



CLC STRIDERS COMMITTEE MEETING

**Wednesday 22 July 2020 at 2030
Via Zoom**

AGENDA

1. Minutes of the Last Meeting
2. Actions from the previous meeting (see table below)
3. Social events update - Tom
4. Events update – Rachel
5. Training and lockdown events – Amelia / Captains (Paper 1)
 - a. Covid-19 updates
 - b. Leadership in running (LiRF) course
6. Treasurers update - Eoin
7. Membership update – Gavin
8. Club marketing - Jon
9. Club Constitution updates - Matt
10. Any other business
11. Date and location of next meeting



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MINUTES

In attendance

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

Apologies

Joel Freeland
Tom Kabala

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 therefore 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**

Consideration has been given some ideas for a virtual social, although it was agreed that there would likely be limited interest in a virtual social now we're coming out of lock down.

Looking forward, there's still restrictions on eating/drinking out, Tom is going to keep an eye on what venues are planning in December and look into booking something for a Christmas party. Any socials sooner would have to be small numbers.

4. **Events update - Rachel**

There are some proposed changes to the formal race rules which Rachel is reviewing and will report back on at the next meeting.

Gloucester AA have determined some proposed dates for the Glos League XC, it is not known if these will actually go ahead this year.

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

Jon and the committee gave thanks to Amelia for the huge amount of work she has undertaken to get training running again.

Amelia presented paper 1 (Annex A).

a. **Covid-19 updates**

Discussion took place regarding the club's approach to Monday and Wednesday training sessions.

It was agreed that if we are able to use the facilities at CLC Sports Centre we could move to meet there on a Monday for the usual long run, rather than Pittville Park. If we are unable to use, then we will stick with Pittville.

Action: Will to chat with Bren to see if we are able to use the facilities in CLC Sports Centre.

It was agreed to continue with small groups for speed sessions on a Wednesday as it is working effectively, and we are unable to ensure the sessions are Covid secure.

Action: Amelia to provide an update on the club's approach to training to members.

b. **Leadership in Fitness Course (LiRF)**

The next Leadership in Running Fitness (LiRF) course is due to be held on Sun 27 Sept in Gloucester. At the moment the course is still going ahead, following Government guidelines at the time of the course (if it's cancelled funds will be refunded or transferred). It costs the club £140 per person.

Three members have said they're interested in doing the course: Gareth Harries, Matt Ashman and Paul Northup. I think this is a great investment for the club. LiRFs are very helpful for leading Monday run groups, and recently helping with speed training, and they also give other members (informed) advice in an informal way. My hope/plan is that some of them will go on to do the coaching course, as I think it's important to have a good bank of coaches to spread the load and in case anyone leaves or is unavailable.

It was agreed to send these 3 members on the course on 27 Sept.

6. **Treasurers update - Eoin**

No major expenditure/income, currently £6,803.77 in the clubs account.

7. **Membership report - Gavin**

As of today, there are 95 members on the books, 71 who have paid their membership for this year. Since the last meeting there are 2 new members who are in the process of joining and 2 further potential members are also looking to join.

Action: Gavin to review the outstanding membership renewals for discussion at the committee meeting in September.

It was agreed to review the individuals on the Facebook members page to ascertain if there are some who have either not joined the club or are no longer members.

Action: Gavin to review those on the Facebook members page and determine who should potentially be removed.

8. **Club marketing – Jon**

A number of clubs are doing marketing on social media, Jon proposed if we should consider doing something similar.

It was agreed to look at options for doing some targeted marketing on Facebook and Instagram.

Action: Matt to discuss options with Mat B

Action: Amelia to share some of the new club business cards with the committee.

9. **Club Constitution updates – Matt**

The club constitution requires some updates to bring it in line with the England Athletics template. The intention is to discuss this at the September committee meeting with a view to preparing it for proposal to the club at the AGM in November. It is imperative for committee members to have read it and have comments ready for the next committee meeting (16 September).

Action: Matt to share the club constitution with the committee along with the link to the EA template.

Action: all committee members to review and comment on the draft updated Constitution

It was agreed that all of the awards will be communicated via the website initially, this then syncs to Facebook and Twitter automatically and will promote the website.

10. **AOB**

a. **Awards**

Sophie is going to bring together the list of awards and will share with the committee. Jon and Sophie will review and determine the process for making the awards to members.

Action: Sophie to determine who is likely to be at training on a Monday or Wednesday so their award could be presented to them and recorded.

b. **Staverton 10**

Discussion took place re the race in January, it was agreed to be discussed at the September meeting.

Action: Matt to add to September agenda.

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

Wednesday 16 September 2020.

Wednesday 18 Nov 2020 – AGM.

ACTIONS

Outstanding

Date raised	Action	Assigned to	Updates
2020-01-15	Committee members to recommend routes for taster races and volunteer to run a race.	All	Paused
2020-01-15	Ascertain options for introducing a single style of t-shirt in standard club colours.	Jon / Matt	In progress
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	Consider GDPR requirements to ensure the club is adhering to the legislation. Update to be provided to the next committee meeting.	Matt	In progress
2020-07-22	Chat with Bren to see if we are able to use the facilities in CLC Sports Centre.	Will	
2020-07-22	Provide an update on the clubs approach to training to members.	Amelia	
2020-07-22	Review the outstanding membership renewals for discussion at the committee meeting in September.	Gavin	
2020-07-22	Review those on the Facebook members page and determine who should potentially be removed	Gavin	
2020-07-22	Discuss options for targeted marketing with Mat B	Matt	
2020-07-22	Share some of the new club business cards with the committee.	Amelia	
2020-07-22	Share the club constitution with the committee along with the link to the EA template.	Matt	
2020-07-22	Committee members to review and comment on the draft updated Constitution	All	
2020-07-22	Determine who is likely to be at training on a Monday or Wednesday so their award could be presented to them and recorded.	Sophie	
2020-07-22	Discussion to take place re the Staverton 10 mile race in January and a decision to be made re whether it will go ahead or not.	Matt	

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 st 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
2020-01-15	Inform Amelia of any ideas for alternative Monday night routes.	All	Complete
2020-01-15	Look into options for the club running a XC event and report back to next meeting.	Rachel	Complete
2020-01-15	Bring a list of the road race series and summer races to the next meeting for review.	Rachel	Complete
2020-01-15	Committee members to consider the proposed 2020 Vision and provide comment at the next meeting.	All	Complete
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	Complete
2020-05-20	Consideration to be given to another virtual event, potentially a games night.	Tom	Complete
2020-05-20	Email club members for volunteers to take on the position of Kit Officer.	Jon	Complete
2020-05-20	Email members re partaking in the masters virtual 5km race.	Rachel	Complete



ANNEX A

CLC STRIDERS COMMITTEE MEETING

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TRAINING UPDATE

Since the last meeting, whilst we still weren't able to train together, members kept up their training individually and entered events including the 3k and 5k mob matches, the British Masters 5km road relays, and the Striders Cotswold Way Challenge and virtual trail half marathon.

We decided to resume speed training in small groups from 24 June, in line with Government and EA guidelines. These sessions have successfully enabled us to train together safely and I would like to record thanks to Matt Ashman for putting together the risk assessment, the coaches and run leaders for taking groups, and to our members for cooperating with the new arrangements. From 13 July we also resumed Monday social runs, also in small groups, and this has also been successful.

We will carry on with the Monday and Wednesday sessions in this way until the guidance changes, and will update members when there are any new arrangements.

Amelia Mullins
Club Coach