

STRIDERS OF CROYDON
AGM: 24 SEPTEMBER 2008

Apologies for absence: Phil Mazur, Karen MacEnhill, Justin MacEnhill, Alan Dolton

1. Minutes of the 2007 AGM

The minutes of the 2007 AGM were read and accepted as accurate.

2. Matters Arising

- i) Croydon Arena has been refurbished and now has full disabled access and working showers (!). John Gannon proposed a vote of thanks to Bob Ewen for all his efforts in lobbying Croydon Council to make the improvements.
- ii) Wednesday night club runs are now split and this seems to be working well.
- iii) The club now has three additional first aiders. Thanks to all those who provide cover at our races.
- iv) The Club's Rosenheim League manager is now John Ralf.

3. Chairman's Report

Welcome to Striders of Croydon 2008 AGM, in this our 26th year, or is it 27th? Well whichever it is I'm more than confident in saying that it has been another successful year for the club, membership has increased for yet another record breaking year, 185 at the last count, while we continue to establish our status and reputation as both a successful club in terms of performance of our runners as well as a friendly and welcoming club.

Our year started on a high last October with the highly enjoyable 25th Anniversary Black Tie Dinner and Dance held at the famous Aerodrome Hotel on the Purley Way in Croydon. I'm sure everyone that attended had a great evening would agree. It was good to see so many faces both old and new, of course the old faces were older than they were 25 years ago but I noticed that some of these faces still had enough energy to dance the night away once the dinner plates had been put away! Icing on the evening's cake was the England Rugby teams World Cup semi final over the French, just a shame that we could not repeat the feat in the final itself.

The new year saw the usual upturn in training for the FLM London Marathon in April and while the speed of the training group might not been what it has been in previous years the spirit and comradeship amongst the 'Marathoners' was as high if not higher than usual while the performances including PB's that were obtained was equally impressive. The club was proud that for the third year running we were asked to provide marshals to assist in the running of the event. We hope to continue with this association over the next few years especially with 2012 Olympics coming up in four years as I understand that the London Marathon team will be organising the Olympic marathon so hopefully we will be involved as well. So, along with the fact that you can get an extra chance of being in the ballot for a marathon place you could get a grandstand view of an Olympic event for free! Those with a more regular

attendance at helping at this event will be first on the list when it comes to selection for Olympic marshals.

Team performance has also been high this year with excellent performances on track, road and cross-country, highlight of course must be the Ladies team's promotion to the top division. There has been a great team spirit built up by John Ralf and the ladies and I hope this can continue for the forthcoming season that will see the team hold onto top flight status. Impressive team and individual performances have been seen on the track in the Vets, Southern Area and Rosenhiem Leagues. My congratulations to all those that took part in any of these events.

Meanwhile back at the club numbers taking part in both the Wednesday and Sunday training runs remain high. In fact so many of you are taking part and with such a wide range of abilities that for the Wednesday evening run there was recently 3 groups instead of the usual 2. Our speed sessions, both at Croydon Arena and at the club remain popular for those wishing to run even faster as does the more sensibly paced Friday evening run. The club 'Away Day' runs that sees some club members hoping on a train to a destination from where the run is either back to the club or ends up in a pub (much better idea if you ask me!) is always eagerly looked forward to, especially during training for the London Marathon.

Of course none of the above could not be possible without the hard work and dedication of certain individuals, not only those that it has been my pleasure to work with on the committee over the past year, but those that are not on the committee that have also given up their time and energy to help the club be as successful as it has become. To all those people I offer a huge thank you to, not only on behalf of the club but from myself personally. I would have liked to list all of those people individually but that would have made this report much longer than it already is! However one person I would like to mention is Kevin Burnett, who is, standing down as our manager for the Veteran Track Team. Not many will know Kevin, unless you took part in one of the Vets track meetings but you would have seen his many reports of these meetings in the club newsletters over the years.

So what does the future hold for Striders of Croydon? Well a new club chairman for one! As some of you will know I'm standing down from this position after 6 years to let some 'new blood' take over. Well when I say new blood as far as I'm aware the only person I'm aware of being proposed for this role is Robin so please don't take that statement too literally! The future will also hold challenges for the club mostly based on its own success! As some of you might be aware we are now affiliated to English Athletics, both as a club as well as individuals, however for the privilege of this honour we are as a club charged £5 for each club member, or should I say we are all charged this amount. While I won't bore you again with the pro & cons of joining or not joining EA needless to say that as club we can't afford to absorb this expense without passing on this fee to you the members. So I'm sorry to say that for the first time since 2001 there is a proposal at this year's AGM to increase the annual club membership to cover this cost. If it's any consolation the club did indeed absorb the £3 per member that we were charged last year by EA.

Still whatever the cost I'm sure you'll all agree with me that it's worth it to belong to the friendliest running club in the area! (Says the man who qualifies for free membership this year!) However I do think that the fee does represent good value for money and I look forward to seeing the club go from strength to strength over the next coming year.

As club chairman on behalf of the committee I would like to wish every member success in their running for the next coming year and then, with the running shoe on the other foot, as a rank and file member I would like to wish the committee the same success in steering the club to more success for the same period.

John Gannon, Chairman, Striders of Croydon, September 2008

4. Secretary's Report

The highlight of the season was the women's Surrey League cross country promotion from division two. The chase went down to the final race of the season but in the end the regular runners of Faye Stammers, Kerry Backshell, Steph Upton, Serena Stracey and Suzy Yates saw the team through to a comfortable third position. Manager John Ralf also managed to persuade a record 19 women to run for the team during the season.

The men's team in the end gained a comfortable mid-table position and maintained their longest ever spell in division 2. The mainstays of the team were Duncan Lancashire, Justin Macenhill and James Buchanan – supported by a total of 25 other Striders during the season.

Our track and field team continues to develop and had its most successful season yet. In the Vets Southern League the men finished an excellent 3rd against clubs specialising in these events while the women placed 6th. While in the Rosenheim League the men's team were close to reaching their first ever final but just missed out to finish 6th again, while regular performances from Yasmin Anderson and Natalie Osher pushed the women to an excellent 2nd place.

As evidence of the progress being made, during the season 8 all-time club records were achieved by : Matt O'Hare in discus, javelin and hammer; Matt Morgan in 2000m steeplechase and 3000m steeplechase; Natalie in 400m; Duncan in 3000m; Bob Ewen in 2K walk. There were also 15 new records in our age categories. Matt also won a county title in the 3000m steeplechase (and won the Banstead Woods time trial a couple of times).

On the road we only managed average seasons in the Surrey Road League – with both men's and women's teams finishing 11th. The stand out performance was from Pat Edwards who placed 3rd in the women's V55 category. Elsewhere there were excellent individual performances : Duncan finished an magnificent 7th in 33.40 in the Surrey County championship 10K at Elmbridge ; James ran the 3rd fastest club 10 miler of all time in finishing in 55.33 in the Dublin 10 miler.

And our pensioners shouldn't be forgotten : Colin Cotton claimed the club's Vet 60 10 mile record in a time of 71.16 at Maidenhead; Robin Jamieson capped his best ever season with a Vet 60 record of 3 hours 53 at the London marathon.

In Striders internal trophies we had an exciting finish to the Sandilands Cup : Neil Furze and Paul Weir tied for the top spot while the next four places were split by just three points. We had an encouraging 64 runners giving cross country a go during the season.

The Club Handicap (Goodall Trophy) saw a consistent 35 to 40 runners in each event with Peter Shew confirming his improvement during his comeback season with a comfortable win in the final race.

Finally we have just started a regular One Mile time trial on the first Friday of each month which we hope will be well-supported by members.

Chris Morton, Secretary, Striders of Croydon, September 2008

5. Treasurer's Report

General Fund.

Overall costs of running the club (excluding Kit sales) this year will exceed income from club membership by £131 this is similar to last years operating loss of £148.

This compares with operating surpluses of around £1000 in the previous 2 years and is largely due to the requirement to pay £5 per head affiliation fee to England athletics.

Other new costs are:-

The £250 contribution to Sandilands which should have been a one off but may well become a regular charge

The cost of subsidising social events like post handicap food as way of getting club members together outside running.

Swimming at Trinity made a loss this year of £92. One or two more regular swimmers would help ensure we covered the cost of pool hire which unfortunately rose to £50 a session this term.

Kit Fund

The fund started the year with a lot of stock. You have bought £1000 worth this year and to date we have only bought one new batch of vests and coolmax tops for £275. Leaving a cash surplus of £825. There are orders in the pipeline for a further £330 of Coolmax tops and vests which will be charged to next year.

We plan to change the way we manage the kit very shortly but this has still to be confirmed. The book value of our slow moving kit has been further reduced and there will be a sale after the AGM of some great bargains for warmer wear this winter.

Charity Fund

The Fund reached £500 which has now been donated to the Link. For the next few years the fund will be collecting for St Giles again. Our contact will be Sarah Milne, whose son will be attending the school.

Bank Account

Although we made an operating loss of £131 cash balances are healthy. We carried over £1083 from last year spent £172 less than expected on the 25th Dinner, won £200 on the roof club and have £825 in hand for new kit resulting in final total to carry forward of £2230.

Membership Fees.

There are no exceptional items to boost our reserves next year, there are likely to be more expenses for Sandilands and we would wish to keep supporting social events

in the club, paying entry for XC and other team events open to all and subsidise anyone wishing to gain coaching qualifications.

For these reasons it is proposed to increase membership fees by the cost of the England Athletics per capita affiliation fee of £5. This will raise an additional £450

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.

For Balance Sheets, please see attachments.

Robin Jamieson, Treasurer, Striders of Croydon, September 2008.

6. Election of Committee

John Gannon stood down as chairman and Phil Mazur stood down as Kit Manager.

Robin Jamieson stood down as Treasurer and Newsletter Editor, in order to stand for Club Chairman.

The new Committee was elected as follows:

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

7. Trophies Awarded

Men's Road Ranking	Joint first – Justin and Damian Macenhill Joint third – Simon Ambrosi and Iain Harrison
Women's Road Ranking	Joint first – Suzy Yates and Kerry Backshell Third – Tina Macenhill
Men's road age-graded	First - Justin Macenhill Joint second – no trophy – Damian Macenhill, Tim Bett, John Foster
Women's road age-graded	First – Kerry Backshell Second – no trophy – Suzy Yates Third – no trophy – Tina Macenhill
Men's XC	1 st - Duncan Lancashire 2 nd – Justin Macenhill 3 rd – James Buchanan
Women's XC	1 st - Faye Stammers 2 nd – Kerry Backshell

	3 rd – Steph Upton
Handicap Trophy	Goodall Trophy Race: Pete Shew 2 nd – Alan Dolton – no trophy 3 rd – Tom Littlewood – no trophy Race 1:– Karen Macenhill Race 2:– Catherine Selby
Sandilands Cup	Joint first – Neil Furze and Paul Weir Third – Darren Piper
Track & Field athlete of the year	Man – Matt Morgan Woman – Yasmin Anderson
Club Man of the Year	Joint – John Ralf and Robin Jamieson
Club Woman of the Year	Susan Haynes

8. Other Business

- i) Paul Weir made a donation of £100 for Cross Country expenses
- ii) Bas Sharif suggested that the club should try and organise a 10 mile or Half Marathon Road Race sometime in 2010. the general feel of the meeting was that the feasibility of such a race should be considered. It was put to the vote and decided that a planning group should be established and that this group should report findings to the Committee in December. Volunteers for the group were:

Bas Sharif	John Gannon	Mick Turner
Steve Smith	Jan Bannister	Kevin Bannister
John Foster	Martin Gourlay	Yasmin Anderson
Bob Ewen	Steve Tyler	Victoria Legge

- iii) Club Runs – Chris explained that we try to get members of the Committee to lead runs as they are considered Club Officials and have a higher level of insurance. The second choice is ex-Committee Members. This obviously restricts the number of leaders we have available. Steve Smith mentioned that looping back on runs needs to improve. John Gannon suggested that we remind people at the start of each run to loop back further than the back marker, especially as we have a number of new runners who may not realise what they need to do. Committee agreed to mention this at the start of each club run. Chris also asked members to continue to make any comments or suggestions about club runs to any of the committee outside of the meeting.

Meeting closed at 9.30pm.