

STRIDERS OF CROYDON  
AGM: 23 SEPTEMBER 2009

Apologies for absence: Tom Littlewood

**1. Minutes of the 2008 AGM**

The minutes of the 2008 AGM were read and accepted as accurate.

**2. Matters Arising**

There were no matters arising from the minutes.

**3. Chairman's Report**

Another good year for Striders of Croydon; Membership has risen from 185 to 210, which represents roughly 60 new members over the year less the 25 who have moved on, stopped running or whatever. Welcome to all our new members and I hope we have been able to provide something during the week that helps you achieve your ambitions whether it's a PB at marathon distance or just to be able to keep running for 40 minutes without stopping.

With 200+ members it is probably fortunate you don't all turn up for the regularly runs, looping back would become a major challenge! However that doesn't stop me encouraging all of you to come for a run as often as you can. We have had all the usual events during the year starting with the Switchback 5 in September run very successfully for the first time by Mick Turner. Thank you Mick.

Thanks to John Gannon for organising our support for the last Flora London Marathon and well done to everyone who ran in any Marathons this year. We managed our usual mix of Marathon training runs including the annual Greenwich run and Kingston runs. I plan to lead a few of the longer runs, especially for the steadier runners this year. But if anyone has any ideas for interesting routes and or willing to lead marathon training runs let me know. Sadly the Ladies cross country team dropped back to the 2<sup>nd</sup> division this year but on the positive side it gives us another chance for promotion this year.

Thank you to John Ralf and every one who ran for supporting the ladies XC team, and similarly to Chris Morton for the men's team.

As always the annual handicap races during the summer were well attended congratulations to everyone who ran, thanks to all who set the handicaps and supported the events. One year we will succeed in getting you all to finish within 30 second of each other... I don't think.

Chris will report in more detail on the more serious aspects of yours and the clubs achievements over the year. But in addition to the serious stuff I think we have managed to put on a reasonable mix of other informal events to

provide some variety, including orienteering, bike rides, away runs and by the time you read this our first pub run.

If anyone has any good ideas for different competitive, fun or social events through the year, especially if you are willing to organise them (with support from the committee) then please let us know.

At the last AGM we did vote to proceed with the feasibility of a Croydon Half Marathon sponsored by Runathon. Unfortunately this stalled in the first half of the year. However Bas Sharif, John Gannon and I have made some limited progress and now we have at least a feasible route. I would hope that Bas and I with input from JG can get to the point of a feasible plan by the year end. I suspect now for a launch event in early 2011. However the proposed route is now definitely on the cards as a marathon training run.

A surprise event that materialised mid year was the Roundshaw Downs Parkrun event on Saturday mornings. Not officially a Striders event but roughly half the helpers are Striders. Your chairman has the doubtful honour of being "sponsor" of the event. Which I think means I may have to turn up and make a speech on the anniversary of the event. Again well done to everyone who has run in this and thank you to everyone who has helped, especially Mick Turner who shares the role of Event Director.

Finally on behalf of all the members of the club I would like to express my thanks to all the members of the committee for the effort they have put in on your behalf during the year.

Thank you to Chris Morton who as well as leading Tuesday Speed training and most of Wednesday and many Sunday faster runs, also keeps all the records of our performances and deals with the various affiliation groups and team events during the year.

Thank you to John Humphries who pays in all your subs and pays all your bills.

Thank you to Steph Upton who has successfully improved the sartorial elegance of club members. Although we have no plans to change the club colours Steph is hoping we can get some better fitting vests especially for the ladies. We have a catch 22. Until we can reduce our current stock she has no excuse to buy new stock. So I hope we can have a massive sale at this AGM and make a new start.

Thank you to Susan Haynes who produces our newsletter, leads Friday runs and organises social events. And also to her husband Roy who as an honorary member of the club supports many of our away runs.... And of course Gordon the club mascot.

Thank you to John Ralf who leads many of the Friday runs, successfully manages and provides inspiration for the Ladies XC teams and our Rosenheim track and field entries.

Thank you to Dave Batten who represents us on coaching issues and manages the Vets t&f teams.

Also no longer committee members but thank you to John Gannon who sets half the routes and leads many of the Wednesday runs and to Alan Dolton who leads speed training at the track.

And last but not least a big thank you to Karen Macenhill who organises swimming at Trinity on a Thursday night, leads some Wednesday and Friday runs, organises social events and has of course been our membership secretary since 2004. She has been very successful in getting you to pay your subs in reasonable time, struggled with the changes imposed on us by England Athletics and I am sure has been instrumental in encouraging the steady increase in our numbers.

Sadly Karen has decided that it is time for a change and is hanging up her membership list although she will continue to organise swimming and lead runs etc. Thank you Karen for the time and effort you have put in over the years.

Mick Turner has offered to take on the role of membership secretary which the committee wholeheartedly supports. Subject to final ratification at the AGM.

May all your runs be through sunlit forests.

Robin Jamieson

*Matters arising :*

*Croydon Half Marathon : John Gannon said that currently we were waiting for Bas Sharif to conduct negotiations with John Ruskins College.*

#### **4. Secretary's report for 2008/9 season**

For me, the past twelve months for Striders have been highlighted by those who have run long, run fast or helped others to run long and fast.

This past year has seen a massive attack of the 'ultras' at Striders. In one year we have had more long distance runners than in all the previous 26 years of our history put together. Top of the list is Lisa Jackson who ran an astonishing 89K at the Comrades in South Africa, followed closely by Steve Smith running for 52.4 miles in the mis-named Kent 50 mile Challenge. Then there was Susan Haynes' 35 miles in the Two Oceans race, not forgetting the 30 mile efforts from Ian Campbell (Downlands 30), Dave Shaw and Steve again (both Halsted Ultra).

Meanwhile Paul Finch, Justin Macenhill and Mark Bayliss competed in the Ironman triathlon at Bolton – a supreme effort that took each of them over 12 hours.

At the other end of the scale we had more Striders than ever involved in track & field. An impressive 27 men and 10 women took part in either the Vets Southern League or the Rosenheim League. Many club records were broken in many different age groups but top honours go to Eliot Osher (100 metres), Karen Knight (100m & 400m) and Matt Morgan (2K steeplechase) who broke all-time records. Matt also went on to represent Surrey County. Great admiration should also go to Kevin Burnett who at the age of 70 is setting new age category records while still throwing, running and jumping further than most of us can manage.

Striders also experienced success on the road. Duncan Lancashire won the Beckenham 10K, Justin won the Cranleigh 15 while a team of Matt, Justin and Duncan won the Beckenham Road Relays. Striders are also now regularly winning the local parkrun 5Ks.

We also expanded the areas in which we now help at events : JP Lamarque, Andy Elliot, Robin and Carmen Somerset all attended a UKA officials course and then helped out along with Alan Dolton at Vets and Rosenheim meetings. We also now regularly supply six or seven helpers, led by Mick Turner, at the weekly parkrun race at Roundshaw.

The members' response to the late cancellation and re-scheduling of the women's and men's Surrey League races at Lloyd Park in February was also a high point. So many stepped forward to help out on a day when we had to deal with over 600 runners.

Our internal cups were also well supported. Since its inception in August 2008 we have had 58 different Striders run our monthly Mile Time Trial, while so far this year we have had 80 members take part in at least one of the events within the Owen Trophy.

Finally a big 'Thank You' to all those who have led club runs throughout the year – well done to John Gannon, Robin Jamieson, Alan Dolton, Susan Haynes, Karen Macenhill, Tony Shepherd, Alan Purchase, John Ralf, Barry Finch, Steve Tyler, Steph Upton, Kevin Bannister, Neil Furze, Phil Mazur and anyone else who I may have forgotten !

*Matters arising : Alan Dolton informed us that no Strider has ever previously represented Surrey at track & field. Jane Lansdown had represented the county at cross country.*

*After the meeting Alan Purchase informed the secretary that in the last century a few Striders had completed ultras, including an 80-miler by Dave Langley. If anyone can provide more information about results involving Striders from last century please can they contact Chris.*

## **5. Treasurer's Report**

*Statement of accounts attached.*

*As Robin has mentioned in his Chairman's report membership has passed the 200 hundred mark this resulting in a corresponding jump in club income, despite having to pass on £5 to England Athletics for every member. The expenses have remained fairly consistent with last year, including our main outlay of the rent to the Sandilands Club. This means a healthy profit for the club this year of £1000.00*

*The club has been able to increase our spending on the Handicap and kit sale catering which has been off set by an excellent return from the Switchback. (Well done Mick!)*

*We have also funded a number of courses for members. We still expect to make a small loss on the Thursday night swimming sessions at Trinity but the benefit to members far outweighs this.*

*Steph has made a great effort on the kit this year, not only in sourcing updated quality items but also clearing old stock. There are final few items available after the meeting at great discounts.*

*The club has yet to make it's usual charity donation but the fund stands at £180 at the moment and an additional contribution is possible.*

*The club has a very healthy bank balance at the moment of £3557.00 This will enable us to have a contingency against any unexpected expenses which may arise, especially in relation to the Sandilands club.*

John Humphries  
Treasurer

## **6. Setting the membership fee for 2009/10**

*For the above reasons it was proposed to keep membership fees at their current level. This was agreed unanimously.*

First Claim : £30.00  
Second Claim : £20.00  
Family (1 adult/children) : £40.00  
(2 adults/children): : £50.00  
Freedom Pass holders : : £20:00  
Under 16s : £10.00  
Swimming only : :£10.00  
Overseas members and other exceptional cases :£20 at discretion of membership secretary.

## **7. Election of Committee**

Karen Macenhill stood down as membership secretary.

*Robin thanked Karen for her 5 years of hard work on the committee. She has overseen our record membership numbers at a time when we have had to adapt to the new regulations of England Athletics.  
A presentation was made in recognition of her contribution to the club.*

The continuing members of the Committee were re-elected as follows:

Chairman	– Robin Jamieson
Secretary	– Chris Morton
Treasurer	– John Humphries
Newsletter Editor/Social	– Susan Haynes
Kit Manager	– Steph Upton
Ladies Team Captain	– John Ralf

*Mick Turner was voted onto the committee as the new Membership Secretary.*

*John Gannon proposed a vote of thanks to the committee.*

## **8. Presentation of Club Awards**

Men's Road Ranking	First – Justin Macenhill Second – John Foster Third - Damian Macenhill
Women's Road Ranking	First – Suzy Yates Joint second – Serena Stracey and Kerry Backshell
Men's road age-graded	First – John Foster second – no trophy - Justin Macenhill third – no trophy – Ian Campbell
Women's road age-graded	First – Kerry Backshell Second – no trophy – Suzy Yates Third – no trophy – Serena Stracey
Men's XC	1 <sup>st</sup> – Matt Morgan 2 <sup>nd</sup> – Justin Macenhill 3 <sup>rd</sup> – Duncan Lancashire
Women's XC	1 <sup>st</sup> - Suzy Yates 2 <sup>nd</sup> – Josephine Thompson 3 <sup>rd</sup> – Kerry Backshell
Handicap Trophy (awarded earlier in the year)	Goodall Trophy Race: Phillipa Lalor 2 <sup>nd</sup> – Jo Hunter – no trophy 3 <sup>rd</sup> – Karen Peake – no trophy Race 1:– Claire Godley

	Race 2:– Phillipa Lalor
Sandilands Cup	First – Matt Anderson Second – Kerry Backshell Joint Third – Nicholas Batten & Suzy Yates
Track & Field athlete of the year	Man – Matt Morgan Woman – no winner ( <i>the minimum qualification for this award is to appear in 4 T&amp;F fixtures – no woman achieved this, this season</i> )
Club Man of the Year	Mick Turner
Club Woman of the Year	Steph Upton

*Matters arising : Age-graded road ranking performances. The top individual performance by a man was John Foster's time of 61/13 at the Sidcup 10 (miles) which scored 80%. The women's top score was Margaret Faherty's time of 52.01 at the Brighton 10k which also scored 80%.*

*Matters arising : Robin noted that Susan's husband Roy had received some votes for Club Man of the Year, despite him not being a member of the club. Robin passed on his thanks.*

## **9. Items for discussion**

### **Feedback / requests for special events**

*Robin reported that he would continue to develop alternative runs – usually on Sundays and within 30 minutes drive of the clubhouse.*

*He proposed to organise a Duathlon – comprising a normal Sunday club run then a cycle immediately after it.*

*John Gannon liked the idea of a 'pub run' and said that we could look into other similar options.*

*Robin invited members to contact him with other ideas.*

### **Increasing the use of the bar**

*John Gannon reported that the bar will not necessarily continue to open on a Wednesday night. Nigel Davidson noted that the bar is a franchise and is currently making a loss on Wednesday nights due to the low numbers using it. John asked members if they would be more likely to use the bar on a Wednesday night if food was provided. There was general agreement that this would create interest. Kevin Bannister asked if the landlord might be able to provide food. John suggested that we initially start with a 'last Wednesday of the month' trial where we pre-order pizzas for those interested in staying behind and having food after the run. (NB Members would be expected to pay for this) Martin Gourlay said he was able to phone through orders to some*

*contacts he had at a local pizza delivery outlet. John agreed to be the main organiser for this.*

**Issues to raise with Sandilands committee**

*Robin asked for suggestions that he and Nigel might be able to present to the Sandilands committee for work at the clubhouse. Suggestions received included : improving the ladies' showers; new lockers in the changing rooms – possibly the swimming pool type; a bike rack; carpets in the women's changing room. Contact Robin if you have any other ideas.*

*Nigel Davidson – who is Secretary of Sandilands – noted that the clubhouse required a lot of finance. The new Roof Fund would begin in January 2010 – likely to be £20 per entry.*

**Other items raised :**

**Social events**

*Susan Haynes asked that if anyone had ideas for club social events then they should contact her. We were interested in hearing new ideas. It would be great if people volunteered to help organise these events.*

**Meeting closed at 9.30pm.**