**Meeting:** Committee

**Date:** 07/02/2022

**Attendees:** Shaun Mutter, Kate Mutter, Zena Ellis, Thom Darby, Nadia Hall, Evelyn Lutterodt, Andrew Durrant, Maria Petts, Ruth Doyle, Martin Ball, Estelle Parkins, Charles Nelis, Claire Bracey, Hilary Blessing

**Apologies:**

* Reports (as necessary)
  + Chair
    - The last month has seen the club grow from strength to strength. Track seems to have a real buzz about it with many weeks seeing at least 15 runners being put through their paces by Maria and Gez. Numbers on Monday and Thursday have been steady at Inspire and we had good feedback about the 5K and 8K social runs on Barrels night. Sunday Long Runday had a good turnout with the return of some Striders and it was a good natter in Starbucks. Thank you to Kate Neale for another super X country month and it has been great to be running in the mud again with no X country season. It is great news to hear that the club will be able to take part in a X country league in 2022/3 with the return of the 3 Counties league and we will be planning Striders hosting the fixture.
    - It is great news that the club are now a Run and Talk group and with Kate Mutter leading on this, I’m sure this will help members look after their mental health.
    - I see lots of people beginning training for and running in races - and remember to always log you race results. Enjoy your February running and stay safe.
    - Thom
  + Treasurer
    - ***Members may ask the Treasurer for Financial information***
  + Captains Run Report (December/January)

On Boxing Day we had our annual run from Starbucks at Gypsy Lane. Run for half an hour along the Harpenden cycleway, turn around and run back for a cuppa. We had approximately 20 Striders attend and enjoyed running off the Christmas dinner ready for the Boxing Day shenanigans.

We were able to attend a New Years Day Parkrun at Wardown Park after a night of excess for some starting the year as we mean to go on. Big thanks to all their lovely volunteers for enabling these runs to go ahead. Please volunteer if you are able to.

Well done to Donna Wiggett in Ireland completing the Greencastle 5 mile road race wearing her Striders T-shirt and to Amanda and Tom Rankin completing in the Pirton Boxing Day run.

Well done to Vicki Crowson and Maria Petts for completing in the Lee Valley Velo Park on 28th Dec. Vicki did 10 mile race and Maria the 10k.

On Jan 8th it was the Beds AAA cross country championships. It was a tough course held at Campbell Park in Milton Keynes with plenty of rain and mud. Paul Keech was 2nd V60, Richard Hardy, Paul Keech and Andy Reid came 1st in the Super Vet team. Rob Barnes came 7th, Tom Rankin 28th and Charles Nelis 48th. Christine Lathwell finished 4th overall and 1st vet lady. What an amazing set of results from a small group of Striders who represented our club with fantastic outcomes.

On 16th Jan we held our January cross country meet. Cross country can be done any time during the month if you are unable to make the date. There were 12 of us who ran a very muddy, hilly long course with a couple of striders going out slightly earlier. Three of us took a tumble with some coming off worse than others. From the photos taken I think Gez and Thom got the muddiest! Well done to everyone for taking part.

On Jan 23rd 13 striders ran in the Fred Hughes 10 mile race over in St Albans with a couple of PB’s thrown in: Rob Barnes 58.38, Danny Kelly 1:12:45, Peter Brown 1:15:06, Ian Curry and Andy Durrant 1:18:23, Charles Nelis 1:22:05, Ruth Doyle 1:25:37(PB), Dawn Boon 1:27:02(PB), Peta Henry 1:39:20, Valerie Dawson 1:44:42, Martin Ball 1:45:41, Claire Bracey 1:51:54 and Kate Neale 2:01:55.

On 25th January it was great to see Hicham Hasnaoui back at track for the first time since his knee injury in May 2021 which resulted in surgery. Track is a great place to start after an injury as you are able to run your own pace but without being out on your own. Please come along and welcome back Hicham.

Please make sure you buy your tickets for the awards night on March 5th. They are £5 and are available to buy on Spond. It will be held at Stopsley Working Mens Club from 7pm and will include food.

Congratulations to all Striders not mentioned but completed in December and January. Please fill in the race record with your achievements during 2022 and please remember to keep an eye on the age grading as they are a great award to receive for your hard work and dedication.

Stay safe and keep running.

Ruthie and Charles.

* Awards
  + Nadia has ordered the backlog of Strider of the month awards through her supplier as our current supplier has stopped trading.
* Awards Night
  + What is arranged
  + What needs doing
  + How awards issued – Age category, pearl, etc. perf, improver, special. Mix the others through and finish with Rosa
  + Citations – need writing
  + Trophies – Charles to send through the age group awards to Maria & Estelle so that trophies can be ordered.
  + Speaker – Thom has contacted Dan Lewis to speak based on his nutritionist. No response yet. Hilary suggested some of our ultra-runners.
  + Music - none
  + Food – Thom is talking to Cheryl about this.
  + Location – Amanda has booked and put down the deposit.
  + Previously – PA system, setup with table clothes, etc. do we have kitchen? Wine and chocolate raffle will be drawn at the event. For the entry ticket raffle – just to assign people a number and pull a raffle ticket.
  + Club captains – to subtly go round getting people to come.
  + Balloons – Zena to sort.
  + Sound system – Thom to see if there is one.
  + No access to the kitchen and Cheryl aware
  + Thom to get the table clothes from the lockup.
  + Rosa Trophy – thom to send out the link to
* 40th Logo
  + Zena has posted a suggestion for the 40th logo. Any comments?
  + Claire – maybe move the 40 right slightly. So the 40 stands out more.
* Beginners course
  + Numbers 50 people – 6 groups – 8-10 coaches
  + 21st or 28th April. Should start on 28th Completing 14/07
  + Booking/payments – Everbrite event. There is a fee here. Also trained 6 coaches @140 each so need to recoup costs. Andy to look at costs and pricing.
  + Costs suggestion £20 – discount if then come off membership
  + Advertising – to club members for friends and family first. Nadia to mock up.
* 40th Birthday Celebrations
  + 25th June if possible.
  + What events? Family fun day or an evening thing. Committee voted on evening.
  + Venue suggestions: Venue 360, South Beds Golf Club, Putteridge.
  + Entertainment. 30th was dinner, speaker, live band. Agreed that there should be food. Base numbers on 80
  + Band called pink champagne that Martin knows one of. Will check pricing.
* Trail Race 5-10
  + Date – 07/08 – Doesn’t clash with any other local races.
* Kit

Claire suggested we put the club URL on the bottom of new club kit. Martin thinks supplier should be ok with this.

Has been in touch with the supplier again. Provided kit list and they are offering samples.

Has asked about ordering. Has to go through one person initially. The can put up a page for ordering if its all going well.

Logo needs completing.

Prices are fixed for this year and same as Luton AC.

Kate M asked about turn around time. Martin to confirm.

* Strider of the Month (SOTM)
  + January
    - Graham Crouch – taking over the run/walk group. Parkrun pacers and using it to talk about the club.
    - Leigh Betts – Very positive new member. Doing a lot of training and races and seeing the benefits with times improving.
* Date for next meeting
  + 07/03/2022
* AOB
  + Barrels on 14/03
  + CG 24/03 – maybe. If we can book.
  + 20/03 – Sunday long run
  + Charles - 3cXC – December 11th – need to discuss next time. Proposed date. Be good to get contact with those that used to run it - Tony Green, Chris Mclaren, Dave Debnam
  + Claire – no
  + Ruth – No
  + Martin – No
  + Andy – No
  + Kate – Run/Talk – make the longer Sunday runs a run/talk once every 6-8 weeks ending at a venue. State a Monday run every 8 weeks to be a run/talk
  + Shaun – No
  + Zena – No
  + Charles – No
  + Nadia – no
  + Maria – No
  + Thom – will do the newsletter.
  + Thom – club etiquette – something for next meeting.