

## **AGM Minutes September 2017**

### **Sandilands Club Bar - Wednesday 27<sup>th</sup> September 2017**

**Apologies for absence** - Sunjay Bhogal, Adele Boesinger, Victoria Legge, Steve Harris, Rachel Lindley, Peter Mills, Barry White, Paul Cripps, Ian Campbell, Nigel Davidson, Phil Coales

#### **1 & 2 Agree minutes of the 2016 AGM**

No matters or issues raised

Minutes approved

#### **3 Chairman's Annual Report**

Membership continues to grow. At the time of writing we have 364 names on our list. 328 First claim (up 50) 17 2<sup>nd</sup> claim or transferring clubs 13 Under 18 and 6 helpers. As always turnover is quite high. We welcomed 77 new members since the last AGM and said farewell to 48.

Thank you as always to all those who helped over the year. Thank you to all the regular run leaders. Special thanks to Tony and John G who have been deciding and announcing routes. Tony has now handed his role over to our new Routemaster James.

The primary objective of the club is to help you improve and enjoy running and achieve your goals whether to finish your first 10K or marathon, achieve a pb, beat a club record or just stay fit. Steph has detailed your running achievements in her Secretaries report so I will just add my congratulations to everyone who has achieved a personal best or best for age in the past year.

The rest of this report reviews the other things we do to help keep you fit and be sociable.

The major Striders only event of the year is the handicap series won this year by Martin Gourlay. We also managed our annual Triathlon which has now been changed into a multiple choice event with the option to Swim,Bike,Run or Swim, swim Run or Run, Bike, Run. Turnout improved on last year and we changed the format so that 6 swam in parallel. Congratulations to Steph Upton who won the women's Tri and Mark Bayliss who won the men's. A reminder to everyone that swimming at Trinity continues every Thursday evening at 8:45 and often earlier until 10:00. Thanks as always to Karen Macenhill who continues to organise our swimming.

Yoga continues to attract good numbers on a Tuesday evening. Thanks you to Corrine Carr who got it going last year and to Tony who now looks after the weekly bookings.

Thank you to everyone who contributed to making the seventh Half Marathon last April a great success again though numbers were well down. We still made a reasonable contribution to Sandilands Funds. This year we have a new sponsor in Wings the local transport company owned by one of your fellow striders Mark Bayliss. So we are now the Wings Croydon Half Marathon for the 2018 event which will be on Sunday 8<sup>th</sup> April.

Thanks as always to John Gannon who organised our contribution to marshalling the London Marathon and also to John for organising our contribution to marshalling the Pru 100. As always we will be getting free places. We get 2 for every 100 members registered as first claim with England Athletics. It looks like first claim will be well over 300 this year which guarantees us 6 places

Also though directly not our responsibility thank you to everyone who helps at the Saturday morning parkruns. In particular Debra at Lloyd Park and Mick at Roundshaw and now John at South Norwood.

The Switchback will be taking place the weekend before this AGM. Thank you to Debra who is organising it and Mick who is doing the entries. At the time of writing it looks like good weather and near perfect under foot.

Again we managed a full schedule of Marathon training runs at the beginning of the year. All in reasonable weather this time the next series will start at the beginning of November. The initial schedule will be the same as last year.

We have managed a social event of some sort every month this year ranging from nibbles after the handicaps, fish and chips or pizza on the first Wednesday of the month plus of course Christmas dinner. Christmas dinner this year will be at the clubhouse on 9<sup>th</sup> December.

Since last year you will be well aware of the dramatic change in the bar thanks to the Turner Family taking it on. This time last year we were looking for a replacement nursery. We now have a fitness centre in the hall though the trade-off being some loss of use of the hall in the evenings.

The bar is still short of customers though so the Sunday after the AGM there will be an open day with invitations going to all who live in the Sandilands, Parkhill and Addiscombe area. It will still be a members and guests only club house but there will be a new category of Sandilands Social Members to encourage the locals to use it more.

On behalf of all the club thank you to all the members of your committee for their support through the year. Steph as your Secretary, Mick for organising kit and some team events, John for responding to membership enquiries and getting our new members started. Simon for managing the membership list and getting all of you to pay your subs in good time. John and Tony for organising the Wednesday runs. Ruth for paying the bills. Jess for managing our website, Krzysztof for organising mens XC events. Darren for organising our social events and Beatrice who co-ordinates our multi event.

Also, thanks you to Alan Dolton a regular leader for Sunday runs, speed training at the arena and our athletics events; Andy Elliott organises ladies XC and our Athletics team. Debra for organising the Switchback and all those who lead runs or otherwise contribute to the club. And finally a big thankyou to Chris Morton who has been our record keeper for many years and is finally in the process of handing over his work to four others. Alan Dolton Steve Lowe, John O'Mahoney and Sunjay Bhogal. Thank you to all of you for taking it on.

At the time of writing I have no reason to believe we will not keep the clubs basic membership subscription of £20 unchanged (unless there is a major change in Sandilands finances). However England Athletics/Run Britain keep increasing their affiliation fee. We believe it will be going up to £15 for next year though have yet to receive confirmation. So subject to agreement I expect membership this year to be £20 + £15 EA affiliation fee. Though we may offer the old rate if you pay before we receive formal confirmation. It is possible to opt out and be a non-competitive member but it means you can't compete in any of our league events if you wanted to or claim the £2 discount when entering a race.

And finally to celebrate a major achievement of one of our club members Nick Kyritsis is planning to run his 300<sup>th</sup>, Yes that's Three Hundredth marathon at Beachy Head on 28<sup>th</sup> of October. If he is on schedule he should be running his 296<sup>th</sup> The Robin Hood this weekend. Putting aside the minor

problem of the staying power to run so many think how much it's cost him in entry fees and travel!! Brilliantly well done Nick and good luck on behalf of all the club for the remaining few needed to get you to 300.

May all your runs be through sunlit forests. (Except Nick that is)

Robin Jamieson

Chairman Striders of Croydon

#### **4 Secretary's annual report.**

This season has seen groups of Striders at various fixtures and social activities and yet again we have seen records broken and some excellent team and personal results.

Everyone is always welcome and encouraged to join in team relays, league fixtures and x country fixtures. Also the Vets track and field events which give you the chance to try something new or revisit a sport you last did at school!

I can't list everyone's achievements this year; some will be mentioned in the annual awards ceremony. So I have picked out a few notable results for both teams and individuals.

Just being out there doing it is the first step, beating PB's, records and winning will inevitably follow!

October 2016

Striders produced an excellent team performance in the East Surrey League's annual cross-country race at Lloyd Park. The A team placed second, only beaten by Herne Hill. Striders had a total of 27 finishers, more than any of the other clubs in the league.

Striders men produced an excellent team performance to gain a convincing win in their first Surrey Division Three match of the season, at Wimbledon Common. Striders' women were competing in their Division Two match at Nonsuch Park the A team placed 16th.

November 2016

Striders competed in the Priory Relays at Reigate with the A team finishing tenth.

Striders men produced an excellent team performance to win their second successive Surrey Cross-Country League Division Three match at Epsom and extended their lead at the top of the Division Three table. Striders had the first three finishers with James Bennett winning the race.

In the London Cross-Country Championships at Parliament Hill Fields the women's team did well to finish 19th with the men placed 26th.

Striders produced a good team performance to win the third annual Helen Furze Memorial Mob Match held in Nonsuch Park. Later on the same day, Striders placed 12th in the South of the Thames Cross-Country Association's inter-club race over a very challenging course at Polesden Lacey.

December 2016

Peter Mills had an outstanding run to win the annual Pirie 10-mile cross-country race, organised by South London Harriers, at Coulsdon.

Striders' women finished eighth in their Surrey Women's Cross-Country League Division Two match at Mitcham Common.

In the East Surrey League cross-country race at Wimbledon striders were placed fifth in the team event. They were also placed fifth in the South of the Thames Cross-Country Championships for the Coleman Cup at Beckenham.

January 2017

Two of Striders' oldest runners set club over-60 records at the Ashby Mile, organised by Croydon Harriers at Croydon Arena. Alan Dolton ran 6.23.7 while Lorraine Hunte ran 7.52.2.

In the Surrey Cross-Country Championships at Lloyd Park Peter Mills ran well to place 23rd out of 209 finishers in the senior men's race, covering the muddy 12-kilometre course in 43 minutes 13 seconds. Striders' youngest competitor, Matthew Ostrowski, finished 34th in the under-17 race, covering the six-kilometre course in 22 minutes 54 seconds.

Peter Mills also produced an excellent run to win the Surrey Cross-Country League Division Three race at Cranford, covering the five-mile course in 26 minutes 49 seconds. The team placed second in the match and were on top of Division Three with one match remaining, (which was Lloyd Park in February!).

In the penultimate Surrey Women's Cross-Country League Division Two match of the season (at Lloyd Park) the team were placed 6th.

February 2017

Striders' women placed ninth in their Division Two match at Coulsdon. The snow and sleet did not dampen the enthusiasm and they finished eighth in the final Division Two table. They then quickly whizzed over to Lloyds Park to support the men in their final cross country match.

The Striders men produced an excellent team performance to win the final match of the season. This gave Striders the Division Three championship and ensured promotion back to Division Two!

The fourth annual mobmatch between local rivals Striders of Croydon and Croydon Harriers took place at Lloyd Park. It was the closest match of the series, with 49 Striders and 37 Harriers taking part. The first under-11 to finish was Christopher Finch of Striders, who placed 37th overall in 22 minutes 26, finishing just two seconds behind his father Nigel.

Phil Coales had a very good run to place 300th (out of more than 1700 runners) in the National Cross-Country Championships at Nottingham . He covered the muddy 12-kilometre course in 46 minutes 31 seconds.

#### March 2017

Phil Coales ended the cross-country season with a convincing win in the inter-club cross-country race promoted by Croydon Harriers in Lloyd Park. He also won the cross-country race organised by Bromley VAC at Sparrows Den, covering the five-mile course in 31 minutes 27 seconds

#### April 2017

Striders promoted the seventh Croydon Half-Marathon, the first strider being Liam Redmond who was placed ninth in 83 minutes 11 seconds. Striders also won the team event.

Striders produced an excellent team performance to win the East Surrey League for the first time since 2003, and only the second time in the club's history.

#### May 2017

In the first Southern Veterans League match of the season, at Kingsmeadow Stadium, the men placed fourth of the seven competing clubs and the women were fifth.

Sandra Francis won the over-60 long jump with a club age-group record of 2.99 metres, Julien Spencer-Wood set a new over 65 club record for the 400M and Alan Dalton set a new over 60 club record for 5K.

In the second Southern Veterans League match at Ewell both men and women placed fifth out of the seven competing clubs.

Striders had 12 teams in the annual Beckenham Road Relay. The women were fifth, with Rachel Lindley running the fastest women's time of the day, which was faster than all but one of Striders' men!

#### June 2017

Paul Cripps had a successful evening at the third Southern Veterans League match at Kingsmeadow. He won the over-50 high jump with a new club record of 1 metre 60, and also won the triple jump (10.21) and was second in the 200 metres (27.9). Steph Upton set a club over-40 record of 9 metres 55 in the hammer. Striders' men were equal third of the seven clubs in the match, while the women were fifth.

We had 16 finishers in the Richmond 10 kilometre road race, which incorporated the Surrey Championships.

We had an impressive 11 teams in the Dinosaur Dash Relays the A team placed sixth of the 84 competing teams.

#### July 2017

Matthew Stone did very well to place 12th out of 201 finishers, and first in the over-55 category, in the Lidl Jumbo Olympic Triathlon at Dorney Lake. He completed the event in a personal best of 2 hours 22 minutes 16 seconds, running the final 10 kilometres in 40 minutes 14 seconds.

Paul Cripps had another successful evening in the final Southern Veterans League match of the season, at Croydon Arena. He won the over-50 high jump (1.40) and long jump (4.62), placed second in the 100 metres (13.9), and was third in the shot in a club age-group record of 8 metres 39. Sam O'Dongo set two club over-40 records, placing second in both the 100 metres (12.3) and 400 metres (56.6). Club chairman Robin Jamieson was second in the over-70 1500 metres in a club age-group record of 6 minutes 52.0, while Neil Riches set a club over-55 shot record of 7 metres 15. For Striders' women, Sandra Francis was second in both the over-50 100 metres (17.0) and the 2000 metre walk, where she set a club over-60 record of 14 minutes 40.2. Linda Daniel set a club over-55 400 metre record of 89.9. Striders' men placed third of the seven clubs in the match (and fourth in the final league table), while their women were fifth.

Striders had a total of 17 finishers in the Elmore 7-mile road race, at Chipstead.

#### August 2017

Two Striders competed for Great Britain in the European Masters Championships at Aarhus (Denmark). Simon Pannell placed 16th in the M55 cross-country, completing the very wet four-kilometre course in 14 minutes 34 seconds. On the track, Alan Dolton was 15th in the M60 10000 metres (46.32.08) and ninth in his heat of the 5000 metres (22.20.33).

The women did very well to finish ninth in this season's Surrey Road League, outshining the club's men, who placed 12th of the 35 clubs in the league.

The annual triathlon championships were held at Trinity School. The winner was Mark Bayliss, while Matt Stone was the fastest over-50 and Steph Upton was the fastest woman.

Alan Dolton was third in the M60 1500 metres, at the Southern Counties Veterans Championships, at Kingsmeadow.

Records broken this year:

3 records were broken by James Bennett; he set a new club record of 53 minutes 48 seconds at The Bramley 10 mile. He also was placed seventh in a field of more than 7000 runners in the Oxford Half-Marathon with a club record of 71 minutes 35 seconds. He had an excellent run to finish 158th in the London Marathon setting a new club record of 2 hours 35 minutes 43 seconds, but he beat this again at the Berlin Marathon recording 2.32.50!

Phil Coales had an excellent run in the Ladywell 10000 metres. He finished third in his heat in 32 minutes 45.54 seconds, which is a new Striders club record for this distance on the track.

Rachel Lindley had an outstanding run at the Cambridge Half-Marathon, setting a new club women's record of 85 minutes 06 seconds. She also set an over 35 record for the London Marathon in 3.08.17.

John McGilvray set a club over-70 record of 51 minutes 49 seconds for 10 kilometres at Los Montesinos in Spain and Robin Jamieson set an over 70 10 mile record at Dorking in 1.36.09.

Matthew Stone ran very well to set a new club over-55 record at Richmond Half-Marathon in 1.24.55.

Krzysztof Klidzia set a Vet over 50 Record of 1.17.44 at Paddock wood half marathon.

In the Herne Hill Open Meeting at Tooting Bec, Alan Dolton set a Striders over-60 one mile record of 6 minutes 07.84 seconds.

I have already mentioned some of the records broken at the track and field events, we are very grateful to Andy Elliott who came forward to manage these events. If anyone is interested in becoming an official and doing a course, please let the committee now. We would like some more officials so we can do our bit and help officiate at these fixtures. The club will pay the cost of the courses.

Once again the marathon training has obviously paid off as we had a number of runners completing marathons this year. Some notable ones being:

Simone Luciani completed the Tokyo Marathon in 2 hours 50 minutes 15 seconds

Jamie Hopps ran a personal best 2 hours 56 minutes 54 seconds in the Frankfurt Marathon, lifting him to 26th place in Striders' all-time club rankings.

In the Thames Meander Marathon, Sunjay Bhogal ran 3 hours 49 minutes 14, while Ally Whitlock ran 4 hours 17 minutes 34.

In the Manchester Marathon Darren Woods ran a personal best 3 hours 21 minutes 34, and was followed by James Burree (3.46.45) and Michael Smaldon (3.58.35). Jane Hughes ran 4.58.00.

In the Brighton Marathon Andy Perks recorded a personal best 2 hours 59 minutes 16 seconds. Also competing was Dave Shaw (3.14.52), Sunjay Bhogal (3.48.34), Katie Chadd (3.52.48)PB, Ally Whitlock (3.53.55)PB.

In the Paris Marathon, Graeme Drysdale ran 3 hours 16 minutes 50, while Selena Wong ran 4 hours 08 minutes 53.

Debra Bourne ran 3 hours 54 minutes 51 in the Boston Marathon.

In the London Marathon Krzysztof Klidzia ran very well to place 28th in the over-50 category with a time of 2 hours 48 minutes 20. Alastair Falconer ran a personal best 2 hours 50 minutes 51, placing him 15th on Striders' all-time club rankings. There were also personal bests for Mike Stewart (2.57.39) and Liam Redmond (3.00.26), while Andy Perks, running his second marathon in 15 days, recorded 3.04.27. Striders' women were led by Rachel Lindley who was the 141st woman to finish, she was followed by Steve Harris (3.10.05), Jay Lidbetter (3.11.29), Simon Ambrosi (3.13.52),



Karen Stretch (3.16.16), Graeme Drysdale (3.22.50) and Chris Chinnock (3.22.53)., Louise Grech (4.09.42), Gemma Halliday (4.15.40) and Adele Boesinger (4.27.59).

Nick Kyritsis was the first over-60 in the Ashford Marathon, recording 3 hours 48 minutes. Nick is coming up to his 300th Marathon. His final one will be Beachy Head on 28th October. This will be his 4th one in October and his 40th Marathon in the last 12 months!

In the British Masters Indoor Pentathlon Championships at Lee Valley, Paul Cripps did very well to place second in the M50 event, becoming the first Strider to win a medal in a national championship. His performances included a new club high jump record of 1 metre 56. At the same venue, Alan Dolton was second in the South of England Masters M60 indoor 1500 metre championship (5.55.17). In the British Masters Indoor Championships at Lee Valley, Alan Dolton was fourth in the M60 1500 metres (5.55.27) and seventh in the 3000 metres.

And finally, In the World Masters Cross-Country Championships in Perth (Australia), Striders' middle-distance coach Alan Dolton finished 33rd in the M55 race (38.02).

You will see from this report that there is something for everyone and Striders travel far and wide for their sport. Let's hope that the 2017-18 season brings more broken records and greater success.

Steph Upton

Secretary

## **5 Statement of accounts and Treasurer's report**

No questions raised

## **6 Membership fee for the 2017/18 club year.**

The club's basic membership subscription of £20 remains unchanged. It We have just received confirmation it is going up to £14 this year and probably £15 next year. So it was agreed membership this year to be £20 + £14 EA affiliation fee.

## **7 Committee for 2017/18:**

Resignation from the committee. Club Secretary – Steph Upton

Proposed positions were agreed

- Club Secretary – Mick Turner
- Kit – John O'Mahony supported by Jess Watkins

The current committee is as follows

**Chairman** – Robin Jamieson, **Secretary** – Mick Turner, **Treasurer** – Ruth Pearson, **Membership Secretary** – Simon Webster. Please note this was a shared position with John Gannon at the time of the AGM but John has since stepped down from the committee. **Social Secretary** – Darren Woods **Male Cross Country & 1<sup>st</sup> Group Rep** – Krzysztof Klidzia, **4<sup>th</sup> Group Rep** - Tony Flowers, **Kit Secretary** – John O'Mahony, **Multisports Rep** - Beatrice Schaer, **Website** – Jess Watkins

### **8 Items for discussion:**

No items were submitted for discussion

### **9 Presentation of Club Awards.**

#### Womens Road Ranking

- 1 Selena Wong
- 2 Yasmin Anderson
- 3 Adele Boesinger

#### Women Age Graded

- 1 Linda Daniel

#### Mens Road Ranking

- 1 James Bennet
- 2 Peter Mills
- 3 Krzysztof Klidzia

#### Mens Age Graded

- 1 Krzysztof Klidzia

#### Womens Cross Country

- 1 Selena Wong
- 2 Steph Upton
- 3 Joanne Campbell

#### Mens Cross Country

- 1 Peter Mills
- 2 Simone Luciani
- 3 Phil Coles

#### Sandilands Cup

- 1 Selena Wong
- =2 Andy Perks
- =2 Darren Jackson
- =2 Joanne Campbell

#### Handicap Final – Goodall Trophy

- 1 Martin Gourlay

2 Allie Carney

3 Alfonso Marcovecchio

Track and Field

M Paul Cripps

W Steph Upton

Strider of the Year

M Andy Elliott

W Selena Wong