

## STRIDERS COMMITTEE MINUTES – 23<sup>rd</sup> March 2009

### 1) Minutes of last meeting (9<sup>th</sup> February 2009) agreed

### 2) Chairman's Report –

#### Sandilands

At the last meeting John Ralf won 2nd prize of £24 in the roof club draw.

The current Nursery is closing at the end of this term however a different nursery wants to start up. The Chairman has negotiated a higher price and they will contribute to repainting the hall every two years. We await the next instalment.

They are planning work to improve the drainage of the grounds – hopefully it will cure the boggy patch by the bottom gate.

### 3) Membership Secretary's Report.

184 members as of 20/03/2009

468	Treasurer to send weekly updates to Membership Sec. Re: members paying subs	Done	JH / KM	23/03
-----	---	------	---------	-------

### 4) England Athletics

Sarah Porter / Networks / Coaching

469	Membership Sec. to delete retiring first claim members from EA list before end of March	Open	KM	31/03
470	Tally membership list, EA list and Striderslist	Done	RJ	23/03

#### England Athletics - Athletics network

A proposal for an Athletics Network covering six South London Athletics clubs plus Running Clubs has been submitted to EA. The outcome should be known this week. If successful it will primarily be about extra funding for junior athletics but the spin off should be better availability of coaching and coaching support. In addition we met with Sarah Porter, Club and Coaching coordinator for south and central London (I think). There does seem to be a willingness to provide more appropriate coaching for running clubs and coaching training plus provision of flying coaches for example. But.....

#### Croydon Network

It was the second meeting of the Croydon athletics network today with representation from EA, SLH, Croydon Harriers, Striders, (Croydon Sport Devt and School Sport Partnership).

Significant points from our point of view. Ray Thompson SLH repeated the problems of finding and attending coaching courses at level 2 and above. Apparently provision of coaching training is the responsibility of UK Athletics – not England Athletics and they have also been reorganised lost half their staff and the new person in charge is only learning her job. So don't hold your breath re provision of course. It seems to contradict Sarah's previous optimism.

### 5) Switchback 2009

Mick Turner to be race director.

Provisional date of 27<sup>th</sup> September.

Probably reduce entry fees (2008 fees in brackets) to : Pre entry EA £4 (£6) , non EA £6 (£8); On the day entry EA £6 (£8), non EA £8 (£10). Prize kitty to be reduced.

Probably order 130 t-shirts

Discussed altering distance of race : will not be doing that this year. To be reviewed again later.

#### 6) Kit Report.

471	Stock check of kit in the lockers at Sandilands	Done	SU / RJ	23/03
472	Treasurer to inform Kit Manager if payments made by members for kit	Done	JH / SU	23/03
475	Mock up of new Coolmax	Open	SU	18/05
476	Kit sale at first Club Handicap	Open	SU	20/05

Looking into updating and improving First Aid kits : JP to report back

Steph to arrange mock up of new white short-sleeved Coolmax T-shirt  
Next sales promotion at first Club Handicap

#### 7) Treasurer's Report

Presented.

Finances look healthy at the moment despite slight increase in Sandilands rent.

#### 8) Social

Karen to arrange post London marathon celebrations in The Builders

Next official socials will be for the Club Handicaps – likely dates : 20<sup>th</sup> May, June 17<sup>th</sup>, July 15<sup>th</sup> but TBC

Karen to arrange food for all three Handicaps

Robin to purchase trophies for presentation. Provisionally Sandilands Cups to be awarded after first Handicap. Cross country rankings after second. All Handicap cups to be awarded after final Handicap.

477	Organise post marathon drinks	Open	KM	26/04
478	Arrange food for Club Handicaps	Open	KM	20/05
479	Purchase trophies to be awarded	Open	RJ	20/05

#### 9) Team management

Handicaps – Chris to organise first, Robin and John R the second, Karen and Susan the final.

#### 10) Lloyd Park 'parkrun'

Robin reports : Surprisingly Croydon have given us permission to run a Park Run every week in Lloyd Park, if we wanted to. However the course is too wet for part of the year, and the lower field is a conservation area and can't be used.

There is the possibility of using a different park with clubs in the area take it in turns to organise the event. Mike Fleet is quite supportive of this, Roundshaw park on Purley Way was one possibility. I'll have a look out of interest but I am going wait to see if Parkrun themselves come up with anything.

I have also asked whether they would consider an event in Lloyd Park for just part of the year.

#### 11) Race for Life

Striders are committed to doing the course marking and marshalling for the Race for Life on 10th May. Robin will be asking for volunteers shortly.

#### 12) Events

Swimming – look into organising a aquathon

467	Contact Trinity about aquathon etc.	Open	KM	30/04
-----	-------------------------------------	------	----	-------

Neil Furze will be on paternity leave for all of March and April. During that time it is likely that Lucinda Pollington will replace him as swimming coach.

Karen to offer Blackheath swimmers the opportunity to pay per term.

**13) Runs**

Robin : Possibly arrange a Wandle run on April 5th  
 Plastic cup possibly on BH Monday 4<sup>th</sup> May or May 25<sup>th</sup> TBC  
 Pencil in the Box Hill bash for June sometime.

**14) Courses for coaches**

New committee members to attend a UKA Level 1 course or Joggers & Leaders course

461	committee to self book onto course once UKA have set them up	Open	SU / KM / JR / JH	summer
-----	--	------	----------------------------	--------

**Officials Course**

5 of us attended a level 1 Officials course at Lee Valley. Given the limited time it was very informative. To get a full licence we have to complete 4 sessions of "Work experience" hopefully during the vets and upcoming Rosenheim league events.

**15) Communications**

473	Photos of committee members to appear on website	Open	ALL	30/04
474	News page on website to be updated regularly	Done	CM	23/03

**16) Owen Trophy 2009**

Rules to stay same as last year : based on best recent 10K time; best 6 out of 10 scores; targets & bonus targets.

Discussed races – chose Beckenham 10K, ahead of Hillcrest (mainly off road), RfL (no chance of target bonuses), Epsom 10K (bit further away, not so popular amongst Striders)

So agreed races are :

1. Any marathon 1/12/08 to 30/11/09
2. Any half marathon 1/12/08 to 30/11/09
3. Sutton 10K on 3/5/09
4. Dorking 10 on 31/5/09
5. Beckenham 10K on 7/6/09
6. Dysart 10K on 28/6/09
7. Elmore 7 on 18/7/09
8. Elmbridge 10K on 26/7/09
9. Wimbledon 5K on 9/8/09
10. Croydon 10K in mid-October

**17) Date and place of next meeting**

Steph's on 18<sup>th</sup> May

**Action points carried forward :**

461	committee to self book onto course once UKA have set them up	Open	SU / KM / JR / JH	summer
467	Contact Trinity about Aquathon etc.	Open	KM	30/04
468	Treasurer to send weekly updates to Membership Sec. Re: members paying subs	Done	JH / KM	23/03
469	Membership Sec. to delete retiring first claim members from EA list before end of March	Open	KM	31/03
470	Tally membership list, EA list and Striderslist	Done	RJ	23/03
471	Stock check of kit in the lockers at Sandilands	Done	SU / RJ	23/03
472	Treasurer to inform Kit Manager if payments made	Done	JH /	23/03

	by members for kit		SU	
473	Photos of committee members to appear on website	Open	ALL	30/04
474	News page on website to be updated regularly	Done	CM	23/03
475	Mock up of new Coolmax	Open	SU	18/05
476	Kit sale at first Club Handicap	Open	SU	20/05
477	Organise post marathon drinks	Open	KM	26/04
478	Arrange food for Club Handicaps	Open	KM	20/05
479	Purchase trophies to be awarded	Open	RJ	20/05