



CLC STRIDERS COMMITTEE MEETING

**Thursday 18 March 2021 at 2000
Via Zoom**

AGENDA

1. Minutes of the Last Meeting
2. Actions from the previous meeting (see table below)
3. Treasurer's update - Eoin
4. Membership update – Gavin
 - a. Membership renewals 2021/22
5. Training and lockdown events – Amelia / Captains
6. Return to training – Matt
7. Staverton 10-mile road race
8. Social events update – Tom (by exception)
9. Events update – Rachel (by exception)
10. Any other business
11. Date and location of next meeting

Apologies Received:



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MINUTES

In attendance

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

Apologies

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 of the 14 January 2021 meeting were agreed and accepted as an accurate record.

2. Actions from the previous meeting

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

3. Treasurer's update - Eoin

The club account is currently £6,483.22 in credit. The only expenditure has been £262.73 on buffs.

4. Membership update – Gavin

Nothing has changed in membership numbers, 98 members are fully signed up with 6 currently on trial.

There is still no decision on the London Marathon ballot places, website currently says further information will be available by end of March, Gavin will monitor.

Gavin reported that the new England Athletics portal has been released.

a. **Membership renewals 2021/22**

Club affiliation and athlete registration renewals are due on 1 April. The club affiliation fee is staying fixed at £150, the athlete registration fee is staying fixed at £15.

Gavin is in the process of setting up a Stripe account which is needed for payments.

Action: Gavin and Eoin to liaise re setting up the Stripe account.

It was agreed by the committee that membership fees will remain at £28 for the full year, £22 for the half year and £13 for a second claim.

Action: Gavin to email members to remind that membership renewals will be sent out by email early April.

5. **Kit update – Laura**

New buffs have been purchased, Laura has emailed members and a number have been requested by members.

New t-shirts have been parked temporarily until training re-commences.

6. **Training and lockdown events - Amelia**

A second 'Running Bingo' event has taken place as has a virtual race.

It is anticipated that training will return from the 29 March subject to government go ahead.

CLC Sports Centre will re-open from 12 April. Prior to this it is proposed to meet at the car park at the top of Pittville Park as previously for Monday training.

Action: Amelia to let members know where to meet for Monday night social runs.

Wednesday training will return on 31 March, members will be required to sign up for training as before and the coaches will put members into groups. It is likely that members will need to meet their coaches at the training location.

Matt Ashman and Gareth Harries have completed the online LiRF course, Gareth is hoping to undertake the CiRF course.

7. **Return to training - Matt**

Potential for return to training from 29 March – subject to government approval.

Joel noted that we ought to have some caution with returning to speed training and limit groups to 6. This was agreed although noted that there are not enough coaches to go around. LiRFs will therefore be asked to take a group although proposed that they are in some way partnered up with a coach in a similar location.

Consideration will need to be given to the location of training due to sunset.

Action: Coaches to consider locations for training and suitable size of groups.

Action: Core committee to have a meeting before the middle of June to discuss potential return to training from 21 June.

8. **Staverton 10-mile road race**

Eoin has looked at the guidance and there is the potential to run the race during June. Operating it under social distancing rules is not going to be easy, in particular with parking, handing out race numbers and etc.

Will noted that he felt June was too soon and September would be more pragmatic. Karlien noted that a lot of events have been postponed to October and November.

The club does not need to run the race from a financial point of view. Jon noted that the club has considered running a 5k race and would that be an option for this year and leave Staverton 10 mile in January.

Phil Jeyes has written to the Committee Secretary to request further information about the proposed date for the Staverton 10

Action: Matt to respond once the committee has made a decision on this year's race.

The committee unanimously agreed to postpone the Staverton 10 mile race this year with it returning in January 2022.

9. **Social events update - Tom**

Tom proposed via email to look at social events towards the end of the summer once more is known about the Covid-19 situation.

10. **Events update - Rachel**

No events planned at the moment, Rachel is monitoring and will provide members with an update. Cross country events are not known at the point.

11. **Any other business**

Club awards – in lieu of the awards this year we will instead recognise the outstanding achievements of the year in lockdown during the AGM or as a special item attached to that meeting.

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

Thursday 20 May 2021 – AGM

Thursday 15 July 2021

Thursday 16 September 2021

Thursday 18 November 2021

ACTIONS

Outstanding

Date raised	Action	Assigned to	Updates
2020-01-15	Ascertain options for introducing a single style of t-shirt in standard club colours.	Laura	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	Provide an update on the clubs' approach to training to members.	Amelia	Closed
2020-07-22	Discuss options for targeted marketing with Mat B	Matt	Pause
2020-09-16	Draft a Member Welfare policy	Matt	
2021-01-14	Review the Staverton 10 race at the next committee meeting and take a final decision at the AGM	All	
2021-03-18	Gavin and Eoin to liaise re setting up the Stripe account.	Gavin/Eoin	
2021-03-18	Email members to remind that membership renewals will be sent out by email early April. Gavin	Gavin	
2021-03-18	Amelia to let members know where to meet for Monday night social runs.	Amelia	
2021-03-18	Coaches to consider locations for training and suitable size of groups.	Coaches	
2021-03-18	Respond to Phil Jeyes re cancellation of Staverton 10 this year	Matt	

Completed

Date raised	Action	Assigned to	Updates
2021-01-14	Publish the new club constitution onto the website	Matt	Closed
2021-01-14	Source club branded buffs for members	Laura	Closed
2021-01-14	Consider the nomination of Norman Wilson to the position of Chair of the road running committee	Matt/Jon	Closed



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Training report

Since our last committee meeting in January, I organised a second running bingo, brilliantly illustrated by Gareth Harries, in which Mike Speke scored the most points. Mike went on to suggest a Club Virtual Road Relay, which took place in February and saw 30 members in 5 teams competing to run 30 miles in the shortest time. This was won by 'Team Apollo'. Thank you to Joel for sorting the teams and collating the results.

At the end of February, the Government announced its phased approach to lifting Covid-19 restrictions. As confirmed by England Athletics, we are expecting that from Mon 29 March 'organised outdoor sports' will be allowed to resume and we plan to return to our 'Covid-secure' club training from this date. No earlier than from 21 June, when the legal limits on social contact are removed, we should be able to return to normal club training. Matt A published has an update for members and ensured that our Covid-19 Action Plan & Risk Assessment remains up to date.

Return to Training

Brendan has confirmed that CLC sports centre is due to open on 12 April and from then we should be able to meet near the centre as before. Prior to that, we will *not* be able to park and meet at the centre, so the following plan is suggested. I will liaise with the other coaches and run leaders about these proposals and am happy to update members accordingly, in advance of 29 March.

Mondays

Meet at 6.30pm at the car park off Albemarle Gate in Pittville Park. Members will run in small groups each with a run leader. I propose the Honeybourne & Hewlett/Hales Road route listed on the website but starting and finishing from this car park: 4M gmap-pedometer.com (gmap-pedometer.com) 6M gmap-pedometer.com (gmap-pedometer.com) .

This will give us a couple more weeks for the evenings to get lighter and the ground to dry out. Hopefully, we'll be able to use the summer routes from the sports centre, from or soon after 12 April (when the centre reopens).

Wednesdays

We will use the sign-up process as before, with coaches allocating members into smaller groups. I suggest that members meet their coaches in their training locations e.g. at either end of the Honeybourne and at Montpellier Gardens. The first sign-up form will need to go live on Fri 26 March for training on Wed 31 March (Matt A to prepare).

After a couple of weeks, when there is more daylight and the ground conditions are suitable, groups should be able to meet at Pittville Park and King George V playing fields, and after 21 June in one or two larger group(s).

Fridays

Eoin to confirm with Prince of Wales stadium when track training sessions can restart.

LiRFs

Matt A and Gareth H have completed the LiRF course online. Their names need to be added to the list of LiRFs on the website. Paul N plans to book his LiRF course soon. Gareth is also keen to take the CiRF course when it's operating face to face again.

Amelia Mullins



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Training report

Membership statistics @ 16 Mar 2021

98 athletes on the books
of which:
98 paid EA & club membership fees
0 completed renewal form but not yet paid
0 not renewed membership
6 trial members:
 Martin Perks
 Georgette Matthews
 Hannah Gornall
 Rhannon Burton
 Matt Voorbach (FB)
 Jenna Scobie (FB)

Changes since 14 Jan 2021

0 new members:
0 new trial members:

VMLM 2021 British Athletics club entry

<https://www.virginmoneylondonmarathon.com/enter/how-to-enter/british-athletics-club-entry>

Still no confirmed dates etc:
"Further information will be available by the end of March."

EA Affiliation and Registration fee details for 2021/2022

Affiliation and registration fees fixed again

Club affiliation fee from 1 April 2021 £150, due by 30 April

Athlete registration fee from 1 April 2021 £15

Athlete registration period extended from 30 June to 31 August 2021

In the event of a licensed competition taking place prior to 31 August 2021, only athletes who were registered during 2020/2021 will be eligible for competition up until 31 August.

New EA myAthletics portal

<https://myathleticsportal.englandathletics.org>

Various improvements (Affiliation / Registration and the secretaries portal Zoom meeting on 29 Mar)

Online payment provider changes from PayZip to Stripe, lower fees:

1.4% + 20p (was 2.25% + 25p)

Need to create new Stripe account for CLC Striders

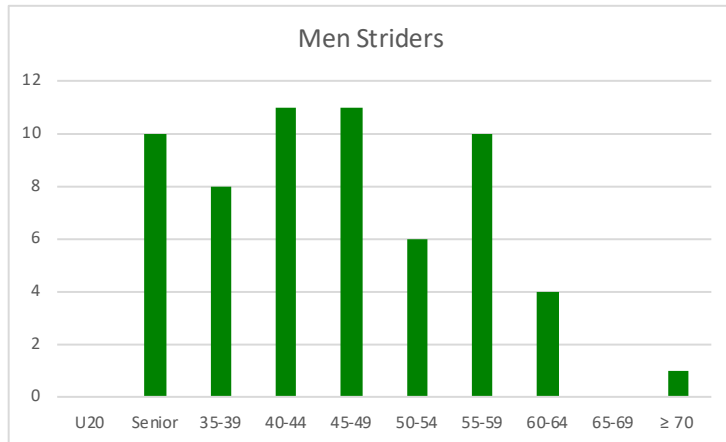
Need bank account details of CLC Striders account to receive Stripe payments

CLC Striders membership fees for 2021/2022

Need confirmation of fees from 1 April 2021.

Given EA's fees fixed, assume CLC fees also fixed?

Full Year	£28	Stripe fee 59p (PayZip was 88p)
Half Year	£22	Stripe fee 51p (PayZip was 75p)
Second Claim	£13	Stripe fee 38p (PayZip was 54p)

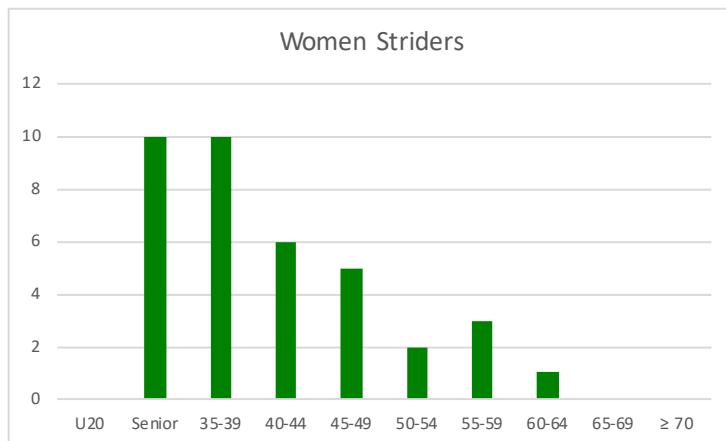


Men Total: 61 62%

 Average age: 45.4

 Min age 22

 Max age: 71



Women Total: 37 38%

 Average age: 40.4

 Min age 20

 Max age: 63

Total 98

Average age 43.5

@ 16 Mar '21

