

**Committee Meeting Minutes - Monday 4th November 2019**

**Attendees:**

Tony Green Club President

Helen Morris Vice President

Estelle Parkins Secretary

Christine Lathwell Ladies Captain

Charles Nelis Men’s Captain

Thom Darby Treasurer

Lucinda Philpott Social Media Admin

Tom Rankin Race Director

Kerry Dear New Member Liaison

Martin Read Committee Member

Linda Philpott Committee Member

Evelyn Lutterodt Website Admin

**Apologies:**

Rick Hares Committee Member

**Previous Minutes** – All agreed

**Matters Arising**

***New Committee***

Thom agreed to stay on as Treasurer to oversee the financial administration of the club. Helen and Charles to assist with the banking of the money on a regular basis.

Estelle will take on the role of secretary and create a central database of members, affiliated and non-affiliated. Trophies and Certificate production to remain with the Secretary.

Lucinda to continue role of Social Media Admin

Tom R to continue role of Race Director and Kit Manager

Christine Lathwell & Charles Nelis confirmed as Captains.

Kerry Dear confirmed as New Member Liaison

Nicola Abubacker will hold the role of Welfare Officer for the club (Non committee member)

Chairperson is still vacant and is open to offer. Lu posting on Facebook page asking for a volunteer. Estelle has agreed to chair the next meeting as an interim hold.

***Safeguarding***

Safeguarding of our members was discussed. Welfare officer to be announced to the club (since confirmed as Nicola Abubacker) Striders to keep each other safe when out running and stick in groups.

***Pace Numbers on Monday Evenings***

It was noted that members are not standing in their paced groups on Monday evenings. It was agreed to have another set of paced group sheet which will be kept with Helen. A committee member needs to make sure these are then put up on the wall. Members will then be asked to stand by their paced group after announcements to make sure everyone is able to find a suitable group to run with.

***Charity Fundraiser***

Charity of the year is agreed as Autism Beds. Fundraiser is Valerie Dawson. It was agreed to invite Valerie to the Committee meetings every two months to help her feel engaged and supported by the committee.

**Christmas Party**

Friday 20th December. All online tickets have now been sold. Lu to pick up with Zena on cash tickets.

**Treasurers Report**

£14,960.89 in bank

£347.96 Cash

£7100 Charity (Alzheimer’s)

£5208.55 Balance

Profit of £568.80 since last year

**Secretary’s report**

No report this month due to new appointment

**Running Report – By Christine Lathwell**

This has been another busy month. Autumn is now here, so more marathons and cross country begins. We had our fourth club championship. There was a club record and PB’s broken.

At the Bournemouth Marathon, 4 Striders competed. Sanjay Roy 3:56:39, Chris Treleaven 4:20:56, Helen Douglas 4:35:44 and Calista Strange 4:44:44 PB First Marathon.

At the Loch Ness marathon, Ian Pitkin 3:34:23 PB, third PB this year for a marathon.

At the Chester marathon, Valerie Dawson 4:43:18.

Unfortunately, the Leicester Marathon was cancelled due to the extreme rain fall on local roads so Charles Nelis who had trained so hard with Calista Strange was unable to complete.

At the Willow 10km, lots of Striders completed, Mark Smith PB in 55:47.

At the Standalone 10km, 13 Striders completed, Ellie Davies 40:17 PB, Ian Curry 43:10PB, Dawn Boon 56:46PB.

October 13th. At the simply health Great Birmingham Half Marathon, Sanjay Roy 1:52:38, 11:07 miles were the course completed after organisers cut the course short.

At the Peterborough half marathon, it was cancelled after waiting on the start line for 45 minutes due to a man acting suspiciously on the course. Gez Fallon was one of the unlucky runners.

At the Herts 10KM 7 Striders competed. Peter Brown 43:31, Charles Nelis 46:15, Kulwinder Assra 1:01:40, David Barker 1:01:59, Liz Barker 1:10:24, Usha Chapman 1:12:41 and Dawn Keveren 1:22:56.

October 20th

At the Yorkshire Marathon a lovely flat course Rob Barnes 2:38:29, 39th overall and breaking his own club record. I competed for England Masters V40’S 3:12:46 and qualifying for next year’s England Masters Marathon V40’s in Yorkshire again.

At the Ampthill trophy 10lm, first cross country of the year, 3 Striders competed Martin Fallon 31st, Adrian Copp 43rd and Calista Strange 129th.

October 27th -It was our fourth club championship. The Love Luton Half Marathon. 26 Striders competed, I started off as very old early start at Stockwood Park, to nice conditions once running though the tough Luton Hoo. I ran 1:31:30 3rd Senior Lady, Linda Scanlon 1:32:43, 1st V40 and equalled her PB from Reading, also had a great laugh at the presentation as her trophy was twice the size of mine. Alan Weir 1:54:50, 1st V70. Dawn Boon 2:02:50 PB. Mark Smith 2:04:10 PB and Tony Riley 2:07:17 1st V75. Kulwinder Assra, 2:07:05. Natasha Hall 2:13:02 PB

In the Love Luton 10k, Barbora Uhrakova 47:52 PB by 4 minutes. Stewart Read 47:56 PB, previous Pb WAS 2009. Ruth Doyle 56:43 broke the 1 hour for the first time. Jill Bywaters 1:06:34 PB and Liz Barker 1:10:24 PB.

At the Great South 10 mile, 2 Striders completed Nicola Abubacker 1:27:00 PB, Vicki Crowston 1:33:32PB, Sue Potter 1:52:33 pb, Amanda Rankin 1:54:41 and Liz Evans 1:54:41.

In the Stort 30 Ultra National Championships Middle Distance Rob Barnes 3@27@56 1st overall. A great performance after such a fast marathon the week before.

Congratulations to all Striders who competed this month but not mentioned. If your OBs or achievements made are not mentioned please let me know.

Thanks to all strider who supported the Striders at any of the races and took pictures and shared them. Good Luck in your races next month.

It’s our first Cross Country league races which is for all Striders to enjoy. The more the merrier! A good club get together. Don’t forget to put your races on the race sheets or message me if unable to get to club that month.

**Strider of the Month**

Stewart Read

Ruth Doyle

**Dates for Diary**

Xmas Social – 12th December Marathon Photos to be taken at this social

Awards Meeting (with Coaches) – 6th January

Awards Evening – 21st February

**Cross Country 2019-20**

Lu to advertise the seasons dates on the Facebook page

**Coaching**

Lu to schedule Coaches meetings for the next year and be the Coach Liaison with committee.

Charles has expressed an interest in becoming a coach. Add to agenda for Coaches meeting.

**Next Social Date**

Next social – 21st November.

**AOB**

Striders banner to be taken to local races and all club championship races for Photo opportunity. Agree upcoming races at committee meetings and ask for volunteers from club members to take the banner along and keep it safe until given back to a committee member.

Action for Evelyn to update Stopsley Strider website with the new committee details and photos

Next Meeting Date – Monday 2nd December 7.30pm at The Barrels