

**AGM Meeting Minutes – Monday 29th October 2019**

**Apologies:**

Sanjay Roy

Carly Eaves

Phil Abbott

Andy & Judy Reid

Karen Bull

Penny Kilbey

Liz Davies

**Charity Presentation by Katicia** – Total raised for the year for Alzheimer’s UK was £7100

**Chairman’s Annual Comments** **2019 by Zena Ellis**

This is the third year I have sat here, and I don’t think I am any less nervous that I was the first time. Although this is the last time, I will be sitting here doing this and feel slightly relieved by that. On my very first committee meeting as chair I made a brownie inspired promise to the committee and club. I promised to do my best and do my duty to the club, to serve our runners and help other people and to keep the Stopsley Striders law.

As I have said numerous times, I love being a Strider and it is a privilege to sit here as chair, but I think after 3 years and new adventures on the horizon it is time to stand aside and let someone else have a go. I have been feeling quite nostalgic recently and have been looking back over these last three years and what we have achieved.

We are known as the club that is inclusive of every runner, very welcoming and supportive of one another. I get loads of comments and messages about Striders supporting one another and other clubs when on training runs and races. We all know the physical and mental health benefits of running, but I think running with a club makes them even more. I hope we are that club that others aspire to be, not because we have the quickest runners but because we have the best team spirit and are the most inclusive club around. We show the true spirit of our town that is Luton and I am so very proud of that.

We are a bigger club than the club I took on as chair and now have 240 members. This is great news not only because it means we now get 2 London marathon places again, but this is largely down to the success of our beginners’ courses over the last two years. Our coaches deserve a big up for the beginner’s course and for the impressive number of PBs I have read out every Monday and Thursday. I know that their coached sessions on a Thursday speedwork and Tuesday at track have made an impact on your running times. Our coaches are always willing to offer advice and talk about running techniques.

We now have a new website thanks to Evelyn, getting all the information that our members require and those outside the club need to see in one place is not straight forward and Evelyn you have done a great job with it.

There were several highlights to the year for me, one of them was our trip to Belfast. I loved that weekend, running is a solo sport but never has it ever felt so good being part of a team, with several of the cheer squad at different points on the route. The relay changeover points where we got to see the next Striders runner and then celebrate together afterwards at the hotel bar. I hope this is a tradition that continues with Prague and maybe others next year.

Our annual awards evening is one of the highlights of the year, it is great to see everyone dressed up and is a pleasure to celebrate successes and achievements and one that I always look forward to.

There is a lot that goes on behind the scenes to make this club successful and all by volunteers with a common love of running and our club. The committee is a tight team. It has surprised me this year with the increase in numbers how difficult it has been to recruit new members for the committee and I don’t know why this is but I understand we all live very busy lives and to take on another commitment is sometimes too much so I feel like I need to give a little insight into what each of us do.

I would also like to say thank you to the current committee, whether they are standing down or standing again for their commitment, enthusiasm and hard work this year. They have been a pleasure to work with and we have worked well as a team.

Lu has done an amazing job managing our social media presence, our Facebook page is followed by 420 people and our Instagram by 580. She also manages the beginner’s groups, the members group and the race suggestion Facebook groups. All of these receive many messages which Lu filters and replies to all. The big numbers at the beginner’s course is largely down to the success of our presence on social media. I think Lu would make a fantastic chair one day, but I would also be nervous as to who would take on the social media.

Penny has been conscientiously replying and responding to our new members email address which gets many messages every month. New faces are arriving at club most weeks and it is reassuring that they know what to expect when they come.

I don’t know anyone who loves our club or cross country as much as our Ladies Captain Christine, her enthusiasm is infectious. She is a phenomenal runner and doesn’t think twice about running with anyone at any speed, she is always the first person to wish a member luck with an upcoming race or persuade them to join in with cross country. Christine, I have loved working alongside you but maybe for committee meetings in future try to minimise the chatter.

Martin although you have struggled juggling work commitments and the Men's Captain role you have given it your best shot and have spent many an hour uploading race results to the infamous members spreadsheet.

The success of the 5- and 10-mile Trail Race and the Stopsley Challenge was down to Tom and his dedication to both events. Putting on an event like those is not easy and I am excited that the Stopsley Challenge for next year is already full and we have several people signed up for the trail races in August.

Amanda’s drive for fundraising is strong and she has been a massive support to Katicia this year with her fundraising efforts. I am sorry that you are standing again Amanda as your contribution to the team has been great, but I am sure you will be happy to offer advice for those fundraising for next year’s club charity.

Estelle I am so glad you are staying on the committee, I can’t tell you how great it was when you offered to organise the trophies for me, I’m not sure why but this was the job I used to dread every month and you made it so straight forward. The new certificates look beautiful and I know you have been looking into expanding our collection of kit. I am also so glad that you are remaining on the committee and I think you will be brilliant secretary.

The club secretary is an important role, the one that liaises with UKA and sorts the membership, and I know that you have struggled to juggle this with work and family commitments Karen, but I am very grateful for everything that you have done. Especially with the memberships and UKA.

Our club president for the last 3-year Dave has been a reassuring presence on the committee, he brings knowledge to the meetings that brings confidence and is always handy with the club rules.

I don’t think I would have been able to do this job without two people though who deserve a big thank you from me. Helen, I don’t think you realise how much we all rely on you. I have thoroughly enjoyed working with you the last three years and you really are a fantastic fountain of brilliant stories and information about our club. I have loved hearing your tales of Striders trips over the years, tips for cross country and your marathon running days. Thank you also for organising our monthly socials, I love catching up on a Thursday night over some good cake.

I wouldn’t have been able to do this role without Thom who is very much more than a treasurer. He makes sure our finances are kept in order, pays in the endless amount of change that we collect in subs, payment cards and organises online payments. But above all you are a calm voice of reason, if ever there has been something come up that I have needed advice on, and I think I would have struggled to be chair without.

Massive well done to Katicia Blanchard for such a fantastic effort raising funds for the club charity. I know it is a charity that is close to your heart, but you really have given it you’re all this year and it has been great to see your confidence grow with it. I know you’d had a drink already but the strong woman who owned the mic and coordinated the Halloween Party on Friday was like a different person who stood and spoke at this meeting last year. Please pass on our thanks to your family and a team of people who supported you raising so much.

Next year is going to be another great year with more social events, trips abroad, the Christmas party, awards evening, cross country and much more and I look forward to taking part in all of that without the pressure of having to chair meetings.

**Previous minutes confirmed** -All in agreement

**Treasurers Report**

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| --- | --- | --- |
| **Income** | **Current Year** | **Previous Year** |
| Evening Subs | 7530.95 | 6893.4 |
| Track Subs | 1229.5 | 1581.2 |
| Annual Subs | 6800 | 6244 |
| Beginners Course | 1020 | 905.9 |
| Kit | 280 | 240 |
| Charity | 6615.59 | 5358.65 |
| Stopsley Striders Race | 3182.75 | 2669.99 |
| Awards Evening / Xmas Party 2019 | 3734.02 | 1801 |
| Miscellaneous | 0 | 339.5 |
| **Total Income** | **30392.81** | **26033.64** |
| **Expenditure** | **Current Year** | **Previous Year** |
| Room Hire | 5941.49 | 5387.42 |
| trophies and Awards | 258.25 | 708.9 |
| Presentation Evening / Xmas Party | 4719.87 | 3067.79 |
| Social | 540 | 340 |
| Other Races | 378 | 355.65 |
| Race Transport | 0 | 30 |
| Members EA Affiliation | 3000 | 2613 |
| Club Affiliations | 302 | 220 |
| Coaching Fees | 535 | 815 |
| Printing and Stationary | 305 | 221.17 |
| Track Hire | 1492 | 1411 |
| Stopsley Striders Race | 3033.15 | 2614.75 |
| Kit | 1561.71 | 622.8 |
| Charity | 7300 | 2300 |
| Beginners COURSE | 145.19 | 235.52 |
| Miscellaneous | 2142.48 | 1531.24 |
| **Total Expenditure** | **31654.14** | **22474.24** |

Excess of income over expenditure - £1261.22 (2018 £3459.40) (2017 £1969.93) (2016 £6026.85) (2015 £1342.81)

NB Charity for current year at £5761.18 on 30th September. Club income over expenditure equates to -576.92 (2018 £940.75) without charities in income and expenditure.

Stopsley Striders Bank Balance as at 30th September 2019 - £13367.57 (2018 £13611.17) (Sept 2017 £9812.03) (30th Sept £7862.78) All figures include raised for Club Annual Charity

**Annual Parkrun donation**– It was suggested by the committee that Stopsley Striders would make an annual donation to Luton Parkrun. All In attendance confirmed their agreement to this.

**Annual Running Report -** 2018**-2019 By Christine Lathwell**

It’s been a very successful year of running from all are Striders. We have had long standing club records broken, plenty of race wins in all age groups and county championships. More Striders trying longer and hard races. So many picking Strider of the month is very difficult. Here are some of the Highlights from this year’s races.

November

We had our first Cross Country League race at Dunstable a very tough course. 38 striders turned out. Tom Rankin 44th place. Christine Lathwell 2nd Lady. 8th Overall. 9th Men. 9th Women. In the Druids Ridgeway Challenge 84 miles over three days and muddy trails. Rob Barnes set an extremely impressive Pb and winning for the second year. Elizabeth McGinley came 1st V70 at Hatfield 5 mile with a Pb 49:02. John Chapman came 2nd V60 Eastern Masters in Wolverton 5 Mile. We had our second cross country league race at Wellingborough. A very good turnout of 32 Striders on not the most popular of course due to the river crossings. Rob Barnes 5th place. Christine Lathwell 2nd Lady.  8th Overall. 9th Men. 9th Women.

December

We had our third Cross Country League race at Standalone. 24 Striders turned out to enjoy the Christmas theme. Rob Barnes 3rd. Overall 10th. Men 8th. Women 10th.  Rob Barnes came 1st and County Champion at Wooten Half Marathon after racing the day before and a last-minute transfer.  Tony Riley ran the Grafton Water 10km 55:25 Pb and Club Record. Many Striders enjoyed running around Wardown Park in the Keech Hospice 5km dressed as Father Christmas.

January

At the Bedfordshire Cross Country Championships at High Wycombe. 7 Striders turnout for a very cold windy hilly challenging course. Rob Barnes 5th, Christine Lathwell 3rd both getting selected to represent Bedfordshire at Inter Counties. Gez Fallon 28th, Pat Blessing 31st, Martin Fallon 37th, Richard Hardy 4th V60 and Miriam Linforth 19th. We had our fourth Cross Country League race at Ampthill Park a very tough two lap course. 41 Striders turned out. Rob Barnes 2nd, Christine Lathwell 2nd Lady. 9th Overall. Men 8th. Women 10th.  At Fred Hughes 10 Christine Lathwell 1:06:12 1st V35. Andrew Durrant 3rd Herts County Champion. At the Southern Championship Parliament Hill was a very dry to recent years. 6 Striders took on the challenging course. In the Men’s 15km record breaking entries and Men to start the race 1154. Gez Fallon 740th, Martin Fallon 855th, Danny Kelly 875th, Pat Blessing 931st and Charles Nelis first time round course 1050th. In the Women’s 8km Christine Lathwell 76th. We had our Final Cross-Country League race at Wootton a nice two lap course just the trek to the start and school when finished not so nice. 26 Striders turnout. Rob Barnes 2nd and Christine Lathwell 3rd Senior Lady. In the League 10th Overall, 10 Women and 9th Men. Rob Barnes 2nd Overall, Christine Lathwell 2nd Senior Lady and Andy Reid 1st V65.

February

We trailed Our First Stopsley Challenge race over 6 hours. We had 50 entries. The weather was awful, driving rain and very cold for half the race then it brightened up. The course gradually flooded but was enjoyable but tough in places. Kieran Fitzpatrick 31.2 miles and Annelies Gerber 31.1 miles. In the Peter Way 45 Ultra One exceptional Strider Rob Barnes 1st 5:12:59 in a course record after the leader who was trying to use Rob to navigate went wrong. Rob does practice runs on a lot of his trail races to know roughly where he is going so this doesn’t happen to him.

March

In New Zealand Phil Nitchen competed in his 2nd Ironman challenge in a very impressive 16 hours and 24 minutes supported on route by his wife and children. He finished the final straight celebrating and enjoying a very impressive achievement. At Rochford 20 representing Bedfordshire Christine Lathwell 2:20:03, lovely flat course shame about the atrocious weather.  At Loughborough Inter Counties Cross Country Rob Barnes represented Bedfordshire 189th, 6th Team scorer. At the Welwyn Half Marathon Christine Lathwell 1:28:53 1st V40. At the Reading Half Marathon Alan Barry 1:19:21 Pb and Linda Scanlon 1:32:43 Pb. At the Oakley 20, 20 Striders Pb. Rob Barnes 1:57:30 Pb and Club Record, Christine Lathwell 2:21:21 3rd Senior Lady. At the Coventry Half Dean Haywood 1:42:06 Pb by 3 minutes.

April

The Marathon months begin. Evelyn Lutterodt flew over to Paris 4:52:18 unfortunately a number mix up from organisers meant she ran as Arthur. Arther ran as her, so she clocked a quick time but no photos of her only Arthur. At Brighton Marathon 12 Striders finished in great time. Christine Lathwell 3:17:59 5th V40 getting one of the selection places foe England Masters in October Marathon. Rick Hares 3:38:58 Pb smashing it by 17 minutes, Ian Pitkin 3:47:51 Pb his 1st of his three marathons of the year, Danny Kelly 3:52:07, John Ryan 4:02:04, Phil Nitchen 4:44:29, Valerie Dawson 4:48:34, Martin Smith 5:08:16, four Striders running their first Marathon Martin Read 4:26:57, Kerry Dear 4:26:58, Julie Tysoe 4:55:52 and Kulwinder Assra 5:08:22. Our first club championship race at Flitwick 10km 26 Striders competed.  11 Striders Pb. At the Marathon everyone wants to run London it had record starters and finishers. 8 Striders finished in great times. Alan Barry 2:59:28, Gez Fallon 3:09:02, Linda Scanlon 3:13:56 Pb by 11 minutes and getting champion start time, Sanjay Roy 3:52:28 Pb and started last lovely photo with Phillipe Sleet over took half the runners, Vicki Crowston 4:52:33 after having appendix out 11 weeks before, three Striders running their first marathon Nadia Hall 5:09:24 Pb, Helen Douglas 5:17:15 Pb and Phillipe Sleet 5:22:30 Pb.

May

At the Belfast Marathon 12 Striders went on the Striders International Marathon trip. Unfortunately the course being measured over half a mile to long times were adjusted a number of times Ian Pitkin 3:39:14 Pb second this year, Sanjay Roy 3:49:35 Pb, Daniel Lewis 3:57:22, Andy Durrant 3:58:32 Pb smashing 26 minutes of,  Zena Ellis 4:42:40, Carly Eaves 4:54:11, Kate Neale 4:53:30 Pb, Evelyn Lutterodt 4:54:11 second Marathon this year, Valerie Dawson 5:04:01, Simon Router 5:06, Finbar Willis 5:22:34  and Marie Petts 6:14:47 celebrating her 40th Birthday. We also had two relay team Barbara Uhrakova, Joe Cashman, Emma Butcher and Rebecca Marlow 4:13:42 and Donna Wiggett, Vicki Crowston, Paul Wiggett and Alan Rogers 5:09:00 At the Newport Marathon Shaun Mutter 3:48:33. At the Milton Keynes Marathon Ian Curry 4:02:20, Pat Blessing 4:12:03, Shane Franklin 4:21:03 and Dawn Boon 4:49:50 Pb first Marathon. In the Half Marathon Micheal Tucker 1:27:51 Pb, Dean Haywood 1:44:39 and Thom Darby 1:48:48. At the Hitchin 10km Christine Lathwell 1st Senior Lady 40:07, Lorraine Noakes 47:25 1st V55 and Elizabeth McGinley 1st V70. At the Berghaus Dragon Race Ultra 315km one of the world’s toughest courses over the highest peaks in Wales in 5 days. Rob Barnes 39:42:38, 3rd place an amazing achievement.

June

Sanjay Roy competed in his first Ultra 40 miles at Tullaroan in Ireland. Sanjay Roy 7:14:44 finished 6th passing many runners in the closing miles. At Marston 5km Our second Club Championships 49 Striders competed. Rob Barnes 16:54 2nd place, Peter Brown 19:13 Pb and Tom Rankin 19:20 completed the winning Men’s Team. Christine Lathwell 19:20 2nd Senior Lady. 12 Striders beat their Pb. At John O’Callaghan 5 miler Our third Club Championships 51 Striders completed Rob Barnes 27:38 Pb and Club record and 1st Bedfordshire Champion, Christine Lathwell 32:56 1st Bedfordshire Champion V40, Chris Lamont 35:14 1st Bedfordshire Champion V65, Alan Weir 41:39 1st Bedfordshire Champion V70, Elizabeth McGinley 53:21 1st Bedfordshire Champion V70, Frances Moss 56:45 and Thomas Murphy 69:54 1st V80 and Bedfordshire Champion. 18 Striders beat their Pb.

July

At Hitchin Triathlon Amanda Rankin 1:16:58, Katicia Blanchard 58:17 1st in her age group both in their first triathlon. At the second of the Luton Series race 5km Wardown 50 Striders competed. Rob Barnes 16:50 1st Overall, Christine Lathwell 19:33 3rd Senior Lady, Adrian Copp 19:34 1st V40, Chris Lamont 21:16 1st V60, Alan Weir 25:08 1st V70, Elizabeth McGinley 31:22 1st V70 and Thomas Murphy 41:20 1st V70.  At the Chiltern Ultra 50km Sanjoy Roy 5:55:37 2nd. The Salcey Forest 10km Charles Nelis 48:50 2nd V50. We had a social run in memory of Alan Taylor for the second year running. At the Beds AAA 1okm Rob Barnes 34:13 6th, Chris Lamont 42:48 1st V60, and Elizabeth McGinley 1:04:16 1st V70. At the last of the Luton Series race 10km 39 Striders competed. Rob Barnes 35:08 1st Overall, Christine Lathwell 41:36 3rd Senior Lady, Chris Lamont 44:55 1st V60 and Thomas Murphy 86:14 1st V80.  In the Series Rob Barnes 1:19:36 1st, Christine Lathwell 1:34:05 2nd V40, Chris Lamont 1:41:25 1st V60 and Elizabeth McGinley 2:31:30 1st V70.

August 2019

Our Trail race were both very successful in the 5-mile Colin Bunner 35:14 1st Strider home. Linda Scanlon 35:47 1st Senior Lady. 26 Striders completed. In the 10-mile Rob Barnes 58:56 2nd Overall, Christine Lathwell 1:09:04 1st Senior Lady and Course Record. 29 Striders completed. Our Alf Brown members only handicap race Mary Brennan 23:04 won. An excellent turnout 72 of all abilities including new beginners competed around the 2-mile course. At the Ridgeway Challenge 86 miles over two days Rob Barnes 3rd Overall 13:30:13 Pb.

September

 At the Woburn Abbey 70.3 Triathlon Shaun Mutter 6:13:00 Pb. Our fourth Club Championship race Leighton 10. 12 Striders completed. 3 Striders Pb and Tony Riley 1:36:42 Pb and Club Record V75.

 For all members not mentioned congratulation on all achievement through the year. As always you are all improving so much it’s very hard to include you all in the end of year report. We always have over a page of running report a month, so did what I could to do highlights. It is a great pleasure to Captain such a lovely club. I really do enjoy all your Facebook posts, pictures and talking to you all about your training, races coming up and races completed. As you all know I just love talking even when racing. It’s lovely to be able to share with you all your achievements and goals you have. Hopefully another successful year for you all and many more Pb’s, country champions and age group winners and run race distances not attempted yet.

**Parkrun- Record of results**

It was suggested by the committee that the recording of Parkrun results will no longer happen within the club as it is not an official race. Striders are welcome to record their own race results using the online Parkrun facility.

**New Charity Nominations**

There were two presentations from Striders pitching for the next Club Charity:

* Valerie Dawson – Autism Bedfordshire
* Paul Habben – SERV Blood Runners

The voting favoured in Valerie Dawson for Autism Bedfordshire. This is now the Club Charity for 2019-20

**Club President**

It was confirmed that Dave Debnam will be stepping down as president after several years. Tony Green is confirmed as new Club president. Stopsley Striders would like to Thank Dave for his contribution to the Club since being President

**Vice Presidents**

The Vice presidents of Stopsley Striders have been confirmed as Helen Morris, Dave Debnam, Karen Ashby, Chris Maclaren and Bill Barrett.

**Additional committee members for 2021**

The committee have requested an additional three committee members for 2020-21. All club members present have confirmed and agreed this request.

**Election of committee members**

The new committee members have been voted in as Estelle Parkins, Secretary. Christine Lathwell, Ladies Captain, Charles Nelis, Men’s Captain. Thom Darby, Treasurer. Helen Morris, Tom Rankin, Martin Read, Lucinda Philpott, Kerry Dear, Helen Morris, Rick Hares, Linda Philpott.

Chairperson position is vacant due to Zena stepping down after 3 years. Stopsley Striders would like to Thank Zena for all her hard work and commitment over the last 3 years.

**London Marathon Club Place**

The two club ballot places were drawn and were won by Amanda Rankin & Evelyn Lutterodt