**Committee Agenda – 6th June 2022**

Attendees: Shaun, Kate, Nadia, Thom, Evelyn, Andy, Maria, Zena, Ruth, Claire, Charles

Apologies: Hilary, Estelle, Martin

Reports (as necessary)

* + Chair

May was a very busy month for the charity as Hilary organised the bingo and the #RunAndTalk challenge with Kate. It was also great to have the 2 #RunAndTalk meets where runners ran across the hills together. Running helps with mental health immensely, and it is important that members look out for each other, and a ‘how are you’ is an easy thing to say when out running.
It is great to see the running exploits of some our runners over the longer distances over the last month or so. I look what some have you have done with envy of your endurance and perseverance! It is also good to see that plans for the anniversary are taking shape with only 6 tickets left (at time of writing) and an anniversary park run on the 2nd July. I wish our runners the best of luck in the upcoming 2 club championships and any other races coming up. Enjoy your running and stay safe!

* + Secretary

1 new member, but 9 in progress, plus 4 more in trial and interest shown from a number of beginners.

202 members issues invoices 168 complete (paid or resigned). This includes all new members that have returned forms. We need to confirm when to close renewals.

* + Treasurer

Barclays – Still not transferred. Andy has sent off all the required paperwork so hopefully will hear more next week.

Current funds include Anniversary ticket sales so money to come out for the party. Also includes charity t-shirt and race money.

* + Captains Run Report

MAY 2022

It’s been another busy month for Stopsley Striders, kicking off on 1st May with 23 Striders taking part in the Hitchin 10K – Kallum Wright was first Strider in on 40:18 and Kulwinder Assra was first female Strider to finish in 1:00:11. On the same day, Julie Tysoe finished the MK Rocket in 29:38 (it’s great to see Julie regaining her running confidence) and Miriam Linforth completed the Axholme North Lincolnshire triathlon with no training and on a borrowed bike – hardcore, Miriam. Well done all!

On May 2nd a select group of Striders (Kulwinder, Amrik, Ruth, Valerie, Gez, Nicola and Theresa took part in the Vitality 10K in That There London. Well done Ruth on getting a PB – 49:45! 32 Ruths took part and our Ruth was 3rd Ruth in! If I’d known that former Strider Dave Adam was going to be there, I’d have turned up! Leigh and Nick Betts completed the MK Half Marathon and Danny completed the Marathon in 3:27:08 – a Male Vet 60 club record – massive congratulations Danny!

On May 7th, Donna Wiggett was yet again the first Strider over the finish line in Northern Ireland (I don’t know how she does it!) when she took part in the Seskinore Forest 5K. Obviously inspired by Donna’s heroics, on May 8th Martin Ball achieved a PB at the Prague Marathon in 5:24:25 – fabulous work Martin! Claire Bracey completed the Bedford Autodrome 10K in 1:04:57 – fabulous running!  Tom Rankin, Kallum Wright and Charley Snowdon represented Striders at the NHRR Greenway Challenge – Tom was the first Strider home in 1:33:52 and Charley got a PB – great work Tom and Charley!

Annelies Gerber completed the 50KM Run to the Sea ultra (14th May) in 6:32:28. Great to see Annelies back in action after illness and injury.

On the 15th we had a great turnout at the Walk and Talk event for mental health and on the 20th Hilary hosted the charity bingo night, which raised £655 for the club charity.

On May 22nd, Danny Kelly set out on the 400KM, 8-day Cape Wrath Ultra. After a good start, Danny got injured on the second day and had to pull out on the third. Let’s hope Danny’s injuries heal soon! Also on the 22nd, both Claire Bracey and Theresa Gunnell took part in the Hampton Court Palace 10K, with Theresa being first Strider in (confound that woman!!) in 67:06 and Claire finishing in 69:07. Well done both of you!

Well done to Evelyn Lutterodt, who celebrated 2000 days of running on May 23rd.  It was great to see so many Striders and members of the greater Luton running community at Wardown Park to help honour Evelyn’s achievement.

Speaking of Wardown Park, we’ve got a few parkrun milestones to mention; loads of Striders volunteered at the latest Chase the Pacer event, Sam Whaley hit his 25th time of volunteering, Paul Keech, Ian Pitkin and Christine Lathwell reached 50 parkruns and Miriam Linforth reached 100 parkruns – well done all!

We had a good turnout at the Barrels social on the 26th – great to see a few beginners turn up and made to feel welcome!

On 28th May, Nick Betts completed the XNRG Devils Lite 50KM South Downs Ultra in 7 hours and 2 minutes.

Sunday 29th May was a busy day for a few Striders – Andy Durrant, John Ryan and Calista Strange took part in the Edinburgh Marathon, Amanda Rankin and her partner-in-crime Liz Evans ran the Folkestone 10KM (Dave Adam turned up again!), and Vicki Crowston, Ellie Davies and Barbora Uhráková completed the Ride London 100-mile cycling challenge!

Phew!

Yours, Ruth and Charles

* Strider of the Month (SOTM) – May
	+ - Calista – gave up marathon attempt to help someone
		- Evelyn – 2000 days of running
		- These plus backlog. Will look at these and Thom/Nadia will sort out. Plus Dawn Boon awards night trophy.
	+ Charity
		- Hilary not available.
* Charity Posts
	+ People posting all their own personal charity stuff on the club FB. Only club charity fundraising.
* Simon Franklin memorial
	+ Family are coming to the Club Anniversary. Thom to talk to Helen.
	+ 28th June – cancel track. Striders Tuesday run from Inspire for birthday and a memorial, with a Barrels social. Meeting outside, do the Alf Brown. Maria to cancel track, add a walking group.
* DRR Dunstable Downs Challenge
	+ Offer us free place for every 10.
* Beginner’s course
	+ How is it going? Good
	+ Graduation goodie bags and what is next? Medal, badge, vouchers, bottle of water, haribo, info sheet about striders. Thom to get bags and do information sheet. Charles to get haribo, Nadia – medals.
	+ Coaches kit – Everyone gets a T-shirt. Maria to order through Martin.
	+ Approach coaches about a post beginners course.
* Trail Race 5-10
	+ 39 entered. Message all the local clubs.
	+ Beginners code for the race.
	+ This will be the focus of the next committee meeting.
	+ Nadia to have a sub committee to help with race. Claire offered help. Zena will
* 40th Birthday Celebrations – 15th July, South Beds Golf Club
	+ General update
		- Confirmed the vegetarian option if a veggie wellington
		- Minimum of 80 people.
		- 28 offline tickets. 65 tickets on Spond. 93 tickets sold altogether.
	+ Anything we need to do?
* Date for next meeting
	+ 27th June – Barrels – Race, Anniversary, Graduation.
* AOB/Burning issues
	+ Do we need to revise our numbers for ARC as they were low based on the EA portal issues?
	+ Luton Series – Beds AAA. 5mile. Will remind members and Andy to bring the flyers to Marston
	+ Ruth: Rumour that 3CXC races to be split as too many people. Nothing has been heard. Charles will check email.
	+ Charles: Suggesting that the run report is shared in advance for people to read, rather then read it out at the meeting. Will try that next month.
	+ Thom: 28th June – Claire to contact Barrels
	+ Thom: monthly long run will the 19th June.
	+ Charles: Lance is coming back to club. Can we ensure he gets emails, we know he does as he gets the newsletter and EA emails.