



CLC STRIDERS AGM 2021

Thursday 20 May 2021 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. London Marathon ballot
4. Gloucester AAA Rachel Vines
5. Date and location of next meeting



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MINUTES

In attendance

Amelia Mullins
Aysha Akif
David James
Eoin McQuone
Gavin Jerman
Helen Howes
Isabel Alonso
JJ Wilson
Joel Freeland
Jon Howes (Chair)
Laura Daubney
Liza Bradshaw
Matt Ashman
Mike Speke
Nicola Weager
Nick Ledwold
Will Pearce
Rachel Vines
Sophie Longmore

Apologies

Amanda Steer
Jill Harsent
Karlien Heyrman
Mike Crossley
Paul Northup
Tom Kabala

Minutes of the meeting

Due to 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.

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

100 athletes are members of the club including 4 second claim members. 79 have paid their 2021/22 membership with 21 yet to pay. Gavin will send out another payment reminder on the 1 June to those members yet to pay their membership.

There are 5 new members, 3 resignations and 2 trial members.

b. Treasurer's report – Eoin McQuone Paper 2

There has been little activity in the accounts due to no races or social events. There has been more income than outgoing, the club is therefore in a good financial position.

Action: Eoin and Rachel to consider how to reconcile those members who attended Friday track training to check who has/has not paid.

c. Women's Captain report – Karlien Heyrman Paper 3

In Karlien's absence, Sophie Longmore presented the report.

Some superb virtual and Covid secure events have taken place since November 2020, details are contained within the paper.

d. Men's Captain report – Will Pearce Paper 4

Some superb virtual and Covid secure events have taken place since November 2020, details are contained within the paper.

Thanks were passed to those members of the committee who ensured training could return in a Covid secure way and the coaches for giving their time to ensure the sessions ran efficiently.

e. Training report – Amelia Mullins Paper 5

With the second lockdown ending in December training recommenced only to be paused again in January.

Amelia noted the fantastic efforts undertaken by club members during lockdown, especially without club training taking place.

Training recommenced again in March following relaxation of Covid-19 regulations, Monday social runs are commencing from the CLC Sports Centre and Wednesday 19 May was the first large group session for speed training – taking place on the CLC Sports centre field.

Thanks were passed to Matt Ashman for maintaining the clubs Covid-19 risk assessment and approach to ensuring members could train in a Covid secure manner. Thanks were also passed to all of the coaches for running the club training sessions.

Jon passed thanks to Amelia for all her work with virtual training during lockdown.

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

Due to the restrictions in place as a result of the ongoing COVID19 pandemic no social events were possible during this period. It is hoped that social events can commence again as restrictions ease this summer.

g. Kit update – Laura Daubney **Paper 7**

There is some stock of club kit available which will be made available to members in due course. If members have any requirements for kit please speak to Laura.

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

Paul sent his apologies for the meeting but provided some updates.

Due to other commitments Paul's time is limited to be able to draft reports, a request was therefore made for members to support in the drafting of reports and potentially take on the media role in the future.

3. London Marathon ballot

Will Pearce held the random draw for the London Marathon ballot. 3 members put their names forward, Jav Norat, Nick Ledwold and Tom Fletcher.

Nick Ledwold was the selected name from the hat and will be entered for the 3 September 2021 race.

4. Gloucester AAA

Rachel provided an update from the Gloucester AAA, she is a representative on the committee on behalf of CLC Striders and acts as treasurer.

There are a couple of members on the committee who have decided to step down due to personal reasons including the Chair and Cross Country team manager.

Rachel asked if any members would be willing to support Gloucester AAA on an ad-hoc basis or take on a vacant committee role. More information can be obtained from Rachel if anyone is interested.

5. AOB

a. Isabel – the website used to detail 'member benefits' which cannot be found. The links are all available from the links at the bottom of the website.

b. Gavin – the results pages on the website only show road and XC races, consideration to be given to other events such as trail and etc. so that records are recorded. It was agreed that options would be investigated.

c. JJ – thanks passed to all of the committee members who keep the club running and to the coaches who do a fantastic job each week with social runs, speed training and track training.

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

Thursday 15 July 2021

Thursday 16 September 2021

Thursday 11 November 2021

Thursday 20 January 2022

Thursday 24 March 2022

Thursday 19 May 2022 - AGM

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	Closed
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	Closed
2020-07-22	Share some of the new club business cards with the committee.	Amelia	Closed
2020-09-16	Draft a Member Welfare policy	Matt	In progress
2020-11-19	Gavin and Eoin to discuss outstanding membership fees.	Gavin / Eoin	Closed
2020-11-19	Committee to discuss moving the AGM to the summer at it's next meeting.	Committee	Closed
2021-05-20	Consider how to reconcile those members who attended Friday track training to check who has/has not paid.	Eoin and Rachel	



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Paper 1

MEMBERSHIP UPDATE

Membership statistics @ 14 May 2021

100 athletes on the books (**4** second claim)

of which:

75 have paid membership fee and are registered with EA until 31 March 2022

25 have not paid membership fee

Changes since 1 April 2021

5 new members

3 members resigned

2 trial members

VMLM British Athletics club entry

The 2019 event was cancelled due to COVID-19 restrictions.

The club has been allocated 1 place in each of the planned 2021 and 2022 events, based on the criterion of 10-150 first claim registered members in 2020, less any 2020 deferred entries.

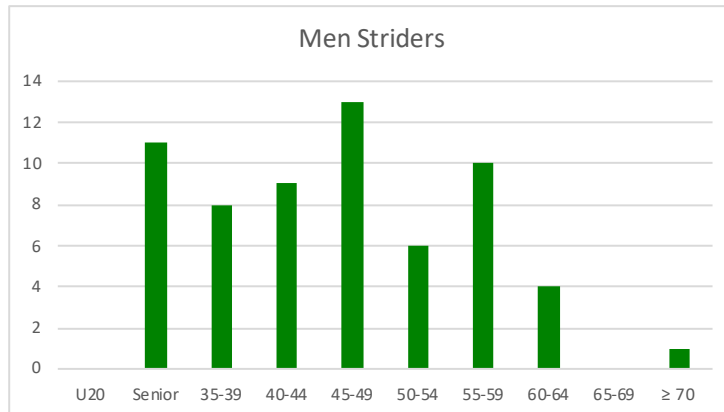
The 2021 place will be allocated in the club's ballot during the AGM.

The 2022 place is allocated to Mike Speke because of his deferred 2020 place.

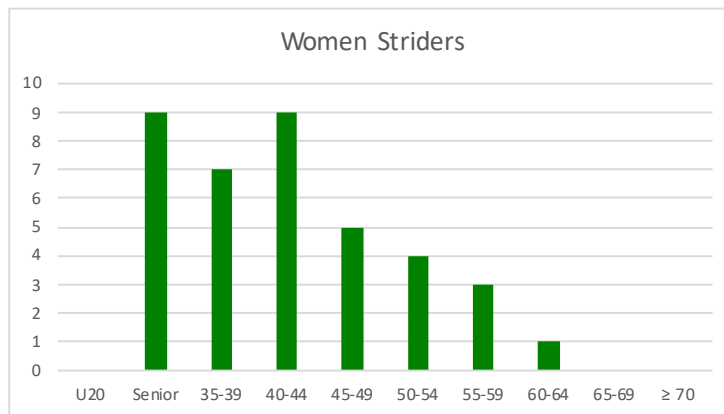
New EA myAthletics portal

The portal at <https://myathleticsportal.englandathletics.org>

As well as a new look the portal now includes a link to pay membership fees online, so no excuse not to renew memberships as soon as possible.



Men	Total:	62	62%
	Average age:	46	
	Min age:	23	
	Max age:	71	



Women	Total:	38	38%
	Average age:	41	
	Min age:	20	
	Max age:	63	

Total	100
Average age	44

@ 14 May '21

Gavin Jerman
Membership Secretary



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Paper 2

TREASURERS REPORT

This report covers the following: Accounts & commentary for the year ended 31 March 2021.

1. Income and expenditure summary

	2020/21	
Income	£	£
Race fees	0.00	
Membership	1,124.21	
Sponsorship / donationP	0.00	
Training fees	102.00	
Social	0.00	
Merchandising	546.00	
Total income		1,772.21

	2019/20	
	£	£
	4,785.00	
	1,456.92	
	400.00	
	55.00	
	1,276.80	
	787.00	
		8,760.72

	2020/21	
Expenditure	£	£
England Athletics fees	150.00	
Race & affiliation fees	0.00	
Race organization	0.00	
Kit costs	549.74	
Training	383.00	
Administration costs	297.16	
Total expenditure		1,379.90

	2019/20	
	£	£
	405.00	
	1,085.00	
	2,820.90	
	1,613.72	
	1,160.00	
	2,076.30	
		9,160.92

Surplus/deficit for year	392.31
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-400.20

2. Balance sheet

	2020/21	
Assets/liabilities	£	£
Cash	6,513.22	
Debtor	0.00	
Liabilities	0.00	
Stock	2,517.96	
Net assets/liabilities		9,031.18

	2019/20	
	£	£
	6,120.91	
	0.00	
	0.00	
	2,514.22	
		8,635.13

	2020/21	
Represented by:	£	£
Opening balance (31/03/20)	6,120.91	
Surplus/deficit for the year	392.31	
Reserves		6,513.22

	2019/20	
	£	£
	6,521.11	
	-400.20	
		6,120.91

Eoin McQuone
Treasurer



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Paper 3

WOMEN'S CAPTAIN REPORT – from 20 November 2020

With nearly 4 out of the 6 months in lockdown, you would think there wouldn't be much to report but as usual the CLC Strider ladies kept themselves busy.

In December, 9 female striders took part in the Westonbirt 10k with Helen scoring first lady and first V40. 5 out of 9 made it in the top 20 female finishers.

Amelia and Nicola made the most of staying local by exploring the Cheltenham Circular Footpath and a total of 7 women took part in the Festive 5k with Laura bagging a PB (21:56) and Liza winning the women's category.

Dark and cold January saw the launch of the Bingo Challenge part 2 which was a good excuse to keep going out for runs, trying new things and noticing the world around us.

In February, courtesy of Mike Speke, we ran the Champions of Olympus challenge with 5 mixed teams of 6 runners completing a total of 30miles. It was a close call but in the end Liza, Charlie and Laura were part of the winning team Apollo.

The enthusiasm for virtual races wasn't totally gone with Amelia, Amanda, Sarah and Isabel taking part in the BMAF virtual 1 mile challenge and Helen completing a virtual trail marathon for which she was awarded SOTM for February.

End of March finally saw us back training in small groups and from April racing slowly started again. There was no stopping Liza who ran The Podium 5k, the 5k Hereford Couriers series, Tatton 10k, 5M Severn Bridge night race and the Cheshire Elite Half Marathon. She didn't only manage to cram all these races in, she also got a 5k, 5M, 10k and half marathon PBs in the process.

Despite some races being back on, sadly Helen's ultra was postponed to next year. However, all that hard training didn't go to waste as she completed a solo run of 45miles on the Cotswold Way. May saw us get back to a little bit more normality with training resuming on the grass track at CLC and another Hereford 5k race which Liza attended once again.

It's great to see so many Strider ladies' improvements and achievements whether that's running with a pram, a baby bump or smashing PBs and racing.

We welcomed a new member, Deborah and we can't wait to have more team events like XC or the road relays to truly feel like a team again.

Karlien Heyrman
Ladies Captain



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Paper 4

MENS CAPTAIN REPORT

Covid/Lockdowns had a big impact again over the last 6 months, unable to train together as a club for a long period and races being impacted, with no Cross Country season. However, there have still been many fantastic performances and achievements from the Men over this period.

In December, a number of men ran well at the Westonbirt 10k, with Jacob Billingham first home for the club & 10th overall, and JJ Willson having a strong run coming first in his age category. David James had a fantastic race, running a club record 46:09 and also coming first in his age category. This was to be the last 'official' race until April 2021, with the country going back into lockdown. The year ended with the Club's Festive 5k virtual age-graded competition, being won by JJ Willson in a fantastic 20:08, wearing Santa hat, socks and a Christmas jumper! Eoin McQuone, Mike Speke, Nick Ledwold and James Babbage also had excellent runs, setting virtual 5k road PBs in this event. Mike Speke also ran a virtual 5k 'Not Parkrun' PB of 21:52 in December.

While we couldn't train together, the club continued to set weekly Interval sessions and big thanks go to our coaches for setting these & keeping us all motivated and fit.

In January, Nick Ledwold continued his incredible daily running streak and is now on over 500 straight days of running! As a result of dedicated training & weekly solo speed sessions, Eoin McQuone ran a superb virtual 5k PB of 18:58.

In February, Mike Speke & Joel organised an excellent club Virtual Road Relay event, with teams of 6 running different distances making up 30miles. It was an exciting competition with Team Apollo crowned champions, with Team Zeus 2nd and Team Hera 3rd. Ultra-strong man Rob Bircher also completed the Wolfpack 100k challenge in Feb and David James ran a brilliant 6:33 mile for the British Masters Virtual Mile challenge.

We returned to small group club training sessions at the end of March – it was so good to be back training together at various locations around Cheltenham. Thanks again to the coaches and also our Club Sec Matt Ashman for making this possible.

In April, with some restrictions easing, we finally saw a return to racing and members keen to don the green & black vest again! In the first race of the Hereford Couriers 5k road series, both David James & JJ Willson showed what fine form they are in. David set a new M70-74 club record of 20:57 and JJ ran a PB and M60-64 club record of 19:02. Incredible performances! Rob Bircher also ran a 27min PB at the Dorset Ooser Trail Marathon.

April also saw Eoin McQuone finish 3rd overall in the Eastnor Castle Magnificent 7 as well as set a new sub40 10k PB of 39:53 at the Castle Combe Chilly 10k.

Gavin Jerman completed the Shepperdine Marathon in 3:41:58 in wet and terribly windy conditions, well done.

In May, Rob Bircher completed another epic Ultra in what he described as his 'toughest ever challenge' - 56.5miles along the Southern Upland Way in Scotland, with over 24,000ft of ascent, finishing 34th overall.

Not running, but worthy of note, was Rich Shardlow's Dales Divide Challenge, raising money for MIND Charity. An incredible/crazy cycle, mostly off-road, coast to coast across England twice (600km!). Rich had to deal with absolutely horrendous conditions & as a result couldn't quite complete the challenge, but I understand may be back for more punishment next year! Nick Ledwold ran a brilliant 26 Miles round Cheltenham for his 26th Birthday in an amazing time of 3hour 10mins.....a lot more to come from him.

In the second race of the Hereford 5k series, JJ Willson broke his own club record and PB by 1 second, running a brilliant 19:01 and David James first in his category again in 20:58, just 1sec slower than his previous race. David is currently ranked 2nd over 70 in the whole UK for his 20:57 5k...class!

We also saw to 2 PBs and new Club Records this weekend at the Glos County Championships on the track in the 800metres. Eoin McQuone ran 2:30 for a 50-54 club record, and just behind was JJ Willson in 2:31 for a 60-64 club record.

It's been great to see such a good turnout recently for larger group training sessions again at CLC Sports field, as well as on the track on Friday evenings.

I am looking forward to more races returning now & over the Summer (not forgetting the Cotswold Way relay!) and am sure to see many strong performances and PBs from the men, both on the road and the track.

It has been really encouraging to see the improvement of so many of the men over the last 6 months, despite the impact of Covid and also welcome new members Ryan, Anthony and Greg Chilton re-joining the club.

Will Pearce
Men's Captain



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Paper 5

TRAINING UPDATE

Since the last AGM, the end of the second Lockdown in December allowed us to train together as a club, with interval sessions small groups at different locations around Cheltenham. However, we were plunged into the third Lockdown at the beginning of January, with members once more needing to train alone (or with 1 other person) for 3 months.

During this time, I sent out a second running 'bingo' to provide some ideas and motivation, which was brilliantly illustrated by Gareth Harries; Mike Speke scored the most points. Mike's suggestion of a Club Virtual Road Relay was February's lockdown activity. This was organised by Joel and saw 5 teams of 6 competing to run 30 miles in the shortest time and was won by 'Team Apollo'.

From 29 March the restrictions were partially lifted, and we have been able to train together again as a 'Covid-secure organised outdoor sport'. Whilst we were allowed to have larger numbers, the coaches and committee felt that the responsible thing to do was to train in smaller groups initially. However, our Monday evening social runs are now meeting at the sports centre again and from this Wednesday we're hoping to train together as club on the field. Friday evening track sessions have also recently restarted at the Prince of Wales stadium. The number of members at training is good, with several new and potential members coming along.

We have 2 new Leaders in Running Fitness (LiRFs) as Matt Ashman and Gareth Harries have recently completed their course. All our LiRFs are a great asset to the club, leading groups on Mondays and helping when needed on Wednesdays.

Thank you to Matt for ensuring our Covid-19 Risk Assessment remained up to date, and to my fellow coaches Brendan, Joel and Martin for their weekly sessions both during lockdown and back in person. Thank you also to all our club members for their continued patience with our procedures and for their enthusiasm and effort at training. We have seen already that these efforts are paying off with great results in recent races and events. Hopefully, training will be more 'normal' this year and more races will be able to take place.

Amelia Mullins
Coach



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Paper 6

SOCIAL UPDATE

Due to the restrictions in place as a result of the ongoing COVID19 pandemic no social events were possible during this period. It is hoped that social events can commence again as restrictions ease this summer.

Tom Kabala
Social Secretary



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Paper 7

KIT UPDATE

Laura Daubney has taken over as Kit Coordinator for the club.

The research into the summer training top was put on hold, however Laura will look to review existing kit options over the summer and re-start the search for something new later in the year.

The only new kit investment has been in buffs which are available now.

For any kit requests please contact Laura either at training or via the email address: kit@clcstriders-runningclub.co.uk

Laura Daubney
Kit Coordinator



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Paper 8

MEDIA UPDATE

In terms of race reports, they've obviously been few and far between over the last year or so. A few thoughts:

- I haven't done much to report / record individual achievements (I always want to but then lack the time and inspiration to know what to say). But there's been some incredible ones that we should have in some way 'written up' in an ideal world.
- Writing reports for cross county fixtures or races where a good clump of Striders participate together is always easier than trying to keep up with disparate races with one or two Striders in here and there where I have to make stuff up about how it went, if you see what I mean.
- If there is anyone out there who'd be happy to get involved with me or even to takeover from me on the press and reports side then I'm all ears. Since not being able to participate and compete as much as I'd like to over the last few years since my breaks I've found it increasingly hard to be in the right spirit and flow to writing timely and enthusiastic stuff – which is what the club needs and deserves.
- But I am happy to do what I can for as long as is needed until we might be able to identify someone who could do this role with more energy and gusto than I'm able to.

Paul