



CLC STRIDERS RUNNING CLUB COMMITTEE MEETING

Tuesday 8 November 2022 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. Staverton 10 - Eoin
8. Social events update – Ryan (by exception)
9. Events update – Rachel (by exception)
10. Kit update – Laura (by exception)
11. Any other business
 - a. First aid training for Coaches - Amelia
12. Date and location of next meeting



CLC STRIDERS RUNNING CLUB COMMITTEE MEETING

Tuesday 8 November 2022 at 2000
The Tivoli, Cheltenham

MINUTES

In attendance

Amelia Mullins
Eoin McQuone
Gavin Jerman
Joel Freeland
Jon Howes (Chair)
Matt Ashman
Rachel Vines
Ryan O'Donnell
Will Pearce

Apologies

Laura Daubney
Sophie Longmore

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	£6,262.46	£6,741.52	-£479.06
Social Account	£0.00	£0.00	£0.00

Notable Transactions since last meeting

Date	Description	Payment	Receipt
31 Oct	Cheltenham Trust (stadium hire)	242.00	
31 Oct	Glos amateur athletics (XC entries x 24)	600.00	
24 Oct	Midlands XC League	120.00	
10 Oct	Trophy Engraving	153.00	
10 Oct	National Road Relays entry	54.00	
16 Sep	Midlands Road Relays entry	120.00	

	Membership payments		480.00
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CWR Breakdown

Cost of entry = £180 x 3 Teams = £540

Entries = 29

Payments = 25

Shortfall = £72 (will chase up payments)

4. Membership update – Gavin

Membership statistics @ 8 November 2022

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

Changes since Committee meeting 6 September 2022

- 6 new members
- 1 second claim
- 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 may need to incorporate this £1 increase into our 2023/24 club membership fees.

Action: Agreed to set the 2023/24 membership at £30 (Gavin)

2023 TCS London Marathon EA affiliated club entry

- our 96 first claim members entitle us to 1 club entry for the TCS London Marathon on 23 Apr 2023.
- Closing date for the club application is 23 Nov 2023.

Action: setup boosted posts on Facebook and Instagram (Joel)

Action: look at options for running an 'open' 5k time-trial event for non-members (Joel)

5. Training – Amelia

On Mondays, we changed to the winter routes at the start of October. These have been fairly well attended with some new runners trying the club out.

Wednesday interval training took place with two groups during September & October; one on the Honeybourne at 1830 and another on at the track at 2000. Both groups were well attended and the track sessions concluded with the very successful time trial on 26 October (thanks Joel for organising!). The Coaches have planned another two-month training 'mesocycle' for the Competitive and Improvers groups on the Honeybourne, which will take us up to Christmas.

Jamie has now started his CiRF training and has his 3rd day of this next weekend, with the final assessment on 15 January.

Matt has updated the Training page of the club website, and has also done a great job of re-vamping the noticeboard at the sports centre, which is where a lot of new members first hear about us.

The Coaches are planning to meet up for an informal chat with Jo Wilkinson one evening next week. Whilst Jo enjoys coming to the Striders as a runner, she coaches both privately and for British Athletics, so we are looking forward to getting some feedback and tips from her.

Action: speak to Cheltenham tri club re sharing 1900 track session (Matt)

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

Mens

Good results from the national road relays with the club achieving a great result.

17 signed up for the Birmingham League XC at Plock Court on Saturday, need 1 more for 3 full teams.

Joel proposed considering attending the national XC event, this would involve travel but would be an incredible experience for the team.

Action: identify date for the national XC event and potential options for attendance (Joel)

Ladies

Struggling to get a team together for the Midlands XC event on Saturday. Good attendance at the Gloucester League XC event last weekend.

Masters doing really well and potential for some medals in Gloucester league.

7. **Staverton 10 - Eoin**

Done:

- License obtained (Phil Jeyes adjudicator)
- Police/Highways informed
- Aviator informed
- Farmer informed (cows discussed)
- Up and Running supporting
- Lush Timing booked
- Local Event medics booked
- Entries opened on Saturday - sold out last night
- Holding back 5 entries for elite runners

Still to do:

- Book portaloos (have requested booking – awaiting confirmation)
- Decide on prizes/mementos
- Inform Airport and local organisations
- Ask Co-op for freebies
- Organise Marshals
- Course check and marking
- Course setup

8. **Social events update – Ryan**

Christmas – Ryan looking into options for a meal/event (potentially skittles), date agreed as 3 December.

9. **Events update – Rachel/Will**

Email to be sent out re Bourton 10k, entries potentially open on 1 December. (**Action** Rachel)

10. **Kit update – Laura**

Action: update the kit photos on the website (Laura)

11. **Any other business**

a. **First aid training for Coaches – Amelia**

Action: agreed to provide some first aid training to coaches and potentially LiRFs. (Amelia/Matt)

b. **Monday social runs - Matt**

Action: email members re hi-viz, not leaving without telling a LiRF and etc. (Matt)

c. **Website**

Need to keep more up to date. Proposal for a Monthly club news, spotlight on a runner and etc to be considered.

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

Thursday 19 January 2023

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	
2022-09-06	Speak to the Gloucester AAA about bulk booking Gloucester XC league places	Rachel	Closed
2022-09-06	Purchase a small thank you gift for Martin	Amelia	Closed
2022-09-06	Setup a mens WhatsApp group	Will	Closed
2022-09-06	Order some more club running vests	Laura	Closed
2022-09-06	Promote club kit that is available for members	Laura	Closed
2022-09-06	Email members to ascertain if anyone can assist with website reports and etc	Matt	Closed
2022-11-08	Agreed to set the 2023/24 membership at £30	Gavin	
2022-11-08	Setup boosted posts on Facebook and Instagram	Joel	
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	Laura	
2022-11-08	Speak to Cheltenham tri club re sharing 1900 track session	Matt	
2022-11-08	Identify date for the national XC event and potential options for attendance	Joel	
2022-11-08	Email to be sent out re Bourton 10k, entries potentially open on 1 December.	Rachel	
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	

