Meeting: AGM

Date: 04/11/2021

Attendees: Approx. 54

Apologies: Ahmed Berrah, Amrik Singh, Andrea Watts, Annelies Gerber, Anthony Green, Beverley Green, David Wynn, Dean Haywood, Estelle Parkins, Geraldine O’Reilly, Graham Crouch, Heather Chandler, Hilary Blessing, Ian Pitkin, Ingo Frommholz, Jenny Sawyer, John Chapman, Karen Ashby, Kulwinder Assra, Nicola Abubacker, Pat Blessing, Paul Duffy, Peta Henry, Peter Brown, Sarah House, Shaun Mutter, Valerie Dawson,

## 20/21 Club Charity Presentation – Action for Children – Liz Evans, Club Charity Fundraiser

* Liz presented a review of the year with a current total £2638.28. One further event to go – rescheduled Bingo on 12/11.
* Club will announce our donations once the final total is in.

## Chairman’s Annual Comments – Thom Darby, Acting Chair

Well, what can I say the last 12 months have been interesting as a Strider. First of all, it is great to be able to speak to members in person rather than doing this over Zoom. To be back running with friends from Inspire on a Monday and Thursday is fantastic, to see many faces we have not seen in person for many months is awesome. To be back at the track being put through our paces by Gez and Maria is brilliant, even though it may not seem it for about 45 minutes on a Tuesday night.

To say that the last 12-18 months have been a challenge for everyone I think would be suitable description to use. The club though has managed to survive these challenging times, adapting when it was ultimately necessary for the health of everyone. We kept going through the winter, with many thanks to Kate Neale for organising the X Country team competition. It was so nice to find some new challenging routes in the surrounding countryside and also get the sense of team spirit within the various WhatsApp groups. Thank you to Fran Moss, Ruth Doyle and Donna Wiggett for captaining and organising the teams. A big thank you Kate for not only organising but also doing the huge admin behind the event in sorting out the scoring for the event. Well done to Team Boulders for being victorious across the 5 races.

We were also entertained across the winter by Charles’ winter quizzes. I know many members appreciated this during the early months of this year as our third lockdown kicked in. We also had Liz Evans notorious Treasure Trails to help us keep ourselves and our families entertained over the various school holidays this year. Liz’s charity fundraising, with her side kick Amanda has been fantastic over the last 12 months. You have done amazingly well in the circumstances raising the amount you have also completing the London Marathon, which is a feat in itself, made even more challenging with the charity fundraising alongside it.

That leads me on to all those Striders who have ran marathons both virtually and at races over the last twelve months. Your stories are inspiring and everyone of you should be proud of your achievements. 26.2 miles is a challenge you will never forget and one that you should be proud of as I saw a stat recently that said that less than 1% of the world’s population had ever done a marathon.

All runners this year should be proud of their achievements no matter the distance. As I have said what you have achieved over the last 12 months is inspiring. Seeing pictures of Striders completing their challenges over this period has lifted people when they needed lifting and also inspired them to achieve what you have achieved in the future. This is what being a Strider is all about.

As Lockdown lifted, we started to take the small steps to get back together as a Club. The Alf Brown Relay challenge on the traditional London Marathon weekend in April saw over 35 Striders take on the 2 mile course and a special well done to Shaun Mutter for completing 6 straight laps of the course – 6 times up Cinder – well done! We also had Gary Fowler find his very own ‘Alf Brown’ in Prague!. We then started to slowly come back together as a club with coached sessions being held at various places across town led by Gez, Maria, Kate and Mark Layzell. Striders also started to organise their own social runs via Spond, as we started to run together again. The last week of April saw the return of Track and Monday night Social runs from Inspire, which allowed us to see some friendly faces again.

As Spring turned into Summer it was great to see so many Striders returning to running with our 5k Club Champs at Marston and Hitchin with some real quick running by many. We also held our 10 mile club Championships with 16 runners participating with Donna Wiggett also taking part as part of her visit to the area from Northern Ireland. Thank you to all the marshals who gave up their Sunday morning in early August to make this event happen. We saw more Club Champs in September and October with the Bedford races, the Willow 10k and the Luton races. We have one

more club championship left with the Hatfield 5 mile in late November and it would be good to see as many Striders as possible at this event.

A running club like ours cannot survive though without those volunteers who give up their time coaching and being part of the committee. The coaches this year have gone the extra mile, running sessions at unusual times, in unusual places and at time when club was not back in a recognisable way. I thank Gez, Maria, Mark, Phil and Kate for making sure that we have been able to keep up our endurance and speed over the last year but more importantly allow us to see other Striders at times when we were not able to see many people. Your input into people’s physical and mental well being this year should not be underestimated – thank you.

I would also like to thank Stuart for being Chair between Jan 2020 and August 2021. You took on the role not knowing what the next 18 months would bring, being a steady hand when the club needed it and a voice of reason when appearing over Zoom. I would also like to thank Christine for her efforts on the committee and being Ladies Captain over the last few years. Your chattiness and ideas have been missed at committee in recent months, and we hope to see you running back at club soon. Your efforts in this capacity have been immense and they certainly are big shoes to fill for any future Ladies captain.

I would also like to thank Tony Green as a ‘go to’ for advice when needed about things that come up time to time. His experience has been valuable in making sure the club have been able to negotiate the last 18 months. The Vice Presidents have also helped, especially Karen Ashby with a message every few weeks to say we are doing the right thing also makes sure we keep going. I know your weekly phone call to Helen is also appreciated and I know the same can be said of Dave Thompson Trace phoning Helen too. It is these little things that make Striders the club that it is.

I would like to thank Evelyn who has been a committed attender of Committee meetings in her role as Web master. The website has gone from strength to strength over the last 12 months and her work has helped the club evolve and keep going during the many challenges. I would also like to thank Martin Read who has been a great committee member over the last two years. I know that other commitments have meant that you have had to step down, but I know that you are a valued member of the club and would always be welcomed back to a position when time allows.

Ruth, Vicki, Zena and Maria have been excellent as committee members. They stepped forward at a time when the club needed people to help and support the club in moving forward. You may have noticed the improved communication as time has gone on this year, and Maria and Vicki have played a huge role in allowing this to happen. No longer am I able to ramble on over Facebook about what is happening in the club – we certainly do have a more clear and concise message. Zena’s experience has been welcomed at this year’s committee meetings. Estelle has been a constant help and support on the committee in the last 18 months and I thank you for all the time you have given to ensure that Striders get their membership and especially their Strider of the Month trophies.

As I bring this ramble to a close (Sorry I wrote this with no help from the Comms team!!) you will notice that a word has cropped up several times – challenge! The last 18 months have been this for all of us, we all have been through the same storm but in different sized boats. The club has, though, negotiated the storm, we have come back and we continue to move forward going from strength to strength. The return to Inspire, the social nights here at Crawley Green and at the Barrels, the coached sessions, the club champs, the social runs, the anticipated return of the Beginners Course and the Striders races and the Inaugural X country competition against Dunstable Road Runners means that the future is very much bright for Stopsley Striders.

## Treasurer’s Report – Thom Darby, Treasurer

* Accounts were available to all to review
* Questions invited but non received
* Copy of report at the bottom of this document

## Annual Running Report – Charles Nelis, Club Captain

* Draft report presented, full report below

Good evening everybody. It’s been a long time since our last AGM but it’s great to be back.

This is a personal perspective of Striders’ running over the last year. Future monthly running reports will be more detailed.

Our club’s lockdown challenges gave many of us something to look forward to during the grim Covid winter of 2020-21. The cross-country challenge was a particularly muddy highlight for me, really engendered team spirit and friendly rivalry, and it was great to walk/run some of the routes with some Striders. The 10-mile challenge and the virtual Alf Brown were especially competitive as well. Many thanks to all who organised these events.

The Alf Brown team relay was a great, competitive yet supportive event. It was lovely to see so many Striders and their families. Stopsley Striders Toddlers and Infants group seems to be thriving. It was super to see so many Striders at the ‘proper’ Alf Brown a few months later.

Marston Forest 5K – STRIDERS ARE BACK, BABY! Striders returned to their usual spot as the biggest team. It was great to run with so many club members then being able to relax and chat with a burger and beer (or two) afterwards.

Busy Boys: Robert Barnes, Shaun Mutter, Martin Smith and Martin Ball have all been out and about. Shaun took on an Ironman, an Ultramarathon, and the Conquer 24 (85 miles in 24 hours) – the question must be asked though – when does he fit in the hoovering? Just four weeks after running the Brighton Marathon, Martin Smith completed the Ironman Portugal and Robert Barnes came 12th (out of a couple of hundred) in the Montane Dragon’s Back Race – 380KM in six days. Martin Ball has been a great ambassador for the club, travelling far and wide every Saturday morning to promote various parkruns.

Formidable Ladies: well done to Amanda Rankin, Liz Evans and Carly Eaves who, just a week after finishing the London Marathon took part in the Royal Parks Half – Rob, Shaun, Martin – they have you in their sights! Great to see that Gill McLaren came first in her age category at the Beds AAA Championships.

Bedford Running Festival: Denis Rowley ran his first and (according to his wife) only half marathon. Yours truly finished first in my age group in the 5K but looked so bedraggled later after the 10K that a sympathetic lady bought me a beer! Paul Duffy, still recovering from a long-term ankle injury, managed to fit in the Beds 20-mile race in the runup to London.

Speaking of which! It was great to see so many Striders running the London Marathon and tracking them online. Liz, Amanda, Kate, Hilary, and others raised thousands of pounds for charities.

Love Luton 10K and Half Marathon: an amazing Striders turnout – we had about 60 runners competing across both races in thoroughly miserable conditions – yet in the photos everyone looks very happy.

Races and events to look forward to; the Hatfield 5 Mile, the Fred Hughes 10 Mile and this winter’s Stopsley Striders Cross-country challenge (many thanks to Kate Neale for once again organising this.)

Spring/Summer saw the return of outdoor coaching. Many thanks to Kate Neale, Gez Fallon, Maria Petts, Phil Abbitt and Mark Layzell amongst others.

Special mentions: Dawn Keveren, who came back from long term injuries to win the Alf Brown, Helen Douglas for achieving ‘good for age’ status at the London Marathon and Donna Wiggett for being the first Strider in at many running events across Northern Island. A 2X special mention to our outgoing ladies captain Christine Lathwell – again coming back from injury and illness to win the ladies race at the Luton 10K.

## Presidential Address – Maria Petts, on behalf of Anthony Green

**Short address to Members, Stopsley Striders, AGM 4th November 2021**

Dear Members,

I am sorry not to be with you this evening at the AGM, having to give my apologies, as I am on Granddad duties at Centre Parcs, a long-standing booking. I also pass on Bev’s apologies.

I would just like to record my thanks to the outgoing Officers and Committee. Over the last two years you have had to confront circumstances none of us could have dreamt of. You have managed to maintain the club wonderfully. Also you have begun to set the Club and membership on the course to recovery.

I would like to welcome and congratulate the new Officers and Committee. I look forward to you reviewing the results of the recent survey of club members and putting in place, new measures and initiatives allowing the club to continue and flourish.

As I enter my third and final year as the President of the Club, you can be assured of my fullest support and assistance where required.

Best wishes for a successful AGM and follow on Social. I look forward to seeing you all, should I survive the Centre Parc, “Rapids!!!!”

Tony Green – Club President.

## Confirmation of Club Vice Presidents

* Confirmed by show of hands
  + Helen Morris
  + Dave Debnam
  + Chris McLaren
  + Karen Ashby
  + Bill Barrett

## New Club Charity Nominations

* Hilary Blessing proposed Hospice at Home
  + In Hilary’s absence Maureen from the charity presented that this is a volunteer friending service, non-medical to give carers a break. COVID meant that they had to switch to telephone support, with the rules and also vulnerable volunteers. Getting back to in-person and always looking for more volunteers to match with client needs. Covers Bedfordshire, with local branch being Luton, Dunstable and surrounding villages.
* No other charities nominated
* Passed by show of hands

## Election of New Committee

* Confirmed by 44 ballots agreeing all proposed committee members
* 5 only ticked 9 in total (the 9 did not need to include the named roles)
* Nadia Hall came forward at the AGM. Voted onto committee by show of hands
* New Committee confirmed as
  + Chair: Thom Darby
  + Secretary: Maria Petts
  + Treasurer: Andy Durrant
  + Captain (Ladies): Ruth Doyle
  + Captain (Mens): Charles Nelis
  + Other Committee Members (roles to be determined)
    - Claire Bracey
    - Estelle Parkins
    - Hilary Blessing
    - Kate Mutter
    - Martin Ball
    - Nadia Hall
    - Shaun Mutter
    - Zena Ellis
  + Webmaster (honorary committee role): Evelyn Lutterodt

## AOB

* Book sale by bar for the new club charity
* Chocolate on bar as a surprise from the Chocolate Fairy
* Survey results will be reviewed by the committee at the first committee meeting
* Helen presented a milestone birthday card to Danny Kelly and opened the buffet

**Stopsley Striders Jogging Club**

**Income and Expenditure Account for the Year Ending 30th Sept 2021**

**Income**

|  |  |  |
| --- | --- | --- |
|  | **Current Year** | **Previous Year** |
| Evening Subs | 0 | 1,915.50 |
| Track Subs | 517.36 | 342.50 |
| Annual Subs | 2637.14 | 2794.78 |
| Beginners’ Course | 0 | 0 |
| Kit | 0 | 40 |
| Charity | 0 | 3862.32 |
| Stopsley Striders Race | 0 | 1,728.12 |
| Awards Evening/Xmas Party 2020 | 0 | 2300.32 |
| X Country | 0 | 596.00 |
| Miscellaneous | 0 | 0 |
| Total Income | 3,154.50 | 12,983.54 |

**Expenditure**

|  |  |  |
| --- | --- | --- |
|  | **Current Year** | **Previous Year** |
| Room Hire | 0 | 3,630.28 |
| Trophies and Awards | 122.35 | 998.94 |
| Presentation Evening/Xmas Party | 0 | 2800.80 |
| Social | 0 | 90.00 |
| Other Races | 142.00 | 355.65 |
| X Country | 0 | 747.00 |
| Race Transport | 0 | 0 |
| Members EA Affiliation | 135.00 | 120.00 |
| Club Affiliations | 195.00 | 515.00 |
| Track Hire | 346.00 | 744.00 |
| Stopsley Striders Race | 458.00 | 585.69 |
| Kit | 103.62 | 235.00 |
| Charity | 3000 | 7100.00 |
| Beginners’ Course | 0 | 0 |
| Miscellaneous | 890 | 1042 |
| Total Expenditure | 5,391.97 | 18,964.36 |

**Excess of Income over Expenditure 2021- -£2237.47** (2020 –£5980.82)(2019 -£1261.33) **(**2018 £3459.40)(2017 £1969.93) (2016 -£6026.85) (2015 -£1342.81)

NB The club account has made a profit of £762.53 if charity payment for previous year is removed from balance.

**Stopsley Striders Bank Balance as at Sept 30th 2021 - £5920.19** (2020 – £7961.78 (2019 £13367.57) (2018 £13611.17)( 2017£9812.03) (2016 £7862.78) All previous year’s figures include figures raised for club annual charity. 2021 does not as charity monies were collected in a private account.