Although we have done much better over this past year, we would still benefit from establishing a more diverse 'Comms sub-group' (at the moment, it's all blokes of a certain age).
- We are conscious that we are achieving quite a bit of cut-through, but with a couple more people with a bit more time and nous we could be more planned and strategic about our comms and media activity and so better reflect and support the achievements of our great club.

Paul Northup
Media Coordinator



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Paper 9

ELECTIONS TO THE COMMITTEE

The club wouldn't run without the small, dedicated group of volunteers who work behind the scenes to keep it operating. The committee meets four times a year (usually face-to-face at The Tivoli in Cheltenham) as well as hosting the AGM in May each year.

There are 5 positions becoming vacant at the 2023 AGM as detailed below:

Honorary Officers	Name	Tenure
Chair	Jon Howes	Becoming vacant at AGM 2023
Club Secretary	Matt Ashman	To AGM 2023
Membership Secretary	Gavin Jerman	To AGM 2023
Treasurer	Eoin McQuone	Becoming vacant at AGM 2023
Men's Captain	Will Pearce	Becoming vacant at AGM 2023
Women's Captain	Rachel Vines	To AGM 2024
Club Coach	Amelia Mullins	To AGM 2023
Ordinary Members		
Deputy Men's Captain	Joel Freeland	To AGM 2023
Deputy Ladies' Captain	Sophie Longmore	To AGM 2023
Social coordinator	Tom Kabbala	To AGM 2024
Kit coordinator	Laura Daubney	Becoming vacant at AGM 2023
Web developer	Mat Benfield	Becoming vacant at AGM 2023
Press coordinator	Paul Northrup	To AGM 2023
Events coordinator	Rachel Vines	To AGM 2024

Members are asked if they wish to be nominated to a position on the committee and inform Matt Ashman (Club Secretary) of their interest.

Sincere thanks must go to Jon, Eoin, Will and Laura for their hard work and dedication in supporting the club during their tenures. They really are unsung heroes who work in the background to ensure the club operates effectively and in line with EA guidelines.

The tenures of the 6 committee members highlighted in red above come to an end at the 2023 AGM and will therefore require nomination to stand for another 2 year term. Club members will be asked to nominate and second each committee member who wishes to stand for another 2 year term.

Matt Ashman
Club Secretary



CLC STRIDERS RUNNING CLUB AGM 2023

Friday 19 May 2023 at 1930
United Services Club, Cheltenham

Paper 10

STAVERTON 10 REPORT

Race

In January we had to take the sad decision to cancel the week before the race as we didn't think we could safely run the race due to the roadworks .

- There were 3 sets of roadworks along Cheltenham Road East
- Two (at the Bamfurling Lane junction and Hare and Hounds junctions) we think we can safely negotiate
- The third near Brickhampton – we are not comfortable that we can run safely
- We have liaised closely with the contractors but they have unfortunately concluded that it will not be possible to create a safe passage for the runners. (huge thanks to Matt for his herculean efforts to find the right people to speak to)
- The image below shows the issue. I stood and watched for a while. This car is being quite good. Quite a few strayed over the white line.
- Tim and I attended the race start on the day in-case anyone had not got the message. The only people that turned up were two spectators. So the word got out well.
- I'm glad to say we had no real complaints. The team did a remarkable job of making sure that everyone knew and got refunded.



Finances

- The first aiders and Lush timing were good enough not to charge

- However we did pay £630 to Andyloos – which we could not get a refund but they are happy to hold onto this as a pre-payment for the 2024 race
- We had to refund all the entries which came to £4274

Future

- There are roadworks scheduled along Cheltenham Road East until March 2024. Which means it would be risky trying to run the event during 2023.
- Tim and I ran round the whole course on the day and it was clear that the cycle path would leave the road very narrow as it enters Churchdown. Our conclusion is that we think it is unlikely that we will be ever be able to safely use the route along Cheltenham Road East again.
- So I think we need to find a new route for 2024.

Eoin McQuone
Staverton 10 Race Director