



## CLC STRIDERS AGM 2020

Thursday 19 November 2020 at 2000  
Via Zoom

### AGENDA

1. Minutes of the last AGM
2. Committee's annual reports
  - a. Membership report – Gavin Jerman Paper 1
  - b. Treasurers report – Eoin McQuone Paper 2
  - c. Women's Captain report – Karlien Heyrman Paper 3
  - d. Men's Captain report – Will Pearce Paper 4
  - e. Staverton 10 – Eoin McQuone Paper 5
  - f. Social Secretary update – Tom Kabala Paper 6
  - g. Kit update – Jon Howes Paper 7
  - h. Media update – Paul Northup Paper 8
3. Elections to the Committee Paper 9
4. New Club Constitution Paper 10
5. Any other business
6. Date and location of next meeting
  - a. Proposal to move the AGM to the summer and align with awards / social
  - b. Virtual competitions – Mike Speke



## **CLC STRIDERS AGM 2020**

**Thursday 19 November 2020 at 2000  
Via Zoom**

### **MINUTES**

#### **In attendance**

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

Andy Brookes  
Aysha Akif  
Ben Akif  
Chris Hart  
David James  
Elspeth Kenny  
Gareth Harries  
Helen Howes  
Jack Ackoyd  
John Wilson  
Jill Harsent  
Laura Daubney  
Liza Bradshaw  
Mike Crossley  
Mike Speke  
Nick Ledwold  
Nicola Weager

#### **Apologies**

Isabel Alonso  
Paul Northup

## Minutes of the meeting

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

Jon welcomed everyone to the meeting. Thanks were passed to Amelia for all her hard work in maintaining training sessions and organising virtual events over the past 8 months.

### Training update

### Oral report

As an introduction to the meeting, Amelia presented a summary of the training situation over the past year which has been very different to previous years.

In mid-March, the first lockdown meant our all group training activities had to cease. From the end of June we were able to start interval training in socially-distanced, small groups in different locations (such as Pittville Park & King George V playing field), then in July a few of us started to meet at Pittville Park to resume our Monday evening runs. Numbers gradually increased over the following weeks, and in August we were able to increase the group numbers slightly in a 'Covid-secure' way.

In September, we were able to finally meet as a club near the sports centre again, before going our separate ways in smaller groups for our runs and interval sessions. We've now come full-circle with lockdown part 2.

We all know that Striders make a great team, and this has all been down to great team-work. Thanks were given to Matt Ashman who pulled together the Covid-19 Risk Assessment and Action Plan, which meant we met the criteria of England Athletics to be able to carry on with club training. Thank you also to other committee members for their input on this plan.

A massive thank you to coaches – Brendan, Joel and Martin, who have turned out week after week, as well as our run leaders that have stepped in to help when needed – in particular Jon Howes and Eoin McQuone. Also to Will Pearce for sending out the weekly sessions during lockdowns.

Thanks were given to all Members, who have stuck to the rules, been patient with training sign-ups, group sorting, and meeting coaches in various different places and who have been so enthusiastic and committed in their training. Their efforts have really shown in the improvements made, right across the whole club.

It is anticipated that from early December training will be able to go back to at least the level before lockdown 2. If anyone has any training questions please contact a member of the coaching team.

#### 1. Minutes of the last AGM

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

#### 2. Committee's annual reports

The Chair passed thanks to all of the committee members for their hard work and commitment to the club over the past year.

##### a. Membership report – Gavin Jerman

##### Paper 1

There are currently 95 paid members of the club, 2 second claims have been processed with a third in process. This gives 93 members eligible for the London Marathon Club entry against an allowance of 1 place – an announcement is going to be made in December with regards to the award of club places.

There are 26 members who have left the club over the year and 16 new members who have joined since last November. Membership is maintained at a 60/40 split between men and women.

**Action:** Gavin and Eoin to discuss outstanding membership fees.

Mike Crossley asked if there is an optimum or maximum size of membership. It was noted that there isn't, there is however a desire to grow the club if possible. Jon noted that the priority is to provide good quality coaching and training sessions to aid members with racing competitively should they wish.

**b. Treasurers report – Eoin McQuone**

**Paper 2**

Overall there is a slight financial deficit in the year but the club is maintaining a healthy cash balance. Membership fees are lower than last year but this could be attributable to EA fees.

Kit costs are slightly higher this year due to maintaining stock, which was noted as not being a concern.

The Club has been charged, and paid for, the sessions that have been undertaken at the Prince of Wales Stadium, it was noted that the fees paid by members have covered this cost.

**c. Women's Captain report – Karlien Heyrman**

**Paper 3**

The paper was covered by Sophie in Karlien's absence.

Prior to lockdown the women's team competed in cross country and various competitions. There has been a good uptake from the women in the virtual competitions.

**d. Men's Captain report – Will Pearce**

**Paper 4**

It has been a successful year for the men's team including managing to stay in division 2 for the cross country – this is despite some pretty horrific weather and running conditions.

There was good representation in the Gloucester League cross country competitions – potential to increase participation once racing commences again.

There was a good level of uptake in the various virtual competitions that were setup by the Club with some PBs achieved by the men's team.

Thanks were passed to Martin Bick for all his support during the cross country season, attending the races and assisting runners.

**e. Staverton 10 – Eoin McQuone**

**Paper 5 (oral update)**

The 2020 Staverton 10 was a great success, the highest number of entrants to date took part and raised funds for the Club. Some great comments were received from participants. Thanks were passed to Andy Brookes for managing the entrants.

Eoin and Andy Brookes have undertaken a review of the course and a risk assessment on being able to run the race in 2021 in a Covid secure manner. The committee has taken the decision to postpone the race from January 2021 and will review the potential for a race to be run later in the year.

The Gloucester AAA Committee is having their AGM tomorrow and will review the races for 2021. It was noted that Gloucester County Council are not to date permitting any races on the county roads.

Andy Brookes noted the importance of running the Staverton 10 race in 2021 to ensure the Club is able to maintain its income levels as not running it would result in a deficit. If the race cannot go ahead the Committee ought to consider other race options. Eoin noted that the club can afford not to run the race this year.

Nicola Weager asked if costs would be lower in 2021 if not competing in the cross-country races, the costs are low so there will not be a significant saving.

**f. Social Secretary update – Tom Kabala** **Paper 6**

Due to the Covid-19 pandemic, social events have been limited this year. The Christmas social took place along with a virtual quiz social.

The quiz run by Fiona Brady-Miller was well attended and 2 teams from the Club took part.

There will be no social events until government advice changes on lockdown and etc.

**g. Kit update – Jon Howes** **Paper 7**

Jon passed on his thanks to Gareth Harries for doing some research into a summer training vest/top which could be used by all members during club training sessions. Jon and Gareth would welcome input from members to this process, specifically from women in ensuring the cut of tops is suitable for use.

Samples of the kit are going to be provided for review, some have SPF and antibacterial properties and different sizes will be made available for review.

If any members are willing to assist with the new kit please contact either Jon or Gareth.

**Action:** There is a vacancy on the committee for a Kit Co-ordinator, Jon asked members to let him know if they would like to stand for the position.

Laura Daubney offered to assist Jon with the organisation of kit, discussion to take place offline.

**h. Media update – Paul Northup** **Paper 8**

There is a desire to ensure the media reports that are drafted reach a wide number of people through social media channels. Work will take place on this over the forthcoming year.

Jon offered thanks to Paul for drafting media reports on behalf of the club.

**3. Elections to the Committee** **Paper 9**

Jon presented the paper. There is a need to realign the terms applicable to Committee members as part of the new club constitution.

Members approved the paper, and all Committee members were re-elected for a 2 year term.

**4. New Club Constitution** **Paper 10**

Matt Ashman presented the new club constitution which has been drafted following an update from England Athletics and a need to align the constitution to this.

Members were asked to vote on the implementation of the new club constitution which was approved.

5. **AOB**

a. **Proposal to move the AGM to the summer and align with awards/social**

Discussion took place at the committee's last meeting with regards to moving the AGM to the summer and aligning it with a summer social and awards presentation.

Mike Crossley was supportive of this and noted that attendance may be increased if it is joined onto a social event.

Amelia Mullins noted that there is the potential for a joint social/awards/AGM event to be lengthy.

**Action:** Club Committee to discuss at it's next meeting.

b. **Virtual competitions – Mike Speke**

There have been some good virtual competitions during lockdown which were well attended by members and ensured a competition spirit was maintained. The committee were asked if it would be possible to run some more of these over the next few months.

Will is in the process of organizing an age grade virtual competition during December.

Joel noted that it is a little more difficult in winter with the dark mornings/evenings and needing to ensure safety is maintained.

c. JJ offered thanks to all of the coaches for their support during lockdown and ensuring members were able to continue training during some difficult times.

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

TBC

## 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.	Jon / 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	Provide an update on the clubs approach to training to members.	Amelia	
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	
2020-09-16	Draft a Member Welfare policy	Matt	
2020-11-19	Gavin and Eoin to discuss outstanding membership fees.	Gavin / Eoin	
2020-11-19	There is a vacancy on the committee for a Kit Co-ordinator, Jon asked members to let him know if they would like to stand for the position.	Jon	Closed – Laura Daubney agreed to join
2020-11-19	Committee to discuss moving the AGM to the summer at it's next meeting.	Committee	

### Completed

Date raised	Action	Assigned to	Updates
2020-07-22	Chat with Bren to see if we are able to use the facilities in CLC Sports Centre.	Will	Complete
2020-07-22	Share the club constitution with the committee along with the link to the EA template.	Matt	Complete
2020-07-22	Committee members to review and comment on the draft updated Constitution	All	Complete
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	Complete
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	Complete
2020-07-22	Review the outstanding membership renewals for discussion at the committee meeting in September.	Gavin	Closed
2020-07-22	Review those on the Facebook members page and determine who should potentially be removed	Gavin	Closed

2020-09-16	Add an agenda item to the AGM to re-elect all Committee members	Matt	Closed
2020-09-16	Consider if the AGM should be moved from November to an alternate date	All	Closed
2020-09-16	Provide suggested locations for Wednesday speed training to Amelia.	All	Closed
2020-09-16	Draft some questions for a survey of members re Friday track training	Rachel/Matt	Closed
2020-09-16	Contact those members yet to pay their membership fee one last time, decision then to be made at AGM regarding potential removal from the club.	Gavin	Closed
2020-09-16	Add an agenda item to the AGM re Staverton 10 race.	Matt	Closed
2020-01-15	Work on updating the club constitution and provide back to the next meeting for review.	Matt	Closed
2020-01-15	Once updated provide the Constitution to all members and make available on the new club website.	Matt	Closed
2020-01-15	Committee members to recommend routes for taster races and volunteer to run a race.	All	Closed





## **PAPER 1**

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### **MEMBERSHIP UPDATE**

#### **Membership statistics @ 7 November 2020**

94 EA registered athletes

of which:

2 second claim members

leaving:

92 eligible members

for:

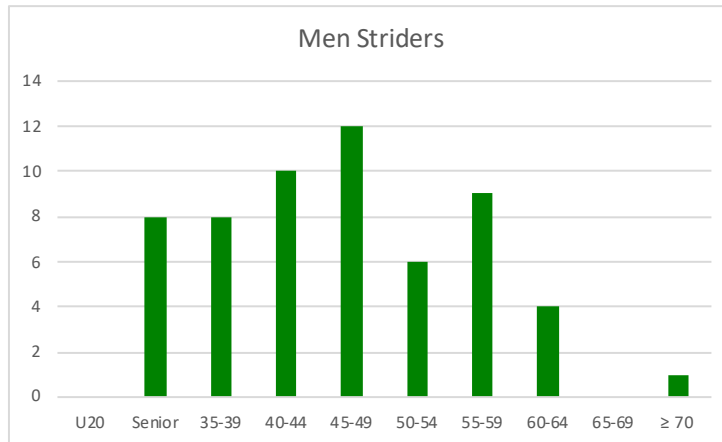
1 Virgin Money London Marathon club place (10-150 first claim registered members)

#### **Changes since last AGM @ 7 November 2019**

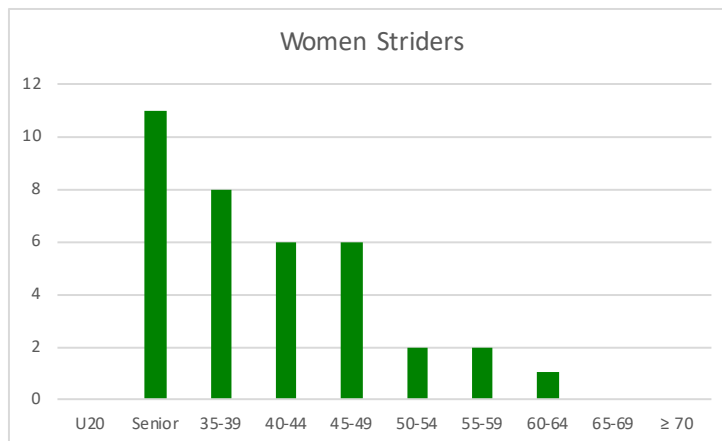
26 leavers

15 joiners

**Gavin  
Membership Secretary**



**Men**      Total:                    58            62%  
 Average age:            45.7  
 Min age                    22  
 Max age:                 70



**Women**      Total:                    36            38%  
 Average age:            40.0  
 Min age                    20  
 Max age:                 62

**Total**                                    94  
**Average age**                        43.5

@ 7 Nov '20



## PAPER 2

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### TREASURERS REPORT

This report covers the following: Accounts & commentary for the year ended 31 March 2020.

#### 1. Income and expenditure summary

	2019/20	
Income	£	£
Race fees	4,785.00	
Membership	1,456.92	
Sponsorship / donationP	400.00	
Training fees	55.00	
Social	1,276.80	
Merchandising	787.00	
<b>Total income</b>		<b>8,760.72</b>

	2018/19	
	£	£
	3,583.38	
	2,763.76	
	136.00	
	0.00	
	0.00	
	534.00	
		<b>7,017.14</b>

	2019/20	
Expenditure	£	£
England Athletics fees	405.00	
Race & affiliation fees	1,085.00	
Race organization	2,820.90	
Kit costs	1,613.72	
Training	1,160.00	
Administration costs	2,076.30	
<b>Total expenditure</b>		<b>9,160.92</b>

	2018/19	
	£	£
	1,615.00	
	499.00	
	1,985.51	
	252.00	
	526.01	
	1,401.32	
		<b>6,251.84</b>

<b>Surplus/deficit for year</b>		<b>-400.20</b>
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		<b>200.82</b>
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#### 2. Balance sheet

	2019/20	
Assets/liabilities	£	£
Cash	6,120.91	
Debtor	0.00	
Liabilities	0.00	
Stock	1,687.50	
<b>Net assets/liabilities</b>		<b>7,808.41</b>

	2018/19	
	£	£
	6,521.11	
	0.00	
	0.00	
	1,687.50	
		<b>8,208.61</b>

	2019/20	
Represented by:	£	£
Opening balance (31/03/20)	6,521.11	
Surplus/deficit for the year	-400.20	
<b>Reserves</b>		<b>6,120.91</b>

	2018/19	
	£	£
	5,755.81	
	765.30	
		<b>6,521.11</b>



## PAPER 3

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### WOMEN'S CAPTAIN REPORT

A year of 2 halves...

The first 6 months were business as usual with the women's team having a strong turnout at both Gloucester and Midland league XC fixtures. We finished in a strong 13<sup>th</sup> place in the Midland League first division (out of 18 teams) and 4<sup>th</sup> Masters Team.

In the Gloucester League we finished in second place overall and first Masters Team with amazing individual performances as well for Helen Knight (1<sup>st</sup> LV40) , Liza Bradshaw (2<sup>nd</sup> LV35) and Amanda Steer 3<sup>rd</sup> LV45).

Despite the early January date we had a fantastic team of five for the XC county championship as well with Liza getting 1<sup>st</sup> LV35, Helen 1<sup>st</sup> LV40 and Fiona Brady-Miller 1<sup>st</sup> LV45. The team finished 2<sup>nd</sup> overall and 1<sup>st</sup> Masters Team. These great performances meant that women's Striders made up half the Gloucestershire team at the UK Intercounties XC race in March.

It wasn't all about XC though and we threw in a few decent road races too with Helen, Amelia Mullins, Nicola Weager and Helen Howes waving the women's Striders' flag at Linda Franks in January. Another favourite in the road race calendar is of course Bourton 10k with 10 female Striders turning out on a very wet day in February with top performances all around. Liza finished third female overall, closely followed by Helen in 5<sup>th</sup> place (and 2<sup>nd</sup> V40), Rachel Cary 1<sup>st</sup> LV35, Rachel Vines 2<sup>nd</sup> LV35 and Amanda Steer 1<sup>st</sup> V50.

Amanda, Amelia and Fiona also managed to squeeze in Bath half on the cusp of lockdown after which it all went a bit quiet in the racing calendar.

Of course there were virtual races which the women happily took in their stride. We took part in the Virtual National Road Championships, CLC age graded 5k, the CLC Striders Virtual Pentathlon, 5k Mob Match and Virtual Cotswold way relay. Helen ran the virtual London Marathon in Cheltenham, while Cat Wheeler and Liza completed stellar times at the Dorney Lake Marathon on the same day.

Slowly some real races started coming back in the autumn with 4 female Striders taking part in the Upcote 5mile trail race and, after not having had a track season this summer, 6 women braved a 5k track race at the Prince of Wales in November as well with 6 PBs and a club record.

We also welcomed a number of new female members who we can't wait to get to know better and properly welcome to the club once we start getting 'back to normal' again.

**Karlien Heyrman**  
**Women's Captain**



## PAPER 4

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### MENS CAPTAIN REPORT

It has been an interesting year to say the least, with the huge impact on competitive racing as a result of Covid. However, despite this, the Men have had an excellent year.

In the Birmingham League Cross Country, the men successfully stayed in Division 2, with committed & battling performances across the 4 races, in some horrendous conditions (particularly Burton Dassett!). At the final race of the season at Lilleshall, Telford, the top 6 men on the day all finished inside the top 100, ensuring our safety and finishing 10<sup>th</sup> overall for the season. Will Ferguson, Iain Porter, Tom Kabala and Dan Bazzard all finished in the top 50 overall standings for the season which is fantastic. I'd like to thank ALL the men who competed in the Birmingham League this season, racing hard & toughing it out for a true team effort. Every place counts & without this determination from everyone, we wouldn't have stayed in Division 2.

The Men also had good representation in the Gloucester League XC races, and particular mention must go to David James for his 1<sup>st</sup> place age category Gold Medal at the Glos Cross Country Championship at Rendcomb College course.

In January, the club again put on another very successful Staverton 10 Race, with thanks to all members for their help in volunteer roles and a particular big thanks to Eoin McQuone for bringing it all together as Race Director. Andrew Gage raced on the day for a PB (1.13.46) for 3<sup>rd</sup> in his age category. Andrew was also this year's winner of the Club Road Race series.

At the popular Linda Franks 5mile race, the men ran well with 8 finishers on the day, led home by club chairman Jon Howes in 18<sup>th</sup>. There were also excellent PB's for the rapidly improving Nick Ledwold (32.28), Matt Ashman (33.34), Gary Smith (34.23) & Andrew Gage 34.41).

Next up towards the end of February was the ever-popular Bourton 10k. This was probably to be the last race for a while as we hit the full force of Covid & entered Lockdown! As always, the men represented well, with 13 finishers on the day in gale force winds & rain! Striders were led home by the brilliant Dan Bazzard in 23<sup>rd</sup> place, followed by Will Pearce & Jon Howes also inside the top 50. There were two more great PBs on the day, again, for Nick Ledwold (40.50) and Matt Ashman (42.57).

Despite the impact of Lockdown from March onwards, with no racing and unable to train in groups, the Striders really did come together.

The Club put on some virtual competitions and the men continued to train hard, run well & stay motivated. In our club virtual Easter 5km age-graded competition, the Men were the team winners with an average score of 76.63% for the top 12 runners. In the club virtual Team Pentathlon, organised by super Vice Captain Joel Freeland in May, the men represented well with some excellent runs with Andy Brookes and Paul Lockyer in the winning Blue Team. Particular mention

to JJ Willson for an incredible 90.71% age-graded score (essentially World Class!) for his Mile time of 5.40! Not far off was Andy Brookes, with a brilliant 5.41 and 87.54%.

There were so many fantastic achievements during lockdown, virtual PBs and many miles run by the men, both on road & trail, especially for the Cotswold Way Challenge and Relay. Ultra-machine Rob Bircher clocked 164.5 miles for this in June, with James Babbage and Paul Lockyer running 102 miles each. Rob also completed the Dragon 50mile south Wales coastal Ultra in September.

In the World Masters Virtual 5km, David James was an incredible 3<sup>rd</sup> overall in his category with a brilliant time of 21.48. In the British Masters Virtual 5km relays, David was 4<sup>th</sup> in the UK out of 45 in his age category, running 21.43 and Tim Brock ran an excellent virtual PB of 19.31. Mike Speke ran a great virtual PB of 22.18 in the EA Virtual 5k Championships.

Eoin McQuone and Tom Fletcher ran many miles for Charity during lockdown, with Tom clocking 15miles a day for 3 months! With the London Marathon cancelled, Eoin instead ran 26 miles twice in 6 days, and 50miles in 5 days for the NHS. Martin Bick lifted spirits in the community with his daily Runasaurus runs in Cheltenham.

With the start of club small group training in June, proving very successful, the men continued to train hard and this showed in some cracking results as races started back again. Dan Bazzard smashed the 17min barrier with a superb 16.49 PB at the Hereford 5k. Ollie Watkins, having persisted with his marathon training during lockdown, got the reward he deserved running a massive 16min PB of 2.48.47 at Bedford Autodrome Marathon in October. The men ran well at the Upcote 5 mile trail race, with the ever-improving Nick Ledwold finishing 10<sup>th</sup> and Eoin McQuone and Tim Brock running well for 29<sup>th</sup> and 30<sup>th</sup>.

Finally, with no track season this year, it was great the men could put their focused training to the test on the POW track for the 5k time trails in November, with numerous track PBs and MV60 Club Record of 19.26 for JJ Willson & MV70 Club Record of 21.57 for David James. Newer and rapidly improving member Chris Hart had a breakthrough run, clocking an 18.32 PB.

The club very sadly lost member & friend, Neil Broadbent, who passed away in August. Neil was an excellent runner and key member of the Men's team. Brendan and Will attended his funeral and represented the Striders, which was a happy part of Neil's life.

Thanks go to Martin Bick for his volunteering as an Official at all of the XC Races for the Men, as well as for his coaching along with Brendan Ward, Joel Freeland and Amelia Mullins.

Well done to all of the men in what has been a very different & challenging year. It has been really encouraging to see the improvements of so many members (both newer & existing), despite lack of races to focus on. I am excited for 2021...bring it on.

**Will Pearce**  
**Men's Captain**



## **PAPER 5**

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### **STAVERTON 10**

Oral report provided by Eoin McQuone in minutes.



## **PAPER 6**

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### **SOCIAL UPDATE**

Since the last AGM, over 20 Striders attended the annual Christmas celebration, which was last year held at Thai Emerald. In February we entered two teams for a charity quiz night organised by Fiona Brady-Miller, in aid of CLIC Sergeant as part of her London Marathon venture. It was an enjoyable evening with a good turn out from the club and it was fantastic to show so much support for a fellow club member and a great cause.

Since then, opportunities to organise social events have been relatively limited due to Covid19 and the associated restrictions, with the summer BBQ and most likely the Christmas party not taking place this year. However, in May, Eoin and Joel organised a virtual quiz for the club, which was well attended by many Striders and their families and a lot of fun.

Plans for 2021 are clearly dependent on Covid19, but provisionally we would be looking at Spring, Summer and Christmas get-together, with the Spring social likely to be held virtually.

**Tom Kabala  
Social Secretary**





## **PAPER 7**

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### **KIT UPDATE**

It has been a relatively quiet year for club kit. Our training kit options remain available in the three club colours and the fluorescent winter training tops have been very popular this year. We have a certain amount of stock of jackets and hoodies so do make contact if yours is starting to look a bit tired! Whilst it is not compulsory to wear club kit to training, it is always appreciated as it gets our name quite literally on to the streets.

Unsurprisingly given the circumstances, our stock of club race vests has remained fairly static this year. Any new members who wish to enter races are reminded that it is compulsory to wear club vests in Gloucestershire, Birmingham and Midland AA official cross country, road and track events as well as being common practice to wear them in all other races which you attend under the CLC Striders name. If in doubt, feel free to ask, and if you do require a club vest please get in touch with the kit manager (currently me!)

We continue to have a vacancy on the committee for a kit manager and I am grateful to those individuals who have supported me by contributing to this role in various ways over the past year. I would like to be able to bring in some new-look kit in due course and hope that members will continue to support the club in developing an increasingly strong visual presence for the club by wearing club colours at events and whilst training around the local area. If you have an eye for fashion and would like to get on board, do get in touch with myself or the club secretary to signify your interest. However, even if you do not want to take on the role fully, we are always happy to listen to thoughts and comments on how we can improve what we offer – so do speak up.

**Jon Howes  
Chair**



## PAPER 8

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### MEDIA UPDATE

Since the Echo has move to a weekly publication (from daily) it is much harder to get stories placed and published with them – both from a timing POV (when the report gets sent in) and from the POV of the additional competition for space and stories there now is. There is work to do on that if we want local print press coverage. The lack of activity to report this year has exacerbated this as it feels like we've lost our presence and profile somewhat with the reporters now so need to work to get that back.

I have to confess that although I am in awe of Mat B for the website rebuild (thanks Mat!), I am all at sea in terms of how the back end works and how to update content. I'm a simple WordPress CMS guy and I still haven't caught up with the new system. So there is work to do there for me if I am to be able to keep the news fresh and updated. I am conscious that there's not really been much fresh and engaging news posted to the site (from me) this year.

Not that I am angling for it (quite the reverse, really), but I wonder if there's a new / more transparent / clearly identified role for someone to lead on our comm more broadly (rather than be a trad. Press Officer). Print media only achieves so much these days. We need to keep trying with it, for sure, but digital comms gives us so much more possibility.

I'm conscious that I don't know who looks after our IG and Twitter channels (thanks to whoever does – esp IG) and I don't even know how our public-facing FB page works in terms of content and connection to the new website. In other words, I'm really behind the curve and not as up to speed as someone in my role should be.

I don't really have the bandwidth to do any more than the paltry amount I do at the moment but I'm conscious that we could make real strides (pardon the pun) in this area and establish a really distinctive, inclusive, celebratory voice and presence in the running scene with a more joined up and sustained approach to our comms across the board. Images / photos / film are / will be key in that and I'm conscious that the website now looks very copy heavy.

I'd be really happy to help work up a new comms 'strategy' with one or two enthusiastic others but I don't have the time in my life right now to then deliver on that.

Striders is so uniquely placed locally – between the elite club/s and the community club/s – to be THE go-to club for all sorts of runners and I'd love to see us make more of our identity in the digital space

**Paul Northup**  
**Media Co-ordinator**



## PAPER 9

### CLC STRIDERS AGM 2020

Thursday 19 November 2020 at 2000  
Via Zoom

### ELECTIONS TO THE COMMITTEE

At its September meeting, the Committee agreed that all Committee members would be proposed for re-election on a 2 year term at the AGM, unless they either wish to stand down from the Committee or another member wished to join the Committee in a particular position.

This is purely for the purpose of alignment with the new Club Constitution and to make it easier in the management of Committee membership.

The Committee members consist of:

#### **Honorary Officers**

Chair	Jon Howes
Club Secretary	Matt Ashman
Membership Secretary	Gavin Jerman
Treasurer	Eoin McQuone
Men's Captain	Will Pearce
Women's Captain	Karlien Heyrman
Club Coach	Amelia Mullins

#### **Ordinary Members**

Deputy Men's Captain	Joel Freeland
Deputy Ladies' Captain	Sophie Longmore
Social coordinator	Tom Kabala
Kit coordinator	Vacant
Web developer	Mat Benfield
Press coordinator	Paul Northup
Events coordinator	Rachel Vines

**Matt Ashman**  
**Club Secretary**