**Committee Agenda – 10th October**

Attendees: Nadia, Charles, Martin, Thom, Kate, Hilary, Andy, Ruth, Maria

Apologies: Zena, Evelyn

Reports (as necessary)

* + Chair
	+ Secretary
		- Beginners 14 joined, 7 with form.
		- Deletions still to happen. Will be sorted before handover.
		- Strava clear out needs to happen. Maria to do this.
		- EA fees for 2023/2024 season have been released.
	+ Treasurer
		- AGM prep started.
		- Track costs reviewed. Slightly in profit but not enough to drop fees
	+ Captains Run Report - September

September 3rd saw the start of the Bedford Running Festival: Amrik Singh, Nick Betts, Nicola Mason, Leigh Betts, Claire Bracey, Dawn Keveren and Mary Brennan took part in the 5K while that evening Eamonn Devane and Sue Potter ran in the Twilight 10K. The next day saw Dean Haywood, Nicola Abubacker, Pete Brown, Nick Betts, Ingo Frommholz, Liz Barker and Dave Barker take part in the half marathon while Evelyn Lutterodt, Julie Tysoe and Leigh Betts (showing what a slacker Nick is) took part in the 20 mile race.

Also on September 3rd, Jane Few was first Strider in at the St. Albans 5K inflatable race and there were plenty of Striders out and about on the 4th – Donna Wigget was first Strider in at The Big Half, Vicki Crowston and Miriam Linforth competed in the Duck and Dash Duathlon, Annelies Gerber was first Strider in at the Dunstable Downs Challenge Marathon, finishing a tough course in 5:55:57 and Martin Ball, Rob Barnes, Kate Neale, Charley Snowdon, Andy Durrant, Gez Fallon, Maria Petts & Valerie Dawson took part in a very hot Oakley 20. Thanks to San Jay Roy and Hannah Roy for volunteering at this event.

September 11th saw a HUGE Striders turnout for the Great North Run. Ruth Doyle and Dawn Boon achieved half-marathon PBs and Kerry Dear, Martin Read, Martin Ball, Liz & Amanda, Claire Bracey, Martin Smith, Liz Barker, Dave Barker (in disguise!), Nicola Abubacker and Carly Anna all ran well.

Other Striders were in action on the same day: Sam West, Kate Neale, Phil Abbitt, Pam Abbitt and Maria Petts took part in the marathon training event in glamourous Milton Keynes. Meanwhile, the club championship race at the Sandy 10 Mile race set off from a grim industrial estate – Liz Truss’ Broken Britain – Christine Lathwell, Paul Abrahams, Thomas Derby, Charley Snowdon, Alan Weir, Charles Nelis and Kat Tuloo finished in that order. Every Strider who ran finished first in their club championship category while I noticed that Paul Abrahams strikes a great pose in team photos! The big news of the day, however, goes to Chris Treleaven, who finished the New Forest Marathon in under four hours – well done Chris!

After that, things calmed down a bit….

12th September saw a great turnout for both the Alan Taylor Memorial run and the social event afterwards – many thanks to Dave Debnam for organizing the route.

16th September saw the return of the 100k challenge in support of mental health awareness – many thanks to Hilary Blessing for organizing this.

There was a good turnout for the Sunday Long Run, cuppa and chat at Starbucks and a big well done to Dawn Keveren who was the sole Strider at the Stevenage 10K.

On September 24th, Nick Betts competed in the XNRG 50K Ultra, finishing in just over 6 hours – well done Nick!

Plenty of Striders were in action on September 25th – Martin West and Evelyn Lutterodt represented our club at the Leighton 10, Martin Mitchell

and Phil Jeffrey took part in the Dorney Lake Triathlon – well done Phil on your first tri – while Gez Fallon, Ian Curry, Ian Pitkin, Charles Nelis, Dawn Boon, Amrik Singh, Kulwinder Assra, Jill Bywaters, Martin Ball, Christine Rayner, Dawn Keveren and Mary Brennan took part in the Standalone 10K. Well done Dawn Boon for getting another PB, Amrik finished ahead of Kulwinder which I don’t think is allowed, and many thanks to Dawn Keveren for making sure that Mary got over the line.

PARKRUN UPDATE:

Both Graham Crouch and Nicola Abubacker hit their 50th volunteering milestones, whilst Ruth Doyle, Andy Durrant and Charley Snowden joined the parkrun tourism brigade, attending the Henlow Bridge parkrun in pursuit of a Full English!

Stay well,

Ruth and Charles

* + - Strider of the Month (SOTM) – September
			* Chris Trevelan – sub 4 marathon – New Forest
			* Dawn Boon – PBs
	+ Charity
		- Event after AGM – Table top quiz/fish and chip supper. To be split with new charity.
		- Just over £1600 currently.
* AGM
	+ 7th November.
	+ Add coaches liaison – not a nominated role, but add to the list of others. Role change to nominated role, after vote at AGM for this to be a formal role.
	+ Thom offered to continue to help with Spond until handover to membership secretary and secretary
	+ President. – Ratify at AGM that the president is an annually voted role. Max 3 years
	+ Vis-presidents. Dave D, Karen, Tony, Helen, Chris M, Bill,
	+ If no-one nominated for chair.
	+ Captains. Don’t have to be mens and ladies. Can just be 2 captains.
	+ Maria to announce and share the form. Share the roles are part of this.
	+ Update form – remove 1 person from the general section on form.
	+ Pot luck buffet
* XC
	+ 27 signed up for XC.
	+ Stopsley: Cardinal Newman – 55 per hour, Stopsley – awaiting price this week.
	+ Club get the money for that race.
	+ Charles to do a perspective on XC post
	+ XC taster?
	+ Ken Abbott – 3 races in 2019 could win the 2022 season.
* Christmas Party
	+ Claire to continue with this. Confirmed South Beds
* Kit Update
	+ New kit all in.
	+ Website – January/February. Any orders before Christmas can do manual phone orders. Martin to provide details
	+ Puffer jackets – Martin to send our options.
* Date for next meeting
	+ Proposed 21st November
* AOB/Burning issues
	+ Maria - ICE Cards – Parkrun wristbands and trainer tags.
	+ Claire – earlier start in winter months
		- Its now dark early so unclear of the benefit.
	+ Claire – engaging invisible members
		- For the new committee
	+ Maria – Ask Zena if would prefer to become vis president.
	+ Ruth – Dave D spoke to her about the XC figures. Would like someone else to know how to do it.
	+ Martin – 2 places with the Prague team.
	+ Do we want to do a Halloween run? FB page
	+ Thanks to the committee members stepping down.