

## STRIDERS COMMITTEE MEETING – 14<sup>th</sup> May 2007

Present – John Gannon, Susan Haynes, Robin Jamieson, Karen Macenhill, Phil Mazur, Chris Morton, John Ralf

1) **Minutes of last meetings (26<sup>th</sup> March) – read and agreed.**

2) **Matters arising – none.**

3) **Action points brought forward :**

335	9/10	Contact ex-Striders about 25 <sup>th</sup> anniversary do	SH / CM	Done	14/05
345	13/11	Organize web site of favourite run routes	RJ	Done	14/05
348	08/02	To chase non paying regular runners	KM/JG	Done	14/05
354	12/02	Beginners course to be organised	SH / PM	Open	14/05
355	12/02	Articles for newsletter	PM / RJ	Done	14/05
358	26/03	Information about locked gate to park	JG	Done	14/05
359	26/03	Location of first aid kit for run leaders	CM	Done	04/04
360	26/03	Request for marshals for London Marathon	JG	Done	04/04
361	26/03	Data gathering for England Athletics	RJ / KM	Open	14/05
362	26/03	Advise members on EA affiliation issues	CM / JG	Done	14/05
363	26/03	Publicise post-Marathon social	JG	Done	15/04
364	26/03	Beckenham Road Relay publicised	JG	Done	25/04
365	26/03	Goodall Trophy (club handicaps) to be publicised	CM	Done	09/05
366	26/03	Arrange for finger buffet after each Goodall Trophy.	KM / JG	Done	09/05
367	26/03	Article about Black Tie do for newsletter	SH	Done	03/04
368	26/03	Switchback booked at clubhouse	JG	Done	14/05
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## 4) Chairman's Report May 2007

### Sandilands Update

- Delay on construction of garage as belatedly advised that planning permission is required
- Padlock on gate entering Lloyd Park put on by an outsider!! Planned to be removed mid April. However still in place. Phil will attempt to cut lock.
- 100 Club - winners Tennis, Cricket and Choir
- Roof urgently needs repairing. Will be funded (just) from insurance monies / roof fund

### FLM

Successful event –well from a marshalling point of view! Over 20 people helped out plus Supporters on Hungerford Bridge. However this would prove to be a popular viewing point so will need to be there earlier next year to ensure we not only get a good position but also the club banner as well!

### Race For Life

Another successful event – Thanks received from organisers:

*Just wanted to again say a huge thank you for you and the Striders' support yesterday. All Striders that i managed to talk to were extremely friendly and helpful and i was extremely impressed with your resourcefulness. Other running clubs at events I've organised needed a*

*great deal more time with easier course set up's...and they'd need my van too!..so brilliant job, thank you!*

*My Boss (who was co-commentating before the start of the race) then walked around and she has commented on how friendly and supportive all the marshals were all round the course!*

*So please pass on my sincere thanks to all the Striders' who gave up their Sunday morning to come along to help us put on a successful event.*

Cricket Match

11<sup>th</sup> July, which is a Wednesday. We have use of the ground from 4pm, the hiring of which will cost £50. Will need to get a team together as well as arrange equipment etc. Refreshments will be laid on. John to contact cricket club for use of kit – if this is not feasible then Phil to contact Trinity.

**5) Membership Secretary's Report.**

Currently 170 paid up members.

**6) Kit Report.**

Kit is selling well.

**7) Treasurer's Report**

Financial summary attached.

The club bank balance is healthy, main change this month was £230 credit because we didn't buy black running shorts. Income is still to come from the FLM and the balance of the last quarters swimming.

Significant expenditure to come will be the 25th anniversary and the UK Athletics subscription for this year.

**8) Social**

Buffet after each of the handicaps - May 16<sup>th</sup>, 13<sup>th</sup> June, 18<sup>th</sup> July.  
Cricket match on 11<sup>th</sup> July (see above)

**9) Team management**

Helpers will be needed for all of the following :

Club handicaps – 13<sup>th</sup> June – John G, 18<sup>th</sup> July – Susan & Robin

Rosenheim – hosting 20<sup>th</sup> June event at Tooting Bec

Vets T&F – 21<sup>st</sup> May & 2<sup>nd</sup> July – we are co-hosting these at Croydon Arena

**10) Other events**

Sunday May 27th - Plastic cup - A slightly different format from previous ones with a set route which starts at the club house and finishes at the top of Croham Hurst - with an extra circuit of Croham Hurst for the the more energetic. Robin to publicise.

Sunday June 17th for Wandle/Greenwich Cycle Ride .

Sunday July 8th - BoxHill Bash.

Sunday August 5<sup>th</sup> – Hash – to be organised by Phil and Susan.

**11) Black Tie Social**

Susan to decide menu. Ticket prices likely to be £30 per person.

Invite letters to members and ex-members to be sent shortly.

Phil to arrange photographers.

**12) Beginners course**

New course to begin on Friday 8<sup>th</sup> June. Begin at 7 p.m. To last for 10 weeks.

Phil suggests the following for publicity material :

### Walk and Run Plan

If you are a true beginner, and cannot run for 10 minutes, you should start out with a walk/run plan. Here's a good one to start with (do each one three times a week):

1. **Week 1:** Walk for 10 minutes. Jog slowly for 1 minute, and then walk for 1 minute. Repeat these 1/1 intervals for 10 minutes, or until you become uncomfortable. Walk for 5 minutes to cool down.
2. **Week 2:** Walk for 10 minutes. Jog slowly for 2 minutes, and then walk for 2 minutes. Repeat these 2/2 intervals for 10 minutes, or until you become uncomfortable. Walk for 5 minutes to cool down.
3. **Week 3:** Walk for 10 minutes. Jog slowly for 3 minutes, and then walk for 2 minutes. Repeat these 3/2 intervals for 15 minutes, or until you become uncomfortable. Walk for 5 minutes to cool down.
4. **Week 4:** Walk for 10 minutes. Jog slowly for 5 minutes, and then walk for 2 minutes. Repeat these 5/2 intervals for 20 minutes, or until you become uncomfortable. Walk for 5 minutes to cool down.

You get the picture. The idea is to gradually increase your running time until you can do 10 minutes straight. Then increase the 10 minutes to 12, and so on, each week, until you can eventually run for 30 minutes. Now you're a runner!

Chris to place above on the club website.

Phil will contact local press and sports shops.

### 13) Hosting fixtures

Surrey League – men's division 2 – we will host fixture on 9<sup>th</sup> Feb.

We will not be hosting a South of Thames race this coming season as Kevin Burnett has declined the post of President of SoT at the moment

14) Next meeting on 9<sup>th</sup> July at Robin's. 8 p.m. start

### Action points carried forward :

354	12/02	Beginners course to be organised	SH / PM	Open	08/06
361	26/03	Data gathering for England Athletics	RJ / KM	Open	09/07
369	14/05	Cricket kit to be borrowed	JG / PM	Open	11/07
370	14/05	Organise second Handicap race	JG	Open	13/06
371	14/05	Arrange hosting of Rosenheim fixture	CM	Open	20/06
372	14/05	Arrange co-hosting of Vets fixtures	CM / KBurnett	Open	21/05 & 02/07
373	14/05	Organise Plastic Cup	RJ	Open	27/05
374	14/05	Organise cycle ride	RJ	Open	17/06
375	14/05	Organise Box Hill Bash	RJ	Open	08/07
376	14/05	Organise Hash	PM/ SH	Open	05/08
377	14/05	Organise & publicise new Beginners course	PM / SH	Open	08/06
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