



## **CLC STRIDERS COMMITTEE MEETING**

**Wednesday 20 May 2020 at 2000  
Via Zoom**

### **AGENDA**

1. Minutes of the Last Meeting
2. Actions from the previous meeting (see table below)
3. Social events update - Tom
4. Kit update - Hedley
5. Events update – Rachel
6. Training and lockdown events – Amelia / Captains
7. Treasurers update - Eoin
8. Membership update – Gavin
9. Any other business
10. Date and location of next meeting



## CLC STRIDERS COMMITTEE MEETING

Wednesday 20 May 2020 at 2000  
Via Zoom

### MINUTES

#### In attendance

Amelia Mullins  
Eoin McQuone  
Gavin Jerman  
Joel Freeland  
Jon Howes (Chair)  
Karlien Heyrman  
Matt Ashman  
Rachel Vines  
Sophie Longmore  
Tom Kabala  
Will Pearce

#### Apologies

Hedley Phillips

Following the outbreak of the Covid-19 pandemic in the United Kingdom, the committee took the decision not to undertake the meeting on a face-to-face basis. The meeting took place virtually via Zoom.

#### 1. Minutes of the last meeting

The minutes were agreed and accepted as an accurate record of the previous meeting.

#### 2. Actions from the previous meeting

See table at the end of the minutes for all completed and outstanding actions.

#### 3. Social events update - Tom

The virtual quiz was really successful and worked well – thanks to Joel for being quizmaster.

It was agreed to host another event on Friday 19 June.

**Action:** Consideration to be given to another virtual event, potentially a games night. **Tom**

#### 4. Kit update - Hedley

Jon provided an update to the committee; Hedley has unfortunately decided to stand down from managing kit so has resigned from the committee.

Jon asked if we should identify someone to replace Hedley. The committee agreed to ask for volunteers from the club, Jon will email members and is happy to provide cover in the interim.

**Action:** Email club members for volunteers to take on the position of Kit Officer. **Jon**

5. **Events update - Rachel**

Races are all moving to being virtually based and it is unknown if any races will take place this year.

Run Britain have started putting on a list of virtual races which the committee could consider. There is the potential to sign up to events on an individual or club basis.

There is a masters (over 35 in 10-year age brackets) virtual 5km race in June, 4 and 6 stage races are on offer. The committee agreed to publicise this and bring together a team.

**Action:** Email members re the masters virtual 5km race. **Rachel**

6. **Training and lockdown events – Amelia / Joel / Captains**

With the suspension of club activities due to Coronavirus, there are no group training sessions taking place at present. However, members continue to train on their own, encouraged by the weekly speed/interval sessions set by our coaches, and the 'running bingo' which helped give a focus to training runs. A competitive element was introduced with the Easter Virtual 5km and the Virtual Team Pentathlon.

These have all been very successful, with lots of positive feedback from members; there has been a substantial amount of interaction on Facebook and email which is great to see and has really kept the spirit of the club going in these difficult times. We have also tried to keep in touch with members who haven't obviously interacted or taken part regularly.

The action point to remind members of prompt training start time - to be carried forward to when club training resumes.

New club challenges will be set over the next few months and more guidance released on training as and when appropriate.

7. **Treasurers update - Eoin**

Eoin gave an update on current expenditure which the committee accepted.

Bank balance is at £6,610, this is £600 more than at the last meeting - £739 of membership fees have been received.

A £144 refund has been credited from the road relays that were cancelled. Minimal expenditure has been incurred.

8. **Membership report - Gavin**

93 athletes now registered with the club. 1 new member has joined (Richard Tilson), Billy Bradshaw has completed the membership form but has not paid.

Gavin has sent a payment reminder to those that have not yet paid their membership fee. 62 people have renewed and paid, 7 have completed the membership form but not paid, 24 have not yet renewed.

9. **2019/20 Awards**

The committee reviewed the award nominations for 2019/20. Discussion regarding how to announce the award will take place offline.

10. **AOB**

Brendan is considering providing more HIIT online sessions for the club.

11. **Date and location of next meeting**

22 July 2020.

16 September 2020.

18 Nov 2020 – AGM.

## ACTIONS

### Outstanding

Date raised	Action	Assigned to	Updates
2020-01-15	Inform Amelia of any ideas for alternative Monday night routes.	All	
2020-01-15	Committee members to recommend routes for taster races and volunteer to run a race.	All	
2020-01-15	Look into options for the club running a XC event and report back to next meeting.	Rachel	Paused
2020-01-15	Ascertain options for introducing a single style of t-shirt in standard club colours.	Hedley	In progress
2020-01-15	Bring a list of the road race series and summer races to the next meeting for review.	Rachel	Paused
2020-01-15	Work on updating the club constitution and provide back to the next meeting for review.	Matt	In progress
2020-01-15	Once updated provide the Constitution to all members and make available on the new club website.	Matt	In progress
2020-01-15	Committee members to consider the proposed 2020 Vision and provide comment at the next meeting.	All	Paused
2020-01-15	Consider GDPR requirements to ensure the club is adhering to the legislation. Update to be provided to the next committee meeting.	Matt	In progress
2020-03-18	Identify some further options for suppliers to lower price point, ensure new kit accommodates male and female members and to see if there is an option for a long sleeve shirt.	Hedley	
2020-05-20	Consideration to be given to another virtual event, potentially a games night.	Tom	
2020-05-20	Email club members for volunteers to take on the position of Kit Officer.	Jon	
2020-05-20	Email members re partaking in the masters virtual 5km race.	Rachel	

### Completed

Date raised	Action	Assigned to	Updates
2020-03-18	The committee agreed to finish the road race series now based on current standings. It was also agreed to announce the results now so those taking part of aware of their standings.	Will	Complete
2020-03-18	Fiona Woods to be removed from the current standings list.	Will	Complete
2020-03-18	Sue Clark is not a current member, she wasn't resigned for not renewing last April. It was proposed that she is to be removed from the current standings list.	Will	Complete
2020-03-18	Gavin to discuss Sue Clark membership with Brendan to determine future action.	Gavin	Complete
2020-03-18	The event spreadsheet to be updated to include all races within a year and be rolled on each year so events that have taken place are still visible to members.	Rachel	Complete

2020-03-18	Some of the payment requests for membership renewals has been going into junk folders, particularly for Hotmail. Email to be sent to all members.	Gavin	Complete
2020-03-18	A virtual quiz to be arranged for club members to keep up interaction on Friday 1 <sup>st</sup> May at 2000. Eoin is going to setup a Zoom link to share with members in advance. Joel agreed to be 'quizmaster' for the event.	Eoin/Joel	Complete
2020-03-18	Ascertain if the women's tent is broken.	Karlien	Complete



**ANNEX A**

**PAPER 1 TRAINING UPDATE**