**Meeting:** Committee Meeting

**Date:** 13/12/2021

**Attendees:** Andrew Durrant, Charles Nelis, Claire Bracey, Kate Mutter, Maria Petts, Nadia Hall, Martin Ball, Ruth Doyle Shaun Mutter, Thom Darby, Zena Ellis.

**Apologies**: Estelle Parkins, Evelyn Lutterodt, Hilary Blessing

* Reports (as necessary)
  + Chair

It has only been a short time since our last committee meeting but it feels that so much has been achieved in such a short space of time. There has been lots of activity on the social media front, progress has been made with club kit, the club captains have been busy sorting the club championships, and Maria has been working hard on getting things right for the admin side of the club. Well done to those club members who have run in some pretty cold November races, especially the Hatfield 5!

We have also been busy socially, with a couple of socials at the Barrels and Crawley Green and it is good to see the Marathoners wearing their shineys with pride last week. I am looking forward to this week’s social at Crawley Green and also the run from there, as it is always good to check out new routes and speed sessions. It is also great to see some new faces join the club and this is something that allows the club to move forward, so I welcome the new members and those ‘trying us’ out on Monday and Thursday nights.

As we move into the Festive Season, we will close down for a couple of weeks at both the Track and Inspire. If you do run at all over the festive season please make sure that you do it safely, using familiar routes, and if running at night, wearing your high viz! 2021 has seen many challenges for the club, but come the new year we will move forward again with new coaches, the beginners course and more developments in the club that will truly help Striders have a brilliant 40th anniversary year.

P.S Let’s make sure we beat Dunstable!

* + Secretary
    - New membership form created and issued to 6 potential members that have had at least 1 months trial. 2 have responded and completed the process through to payment. Covering email stated that we a response was required by the end of the month.
    - Andy & Nadia have been put forward for an EA Club Leadership programme. We are waiting to hear back from EA if our club has been chosen.
    - Track booking renewal for 2022 has been completed. Need to put a track booking and contacts guide together to publish in this group.
    - 2021 Club Championship Certificates are ready for Thursdays social.
  + Treasurer
    - *For financial members can approach the treasurer.*
    - Handover to Andy largely complete, just the accounts as that requires a bank visit.
  + Captains Run Report (October & November)
    - No report available
* Review open actions from Tracker
  + Evelyn: Please could you send through pictures for the committee page to [webadmin@stopsleystriders.org.uk](mailto:webadmin@stopsleystriders.org.uk)
  + See updates on tracker
* Survey Results
  + Free text feedback. Thom to put together a ‘you say, we did’
  + Survey – walking group. Liz and Amanda on CGSSC social nights, so 1 per month.
  + A build back up course? Could encourage track use for this? Talk to Gez
  + Social runs – longer runs – maybe the cycle path session. Plan the time for coffee – finish at Starbucks for coffee. Thom to setup trial on Spond
  + Andy Wednesday day run trial to be done in January,
    - runs not on club days
  + County championship races – captains to promote.
  + Club kit: Black and Red are the primary colours, but training t-shirts can be a variety. Maria to pull together a list of all the items suggested
  + Encouraging more mixing of club member on runs: try the Christmas 5/8k runs, see how it goes, and maybe setup for Barrels Social Nights.
* Club Night Fees
  + Charge £1 Inspire. Spond collected.
  + Andy would have to agree a way for people that don’t use spond. (possibly a prepay stamp card)
* Club Championship for 2022
  + Initial list – some second dates to be added before club champs list formally announced.
  + As many ATW as possible so that members can benefit from the discounts.
    - Marston 10/06
    - Hatfield 5m - November
    - Love Luton 10k – October, plus another one.
    - 10 mile – Leighton or Sandy
    - Half – St Albans – 12/06 & Love Luton
* Coach Numbers
  + How many?
    - Thom suggested 6 new coaches. This would allow us to run a beginners course of 50 (6 groups), have a couple of spare coaches to cover, and maintain existing club sessions.
  + Suggestions for who? – Maria to put out a post for people to put themselves forward.
  + Commitment expected from new LiRF and CiRF
    - Member of the club for at least 2 years,
    - Can commit to taking a minimum of 1 session a month (track or road) during the majority of the year
    - Also commit to supporting our beginners course.
    - Would need you to have completed the course by mid-March at the latest.
  + Could we adapt to claim back funds, or only pay part of course until they have coached.
    - Agree this at the next meeting
* 3 Counties XC league meeting on 17th Jan.
  + Charles and Ruth will go. Need to confirm attendance.
* Beginners Course
  + Online booking/limit numbers?
  + Help to decide on number of new coaches needed
  + Thom raised that we have a successful model
  + Discussed option for multiple courses, but feeling it would draining and not get the same out of it.
* Strider of the Month (SOTM)
  + October
    - Martin Ball: Improvement and representing internationally
    - Theresa Gunnell: Targeted sub 30 by Christmas and already completed
  + November:
    - Hilary: Also achieved sub 30 post marathon training
    - Christine: Love Luton 1st lady
* Date for next meeting
  + January 10th
  + 24th January – coaches included for Awards
* AOB
  + Maria: Communicating with our older members - Zena
  + Maria: Club Etiquette / Rules – new members pack – For future meeting
  + Maria: Newsletter – Thom this time, Charles next time
  + Nadia: Handover of RD due from Tom R
  + Maria: Do we think it is appropriate to hold the social on Thursday?
    - CGSSC is open. Agreed that all members are adults and therefore the choice is theirs. Space gives options to spread out, and will LFT for everyone before they attend.
  + Zena: Flagged that for the Awards night – need to book asap for CGSSC soon as it gets booked up
  + Ruth: Do as we have enough volunteers for Christmas lights run? Thom to plan it.