**Committee Minutes – 07 March 2022**

* Reports (as necessary)
  + Chair

Another successful month for the club has seen the Cross Country season come to a conclusion. Well done to our lone Strider at the Southern Cross Country; Christine Lathwell and Christine was joined at the challenging National Cross Country at Parliament Fields by Richard Hardy and Gez Fallon. It is great to see these great Striders competing at a National level. Thank you also to Kate for putting together the Cross Country for lots of us in the absence of the Cross Country League which will return this autumn. Thank to all that attended the Awards Evening, Socials and other run events over the past month. It is great to see the Striders family coming back together and welcoming the many new members that are joining us. We now look forward to planning our beginner's course and 40th Birthday celebrations for later this year, and long into the distance our Stopsley 5/10 mile and home cross country.

As we move towards the Spring, please can we remember to continue to run safely. We need to continue to make sure we look after all members when out on club nights and that we do everything we can in helping the local community feel safe when out running by thinking about giving people space and being polite in our running. Keep enjoying your runs and staying safe.

* + Secretary

Now have the old members list from Helen so can try to get together a full list and then get the UKA number across as the unique identifier. Will then need to catch all the people that have joined over the pandemic.

Have added 2 new members this month, plus 2 that have had to go back to for further details.

2 more people on the January trial list who I will contact about joining, but then others will wait until April 1st. If people just want to join in the new year that is fine. No financial impact to the club.

* + Treasurer

***Members may ask the Treasurer for Financial information***

Awards night largely paid for, but food still to come out

Money going out for race, but seeing money coming back in as people book.

Not paid out for any of the LiRF courses yet and only had one request so far.

* + Captains Run Report

We began February with Time to Talk day on the 3rd. Our club has been accepted as an official group for this by England Athletics. There will be more to follow about this, and it is being led by Kate Mutter.

On 6th Feb we joined with Dunstable Road Runners for a cross country run over at at Dunstable. As there was a mix up over the starting times a group of Striders ran the course around the quarry without any of the Dunstable team as they were meeting an hour later. There had been a heavy rainfall and the course was extremely muddy but fortunately it wasn’t actually raining at the time. Dave Debnam was flying in his brand new cross country shoes. We tried to remind him to slow down in case he fell again but he was on one. Charley Snowdon a new strider came along, she ran into a big muddy puddle with both shoes on and unfortunately exited the puddle with only one. As we finished the course the Dunstable crew were just starting so more than half of the Striders group decided to run it again. I think it was the tea and cake afterwards that was so appealing. It was great to run and chat with the DRR. We were very grateful for their hospitality afterwards.

On the same day five Striders took part in the Watford Half Marathon. Well done to Rob Barnes 1.16.44, Richard Hardy 1.54.44, Sanjay Roy 2.00.31, Valerie Dawson 2.19.33 and Hannah Roy 2.27.54.

On the same day, Theresa Gunnell, Claire Bracey and Hilary Blessing took part in the Great Barford Run Together Inaugural Run. Well done ladies.

Mark Smith completed 34 miles in the Pilgrim Challenge on day 2 after being a sweeper for them on day 1. Great running Mark.

On 13th Feb 8 Striders ran in the Welwyn 10k. Danny Kelly 44.19, Thom Darby 47.19, Phil Abbitt 58.43, Amrik Singh 58.56, Kulwinder Assra 1.02.12, Claire Bracey 1.02.17, Leigh Betts 1.04.05 and Pam Abbitt 1.13.52. Danny came first in his age category and Pam came second in hers. This is really great news. Ruth was the Stopsley Strider cheerleader while marshalling on the route earning myself a free race with ATW. Of course, Nadia Hall was encouraging all the Striders while working at the event

Tom Rankin ran in the Portsmouth Coastal Half Marathon on the same day with a fantastic time of 1.34.42

On 20th Feb we had our Sunday long run. 13 of us started at 9.30am running the Harpenden cycleway with a few more finishing and having a coffee in Starbucks at 11am. Please join us on 21st March starting at what time you choose and finishing at 11 at Starbucks, Gypsy Lane.

On 21st Feb we had our Barrels night after a social 5k or 8k run or a walk with Stopsley Steppers. Thank you to the group leaders and tail runners for looking after everyone.

On 26th Feb it was the National Cross-Country Championships at Parliament Hill. Gez Fallon came 1423 and Richard Hardy 1923. Christine Lathwell was 106th out of 1010 competitors. Well done to these three striders. Ivor Webb was called up to marshal at the event also representing our club in a positive way.

On 27th February it was the Welwyn Half Marathon. Two striders ran in this race. Liz Evans 2.55.25 and Amanda Rankin 2.55.26. Well done to this mighty pair.

Also, on that date Charley Snowden ran in the Baldock Beast Half Marathon with a PB time of PB 2.03. Fantastic running.

What a great month of running. Well done to everyone who ran including those who have not had a mention.

Keep running. Stay safe and look after each other.

Ruthie and Charles.

* + Charity

Barrels night on Monday and the Awards night = £280. Now over £500 so far.

Planning a Bingo night.

Setting up a silent auction for Bedford Autodrome place that Karen could not use.

* Awards Night
  + Quick check on how it went/Any Learnings?

Food was plentiful and well received.

Good for raffle to be done quickly, not waiting for each person to come up and choose.

Good feedback on the number of awards.

Generally, everyone has heard really good feedback

Should we change awards to the UKA age category. The age categories are every 5 years so it would be a lot of awards. ACTION Need to look at this with the coaches later in the year

We are getting comments about the better spread. Some awards missing which helped not getting the repeats.

* + How are remaining awards being given out?

Ruth will help deliver the local ones.

* + Photos/citations – who and how onto website.

Thom to speak to Kate about the photos.

Photos in line with citations and get to Evelyn. Who to do will decide when we have photos

* Beginner’s course
  + Booking/payments

Not a lot of clubs actually doing a course. Variety of free through various charges.

Confirmed £20 for 12 weeks, will charge through Spond with a new group. 1st event is to pay, then each week setup as a register.

50 beginners plus 30+ club runners probably too much for the room so club will move outside, and the beginners use the room.

Have been asked if coaches will be leading Monday nights as have before. ACTION Maria to talk to coaches about plan for course including this.

If people join after the course they will be put through as new Joiner concession rate.

Advertising. Internally first for family and friends, Then open externally. Encourage people into the right place with noting that runners can join club and don’t need to go through beginners. 2 sides/sections for the poster/flyer. No mail drop, but put up in locations (Bushmead hub, etc) and advertise in our workplaces. Take gazebo to parkrun 26/03 to advertise and get people signed up. Nadia generating a QR code for people to join.

* Membership & Fees
  + Thom to contact those on SPOND that are yet to join a session to see what the club could be doing better.
  + Managing 2nd claimers
    - 2nd claim is member that are members of 2 clubs. They then have a 1st/primary club and a 2nd. For triple AAA events have to run in your 1st claim, but otherwise can choose.
    - Fee will be the concession rate.
  + Returning member – do we charge them new members. TBC
  + Club etiquette
    - Thom to post on FB and comments to come back
  + Items for membership/renewals pack
    - Details of all groups like: Spond, strava, why strider, policies, fb groups, insta.
    - What striders offer; both nights and Martins new statement.
    - Links to policies.
    - Upcoming events.
    - What comes after the course
* Kit
  + What of current samples do we want? What branding where?
    - Kate & Shaun (via Kate) highlighted that starting with a small practical range would be good, then can add more.
      * Short Sleeved Running top. Red with black. Male & Female fits. Stopsley Striders in simple bold print front and back. (Needs to leave space above SS to be able to put your name on, but SS needs to be high enough to put race number on below.)
      * Water resistant training jacket. Thin red option. Unisex fit. Logo on front, Stopsley Striders full name logo on back.
      * Hoodie. Black with Red. Unisex fit. Logo on front, 40th Logo on back.
      * Running wool bobble hat. Black with black & red bobble. Striders logo on front fold up.
      * Neck gaiter/buff/snood. Black. 40th logo
  + Martin going to talk to them tomorrow about process. Options to use Spond to gather money internally if we need to initially.
  + Need good sizing information.
* Risk assessment
  + Thom to post and comments to come back
* 40th Birthday Celebrations
  + Update on Party – 15th July. South Beds. Confirmed
* Trail Race 5-10
  + 25 people booked – only a few striders
  + ATW, medals, and venue booked. License in.
* London Marathon place
  + We have one place. Pull on the 24th March at the social.
* Track price (said we would review in March)
* Review again next month. Not consistently reaching the minimum number but close most weeks and over some.
* Strider of the Month (SOTM)
  + February
    - Andrea Watts – Returning from long term injuring and always out in striders top.
    - Mark Smith – lots of ultra, supporting
* Date for next meeting
  + 4th April on Zoom
* AOB/Burning issues
  + Room issues – last week there was an issue. Andy has asked Active Luton about this.
  + Handing out the club champs certs – to be at the Social Nights. Maria to get them to Thom
  + Kate can we do the announcement about 3rd April – Thom will do spond. April long run event.
  + Logos need to be sent to Martin. Nadia send 40th to Martin. Maria to check the files.