**Committee Minutes – 25 April 2022**

Attendees: Evelyn, Hilary, Andy, Charles, Nadia, Thom, Ruth, Kate, Claire

Apologies: Martin, Estelle, Zena, Shaun

Reports (as necessary)

* + Chair

It has been another fine month for Stopsley Striders. The club has had its first club championship race, we have had Striders run well in the heat at Brighton plus many more running events such as our first #RunAndTalk event thanks to Kate Mutter and a well attended charity Easter Egg hunt - thanks to Hilary.

I would also like to share some things that show what the club is all about. Firstly, I would like to congratulate Tony Riley for now holding all v75 mens club records. This now means that Tony now has the clean sweep of both v70 and v75 club records.

Also I was very humbled by the club spirit that supported 2 of our runners at Flitwick and St Albans. Firstly the support given to Nadia by all Striders at Flitwick, especially Charles and Nichola by giving up their Sunday to help her at the L&D. Then at St Albans where all Striders waited until all Striders were home showed what a great club we are.

A reminder that all runners now need to ensure that they have renewed their memberships, keep to the club etiquette and to ensure all races are recorded via the website.
I wish you all the best in your May running
Thom

* + Secretary

131/199 – may be people missing from the list due to EA portal issues. 9 Resigned.

New Members – 3 awaiting payment, 3 not returned form yet, 4 due the form in the next 2 weeks. Not sure everyone is being added to the FB post so may be missing new people.

Waiting for further information from London Marathon Events to be able to allocate Danny’s place. Information due this week.

* + Treasurer

We did have the lowest amount in the account, but have recovered well. Another £1000 due in for Beginners.

Andy still does not have access. Thom is still working on this.

For details of the club funds please speak to the treasurer.

* + Captains Run Report

March lost on dead iPad

April Run Report:

April began with Danny Kelly competing in the Lakes Traverse Ultra. Danny ran 100km in 21 hours 34 minutes. Danny said was the hardest race he has ever completed. At the same time Rob Barnes had to pull out of the 300km Northern Traverse Ultra with a twisted ankle after running 70.71km We hope Rob will be back to form as soon as possible. Well done to you guys.

Our first Run and Talk was held on 3rd April being led by Kate Mutter finishing with breakfast at Old School Pantry.

London Landmarks half marathon was on the same day. 3 Striders attended as far as I am aware. Leigh Betts 2.23.55, Nick Betts 1.47.23 and Amanda Rankin 2.44.17. Great running.

Peta Henry and Sally Hunt jetted off to Berlin for the half marathon there. Peta ran 2.12.13 and Sally ran 2.26.26. Well done ladies.

Donna Wiggett took part in the Omagh half marathon with a time of 2.33.52. Donna was the first Strider home too.

On 9th April two Striders took part in the Kew Gardens 10km. Liz Evans ran 1.15.27 and Amanda Rankin 1.15.28

On 10th April Brighton Marathon saw four Striders running with fantastic times too. Kerry Dear 4.48.26, Martin Read 4.48.27, Vicki Crowston 4.47.58 and Eammon Devane 4.23.31. What a fantastic achievement. Well done to you guys.

Flitwick 10k, one of our club championships was also on the same day with 29 Striders running.

* Gez Fallon 40.57
* Tom Rankin 40.36
* Christine Lathwell 40.21
* Kallum Wright 40.16
* Peter Brown 45.52
* Paul Abrahams 46.06 PB
* Mark Bradley 46.16
* Ian Curry 46.54
* Thomas Darby 48.21
* Charlotte Snowden 48.25 PB
* Nick Betts 50.32
* Miriam Linforth 50.52
* Charlie Jolly 53.02
* David Thompson-Trace 53.32
* Charles Nelis 53.40
* Karen Ashby 53.53
* Chris Mclaren 54.07
* Nicola Abubacker 58.04
* Amrik Singh 58.13 PB
* Philip Abbitt 58.52
* Calista Strange 1.00.44
* Peta Henry 1.04.23
* Leigh Betts 1.04.28
* Jill Bywaters1.04.32
* Nadia Hall 1.05.12 who also was injured too. Get well soon!!
* Martin Ball 1.05.55
* Paul Duffy 1.06.15
* Claire Bracey 1.06.47
* Pamela Abbitt 1.18.13

Christine Lathwell was the second lady home overall. Many congratulations. Christine, Charley and Miriam came second in the ladies team event overall. How brilliant is that?

The 11th April saw out monthly social at the Barrels with food provided by the pub. We ended up watching Luton Town missing a penalty on the screens, making the air go blue!!

On 15th April it was the Good Friday St Albans 10k with 18 Striders competing, with some fantastic results

* Dawn Keveren 1.22.33
* Nikki Cox 1.15.06
* Liz Barker 1.08.54
* Jane Few 1.07.28 PB
* Sandy Reeve-Smith 1.05.29
* Claire Bracey 1.05.29
* Jill Bywaters 1.05.27
* Paul Duffy 1.05.05
* Antonia Munn 1.04.58
* Rudi Bartlett 1.03.15
* Leigh Betts 1.02.30
* Amrik Singh 58.15
* Simon Norris 58.08
* Paul Keech 53.55
* Sam Whaley 51.36 PB
* Nick Betts 49.53
* Charles Nelis 49.35
* Charlotte Snowden 48.29 PB
* Thomas Darby 46.58
* Kallum Wright 39.35 PB

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On 18th April there was the Easter Monday Charity Easter Egg Hunt/5km run. We supported our club charity Hospice at Home by paying to enter. Small chicks were places on the route for us to find. This proved more difficult than we thought but there were some lucky winners of the Easter eggs and everyone chose a chocolate out of the bag.

We finished with coffee at Costa. So far £810 has been raised. The Chocolate raffle was also drawn and there is now a Bingo event planned for 20th May where tickets are £10 and available now. Tickets are also available for the summer raffle and any donations are welcome.

We had our Crawley Green social on 21st April running first then sharing food that members had kindly bought along.

On 24th April Valerie Dawson ran in the Southampton Marathon with a fantastic time of 5.00.15. Well done Valerie. First Strider home too.

We also held our monthly Long run Sunday finishing at Starbucks at 11am. Striders ran a variety of distances and started at a few different times. Please add to the chat on Spond the time you are starting, the distance you intend to cover and the pace so others can also join you.

Well done everyone on your running. What a busy month. Please remember to record your races on our website. It is helpful when writing this.

With love

Ruthie and Charles.

* + Charity

Danny gave £50 for marathon place.

£810 has been raised so far

20th May Bingo night fundraiser

Summer raffle tickets now on sale

A member has left the club after paying fees. Half their fee will be donated by the club to the charity fund.

* 40th Birthday Celebrations – 15th July, South Beds Golf Club
	+ Claire to check capacity
	+ Price based on room, food and DJ @£25.
	+ Members, then ex members, then partners.
* Trail Race 5-10
	+ Have the sports hall.
	+ No sales in the last 30 days. Needs more promotion. Nadia to design flyer and Thom to arrange printing.
	+ Charles can send to the XC group and Maria to send to AAA. Also look at other races we have been sent
* Kit
	+ Andy to contact old supplier
	+ Evelyn to edit the website to remove the old site.
	+ Spond for ordering. 2 t-shirts, 1 of each other. Need to hide the sizes (this then changed to a google form.
	+ Everyone signed off kit.
* Track price (Monthly review)
	+ Committee reviewed track costs and pricing and discussed numbers. Cap raised to 25 runners, would need to consider coaching cover beyond this.
	+ Make a decision at AGM if we change price
	+ Another club does a track membership. Maybe think about this for the future.
* Beginner’s course
	+ Issue with Thursday BH (02/06/2022). Decision to move this one to the Monday of that week 30/05/2022
	+ People that turn up not registered. Thom or Maria to speak to them.
	+ Anna is joining us to gain experience as a LiRF
	+ Thom to do initial intro, Stuart to do normal brief, Kate to talk about parkrun and jeffing
	+ Helpers – to join the new spond group so that we can record who was in what session.
	+ Facebook group – helpers can join as well.
	+ Monday nights – we will offer where we have cover. Spond event for each Monday Night Supported Homework
* Policies
	+ First Aid – coaches will have to do courses from 1st April.
	+ H&S Policy – done
	+ Social Media Policy – done. Runners have to give permission for use of pictures. Need to update the FB pinned post.
* [#RunAndTalk](https://www.facebook.com/hashtag/runandtalk?__eep__=6&__cft__%5b0%5d=AZUfQYdq_rfC6kT3Od-XKwA4DQ6zw6nsfcKbgSXR2b8Sm6i3ro_WrOSbe3tuCbLKfotvtpDo4liZFNEaqRvPssjZ48iqo0xDNgz0JSPL6iqw3g8y-jb0a1b3T4p9Dsx-KPT77l4NOcbX5pPC0uVJ5UuKag28iOFERYz7hToxPKex6PbLMwXpgijf03FbgfSoGqPVser9yZHAGJIlSwKOf_q8&__tn__=R%5d-R) May 100k Challenge
	+ Cover 100k in May as mental health awareness
	+ Hilary to arrange a T-shirt – reverse colours. Kate is getting Z to design image. Original tshirt designs in the black with red would work.
* Strider of the Month (SOTM)
	+ March
		- Kate Neale – new LiRF support
		- Mark Bradley – leading Monday night group
		- Theresa Gunnell – back to back halfs and PB on second one.
	+ April
		- Tony Riley – Got the full set of club records for age group
		- Chris Mclaren – PB @ Flitwick
		- Nicola Abubacker – Helping Nadia post incident.
* Date for next meeting
	+ 6th June - Zoom
* AOB/Burning issues
	+ Barrels social on 09th and 26th
	+ Charles: can we remove people from Spond that have not been attending. Only if they are not joining/renewing.
	+ Thom: No newsletter this month.